



## 8. Kowsky Team- und Firmenlauf

15. September 2017

### Ergebnis M / W - gesamt

#### Kowsky-Lauf ( 4,5 Km )

##### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name         | Vorname   | Verein / Ort                              | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|--------------|-----------|---|--------|-------------------|----------|--------|
| 1   | 949  | 00:14:56 | Weckeck      | Lennart   | Kowsky Laufbiester                        | GER-SH | M-HK              | 00:14:53 | 1      |
| 2   | 32   | 00:15:19 | Gräber       | Fynn      | Benjamin Reuter Laptopservice             | GER-SH | M-HK              | 00:15:19 | 2      |
| 3   | 35   | 00:15:27 | Reuter       | Benjamin  | Benjamin Reuter Laptopservice             | GER-SH | M-30              | 00:15:25 | 1      |
| 4   | 986  | 00:15:33 | Stelzner     | Jan       | Kowsky Laufbiester                        | GER-SH | M-30              | 00:15:29 | 2      |
| 5   | 746  | 00:16:35 | Mushtaq      | Farid     | Theodor-Litt-Schule                       | GER-SH | M-JU18            | 00:16:34 | 1      |
| 6   | 36   | 00:16:44 | Riebe        | Christoph | Benjamin Reuter Laptopservice             | GER-SH | M-HK              | 00:16:41 | 3      |
| 7   | 931  | 00:16:45 | Lage         | Marc      | Danfoss Power Solutions                   | GER-SH | M-HK              | 00:16:45 | 4      |
| 8   | 458  | 00:16:49 | Mueller      | Lars      | Oerlikon Neumag                           | GER-SH | M-50              | 00:16:47 | 1      |
| 9   | 752  | 00:17:00 | Richter      | Björn     | Theodor-Litt-Schule                       | GER-SH | M-35              | 00:16:59 | 1      |
| 10  | 1017 | 00:17:07 | Reinke       | Sascha    | Brockmann Recycling                       | GER-SH | M-40              | 00:17:05 | 1      |
| 11  | 978  | 00:17:12 | Farschadi    | Jafar     | Safety Villa                              | GER-SH | M-JU16            | 00:17:11 | 1      |
| 12  | 447  | 00:17:14 | Friedebold   | Tilmann   | Oerlikon Neumag                           | GER-SH | M-HK              | 00:17:14 | 5      |
| 13  | 891  | 00:17:16 | Rantzsch     | Bennet    | Zimmerei Löbau                            | GER-SH | M-JU20            | 00:17:11 | 1      |
| 14  | 621  | 00:17:21 | Hamann       | Yannick   | Sporthaus Redler GmbH                     | GER-SH | M-HK              | 00:17:16 | 6      |
| 15  | 467  | 00:17:33 | Tügel        | Christian | Oerlikon Neumag                           | GER-SH | M-30              | 00:17:27 | 3      |
| 16  | 539  | 00:17:33 | Blunck       | Fiete     | Rahmenwerkstatt STUDITEAM                 | GER-SH | M-JU20            | 00:17:29 | 2      |
| 17  | 742  | 00:17:34 | Laser        | Theo      | Theodor-Litt-Schule                       | GER-SH | M-JU18            | 00:17:29 | 2      |
| 18  | 2    | 00:17:39 | Noak         | Jens      | ALG VFL Bokel                             | GER-   | M-45              | 00:17:36 | 1      |
| 19  | 443  | 00:17:41 | Weingarten   | Marco     | O.t.n Lauflabor                           | GER-SH | M-45              | 00:17:38 | 2      |
| 20  | 44   | 00:17:43 | Lott         | Niklas    | bk-documents GmbH                         | GER-SH | M-HK              | 00:17:40 | 7      |
| 21  | 783  | 00:17:46 | Schnoor      | Berge     | Transcoject                               | GER-SH | M-JU18            | 00:17:29 | 3      |
| 22  | 668  | 00:17:49 | Nielsen      | Bernd     | SWN Stadtwerke Neumünster GmbH            | GER-SH | M-35              | 00:17:46 | 2      |
| 23  | 705  | 00:17:52 | Arnold       | Jan       | Theodor-Litt-Schule                       | GER-SH | M-45              | 00:17:49 | 3      |
| 24  | 395  | 00:17:53 | Krivorotov   | Pavel     | Lebenshilfewerk Neumünster GmbH           | GER-SH | M-HK              | 00:17:52 | 8      |
| 25  | 394  | 00:17:56 | Hoffmann     | Matthias  | Lebenshilfewerk Neumünster GmbH           | GER-SH | M-HK              | 00:17:55 | 9      |
| 26  | 407  | 00:18:04 | Buchhorn     | Thais     | management systems gmbh                   | GER-SH | M-30              | 00:17:43 | 4      |
| 27  | 635  | 00:18:06 | Kallies      | Rainer    | Stadt Neumünster                          | GER-SH | M-40              | 00:18:02 | 2      |
| 28  | 720  | 00:18:08 | Clausen      | Jürgen    | Theodor-Litt-Schule                       | GER-SH | M-55              | 00:18:05 | 1      |
| 29  | 397  | 00:18:10 | Schöllknecht | Marco     | Lebenshilfewerk Neumünster GmbH           | GER-SH | M-45              | 00:18:09 | 4      |
| 30  | 238  | 00:18:26 | Haberkorn    | Bjarne    | Holstenschule Neumünster                  | GER-SH | M-JU14            | 00:18:25 | 1      |
| 31  | 927  | 00:18:32 | Gehrking     | Sebastian | Danfoss Power Solutions                   | GER-SH | M-35              | 00:18:22 | 3      |
| 32  | 667  | 00:18:32 | Liekfeldt    | Frederic  | SWN Stadtwerke Neumünster GmbH            | GER-SH | M-HK              | 00:18:29 | 10     |
| 33  | 4    | 00:18:33 | Unselde      | Jörg      | ALG VFL Bokel                             | GER-SH | M-45              | 00:18:31 | 5      |
| 34  | 555  | 00:18:33 | Ehlers       | Volker    | Scooter Autoservice GmbH / Team GOODTIRES | GER-SH | M-50              | 00:18:29 | 2      |
| 35  | 33   | 00:18:35 | Pahl         | Sönke     | Benjamin Reuter Laptopservice             | GER-SH | M-HK              | 00:18:31 | 11     |
| 36  | 225  | 00:18:44 | Zorn         | Sebastian | GPE Plast-Engineering GmbH                | GER-SH | M-HK              | 00:18:44 | 12     |
| 37  | 1026 | 00:18:45 | Wehrspann    | Tom       | Neumünster                                | GER-SH | M-HK              | 00:18:41 | 13     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name           | Vorname     | Verein / Ort  | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|----------------|-------------|---|--------|-------------------|----------|--------|
| 38  | 220  | 00:18:46 | Dittrich       | Holm        | GPE Plast-Engineering GmbH                          | GER-SH | M-40              | 00:18:46 | 3      |
| 39  | 242  | 00:18:48 | Jensen         | Jakob       | Holstenschule Neumünster                            | GER-SH | M-HK              | 00:18:45 | 14     |
| 40  | 882  | 00:18:49 | Romeikat       | Florian     | WKS GmbH & Co. KG                                   | GER-SH | M-HK              | 00:18:45 | 15     |
| 41  | 540  | 00:18:56 | Blunck         | Henner      | Rahmenwerkstatt STUDITEAM                           | GER-SH | M-JU18            | 00:18:53 | 4      |
| 42  | 1    | 00:18:57 | Haberkorn      | Björn       | ALG VFL Bokel                                       | GER-SH | M-45              | 00:18:55 | 6      |
| 43  | 438  | 00:19:03 | Schmidt        | Otto        | O.t.n Lauflabor                                     | GER-SH | M-JU20            | 00:18:39 | 3      |
| 44  | 618  | 00:19:07 | Erdogdu        | Abdullah    | Sporthaus Redler GmbH                               | GER-SH | M-JU20            | 00:19:02 | 4      |
| 45  | 991  | 00:19:08 | Westphalen     | Robert      | Julis Neumünster                                    | GER-SH | M-JU18            | 00:19:00 | 5      |
| 46  | 625  | 00:19:09 | Prien          | Fabian      | Sporthaus Redler GmbH                               | GER-SH | M-JU18            | 00:19:03 | 6      |
| 47  | 921  | 00:19:11 | Jochens        | Tjard       | Sporthaus Redler GmbH                               | GER-SH | M-JU20            | 00:19:07 | 5      |
| 48  | 953  | 00:19:12 | Ketzschmar     | Danny       | Powerfabrik   | GER-SH | M-30              | 00:18:58 | 5      |
| 49  | 587  | 00:19:14 | Berndt         | Daniel      | SH-Fitness  | GER-SH | M-40              | 00:19:05 | 4      |
| 50  | 239  | 00:19:15 | Hamann         | Noél        | Holstenschule Neumünster                            | GER-SH | M-JU14            | 00:19:14 | 2      |
| 51  | 930  | 00:19:16 | Hoffmann       | Mats-Niklas | Danfoss Power Solutions                             | GER-SH | M-HK              | 00:19:06 | 16     |
| 52  | 875  | 00:19:17 | Ermeling       | Alex        | WKS GmbH & Co. KG                                   | GER-SH | M-HK              | 00:19:09 | 17     |
| 53  | 258  | 00:19:18 | Borbe          | Tom         | Holzland Greve GmbH&Co. KG                          | GER-SH | M-HK              | 00:18:56 | 18     |
| 54  | 257  | 00:19:19 | Beckmann       | Enno        | Holzland Greve GmbH&Co. KG                          | GER-SH | M-HK              | 00:18:56 | 19     |
| 55  | 461  | 00:19:20 | Reeck          | Thomas      | Oerlikon Neumag                                     | GER-SH | M-45              | 00:19:11 | 7      |
| 56  | 848  | 00:19:24 | Von der Mehden | Vitali      | VFR Neumünster                                      | GER-SH | M-KU12            | 00:19:23 | 1      |
| 57  | 739  | 00:19:24 | Kohlgrüber     | Ludwig      | Theodor-Litt-Schule                                 | GER-SH | M-40              | 00:19:07 | 5      |
| 58  | 887  | 00:19:29 | Danker         | Dirk        | Zimmerei Löbau                                      | GER-SH | M-45              | 00:19:25 | 8      |
| 59  | 398  | 00:19:31 | Stave          | Olaf        | Lebenshilfewerk Neumünster GmbH                     | GER-SH | M-40              | 00:19:29 | 6      |
| 60  | 37   | 00:19:36 | Schlüter       | Martin      | Benjamin Reuter Laptopservice                       | GER-SH | M-30              | 00:19:34 | 6      |
| 61  | 62   | 00:19:38 | Meifert        | Lennart     | C. J. Wigger KG                                     | GER-SH | M-HK              | 00:19:29 | 20     |
| 62  | 845  | 00:19:40 | Tiede          | Robin       | VFR Neumünster                                      | GER-SH | M-KU12            | 00:19:39 | 2      |
| 63  | 838  | 00:19:41 | Hansen         | Jan-Eric    | VFR Neumünster                                      | GER-SH | M-KU12            | 00:19:40 | 3      |
| 64  | 301  | 00:19:42 | Schuhmacher    | Tim         | Ing. Walter-H. Ackrutat, Inh. Karsten Enghusen e.K. | GER-SH | M-HK              | 00:19:13 | 21     |
| 65  | 860  | 00:19:43 | Krüger         | Niklas      | Wasser- und Verkehrs- Kontor                        | GER-SH | M-HK              | 00:19:39 | 22     |
| 66  | 702  | 00:19:43 | Ambrosi        | Peter       | Theodor-Litt-Schule                                 | GER-SH | M-55              | 00:19:37 | 2      |
| 67  | 859  | 00:19:43 | Krüger         | Christoph   | Wasser- und Verkehrs- Kontor                        | GER-SH | M-50              | 00:19:40 | 3      |
| 68  | 843  | 00:19:44 | Peters         | Jonte       | VFR Neumünster                                      | GER-SH | M-JU14            | 00:19:42 | 3      |
| 69  | 358  | 00:19:45 | Bark           | Marcus      | Klinik Klosterstraße GmbH                           | GER-SH | M-50              | 00:19:40 | 4      |
| 70  | 703  | 00:19:47 | Angerstein     | Fabian      | Theodor-Litt-Schule                                 | GER-SH | M-30              | 00:19:44 | 7      |
| 71  | 826  | 00:19:47 | Bente          | Joris       | VFR Neumünster                                      | GER-SH | M-KU12            | 00:19:47 | 4      |
| 72  | 429  | 00:19:48 | Jochim         | Edvard      | O.t.n Lauflabor                                     | GER-SH | M-30              | 00:19:20 | 8      |
| 73  | 794  | 00:19:51 | Bartz          | Jonas       | TSV Gnutz   | GER-SH | M-JU14            | 00:19:47 | 4      |
| 74  | 823  | 00:19:53 | Axnick         | Pepe        | VFR Neumünster                                      | GER-SH | M-KU12            | 00:19:52 | 5      |
| 75  | 839  | 00:19:57 | Keidel         | Matteo      | VFR Neumünster                                      | GER-SH | M-KU12            | 00:19:56 | 6      |
| 76  | 224  | 00:19:59 | Ullrich        | Stephan     | GPE Plast-Engineering GmbH                          | GER-SH | M-30              | 00:19:57 | 9      |
| 77  | 209  | 00:20:00 | Themm          | Kjell       | Gemeinschaftsschule Nortorf                         | GER-SH | M-KU12            | 00:19:58 | 7      |
| 78  | 5    | 00:20:00 | Will           | Thomas      | ALG VFL Bokel                                       | GER-SH | M-45              | 00:19:58 | 9      |
| 79  | 450  | 00:20:03 | Hergenredder   | Max         | Oerlikon Neumag                                     | GER-SH | M-35              | 00:19:53 | 4      |
| 80  | 792  | 00:20:05 | Kallies        | Yannick     | TSV Bornhöved                                       | GER-SH | M-JU16            | 00:20:02 | 2      |
| 81  | 481  | 00:20:09 | Schumann       | Jörg        | Panasonic   | GER-SH | M-40              | 00:19:56 | 7      |
| 82  | 710  | 00:20:09 | Behrens        | Karl        | Theodor-Litt-Schule                                 | GER-SH | M-JU18            | 00:20:04 | 7      |
| 83  | 1002 | 00:20:11 | Biehl          | Jörg        | Walther-Lehmkuhl-Schule                             | GER-SH | M-55              | 00:20:06 | 3      |
| 84  | 828  | 00:20:12 | Blöcker        | Bo          | VFR Neumünster                                      | GER-SH | M-KU12            | 00:20:10 | 8      |
| 85  | 479  | 00:20:12 | Schäle         | Nils        | Panasonic   | GER-SH | M-40              | 00:20:00 | 8      |
| 86  | 463  | 00:20:14 | Schmidt        | Matthis     | Oerlikon Neumag                                     | GER-SH | M-HK              | 00:20:06 | 23     |
| 87  | 992  | 00:20:15 | Sekulic        | Tim         | Julis Neumünster                                    | GER-SH | M-JU20            | 00:20:06 | 6      |

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name           | Vorname     | Verein / Ort                          | Nat.    | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|----------------|-------------|---------------------------------------|---------|-------------------|----------|--------|
| 88  | 154  | 00:20:15 | Koepsell       | Jannis      | Firma Koepsell Nutzfahrzeuge GmbH     | GER-SH  | M-JU14            | 00:20:03 | 5      |
| 89  | 427  | 00:20:17 | Gass           | Hendrik     | O.t.n Lauflabor                       | GER-SH  | M-HK              | 00:19:51 | 24     |
| 90  | 1018 | 00:20:19 | Reinke         | Liam        | Immanuel-Kant-Schule                  | GER-SH  | M-JU18            | 00:20:08 | 8      |
| 91  | 818  | 00:20:19 | Krüger         | Steffen     | ttp AG<br>Steuerberatungsgesellschaft | GER-SH  | M-30              | 00:20:11 | 10     |
| 92  | 109  | 00:20:22 | Domnick        | Klaus       | Ehler Ermer & Partner                 | GER-SH  | M-65              | 00:20:11 | 1      |
| 93  | 346  | 00:20:25 | Kasch          | Rainer      | Jürgens Dachbau GmbH & Co.KG          | GER-SH  | M-50              | 00:20:08 | 5      |
| 94  | 420  | 00:20:25 | Wolff          | Sönke       | management systems gmbh               | GER-SH  | M-45              | 00:20:03 | 10     |
| 95  | 457  | 00:20:26 | Meyer          | Frank       | Oerlikon Neumag                       | GER-SH  | M-50              | 00:20:17 | 6      |
| 96  | 152  | 00:20:29 | Klindt         | Mathis      | Firma Koepsell Nutzfahrzeuge GmbH     | GER-SH  | M-HK              | 00:20:19 | 25     |
| 97  | 34   | 00:20:32 | Pooch          | Michael     | Benjamin Reuter Laptopservice         | GER-SH  | M-HK              | 00:20:25 | 26     |
| 98  | 977  | 00:20:32 | Fayazi         | Rahmat      | Safety Villa                          | GER-SH  | M-JU20            | 00:20:30 | 7      |
| 99  | 155  | 00:20:33 | Koepsell       | Jörg        | Firma Koepsell Nutzfahrzeuge GmbH     | GER-SH  | M-50              | 00:20:19 | 7      |
| 100 | 144  | 00:20:34 | Goriwoda       | Sven        | Finanzamt Neumünster                  | GER-SH  | M-40              | 00:20:15 | 9      |
| 101 | 511  | 00:20:34 | Müller         | Marco       | Powerfabrik                           | GER-SH  | M-40              | 00:20:21 | 10     |
| 102 | 386  | 00:20:41 | Krebs          | Malte       | Laufftreff Ruthenberger SV            | GER-SH  | M-35              | 00:20:05 | 5      |
| 103 | 928  | 00:20:42 | Glimm          | Tobias      | Assmann GmbH                          | GER-SH  | M-HK              | 00:20:16 | 27     |
| 104 | 439  | 00:20:42 | Wallus         | Mathis      | O.t.n Lauflabor                       | GER-SH  | M-JU16            | 00:20:15 | 3      |
| 105 | 342  | 00:20:43 | Veeramalai     | Rameshkumar | Jasmin Infotech                       | GER-BAY | M-HK              | 00:20:37 | 28     |
| 106 | 401  | 00:20:44 | Wunsch         | Malte       | Lebenshilfwerk Neumünster GmbH        | GER-SH  | M-HK              | 00:20:43 | 29     |
| 107 | 604  | 00:20:45 | Rabeler        | Thorsten    | Sparkasse Südholstein                 | GER-SH  | M-40              | 00:20:03 | 11     |
| 108 | 533  | 00:20:46 | Wesselmann     | Yannick     | Prisma Runners                        | GER-SH  | M-HK              | 00:20:31 | 30     |
| 109 | 993  | 00:20:46 | Sekulic        | Leon        | Julis Neumünster                      | GER-SH  | M-JU18            | 00:20:38 | 9      |
| 110 | 139  | 00:20:47 | Möllhoff       | Wilhelm     | FF Groß Kummerfeld                    | GER-SH  | M-55              | 00:20:31 | 4      |
| 111 | 1011 | 00:20:49 | Lehmkuhl       | Björn       | Trimily seekamp                       | GER-SH  | M-40              | 00:20:24 | 12     |
| 112 | 943  | 00:20:52 | Weiss          | Wilfried    | Danfoss Power Solutions               | GER-SH  | M-50              | 00:20:44 | 8      |
| 113 | 611  | 00:20:53 | Delfs          | Torben      | SPD-Das WIR gewinnt                   | GER-SH  | M-30              | 00:20:44 | 11     |
| 114 | 352  | 00:20:54 | Rühs           | Gonde       | KIN GmbH                              | GER-SH  | M-35              | 00:20:14 | 6      |
| 115 | 137  | 00:20:55 | Renger         | Stefan      | FF Groß Kummerfeld                    | GER-SH  | M-HK              | 00:20:38 | 31     |
| 116 | 787  | 00:21:00 | Stöckhardt     | Julian      | TSV Aukrug                            | GER-SH  | M-HK              | 00:20:40 | 32     |
| 117 | 119  | 00:21:03 | Jensen         | Kai         | expert Elektrofachmärkte Nord GmbH    | GER-SH  | M-45              | 00:20:33 | 11     |
| 118 | 349  | 00:21:03 | Kehl           | Torsten     | Kiek in AöR der Stadt Neumünster      | GER-SH  | M-45              | 00:20:57 | 12     |
| 119 | 879  | 00:21:08 | Katte          | Holger      | WKS GmbH & Co. KG                     | GER-SH  | M-50              | 00:20:54 | 9      |
| 120 | 26   | 00:21:09 | Niehaus        | Björn       | Banters.fitness                       | GER-SH  | M-40              | 00:21:01 | 13     |
| 121 | 543  | 00:21:10 | Schümann       | Torben      | Rahmenwerkstatt STUDITEAM             | GER-SH  | M-HK              | 00:20:38 | 33     |
| 122 | 393  | 00:21:13 | Burmester      | Dennis      | Lebenshilfwerk Neumünster GmbH        | GER-SH  | M-30              | 00:21:10 | 12     |
| 123 | 1009 | 00:21:15 | Gretenkort     | Jaro        | Neumünster                            | GER-SH  | M-KU10            | 00:21:09 | 1      |
| 124 | 847  | 00:21:15 | Von der Mehden | David       | VFR Neumünster                        | GER-SH  | M-45              | 00:21:13 | 13     |
| 125 | 911  | 00:21:20 | Weiß           | Olaf        | Holsteinischer Courier                | GER-SH  | M-50              | 00:21:14 | 10     |
| 126 | 1022 | 00:21:20 | Schlotfeldt    | Felix       | SV Tungendorf                         | GER-SH  | M-HK              | 00:20:53 | 34     |
| 127 | 867  | 00:21:21 | Latendorf      | Helge       | Weitkamp med                          | GER-SH  | M-35              | 00:20:54 | 7      |
| 128 | 246  | 00:21:23 | Lamce          | Benjamin    | Holstenschule Neumünster              | GER-SH  | M-JU14            | 00:20:52 | 6      |
| 129 | 876  | 00:21:23 | Frankiewicz    | Frank       | WKS GmbH & Co. KG                     | GER-SH  | M-50              | 00:21:10 | 11     |
| 130 | 140  | 00:21:24 | Rowbottom      | Sean        | FF Groß Kummerfeld                    | GER-SH  | M-50              | 00:21:07 | 12     |
| 131 | 633  | 00:21:24 | Hoppe          | Finn        | Stadt Neumünster                      | GER-SH  | M-HK              | 00:20:34 | 35     |
| 132 | 1028 | 00:21:25 | Braun          | Karsten     | Neumünster                            | GER-SH  | M-45              | 00:21:05 | 14     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name        | Vorname    | Verein / Ort  | Nat.    | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-------------|------------|---|---------|-------------------|----------|--------|
| 133 | 244  | 00:21:26 | Krohn       | Lukas      | Holstenschule Neumünster                            | GER-SH  | M-KU12            | 00:20:55 | 9      |
| 134 | 11   | 00:21:28 | Bollow      | Per Ored   | AOK NordWest Neumünster                             | GER-SH  | M-JU20            | 00:21:06 | 8      |
| 135 | 936  | 00:21:28 | Neumann     | Thore      | Polizei Neumünster                                  | GER-SH  | M-30              | 00:20:42 | 13     |
| 136 | 444  | 00:21:34 | Bergmann    | Peter      | Oerlikon Neumag                                     | GER-SH  | M-30              | 00:21:28 | 14     |
| 137 | 691  | 00:21:35 | Chmielewski | Tadeusz    | Team Attrot   | GER-SH  | M-HK              | 00:21:08 | 36     |
| 138 | 151  | 00:21:36 | Beuck       | Jan        | Firma Koepsell Nutzfahrzeuge GmbH                   | GER-SH  | M-45              | 00:21:24 | 15     |
| 139 | 67   | 00:21:38 | Castillo    | Rolando    | Da Vinci Engineering GmbH                           | GER-BAW | M-30              | 00:21:09 | 15     |
| 140 | 946  | 00:21:38 | Wittorf     | Maximilian | Assmann GmbH  | GER-SH  | M-HK              | 00:21:12 | 37     |
| 141 | 226  | 00:21:44 | Hoffmann    | Henrik     | Gummi-Busch GmbH & Co. KG                           | GER-SH  | M-HK              | 00:21:36 | 38     |
| 142 | 120  | 00:21:46 | Johnsen     | Mike       | expert Elektrofachmärkte Nord GmbH                  | GER-SH  | M-40              | 00:21:20 | 14     |
| 143 | 314  | 00:21:48 | Weidemüller | Ralf       | ISA-TRAESKO GmbH                                    | GER-SH  | M-40              | 00:21:22 | 15     |
| 144 | 536  | 00:21:51 | Balster     | Thomas     | PSV Neumünster                                      | GER-SH  | M-50              | 00:21:36 | 13     |
| 145 | 534  | 00:21:51 | Wieben      | Björn Ole  | Prisma Runners                                      | GER-SH  | M-JU20            | 00:21:34 | 9      |
| 146 | 141  | 00:21:51 | Rudolph     | Volker     | FF Groß Kummerfeld                                  | GER-SH  | M-50              | 00:21:35 | 14     |
| 147 | 751  | 00:21:51 | Rezai       | Mustafa    | Theodor-Litt-Schule                                 | GER-SH  | M-JU18            | 00:21:39 | 10     |
| 148 | 984  | 00:21:52 | Thaysen     | Jens       | Wasser- und Verkehrs- Kontor                        | GER-SH  | M-35              | 00:21:48 | 8      |
| 149 | 605  | 00:21:55 | Ramsl       | Tim        | Sparkasse Südholstein                               | GER-SH  | M-45              | 00:21:11 | 16     |
| 150 | 300  | 00:21:57 | Mester      | Frederik   | Ing. Walter-H. Ackrutat, Inh. Karsten Enghusen e.K. | GER-SH  | M-HK              | 00:21:36 | 39     |
| 151 | 148  | 00:21:58 | Quatfasel   | Mario      | Finanzamt Neumünster                                | GER-SH  | M-HK              | 00:21:37 | 40     |
| 152 | 486  | 00:21:59 | Peters      | Finn       | Peters Reisen                                       | GER-SH  | M-HK              | 00:21:36 | 41     |
| 153 | 39   | 00:21:59 | Flamboe     | Alexander  | bk-documents GmbH                                   | GER-SH  | M-45              | 00:21:57 | 17     |
| 154 | 865  | 00:22:02 | Victor      | Oliver     | Wasser- und Verkehrs- Kontor                        | GER-SH  | M-45              | 00:21:16 | 18     |
| 155 | 834  | 00:22:05 | Goldboom    | Mika       | VFR Neumünster                                      | GER-SH  | M-KU12            | 00:22:04 | 10     |
| 156 | 449  | 00:22:05 | Grothoff    | Frank      | Oerlikon Neumag                                     | GER-SH  | M-35              | 00:21:56 | 9      |
| 157 | 561  | 00:22:05 | Ramm        | Timo       | Scooter Autoservice GmbH / Team GOODTIRES           | GER-SH  | M-JU20            | 00:21:57 | 10     |
| 158 | 498  | 00:22:06 | Hermann     | Jens       | Polizei Neumünster                                  | GER-SH  | M-35              | 00:21:21 | 10     |
| 159 | 157  | 00:22:06 | Happ        | Karsten    | Fit&fröhlich Sportscheune                           | GER-SH  | M-50              | 00:21:40 | 15     |
| 160 | 552  | 00:22:09 | Avotins     | Ricards    | Scooter Autoservice GmbH / Team GOODTIRES           | GER-SH  | M-HK              | 00:22:03 | 42     |
| 161 | 159  | 00:22:20 | Lorenzen    | Dirk       | Fit&fröhlich Sportscheune                           | GER-SH  | M-55              | 00:21:55 | 5      |
| 162 | 356  | 00:22:22 | Wild        | Florian    | KIN GmbH  | GER-SH  | M-30              | 00:21:40 | 16     |
| 163 | 412  | 00:22:22 | Kühne       | Roland     | management systems gmbh                             | GER-SH  | M-50              | 00:22:11 | 16     |
| 164 | 473  | 00:22:22 | Haack       | Lars       | Panasonic   | GER-SH  | M-45              | 00:22:13 | 19     |
| 165 | 253  | 00:22:25 | Rohlf       | Simon      | Holstenschule Neumünster                            | GER-SH  | M-JU14            | 00:22:14 | 7      |
| 166 | 284  | 00:22:27 | Basse       | Ulrich     | IBAF Altenpflegeschule                              | GER-SH  | M-60              | 00:21:57 | 1      |
| 167 | 434  | 00:22:27 | Plath       | Marcel     | O.t.n Laulabor                                      | GER-SH  | M-30              | 00:22:20 | 17     |
| 168 | 669  | 00:22:28 | Schmitt     | Tobias     | SWN Stadtwerke Neumünster GmbH                      | GER-SH  | M-30              | 00:22:13 | 18     |
| 169 | 417  | 00:22:30 | Ottink      | Udo        | management systems gmbh                             | GER-SH  | M-45              | 00:22:08 | 20     |
| 170 | 970  | 00:22:32 | Sharifi     | Mashallah  | iuvo Betreutes Wohnen NMS                           | GER-SH  | M-JU20            | 00:21:40 | 11     |
| 171 | 670  | 00:22:33 | Schulz      | Richard    | SWN Stadtwerke Neumünster GmbH                      | GER-SH  | M-45              | 00:22:31 | 21     |
| 172 | 802  | 00:22:34 | Meyer       | Marek      | TSV Gnutz   | GER-SH  | M-KU12            | 00:22:29 | 11     |
| 173 | 134  | 00:22:36 | Hauschildt  | Bosse      | FF Groß Kummerfeld                                  | GER-SH  | M-HK              | 00:22:20 | 43     |
| 174 | 276  | 00:22:37 | Blunck      | Hagen      | HORN + HORN – Ingenieurbüro für Bauwesen            | GER-SH  | M-40              | 00:21:57 | 16     |
| 175 | 451  | 00:22:39 | Knust       | Nico       | Oerlikon Neumag                                     | GER-SH  | M-HK              | 00:22:30 | 44     |
| 176 | 494  | 00:22:39 | Pieper      | Justin     | Pienies   | GER-SH  | M-JU18            | 00:21:39 | 11     |
| 177 | 416  | 00:22:40 | Ohmsen      | Lars       | management systems gmbh                             | GER-SH  | M-40              | 00:22:19 | 17     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name         | Vorname      | Verein / Ort   | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|--------------|--------------|--|--------|-------------------|----------|--------|
| 178 | 404  | 00:22:41 | Schwarz      | Roman        | Leserkreis Daheim /<br>Neumünster                      | GER-SH | M-50              | 00:22:05 | 17     |
| 179 | 712  | 00:22:43 | Bockmann     | Felix        | Theodor-Litt-Schule                                    | GER-SH | M-JU18            | 00:22:25 | 12     |
| 180 | 542  | 00:22:43 | Möller       | Niklas       | Rahmenwerkstatt STUDITEAM                              | GER-SH | M-HK              | 00:22:10 | 45     |
| 181 | 375  | 00:22:44 | Lage         | Jonas        | LAUFMAMALAUF   | GER-SH | M-JU14            | 00:22:37 | 8      |
| 182 | 377  | 00:22:45 | Lage         | Oliver       | LAUFMAMALAUF   | GER-SH | M-35              | 00:22:37 | 11     |
| 183 | 727  | 00:22:45 | Fröhlich     | Niklas       | Theodor-Litt-Schule                                    | GER-SH | M-JU18            | 00:22:21 | 13     |
| 184 | 816  | 00:22:45 | Kloss        | Stephan      | ttp AG<br>Steuerberatungsgesellschaft                  | GER-SH | M-35              | 00:22:14 | 12     |
| 185 | 464  | 00:22:46 | Stade        | Andreas      | Oerlikon Neumag  | GER-SH | M-50              | 00:22:28 | 18     |
| 186 | 462  | 00:22:49 | Rohde        | Curt         | Oerlikon Neumag  | GER-SH | M-55              | 00:22:38 | 6      |
| 187 | 915  | 00:22:50 | Wachlin      | Kai          | MTSV Hohenwestedt                                      | GER-SH | M-40              | 00:22:09 | 18     |
| 188 | 810  | 00:22:51 | Syben        | Tyler        | TSV Gnutz  | GER-SH | M-JU14            | 00:22:47 | 9      |
| 189 | 797  | 00:22:51 | Dänzer       | Jan          | TSV Gnutz  | GER-SH | M-KU12            | 00:22:44 | 12     |
| 190 | 1023 | 00:22:52 | Schlotfeldt  | Max          | SV Tugendorf   | GER-SH | M-KU10            | 00:22:26 | 2      |
| 191 | 686  | 00:22:53 | Woop         | Alexander    | TDL Energie GmbH                                       | GER-SH | M-30              | 00:22:20 | 19     |
| 192 | 38   | 00:22:54 | Birkholz     | Jörg         | bk-documents GmbH                                      | GER-SH | M-45              | 00:22:49 | 22     |
| 193 | 196  | 00:22:54 | Lüdtke       | Enrico       | Gemeinschaftsschule Nortorf                            | GER-SH | M-JU14            | 00:22:42 | 10     |
| 194 | 501  | 00:22:57 | Schiffer     | Michael      | Polizei Neumünster                                     | GER-SH | M-45              | 00:22:15 | 23     |
| 195 | 588  | 00:22:58 | Haase        | Sven         | SH-Fitness   | GER-SH | M-35              | 00:22:47 | 13     |
| 196 | 985  | 00:22:58 | Justus       | David        | Betriebssportgruppe Tietjen<br>Verfahrenstechnik       | GER-SH | M-50              | 00:22:49 | 19     |
| 197 | 133  | 00:22:59 | Hauschildt   | André        | FF Groß Kummerfeld                                     | GER-SH | M-45              | 00:22:49 | 24     |
| 198 | 904  | 00:23:01 | Zimny        | Marco        | FEK Neumünster   | GER-SH | M-40              | 00:22:32 | 19     |
| 199 | 758  | 00:23:03 | Schuer       | Henrik       | Theodor-Litt-Schule                                    | GER-SH | M-JU18            | 00:22:43 | 14     |
| 200 | 987  | 00:23:03 | Grund        | Matthias     | Ehler Ermer & Partner                                  | GER-SH | M-30              | 00:22:50 | 20     |
| 201 | 167  | 00:23:04 | Grafe        | Gunnar       | Ganzheitliches<br>Therapiezentrum Hamburg              | GER-   | M-HK              | 00:22:42 | 46     |
| 202 | 940  | 00:23:04 | Redmann      | Daniel       | Danfoss Power Solutions                                | GER-SH | M-HK              | 00:22:36 | 47     |
| 203 | 613  | 00:23:07 | Johna        | Claus-Rudolf | SPD-Das WIR gewinnt                                    | GER-SH | M-45              | 00:22:27 | 25     |
| 204 | 615  | 00:23:07 | Wagner       | Roman        | SPD-Das WIR gewinnt                                    | GER-SH | M-HK              | 00:22:23 | 48     |
| 205 | 406  | 00:23:07 | Brandherm    | Horst        | management systems gmbh                                | GER-SH | M-50              | 00:22:43 | 20     |
| 206 | 305  | 00:23:08 | Hahn         | Mark         | ISA-TRAESKO GmbH                                       | GER-SH | M-35              | 00:22:46 | 14     |
| 207 | 318  | 00:23:09 | Boden        | Dennis       | J.A.G. Metallbau GmbH                                  | GER-SH | M-30              | 00:22:39 | 21     |
| 208 | 971  | 00:23:10 | Riske        | Maximilian   | LG Neumünster  | GER-SH | M-JU14            | 00:23:05 | 11     |
| 209 | 114  | 00:23:15 | Baas         | Michael      | expert Elektrofachmärkte Nord<br>GmbH                  | GER-SH | M-50              | 00:22:46 | 21     |
| 210 | 661  | 00:23:19 | Kuhn         | Andreas      | Steinbach & Partner GbR                                | GER-SH | M-45              | 00:22:36 | 26     |
| 211 | 968  | 00:23:23 | Tesfalem     | Tesfihans    | iuvo Betreutes Wohnen NMS                              | GER-SH | M-JU20            | 00:22:28 | 12     |
| 212 | 260  | 00:23:23 | Greve        | Mark         | Holzland Greve GmbH&Co. KG                             | GER-SH | M-40              | 00:22:59 | 20     |
| 213 | 518  | 00:23:26 | Entzian      | Dr. Peter    | Praxis Dr. Entzian                                     | GER-SH | M-60              | 00:23:13 | 2      |
| 214 | 784  | 00:23:26 | Schnoor      | Kai          | Transcoject  | GER-SH | M-50              | 00:23:10 | 22     |
| 215 | 102  | 00:23:26 | von Seelen   | Frederic     | DRK/JRK  | GER-SH | M-HK              | 00:22:42 | 49     |
| 216 | 812  | 00:23:27 | Winter       | Lukas        | TSV Gnutz  | GER-SH | M-KU12            | 00:23:22 | 13     |
| 217 | 299  | 00:23:27 | Cohrt        | Bjarne       | Ing. Walter-H. Ackrutat, Inh.<br>Karsten Enghusen e.K. | GER-SH | M-JU20            | 00:22:55 | 13     |
| 218 | 63   | 00:23:29 | Prühs        | Christopher  | C. J. Wigger KG  | GER-SH | M-HK              | 00:22:32 | 50     |
| 219 | 466  | 00:23:30 | Steele       | Rickey       | Oerlikon Neumag  | GER-SH | M-50              | 00:23:12 | 23     |
| 220 | 942  | 00:23:30 | Sancristobal | Neo          | Danfoss Power Solutions                                | GER-SH | M-KU12            | 00:23:19 | 14     |
| 221 | 941  | 00:23:31 | Sancristobal | Marco        | Danfoss Power Solutions                                | GER-SH | M-40              | 00:23:19 | 21     |
| 222 | 601  | 00:23:32 | Minigel      | Olaf         | Sparkasse Südholstein                                  | GER-SH | M-60              | 00:22:49 | 3      |
| 223 | 874  | 00:23:34 | Eitner       | Stefan       | WKS GmbH & Co. KG                                      | GER-SH | M-45              | 00:23:20 | 27     |
| 224 | 288  | 00:23:36 | Hoppenrath   | Markus       | IBAF Altenpflegeschule                                 | GER-SH | M-HK              | 00:23:04 | 51     |

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## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name          | Vorname        | Verein / Ort   | Nat.    | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|---------------|----------------|--|---------|-------------------|----------|--------|
| 225 | 297  | 00:23:36 | Ziegler       | Stefan         | IBAF Altenpflegeschule                                 | GER-SH  | M-HK              | 00:23:04 | 52     |
| 226 | 756  | 00:23:38 | Schlüter      | Jan            | Theodor-Litt-Schule                                    | GER-SH  | M-JU18            | 00:23:18 | 15     |
| 227 | 282  | 00:23:38 | Tschuk        | Tobias         | HORN + HORN –<br>Ingenieurbüro für Bauwesen            | GER-SH  | M-45              | 00:23:05 | 28     |
| 228 | 430  | 00:23:41 | Komm          | Bernd          | O.t.n Lauflabor  | GER-SH  | M-55              | 00:23:15 | 7      |
| 229 | 135  | 00:23:43 | Hauschildt    | Jan            | FF Groß Kummerfeld                                     | GER-SH  | M-40              | 00:23:27 | 22     |
| 230 | 136  | 00:23:43 | Lichtenstein  | Yannik         | FF Groß Kummerfeld                                     | GER-SH  | M-HK              | 00:23:43 | 53     |
| 231 | 706  | 00:23:44 | Atahi         | Javid          | Theodor-Litt-Schule                                    | GER-SH  | M-JU18            | 00:23:31 | 16     |
| 232 | 179  | 00:23:48 | Darge         | Noah           | Gemeinschaftsschule Nortorf                            | GER-SH  | M-KU12            | 00:23:46 | 15     |
| 233 | 1016 | 00:23:48 | Rajaganapathy | Anand          | Lnt  | GER-SH  | M-HK              | 00:23:35 | 54     |
| 234 | 212  | 00:23:51 | Zimmermann    | Felix          | Gemeinschaftsschule Nortorf                            | GER-SH  | M-KU12            | 00:23:27 | 16     |
| 235 | 171  | 00:23:51 | Senz          | Manuel         | Garten- und<br>Hausmeisterservice Thorsten<br>Kurepkat | GER-SH  | M-30              | 00:23:32 | 22     |
| 236 | 230  | 00:23:52 | Tietgen       | Noah-Lukas     | Gummi-Busch GmbH & Co. KG                              | GER-SH  | M-JU18            | 00:23:44 | 17     |
| 237 | 938  | 00:23:54 | Peter         | Marc           | Danfoss Power Solutions                                | GER-SH  | M-30              | 00:23:25 | 23     |
| 238 | 191  | 00:23:56 | Johannsen     | Pit            | Gemeinschaftsschule Nortorf                            | GER-SH  | M-KU12            | 00:23:29 | 17     |
| 239 | 719  | 00:24:00 | Christiansen  | Thore          | Theodor-Litt-Schule                                    | GER-SH  | M-30              | 00:23:10 | 24     |
| 240 | 478  | 00:24:01 | Rodloff       | Matthias       | Panasonic  | GER-SH  | M-45              | 00:23:50 | 29     |
| 241 | 951  | 00:24:03 | Mews          | Ties           | Assmann GmbH   | GER-SH  | M-50              | 00:23:37 | 24     |
| 242 | 354  | 00:24:04 | Schneppe      | Etienne        | KIN GmbH   | GER-SH  | M-30              | 00:23:22 | 25     |
| 243 | 774  | 00:24:05 | Hannmann      | Yasin          | Tietgen Haustechnik GmbH                               | GER-SH  | M-HK              | 00:23:25 | 55     |
| 244 | 840  | 00:24:05 | Kulig         | Rune           | VFR Neumünster   | GER-SH  | M-KU12            | 00:24:03 | 18     |
| 245 | 842  | 00:24:06 | Lindemann     | Jan            | VFR Neumünster   | GER-SH  | M-JU14            | 00:24:04 | 12     |
| 246 | 90   | 00:24:06 | Gärtner       | Lennard        | Die Königin und Ihr Gefolge                            | GER-SH  | M-KU10            | 00:23:32 | 3      |
| 247 | 91   | 00:24:06 | Gärtner       | Markus         | Die Königin und Ihr Gefolge                            | GER-SH  | M-45              | 00:23:32 | 30     |
| 248 | 411  | 00:24:07 | Kleidt        | Thorsten       | management systems gmbh                                | GER-SH  | M-40              | 00:23:45 | 23     |
| 249 | 87   | 00:24:09 | Link          | Rainer         | Die Eiskalten sponsored by<br>Nortex                   | GER-SH  | M-45              | 00:23:25 | 31     |
| 250 | 113  | 00:24:12 | Siems         | Stephan        | Ehler Ermer & Partner                                  | GER-SH  | M-45              | 00:23:54 | 32     |
| 251 | 1030 | 00:24:13 | Kayser        | Ronny          | Neumünster   | GER-SH  | M-35              | 00:23:40 | 15     |
| 252 | 274  | 00:24:13 | Beckmann      | Jörn           | HORN + HORN –<br>Ingenieurbüro für Bauwesen            | GER-SH  | M-HK              | 00:23:41 | 56     |
| 253 | 328  | 00:24:14 | Chandramohan  | Sreedhar Singh | Jasmin Infotech  | GER-BAY | M-HK              | 00:24:01 | 57     |
| 254 | 476  | 00:24:14 | Möllmann      | Tobias         | Panasonic  | GER-SH  | M-30              | 00:24:04 | 26     |
| 255 | 3    | 00:24:15 | Schroeder     | Norbert        | ALG VFL Bokel  | GER-SH  | M-65              | 00:24:13 | 2      |
| 256 | 608  | 00:24:17 | Tebel         | Rüdiger        | Sparkasse Südholstein                                  | GER-SH  | M-50              | 00:23:39 | 25     |
| 257 | 391  | 00:24:18 | Bröcker       | Tobias         | Lebenshilfewerk Neumünster<br>GmbH                     | GER-SH  | M-30              | 00:24:15 | 27     |
| 258 | 108  | 00:24:20 | Damerow       | Bernd          | Ehler Ermer & Partner                                  | GER-SH  | M-65              | 00:24:00 | 3      |
| 259 | 682  | 00:24:20 | Quambusch     | Volker         | TDL Energie GmbH                                       | GER-SH  | M-50              | 00:23:40 | 26     |
| 260 | 116  | 00:24:21 | Hinz          | Jean-Pierre    | expert Elektrofachmärkte Nord<br>GmbH                  | GER-SH  | M-30              | 00:23:51 | 28     |
| 261 | 778  | 00:24:28 | Heesch        | Stephan        | Transcoject  | GER-SH  | M-40              | 00:24:10 | 24     |
| 262 | 497  | 00:24:34 | Schröder      | Carsten        | Polizei Neumünster                                     | GER-SH  | M-50              | 00:23:51 | 27     |
| 263 | 988  | 00:24:36 | Karst         | Justin         |  | GER-SH  | M-JU18            | 00:24:00 | 18     |
| 264 | 919  | 00:24:37 | Kühne         | Moritz Paul    | management systems gmbh                                | GER-SH  | M-KU12            | 00:24:26 | 19     |
| 265 | 387  | 00:24:37 | Kröger        | Ralf           | Laufftreff Ruthenberger SV                             | GER-SH  | M-55              | 00:24:03 | 8      |
| 266 | 399  | 00:24:39 | Swenson       | Detlef         | Lebenshilfewerk Neumünster<br>GmbH                     | GER-SH  | M-45              | 00:24:38 | 33     |
| 267 | 71   | 00:24:44 | Selvaraj      | Vignesh        | Da Vinci Engineering GmbH                              | GER-BAW | M-HK              | 00:24:37 | 58     |
| 268 | 782  | 00:24:44 | Scheffler     | Hendrik        | Transcoject  | GER-SH  | M-30              | 00:24:27 | 29     |
| 269 | 939  | 00:24:47 | Ramm          | Armin          | Danfoss Power Solutions                                | GER-SH  | M-HK              | 00:24:17 | 59     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name          | Vorname        | Verein / Ort                                     | Nat.    | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|---------------|----------------|--|---------|-------------------|----------|--------|
| 270 | 851  | 00:24:47 | Wannagat      | Henning        | Wannagat&Steckmess<br>Steuerberater              | GER-SH  | M-60              | 00:24:27 | 4      |
| 271 | 676  | 00:24:53 | Gera          | Stefan         | TDL Energie GmbH                                 | GER-SH  | M-35              | 00:24:15 | 16     |
| 272 | 620  | 00:24:53 | Gatzka        | Denis          | Sporthaus Redler GmbH                            | GER-SH  | M-HK              | 00:24:44 | 60     |
| 273 | 215  | 00:24:55 | Karst         | Tobias         | Glasreinigung Oliver Blöcker                     | GER-SH  | M-35              | 00:24:19 | 17     |
| 274 | 1013 | 00:24:55 | Mehrens       | Krischan       | Neumünster                                       | GER-SH  | M-40              | 00:24:50 | 25     |
| 275 | 895  | 00:24:56 | Glau          | Frank          | FEK Neumünster                                   | GER-SH  | M-50              | 00:24:06 | 28     |
| 276 | 896  | 00:24:56 | Hansen        | Sven           | FEK Neumünster                                   | GER-SH  | M-50              | 00:24:08 | 29     |
| 277 | 213  | 00:24:57 | Blöcker       | Oliver         | Glasreinigung Oliver Blöcker                     | GER-SH  | M-45              | 00:24:22 | 34     |
| 278 | 825  | 00:24:58 | Belhiba       | Chames         | VFR Neumünster                                   | GER-SH  | M-JU14            | 00:24:56 | 13     |
| 279 | 780  | 00:25:00 | Noll          | Maximilian     | Transcoject                                      | GER-SH  | M-HK              | 00:24:44 | 61     |
| 280 | 824  | 00:25:01 | Beckmann      | Sören          | VFR Neumünster                                   | GER-SH  | M-KU12            | 00:24:59 | 20     |
| 281 | 841  | 00:25:01 | Laubinger     | Santino        | VFR Neumünster                                   | GER-SH  | M-JU14            | 00:25:00 | 14     |
| 282 | 161  | 00:25:01 | Schulz        | Holger         | Fit&fröhlich Sportscheune                        | GER-SH  | M-50              | 00:24:34 | 30     |
| 283 | 172  | 00:25:01 | Adam          | Mikko          | Gemeinschaftsschule Nortorf                      | GER-SH  | M-KU12            | 00:24:50 | 21     |
| 284 | 830  | 00:25:02 | Briese        | Lars           | VFR Neumünster                                   | GER-SH  | M-KU12            | 00:25:01 | 22     |
| 285 | 321  | 00:25:02 | Kocayigit     | Nuh            | J.A.G. Metallbau GmbH                            | GER-SH  | M-HK              | 00:24:34 | 62     |
| 286 | 205  | 00:25:03 | Schönfelder   | Tristan        | Gemeinschaftsschule Nortorf                      | GER-SH  | M-JU16            | 00:24:51 | 4      |
| 287 | 814  | 00:25:03 | Argens        | Florian        | ttp AG<br>Steuerberatungsgesellschaft            | GER-SH  | M-HK              | 00:24:31 | 63     |
| 288 | 888  | 00:25:05 | Löbau         | Arne           | Zimmerei Löbau                                   | GER-SH  | M-45              | 00:24:50 | 35     |
| 289 | 909  | 00:25:06 | Riesenberg    | Hans-Jürgen    | Holsteinischer Courier                           | GER-SH  | M-75              | 00:24:46 | 1      |
| 290 | 275  | 00:25:07 | Bergner       | Oliver         | HORN + HORN –<br>Ingenieurbüro für Bauwesen      | GER-SH  | M-45              | 00:24:34 | 36     |
| 291 | 81   | 00:25:09 | Nagel         | Andre          | Diakonie Altholstein                             | GER-SH  | M-35              | 00:24:21 | 18     |
| 292 | 446  | 00:25:10 | Friedebold    | Sönke          | Oerlikon Neumag                                  | GER-SH  | M-50              | 00:24:36 | 31     |
| 293 | 503  | 00:25:10 | Reigardt      | Holger         | Polizei Neumünster                               | GER-    | M-60              | 00:24:26 | 5      |
| 294 | 289  | 00:25:12 | Kunstmann     | Ronny          | IBAF Altenpflegeschule                           | GER-SH  | M-30              | 00:24:39 | 30     |
| 295 | 853  | 00:25:14 | Wannagat      | Lucas          | Wannagat&Steckmess<br>Steuerberater              | GER-SH  | M-HK              | 00:24:51 | 64     |
| 296 | 907  | 00:25:17 | Frese         | Karsten        | Betriebssportgruppe Tietjen<br>Verfahrenstechnik | GER-SH  | M-50              | 00:25:08 | 32     |
| 297 | 337  | 00:25:17 | Rajagopal     | Vinoth Raja    | Jasmin Infotech                                  | GER-BAY | M-HK              | 00:25:09 | 65     |
| 298 | 680  | 00:25:18 | Pathirana     | Chaminda       | TDL Energie GmbH                                 | GER-SH  | M-40              | 00:24:49 | 26     |
| 299 | 945  | 00:25:18 | Wiechert      | Tom            | Assmann GmbH                                     | GER-SH  | M-HK              | 00:24:52 | 66     |
| 300 | 567  | 00:25:22 | Tausendfreund | Finn Lasse     | Seeigel  | GER-SH  | M-JU14            | 00:24:44 | 15     |
| 301 | 322  | 00:25:23 | Maschmann     | Max            | J.A.G. Metallbau GmbH                            | GER-SH  | M-JU18            | 00:24:54 | 19     |
| 302 | 679  | 00:25:23 | Mews          | Marco          | TDL Energie GmbH                                 | GER-SH  | M-35              | 00:24:46 | 19     |
| 303 | 436  | 00:25:24 | Sarnow        | Marcel         | O.t.n Lauflabor                                  | GER-SH  | M-HK              | 00:24:59 | 67     |
| 304 | 19   | 00:25:24 | Roethig       | Stefan         | BadBoys  | GER-SH  | M-40              | 00:24:35 | 27     |
| 305 | 994  | 00:25:24 | Göbbels       | Maurice        | Holzland Greve GmbH&Co. KG                       | GER-SH  | M-HK              | 00:25:01 | 68     |
| 306 | 432  | 00:25:24 | Mahli         | Faruk          | O.t.n Lauflabor                                  | GER-SH  | M-30              | 00:24:59 | 31     |
| 307 | 869  | 00:25:32 | Sohrweide     | Kai            | Weitkamp med                                     | GER-SH  | M-45              | 00:25:04 | 37     |
| 308 | 763  | 00:25:33 | Theissen      | Lucas          | Theodor-Litt-Schule                              | GER-SH  | M-JU18            | 00:24:38 | 20     |
| 309 | 506  | 00:25:40 | Faron         | Marco          | Powerfabrik                                      | GER-SH  | M-35              | 00:25:01 | 20     |
| 310 | 247  | 00:25:40 | Lichtenberg   | Michel         | Holstenschule Neumünster                         | GER-SH  | M-JU16            | 00:25:08 | 5      |
| 311 | 753  | 00:25:40 | Richter       | Renan          | Theodor-Litt-Schule                              | GER-SH  | M-JU18            | 00:24:48 | 21     |
| 312 | 250  | 00:25:42 | Otte          | Henrik         | Holstenschule Neumünster                         | GER-SH  | M-JU14            | 00:25:10 | 16     |
| 313 | 339  | 00:25:45 | Suppaiah      | Muthuveerappan | Jasmin Infotech                                  | GER-BAY | M-HK              | 00:25:39 | 69     |
| 314 | 104  | 00:25:46 | Wolfson       | Lasse          | DRK/JRK  | GER-SH  | M-JU18            | 00:25:01 | 22     |
| 315 | 890  | 00:25:54 | Nagel         | Manfred        | Zimmerei Löbau                                   | GER-SH  | M-65              | 00:25:49 | 4      |
| 316 | 46   | 00:25:54 | Richter       | Josef          | bk-documents GmbH                                | GER-SH  | M-JU20            | 00:25:47 | 14     |
| 317 | 40   | 00:25:55 | Flamboe       | Jonathan       | bk-documents GmbH                                | GER-SH  | M-JU14            | 00:25:52 | 17     |

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name        | Vorname      | Verein / Ort   | Nat.    | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-------------|--------------|--|---------|-------------------|----------|--------|
| 318 | 353  | 00:25:55 | Schluhe     | Bastian      | KIN GmbH   | GER-SH  | M-HK              | 00:25:15 | 70     |
| 319 | 509  | 00:25:56 | Harms-BiB   | Christian    | Powerfabrik  | GER-SH  | M-35              | 00:25:18 | 21     |
| 320 | 424  | 00:25:58 | Frey        | Bosse        | O.t.n Lauflabor  | GER-SH  | M-HK              | 00:25:38 | 71     |
| 321 | 180  | 00:26:01 | Denoville   | Oke          | Gemeinschaftsschule Nortorf                            | GER-SH  | M-KU12            | 00:25:49 | 23     |
| 322 | 563  | 00:26:02 | Weigler     | Rami         | Scooter Autoservice GmbH /<br>Team GOODTIRES           | GER-SH  | M-HK              | 00:25:54 | 72     |
| 323 | 41   | 00:26:05 | Genzel      | Simon        | bk-documents GmbH                                      | GER-SH  | M-HK              | 00:25:58 | 73     |
| 324 | 500  | 00:26:06 | Borchert    | Mats-Phillip | Polizei Neumünster                                     | GER-SH  | M-HK              | 00:25:20 | 74     |
| 325 | 805  | 00:26:07 | Rathjen     | Jan          | TSV Gnutz  | GER-SH  | M-40              | 00:25:51 | 28     |
| 326 | 192  | 00:26:07 | Klein       | Jarno        | Gemeinschaftsschule Nortorf                            | GER-SH  | M-KU12            | 00:25:56 | 24     |
| 327 | 531  | 00:26:11 | Wesselmann  | Burghard     | Prisma Runners   | GER-SH  | M-60              | 00:25:54 | 6      |
| 328 | 86   | 00:26:12 | Korn        | Matthias     | Die Eiskalten sponsored by<br>Nortex                   | GER-SH  | M-50              | 00:25:30 | 33     |
| 329 | 316  | 00:26:14 | Ziemus      | Elmar        | ISA-TRAESKO GmbH                                       | GER-SH  | M-45              | 00:25:49 | 38     |
| 330 | 240  | 00:26:14 | Holtz       | Ben          | Holstenschule Neumünster                               | GER-SH  | M-JU16            | 00:25:43 | 6      |
| 331 | 169  | 00:26:18 | Falkner     | Mats         | Garten- und<br>Hausmeisterservice Thorsten<br>Kurepkat | GER-SH  | M-KU12            | 00:26:00 | 25     |
| 332 | 846  | 00:26:19 | Trockel     | Jonas        | VFR Neumünster   | GER-SH  | M-JU14            | 00:26:18 | 18     |
| 333 | 831  | 00:26:19 | Briese      | Luke         | VFR Neumünster   | GER-SH  | M-KU12            | 00:26:17 | 26     |
| 334 | 170  | 00:26:20 | Kurepkat    | Thorsten     | Garten- und<br>Hausmeisterservice Thorsten<br>Kurepkat | GER-SH  | M-45              | 00:26:02 | 39     |
| 335 | 347  | 00:26:22 | Eisfeldt    | Jan          | Kiek in AöR der Stadt<br>Neumünster                    | GER-SH  | M-40              | 00:25:48 | 29     |
| 336 | 883  | 00:26:26 | Stolze      | Markus       | WKS GmbH & Co. KG                                      | GER-SH  | M-35              | 00:25:34 | 22     |
| 337 | 880  | 00:26:26 | Minaev      | Dennis       | WKS GmbH & Co. KG                                      | GER-SH  | M-HK              | 00:25:34 | 75     |
| 338 | 7    | 00:26:27 | Baasch      | Andreas      | AOK NordWest Neumünster                                | GER-SH  | M-35              | 00:26:05 | 23     |
| 339 | 474  | 00:26:31 | Hentschel   | Olaf         | Panasonic  | GER-SH  | M-50              | 00:26:20 | 34     |
| 340 | 64   | 00:26:35 | Scheer      | Uwe          | C. J. Wigger KG  | GER-SH  | M-45              | 00:25:39 | 40     |
| 341 | 384  | 00:26:35 | Burmeister  | Florian      | Lauffreff Ruthenberger SV                              | GER-SH  | M-45              | 00:25:58 | 41     |
| 342 | 779  | 00:26:37 | Lucyga      | Ralf         | Transcoject  | GER-SH  | M-50              | 00:26:20 | 35     |
| 343 | 344  | 00:26:38 | Harms       | Torsten      | Jürgens Dachbau GmbH &<br>Co.KG                        | GER-SH  | M-55              | 00:25:59 | 9      |
| 344 | 405  | 00:26:38 | Beicht      | Daniel       | management systems gmbh                                | GER-SH  | M-HK              | 00:25:45 | 76     |
| 345 | 628  | 00:26:40 | Dittebrandt | Jens         | Stadt Neumünster                                       | GER-SH  | M-55              | 00:26:19 | 10     |
| 346 | 50   | 00:26:43 | Wrage       | Tim-Lukas    | bk-documents GmbH                                      | GER-SH  | M-HK              | 00:26:36 | 77     |
| 347 | 809  | 00:26:44 | Ritter      | Nick         | TSV Gnutz  | GER-SH  | M-KU12            | 00:26:38 | 27     |
| 348 | 811  | 00:26:45 | Weiß        | Frederik     | TSV Gnutz  | GER-SH  | M-JU14            | 00:26:39 | 19     |
| 349 | 877  | 00:26:45 | Hansen      | Marian       | WKS GmbH & Co. KG                                      | GER-SH  | M-HK              | 00:25:54 | 78     |
| 350 | 623  | 00:26:51 | Leplow      | Elias        | Sporthaus Redler GmbH                                  | GER-SH  | M-HK              | 00:26:39 | 79     |
| 351 | 45   | 00:26:54 | Rhode       | Andreas      | bk-documents GmbH                                      | GER-SH  | M-40              | 00:26:47 | 30     |
| 352 | 477  | 00:26:54 | Plate       | Wolfgang     | Panasonic  | GER-SH  | M-45              | 00:26:25 | 42     |
| 353 | 528  | 00:26:57 | Stolz       | Alexander    | Prisma Runners   | GER-SH  | M-HK              | 00:26:41 | 80     |
| 354 | 565  | 00:26:57 | Mundt       | Andreas      | Seeigel  | GER-    | M-50              | 00:26:19 | 36     |
| 355 | 612  | 00:26:59 | Herwig      | Werner       | SPD-Das WIR gewinnt                                    | GER-SH  | M-60              | 00:26:16 | 7      |
| 356 | 271  | 00:27:02 | Rüdiger     | Olaf         | Holzland Greve GmbH&Co. KG                             | GER-SH  | M-50              | 00:26:38 | 37     |
| 357 | 969  | 00:27:03 | Tavakoli    | Morteza      | iuvo Betreutes Wohnen NMS                              | GER-SH  | M-JU20            | 00:26:09 | 15     |
| 358 | 1004 | 00:27:03 | Dettmann    | Paul         | Padenstedt   | GER-SH  | M-KU12            | 00:26:25 | 28     |
| 359 | 343  | 00:27:04 | Vijayan     | Kumar        | Jasmin Infotech  | GER-BAY | M-HK              | 00:26:53 | 81     |
| 360 | 22   | 00:27:10 | Dunker      | Timm         | BadBoys  | GER-SH  | M-KU10            | 00:26:21 | 4      |
| 361 | 23   | 00:27:10 | Walter      | Damian       | BadBoys  | GER-SH  | M-KU12            | 00:26:22 | 29     |
| 362 | 232  | 00:27:14 | Wilczynski  | Patryk       | Gummi-Busch GmbH & Co. KG                              | GER-SH  | M-HK              | 00:27:06 | 82     |

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name          | Vorname      | Verein / Ort   | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|---------------|--------------|--|--------|-------------------|----------|--------|
| 363 | 575  | 00:27:15 | Hadzimaykovic | Damir        | Senioren & Therapiezentrum<br>Haus Schleusberg         | GER-SH | M-50              | 00:26:24 | 38     |
| 364 | 744  | 00:27:16 | Motzfeld      | Jürgen       | Theodor-Litt-Schule                                    | GER-SH | M-55              | 00:26:21 | 11     |
| 365 | 390  | 00:27:17 | Voß           | Dieter       | Laufftreff Ruthenberger SV                             | GER-SH | M-60              | 00:26:41 | 8      |
| 366 | 981  | 00:27:17 | Johannsen     | Leif         | Benjamin Reuter Laptopservice                          | GER-SH | M-HK              | 00:27:16 | 83     |
| 367 | 677  | 00:27:23 | Götttsche     | Marco        | TDL Energie GmbH                                       | GER-SH | M-30              | 00:26:45 | 32     |
| 368 | 445  | 00:27:23 | Berndt        | Sascha       | Oerlikon Neumag  | GER-SH | M-35              | 00:26:42 | 24     |
| 369 | 24   | 00:27:27 | Larßon        | Oliver       | BadBoys  | GER-SH | M-40              | 00:26:37 | 31     |
| 370 | 918  | 00:27:30 | Lassen        | Merret       | ALG VFL Bokel  | GER-SH | M-55              | 00:26:55 | 12     |
| 371 | 696  | 00:27:35 | Nitschmann    | Mirko        | Team DoppelPASS e.V.                                   | GER-SH | M-45              | 00:26:37 | 43     |
| 372 | 507  | 00:27:38 | Florian       | Mathias      | Powerfabrik  | GER-SH | M-30              | 00:27:00 | 33     |
| 373 | 146  | 00:27:39 | Müller        | Jörn         | Finanzamt Neumünster                                   | GER-SH | M-35              | 00:27:14 | 25     |
| 374 | 524  | 00:27:42 | Brocksema     | Fred         | Prisma Runners   | GER-SH | M-55              | 00:27:25 | 13     |
| 375 | 21   | 00:27:46 | Dunker        | Niels        | BadBoys  | GER-SH | M-35              | 00:26:56 | 26     |
| 376 | 402  | 00:27:46 | Kremser       | Felix        | Leserkreis Daheim /<br>Neumünster                      | GER-SH | M-HK              | 00:27:11 | 84     |
| 377 | 254  | 00:27:47 | Wittmaack     | Hjalte       | Holstenschule Neumünster                               | GER-SH | M-JU14            | 00:27:15 | 20     |
| 378 | 20   | 00:27:49 | Johannsen     | Sven         | BadBoys  | GER-SH | M-30              | 00:26:59 | 34     |
| 379 | 827  | 00:27:53 | Bente         | Matthias     | VFR Neumünster   | GER-SH | M-40              | 00:27:38 | 32     |
| 380 | 83   | 00:27:56 | Kletzien      | Christian    | Die 95er-Gang  | GER-SH | M-35              | 00:26:57 | 27     |
| 381 | 1005 | 00:27:56 | Dettmann      | Florian      | Padenstedt   | GER-SH | M-30              | 00:27:18 | 35     |
| 382 | 84   | 00:27:56 | Strehlke      | Erol         | Die 95er-Gang  | GER-SH | M-40              | 00:26:58 | 33     |
| 383 | 82   | 00:27:56 | Bartel        | Stephan      | Die 95er-Gang  | GER-SH | M-45              | 00:27:01 | 44     |
| 384 | 283  | 00:27:57 | Witt          | André        | HORN + HORN –<br>Ingenieurbüro für Bauwesen            | GER-SH | M-HK              | 00:27:17 | 85     |
| 385 | 657  | 00:27:58 | Bisping       | Jan-Frederik | Steinbach & Partner GbR                                | GER-SH | M-35              | 00:27:13 | 28     |
| 386 | 471  | 00:28:01 | Basha         | Zilan        | Panasonic  | GER-SH | M-35              | 00:27:48 | 29     |
| 387 | 858  | 00:28:04 | Jeschke       | Kenneth      | Wasser- und Verkehrs- Kontor                           | GER-SH | M-HK              | 00:27:16 | 86     |
| 388 | 688  | 00:28:11 | Attröt        | Mathis       | Team Attröt  | GER-SH | M-30              | 00:27:46 | 36     |
| 389 | 690  | 00:28:11 | Attröt        | Winfried     | Team Attröt  | GER-SH | M-60              | 00:27:45 | 9      |
| 390 | 362  | 00:28:12 | Munoz-Hencke  | Rodrigo      | Klinik Klosterstraße GmbH                              | GER-SH | M-50              | 00:27:41 | 39     |
| 391 | 693  | 00:28:14 | Goebel        | Oliver       | Team DoppelPASS e.V.                                   | GER-SH | M-45              | 00:27:14 | 45     |
| 392 | 492  | 00:28:14 | Nielsen       | Dirk         | Pienies  | GER-SH | M-50              | 00:27:20 | 40     |
| 393 | 833  | 00:28:14 | Goldboom      | Jannis       | VFR Neumünster   | GER-SH | M-KU10            | 00:28:06 | 5      |
| 394 | 963  | 00:28:16 | Veselimovic   | Sergej       | Senioren & Therapiezentrum<br>Haus Schleusberg         | GER-SH | M-55              | 00:27:27 | 14     |
| 395 | 905  | 00:28:17 | Dettbarn      | Frank        | Betriebssportgruppe Tietjen<br>Verfahrenstechnik       | GER-SH | M-55              | 00:28:08 | 15     |
| 396 | 1025 | 00:28:18 | Sump          | Sigurd       | LG Neumünster  | GER-SH | M-75              | 00:28:08 | 2      |
| 397 | 480  | 00:28:20 | Schetler      | Denis        | Panasonic  | GER-SH | M-35              | 00:28:09 | 30     |
| 398 | 178  | 00:28:24 | Dabelstein    | Romian       | Gemeinschaftsschule Nortorf                            | GER-SH | M-KU12            | 00:28:13 | 30     |
| 399 | 685  | 00:28:24 | Thrun         | Alexander    | TDL Energie GmbH                                       | GER-SH | M-30              | 00:27:45 | 37     |
| 400 | 298  | 00:28:26 | Althaus       | Jan          | Ing. Walter-H. Ackrutat, Inh.<br>Karsten Enghusen e.K. | GER-SH | M-35              | 00:27:53 | 31     |
| 401 | 594  | 00:28:27 | Eggerstedt    | Oliver       | Sparkasse Südholstein                                  | GER-SH | M-40              | 00:27:44 | 34     |
| 402 | 199  | 00:28:31 | Mustafa       | Edonit       | Gemeinschaftsschule Nortorf                            | GER-SH | M-KU12            | 00:28:07 | 31     |
| 403 | 857  | 00:28:34 | Jäger         | Klaus        | Wasser- und Verkehrs- Kontor                           | GER-SH | M-50              | 00:27:46 | 41     |
| 404 | 558  | 00:28:35 | Kramm         | Mathias      | Scooter Autoservice GmbH /<br>Team GOODTIRES           | GER-SH | M-45              | 00:28:21 | 46     |
| 405 | 218  | 00:28:37 | Späthmann     | Thomas       | Glasreinigung Oliver Blöcker                           | GER-SH | M-45              | 00:28:00 | 47     |
| 406 | 400  | 00:28:38 | Wähner        | Michael      | Lebenshilfewerk Neumünster<br>GmbH                     | GER-SH | M-35              | 00:28:36 | 32     |
| 407 | 25   | 00:28:43 | Grätsch       | Dennis       | Banters.fitness  | GER-SH | M-35              | 00:28:31 | 33     |
| 408 | 496  | 00:28:44 | Wagner        | Dr. Thomas   | Polizei Neumünster                                     | GER-SH | M-55              | 00:28:00 | 16     |

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name                         | Vorname      | Verein / Ort                                   | Nat.    | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|------------------------------|--------------|--|---------|-------------------|----------|--------|
| 409 | 808  | 00:28:44 | Ritter                       | Max          | TSV Gnutz                                      | GER-SH  | M-JU14            | 00:28:37 | 21     |
| 410 | 736  | 00:28:49 | Källner                      | Tom          | Theodor-Litt-Schule                            | GER-SH  | M-JU18            | 00:28:30 | 23     |
| 411 | 796  | 00:28:53 | Brozio                       | Thore        | TSV Gnutz                                      | GER-SH  | M-KU12            | 00:28:46 | 32     |
| 412 | 800  | 00:28:55 | Lipasso                      | Frederic     | TSV Gnutz                                      | GER-SH  | M-KU12            | 00:28:49 | 33     |
| 413 | 813  | 00:29:01 | Zamzow                       | Marcel       | TSV Gnutz                                      | GER-SH  | M-JU14            | 00:28:54 | 22     |
| 414 | 799  | 00:29:01 | Koch                         | Luis         | TSV Gnutz                                      | GER-SH  | M-JU14            | 00:28:55 | 23     |
| 415 | 795  | 00:29:02 | Bartz                        | Peter        | TSV Gnutz                                      | GER-SH  | M-40              | 00:28:55 | 35     |
| 416 | 556  | 00:29:02 | Fürst                        | Andreas      | Scooter Autoservice GmbH /<br>Team GOODTIRES   | GER-SH  | M-45              | 00:28:55 | 48     |
| 417 | 698  | 00:29:03 | Schulz                       | Torsten      | Team DoppelPASS e.V.                           | GER-SH  | M-40              | 00:28:02 | 36     |
| 418 | 333  | 00:29:03 | Narayanasamy                 | Raja         | Jasmin Infotech                                | GER-BAY | M-HK              | 00:28:53 | 87     |
| 419 | 388  | 00:29:04 | Neumann                      | Marc         | Laufftreff Ruthenberger SV                     | GER-SH  | M-45              | 00:28:27 | 49     |
| 420 | 202  | 00:29:10 | Rex                          | Janek        | Gemeinschaftsschule Nortorf                    | GER-SH  | M-KU12            | 00:28:57 | 34     |
| 421 | 323  | 00:29:12 | Mehring                      | Michael      | J.A.G. Metallbau GmbH                          | GER-SH  | M-55              | 00:28:42 | 17     |
| 422 | 917  | 00:29:13 | Schwan                       | Thomas       | SH-Fitness                                     | GER-SH  | M-45              | 00:28:28 | 50     |
| 423 | 660  | 00:29:13 | Frommholz                    | Tarek        | Steinbach & Partner GbR                        | GER-SH  | M-KU10            | 00:28:29 | 6      |
| 424 | 726  | 00:29:16 | Friedrichs                   | Jerome       | Theodor-Litt-Schule                            | GER-SH  | M-30              | 00:28:24 | 38     |
| 425 | 732  | 00:29:16 | Hänsel                       | Jörg         | Theodor-Litt-Schule                            | GER-SH  | M-30              | 00:28:27 | 39     |
| 426 | 775  | 00:29:20 | Horke                        | Fabian       | Tietgen Haustechnik GmbH                       | GER-SH  | M-HK              | 00:28:40 | 88     |
| 427 | 78   | 00:29:26 | Dücker                       | Michael      | Diakonie Altholstein                           | GER-SH  | M-45              | 00:28:39 | 51     |
| 428 | 505  | 00:29:33 | Fehrman                      | Thomas       | Polizei Neumünster                             | GER-SH  | M-55              | 00:28:48 | 18     |
| 429 | 576  | 00:29:34 | Kovacevic                    | Damir        | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH  | M-35              | 00:28:45 | 34     |
| 430 | 995  | 00:29:35 | Valicovic                    | Mehmed       | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH  | M-HK              | 00:28:46 | 89     |
| 431 | 597  | 00:29:44 | Gutschlag                    | Thorsten     | Sparkasse Südholstein                          | GER-SH  | M-55              | 00:28:58 | 19     |
| 432 | 350  | 00:29:51 | Otte                         | Dr. Björn    | Kiek in AöR der Stadt<br>Neumünster            | GER-SH  | M-40              | 00:29:16 | 37     |
| 433 | 330  | 00:30:02 | Munisai kumar                | Kothapa      | Jasmin Infotech                                | GER-BAY | M-HK              | 00:30:02 | 90     |
| 434 | 334  | 00:30:05 | Palanisamy<br>Kandasamy Babu | Ramjee       | Jasmin Infotech                                | GER-BAY | M-HK              | 00:30:05 | 91     |
| 435 | 786  | 00:30:08 | Voß                          | Niklas       | Transcoject                                    | GER-SH  | M-HK              | 00:29:49 | 92     |
| 436 | 415  | 00:30:17 | Menden                       | Michael      | management systems gmbh                        | GER-SH  | M-HK              | 00:29:22 | 93     |
| 437 | 760  | 00:30:17 | Schürer                      | Fynn         | Theodor-Litt-Schule                            | GER-SH  | M-JU18            | 00:29:26 | 24     |
| 438 | 584  | 00:30:18 | Trkulja                      | Kosta        | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH  | M-HK              | 00:29:30 | 94     |
| 439 | 59   | 00:30:18 | Gloe                         | Martin       | C. J. Wigger KG                                | GER-SH  | M-45              | 00:29:22 | 52     |
| 440 | 194  | 00:30:21 | Krambeck                     | Leon         | Gemeinschaftsschule Nortorf                    | GER-SH  | M-JU14            | 00:30:11 | 24     |
| 441 | 48   | 00:30:23 | Von der Heyde                | Christoph    | bk-documents GmbH                              | GER-SH  | M-50              | 00:30:18 | 42     |
| 442 | 408  | 00:30:27 | Fernandez                    | Jeffrey      | management systems gmbh                        | GER-SH  | M-40              | 00:29:31 | 38     |
| 443 | 996  | 00:30:35 | Kavacevic                    | Eddy         | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH  | M-KU12            | 00:29:46 | 35     |
| 444 | 327  | 00:30:37 | Balu                         | Karthikeyan  | Jasmin Infotech                                | GER-BAY | M-30              | 00:30:26 | 40     |
| 445 | 961  | 00:30:37 | Turkoviv                     | Sean         | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH  | M-HK              | 00:29:47 | 95     |
| 446 | 578  | 00:30:37 | Nuradinovic                  | Irfan        | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH  | M-HK              | 00:29:48 | 96     |
| 447 | 871  | 00:30:52 | Berg                         | Paul         | WKS GmbH & Co. KG                              | GER-SH  | M-35              | 00:29:59 | 35     |
| 448 | 211  | 00:30:52 | Voß                          | Luca         | Gemeinschaftsschule Nortorf                    | GER-SH  | M-JU14            | 00:30:39 | 25     |
| 449 | 341  | 00:30:54 | Thangaraj                    | Sathishkumar | Jasmin Infotech                                | GER-BAY | M-30              | 00:30:45 | 41     |
| 450 | 291  | 00:31:04 | Schulzek                     | Dirk         | IBAF Altenpflegeschule                         | GER-SH  | M-40              | 00:30:30 | 39     |
| 451 | 924  | 00:31:11 | Drebitz                      | Holger       | Danfoss Power Solutions                        | GER-SH  | M-65              | 00:30:41 | 5      |
| 452 | 998  | 00:31:22 | Schmieta                     | Fabian       | Theodor-Litt-Schule                            | GER-SH  | M-JU18            | 00:30:26 | 25     |
| 453 | 359  | 00:31:25 | Günther                      | Jörg-Michael | Klinik Klosterstraße GmbH                      | GER-SH  | M-55              | 00:30:54 | 20     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name            | Vorname          | Verein / Ort                                   | Nat.    | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-----------------|------------------|--|---------|-------------------|----------|--------|
| 454 | 186  | 00:31:37 | Glüsing         | Luca             | Gemeinschaftsschule Nortorf                    | GER-SH  | M-KU12            | 00:31:35 | 36     |
| 455 | 198  | 00:31:42 | Meyer           | Nils             | Gemeinschaftsschule Nortorf                    | GER-SH  | M-JU14            | 00:31:16 | 26     |
| 456 | 962  | 00:31:42 | Sundac          | Petar            | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH  | M-55              | 00:30:53 | 21     |
| 457 | 204  | 00:31:42 | Schäfer         | Tim              | Gemeinschaftsschule Nortorf                    | GER-SH  | M-JU14            | 00:31:16 | 27     |
| 458 | 270  | 00:31:47 | Peters          | Marlon           | Holzland Greve GmbH&Co. KG                     | GER-SH  | M-HK              | 00:31:23 | 97     |
| 459 | 329  | 00:31:53 | Kosalram        | Amirtharaj       | Jasmin Infotech                                | GER-BAY | M-HK              | 00:31:44 | 98     |
| 460 | 121  | 00:31:57 | Osanlou         | Sorhab           | expert Elektrofachmärkte Nord<br>GmbH          | GER-SH  | M-40              | 00:31:25 | 40     |
| 461 | 1003 | 00:31:57 | Bohnsack        | Guido            | FC St. Pauli                                   | GER-BAY | M-55              | 00:31:15 | 22     |
| 462 | 637  | 00:31:58 | Kiep            | Fabian           | Stadt Neumünster                               | GER-SH  | M-HK              | 00:31:08 | 99     |
| 463 | 455  | 00:31:58 | Matthies        | André            | Oerlikon Neumag                                | GER-SH  | M-35              | 00:31:47 | 36     |
| 464 | 651  | 00:31:59 | Volquardsen     | Sönke            | Stadt Neumünster                               | GER-SH  | M-45              | 00:31:08 | 53     |
| 465 | 197  | 00:32:05 | Martens         | Finn             | Gemeinschaftsschule Nortorf                    | GER-SH  | M-KU12            | 00:32:02 | 37     |
| 466 | 201  | 00:32:06 | Rahlf           | Moritz           | Gemeinschaftsschule Nortorf                    | GER-SH  | M-KU12            | 00:32:04 | 38     |
| 467 | 709  | 00:32:12 | Beese           | Jörn             | Theodor-Litt-Schule                            | GER-SH  | M-35              | 00:31:21 | 37     |
| 468 | 66   | 00:32:15 | Abdel-Ghany     | Amir             | Da Vinci Engineering GmbH                      | GER-BAW | M-30              | 00:31:47 | 42     |
| 469 | 440  | 00:32:27 | Wallus          | Reiner           | O.t.n Lauflabor                                | GER-SH  | M-50              | 00:32:00 | 43     |
| 470 | 766  | 00:32:41 | Trommer         | Heiko            | Theodor-Litt-Schule                            | GER-SH  | M-45              | 00:31:47 | 54     |
| 471 | 982  | 00:32:44 | Schulze         | Marten           | ISA-TRAESKO GmbH                               | GER-SH  | M-HK              | 00:32:16 | 100    |
| 472 | 267  | 00:32:47 | Napieralla      | Fabi             | Holzland Greve GmbH&Co. KG                     | GER-SH  | M-30              | 00:32:24 | 43     |
| 473 | 454  | 00:33:06 | Mäckelmann      | Jörg             | Oerlikon Neumag                                | GER-SH  | M-55              | 00:32:53 | 23     |
| 474 | 106  | 00:33:17 | Zielke          | Niklas           | DRK/JRK  | GER-SH  | M-JU14            | 00:32:31 | 28     |
| 475 | 94   | 00:33:18 | Koop            | Dominik          | DRK/JRK  | GER-SH  | M-JU16            | 00:32:30 | 7      |
| 476 | 93   | 00:33:18 | Burlich         | Robin            | DRK/JRK  | GER-SH  | M-JU18            | 00:32:31 | 26     |
| 477 | 97   | 00:33:18 | Reichert        | Luca             | DRK/JRK  | GER-SH  | M-JU18            | 00:32:31 | 27     |
| 478 | 729  | 00:33:44 | Grunow          | Mattis           | Theodor-Litt-Schule                            | GER-SH  | M-JU18            | 00:32:46 | 28     |
| 479 | 734  | 00:33:44 | Jessen          | Toke             | Theodor-Litt-Schule                            | GER-SH  | M-JU18            | 00:32:46 | 29     |
| 480 | 173  | 00:33:51 | Bauer           | Yannic           | Gemeinschaftsschule Nortorf                    | GER-SH  | M-JU14            | 00:33:42 | 29     |
| 481 | 557  | 00:33:54 | Koplin          | Rainer           | Scooter Autoservice GmbH /<br>Team GOODTIRES   | GER-SH  | M-50              | 00:33:42 | 44     |
| 482 | 174  | 00:33:56 | Beck            | Dennis           | Gemeinschaftsschule Nortorf                    | GER-SH  | M-KU12            | 00:33:33 | 39     |
| 483 | 803  | 00:33:58 | Meyer           | Nils             | TSV Gnutz                                      | GER-SH  | M-45              | 00:33:43 | 55     |
| 484 | 957  | 00:34:02 | Maranke         | Torben           | Autohaus Schmidt & Hoffmann                    | GER-SH  | M-HK              | 00:33:12 | 101    |
| 485 | 959  | 00:34:02 | Langenohl       | Bjarne           | Autohaus Schmidt & Hoffmann                    | GER-SH  | M-HK              | 00:33:12 | 102    |
| 486 | 958  | 00:34:03 | Westedt         | Marco            | Autohaus Schmidt & Hoffmann                    | GER-SH  | M-45              | 00:33:13 | 56     |
| 487 | 207  | 00:34:18 | Schwarz         | Florian          | Gemeinschaftsschule Nortorf                    | GER-SH  | M-KU12            | 00:33:56 | 40     |
| 488 | 332  | 00:34:27 | Muthuramalingam | Sivaprakasam     | Jasmin Infotech                                | GER-BAY | M-HK              | 00:34:18 | 103    |
| 489 | 42   | 00:34:51 | Hammann         | Mikro            | bk-documents GmbH                              | GER-SH  | M-40              | 00:34:35 | 41     |
| 490 | 822  | 00:35:08 | Tunc            | Bahri            | ttp AG<br>Steuerberatungsgesellschaft          | GER-SH  | M-HK              | 00:34:31 | 104    |
| 491 | 750  | 00:35:10 | Reppien         | Benjamin         | Theodor-Litt-Schule                            | GER-SH  | M-JU18            | 00:34:30 | 30     |
| 492 | 788  | 00:35:38 | von Tempski     | Markus           | TSV Aukrug                                     | GER-SH  | M-50              | 00:35:14 | 45     |
| 493 | 338  | 00:35:42 | Shanjeevi       | Sekar            | Jasmin Infotech                                | GER-BAY | M-30              | 00:35:35 | 44     |
| 494 | 325  | 00:35:48 | Avula           | Venkata Subbaiah | Jasmin Infotech                                | GER-BAY | M-HK              | 00:35:38 | 105    |
| 495 | 295  | 00:35:50 | Wächter         | Chris-Andre      | IBAF Altenpflegeschule                         | GER-SH  | M-HK              | 00:34:58 | 106    |
| 496 | 574  | 00:36:02 | Gottwald        | Christian        | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH  | M-50              | 00:35:17 | 46     |
| 497 | 336  | 00:36:09 | Pounraj         | Prabu            | Jasmin Infotech                                | GER-BAY | M-HK              | 00:36:09 | 107    |
| 498 | 132  | 00:36:30 | Wolff           | Christian        | Fachklinik Hahnknüll                           | GER-SH  | M-50              | 00:35:54 | 47     |
| 499 | 49   | 00:37:04 | Wang            | Kai              | bk-documents GmbH                              | GER-SH  | M-35              | 00:37:00 | 38     |
| 500 | 741  | 00:37:34 | Kruse           | Holmer           | Theodor-Litt-Schule                            | GER-SH  | M-50              | 00:36:39 | 48     |
| 501 | 564  | 00:38:23 | Keuchel         | Sebastian        | Seeigel  | GER-SH  | M-KU12            | 00:37:45 | 41     |

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name      | Vorname  | Verein / Ort                                | Nat.    | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-----------|----------|---|---------|-------------------|----------|--------|
| 502 | 281  | 00:38:59 | Stender   | Jörg     | HORN + HORN –<br>Ingenieurbüro für Bauwesen | GER-SH  | M-60              | 00:38:25 | 10     |
| 503 | 340  | 00:38:59 | Thangaraj | Saranraj | Jasmin Infotech                             | GER-BAY | M-HK              | 00:38:48 | 108    |
| 504 | 419  | 00:39:01 | Wachholz  | Falk     | management systems gmbh                     | GER-SH  | M-40              | 00:38:07 | 42     |
| 505 | 200  | 00:40:51 | Paul      | Leon     | Gemeinschaftsschule Nortorf                 | GER-SH  | M-KU12            | 00:40:41 | 42     |
| 506 | 206  | 00:40:52 | Schüssler | Micca    | Gemeinschaftsschule Nortorf                 | GER-SH  | M-KU12            | 00:40:42 | 43     |
| 507 | 176  | 00:43:09 | Borschke  | Brandon  | Gemeinschaftsschule Nortorf                 | GER-SH  | M-JU14            | 00:42:43 | 30     |
| 508 | 990  | 00:43:17 | Mayhöfer  | Luke     |   | GER-SH  | M-30              | 00:43:17 | 45     |

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name              | Vorname           | Verein / Ort                                 | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-------------------|-------------------|--|--------|-------------------|----------|--------|
| 1   | 948  | 00:16:38 | Schulz            | Johanna Christine | Kowsky Laufbiester                           | GER-SH | W-HK              | 00:16:38 | 1      |
| 2   | 28   | 00:17:25 | Beck              | Corinna           | Benjamin Reuter Laptopservice                | GER-SH | W-HK              | 00:17:23 | 2      |
| 3   | 950  | 00:17:47 | Wellbrock         | Nele              | Kowsky Laufbiester                           | GER-SH | W-JU18            | 00:17:46 | 1      |
| 4   | 885  | 00:19:17 | Wulf              | Chanthal          | WKS GmbH & Co. KG                            | GER-SH | W-JU18            | 00:19:09 | 2      |
| 5   | 793  | 00:19:17 | Glage             | Jette             | TSV Bornhöved                                | GER-SH | W-JU16            | 00:19:14 | 1      |
| 6   | 396  | 00:20:32 | Rüchel            | Patricia          | Lebenshilfewerk Neumünster<br>GmbH           | GER-SH | W-HK              | 00:20:30 | 3      |
| 7   | 168  | 00:20:36 | Hofmann           | Kathrin           | Ganzheitliches<br>Therapiezentrum Hamburg    | GER-SH | W-HK              | 00:20:14 | 4      |
| 8   | 437  | 00:20:55 | Scheel            | Xenia             | O.t.n Laufflabor                             | GER-SH | W-JU16            | 00:20:42 | 2      |
| 9   | 453  | 00:21:41 | Lepsien           | Lena              | Oerlikon Neumag                              | GER-SH | W-30              | 00:21:32 | 1      |
| 10  | 790  | 00:22:01 | Dohrenbusch       | Nele              | TSV Bornhöved                                | GER-SH | W-JU16            | 00:21:57 | 3      |
| 11  | 320  | 00:22:01 | Jensen            | Lisa              | J.A.G. Metallbau GmbH                        | GER-SH | W-HK              | 00:21:33 | 5      |
| 12  | 252  | 00:22:15 | Pries             | Johanna           | Holstenschule Neumünster                     | GER-SH | W-JU18            | 00:21:46 | 3      |
| 13  | 884  | 00:22:22 | Vetter            | Kristin           | WKS GmbH & Co. KG                            | GER-SH | W-HK              | 00:21:32 | 6      |
| 14  | 624  | 00:22:24 | Meinsen           | Malena            | Sporthaus Redler GmbH                        | GER-SH | W-30              | 00:22:16 | 2      |
| 15  | 255  | 00:22:32 | Zühlike           | Jonna             | Holstenschule Neumünster                     | GER-SH | W-JU14            | 00:22:01 | 1      |
| 16  | 694  | 00:22:36 | Michaeli          | Nessi             | Team DoppelPASS e.V.                         | GER-SH | W-35              | 00:22:25 | 1      |
| 17  | 791  | 00:22:41 | Kallies           | Sophie            | TSV Bornhöved                                | GER-SH | W-KU12            | 00:22:38 | 1      |
| 18  | 163  | 00:22:41 | Trende            | Claudia           | Fit&fröhlich Sportscheune                    | GER-SH | W-45              | 00:22:29 | 1      |
| 19  | 626  | 00:22:49 | Schulz            | Fiona             | Sporthaus Redler GmbH                        | GER-SH | W-KU12            | 00:22:38 | 2      |
| 20  | 227  | 00:23:00 | Labusch           | Karin             | Gummi-Busch GmbH & Co. KG                    | GER-SH | W-50              | 00:22:54 | 1      |
| 21  | 166  | 00:23:01 | Bormann           | Carina            | Ganzheitliches<br>Therapiezentrum Hamburg    | GER-SH | W-HK              | 00:22:39 | 7      |
| 22  | 926  | 00:23:02 | Gajewska          | Kamila            | An-g-sehen Augenoptik                        | GER-SH | W-HK              | 00:22:04 | 8      |
| 23  | 381  | 00:23:03 | Rieper            | Anna              | LAUFMAMALAUFL                                | GER-SH | W-35              | 00:22:29 | 2      |
| 24  | 229  | 00:23:04 | Styr              | Helena            | Gummi-Busch GmbH & Co. KG                    | GER-SH | W-35              | 00:22:57 | 3      |
| 25  | 319  | 00:23:06 | Jensen            | Anna              | J.A.G. Metallbau GmbH                        | GER-SH | W-HK              | 00:22:38 | 9      |
| 26  | 150  | 00:23:09 | Wagner            | Dorit             | Finanzamt Neumünster                         | GER-SH | W-55              | 00:23:06 | 1      |
| 27  | 425  | 00:23:09 | Gardey            | Finja             | O.t.n Laufflabor                             | GER-SH | W-HK              | 00:22:56 | 10     |
| 28  | 421  | 00:23:11 | Bromm             | Lilly             | O.t.n Laufflabor                             | GER-SH | W-JU14            | 00:23:07 | 2      |
| 29  | 234  | 00:23:12 | Fuglsang-Petersen | Hanne             | Holstenschule Neumünster                     | GER-SH | W-JU18            | 00:22:41 | 4      |
| 30  | 236  | 00:23:12 | Gretenkort        | Jolina-Cosima     | Holstenschule Neumünster                     | GER-SH | W-JU14            | 00:23:09 | 3      |
| 31  | 864  | 00:23:13 | Thomas            | Nadja             | Wasser- und Verkehrs- Kontor                 | GER-SH | W-45              | 00:23:09 | 2      |
| 32  | 551  | 00:23:26 | Ahrens            | Silke             | Scooter Autoservice GmbH /<br>Team GOODTIRES | GER-SH | W-45              | 00:23:20 | 3      |
| 33  | 489  | 00:23:31 | Schulz            | Lisa              | Peters Reisen                                | GER-SH | W-JU18            | 00:23:14 | 5      |
| 34  | 532  | 00:23:32 | Wesselmann        | Simone            | Prisma Runners                               | GER-SH | W-50              | 00:23:16 | 2      |
| 35  | 483  | 00:23:32 | Hansen            | Lea Joline        | Peters Reisen                                | GER-SH | W-JU20            | 00:23:14 | 1      |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name            | Vorname    | Verein / Ort                              | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-----------------|------------|---|--------|-------------------|----------|--------|
| 36  | 392  | 00:23:33 | Matuszak        | Svantje    | Lebenshilfewerk Neumünster GmbH           | GER-SH | W-HK              | 00:23:30 | 11     |
| 37  | 878  | 00:23:34 | Haselhorst      | Sibylle    | WKS GmbH & Co. KG                         | GER-SH | W-55              | 00:22:43 | 2      |
| 38  | 873  | 00:23:34 | Drechsler       | Vivien     | WKS GmbH & Co. KG                         | GER-SH | W-HK              | 00:23:21 | 12     |
| 39  | 142  | 00:23:35 | Ahrens          | Carina     | Finanzamt Neumünster                      | GER-SH | W-HK              | 00:23:15 | 13     |
| 40  | 980  | 00:23:35 | Scholz-Siegmund | Maike      |   | GER-SH | W-50              | 00:22:58 | 3      |
| 41  | 974  | 00:23:43 | Bank            | Ida        | LG Neumünster                             | GER-SH | W-JU14            | 00:23:33 | 4      |
| 42  | 973  | 00:23:43 | Janck           | Stine      | LG Neumünster                             | GER-SH | W-JU16            | 00:23:33 | 4      |
| 43  | 499  | 00:23:45 | Hagedorn        | Laura      | Polizei Neumünster                        | GER-SH | W-HK              | 00:23:02 | 14     |
| 44  | 504  | 00:23:46 | Bock            | Theresa    | Polizei Neumünster                        | GER-SH | W-HK              | 00:23:04 | 15     |
| 45  | 89   | 00:23:51 | Meyer           | Stefanie   | Die Eiskalten sponsored by Nortex         | GER-SH | W-40              | 00:22:58 | 1      |
| 46  | 902  | 00:23:54 | Schloßbauer     | Tessa      | FEK Neumünster                            | GER-SH | W-HK              | 00:23:34 | 16     |
| 47  | 666  | 00:23:55 | Kagelmacher     | Lefke      | SWN Stadtwerke Neumünster GmbH            | GER-SH | W-HK              | 00:23:41 | 17     |
| 48  | 559  | 00:23:56 | Liebner         | Irina      | Scooter Autoservice GmbH / Team GOODTIRES | GER-SH | W-35              | 00:23:50 | 4      |
| 49  | 714  | 00:24:02 | Brandt-Wiese    | Marion     | Theodor-Litt-Schule                       | GER-SH | W-60              | 00:23:11 | 1      |
| 50  | 222  | 00:24:03 | Greve           | Malin      | GPE Plast-Engineering GmbH                | GER-SH | W-HK              | 00:24:01 | 18     |
| 51  | 221  | 00:24:08 | Döring          | Julia      | GPE Plast-Engineering GmbH                | GER-SH | W-40              | 00:24:06 | 2      |
| 52  | 916  | 00:24:08 | Wachlin         | Janine     | MTSV Hohenwestedt                         | GER-SH | W-40              | 00:23:25 | 3      |
| 53  | 382  | 00:24:10 | Velovic         | Jessica    | LAUFMAMALAUFL                             | GER-SH | W-HK              | 00:23:35 | 19     |
| 54  | 899  | 00:24:17 | Möller          | Mareike    | FEK Neumünster                            | GER-SH | W-35              | 00:23:54 | 5      |
| 55  | 285  | 00:24:18 | Berger          | Angelika   | IBAF Altenpflegeschule                    | GER-SH | W-30              | 00:23:44 | 3      |
| 56  | 901  | 00:24:31 | Rüschmann       | Anne       | FEK Neumünster                            | GER-SH | W-HK              | 00:24:08 | 20     |
| 57  | 510  | 00:24:35 | Müller          | Julia      | Powerfabrik                               | GER-SH | W-HK              | 00:23:57 | 21     |
| 58  | 355  | 00:24:36 | Stevens         | Katharina  | KIN GmbH                                  | GER-SH | W-50              | 00:23:54 | 4      |
| 59  | 526  | 00:24:37 | Frise           | Aurelie    | Prisma Runners                            | GER-SH | W-30              | 00:24:21 | 4      |
| 60  | 27   | 00:24:39 | Niehaus         | Melanie    | Banters.fitness                           | GER-SH | W-35              | 00:24:28 | 6      |
| 61  | 639  | 00:24:39 | Kunkat          | Susanne    | Stadt Neumünster                          | GER-SH | W-50              | 00:23:50 | 5      |
| 62  | 228  | 00:24:40 | Peters          | Claudia    | Gummi-Busch GmbH & Co. KG                 | GER-SH | W-50              | 00:24:33 | 6      |
| 63  | 630  | 00:24:53 | Hack            | Stefanie   | Stadt Neumünster                          | GER-SH | W-40              | 00:24:03 | 4      |
| 64  | 160  | 00:24:57 | Mohr            | Britt      | Fit&fröhlich Sportscheune                 | GER-SH | W-45              | 00:24:30 | 4      |
| 65  | 310  | 00:24:57 | Michel          | Juliane    | ISA-TRAESKO GmbH                          | GER-SH | W-HK              | 00:24:31 | 22     |
| 66  | 383  | 00:24:59 | Ijeh            | Hanni      | LAUFMAMALAUFL                             | GER-SH | W-KU12            | 00:24:24 | 3      |
| 67  | 460  | 00:25:00 | Pietsch         | Anne       | Oerlikon Neumag                           | GER-SH | W-50              | 00:24:50 | 7      |
| 68  | 379  | 00:25:07 | Moch            | Sandra     | LAUFMAMALAUFL                             | GER-SH | W-35              | 00:24:33 | 7      |
| 69  | 665  | 00:25:08 | Breuer          | Silke      | SWN Stadtwerke Neumünster GmbH            | GER-SH | W-35              | 00:24:53 | 8      |
| 70  | 855  | 00:25:08 | Dähnhardt       | Anke       | Wasser- und Verkehrs- Kontor              | GER-SH | W-35              | 00:25:03 | 9      |
| 71  | 535  | 00:25:17 | Balster         | Heike      | PSV Neumünster                            | GER-SH | W-45              | 00:25:03 | 5      |
| 72  | 51   | 00:25:18 | Blume           | Ina        | Bramstedter Turnerschaft                  | GER-SH | W-HK              | 00:24:35 | 23     |
| 73  | 459  | 00:25:20 | Petter          | Ulla       | Oerlikon Neumag                           | GER-SH | W-55              | 00:24:49 | 3      |
| 74  | 351  | 00:25:27 | Neumann         | Nadine     | KIN GmbH                                  | GER-SH | W-30              | 00:24:47 | 5      |
| 75  | 972  | 00:25:28 | Förster         | Lieke      | LG Neumünster                             | GER-SH | W-KU12            | 00:25:22 | 4      |
| 76  | 550  | 00:25:31 | Grabein         | Lina-Marie | Schümann Ladies                           | GER-SH | W-KU10            | 00:25:27 | 1      |
| 77  | 423  | 00:25:32 | Claußen         | Bianca     | O.t.n Laufflabor                          | GER-SH | W-HK              | 00:25:04 | 24     |
| 78  | 692  | 00:25:39 | Bente           | Katja      | Team DoppelPASS e.V.                      | GER-SH | W-40              | 00:25:25 | 5      |
| 79  | 508  | 00:25:40 | Harms-BiB       | Anina      | Powerfabrik                               | GER-SH | W-35              | 00:25:01 | 10     |
| 80  | 107  | 00:25:41 | Zielke          | Ramona     | DRK/JRK                                   | GER-SH | W-JU16            | 00:24:55 | 5      |
| 81  | 554  | 00:25:42 | Buske           | Andrea     | Scooter Autoservice GmbH / Team GOODTIRES | GER-SH | W-30              | 00:25:34 | 6      |
| 82  | 57   | 00:25:52 | Poggensee       | Judith     | Bramstedter Turnerschaft                  | GER-SH | W-40              | 00:25:11 | 6      |

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name        | Vorname    | Verein / Ort                           | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-------------|------------|--|--------|-------------------|----------|--------|
| 83  | 646  | 00:25:57 | Reiß        | Steffanie  | Stadt Neumünster                       | GER-SH | W-35              | 00:25:02 | 11     |
| 84  | 650  | 00:25:58 | Thiessen    | Inga       | Stadt Neumünster                       | GER-SH | W-HK              | 00:25:02 | 25     |
| 85  | 546  | 00:25:58 | Al Rawi     | Dhifa      | Schümann Ladies                        | GER-   | W-HK              | 00:25:52 | 26     |
| 86  | 713  | 00:25:58 | Borchardt   | Lisa-Marie | Theodor-Litt-Schule                    | GER-SH | W-JU18            | 00:25:40 | 6      |
| 87  | 897  | 00:25:58 | Hinrichsen  | Eva        | FEK Neumünster                         | GER-SH | W-50              | 00:25:25 | 8      |
| 88  | 932  | 00:25:59 | Link        | Laura      | Die Eiskalten sponsored by Nortex      | GER-SH | W-JU20            | 00:25:06 | 2      |
| 89  | 182  | 00:26:03 | Ecberger    | Alina      | Gemeinschaftsschule Nortorf            | GER-SH | W-KU12            | 00:25:42 | 5      |
| 90  | 689  | 00:26:10 | Attrot      | Merle      | Team Attrot                            | GER-SH | W-HK              | 00:25:44 | 27     |
| 91  | 488  | 00:26:16 | Schippereit | Lisa       | Peters Reisen                          | GER-SH | W-50              | 00:25:58 | 9      |
| 92  | 708  | 00:26:16 | Beckmann    | Charlotte  | Theodor-Litt-Schule                    | GER-SH | W-JU18            | 00:25:57 | 7      |
| 93  | 866  | 00:26:21 | Dreyer      | Jorina     | Weitkamp med                           | GER-SH | W-HK              | 00:25:53 | 28     |
| 94  | 156  | 00:26:21 | Koepsell    | Sabine     | Firma Koepsell Nutzfahrzeuge GmbH      | GER-SH | W-55              | 00:26:07 | 4      |
| 95  | 537  | 00:26:21 | Künnecke    | Sabine     | PSV Neumünster                         | GER-SH | W-55              | 00:26:06 | 5      |
| 96  | 889  | 00:26:22 | Löbau       | Sandra     | Zimmerei Löbau                         | GER-SH | W-45              | 00:26:07 | 6      |
| 97  | 426  | 00:26:28 | Gardey      | Lina       | O.t.n Lauflabor                        | GER-SH | W-HK              | 00:26:16 | 29     |
| 98  | 781  | 00:26:30 | Roberts     | Jennifer   | Transcoject                            | GER-SH | W-JU20            | 00:26:12 | 3      |
| 99  | 776  | 00:26:32 | Stein       | Kerstin    | Tietgen Haustechnik GmbH               | GER-SH | W-40              | 00:25:53 | 7      |
| 100 | 73   | 00:26:32 | Endler      | Astrid     | Der Trödeltrupp                        | GER-SH | W-35              | 00:26:15 | 12     |
| 101 | 493  | 00:26:32 | Nielsen     | Julia      | Pienies                                | GER-SH | W-JU18            | 00:25:39 | 8      |
| 102 | 364  | 00:26:33 | Lichtenberg | Jette      | Kowsky Lauf-Team                       | GER-SH | W-KU12            | 00:25:40 | 6      |
| 103 | 15   | 00:26:34 | Minak       | Nadine     | AOK NordWest Neumünster                | GER-SH | W-30              | 00:26:04 | 7      |
| 104 | 13   | 00:26:34 | Gera        | Daniela    | AOK NordWest Neumünster                | GER-SH | W-30              | 00:26:05 | 8      |
| 105 | 118  | 00:26:36 | Jensen      | Birthe     | expert Elektrofachmärkte Nord GmbH     | GER-SH | W-50              | 00:26:05 | 10     |
| 106 | 373  | 00:26:38 | Bury        | Alexandra  | LAUFMAMALAUF                           | GER-SH | W-40              | 00:26:01 | 8      |
| 107 | 47   | 00:26:39 | Samek       | Nadine     | bk-documents GmbH                      | GER-SH | W-35              | 00:26:35 | 13     |
| 108 | 311  | 00:26:42 | Schuldt     | Claudia    | ISA-TRAESKO GmbH                       | GER-SH | W-45              | 00:26:36 | 7      |
| 109 | 944  | 00:26:42 | Westphal    | Jana       | Polizei Neumünster                     | GER-SH | W-HK              | 00:25:57 | 30     |
| 110 | 868  | 00:26:43 | Latendorf   | Hilke      | Weitkamp med                           | GER-SH | W-35              | 00:26:15 | 14     |
| 111 | 162  | 00:26:47 | Stührwoldt  | Marie      | Fit&fröhlich Sportscheune              | GER-SH | W-HK              | 00:26:19 | 31     |
| 112 | 548  | 00:26:47 | Witt        | Heike      | Schümann Ladies                        | GER-   | W-60              | 00:26:41 | 2      |
| 113 | 79   | 00:26:48 | Höppner     | Dagmar     | Diakonie Altholstein                   | GER-SH | W-45              | 00:26:00 | 8      |
| 114 | 881  | 00:26:50 | Reimer      | Mona       | WKS GmbH & Co. KG                      | GER-SH | W-45              | 00:25:58 | 9      |
| 115 | 627  | 00:26:51 | Schulz      | Inka       | Sporthaus Redler GmbH                  | GER-SH | W-40              | 00:26:38 | 9      |
| 116 | 975  | 00:26:55 | Krüger      | Lerke      | LG Neumünster                          | GER-SH | W-KU10            | 00:26:46 | 2      |
| 117 | 976  | 00:26:56 | Kuppe       | Paula      | LG Neumünster                          | GER-SH | W-KU10            | 00:26:46 | 3      |
| 118 | 603  | 00:26:58 | Paschke     | Anja       | Sparkasse Südholstein                  | GER-SH | W-40              | 00:26:13 | 10     |
| 119 | 723  | 00:27:01 | Erhardt     | Dörte      | Theodor-Litt-Schule                    | GER-SH | W-40              | 00:26:10 | 11     |
| 120 | 187  | 00:27:03 | Henkes      | Leni       | Gemeinschaftsschule Nortorf            | GER-SH | W-KU12            | 00:26:44 | 7      |
| 121 | 491  | 00:27:03 | Zaworka     | Ricarda    | Peters Reisen                          | GER-SH | W-45              | 00:26:45 | 10     |
| 122 | 164  | 00:27:04 | Baasch      | Julia      | Ganzheitliches Therapiezentrum Hamborg | GER-SH | W-35              | 00:26:42 | 15     |
| 123 | 235  | 00:27:04 | Goldmann    | Julie      | Holstenschule Neumünster               | GER-SH | W-KU12            | 00:26:33 | 8      |
| 124 | 241  | 00:27:05 | Holtz       | Ilvy       | Holstenschule Neumünster               | GER-SH | W-KU12            | 00:26:34 | 9      |
| 125 | 484  | 00:27:09 | Klassen     | Tatjana    | Peters Reisen                          | GER-SH | W-40              | 00:26:50 | 12     |
| 126 | 485  | 00:27:09 | Krogowski   | Ute        | Peters Reisen                          | GER-SH | W-50              | 00:26:49 | 11     |
| 127 | 772  | 00:27:12 | Wiewiora    | Claudia    | Theodor-Litt-Schule                    | GER-SH | W-JU18            | 00:26:21 | 9      |
| 128 | 372  | 00:27:12 | Wittmaack   | Hjordis    | Kowsky Lauf-Team                       | GER-SH | W-KU12            | 00:26:20 | 10     |
| 129 | 374  | 00:27:14 | Kowalczyk   | Nadine     | LAUFMAMALAUF                           | GER-SH | W-30              | 00:26:38 | 9      |
| 130 | 315  | 00:27:14 | Ziemus      | Ella       | ISA-TRAESKO GmbH                       | GER-SH | W-KU12            | 00:26:48 | 11     |
| 131 | 380  | 00:27:15 | Peters      | Kristin    | LAUFMAMALAUF                           | GER-SH | W-30              | 00:26:39 | 10     |

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name           | Vorname      | Verein / Ort                          | Nat.    | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|----------------|--------------|---------------------------------------|---------|-------------------|----------|--------|
| 132 | 409  | 00:27:18 | Focht          | Olga         | management systems gmbh               | GER-SH  | W-50              | 00:26:24 | 12     |
| 133 | 58   | 00:27:18 | Ueck           | Vanessa      | Bramstedter Turnerschaft              | GER-SH  | W-HK              | 00:26:38 | 32     |
| 134 | 671  | 00:27:19 | Sievers        | Vivienne     | SWN Stadtwerke Neumünster GmbH        | GER-SH  | W-HK              | 00:27:05 | 33     |
| 135 | 514  | 00:27:25 | Rudolf         | Freya        | Powerfabrik                           | GER-SH  | W-HK              | 00:26:48 | 34     |
| 136 | 127  | 00:27:30 | Keding         | Britta       | Fachklink Hahnknüll                   | GER-SH  | W-55              | 00:26:38 | 6      |
| 137 | 126  | 00:27:31 | Hauschildt     | Nina         | Fachklink Hahnknüll                   | GER-SH  | W-HK              | 00:26:57 | 35     |
| 138 | 821  | 00:27:35 | Nitschmann     | Svenja       | ttp AG<br>Steuerberatungsgesellschaft | GER-SH  | W-40              | 00:27:03 | 13     |
| 139 | 60   | 00:27:42 | Huß            | Lenca Merrit | C. J. Wigger KG                       | GER-SH  | W-HK              | 00:26:45 | 36     |
| 140 | 145  | 00:27:43 | Klein          | Karen        | Finanzamt Neumünster                  | GER-SH  | W-60              | 00:27:07 | 3      |
| 141 | 600  | 00:27:46 | Minigel        | Martina      | Sparkasse Südholstein                 | GER-SH  | W-55              | 00:27:04 | 7      |
| 142 | 117  | 00:27:47 | Jansa          | Claudia      | expert Elektrofachmärkte Nord GmbH    | GER-SH  | W-45              | 00:27:19 | 11     |
| 143 | 115  | 00:27:47 | Hinz           | Jasmin       | expert Elektrofachmärkte Nord GmbH    | GER-SH  | W-30              | 00:27:19 | 11     |
| 144 | 912  | 00:27:48 | Wachlin        | Marcella     | MTSV Hohenwestedt                     | GER-SH  | W-KU12            | 00:27:05 | 12     |
| 145 | 541  | 00:27:50 | Blunck         | Paula        | Rahmenwerkstatt STUDITEAM             | GER-SH  | W-HK              | 00:27:17 | 37     |
| 146 | 872  | 00:27:50 | Brusch         | Tine         | WKS GmbH & Co. KG                     | GER-SH  | W-30              | 00:26:58 | 12     |
| 147 | 856  | 00:27:56 | Jäger          | Birgit       | Wasser- und Verkehrs- Kontor          | GER-SH  | W-50              | 00:27:08 | 13     |
| 148 | 663  | 00:27:58 | Steinbach      | Ulrike       | Steinbach & Partner GbR               | GER-SH  | W-HK              | 00:27:12 | 38     |
| 149 | 913  | 00:27:59 | Wachlin        | Alica        | MTSV Hohenwestedt                     | GER-SH  | W-JU14            | 00:27:19 | 5      |
| 150 | 248  | 00:28:02 | Matzko         | Lara-Sophie  | Holstenschule Neumünster              | GER-SH  | W-JU16            | 00:27:21 | 6      |
| 151 | 589  | 00:28:05 | Lütje          | Nicole       | SH-Fitness                            | GER-SH  | W-35              | 00:27:20 | 16     |
| 152 | 313  | 00:28:07 | Tscherner      | Carolin      | ISA-TRAESKO GmbH                      | GER-SH  | W-HK              | 00:28:01 | 39     |
| 153 | 538  | 00:28:08 | Ubert          | Cornelia     | PSV Neumünster                        | GER-SH  | W-55              | 00:27:53 | 8      |
| 154 | 1019 | 00:28:11 | Rosacker       | Diana        | Schmalensee                           | GER-SH  | W-40              | 00:27:29 | 14     |
| 155 | 819  | 00:28:16 | Maas           | Anna         | ttp AG<br>Steuerberatungsgesellschaft | GER-SH  | W-HK              | 00:27:37 | 40     |
| 156 | 1014 | 00:28:16 | Ohrt           | Wencke       | Die Rennschnecken                     | GER-SH  | W-HK              | 00:27:36 | 41     |
| 157 | 53   | 00:28:20 | Jenkinson      | Tanja        | Bramstedter Turnerschaft              | GER-SH  | W-HK              | 00:27:40 | 42     |
| 158 | 515  | 00:28:24 | Schierloh      | Katrin       | Powerfabrik                           | GER-SH  | W-40              | 00:27:46 | 15     |
| 159 | 954  | 00:28:24 | Boche          | Ulrike       | Powerfabrik                           | GER-SH  | W-30              | 00:27:46 | 13     |
| 160 | 699  | 00:28:24 | Hahn           | Annika       | Team Lieblingsmensch                  | GER-SH  | W-JU20            | 00:27:42 | 4      |
| 161 | 700  | 00:28:24 | Meyer          | Emily        | Team Lieblingsmensch                  | GER-THÜ | W-JU20            | 00:27:42 | 5      |
| 162 | 592  | 00:28:25 | John           | Julia        | Sparkasse Südholstein                 | GER-SH  | W-JU18            | 00:27:40 | 10     |
| 163 | 934  | 00:28:25 | Lüders-Schnoor | Ute          | Kowsky Lauf-Team                      | GER-SH  | W-50              | 00:27:38 | 14     |
| 164 | 110  | 00:28:25 | Dreger         | Nancy        | Ehler Ermer & Partner                 | GER-SH  | W-30              | 00:28:06 | 14     |
| 165 | 523  | 00:28:26 | Wolf           | Anna Manuela | Praxis Dr. Entzian                    | GER-SH  | W-JU20            | 00:27:53 | 6      |
| 166 | 369  | 00:28:26 | Goldboom       | Inga         | Kowsky Lauf-Team                      | GER-SH  | W-35              | 00:28:18 | 17     |
| 167 | 596  | 00:28:27 | Gill           | Ann-Kristin  | Sparkasse Südholstein                 | GER-SH  | W-35              | 00:27:43 | 18     |
| 168 | 128  | 00:28:28 | Lembrecht      | Anja         | Fachklink Hahnknüll                   | GER-SH  | W-40              | 00:27:53 | 16     |
| 169 | 177  | 00:28:29 | Burgold        | Sam          | Gemeinschaftsschule Nortorf           | GER-SH  | W-JU14            | 00:28:04 | 6      |
| 170 | 138  | 00:28:29 | Wengrzik       | Ramona       | FF Groß Kummerfeld                    | GER-SH  | W-45              | 00:28:18 | 12     |
| 171 | 863  | 00:28:32 | Schoen         | Josephine    | Wasser- und Verkehrs- Kontor          | GER-SH  | W-30              | 00:27:46 | 15     |
| 172 | 92   | 00:28:33 | Schmuck        | Jeannette    | Die Königin und Ihr Gefolge           | GER-SH  | W-50              | 00:27:58 | 15     |
| 173 | 804  | 00:28:33 | Möbius         | Sarah        | TSV Gnutz                             | GER-SH  | W-35              | 00:28:18 | 19     |
| 174 | 519  | 00:28:35 | Kreutz         | Karin        | Praxis Dr. Entzian                    | GER-SH  | W-65              | 00:28:20 | 1      |
| 175 | 403  | 00:28:35 | Schwarz        | Rabea        | Leserkreis Daheim /<br>Neumünster     | GER-SH  | W-HK              | 00:28:00 | 43     |
| 176 | 6    | 00:28:37 | Arp            | Anja         | AOK NordWest Neumünster               | GER-SH  | W-40              | 00:27:40 | 17     |
| 177 | 684  | 00:28:45 | Sievers        | Karin        | TDL Energie GmbH                      | GER-SH  | W-55              | 00:28:18 | 9      |
| 178 | 52   | 00:28:46 | Jantzen        | Swantje      | Bramstedter Turnerschaft              | GER-SH  | W-HK              | 00:28:05 | 44     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name         | Vorname   | Verein / Ort                                 | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|--------------|-----------|--|--------|-------------------|----------|--------|
| 179 | 56   | 00:28:46 | Mehrens      | Janien    | Bramstedter Turnerschaft                     | GER-SH | W-30              | 00:28:05 | 16     |
| 180 | 16   | 00:28:47 | Reischneider | Natalja   | AOK NordWest Neumünster                      | GER-SH | W-30              | 00:27:50 | 17     |
| 181 | 10   | 00:28:47 | Birreck      | Tanja     | AOK NordWest Neumünster                      | GER-SH | W-45              | 00:27:50 | 13     |
| 182 | 495  | 00:28:47 | Pieper       | Kirsten   | Pienies                                      | GER-SH | W-50              | 00:27:55 | 16     |
| 183 | 370  | 00:28:49 | Lill         | Wiebke    | Kowsky Lauf-Team                             | GER-SH | W-45              | 00:28:02 | 14     |
| 184 | 947  | 00:28:50 | Paschelke    | Larissa   | Pienies                                      | GER-SH | W-JU20            | 00:27:56 | 7      |
| 185 | 922  | 00:28:50 | Nobis        | Tina      | Assmann GmbH                                 | GER-SH | W-HK              | 00:28:26 | 45     |
| 186 | 898  | 00:28:55 | Mohn         | Jannika   | FEK Neumünster                               | GER-SH | W-HK              | 00:28:34 | 46     |
| 187 | 371  | 00:28:57 | Schmidt      | Nadine    | Kowsky Lauf-Team                             | GER-SH | W-40              | 00:28:11 | 18     |
| 188 | 158  | 00:29:01 | Lindemuth    | Mareike   | Fit&fröhlich Sportscheune                    | GER-SH | W-HK              | 00:28:33 | 47     |
| 189 | 697  | 00:29:03 | Schulz       | Sonja     | Team DoppelPASS e.V.                         | GER-SH | W-35              | 00:28:03 | 20     |
| 190 | 385  | 00:29:04 | Jaß          | Maren     | Laufftreff Ruthenberger SV                   | GER-SH | W-45              | 00:28:28 | 15     |
| 191 | 820  | 00:29:07 | Müller       | Nicole    | ttp AG<br>Steuerberatungsgesellschaft        | GER-SH | W-40              | 00:28:27 | 19     |
| 192 | 189  | 00:29:11 | Hinzmann     | Henna     | Gemeinschaftsschule Nortorf                  | GER-SH | W-KU12            | 00:28:45 | 13     |
| 193 | 130  | 00:29:11 | Schröder     | Simone    | Fachklinik Hahnknüll                         | GER-SH | W-45              | 00:28:37 | 16     |
| 194 | 659  | 00:29:13 | Frommholz    | Julia     | Steinbach & Partner GbR                      | GER-SH | W-35              | 00:28:29 | 21     |
| 195 | 278  | 00:29:18 | Feldmann     | Alina     | HORN + HORN –<br>Ingenieurbüro für Bauwesen  | GER-SH | W-HK              | 00:28:48 | 48     |
| 196 | 456  | 00:29:21 | Mevs         | Carola    | Oerlikon Neumag                              | GER-SH | W-45              | 00:29:11 | 17     |
| 197 | 914  | 00:29:21 | Wachlin      | Michaela  | MTSV Hohenwestedt                            | GER-SH | W-45              | 00:28:38 | 18     |
| 198 | 124  | 00:29:22 | Bologna      | Sabine    | Fachklinik Hahnknüll                         | GER-SH | W-55              | 00:28:46 | 10     |
| 199 | 530  | 00:29:23 | Wartholdt    | Rachida   | Prisma Runners                               | GER-SH | W-45              | 00:29:08 | 19     |
| 200 | 886  | 00:29:25 | Danker       | Antonia   | Zimmerei Löbau                               | GER-SH | W-JU16            | 00:29:22 | 7      |
| 201 | 602  | 00:29:26 | Oppermann    | Miriam    | Sparkasse Südholstein                        | GER-SH | W-40              | 00:28:45 | 20     |
| 202 | 607  | 00:29:27 | Stimpel      | Stefanie  | Sparkasse Südholstein                        | GER-SH | W-35              | 00:28:44 | 22     |
| 203 | 606  | 00:29:27 | Röhrig       | Eileen    | Sparkasse Südholstein                        | GER-SH | W-HK              | 00:28:48 | 49     |
| 204 | 929  | 00:29:27 | Hilbert      | Kathleen  | Assmann GmbH                                 | GER-SH | W-35              | 00:29:03 | 23     |
| 205 | 181  | 00:29:28 | Dworschak    | Jana      | Gemeinschaftsschule Nortorf                  | GER-SH | W-JU16            | 00:29:05 | 8      |
| 206 | 502  | 00:29:31 | Hansen       | Nina      | Polizei Neumünster                           | GER-SH | W-30              | 00:28:46 | 18     |
| 207 | 935  | 00:29:31 | Aylar        | Sahdiye   | Polizei Neumünster                           | GER-SH | W-HK              | 00:28:46 | 50     |
| 208 | 487  | 00:29:33 | Peters       | Susanne   | Peters Reisen                                | GER-SH | W-55              | 00:29:10 | 11     |
| 209 | 223  | 00:29:35 | Hein         | Christin  | GPE Plast-Engineering GmbH                   | GER-SH | W-HK              | 00:29:31 | 51     |
| 210 | 76   | 00:29:41 | Riedel       | Manuela   | Der Trödeltrupp                              | GER-SH | W-30              | 00:29:23 | 19     |
| 211 | 1006 | 00:29:42 | Dürkop       | Imke      | Steinburg                                    | GER-SH | W-50              | 00:29:37 | 17     |
| 212 | 599  | 00:29:43 | Kuck         | Saskia    | Sparkasse Südholstein                        | GER-SH | W-HK              | 00:28:58 | 52     |
| 213 | 593  | 00:29:44 | Bauer        | Kirsten   | Sparkasse Südholstein                        | GER-SH | W-55              | 00:28:58 | 12     |
| 214 | 75   | 00:29:44 | Oswald       | Christine | Der Trödeltrupp                              | GER-SH | W-50              | 00:29:27 | 18     |
| 215 | 376  | 00:29:50 | Lage         | Melanie   | LAUFMAMALAUf                                 | GER-SH | W-35              | 00:29:14 | 24     |
| 216 | 658  | 00:29:52 | Bochenek     | Stefanie  | Steinbach & Partner GbR                      | GER-SH | W-30              | 00:29:08 | 20     |
| 217 | 662  | 00:29:53 | Laumer       | Christien | Steinbach & Partner GbR                      | GER-SH | W-HK              | 00:29:08 | 53     |
| 218 | 636  | 00:29:54 | Kellermann   | Mary-Ann  | Stadt Neumünster                             | GER-SH | W-35              | 00:29:08 | 25     |
| 219 | 562  | 00:29:57 | Riecken      | Jennifer  | Scooter Autoservice GmbH /<br>Team GOODTIRES | GER-SH | W-30              | 00:29:46 | 21     |
| 220 | 925  | 00:30:05 | Frank        | Michelle  | Assmann GmbH                                 | GER-SH | W-HK              | 00:29:41 | 54     |
| 221 | 365  | 00:30:07 | Mohrmann     | Jutta     | Kowsky Lauf-Team                             | GER-SH | W-60              | 00:29:20 | 4      |
| 222 | 363  | 00:30:07 | Lichtenberg  | Annett    | Kowsky Lauf-Team                             | GER-SH | W-45              | 00:29:20 | 20     |
| 223 | 74   | 00:30:07 | Kerl         | Birgit    | Der Trödeltrupp                              | GER-SH | W-60              | 00:29:50 | 5      |
| 224 | 520  | 00:30:07 | Pescher      | Birgit    | Praxis Dr. Entzian                           | GER-SH | W-50              | 00:29:35 | 19     |
| 225 | 219  | 00:30:11 | Beitel       | Lilia     | GPE Plast-Engineering GmbH                   | GER-SH | W-40              | 00:30:08 | 21     |
| 226 | 61   | 00:30:18 | Janzen       | Sabrina   | C. J. Wigger KG                              | GER-SH | W-HK              | 00:29:21 | 55     |
| 227 | 707  | 00:30:22 | Bantle       | Angelika  | Theodor-Litt-Schule                          | GER-SH | W-60              | 00:29:29 | 6      |



# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name           | Vorname   | Verein / Ort                                | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|----------------|-----------|---|--------|-------------------|----------|--------|
| 228 | 649  | 00:30:28 | Schreiber      | Nadine    | Stadt Neumünster                            | GER-SH | W-HK              | 00:29:43 | 56     |
| 229 | 217  | 00:30:30 | Paul           | Natascha  | Glasreinigung Oliver Blöcker                | GER-SH | W-45              | 00:29:54 | 21     |
| 230 | 653  | 00:30:35 | Von Hoff       | Anika     | Stadt Neumünster                            | GER-SH | W-40              | 00:29:39 | 22     |
| 231 | 233  | 00:30:37 | Andersen       | Jette     | Holstenschule Neumünster                    | GER-SH | W-KU12            | 00:30:07 | 14     |
| 232 | 695  | 00:30:37 | Nitschmann     | Mia       | Team DoppelPASS e.V.                        | GER-SH | W-KU12            | 00:29:38 | 15     |
| 233 | 967  | 00:30:50 | Unfug          | Ines      | iuvo Betreutes Wohnen NMS                   | GER-SH | W-45              | 00:29:57 | 22     |
| 234 | 870  | 00:30:51 | Berg           | Olga      | WKS GmbH & Co. KG                           | GER-SH | W-35              | 00:29:58 | 26     |
| 235 | 893  | 00:31:04 | Blunck-Jochens | Susann    | FEK Neumünster                              | GER-SH | W-45              | 00:30:30 | 23     |
| 236 | 683  | 00:31:06 | Renk           | Grit      | TDL Energie GmbH                            | GER-SH | W-40              | 00:30:35 | 23     |
| 237 | 547  | 00:31:07 | Schmahl        | Karin     | Schümann Ladies                             | GER-   | W-60              | 00:31:03 | 7      |
| 238 | 367  | 00:31:13 | Havemeister    | Jutta     | Kowsky Lauf-Team                            | GER-SH | W-50              | 00:30:44 | 20     |
| 239 | 378  | 00:31:14 | Lau            | Angelique | LAUFMAMALAUFLAUF                            | GER-SH | W-35              | 00:30:37 | 27     |
| 240 | 737  | 00:31:15 | Kloss          | Nathalie  | Theodor-Litt-Schule                         | GER-SH | W-JU18            | 00:30:56 | 11     |
| 241 | 12   | 00:31:23 | Brodersen      | Doris     | AOK NordWest Neumünster                     | GER-SH | W-45              | 00:30:25 | 24     |
| 242 | 1029 | 00:31:28 | David          | Kristin   | Neumünster                                  | GER-SH | W-40              | 00:30:42 | 24     |
| 243 | 664  | 00:31:30 | Bartelheimer   | Kathrin   | SWN Stadtwerke Neumünster GmbH              | GER-SH | W-30              | 00:30:33 | 22     |
| 244 | 655  | 00:31:30 | Weissenbach    | Ina       | Stadt Neumünster                            | GER-SH | W-30              | 00:30:33 | 23     |
| 245 | 952  | 00:31:30 | Kumari         | Sonam     |   |        | W-HK              | 00:31:17 | 57     |
| 246 | 933  | 00:31:38 | Lück           | Hanjah    | An-g-sehen Augenoptik                       | GER-SH | W-HK              | 00:30:40 | 58     |
| 247 | 644  | 00:31:39 | Merz           | Manuela   | Stadt Neumünster                            | GER-SH | W-30              | 00:30:43 | 24     |
| 248 | 545  | 00:31:40 | Grabein        | Renate    | Schümann Ladies                             | GER-SH | W-65              | 00:31:35 | 2      |
| 249 | 1015 | 00:31:42 | Omnitz         | Michelle  | Die Rennschnecken                           | GER-SH | W-HK              | 00:31:01 | 59     |
| 250 | 251  | 00:31:58 | Petersen       | Jaqueline | Holstenschule Neumünster                    | GER-SH | W-JU14            | 00:31:27 | 7      |
| 251 | 195  | 00:32:07 | Linnemann      | Amy       | Gemeinschaftsschule Nortorf                 | GER-SH | W-KU12            | 00:31:47 | 16     |
| 252 | 245  | 00:32:13 | Lage           | Carlotta  | Holstenschule Neumünster                    | GER-SH | W-KU12            | 00:31:43 | 17     |
| 253 | 923  | 00:32:15 | Crystal        | Kim       | An-g-sehen Augenoptik                       | GER-SH | W-JU20            | 00:31:17 | 8      |
| 254 | 785  | 00:32:15 | Schönbohm      | Lara      | Transcoject                                 | GER-SH | W-HK              | 00:31:57 | 60     |
| 255 | 861  | 00:32:16 | Nicolaisen     | Astrid    | Wasser- und Verkehrs- Kontor                | GER-SH | W-35              | 00:31:27 | 28     |
| 256 | 854  | 00:32:16 | Bollin         | Birte     | Wasser- und Verkehrs- Kontor                | GER-SH | W-45              | 00:31:26 | 25     |
| 257 | 122  | 00:32:17 | Asmussen       | Tina      | Fachklinik Hahnknüll                        | GER-SH | W-50              | 00:31:23 | 21     |
| 258 | 357  | 00:32:24 | Witt           | Kim Kenya | KIN GmbH                                    | GER-SH | W-HK              | 00:31:43 | 61     |
| 259 | 428  | 00:32:27 | Hartwigsen     | Petra     | O.t.n Lauflabor                             | GER-SH | W-55              | 00:31:58 | 13     |
| 260 | 361  | 00:32:28 | Lüz            | Inna      | Klinik Klosterstraße GmbH                   | GER-SH | W-HK              | 00:31:55 | 62     |
| 261 | 529  | 00:32:32 | Trobisch       | Melina    | Prisma Runners                              | GER-SH | W-HK              | 00:32:14 | 63     |
| 262 | 1007 | 00:32:39 | Duske          | Jutta     | Das PflegeTrio                              | GER-SH | W-55              | 00:32:06 | 14     |
| 263 | 203  | 00:32:44 | Ruge           | Lotta     | Gemeinschaftsschule Nortorf                 | GER-SH | W-KU12            | 00:32:17 | 18     |
| 264 | 308  | 00:32:45 | Meier          | Stefanie  | ISA-TRAESKO GmbH                            | GER-SH | W-30              | 00:32:17 | 25     |
| 265 | 268  | 00:32:47 | Napieralla     | Mirja     | Holzland Greve GmbH&Co. KG                  | GER-SH | W-HK              | 00:32:24 | 64     |
| 266 | 598  | 00:32:48 | Hollerbuhl     | Wiebke    | Sparkasse Südholstein                       | GER-SH | W-35              | 00:32:03 | 29     |
| 267 | 490  | 00:32:50 | Schulz         | Martina   | Peters Reisen                               | GER-SH | W-40              | 00:32:30 | 25     |
| 268 | 129  | 00:32:52 | Potratz        | Jaqueline | Fachklinik Hahnknüll                        | GER-SH | W-HK              | 00:32:17 | 65     |
| 269 | 131  | 00:32:52 | Stöten-Hahn    | Maike     | Fachklinik Hahnknüll                        | GER-SH | W-45              | 00:32:15 | 26     |
| 270 | 652  | 00:33:03 | Von Borstel    | Angela    | Stadt Neumünster                            | GER-SH | W-35              | 00:32:34 | 30     |
| 271 | 577  | 00:33:05 | Mirjanic       | Nikolina  | Senioren & Therapiezentrum Haus Schleusberg | GER-SH | W-35              | 00:32:13 | 31     |
| 272 | 389  | 00:33:10 | Ranke          | Sabine    | Laufftreff Ruthenberger SV                  | GER-SH | W-45              | 00:32:33 | 27     |
| 273 | 1010 | 00:33:13 | Holst          | Vanessa   | Trimily seekamp                             | GER-SH | W-40              | 00:32:22 | 26     |
| 274 | 54   | 00:33:13 | Knödler        | Karen     | Bramstedter Turnerschaft                    | GER-SH | W-HK              | 00:32:32 | 66     |
| 275 | 55   | 00:33:14 | Maczeyzik      | Laura     | Bramstedter Turnerschaft                    | GER-SH | W-HK              | 00:32:33 | 67     |
| 276 | 292  | 00:33:18 | Statelmann     | Irene     | IBAF Altenpflegeschule                      | GER-SH | W-HK              | 00:32:44 | 68     |
| 277 | 100  | 00:33:19 | Stübs          | Melina    | DRK/JRK                                     | GER-SH | W-HK              | 00:32:32 | 69     |

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name         | Vorname         | Verein / Ort                                   | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|--------------|-----------------|--|--------|-------------------|----------|--------|
| 278 | 96   | 00:33:19 | Prochnow     | Anna            | DRK/JRK  | GER-SH | W-JU18            | 00:32:31 | 12     |
| 279 | 465  | 00:33:19 | Stadelbauer  | Friederike      | Oerlikon Neumag                                | GER-SH | W-45              | 00:32:37 | 28     |
| 280 | 103  | 00:33:20 | Weikunat     | Pia             | DRK/JRK  | GER-SH | W-JU16            | 00:32:33 | 9      |
| 281 | 293  | 00:33:22 | Stiemke      | Janet-Jennifer  | IBAF Altenpflegeschule                         | GER-SH | W-HK              | 00:32:49 | 70     |
| 282 | 900  | 00:33:35 | Neusüs       | Janina-Victoria | FEK Neumünster                                 | GER-SH | W-HK              | 00:33:14 | 71     |
| 283 | 743  | 00:33:44 | Meyer        | Kristin         | Theodor-Litt-Schule                            | GER-SH | W-JU18            | 00:32:46 | 13     |
| 284 | 801  | 00:33:58 | Meyer        | Hannah          | TSV Gnutz                                      | GER-SH | W-KU10            | 00:33:43 | 4      |
| 285 | 956  | 00:34:03 | Rossen       | Janne           | Autohaus Schmidt & Hoffmann                    | GER-SH | W-JU20            | 00:33:13 | 9      |
| 286 | 183  | 00:34:06 | Eggers       | Pia             | Gemeinschaftsschule Nortorf                    | GER-SH | W-KU12            | 00:33:45 | 19     |
| 287 | 175  | 00:34:07 | Belitz       | Angelina        | Gemeinschaftsschule Nortorf                    | GER-SH | W-JU14            | 00:33:42 | 8      |
| 288 | 188  | 00:34:07 | Henkes       | Lynn            | Gemeinschaftsschule Nortorf                    | GER-SH | W-KU12            | 00:33:47 | 20     |
| 289 | 749  | 00:34:14 | Prozel       | Selina          | Theodor-Litt-Schule                            | GER-SH | W-JU18            | 00:33:15 | 14     |
| 290 | 759  | 00:34:15 | Schulz       | Nadine          | Theodor-Litt-Schule                            | GER-SH | W-HK              | 00:33:16 | 72     |
| 291 | 184  | 00:34:17 | Forstreuter  | Lina            | Gemeinschaftsschule Nortorf                    | GER-SH | W-KU12            | 00:33:56 | 21     |
| 292 | 193  | 00:34:18 | Konietzko    | Lena            | Gemeinschaftsschule Nortorf                    | GER-SH | W-KU12            | 00:33:54 | 22     |
| 293 | 210  | 00:34:18 | Villwock     | Inka            | Gemeinschaftsschule Nortorf                    | GER-SH | W-40              | 00:33:54 | 27     |
| 294 | 185  | 00:34:20 | Gerth        | Ivonne          | Gemeinschaftsschule Nortorf                    | GER-SH | W-55              | 00:33:52 | 15     |
| 295 | 629  | 00:34:30 | Fortenbacher | Astrid          | Stadt Neumünster                               | GER-SH | W-40              | 00:33:44 | 28     |
| 296 | 549  | 00:34:31 | Grabein      | Daniela         | Schümann Ladies                                | GER-SH | W-40              | 00:34:25 | 29     |
| 297 | 287  | 00:34:33 | Fitzner      | Lea             | IBAF Altenpflegeschule                         | GER-SH | W-HK              | 00:34:01 | 73     |
| 298 | 296  | 00:34:34 | Zepernik     | Celina          | IBAF Altenpflegeschule                         | GER-SH | W-HK              | 00:34:01 | 74     |
| 299 | 517  | 00:34:54 | Engel        | Tanja           | Praxis Dr. Entzian                             | GER-SH | W-45              | 00:34:39 | 29     |
| 300 | 360  | 00:35:03 | Häsing       | Silke           | Klinik Klosterstraße GmbH                      | GER-SH | W-40              | 00:34:31 | 30     |
| 301 | 817  | 00:35:08 | Krüger       | Kathleen        | ttp AG<br>Steuerberatungsgesellschaft          | GER-SH | W-30              | 00:34:30 | 26     |
| 302 | 735  | 00:35:13 | Johnsen      | Michelle        | Theodor-Litt-Schule                            | GER-SH | W-JU18            | 00:34:33 | 15     |
| 303 | 850  | 00:35:26 | Holm         | Luisa           | Wannagat&Steckmess<br>Steuerberater            | GER-SH | W-HK              | 00:35:06 | 75     |
| 304 | 852  | 00:35:26 | Wannagat     | Judith          | Wannagat&Steckmess<br>Steuerberater            | GER-SH | W-HK              | 00:35:05 | 76     |
| 305 | 789  | 00:35:38 | von Tempski  | Petra           | TSV Aukrug                                     | GER-SH | W-40              | 00:35:15 | 31     |
| 306 | 43   | 00:36:24 | Hammann      | Susanne         | bk-documents GmbH                              | GER-SH | W-40              | 00:36:07 | 32     |
| 307 | 583  | 00:36:51 | Steinbrink   | Ulrike          | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH | W-30              | 00:36:03 | 27     |
| 308 | 964  | 00:37:08 | Michaelis    | Olivia          | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH | W-JU18            | 00:36:16 | 16     |
| 309 | 965  | 00:37:08 | Gümus        | Duygu           | Senioren & Therapiezentrum<br>Haus Schleusberg | GER-SH | W-JU18            | 00:36:16 | 17     |
| 310 | 997  | 00:37:10 | Müller       | Kathrin Irene   | Theodor-Litt-Schule                            | GER-SH | W-JU18            | 00:36:15 | 18     |
| 311 | 955  | 00:37:22 | Jaenke       | Petra           | Powerfabrik                                    | GER-SH | W-40              | 00:36:42 | 33     |
| 312 | 525  | 00:37:48 | Brocksema    | Paula           | Prisma Runners                                 | GER-SH | W-JU20            | 00:37:30 | 10     |
| 313 | 8    | 00:38:36 | Becker       | Alina           | AOK NordWest Neumünster                        | GER-SH | W-HK              | 00:37:39 | 77     |
| 314 | 566  | 00:38:50 | Mundt        | Monika          | Seeigel  | GER-SH | W-50              | 00:38:50 | 22     |
| 315 | 687  | 00:38:51 | Wulf         | Katrin          | TDL Energie GmbH                               | GER-SH | W-30              | 00:38:12 | 28     |
| 316 | 892  | 00:39:17 | Blotenberg   | Lena            | FEK Neumünster                                 | GER-SH | W-HK              | 00:38:42 | 78     |
| 317 | 903  | 00:39:17 | Wegner       | Anke            | FEK Neumünster                                 | GER-SH | W-50              | 00:38:42 | 23     |
| 318 | 208  | 00:40:52 | Taqi         | Linda           | Gemeinschaftsschule Nortorf                    | GER-SH | W-KU12            | 00:40:27 | 23     |
| 319 | 527  | 00:42:13 | Grell        | Alicia          | Prisma Runners                                 | GER-SH | W-JU20            | 00:41:55 | 11     |

Einträge in der Liste: 827