



20. Itzehoer Störlauf



11. Mai 2019

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|----------------|------------------------------|---------|-------------------|------------------|
| 1 | 3981 | 00:16:07 | Mohrdieck | Tarje | SC Itzehoe | GER-SH | M-JU20 | 1 |
| 2 | 3600 | 00:16:11 | Ludka | Felix | Itzehoer Versicherung | GER-SH | M-JU20 | 2 |
| 3 | 3795 | 00:16:59 | Gehring | Philipp | Sport-Club Itzehoe | GER-NIE | M-HK | 1 |
| 4 | 3801 | 00:17:01 | Köhne | Thilo | Sport-Club Itzehoe | GER-SH | M-JU20 | 3 |
| 5 | 3803 | 00:17:07 | Makoschey | Johan | Sport-Club Itzehoe | GER-SH | M-JU18 | 1 |
| 6 | 3802 | 00:17:29 | Krützelmann | Philip | Sport-Club Itzehoe | GER-SH | M-HK | 2 |
| 7 | 1298 | 00:17:57 | Klähn | Tobias | Volksbank Raiffeisenbank eG | GER-SH | M-HK | 3 |
| 8 | 3378 | 00:18:14 | Arndt | Sebastian | | GER-HAM | M-30 | 1 |
| 9 | 3799 | 00:18:33 | Hintze | Patrick | Sport-Club Itzehoe | GER-SH | M-JU16 | 1 |
| 10 | 2965 | 00:18:35 | Sender | Justus | Elmshorner MTV | GER-SH | M-JU18 | 2 |
| 11 | 3455 | 00:18:42 | Göring | Levin | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 1 |
| 12 | 3699 | 00:18:48 | Molzahn | Dominic | RKISH | GER-SH | M-HK | 4 |
| 13 | 3351 | 00:19:09 | Ramming | Armin | Novitas BKK | GER-SH | M-HK | 5 |
| 14 | 2932 | 00:19:14 | Hoyer | Neal | AVS Itzehoe 8a-d + 5c | GER-SH | M-JU16 | 2 |
| 15 | 3399 | 00:19:24 | Krasniqi | Xhevat | | ALB | M-40 | 1 |
| 16 | 3816 | 00:19:34 | Wiggers | Erik | Sport-Club Itzehoe | GER-SH | M-JU16 | 3 |
| 17 | 2836 | 00:19:42 | Jahn | Eike Hendrik | | GER-SH | M-HK | 6 |
| 18 | 1180 | 00:19:45 | Friedrich | Marco | Laufftreff SG Elbmarsch | GER-SH | M-30 | 2 |
| 19 | 3488 | 00:19:45 | Fuckerirer | Jan | EMTV | GER-SH | M-JU14 | 2 |
| 20 | 3800 | 00:19:47 | Johannsen | Constantin | Sport-Club Itzehoe | GER-SH | M-JU16 | 4 |
| 21 | 1626 | 00:19:50 | Loschitzki | Maik | AVS Itzehoe André Beltz II | GER-SH | M-JU14 | 3 |
| 22 | 3450 | 00:19:51 | Emmermann | Matthias | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 4 |
| 23 | 2930 | 00:19:57 | Fuß | Kristian | AVS Itzehoe 8a-d + 5c | GER-SH | M-JU16 | 5 |
| 24 | 3969 | 00:20:14 | Azizi | Mirmohammad | SCI Itzehoe | GER-SH | M-HK | 7 |
| 25 | 3459 | 00:20:15 | Hoyer | Ian | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 5 |
| 26 | 3755 | 00:20:17 | Lüders | Sven | SG Athletico Büdelsdorf | GER-SH | M-HK | 8 |
| 27 | 3793 | 00:20:17 | Boysen | Lasse | Sport-Club Itzehoe | GER-SH | M-JU18 | 3 |
| 28 | 3219 | 00:20:23 | Bier | Laurin | LG Elmshorn | GER- | M-JU14 | 6 |
| 29 | 3200 | 00:20:26 | Warnke | Finn | Kaiser-Karl-Schule 9 | GER-SH | M-JU18 | 4 |
| 30 | 3469 | 00:20:26 | Vojtenko | Kirill | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 7 |
| 31 | 3085 | 00:20:31 | Eckroth | Till | Kaiser-Karl-Schule 12 | GER-SH | M-JU20 | 4 |
| 32 | 2907 | 00:20:31 | Thumann | Björn | | GER-SH | M-40 | 2 |
| 33 | 3091 | 00:20:31 | Witt | Nils | Kaiser-Karl-Schule 12 | GER-SH | M-JU20 | 5 |
| 34 | 1844 | 00:20:34 | Beutner | Milo | Klosterhof-Schule Itzehoe 6B | GER-SH | M-KU12 | 1 |
| 35 | 1336 | 00:20:36 | Kling | Ole | AVS | GER-SH | M-JU18 | 5 |
| 36 | 825 | 00:20:38 | Abdullatif | Djavid | AVS Itzehoe 10e | GER-SH | M-JU18 | 6 |
| 37 | 3593 | 00:20:38 | Albrecht | Jörg | Itzehoer Versicherung | GER-SH | M-50 | 1 |
| 38 | 843 | 00:20:39 | Twahirwa | Nikolas Erissa | AVS Itzehoe 10e | GER-SH | M-JU18 | 7 |
| 39 | 3167 | 00:20:43 | Ebsen | Lewin | Kaiser-Karl-Schule 7b | GER-SH | M-JU14 | 8 |
| 40 | 1521 | 00:20:44 | Obregon | Juan Jose | | GER- | M-JU14 | 9 |
| 41 | 3230 | 00:20:45 | Heidemann | Jörg | MTV Treubund Lüneburg | GER-NIE | M-50 | 2 |

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|-----|------|----------|---------------|------------|---|---------|-------------------|------------------|
| 42 | 1631 | 00:20:45 | Ehlers | Johann | Detlefsengymnasium 6a | GER-SH | M-JU14 | 10 |
| 43 | 2967 | 00:20:46 | Jensen | Ben | ETSV Fortuna Glückstadt | GER-SH | M-JU16 | 6 |
| 44 | 3563 | 00:20:46 | Tombrock | Pascal | Hohenaspe | GER-SH | M-JU14 | 11 |
| 45 | 1522 | 00:20:54 | Oelte | Olaf | | GER-SH | M-50 | 3 |
| 46 | 1224 | 00:20:55 | Michallek | Rayk | Novitas BKK | GER-SH | M-JU20 | 6 |
| 47 | 836 | 00:20:59 | Möller | Jan | AVS Itzehoe 10e | GER-SH | M-JU18 | 8 |
| 48 | 3927 | 00:21:01 | Aldag | Julius | Wohlert, Aldag & Partner mbB | GER-SH | M-HK | 9 |
| 49 | 3733 | 00:21:09 | Lindorfer | Harald | SCHAUMANN / Lokomotive Krempe | GER-SH | M-50 | 4 |
| 50 | 1223 | 00:21:12 | Michallek | Mark | Novitas BKK | GER-SH | M-HK | 10 |
| 51 | 2835 | 00:21:14 | Hüttersen | Manuel | | GER-SH | M-40 | 3 |
| 52 | 3812 | 00:21:15 | Thormählen | Nico | Sport-Club Itzehoe | GER-SH | M-HK | 11 |
| 53 | 2007 | 00:21:16 | Wulf | Yannick | Stender-Brennschneidtechnik GmbH | GER-SH | M-HK | 12 |
| 54 | 1014 | 00:21:17 | Nödinger | Henrik | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-JU20 | 7 |
| 55 | 1574 | 00:21:18 | Kurras | Linus | AVS Itzehoe 5e | GER-SH | M-JU14 | 12 |
| 56 | 3765 | 00:21:19 | Tolksdorf | Nilo | Sophie-Scholl-Gymnasium 5. Jahrgang | GER-SH | M-KU12 | 2 |
| 57 | 3737 | 00:21:23 | Mewes | Frank | SCHAUMANN / Lokomotive Krempe | GER-SH | M-30 | 3 |
| 58 | 3427 | 00:21:25 | Speckmann | Daniel | | GER- | M-HK | 13 |
| 59 | 3974 | 00:21:27 | Baudach | Claas | | GER-SH | M-JU16 | 7 |
| 60 | 842 | 00:21:34 | Stoldt | Yannick | AVS Itzehoe 10e | GER-SH | M-JU18 | 9 |
| 61 | 3794 | 00:21:37 | Boysen | Nils | Sport-Club Itzehoe | GER-SH | M-JU14 | 13 |
| 62 | 1598 | 00:21:41 | Ohm | Niklas | AVS Itzehoe 6a / 7d | GER-SH | M-JU16 | 8 |
| 63 | 3259 | 00:21:41 | Prignitz | Johannes | rekord-fenster+türen GmbH & Co. KG | GER-SH | M-HK | 14 |
| 64 | 3268 | 00:21:43 | Bewernick | Benjamin | SG Hörmerkirchen Hohenfelde | GER-SH | M-HK | 15 |
| 65 | 2052 | 00:21:44 | Dohrendorf | Florian | TIDE Runners hamburg | GER-HAM | M-35 | 1 |
| 66 | 1908 | 00:21:45 | Schiefelbein | Tobias | Klosterhof-Schule Itzehoe 8C | GER-SH | M-JU16 | 9 |
| 67 | 3579 | 00:21:46 | Eskildsen | Kjeld | ISR Recycling GmbH & Co. KG | GER-SH | M-HK | 16 |
| 68 | 1570 | 00:21:47 | Birner | Benny | AVS Itzehoe 5e | GER-SH | M-KU12 | 3 |
| 69 | 1898 | 00:21:47 | Carstens | Malte | Klosterhof-Schule Itzehoe 8B | GER-SH | M-JU16 | 10 |
| 70 | 3097 | 00:21:49 | Seher | Firat | Kaiser-Karl-Schule 5a | GER-SH | M-JU14 | 14 |
| 71 | 2966 | 00:21:51 | Ingwersen | Jan | Energy North Run | GER-SH | M-HK | 17 |
| 72 | 3630 | 00:21:52 | Turowski | Thore | Kreisverwaltung Steinburg | GER-SH | M-35 | 2 |
| 73 | 1578 | 00:21:52 | Owusu | Gideon | AVS Itzehoe 5e | GER-SH | M-KU12 | 4 |
| 74 | 1576 | 00:21:53 | Möller | Rafael | AVS Itzehoe 5e | GER-SH | M-KU12 | 5 |
| 75 | 2839 | 00:21:54 | Kiel | Andreas | | GER- | M-30 | 4 |
| 76 | 3590 | 00:21:55 | Strote | Pekka | | GER-SH | M-30 | 5 |
| 77 | 1573 | 00:21:56 | Jenzevski | Noah | AVS Itzehoe 5e | GER-SH | M-KU12 | 6 |
| 78 | 3818 | 00:21:59 | Stübe | Justus | SSG Itzehoe | GER-SH | M-JU14 | 15 |
| 79 | 3088 | 00:22:07 | Rehberg | Enno | Kaiser-Karl-Schule 12 | GER-SH | M-JU20 | 8 |
| 80 | 3718 | 00:22:10 | Bittner | Lutz | SCHAUMANN / Lokomotive Krempe | GER-SH | M-60 | 1 |
| 81 | 2781 | 00:22:10 | Bastian | Julian Lee | | GER-SH | M-KU12 | 7 |
| 82 | 2051 | 00:22:10 | Bischl | Jörn | | | M-35 | 3 |
| 83 | 3189 | 00:22:13 | Von Ekesparre | Friedemann | Kaiser-Karl-Schule 8b | GER-SH | M-JU16 | 11 |
| 84 | 3162 | 00:22:16 | Rosemeier | Finn | Kaiser-Karl-Schule 7a | GER-SH | M-JU14 | 16 |
| 85 | 3269 | 00:22:17 | Gehbauer | Maximilian | SG Nord Hamburg | GER-HAM | M-KU12 | 8 |
| 86 | 835 | 00:22:18 | Lingg-Laham | Justin | AVS Itzehoe 10e | GER-SH | M-JU18 | 10 |
| 87 | 1335 | 00:22:19 | Kling | Per | AVS | GER-SH | M-JU18 | 11 |
| 88 | 1918 | 00:22:19 | Burgemeister | Finn | METEK GmbH, Elmshorn | GER-SH | M-HK | 18 |

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Telefon: 04821 - 7796130 hansen@stoerlauf.de <http://www.stoerlauf.de>

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|-----|------|----------|-------------|------------|--|--------|-------------------|------------------|
| 89 | 3108 | 00:22:20 | Wöbs | Felix | Kaiser-Karl-Schule 5b | GER-SH | M-JU14 | 17 |
| 90 | 3163 | 00:22:21 | Schmidtke | Lukas | Kaiser-Karl-Schule 7a | GER-SH | M-JU16 | 12 |
| 91 | 769 | 00:22:21 | Gentile | Cosimo | | GER-SH | M-65 | 1 |
| 92 | 3390 | 00:22:22 | Fox | Kieran | | IRL | M-HK | 19 |
| 93 | 3104 | 00:22:23 | Mandel | Johann | Kaiser-Karl-Schule 5b | GER-SH | M-JU14 | 18 |
| 94 | 3385 | 00:22:23 | Dittrich | Jan | | GER-SH | M-HK | 20 |
| 95 | 3193 | 00:22:24 | Haack | Dennis | Kaiser-Karl-Schule 9 | GER-SH | M-JU18 | 12 |
| 96 | 1532 | 00:22:27 | Steinhardt | Marc | | GER-SH | M-45 | 1 |
| 97 | 3900 | 00:22:28 | Mayer | Felix | USC Kiel | GER-SH | M-JU14 | 19 |
| 98 | 3698 | 00:22:29 | Anders | Kai | RKISH | GER-SH | M-40 | 4 |
| 99 | 1805 | 00:22:31 | Stange | Jeremy | Klosterhof-Schule Itzehoe 10B | GER-SH | M-JU18 | 13 |
| 100 | 3964 | 00:22:32 | Helmvoigt | Ryan | SG Wasserratten Norderstedt | GER-SH | M-JU14 | 20 |
| 101 | 2023 | 00:22:35 | Probst | Paul | TSV Heiligenstedten E2 | GER-SH | M-KU12 | 9 |
| 102 | 3859 | 00:22:36 | Frankiewicz | Frank | ThiesMediCenter GmbH | GER-SH | M-50 | 5 |
| 103 | 3253 | 00:22:39 | Kroh | Martin | Praxis für Ergotherapie Richter/Haida | GER- | M-HK | 21 |
| 104 | 1892 | 00:22:41 | Faust | Jarnes | Klosterhof-Schule Itzehoe 8A | GER-SH | M-JU16 | 13 |
| 105 | 3714 | 00:22:41 | Banemann | Dirk | SCHAUMANN / Lokomotive Krempe | GER-SH | M-40 | 5 |
| 106 | 3749 | 00:22:41 | Uhde | Marius | SCHAUMANN / Lokomotive Krempe | GER-SH | M-40 | 6 |
| 107 | 874 | 00:22:43 | Göttling | Ansgar | EMA Grundschule Itzehoe 3a+3b | GER-SH | M-KU12 | 10 |
| 108 | 1506 | 00:22:44 | Körber | Philipp | | GER-SH | M-HK | 22 |
| 109 | 1569 | 00:22:45 | Alpers | Tim | AVS Itzehoe 5e | GER-SH | M-KU12 | 11 |
| 110 | 1992 | 00:22:53 | Baese | Norman | Stender-Brennschneidtechnik GmbH | GER-SH | M-HK | 23 |
| 111 | 3250 | 00:22:54 | Haida | Jaron | Praxis für Ergotherapie Richter/Haida | GER- | M-JU14 | 21 |
| 112 | 862 | 00:22:55 | Horstmann | Daniel | Crossfit Elmshorn | GER-SH | M-35 | 4 |
| 113 | 3595 | 00:22:55 | Granert | Kersten | Itzehoer Versicherung | GER-SH | M-50 | 6 |
| 114 | 1766 | 00:22:57 | Britt | Till | Itzehoer Versicherung | GER-SH | M-JU16 | 14 |
| 115 | 1932 | 00:22:58 | Kommritz | Florian | MTV Horst | GER-SH | M-HK | 24 |
| 116 | 3112 | 00:22:58 | Hüttmann | Jorve | Kaiser-Karl-Schule 5c | GER-SH | M-JU14 | 22 |
| 117 | 3881 | 00:22:59 | Götsche | Ben | TSV Bargteheide Tri | GER-SH | M-JU14 | 23 |
| 118 | 3299 | 00:23:00 | Sander | Jonas Arne | TSV Beidenfleth | GER-SH | M-JU20 | 9 |
| 119 | 3729 | 00:23:01 | Herberger | Jens | SCHAUMANN / Lokomotive Krempe | GER-SH | M-45 | 2 |
| 120 | 3890 | 00:23:03 | Freigang | Hannes | TSV Kremperheide | GER-SH | M-KU12 | 12 |
| 121 | 1282 | 00:23:04 | Jennrich | Hennis | TSV Heiligenstedten F1 | GER-SH | M-KU10 | 1 |
| 122 | 1283 | 00:23:04 | Jennrich | Lasse | TSV Heiligenstedten F1 | GER-SH | M-KU10 | 2 |
| 123 | 3420 | 00:23:06 | Rieper | Ron | | GER-SH | M-HK | 25 |
| 124 | 3868 | 00:23:07 | Glöyer | Klaas | Trede & von Pein | GER-SH | M-HK | 26 |
| 125 | 3471 | 00:23:09 | Bülow | Felix | AVS | GER-SH | M-JU18 | 14 |
| 126 | 2021 | 00:23:10 | Lohmann | Lukas | TSV Heiligenstedten E2 | GER-SH | M-KU12 | 13 |
| 127 | 3726 | 00:23:10 | Gefken | Laurenz | SCHAUMANN / Lokomotive Krempe | GER-SH | M-30 | 6 |
| 128 | 1912 | 00:23:11 | Krasniqi | Albion | Klosterhof-Schule Itzehoe 9C | GER-SH | M-JU16 | 15 |
| 129 | 3468 | 00:23:12 | Spanuth | Silas | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 24 |
| 130 | 3465 | 00:23:12 | Salur | Sinan | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 25 |
| 131 | 1621 | 00:23:14 | Struwe | Jannis | AVS Itzehoe 7e | GER-SH | M-JU14 | 26 |
| 132 | 964 | 00:23:14 | Kirschneit | Jarne | Freie Waldorfschule Itzehoe 4 | GER-SH | M-KU12 | 14 |
| 133 | 1788 | 00:23:16 | Wamser | Lars | Kernkraftwerk Brokdorf | GER-SH | M-HK | 27 |
| 134 | 1952 | 00:23:23 | Gravert | Henrik | Novitas BKK | GER-SH | M-KU12 | 15 |

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|-----|------|----------|------------|------------|---------------------------------------|---------|-------------------|------------------|
| 135 | 3566 | 00:23:27 | Erps | Tom Leon | Holcim (Deutschland) GmbH | GER-SH | M-HK | 28 |
| 136 | 3281 | 00:23:27 | Schultz | Michi | Sport-Club Itzehoe | GER-SH | M-HK | 29 |
| 137 | 1185 | 00:23:27 | Rindelaub | Nik | Liliencronschule Lägerdorf | GER-SH | M-KU12 | 16 |
| 138 | 3267 | 00:23:29 | Ladwig | Marvin | SG Brande-Hörnerkirchen/Hohenfelde | GER-SH | M-HK | 30 |
| 139 | 1571 | 00:23:32 | Carstens | Lasse | AVS Itzehoe 5e | GER-SH | M-KU12 | 17 |
| 140 | 832 | 00:23:32 | Gorlo | Noah Ben | AVS Itzehoe 10e | GER-SH | M-JU18 | 15 |
| 141 | 3847 | 00:23:34 | Eitner | Stefan | ThiesMediCenter GmbH | GER-SH | M-45 | 3 |
| 142 | 2027 | 00:23:35 | Gripp | Hove | TUS Krempe | GER-SH | M-JU20 | 10 |
| 143 | 948 | 00:23:35 | Hörner | Noel | Freie Waldorfschule Itzehoe 3 | GER-SH | M-KU12 | 18 |
| 144 | 3407 | 00:23:36 | Müller | Florian | | GER-SH | M-30 | 7 |
| 145 | 3636 | 00:23:36 | Praefke | Bodo | LC Oase Hingstheide | GER-SH | M-60 | 2 |
| 146 | 3807 | 00:23:37 | Rohwedder | Timm | Sport-Club Itzehoe | GER-SH | M-50 | 7 |
| 147 | 3444 | 00:23:38 | Alou | Taher | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 27 |
| 148 | 3443 | 00:23:40 | Abraham | Erik | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 28 |
| 149 | 1583 | 00:23:40 | Supper | Jan | AVS Itzehoe 5e | GER-SH | M-JU14 | 29 |
| 150 | 1686 | 00:23:41 | Butenschön | Charly | Grundschule Edendorf 3 | GER-SH | M-KU12 | 19 |
| 151 | 1732 | 00:23:41 | Magheli | Junes | Grundschule Edendorf 4 | GER-SH | M-KU12 | 20 |
| 152 | 3924 | 00:23:41 | Diehl | Rainer | Wacken | GER-SH | M-50 | 8 |
| 153 | 3120 | 00:23:42 | Hollm | Justin | Kaiser-Karl-Schule 5d | GER-SH | M-KU12 | 21 |
| 154 | 3227 | 00:23:44 | Raabe | Jan Gerrit | MTV Heide | GER-SH | M-KU12 | 22 |
| 155 | 2970 | 00:23:46 | Marwedel | Hannes | Gemeinschaftsschule Kellinghusen | GER-SH | M-JU14 | 30 |
| 156 | 2993 | 00:23:47 | Engel | Viktor | | GER-HAM | M-60 | 3 |
| 157 | 3759 | 00:23:47 | Tolksdorf | Markus | Sophie Scholl Gymnasium 8 | GER-SH | M-35 | 5 |
| 158 | 3550 | 00:23:47 | Kirschning | Jürgen | Happy Feet Itzehoe | GER-SH | M-65 | 2 |
| 159 | 3713 | 00:23:47 | Balke | Sebastian | SCHAUMANN / Lokomotive Krempe | GER-SH | M-40 | 7 |
| 160 | 840 | 00:23:50 | Sempf | Felix | AVS Itzehoe 10e | GER-SH | M-JU18 | 16 |
| 161 | 2871 | 00:23:50 | Pinetzki | Michael | | GER-BER | M-40 | 8 |
| 162 | 1546 | 00:23:50 | Dücker | Johannes | Auguste Viktoria Schule Itzehoe 5d | GER-SH | M-JU14 | 31 |
| 163 | 2784 | 00:23:50 | Berger | Paul | | GER-SH | M-JU16 | 16 |
| 164 | 906 | 00:23:51 | Dräger | Justus | Fehrs-Schule 3 b,c | GER-SH | M-KU10 | 3 |
| 165 | 1579 | 00:23:53 | Rostami | Shoaib | AVS Itzehoe 5e | GER-SH | M-JU14 | 32 |
| 166 | 3775 | 00:23:53 | Rüsen | Jonas Finn | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | M-JU14 | 33 |
| 167 | 1230 | 00:23:54 | Saß | Mario | Novitas BKK | GER-SH | M-40 | 9 |
| 168 | 1496 | 00:23:54 | Heidari | Mostafa | | GER-SH | M-JU14 | 34 |
| 169 | 3887 | 00:23:54 | Nitz | Sönke | TSV Bargtheide Tri | GER-SH | M-JU14 | 35 |
| 170 | 3546 | 00:23:55 | Schlott | Marvin | Gemeinschaftsschule Wilster WPU 7 | GER-SH | M-JU14 | 36 |
| 171 | 3158 | 00:23:56 | Kühl | Thorge | Kaiser-Karl-Schule 6d | GER-SH | M-JU14 | 37 |
| 172 | 3164 | 00:23:57 | Spiecker | Johannes | Kaiser-Karl-Schule 7a | GER-SH | M-JU16 | 17 |
| 173 | 3635 | 00:23:57 | Kuhr | Bennet | LC Oase Hingstheide | GER-SH | M-KU12 | 23 |
| 174 | 3495 | 00:23:58 | Mundt | Jakob | Feuerwehren in Steinburg | GER-SH | M-JU18 | 17 |
| 175 | 2972 | 00:23:58 | Michaelsen | Raphael | Grundschule Edendorf 4 | GER-SH | M-KU12 | 24 |
| 176 | 2044 | 00:23:58 | Gehbauer | Michael | | GER-HAM | M-55 | 1 |
| 177 | 1843 | 00:23:59 | Beutner | Bert | Klosterhof-Schule Itzehoe 6B | GER-SH | M-40 | 10 |
| 178 | 3757 | 00:23:59 | Althoff | Bent | Sophie Scholl Gymnasium 8 | GER-SH | M-JU16 | 18 |
| 179 | 949 | 00:23:59 | Kampen | Ben | Freie Waldorfschule Itzehoe 3 | GER-SH | M-KU12 | 25 |
| 180 | 849 | 00:24:00 | Hille | Max | AVS Itzehoe 6b | GER-SH | M-JU14 | 38 |
| 181 | 3967 | 00:24:01 | Nühse | Stefan | | GER-SH | M-HK | 31 |

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|-----|------|----------|-------------------|----------------|--|--------|-------------------|------------------|
| 182 | 3066 | 00:24:01 | Bünz | Tim | Kaiser-Karl-Schule 10gw | GER-SH | M-JU18 | 18 |
| 183 | 3901 | 00:24:01 | Abdullah Mohammed | Fadel | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-JU20 | 11 |
| 184 | 820 | 00:24:01 | Dietz | Tjelle | AVS 7a | GER-SH | M-JU16 | 19 |
| 185 | 824 | 00:24:02 | Marek | Fabian | AVS 7a | GER-SH | M-JU16 | 20 |
| 186 | 1103 | 00:24:03 | Kooistra | Joost | Grundschule Münsterdorf | GER-SH | M-KU12 | 26 |
| 187 | 3131 | 00:24:05 | Baade | Anton | Kaiser-Karl-Schule 5e | GER-SH | M-KU12 | 27 |
| 188 | 3176 | 00:24:05 | Rusch | Lorenz | Kaiser-Karl-Schule 7c | GER-SH | M-JU16 | 21 |
| 189 | 3059 | 00:24:06 | Willmann | Lasse | Kaiser Karl Schule | GER-SH | M-JU18 | 19 |
| 190 | 889 | 00:24:06 | Richter | Hans-Christian | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-KU12 | 28 |
| 191 | 3122 | 00:24:07 | Michels | Henrik | Kaiser-Karl-Schule 5d | GER-SH | M-JU14 | 39 |
| 192 | 3119 | 00:24:09 | Ekesparre | Julius von | Kaiser-Karl-Schule 5d | GER-SH | M-KU12 | 29 |
| 193 | 1803 | 00:24:09 | Hahn | Danil | Klosterhof-Schule Itzehoe 10B | GER-SH | M-JU18 | 20 |
| 194 | 1591 | 00:24:11 | Harder | Theven | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 40 |
| 195 | 2908 | 00:24:12 | Totzek | Kay | | GER-SH | M-HK | 32 |
| 196 | 1032 | 00:24:13 | Storm | Elias Henry | Grundschule am Störtal | GER-SH | M-KU12 | 30 |
| 197 | 3141 | 00:24:13 | Gloy | Hanjo | Kaiser-Karl-Schule 6a | GER-SH | M-JU14 | 41 |
| 198 | 855 | 00:24:15 | Nazary | Bilal | AVS Itzehoe 6b | GER-SH | M-JU16 | 22 |
| 199 | 2045 | 00:24:15 | Kaack | Dirk | TSV LOLA | GER-SH | M-35 | 6 |
| 200 | 1999 | 00:24:16 | Harder | Michel | Stender-Brennschneidtechnik GmbH | GER-SH | M-JU18 | 21 |
| 201 | 2943 | 00:24:18 | Ahmeling | Thorsten | Blumenhaus Grundler | GER-SH | M-40 | 11 |
| 202 | 837 | 00:24:19 | Ritter | Kilian Noah | AVS Itzehoe 10e | GER-SH | M-JU20 | 12 |
| 203 | 838 | 00:24:19 | Ruß | Timo | AVS Itzehoe 10e | GER-SH | M-JU20 | 13 |
| 204 | 3744 | 00:24:20 | Rieger | Carsten | SCHAUMANN / Lokomotive Krempe | GER-SH | M-50 | 9 |
| 205 | 3741 | 00:24:24 | Platzer | Oliver | SCHAUMANN / Lokomotive Krempe | GER-SH | M-30 | 8 |
| 206 | 3150 | 00:24:24 | Jensen | Bo | Kaiser-Karl-Schule 6b | GER-SH | M-JU14 | 42 |
| 207 | 1768 | 00:24:25 | Hahnkamm | Tom | Itzehoer Versicherung | GER-SH | M-JU18 | 22 |
| 208 | 969 | 00:24:30 | Schmitz | Valentin | Freie Waldorfschule Itzehoe 4 | GER-SH | M-KU12 | 31 |
| 209 | 1629 | 00:24:31 | Büttner | Mathis | Detlefsengymnasium 6a | GER-SH | M-45 | 4 |
| 210 | 1769 | 00:24:32 | Kern | Christian | Itzehoer Versicherung | GER-SH | M-30 | 9 |
| 211 | 1090 | 00:24:32 | Magens | Simon | Grundschule Kremperheide Klasse 1-4 | GER-SH | M-KU12 | 32 |
| 212 | 2029 | 00:24:33 | Suwe | Beek | TV Gut-Heil Wrist | GER-SH | M-KU12 | 33 |
| 213 | 3774 | 00:24:33 | Petersen | Jonas | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | M-JU14 | 43 |
| 214 | 1764 | 00:24:33 | Britt | Kjell | Itzehoer Versicherung | GER-SH | M-JU16 | 23 |
| 215 | 1649 | 00:24:34 | Moser | Leon | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | M-JU16 | 24 |
| 216 | 864 | 00:24:34 | Haagen | Til | Detlefsengymnasium Glückstadt | GER-SH | M-JU14 | 44 |
| 217 | 2031 | 00:24:35 | Schütz | Thore | TV Gut-Heil Wrist | GER- | M-KU12 | 34 |
| 218 | 3498 | 00:24:37 | Reiter | Mario | Fraunhofer ISIT | GER-SH | M-50 | 10 |
| 219 | 1196 | 00:24:37 | Siemann | Mika | Münsterdorf | GER-SH | M-KU12 | 35 |
| 220 | 3109 | 00:24:38 | Ballhorn | Joshua | Kaiser-Karl-Schule 5c | GER-SH | M-JU14 | 45 |
| 221 | 1605 | 00:24:41 | Hahn | Cassian | AVS Itzehoe 7e | GER-SH | M-JU14 | 46 |
| 222 | 827 | 00:24:42 | Bos | Toni | AVS Itzehoe 10e | GER-SH | M-JU18 | 23 |
| 223 | 3014 | 00:24:42 | Burmeister | Erik | Jugendfeuerwehr Itzehoe | GER-SH | M-JU18 | 24 |
| 224 | 1921 | 00:24:43 | Markmann | Piet | METEK GmbH, Elmshorn | GER-SH | M-35 | 7 |
| 225 | 3880 | 00:24:44 | Duitsmann | Timon | TS Schenefeld | GER-SH | M-KU12 | 36 |
| 226 | 1563 | 00:24:44 | Teßmer | Ingo | AVS 7b | GER-SH | M-45 | 5 |

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|----------------|--|---------|-------------------|------------------|
| 227 | 1731 | 00:24:44 | Magheli | Jens | Grundschule Edendorf 4 | GER-SH | M-45 | 6 |
| 228 | 3602 | 00:24:45 | Ludka | Uwe | Itzehoer Versicherung | GER-SH | M-55 | 2 |
| 229 | 3252 | 00:24:45 | Haida | Thomas | Praxis für Ergotherapie Richter/Haida | GER- | M-45 | 7 |
| 230 | 3647 | 00:24:46 | Beinroth | Rudi | Meiendorfer SV | GER-HAM | M-KU10 | 4 |
| 231 | 1288 | 00:24:47 | Stasinski | Cedric | TSV Heiligenstedten F1 | GER-SH | M-KU10 | 5 |
| 232 | 1479 | 00:24:47 | Behm | Torgny | | GER-SH | M-JU14 | 47 |
| 233 | 3165 | 00:24:48 | Ter Hasenborg | Tebbe | Kaiser-Karl-Schule 7a | GER-SH | M-JU14 | 48 |
| 234 | 3710 | 00:24:49 | Reimers | Michael | SC Itzehoe | GER-SH | M-45 | 8 |
| 235 | 1027 | 00:24:49 | Petrat | Bernd | Grundschule am Störtal | GER-SH | M-50 | 11 |
| 236 | 3100 | 00:24:51 | Ebsen | Laurens | Kaiser-Karl-Schule 5b | GER-SH | M-KU12 | 37 |
| 237 | 1651 | 00:24:51 | Scheidemann | Lorenz | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | M-JU18 | 25 |
| 238 | 3719 | 00:24:54 | Börnecke | Marcel | SCHAUMANN / Lokomotive Krempe | GER-SH | M-30 | 10 |
| 239 | 3188 | 00:24:54 | Schmidt | Mattes Hendrik | Kaiser-Karl-Schule 8b | GER-SH | M-JU16 | 25 |
| 240 | 1645 | 00:24:55 | Gasa | Anton | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | M-KU12 | 38 |
| 241 | 1887 | 00:24:56 | Hollm | Niklas | Klosterhof-Schule Itzehoe 7C | GER-SH | M-JU14 | 49 |
| 242 | 1777 | 00:24:59 | Pelikan | Matti | Itzehoer Versicherung | GER-SH | M-KU12 | 39 |
| 243 | 3597 | 00:25:00 | Kräenbring | René | Itzehoer Versicherung | GER-SH | M-50 | 12 |
| 244 | 2030 | 00:25:01 | Regitz | Hinnerk | TV Gut-Heil Wrist | GER-SH | M-KU12 | 40 |
| 245 | 3461 | 00:25:01 | Kienlein | Jan-David | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 50 |
| 246 | 1854 | 00:25:02 | Gatke | Julius | Klosterhof-Schule Itzehoe 6C | GER-SH | M-JU14 | 51 |
| 247 | 1208 | 00:25:02 | Bünning | Tobias | Novitas BKK | GER-SH | M-30 | 11 |
| 248 | 869 | 00:25:02 | Schmied | Maximilian | EMA Grundschule Itzehoe 1a-2c | GER-SH | M-KU12 | 41 |
| 249 | 1982 | 00:25:05 | Reinke | Jörg | Stadtwerke Steinburg GmbH | GER-SH | M-40 | 12 |
| 250 | 1312 | 00:25:07 | Doberstein | Lünnis | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU14 | 52 |
| 251 | 1317 | 00:25:08 | Jaaks | Conner | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU14 | 53 |
| 252 | 1323 | 00:25:08 | Konrat | Niklas | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU16 | 26 |
| 253 | 1630 | 00:25:08 | Dederichs | Matthis | Detlefsengymnasium 6a | GER-SH | M-JU14 | 54 |
| 254 | 975 | 00:25:09 | Czygan | Rasmus | Freie Waldorfschule Itzehoe 5 | GER-SH | M-KU12 | 42 |
| 255 | 927 | 00:25:09 | Gramer | Anton | Fehrs-Schule 4 a,b,c | GER-SH | M-KU12 | 43 |
| 256 | 928 | 00:25:09 | Gramer | Michael | Fehrs-Schule 4 a,b,c | GER-SH | M-45 | 9 |
| 257 | 821 | 00:25:11 | Granow | Tim Eirik | AVS 7a | GER-SH | M-JU16 | 27 |
| 258 | 1259 | 00:25:13 | Steckel | Lars | rekord-fenster+türen GmbH & Co. KG | GER-SH | M-45 | 10 |
| 259 | 2843 | 00:25:13 | Koppelmann | Jörn | | GER-SH | M-45 | 11 |
| 260 | 3937 | 00:25:14 | Lahrman | Paul | Wohlert, Aldag & Partner mbB | GER-SH | M-30 | 12 |
| 261 | 985 | 00:25:14 | Jübermann Roe | Henry | Freie Waldorfschule Itzehoe 5 | GER-SH | M-KU12 | 44 |
| 262 | 1850 | 00:25:15 | Rosemeier | Mika | Klosterhof-Schule Itzehoe 6B | GER-SH | M-JU14 | 55 |
| 263 | 2865 | 00:25:16 | Michaelsen | Dr. Jörn | | GER-SH | M-50 | 13 |
| 264 | 3913 | 00:25:17 | Nazari | Fahim | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-JU18 | 26 |
| 265 | 841 | 00:25:17 | Sievert | Max | AVS Itzehoe 10e | GER-SH | M-JU18 | 27 |
| 266 | 780 | 00:25:17 | Mohr | Klaus-Thorsten | | GER-SH | M-50 | 14 |
| 267 | 1565 | 00:25:18 | Grimm | Nicholas | AVS Itzehoe | GER-SH | M-HK | 33 |
| 268 | 3052 | 00:25:19 | Groth | Björn | JVA Itzehoe | GER-SH | M-35 | 8 |
| 269 | 1894 | 00:25:19 | Hilgermann | Simeon | Klosterhof-Schule Itzehoe 8A | GER-SH | M-JU16 | 28 |
| 270 | 798 | 00:25:19 | Von Spreckelsen | Andreas | | GER-NIE | M-30 | 13 |
| 271 | 1493 | 00:25:20 | Grunwald | Noah | | GER-SH | M-JU14 | 56 |

Sport-Club Itzehoe Beethovenstraße 2-4 25524 Itzehoe
Telefon: 04821 - 7796130 hansen@stoerlauf.de <http://www.stoerlauf.de>

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------|-----------------|---------------------------------------|---------|-------------------|------------------|
| 272 | 1275 | 00:25:20 | Dürr | Lias Maximilian | TSV Heiligenstedten F1 | GER-SH | M-KU10 | 6 |
| 273 | 1840 | 00:25:22 | Storm | Bastian | Klosterhof-Schule Itzehoe 6A | GER-SH | M-JU14 | 57 |
| 274 | 2996 | 00:25:22 | Kulicke | Oliver | Hertha BSC | GER-SH | M-40 | 13 |
| 275 | 2923 | 00:25:23 | Kruse | Matthias | AVS Itzehoe 5b | GER-SH | M-JU14 | 58 |
| 276 | 1239 | 00:25:23 | Tho Seeth | Kieron | Novitas BKK | GER-SH | M-JU14 | 59 |
| 277 | 3879 | 00:25:23 | Duitsmann | Felix | TS Schenefeld | GER-SH | M-JU14 | 60 |
| 278 | 979 | 00:25:24 | Frenzke | Kasimir | Freie Waldorfschule Itzehoe 5 | GER-SH | M-KU12 | 45 |
| 279 | 1976 | 00:25:26 | Kassebrock | Torge | rekord-fenster-türen GmbH & Co. KG | GER-SH | M-45 | 12 |
| 280 | 2783 | 00:25:26 | Berger | Fritz | | GER-SH | M-JU14 | 61 |
| 281 | 1959 | 00:25:26 | Ohrt | Timon | Novitas BKK | GER-SH | M-JU18 | 28 |
| 282 | 3470 | 00:25:27 | Zöllmer | Bennit | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 62 |
| 283 | 3303 | 00:25:27 | Mihm | Constantin | TSV Brokstedt | GER-SH | M-JU16 | 29 |
| 284 | 3903 | 00:25:28 | Eichmann | Sascha | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-35 | 9 |
| 285 | 2049 | 00:25:30 | Raquet | David | Grevenkoper Pute | GER-SH | M-HK | 34 |
| 286 | 3038 | 00:25:30 | Leuschke | Phillip | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU18 | 29 |
| 287 | 3711 | 00:25:31 | Baltz | Marc | SC Rönnau 74 | GER-SH | M-45 | 13 |
| 288 | 3882 | 00:25:32 | Hempel | Lennart | TSV Bargteheide Tri | GER-SH | M-JU16 | 30 |
| 289 | 880 | 00:25:32 | Feuerstein | Alexander | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-KU12 | 46 |
| 290 | 1543 | 00:25:33 | Boll | Jarno Bela | Auguste Viktoria Schule Itzehoe 5d | GER-SH | M-JU14 | 63 |
| 291 | 892 | 00:25:34 | Tuschik | Tom | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-KU12 | 47 |
| 292 | 3323 | 00:25:37 | Heußner | Cornelius | Vishay Siliconix Itzehoe GmbH | GER-SH | M-30 | 14 |
| 293 | 1581 | 00:25:37 | Schlüter | Mats | AVS Itzehoe 5e | GER-SH | M-KU12 | 48 |
| 294 | 1519 | 00:25:40 | Möller | Knut-Ove | | GER-SH | M-50 | 15 |
| 295 | 1541 | 00:25:42 | Alsen | Keenu | Auguste Viktoria Schule Itzehoe 5d | GER-SH | M-KU12 | 49 |
| 296 | 1618 | 00:25:43 | Günter | Max Leon | AVS Itzehoe André Beltz II | GER-SH | M-JU16 | 31 |
| 297 | 3616 | 00:25:45 | Frahm | Liam-Joshua | Klinikum Itzehoe | GER-SH | M-JU14 | 64 |
| 298 | 888 | 00:25:45 | Mohr | Marlon | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-KU12 | 50 |
| 299 | 1730 | 00:25:47 | Lenz | Arvid | Grundschule Edendorf 4 | GER-SH | M-KU12 | 51 |
| 300 | 3442 | 00:25:47 | Abdullatif | David | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 65 |
| 301 | 876 | 00:25:48 | Nehls | Mailo Enrico | EMA Grundschule Itzehoe 3a+3b | GER-SH | M-KU12 | 52 |
| 302 | 1915 | 00:25:48 | Alkia | Blerant | METEK GmbH, Elmshorn | GER-SH | M-30 | 15 |
| 303 | 3574 | 00:25:48 | Reszies | Leo | Holcim (Deutschland) GmbH | GER-SH | M-JU20 | 14 |
| 304 | 3820 | 00:25:48 | Ratjen | Steffen | Stadtwerke Steinburg GmbH | GER-SH | M-40 | 14 |
| 305 | 3180 | 00:25:51 | Bürger | Mika | Kaiser-Karl-Schule 7d | GER-SH | M-JU16 | 32 |
| 306 | 3384 | 00:25:51 | Dirks | Claas | | GER-SH | M-JU16 | 33 |
| 307 | 3613 | 00:25:54 | Endemann | Ralf | Klinikum Itzehoe | GER-SH | M-50 | 16 |
| 308 | 2971 | 00:25:57 | Peters | Emil | Grün Weiß Eimsbüttel | GER-HAM | M-KU12 | 53 |
| 309 | 1276 | 00:25:58 | Dürr | Sebastian | TSV Heiligenstedten F1 | GER-SH | M-35 | 10 |
| 310 | 1927 | 00:25:58 | Kutz | Arthur | MTV Braunschweig | GER-SH | M-65 | 3 |
| 311 | 3116 | 00:26:00 | Rusch | Friedrich | Kaiser-Karl-Schule 5c | GER-SH | M-JU14 | 66 |
| 312 | 2830 | 00:26:00 | Hintz | Robert | | GER-SH | M-HK | 35 |
| 313 | 2002 | 00:26:00 | Hoffmann | Bernd | Stender-Brennschneidtechnik GmbH | GER-SH | M-45 | 14 |
| 314 | 1917 | 00:26:00 | Bauer-Pfundstein | Matthias | METEK GmbH, Elmshorn | GER-SH | M-55 | 3 |
| 315 | 1778 | 00:26:02 | Rotzoll | Morten | Itzehoer Versicherung | GER-SH | M-KU12 | 54 |
| 316 | 2866 | 00:26:03 | Nebeling | Malte | | GER-SH | M-45 | 15 |

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|----------------|---|--------|-------------------|------------------|
| 317 | 1110 | 00:26:04 | Stroh | Lennard | Grundschule Münsterdorf | GER-SH | M-KU12 | 55 |
| 318 | 1001 | 00:26:04 | Erzinger | Paul | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-JU14 | 67 |
| 319 | 3939 | 00:26:04 | Maaß | Jens | Wohlert, Aldag & Partner mbB | GER-SH | M-50 | 17 |
| 320 | 3232 | 00:26:05 | Schmidtke | Lenn | MTV Wilster | GER-SH | M-JU14 | 68 |
| 321 | 2777 | 00:26:06 | Bachmeier | Henrik | | GER-SH | M-KU10 | 7 |
| 322 | 3952 | 00:26:07 | Vonau | Collin | Wohlert, Aldag & Partner mbB | GER-SH | M-JU18 | 30 |
| 323 | 1566 | 00:26:07 | Albrecht | Jonas | AVS Itzehoe 5e | GER-SH | M-JU14 | 69 |
| 324 | 2026 | 00:26:07 | Gripp | Gunter | TUS Krempe | GER-SH | M-55 | 4 |
| 325 | 3491 | 00:26:08 | Bartels | Jens | Feuerwehren in Steinburg | GER-SH | M-50 | 18 |
| 326 | 3769 | 00:26:08 | Grünekle | Tays | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | M-JU14 | 70 |
| 327 | 851 | 00:26:10 | Mach | Felix | AVS Itzehoe 6b | GER-SH | M-JU14 | 71 |
| 328 | 3099 | 00:26:11 | Bruhn | Thies | Kaiser-Karl-Schule 5b | GER-SH | M-JU14 | 72 |
| 329 | 3161 | 00:26:12 | Groth | Niklas | Kaiser-Karl-Schule 7a | GER-SH | M-JU14 | 73 |
| 330 | 3117 | 00:26:13 | Schmidt | Manik | Kaiser-Karl-Schule 5c | GER-SH | M-JU14 | 74 |
| 331 | 2994 | 00:26:13 | Ehrenberg | Thomas | Happy Feet Itzehoe | GER-SH | M-55 | 5 |
| 332 | 1151 | 00:26:16 | Petersen | Timm Jarne | GS Wellenkamp | GER-SH | M-KU12 | 56 |
| 333 | 3585 | 00:26:16 | Kühl | Luis | ISR Recycling GmbH & Co. KG | GER-SH | M-JU20 | 15 |
| 334 | 1345 | 00:26:16 | Landmesser | Björn | Itzehoer Versicherung | GER-SH | M-45 | 16 |
| 335 | 3564 | 00:26:16 | Dohlich | Rico | Holcim (Deutschland) GmbH | GER-SH | M-HK | 36 |
| 336 | 1013 | 00:26:17 | Nödinger | Bjarne | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-JU16 | 34 |
| 337 | 1052 | 00:26:17 | Espindola | Nicolas | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU10 | 8 |
| 338 | 1278 | 00:26:19 | Hansen | Tinus | TSV Heiligenstedten F1 | GER-SH | M-KU10 | 9 |
| 339 | 1315 | 00:26:19 | Grünler | Kjell | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU14 | 75 |
| 340 | 1567 | 00:26:21 | Alpers | Christian | AVS Itzehoe 5e | GER-SH | M-50 | 19 |
| 341 | 2870 | 00:26:23 | Ossenbrüggen | Finn | Autohaus B206 | GER-SH | M-HK | 37 |
| 342 | 1726 | 00:26:24 | Kosanke | Jannik | Grundschule Edendorf 4 | GER-SH | M-KU12 | 57 |
| 343 | 3454 | 00:26:24 | Gökdas | Ali | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 76 |
| 344 | 1974 | 00:26:25 | Tesch | Jan | Rbz Steinburg | GER-SH | M-45 | 17 |
| 345 | 3304 | 00:26:26 | Bringmann | Ansgar | TSV Büsum | GER-SH | M-JU14 | 77 |
| 346 | 1684 | 00:26:27 | Vock | Jannes Elia | Grundschule Edendorf 2 | GER-SH | M-KU10 | 10 |
| 347 | 900 | 00:26:27 | Wohlens | Jakob | Fehrs-Schule 2 a,c | GER-SH | M-KU10 | 11 |
| 348 | 3434 | 00:26:27 | Wetzel | Cassian | | GER-SH | M-HK | 38 |
| 349 | 3669 | 00:26:27 | Göring | Bernd | Novitas BKK | GER-SH | M-50 | 20 |
| 350 | 901 | 00:26:27 | Wohlens | Roman | Fehrs-Schule 2 a,c | GER-SH | M-40 | 15 |
| 351 | 1962 | 00:26:28 | Rohweder-Struve | Sönke | Novitas BKK | GER-SH | M-40 | 16 |
| 352 | 937 | 00:26:28 | Nilges | Elvis | Fehrs-Schule 4 a,b,c | GER-SH | M-KU12 | 58 |
| 353 | 1281 | 00:26:30 | Hecht | Tjorven | TSV Heiligenstedten F1 | GER-SH | M-KU10 | 12 |
| 354 | 1280 | 00:26:30 | Hecht | Björn | TSV Heiligenstedten F1 | GER-SH | M-35 | 11 |
| 355 | 1595 | 00:26:31 | Kulicke | Alexander René | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 78 |
| 356 | 2005 | 00:26:32 | Sinke | Pascal | Stender-Brennschneidtechnik GmbH | GER-SH | M-HK | 39 |
| 357 | 3198 | 00:26:33 | Rusch | Johann | Kaiser-Karl-Schule 9 | GER-SH | M-JU18 | 31 |
| 358 | 3938 | 00:26:34 | Lo Vivo | Gianluca | Wohlert, Aldag & Partner mbB | GER-SH | M-HK | 40 |
| 359 | 3324 | 00:26:36 | Stangwald | Tim | Vishay Siliconix Itzehoe GmbH | GER-SH | M-HK | 41 |
| 360 | 3044 | 00:26:37 | Siebrandt | Lasse | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU16 | 35 |
| 361 | 3625 | 00:26:38 | Marschner | Bruno | Kreisverwaltung Steinburg | GER-SH | M-30 | 16 |
| 362 | 942 | 00:26:38 | Eggers | Tyler | Fehrs-Schule Kurs (1,2) | GER-SH | M-KU10 | 13 |
| 363 | 2804 | 00:26:39 | Gehrke | Heinz | | GER-SH | M-55 | 6 |

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|---------------------|--|--------|-------------------|------------------|
| 364 | 3155 | 00:26:41 | Koppelman | Paul | Kaiser-Karl-Schule 6c | GER-SH | M-JU14 | 79 |
| 365 | 1872 | 00:26:42 | Amatuni | Sam | Klosterhof-Schule Itzehoe 7B | GER-SH | M-JU16 | 36 |
| 366 | 1035 | 00:26:43 | Wannewitz | Heiko | Grundschule am Störtal | GER-SH | M-45 | 18 |
| 367 | 3530 | 00:26:43 | Migge | Alexander | Gemeinschaftsschule Wilster 8a | GER-SH | M-JU16 | 37 |
| 368 | 3610 | 00:26:45 | Schmidt | Ben | Kioto Itzehoe e.V. | GER-SH | M-HK | 42 |
| 369 | 2003 | 00:26:45 | Nupnau | Lars | Stender-Brennschneidtechnik GmbH | GER-SH | M-35 | 12 |
| 370 | 970 | 00:26:47 | Wolniewicz | John | Freie Waldorfschule Itzehoe 4 | GER-SH | M-KU12 | 59 |
| 371 | 3166 | 00:26:47 | Von Weiss | Rune | Kaiser-Karl-Schule 7a | GER-SH | M-JU16 | 38 |
| 372 | 1673 | 00:26:48 | Prochota | Elias | Grundschule Edendorf 2 | GER-SH | M-KU10 | 14 |
| 373 | 1204 | 00:26:49 | Baasch | Marius | Novitas BKK | GER-SH | M-JU14 | 80 |
| 374 | 877 | 00:26:49 | Rose | Simeon | EMA Grundschule Itzehoe 3a+3b | GER-SH | M-KU12 | 60 |
| 375 | 3195 | 00:26:49 | Kober | Arne | Kaiser-Karl-Schule 9 | GER-SH | M-JU18 | 32 |
| 376 | 859 | 00:26:49 | Hagelstein | Rene | Be fit by aziz | GER-SH | M-35 | 13 |
| 377 | 754 | 00:26:50 | Bornholdt | Thomas | | GER-SH | M-55 | 7 |
| 378 | 1657 | 00:26:51 | Neumann | Stephan | Glückstädter Werkstätten | GER-SH | M-35 | 14 |
| 379 | 3534 | 00:26:52 | Feldmann | Robin | Gemeinschaftsschule Wilster WPU 7 | GER-SH | M-JU16 | 39 |
| 380 | 3458 | 00:26:52 | Hellmann | Pascal | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 81 |
| 381 | 3447 | 00:26:54 | Bluhm | Cedric | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 82 |
| 382 | 3745 | 00:26:55 | Schünemann | Sascha | SCHAUMANN / Lokomotive Krempe | GER-SH | M-35 | 15 |
| 383 | 2947 | 00:26:55 | von Borstel | Carsten | Blumenhaus Grundler | GER-SH | M-35 | 16 |
| 384 | 1181 | 00:26:57 | Pott | Jonathan | Laufftreff SG Elbmarsch | GER-SH | M-KU10 | 15 |
| 385 | 1123 | 00:27:00 | Grünheid | Michael | Grundschule Wilstermarsch | GER-SH | M-50 | 21 |
| 386 | 2873 | 00:27:00 | Rehder | Gerd | | GER-SH | M-55 | 8 |
| 387 | 2991 | 00:27:01 | Kraft | Hugo | Grundschule Wilster | GER-SH | M-KU12 | 61 |
| 388 | 1220 | 00:27:02 | Holze | Linus | Novitas BKK | GER-SH | M-HK | 43 |
| 389 | 1792 | 00:27:03 | Griesbach | Sascha | Klinikum Itzehoe | GER-SH | M-30 | 17 |
| 390 | 1015 | 00:27:03 | Nödinger | Joachim | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-45 | 19 |
| 391 | 1330 | 00:27:04 | Tombrock | Bennet | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU16 | 40 |
| 392 | 2890 | 00:27:05 | Schildt | Stefan | | GER-SH | M-45 | 20 |
| 393 | 3103 | 00:27:06 | Kreth | Patrick | Kaiser-Karl-Schule 5b | GER-SH | M-KU12 | 62 |
| 394 | 1727 | 00:27:06 | Kosanke | Niklas | Grundschule Edendorf 4 | GER-SH | M-KU12 | 63 |
| 395 | 1717 | 00:27:07 | Bünz | Timon | Grundschule Edendorf 4 | GER-SH | M-KU12 | 64 |
| 396 | 2033 | 00:27:09 | Reimers | Erik | VFL Kellinghusen | GER-SH | M-KU12 | 65 |
| 397 | 1891 | 00:27:10 | Borowsky | Paul | Klosterhof-Schule Itzehoe 8A | GER-SH | M-JU16 | 41 |
| 398 | 1542 | 00:27:10 | Arp | Mateo Leander | Auguste Viktoria Schule Itzehoe 5d | GER-SH | M-JU14 | 83 |
| 399 | 1925 | 00:27:11 | Rabe | Werner | METEK GmbH, Elmshorn | GER-SH | M-65 | 4 |
| 400 | 3123 | 00:27:11 | Milz | Niklas | Kaiser-Karl-Schule 5d | GER-SH | M-KU12 | 66 |
| 401 | 1520 | 00:27:11 | Müller | Markus | | GER-SH | M-45 | 21 |
| 402 | 3130 | 00:27:12 | Züge | Christian Alexander | Kaiser-Karl-Schule 5d | GER-SH | M-KU12 | 67 |
| 403 | 3214 | 00:27:13 | Eichhorst | Johann | KTE | GER-SH | M-JU18 | 33 |
| 404 | 3313 | 00:27:13 | Roß | Terje | TUS Krempe | GER-SH | M-JU18 | 34 |
| 405 | 3688 | 00:27:16 | Betz | Carsten | | GER-SH | M-JU20 | 16 |
| 406 | 816 | 00:27:17 | Aul | Sven | Avedo Itzehoe GmbH | GER-SH | M-50 | 22 |
| 407 | 1017 | 00:27:18 | Peters | Felix | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-JU14 | 84 |
| 408 | 1739 | 00:27:19 | Baghdadi | Abduhlkader | Grundschule Edendorf Klasse 3 | SYR | M-KU12 | 68 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|-------------|---|--------|-------------------|------------------|
| 409 | 1213 | 00:27:19 | Hansen | Finn Luca | Novitas BKK | GER-SH | M-KU10 | 16 |
| 410 | 1967 | 00:27:19 | Thies | Jerrick | Novitas BKK | GER-SH | M-KU12 | 69 |
| 411 | 1699 | 00:27:20 | Meyer | Lyan | Grundschule Edendorf 3 | GER-SH | M-KU12 | 70 |
| 412 | 884 | 00:27:21 | Klein | Konstantin | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-35 | 17 |
| 413 | 1697 | 00:27:22 | Lampe | Nico | Grundschule Edendorf 3 | GER-SH | M-KU12 | 71 |
| 414 | 2874 | 00:27:25 | Rehder | Hauke | | GER-SH | M-HK | 44 |
| 415 | 3537 | 00:27:26 | Grassing | Jan-Henrik | Gemeinschaftsschule Wilster WPU 7 | GER-SH | M-JU16 | 42 |
| 416 | 2910 | 00:27:27 | Westphalen | Daniel | | GER-SH | M-30 | 18 |
| 417 | 2997 | 00:27:27 | Beu | Patrick | Hohe Geest | GER-SH | M-JU16 | 43 |
| 418 | 1045 | 00:27:28 | Tombrock | Niklas | Grundschule Hohenaspe 1-4 | GER-SH | M-KU12 | 72 |
| 419 | 3096 | 00:27:29 | Schwarzalbach | Taylan | Kaiser-Karl-Schule 5a | GER-SH | M-JU14 | 85 |
| 420 | 3543 | 00:27:30 | Lehmann | Fabian | Gemeinschaftsschule Wilster WPU 7 | GER-SH | M-JU14 | 86 |
| 421 | 1084 | 00:27:31 | Beste | Moritz | Grundschule Kremperheide Klasse 1-4 | GER-SH | M-KU12 | 73 |
| 422 | 2050 | 00:27:31 | Behnisch | Oliver | | | M-35 | 18 |
| 423 | 3278 | 00:27:31 | Pritzkau | Adrian | Sport-Club Itzehoe | GER-SH | M-KU10 | 17 |
| 424 | 2793 | 00:27:31 | Dräger | Thomas | | GER-SH | M-40 | 17 |
| 425 | 1287 | 00:27:31 | Schlüter | Joris | TSV Heiligenstedten F1 | GER-SH | M-KU10 | 18 |
| 426 | 1800 | 00:27:31 | Schiefelbein | Ulf | Klinikum Itzehoe | GER-SH | M-50 | 23 |
| 427 | 2000 | 00:27:32 | Hartung | Daniel | Stender-Brennschneidtechnik GmbH | GER-SH | M-30 | 19 |
| 428 | 3834 | 00:27:33 | Haß | Phillip | Team Schröder Bauzentrum Itzehoe | GER-SH | M-35 | 19 |
| 429 | 3947 | 00:27:33 | Ralfs | Steffen | Wohlert, Aldag & Partner mbB | GER-SH | M-30 | 20 |
| 430 | 2800 | 00:27:33 | Franck | Wolfgang | Autohaus B206 | GER-SH | M-50 | 24 |
| 431 | 1965 | 00:27:35 | Steenbock | Jannik | Novitas BKK | GER-SH | M-JU18 | 35 |
| 432 | 1091 | 00:27:35 | Matthießen | Maximillian | Grundschule Kremperheide Klasse 1-4 | GER-SH | M-KU12 | 74 |
| 433 | 3565 | 00:27:36 | Dragesser | Nico | Holcim (Deutschland) GmbH | GER-SH | M-JU20 | 17 |
| 434 | 3897 | 00:27:36 | Rusch | Sören | TSV Weddingstedt | GER-SH | M-JU16 | 44 |
| 435 | 1289 | 00:27:37 | Wiese | Celvin | TSV Heiligenstedten F1 | GER-SH | M-KU10 | 19 |
| 436 | 3225 | 00:27:37 | Goldt | Bernd | Moorrunters | GER-SH | M-45 | 22 |
| 437 | 1311 | 00:27:39 | Dengler | Jannik | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU14 | 87 |
| 438 | 2040 | 00:27:41 | Beermann | Jonas | WBS Itzehoe | GER-SH | M-JU16 | 45 |
| 439 | 1012 | 00:27:41 | Möller | Torge | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-JU16 | 46 |
| 440 | 805 | 00:27:44 | Duwe | Julius | Auguste Viktoria Schule 5a | GER-SH | M-JU14 | 88 |
| 441 | 2888 | 00:27:44 | Schade | Felix Luca | | GER-SH | M-KU12 | 75 |
| 442 | 1217 | 00:27:48 | Holtorf | Glenn | Novitas BKK | GER-SH | M-40 | 18 |
| 443 | 2825 | 00:27:51 | Hess | Stefan | | GER-SH | M-45 | 23 |
| 444 | 1037 | 00:27:51 | Danelzig | Ben | Grundschule Hohenaspe 1-4 | GER-SH | M-KU10 | 20 |
| 445 | 2905 | 00:27:52 | Swoboda | Oskar | | GER-SH | M-HK | 45 |
| 446 | 867 | 00:27:54 | Romann | David | EMA Grundschule Itzehoe 1a-2c | GER-SH | M-40 | 19 |
| 447 | 3767 | 00:27:54 | Althoff | Liam | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | M-JU14 | 89 |
| 448 | 957 | 00:27:55 | Wakaliuk | Joshua | Freie Waldorfschule Itzehoe 3 | GER-SH | M-KU12 | 76 |
| 449 | 1557 | 00:27:55 | Veit | Jan-Hinrich | Auguste Viktoria Schule Itzehoe 5d | GER-SH | M-KU12 | 77 |
| 450 | 3077 | 00:27:56 | Von Malottky | Florian | Kaiser-Karl-Schule 10sm | GER-SH | M-JU18 | 36 |
| 451 | 1321 | 00:27:56 | Knapp | Thomas | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-45 | 24 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|--------------|--|---------|-------------------|------------------|
| 452 | 3411 | 00:27:56 | Nikolei | Johannes | | GER-SH | M-30 | 21 |
| 453 | 2964 | 00:27:57 | Lammert | Dirk | Einhörnchen | GER-SH | M-50 | 25 |
| 454 | 3206 | 00:27:58 | Thilow | Bennett | KKS Klasse 7d | GER-SH | M-JU14 | 90 |
| 455 | 2915 | 00:27:59 | Borwieck | Michel | Allianz Deutschland AG | GER-BAW | M-HK | 46 |
| 456 | 3151 | 00:27:59 | Keiser | Jens | Kaiser-Karl-Schule 6b | GER-SH | M-JU14 | 91 |
| 457 | 2828 | 00:28:00 | Hink | Dominique | Autohaus B206 | GER-SH | M-30 | 22 |
| 458 | 3257 | 00:28:01 | Nagel | Mats-Ole | rekord-fenster-türen GmbH & Co. KG | GER-SH | M-KU12 | 78 |
| 459 | 1043 | 00:28:01 | Schmidt | Michael | Grundschule Hohenaspe 1-4 | GER-SH | M-50 | 26 |
| 460 | 1041 | 00:28:05 | Schmidt | Kalle Levi | Grundschule Hohenaspe 1-4 | GER-SH | M-KU12 | 79 |
| 461 | 762 | 00:28:10 | Eis | Marten | | GER-SH | M-30 | 23 |
| 462 | 2911 | 00:28:11 | Wintermeyer | Andreas | | GER-SH | M-55 | 9 |
| 463 | 3831 | 00:28:14 | Kreft | Robin | SV Adelby | GER-SH | M-KU12 | 80 |
| 464 | 3308 | 00:28:15 | Schimkus | Lasse | TSV LOLA | GER-SH | M-KU12 | 81 |
| 465 | 794 | 00:28:16 | Stäcker | Heiko | | GER-SH | M-50 | 27 |
| 466 | 3237 | 00:28:16 | Braun | Benjamin | Novitas BKK | GER-SH | M-30 | 24 |
| 467 | 3204 | 00:28:17 | Beu | Simon | KKS | GER-SH | M-JU18 | 37 |
| 468 | 1997 | 00:28:17 | Finsterwalder | Jörn | Stender-Brennschneidtechnik GmbH | GER-SH | M-HK | 47 |
| 469 | 3973 | 00:28:18 | Mehlert | Sven | | | M-HK | 48 |
| 470 | 1700 | 00:28:18 | Meyer | Marco | Grundschule Edendorf 3 | GER-SH | M-45 | 25 |
| 471 | 879 | 00:28:19 | Burmeister | Lars | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-KU12 | 82 |
| 472 | 1216 | 00:28:23 | Hoge | Sören | Novitas BKK | GER-SH | M-35 | 20 |
| 473 | 3651 | 00:28:24 | Hein | Marcus | Meifort GmbH & Co. KG | GER-SH | M-40 | 20 |
| 474 | 3570 | 00:28:25 | Jahn | Kai-Nikolas | Holcim (Deutschland) GmbH | GER-SH | M-JU20 | 18 |
| 475 | 1900 | 00:28:25 | Kat | Sait | Klosterhof-Schule Itzehoe 8B | GER-SH | M-JU18 | 38 |
| 476 | 1930 | 00:28:25 | Harms | Sascha | MTV Horst | GER-SH | M-30 | 25 |
| 477 | 925 | 00:28:26 | Almokdad | Radwan | Fehrs-Schule 4 a,b,c | GER-SH | M-50 | 28 |
| 478 | 924 | 00:28:26 | Almokdad | Ali | Fehrs-Schule 4 a,b,c | GER-SH | M-KU12 | 83 |
| 479 | 3948 | 00:28:27 | Schmidt | Arved Robert | Wohler, Aldag & Partner mbB | GER-SH | M-HK | 49 |
| 480 | 3068 | 00:28:27 | Ghabrah | Tameem | Kaiser-Karl-Schule 10gw | GER-SH | M-JU18 | 39 |
| 481 | 3331 | 00:28:27 | Erdtmann | Marco | Sport-Club Itzehoe | GER-SH | M-50 | 29 |
| 482 | 3285 | 00:28:28 | Frauen | Marvin | SV Brokdorf | GER-SH | M-KU12 | 84 |
| 483 | 1560 | 00:28:29 | Felgendreher | Jan | AVS 7b | GER-SH | M-40 | 21 |
| 484 | 1970 | 00:28:30 | Weckel | Lars | Novitas BKK | GER-SH | M-40 | 22 |
| 485 | 1996 | 00:28:31 | Eicke | Henning | Stender-Brennschneidtechnik GmbH | GER-SH | M-35 | 21 |
| 486 | 1004 | 00:28:31 | Granzin | Julian | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-JU14 | 92 |
| 487 | 980 | 00:28:31 | Goos | Finn | Freie Waldorfschule Itzehoe 5 | GER-SH | M-JU14 | 93 |
| 488 | 3914 | 00:28:31 | Oelsner | Jordan | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-JU16 | 47 |
| 489 | 878 | 00:28:32 | Behrendt | Anton | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-KU12 | 85 |
| 490 | 1528 | 00:28:32 | Schlüter | Christan | | GER-SH | M-30 | 26 |
| 491 | 3583 | 00:28:33 | Koch | Thorsten | ISR Recycling GmbH & Co. KG | GER-SH | M-50 | 30 |
| 492 | 1039 | 00:28:33 | Kleiner | Moritz | Grundschule Hohenaspe 1-4 | GER-SH | M-KU12 | 86 |
| 493 | 3839 | 00:28:34 | Albers | Peter | ThiesMediCenter GmbH | GER-SH | M-55 | 10 |
| 494 | 2796 | 00:28:36 | Ehm | Julian | | GER-SH | M-HK | 50 |
| 495 | 1956 | 00:28:37 | Malleikat | Frank | Novitas BKK | GER-SH | M-45 | 26 |
| 496 | 1691 | 00:28:42 | Hamann | Arvid | Grundschule Edendorf 3 | GER-SH | M-KU12 | 87 |
| 497 | 3531 | 00:28:42 | Nielsen | Jannik | Gemeinschaftsschule Wilster 8a | GER-SH | M-JU16 | 48 |

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| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|---------------|---|--------|-------------------|------------------|
| 498 | 3935 | 00:28:43 | Kunz | Dietmar | Wohlert, Aldag & Partner mbB | GER-SH | M-50 | 31 |
| 499 | 1711 | 00:28:43 | Schwarzalbach | Cem | Grundschule Edendorf 3 | GER-SH | M-KU12 | 88 |
| 500 | 3889 | 00:28:45 | Nebke | Paul | TSV Heiligenstedten | GER-SH | M-KU12 | 89 |
| 501 | 3833 | 00:28:46 | Friedrich | Benett | Team Schröder Bauzentrum Itzehoe | GER-SH | M-HK | 51 |
| 502 | 3540 | 00:28:46 | Hansen | Tom Lucas | Gemeinschaftsschule Wilster WPU 7 | GER-SH | M-JU16 | 49 |
| 503 | 3548 | 00:28:47 | Schwormstede | Lasse | Gemeinschaftsschule Wilster WPU 7 | GER-SH | M-JU14 | 94 |
| 504 | 2969 | 00:28:47 | Pahl | Lasse | Freie Waldorfschule Itzehoe | GER-SH | M-JU14 | 95 |
| 505 | 1572 | 00:28:48 | Formeseyn | Luis | AVS Itzehoe 5e | GER-SH | M-KU12 | 90 |
| 506 | 1667 | 00:28:48 | Burmester | Michel | Grundschule Edendorf 2 | GER-SH | M-KU10 | 21 |
| 507 | 1010 | 00:28:50 | Mählmann | Ingo | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-40 | 23 |
| 508 | 1034 | 00:28:50 | Thode | Paul | Grundschule am Störtal | GER-SH | M-KU12 | 91 |
| 509 | 3958 | 00:28:51 | Goos | Noah | Gemeinschaftsschule Wilster 10a | GER-SH | M-JU18 | 40 |
| 510 | 3609 | 00:28:51 | Kemmer | Bernd | Kioto Itzehoe e.V. | GER-SH | M-50 | 32 |
| 511 | 1030 | 00:28:52 | Petrat | Tom | Grundschule am Störtal | GER-SH | M-KU12 | 92 |
| 512 | 2020 | 00:28:53 | Lange | Chris-Fabien | TSV Heiligenstedten E2 | GER-SH | M-KU12 | 93 |
| 513 | 764 | 00:28:53 | Fischer | Markus | | GER-SH | M-45 | 27 |
| 514 | 1653 | 00:28:54 | Solterbeck | Oke | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | M-JU18 | 41 |
| 515 | 1847 | 00:28:54 | Grell | Keven | Klosterhof-Schule Itzehoe 6B | GER-SH | M-JU14 | 96 |
| 516 | 1105 | 00:28:56 | Laatsch | Melvin | Grundschule Münsterdorf | GER-SH | M-KU12 | 94 |
| 517 | 2054 | 00:28:58 | Heel | Jannis | TSV Heiligensteden | GER-SH | M-KU12 | 95 |
| 518 | 3016 | 00:28:58 | Hink | Daniel | Jugendfeuerwehr Itzehoe | GER-SH | M-JU14 | 97 |
| 519 | 909 | 00:29:00 | Gorski | Jakob | Fehrs-Schule 3 b,c | GER-SH | M-KU10 | 22 |
| 520 | 3483 | 00:29:01 | Thara | Dieter | Die drei Bürgermeister aus Hohenlockstedt | GER-SH | M-65 | 5 |
| 521 | 3761 | 00:29:01 | Buschmann | Paul | Sophie-Scholl-Gymnasium 5. Jahrgang | GER-SH | M-KU12 | 96 |
| 522 | 1526 | 00:29:01 | Roscher | Alexander | | GER-SH | M-45 | 28 |
| 523 | 758 | 00:29:01 | Daubmann | Max | | GER-SH | M-JU18 | 42 |
| 524 | 1937 | 00:29:03 | Boll | Manfred | MTV Wilster | GER-SH | M-65 | 6 |
| 525 | 1140 | 00:29:06 | Dornbusch | Raphael | GS Wellenkamp | GER-SH | M-KU10 | 23 |
| 526 | 1478 | 00:29:07 | Behm | Thomas | | GER-SH | M-35 | 22 |
| 527 | 3421 | 00:29:08 | Rusch | Peter | | GER-SH | M-50 | 33 |
| 528 | 3501 | 00:29:10 | Kuhnke | Christoph | Freiwillige Feuerwehr Wilster | GER-SH | M-40 | 24 |
| 529 | 891 | 00:29:10 | Schulz | Reiner | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-60 | 4 |
| 530 | 1554 | 00:29:11 | Supper | Eike | Auguste Viktoria Schule Itzehoe 5d | GER-SH | M-JU14 | 98 |
| 531 | 3940 | 00:29:12 | Matern | Tjorben | Wohlert, Aldag & Partner mbB | GER-SH | M-HK | 52 |
| 532 | 2038 | 00:29:13 | Herzog | Jonas | Volksbank Raiffeisenbank eG | GER-SH | M-JU18 | 43 |
| 533 | 3906 | 00:29:15 | Höper | Malte | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-HK | 53 |
| 534 | 2786 | 00:29:17 | Brandt | Rolf | | GER-SH | M-55 | 11 |
| 535 | 1118 | 00:29:17 | Göttsche | Mats | Grundschule Wilstermarsch | GER-SH | M-KU12 | 97 |
| 536 | 1584 | 00:29:17 | Thoms | Thore-Andreas | AVS Itzehoe 5e | GER-SH | M-JU14 | 99 |
| 537 | 2017 | 00:29:19 | Grimm | Christopher | TSV Heiligenstedten E2 | GER-SH | M-KU12 | 98 |
| 538 | 3481 | 00:29:20 | Schulze | Stephan | BSC Nordoe | GER-SH | M-55 | 12 |
| 539 | 2055 | 00:29:20 | Mandrysch | Martin | AVS | GER-SH | M-60 | 5 |
| 540 | 3241 | 00:29:20 | Siebcke | Karsten | Novitas BKK | GER-SH | M-45 | 29 |
| 541 | 3315 | 00:29:21 | Tietjen | Fridtjof | Vaale | GER-SH | M-JU20 | 19 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|---------------|---|---------|-------------------|------------------|
| 542 | 1807 | 00:29:22 | Ziegert | Marius | Klosterhof-Schule Itzehoe 10B | GER-SH | M-30 | 27 |
| 543 | 922 | 00:29:22 | Züge | Maximilian | Fehrs-Schule 3 b,c | GER-SH | M-KU10 | 24 |
| 544 | 921 | 00:29:23 | Züge | Heiko | Fehrs-Schule 3 b,c | GER-SH | M-40 | 25 |
| 545 | 912 | 00:29:25 | Lo Coco | Nico | Fehrs-Schule 3 b,c | GER-SH | M-KU10 | 25 |
| 546 | 1000 | 00:29:26 | Czygan | Jacob | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-JU16 | 50 |
| 547 | 3223 | 00:29:27 | Rost | Michael | LT Störlauf | GER-NIE | M-55 | 13 |
| 548 | 3328 | 00:29:28 | Stephan | Jari | | GER-SH | M-HK | 54 |
| 549 | 2998 | 00:29:31 | Discher | Jacob | Hohenasper SC | GER-SH | M-JU14 | 100 |
| 550 | 1227 | 00:29:31 | König | Kim | Novitas BKK | GER-SH | M-45 | 30 |
| 551 | 3542 | 00:29:33 | Holm | Matti | Gemeinschaftsschule Wilster WPU 7 | GER-SH | M-JU16 | 51 |
| 552 | 3247 | 00:29:34 | Fuß | Torben | Oelixerdorfer Schützen | GER-SH | M-45 | 31 |
| 553 | 1344 | 00:29:34 | Krohn | Malte | | GER-SH | M-JU20 | 20 |
| 554 | 860 | 00:29:35 | Sommer | Thilo | BSC Nordoe | GER-SH | M-KU12 | 99 |
| 555 | 1577 | 00:29:36 | Moor | Michael | AVS Itzehoe 5e | GER-SH | M-KU12 | 100 |
| 556 | 1675 | 00:29:36 | Rosengarten | Julius | Grundschule Edendorf 2 | GER-SH | M-KU10 | 26 |
| 557 | 1674 | 00:29:36 | Rosengarten | Christoph | Grundschule Edendorf 2 | GER-SH | M-35 | 23 |
| 558 | 2913 | 00:29:37 | Wutzke | Udo | | GER-SH | M-60 | 6 |
| 559 | 1086 | 00:29:38 | Friedel | Julius | Grundschule Kremperheide Klasse 1-4 | GER-SH | M-KU10 | 27 |
| 560 | 1297 | 00:29:39 | Haack | Oliver | Volksbank Raiffeisenbank eG | GER-SH | M-45 | 32 |
| 561 | 3182 | 00:29:39 | Rusch | Henning | Kaiser-Karl-Schule 7d | GER-SH | M-JU16 | 52 |
| 562 | 1083 | 00:29:39 | Beste | Björn | Grundschule Kremperheide Klasse 1-4 | GER-SH | M-35 | 24 |
| 563 | 861 | 00:29:40 | Sommer | Timo | BSC Nordoe | GER-SH | M-45 | 33 |
| 564 | 3659 | 00:29:40 | Schmielau | Lutz | Meifort GmbH & Co. KG | GER-SH | M-HK | 55 |
| 565 | 1890 | 00:29:42 | Steves | Lukas | Klosterhof-Schule Itzehoe 7C | GER-SH | M-JU16 | 53 |
| 566 | 1703 | 00:29:44 | Münster | Mattis | Grundschule Edendorf 3 | GER-SH | M-KU12 | 101 |
| 567 | 3004 | 00:29:45 | Lis | Enrico-Daniel | | GER-SH | M-KU10 | 28 |
| 568 | 882 | 00:29:47 | Jost | Elias | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-KU12 | 102 |
| 569 | 2809 | 00:29:48 | Gloy | Boyke | | GER-SH | M-KU12 | 103 |
| 570 | 2810 | 00:29:48 | Gloy | Gero | | GER-SH | M-45 | 34 |
| 571 | 3690 | 00:29:49 | Braun | Luka | rekord-fenster+türen GmbH & Co. KG | GER-SH | M-HK | 56 |
| 572 | 1820 | 00:29:50 | Ahras | Mohammad | Klosterhof-Schule Itzehoe 5C | GER-SH | M-JU14 | 101 |
| 573 | 1587 | 00:29:50 | Carstens | Bendix | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 102 |
| 574 | 3262 | 00:29:51 | Weller | Christian | rekord-fenster+türen GmbH & Co. KG | GER-SH | M-45 | 35 |
| 575 | 3508 | 00:29:51 | Holm | Hannes | Gemeinschaftsschule Wilster 10a | GER-SH | M-JU18 | 44 |
| 576 | 1745 | 00:29:51 | Lachanidis | Vasileios | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | M-KU12 | 104 |
| 577 | 3865 | 00:29:52 | Böge | Marvin | Trede & von Pein | GER-SH | M-HK | 57 |
| 578 | 3152 | 00:29:53 | Klauser | David | Kaiser-Karl-Schule 6b | GER-SH | M-JU14 | 103 |
| 579 | 1640 | 00:29:53 | Fitzner | Maximilian | Fitznersign | GER-SH | M-JU18 | 45 |
| 580 | 1837 | 00:29:55 | Neubauer | Niclas | Klosterhof-Schule Itzehoe 6A | GER-SH | M-JU16 | 54 |
| 581 | 1834 | 00:29:58 | Hotze | Lukas | Klosterhof-Schule Itzehoe 6A | GER-SH | M-JU14 | 104 |
| 582 | 2822 | 00:29:58 | Hellwig | Hans-Peter | Autohaus B206 | GER-SH | M-50 | 34 |
| 583 | 3504 | 00:29:58 | Harders | Jan Patrick | Freiwillige Feuerwehr Wilster | GER-SH | M-30 | 28 |
| 584 | 3001 | 00:29:59 | Stolze | Davin | | GER- | M-KU12 | 105 |
| 585 | 3544 | 00:29:59 | Möller | Möller | Gemeinschaftsschule Wilster | GER-SH | M-JU18 | 46 |
| 586 | 1897 | 00:30:01 | Michaelsen | Tom-Luka | Klosterhof-Schule Itzehoe 8A | GER-SH | M-JU18 | 47 |

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------------|-----------------|---|--------|-------------------|------------------|
| 587 | 1194 | 00:30:02 | Menden | Mark | LT Störlauf | GER-SH | M-35 | 25 |
| 588 | 1744 | 00:30:03 | Jovanovic | Djordje | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | M-KU12 | 106 |
| 589 | 1635 | 00:30:03 | Schmidt | Ole | DLRG Barmstedt e.V. | GER-SH | M-JU20 | 21 |
| 590 | 3244 | 00:30:04 | Siebcke | Mika | Novitas BKK | GER-SH | M-HK | 58 |
| 591 | 3558 | 00:30:04 | Mielke | Timo | Hobbyballer aus Horst | GER-SH | M-KU12 | 107 |
| 592 | 3561 | 00:30:04 | Schulze-Kirketerp | Rasmus | Hobbyballer aus Horst | GER-SH | M-KU12 | 108 |
| 593 | 2878 | 00:30:05 | Riehn | Volker | | GER-SH | M-65 | 7 |
| 594 | 3815 | 00:30:05 | Wagner | Laurin | Sport-Club Itzehoe | GER-SH | M-HK | 59 |
| 595 | 1491 | 00:30:05 | Grundmann | Nils | | GER-SH | M-JU16 | 55 |
| 596 | 1513 | 00:30:06 | Lange | Jannes | | GER-SH | M-KU10 | 29 |
| 597 | 2817 | 00:30:06 | Gummerlich | Mattis | | GER-SH | M-KU12 | 109 |
| 598 | 1067 | 00:30:09 | Kropla | Milo | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU12 | 110 |
| 599 | 3581 | 00:30:10 | Hopp | Kevin | ISR Recycling GmbH & Co. KG | GER-SH | M-30 | 29 |
| 600 | 3578 | 00:30:10 | Dieckmann | Alexander | ISR Recycling GmbH & Co. KG | GER-SH | M-HK | 60 |
| 601 | 2945 | 00:30:12 | Grundler | Michael | Blumenhaus Grundler | GER-SH | M-50 | 35 |
| 602 | 1963 | 00:30:12 | Seemann | Marten Lukas | Novitas BKK | GER-SH | M-JU18 | 48 |
| 603 | 3509 | 00:30:13 | Johannssen | Niels Peter | Gemeinschaftsschule Wilster 10a | GER-SH | M-40 | 26 |
| 604 | 3954 | 00:30:15 | Wiese | Daniel | Wohlert, Aldag & Partner mbB | GER-SH | M-60 | 7 |
| 605 | 894 | 00:30:16 | Tüffers | Torsten | Familie Tüffers on Tour | GER-SH | M-35 | 26 |
| 606 | 2999 | 00:30:16 | Schmidt | Marco | Hohenasper SC | GER-SH | M-45 | 36 |
| 607 | 1623 | 00:30:18 | Kramski | Janne Alexander | AVS Itzehoe André Beltz II | GER-SH | M-JU18 | 49 |
| 608 | 3763 | 00:30:18 | Kähler | Simon | Sophie-Scholl-Gymnasium 5. Jahrgang | GER-SH | M-KU12 | 111 |
| 609 | 1757 | 00:30:19 | Tietz | Sören | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | M-KU12 | 112 |
| 610 | 3703 | 00:30:19 | Helfrich | Mark | Rotary Club Itzehoe | GER-SH | M-40 | 27 |
| 611 | 1142 | 00:30:19 | Griesbach | Torsten | GS Wellenkamp | GER-SH | M-KU12 | 113 |
| 612 | 1300 | 00:30:20 | Elsner | Holger | Wewelsfleth | GER- | M-45 | 37 |
| 613 | 1301 | 00:30:20 | Elsner | Marlon | Wewelsfleth | GER-SH | M-KU12 | 114 |
| 614 | 1507 | 00:30:21 | Kruse | Sven | | GER-SH | M-JU16 | 56 |
| 615 | 3838 | 00:30:22 | Albers | Markus | ThiesMediCenter GmbH | GER-SH | M-HK | 61 |
| 616 | 3573 | 00:30:22 | Mertz | Jannik | Holcim (Deutschland) GmbH | GER-SH | M-HK | 62 |
| 617 | 1734 | 00:30:22 | Rode | Hannes | Grundschule Edendorf 4 | GER-SH | M-KU12 | 115 |
| 618 | 2014 | 00:30:22 | Bast | Holger | TSV Heiligenstedten E2 | GER-SH | M-40 | 28 |
| 619 | 1795 | 00:30:23 | Otto | André | Klinikum Itzehoe | GER-SH | M-35 | 27 |
| 620 | 1586 | 00:30:24 | Baecker | Henry | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 105 |
| 621 | 1144 | 00:30:24 | Klauser | Dominik | GS Wellenkamp | GER-SH | M-KU10 | 30 |
| 622 | 3843 | 00:30:24 | Berg | Paul | ThiesMediCenter GmbH | GER-SH | M-40 | 29 |
| 623 | 1600 | 00:30:24 | Schwaß | Yannis-Leon | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 106 |
| 624 | 3435 | 00:30:26 | Yenigün | Serkan | | GER-SH | M-HK | 63 |
| 625 | 910 | 00:30:26 | Helling | Aaron | Fehrs-Schule 3 b,c | GER-SH | M-KU10 | 31 |
| 626 | 3652 | 00:30:26 | Jürgens | Marco | Meifort GmbH & Co. KG | GER-SH | M-35 | 28 |
| 627 | 3851 | 00:30:26 | Minaev | Dennis | ThiesMediCenter GmbH | GER-SH | M-30 | 30 |
| 628 | 3105 | 00:30:28 | Schildt | Nico | Kaiser-Karl-Schule 5b | GER-SH | M-KU12 | 116 |
| 629 | 1331 | 00:30:30 | Valiulis | Ignas | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU16 | 57 |
| 630 | 1309 | 00:30:31 | Böge | Mirco | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU16 | 58 |
| 631 | 1668 | 00:30:32 | Fehrs | John | Grundschule Edendorf 2 | GER-SH | M-KU10 | 32 |
| 632 | 1602 | 00:30:33 | Wauer | Jonas | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 107 |

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|------------|--------------------------------------|--------|-------------------|------------------|
| 633 | 1307 | 00:30:33 | Beyer | Brandon | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU14 | 108 |
| 634 | 3587 | 00:30:33 | Paukner | Frank | ISR Recycling GmbH & Co. KG | GER-SH | M-55 | 14 |
| 635 | 1262 | 00:30:34 | Klevenow | Frank | Schleswig-Holstein - Rade | GER-SH | M-50 | 36 |
| 636 | 1655 | 00:30:34 | Ahmels | Marcel | Glückstädter Werkstätten | GER-SH | M-HK | 64 |
| 637 | 1580 | 00:30:34 | Sargsyan | Surén | AVS Itzehoe 5e | GER-SH | M-JU14 | 110 |
| 638 | 971 | 00:30:34 | Alborn | Maximilian | Freie Waldorfschule Itzehoe 5 | GER-SH | M-JU14 | 109 |
| 639 | 3586 | 00:30:34 | Kühl | Tyler-Kean | ISR Recycling GmbH & Co. KG | GER-SH | M-KU12 | 117 |
| 640 | 3505 | 00:30:34 | Umlandt | Tobias | Freiwillige Feuerwehr Wilster | GER-SH | M-30 | 31 |
| 641 | 1515 | 00:30:36 | Lüttringhaus | Arnd | | GER-SH | M-50 | 37 |
| 642 | 1886 | 00:30:36 | Folgmann | Constantin | Klosterhof-Schule Itzehoe 7C | GER-SH | M-JU16 | 59 |
| 643 | 1293 | 00:30:36 | Harder | Nils | TUS Krempe | GER-SH | M-JU16 | 60 |
| 644 | 893 | 00:30:37 | Greis | Jonas | ETSV Fortuna Glückstadt | GER-SH | M-KU12 | 118 |
| 645 | 3009 | 00:30:37 | Pototzki | Marco | Itzehoer Versicherung | GER-SH | M-30 | 32 |
| 646 | 1694 | 00:30:38 | Hetzel | David | Grundschule Edendorf 3 | GER-SH | M-KU10 | 33 |
| 647 | 1295 | 00:30:39 | Haack | Claus | Volksbank Raiffeisenbank eG | GER-SH | M-70 | 1 |
| 648 | 1884 | 00:30:40 | Dizdar | Vinko | Klosterhof-Schule Itzehoe 7C | GER-SH | M-JU14 | 111 |
| 649 | 3393 | 00:30:40 | Haufschild | Tobias | | GER-SH | M-JU18 | 50 |
| 650 | 1022 | 00:30:42 | Bade | Maxim | Grundschule am Störtal | GER-SH | M-KU12 | 119 |
| 651 | 3568 | 00:30:42 | Goldt | Bastian | Holcim (Deutschland) GmbH | GER-SH | M-JU20 | 22 |
| 652 | 1299 | 00:30:44 | Schack | Johann | Volksbank Raiffeisenbank eG | GER-SH | M-JU16 | 61 |
| 653 | 3671 | 00:30:45 | Ingwersen | Wolfram | Novitas BKK | GER-SH | M-55 | 15 |
| 654 | 1055 | 00:30:45 | Fölster | Aurel | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU10 | 34 |
| 655 | 993 | 00:30:45 | Sanders | David | Freie Waldorfschule Itzehoe 5 | GER-SH | M-30 | 33 |
| 656 | 1325 | 00:30:46 | Kurochkin | Alex | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU16 | 62 |
| 657 | 1789 | 00:30:47 | Lubenow | Fabius | KKS Itzehoe | GER-SH | M-JU14 | 112 |
| 658 | 903 | 00:30:48 | Benthin | Dominik | Fehrs-Schule 3 b,c | GER-SH | M-KU10 | 35 |
| 659 | 3678 | 00:30:48 | Werner | Oliver | Oelixdorfer Schützen | GER-SH | M-55 | 16 |
| 660 | 3957 | 00:30:48 | Wohlfel | Christian | Wohler, Aldag & Partner mbB | GER-SH | M-40 | 30 |
| 661 | 1322 | 00:30:48 | Koch | Kim Justin | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU16 | 63 |
| 662 | 1294 | 00:30:49 | Bewernick | Frank | VFL Kellinghusen | GER-SH | M-40 | 31 |
| 663 | 3662 | 00:30:49 | Müller-Wagner | Rolf | Möbelhaus Wolfsteller | GER-SH | M-45 | 38 |
| 664 | 3460 | 00:30:51 | Kandiran | Mahmut-Efe | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 113 |
| 665 | 3925 | 00:30:51 | Yenigün | Hayrettin | Whiskyblender | GER-SH | M-45 | 39 |
| 666 | 3776 | 00:30:52 | Schneider | Sönke | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | M-JU14 | 114 |
| 667 | 3142 | 00:30:52 | Jaspert | Johannes | Kaiser-Karl-Schule 6a | GER-SH | M-JU14 | 115 |
| 668 | 3653 | 00:30:53 | Jürgens | Timo | Meifort GmbH & Co. KG | GER-SH | M-30 | 34 |
| 669 | 3702 | 00:30:54 | Gellrich | Marcus | Rotary Club Itzehoe | GER-SH | M-55 | 17 |
| 670 | 3778 | 00:30:55 | Wilhelm | Hanno | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | M-JU14 | 116 |
| 671 | 3154 | 00:30:58 | Steinert | Lino | Kaiser-Karl-Schule 6b | GER-SH | M-JU14 | 117 |
| 672 | 3147 | 00:30:58 | Schulz | Morris | Kaiser-Karl-Schule 6a | GER-SH | M-JU14 | 118 |
| 673 | 3742 | 00:30:58 | Platzer | Patrick | SCHAUMANN / Lokomotive Krempe | GER-SH | M-30 | 35 |
| 674 | 3712 | 00:30:59 | Ahja | Alen | SCHAUMANN / Lokomotive Krempe | GER-SH | M-40 | 32 |
| 675 | 3125 | 00:31:00 | Ross | Johann | Kaiser-Karl-Schule 5d | GER-SH | M-JU14 | 119 |
| 676 | 863 | 00:31:01 | Ehlers | Marc | Dägeling | GER-SH | M-45 | 40 |
| 677 | 3567 | 00:31:02 | Goetz | Sascha | Holcim (Deutschland) GmbH | GER-SH | M-45 | 41 |
| 678 | 1597 | 00:31:03 | Ludorf | Julius | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 120 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|---------------|--|---------|-------------------|------------------|
| 679 | 801 | 00:31:03 | Ehlers | Ralph | Albert-Schweitzer-Apotheke | GER-SH | M-45 | 42 |
| 680 | 3438 | 00:31:05 | Birmingham | Conor | - I'm not in any club - | IRL | M-30 | 36 |
| 681 | 1305 | 00:31:05 | Bellin | Timon | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-KU12 | 120 |
| 682 | 1247 | 00:31:06 | Wiebers | Felix | Novitas BKK | GER-SH | M-KU12 | 121 |
| 683 | 3676 | 00:31:06 | Timmermann | Sven | Novitas BKK | GER-SH | M-30 | 37 |
| 684 | 3485 | 00:31:06 | Wein | Wolfgang | Die drei Bürgermeister aus Hohenlockstedt | GER- | M-55 | 18 |
| 685 | 1285 | 00:31:06 | Lähn | Felix | TSV Heiligenstedten F1 | GER-SH | M-KU10 | 36 |
| 686 | 1920 | 00:31:07 | Kirtzel | Hans-Jürgen | METEK GmbH, Elmshorn | GER-SH | M-60 | 8 |
| 687 | 2885 | 00:31:07 | Rüsen | Lukas Tim | | GER-SH | M-KU12 | 122 |
| 688 | 1036 | 00:31:08 | Blank | Lennox Pepe | Grundschule Hohenaspe 1-4 | GER-SH | M-KU10 | 37 |
| 689 | 1044 | 00:31:08 | Schmidt | Sven | Grundschule Hohenaspe 1-4 | GER-SH | M-40 | 33 |
| 690 | 3819 | 00:31:08 | Stübe | Mattis | SSG Itzehoe | GER-SH | M-JU14 | 121 |
| 691 | 2931 | 00:31:09 | Heyn | Conner | AVS Itzehoe 8a-d + 5c | GER-SH | M-KU12 | 123 |
| 692 | 1760 | 00:31:10 | Otto | Jörg | | GER- | M-50 | 38 |
| 693 | 3289 | 00:31:11 | Kretschmann | Daniel | SV Neuenbrook/Rethwisch Frauenfußball | GER-SH | M-HK | 65 |
| 694 | 1494 | 00:31:12 | Grunwald | Roman | | GER-SH | M-45 | 43 |
| 695 | 782 | 00:31:13 | Ohrt | Paul Frederik | | GER-SH | M-JU14 | 122 |
| 696 | 3055 | 00:31:14 | Kurguzov | Nikolai | JVA Itzehoe | GER-SH | M-HK | 66 |
| 697 | 3175 | 00:31:14 | Otten | Thore | Kaiser-Karl-Schule 7c | GER-SH | M-JU16 | 64 |
| 698 | 2946 | 00:31:15 | Peter | Christian | Blumenhaus Grundler | GER-SH | M-HK | 67 |
| 699 | 1860 | 00:31:15 | Wilms | Calvin | Klosterhof-Schule Itzehoe 6C | GER-SH | M-JU14 | 123 |
| 700 | 2968 | 00:31:19 | Boese | Kay | Feuerwehr Itzehoe | GER-SH | M-40 | 34 |
| 701 | 3474 | 00:31:19 | Walsh | Niall | Ballybrit | IRL | M-HK | 68 |
| 702 | 1771 | 00:31:19 | Kluge | Peter | Itzehoer Versicherung | GER-SH | M-55 | 19 |
| 703 | 2862 | 00:31:21 | Manthey | Rainer | | GER-SH | M-40 | 35 |
| 704 | 887 | 00:31:22 | Lange | Simon | EMA Grundschule Itzehoe 4a+4b | GER-SH | M-KU12 | 124 |
| 705 | 2001 | 00:31:22 | Hartung | Kay | Stender-Brennschneidtechnik GmbH | GER-SH | M-55 | 20 |
| 706 | 1794 | 00:31:22 | Medewitz | Thomas | Klinikum Itzehoe | GER-SH | M-HK | 69 |
| 707 | 3045 | 00:31:24 | Siebrandt | Sören | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU14 | 124 |
| 708 | 759 | 00:31:26 | Daubmann | Ulrich | | GER-SH | M-45 | 44 |
| 709 | 2854 | 00:31:28 | Leubner | Thorben | | GER-SH | M-40 | 36 |
| 710 | 772 | 00:31:29 | Hoyer | Torsten | | GER-SH | M-50 | 39 |
| 711 | 1119 | 00:31:29 | Göttsche | Thomas | Grundschule Wilstermarsch | GER-SH | M-45 | 45 |
| 712 | 3213 | 00:31:30 | Baasch | Lucas | | GER-SH | M-JU18 | 51 |
| 713 | 1215 | 00:31:32 | Henke | Kai | Novitas BKK | GER-SH | M-35 | 29 |
| 714 | 3650 | 00:31:35 | Bornhöft | Ole | Meifort GmbH & Co. KG | GER-SH | M-40 | 37 |
| 715 | 1059 | 00:31:35 | Hamduon | Barakat | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU12 | 125 |
| 716 | 3050 | 00:31:35 | Bärwald | Marcus | JVA Itzehoe | GER-SH | M-45 | 46 |
| 717 | 1157 | 00:31:37 | Westphal | Claus | GS Wellenkamp | GER-SH | M-45 | 47 |
| 718 | 1856 | 00:31:40 | Richter | Max | Klosterhof-Schule Itzehoe 6C | GER-SH | M-JU16 | 65 |
| 719 | 1857 | 00:31:42 | Ruge | Fabian | Klosterhof-Schule Itzehoe 6C | GER-SH | M-JU14 | 125 |
| 720 | 3496 | 00:31:43 | Kähler | Dirk | Fraunhofer ISIT | GER-SH | M-45 | 48 |
| 721 | 1250 | 00:31:43 | Witt | Finnigan | Novitas BKK | GER-SH | M-JU14 | 126 |
| 722 | 1251 | 00:31:45 | Witt | Rene | Novitas BKK | GER-SH | M-35 | 30 |
| 723 | 1339 | 00:31:45 | Lorenzen | Frank | Wittenseer Aktivteam | GER-SH | M-45 | 49 |
| 724 | 1535 | 00:31:46 | Vollmer | Christian | | GER-NRW | M-35 | 31 |
| 725 | 3502 | 00:31:46 | Haufschild | Fabian | Freiwillige Feuerwehr Wilster | GER-SH | M-JU20 | 23 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|----------------|---|--------|-------------------|------------------|
| 726 | 3439 | 00:31:47 | Philipsen | Axel | Adidas Runners Hamburg | GER-SH | M-60 | 9 |
| 727 | 1064 | 00:31:48 | Kock | Tomke | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU10 | 38 |
| 728 | 2958 | 00:31:49 | Sobhe | Arian | Brücke SH gGmbH | GER-SH | M-HK | 70 |
| 729 | 2934 | 00:31:49 | Kluge | Gabor | AVS Itzehoe 8a-d + 5c | GER-SH | M-JU16 | 66 |
| 730 | 778 | 00:31:49 | Lüttringhaus | Magnus | | GER-SH | M-KU10 | 39 |
| 731 | 1743 | 00:31:50 | Gibert | Christian | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | M-KU12 | 126 |
| 732 | 1822 | 00:31:50 | Evers | Julian | Klosterhof-Schule Itzehoe 5C | GER-SH | M-KU12 | 127 |
| 733 | 2950 | 00:31:52 | Demmin | Mark | Brücke SH gGmbH | GER-SH | M-30 | 38 |
| 734 | 1670 | 00:31:52 | Möller | Fred | Grundschule Edendorf 2 | GER-SH | M-45 | 50 |
| 735 | 1290 | 00:31:56 | Wiese | Jörn | TSV Heiligenstedten F1 | GER-SH | M-40 | 38 |
| 736 | 1046 | 00:31:56 | Alaedi | Ali | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU12 | 128 |
| 737 | 3785 | 00:31:57 | Kähler | Marvin | Sophie-Scholl-Gymnasium SSG und Freunde | GER-SH | M-JU16 | 67 |
| 738 | 1790 | 00:31:57 | Roscher | Kim Nico | KKS itzehoe | GER-SH | M-JU16 | 68 |
| 739 | 2960 | 00:31:58 | Wrage | Richard | DRK Ortsverein Itzehoe | GER-SH | M-70 | 2 |
| 740 | 3012 | 00:31:58 | Vorwerk | Christian | Itzehoer Versicherung | GER-SH | M-JU14 | 127 |
| 741 | 2037 | 00:31:59 | Herzog | Joachim | Volksbank Raiffeisenbank eG | GER-SH | M-50 | 40 |
| 742 | 1592 | 00:31:59 | Heesch | Mats | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 128 |
| 743 | 943 | 00:32:00 | Ohlig | Christian | Fehrs-Schule Kurs (1,2) | GER-SH | M-30 | 39 |
| 744 | 2975 | 00:32:02 | Baranowski | Maximilian | Grundschule Krempe Laufgruppe | GER-SH | M-JU14 | 129 |
| 745 | 3706 | 00:32:02 | Greve | Holger | SC Hohenaspe | GER-SH | M-55 | 21 |
| 746 | 959 | 00:32:03 | Andresen | Christian | Freie Waldorfschule Itzehoe 4 | GER-SH | M-35 | 32 |
| 747 | 960 | 00:32:03 | Andresen | Paul Christian | Freie Waldorfschule Itzehoe 4 | GER-SH | M-KU12 | 129 |
| 748 | 3685 | 00:32:05 | Hinsch | Julian | Pohl-Boskamp | GER-SH | M-30 | 40 |
| 749 | 3520 | 00:32:05 | Spera | Yves | Gemeinschaftsschule Wilster 6a | GER-SH | M-JU14 | 130 |
| 750 | 2987 | 00:32:06 | Radloff | René | Grundschule Krempe Laufgruppe | GER-SH | M-45 | 51 |
| 751 | 2811 | 00:32:06 | Goldbaum | Julian | | GER-SH | M-KU12 | 130 |
| 752 | 3430 | 00:32:07 | Stolze | Tobias | | GER-SH | M-KU10 | 40 |
| 753 | 3861 | 00:32:07 | Stolze | André | ThiesMediCenter GmbH | GER-SH | M-35 | 33 |
| 754 | 3649 | 00:32:08 | Beenk | Thies | Meifort GmbH & Co. KG | GER-SH | M-45 | 52 |
| 755 | 1530 | 00:32:08 | Stäcker | Sven | | GER-SH | M-50 | 41 |
| 756 | 1514 | 00:32:11 | Langenbach | Gunther | | GER-SH | M-50 | 42 |
| 757 | 1150 | 00:32:12 | Petersen | Jörg | GS Wellenkamp | GER-SH | M-50 | 43 |
| 758 | 2926 | 00:32:12 | Alpen | Finn | AVS Itzehoe 8a-d + 5c | GER-SH | M-JU16 | 69 |
| 759 | 2788 | 00:32:13 | Brörmann | Guido | | GER-SH | M-45 | 53 |
| 760 | 873 | 00:32:13 | Giese | Colin | EMA Grundschule Itzehoe 3a+3b | GER-SH | M-KU12 | 131 |
| 761 | 3604 | 00:32:14 | Kopp | Marco | Justiz läuft | GER-SH | M-40 | 39 |
| 762 | 1685 | 00:32:14 | Waanders | Emil | Grundschule Edendorf 2 | GER-SH | M-KU10 | 41 |
| 763 | 875 | 00:32:14 | Lipp | Johannes | EMA Grundschule Itzehoe 3a+3b | GER-SH | M-KU12 | 132 |
| 764 | 1065 | 00:32:15 | Konecny | Darius | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU12 | 133 |
| 765 | 1495 | 00:32:16 | Hansen | Bernd | | GER-SH | M-45 | 54 |
| 766 | 774 | 00:32:16 | Konecny | Lubomir | | GER-SH | M-45 | 55 |
| 767 | 932 | 00:32:17 | Hüttmann | Merlin | Fehrs-Schule 4 a,b,c | GER-SH | M-HK | 71 |
| 768 | 1680 | 00:32:17 | Strudthoff | Felix | Grundschule Edendorf 2 | GER-SH | M-35 | 34 |
| 769 | 1836 | 00:32:20 | Moldt | Christoph | Klosterhof-Schule Itzehoe 6A | GER-SH | M-JU14 | 131 |
| 770 | 1832 | 00:32:20 | Al' Goutkani | Tarek | Klosterhof-Schule Itzehoe 6A | GER-SH | M-JU16 | 70 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------|-----------------|---|---------|-------------------|------------------|
| 771 | 3216 | 00:32:21 | Eichhorst | Markus | KTE | GER-SH | M-45 | 56 |
| 772 | 1328 | 00:32:21 | Sieberg | Mika | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU14 | 132 |
| 773 | 926 | 00:32:22 | Göregen | Jahat | Fehrs-Schule 4 a,b,c | GER-SH | M-KU12 | 134 |
| 774 | 2995 | 00:32:23 | Frank | Rolf | Happy Feet Itzehoe | GER-SH | M-80 | 1 |
| 775 | 3687 | 00:32:24 | Runge | Jeldrik | Pohl-Boskamp | GER-SH | M-JU20 | 24 |
| 776 | 763 | 00:32:26 | Fiebig | Mario | | GER-SH | M-50 | 44 |
| 777 | 1736 | 00:32:31 | Thom | Nils | Grundschule Edendorf 4 | GER-SH | M-KU12 | 135 |
| 778 | 1662 | 00:32:31 | Arlt | Klaus | Grundschule Edendorf 2 | GER-SH | M-45 | 57 |
| 779 | 1661 | 00:32:31 | Arlt | Fiete | Grundschule Edendorf 2 | GER-SH | M-KU10 | 42 |
| 780 | 3020 | 00:32:33 | Mälk | Liam | Jugendfeuerwehr Itzehoe | GER-SH | M-KU12 | 136 |
| 781 | 3017 | 00:32:33 | Jagemann | Finn | Jugendfeuerwehr Itzehoe | GER-SH | M-JU14 | 133 |
| 782 | 2867 | 00:32:33 | Neubauer | Marlon-Patrice | | GER-SH | M-KU12 | 137 |
| 783 | 1678 | 00:32:34 | Schmidt | Leo-Pascal | Grundschule Edendorf 2 | GER-SH | M-KU10 | 43 |
| 784 | 1109 | 00:32:34 | Stoll | Ismail | Grundschule Münsterdorf | GER-SH | M-KU12 | 138 |
| 785 | 3033 | 00:32:41 | Hansen | Tom | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU16 | 71 |
| 786 | 3598 | 00:32:42 | Ladwig | Michael | Itzehoer Versicherung | GER-SH | M-50 | 45 |
| 787 | 3207 | 00:32:43 | Hollesen | Bennet | Klinikum Itzehoe | GER-SH | M-30 | 41 |
| 788 | 986 | 00:32:47 | Kripzak | Wyatt | Freie Waldorfschule Itzehoe 5 | GER-SH | M-JU14 | 134 |
| 789 | 1964 | 00:32:47 | Steenbock | Jakob | Novitas BKK | GER-SH | M-JU16 | 72 |
| 790 | 1966 | 00:32:48 | Steenbock | Thorsten | Novitas BKK | GER-SH | M-50 | 46 |
| 791 | 3845 | 00:32:49 | Christen-Trede | Thomas | ThiesMediCenter GmbH | GER-SH | M-35 | 35 |
| 792 | 1773 | 00:32:50 | Milewski | Jörg | Itzehoer Versicherung | GER-SH | M-55 | 22 |
| 793 | 2780 | 00:32:50 | Barnstedt | René | | GER-SH | M-45 | 58 |
| 794 | 752 | 00:32:50 | Baack | Matthias | | GER-SH | M-35 | 36 |
| 795 | 1913 | 00:32:50 | Wied | Dirk | Kreisverwaltung Steinburg | GER-SH | M-50 | 47 |
| 796 | 3157 | 00:32:50 | Bawadekji | Rami | Kaiser-Karl-Schule 6d | GER-SH | M-JU14 | 135 |
| 797 | 3416 | 00:32:51 | Pieper | Robin | | GER-SH | M-HK | 72 |
| 798 | 3591 | 00:32:51 | Wetzel | Roman | | GER-SH | M-HK | 73 |
| 799 | 1848 | 00:32:55 | Johannsen | Tade | Klosterhof-Schule Itzehoe 6B | GER-SH | M-JU14 | 136 |
| 800 | 3547 | 00:32:55 | Schölermann | Chris | Gemeinschaftsschule Wilster WPU 7 | GER-SH | M-JU14 | 137 |
| 801 | 1100 | 00:32:57 | Claußen | Joris | Grundschule Münsterdorf | GER-SH | M-KU12 | 139 |
| 802 | 897 | 00:32:59 | Wilhelm | Milo | Fehrs-Schule 1 a,b,c | GER-SH | M-KU10 | 44 |
| 803 | 3008 | 00:32:59 | Evers | Torsten | Itzehoer Versicherung | GER-SH | M-45 | 59 |
| 804 | 1488 | 00:33:00 | Forni | Riano-Francesco | | GER-HAM | M-HK | 74 |
| 805 | 2845 | 00:33:01 | Köster | Ben | | GER-SH | M-KU12 | 140 |
| 806 | 1005 | 00:33:05 | Kadgien | Christian | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | M-50 | 48 |
| 807 | 1173 | 00:33:06 | Pallapies | Peter | Klosterhof-Schule | GER-SH | M-60 | 10 |
| 808 | 3333 | 00:33:06 | Koepfen | Andreas | | GER-SH | M-55 | 23 |
| 809 | 1338 | 00:33:06 | BruX | Oliver | Via Cani GbR | GER-SH | M-30 | 42 |
| 810 | 2990 | 00:33:08 | Waltemathe | Marek | Grundschule Kremppe Laufgruppe | GER-SH | M-KU12 | 141 |
| 811 | 3862 | 00:33:09 | Von Born-Fallois | Fritz | ThiesMediCenter GmbH | GER-SH | M-55 | 24 |
| 812 | 1113 | 00:33:10 | Alpen | Ben | Grundschule Wilstermarsch | GER-SH | M-KU12 | 142 |
| 813 | 3708 | 00:33:10 | Janke | Frank | SC Itzehoe | GER-SH | M-50 | 49 |
| 814 | 1926 | 00:33:10 | Aust | Olaf | Milos Obstwiese | GER-SH | M-45 | 60 |
| 815 | 2949 | 00:33:11 | Clausnitzer | Thomas | Brücke SH gGmbH | GER-SH | M-45 | 61 |
| 816 | 1106 | 00:33:11 | Lowke | Linus | Grundschule Münsterdorf | GER-SH | M-KU12 | 143 |
| 817 | 3560 | 00:33:11 | Piening | Leon | Hobbyballer aus Horst | GER-SH | M-KU12 | 144 |
| 818 | 1875 | 00:33:12 | Killisch | Lukas | Klosterhof-Schule Itzehoe 7B | GER-SH | M-JU16 | 73 |
| 819 | 2925 | 00:33:15 | Teetz | Paul Bosse | AVS Itzehoe 5b | GER-SH | M-JU14 | 138 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|------------|---|--------|-------------------|------------------|
| 820 | 791 | 00:33:16 | Schramm-Bünning | Christian | | GER-SH | M-40 | 40 |
| 821 | 1672 | 00:33:16 | Müller | Sebastian | Grundschule Edendorf 2 | GER-SH | M-40 | 41 |
| 822 | 1129 | 00:33:17 | Nielsen | Erik | Grundschule Wilstermarsch | GER-SH | M-KU12 | 145 |
| 823 | 3555 | 00:33:19 | Luther | Lennard | Hobbyballer aus Horst | GER-SH | M-KU12 | 146 |
| 824 | 2819 | 00:33:19 | Harbeck | Andreas | | GER-SH | M-45 | 62 |
| 825 | 3877 | 00:33:20 | von Pein | Philipp | Trede & von Pein | GER-SH | M-30 | 43 |
| 826 | 3716 | 00:33:20 | Bernier | Frank | SCHAUMANN / Lokomotive Krempe | GER-SH | M-55 | 25 |
| 827 | 3309 | 00:33:21 | Jessen | Heiko | TSV Vorwärts 1888 Hademarschen | GER-SH | M-50 | 50 |
| 828 | 3931 | 00:33:22 | Buttler | Reimo | Wohler, Aldag & Partner mbB | GER-SH | M-30 | 44 |
| 829 | 967 | 00:33:24 | Schlüter | Alvar | Freie Waldorfschule Itzehoe 4 | GER-SH | M-KU12 | 147 |
| 830 | 1107 | 00:33:25 | Rathjen | Tristan | Grundschule Münsterdorf | GER-SH | M-KU10 | 45 |
| 831 | 3490 | 00:33:25 | Meier | Jörg | Feuerwehr Itzehoe | GER-SH | M-50 | 51 |
| 832 | 2882 | 00:33:26 | Rosenberg | Jonas | | GER-SH | M-HK | 75 |
| 833 | 3451 | 00:33:30 | Engel | Jürgen | Auguste Viktoria Schule 6d | GER-SH | M-60 | 11 |
| 834 | 3039 | 00:33:30 | Metzner | Ben | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU14 | 139 |
| 835 | 3127 | 00:33:30 | Treptow | Leonard | Kaiser-Karl-Schule 5d | GER-SH | M-KU12 | 148 |
| 836 | 3121 | 00:33:30 | Krause | Konstantin | Kaiser-Karl-Schule 5d | GER-SH | M-JU14 | 140 |
| 837 | 3941 | 00:33:32 | Miesen | Leonik | Wohler, Aldag & Partner mbB | GER-SH | M-JU20 | 25 |
| 838 | 3040 | 00:33:32 | Ristau | Leon | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU16 | 74 |
| 839 | 3003 | 00:33:33 | Mandel | Alexander | ISO Looft GmbH | GER-SH | M-40 | 42 |
| 840 | 1749 | 00:33:38 | Paulini | Jakob | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | M-KU10 | 46 |
| 841 | 1863 | 00:33:47 | Krack | Rico | Klosterhof-Schule Itzehoe 7A | GER-SH | M-JU16 | 75 |
| 842 | 1987 | 00:33:52 | Focke | Adrian | Steinburg-Schule Steinburg-Flitzer | GER-SH | M-JU16 | 76 |
| 843 | 3748 | 00:33:53 | Thomsen | Jörg | SCHAUMANN / Lokomotive Krempe | GER-SH | M-HK | 76 |
| 844 | 1710 | 00:33:53 | Schmidt | Thomas | Grundschule Edendorf 3 | GER-SH | M-35 | 37 |
| 845 | 978 | 00:33:55 | Ertzinger | Jannes | Freie Waldorfschule Itzehoe 5 | GER-SH | M-KU12 | 149 |
| 846 | 992 | 00:33:57 | Röschke | Linus | Freie Waldorfschule Itzehoe 5 | GER-SH | M-JU14 | 141 |
| 847 | 3493 | 00:33:58 | Lähn | Sven | Feuerwehren in Steinburg | GER-SH | M-55 | 26 |
| 848 | 3825 | 00:34:03 | Maaß | Lennart | Steuerberater Olaf Petermann | GER-SH | M-KU10 | 47 |
| 849 | 3824 | 00:34:04 | Maaß | Lasse | Steuerberater Olaf Petermann | GER-SH | M-KU10 | 48 |
| 850 | 1253 | 00:34:07 | Brockshus | Sven | Rbz Steinburg | GER-SH | M-45 | 63 |
| 851 | 2985 | 00:34:09 | Petrusev | Martin | Grundschule Krempe Laufgruppe | GER-SH | M-KU10 | 49 |
| 852 | 755 | 00:34:10 | Brausch | Jesko | | GER-SH | M-30 | 45 |
| 853 | 907 | 00:34:11 | Gehrts | Jannes | Fehrs-Schule 3 b,c | GER-SH | M-KU10 | 50 |
| 854 | 1158 | 00:34:11 | Witt | Maximilian | GS Wellenkamp | GER-SH | M-KU10 | 51 |
| 855 | 1159 | 00:34:11 | Witt | Stefan | GS Wellenkamp | GER-SH | M-40 | 43 |
| 856 | 3174 | 00:34:15 | Kühn | Mathis | Kaiser-Karl-Schule 7c | GER-SH | M-JU14 | 142 |
| 857 | 3580 | 00:34:16 | Hopp | Jeremy-Lee | ISR Recycling GmbH & Co. KG | GER-SH | M-KU12 | 150 |
| 858 | 3503 | 00:34:17 | Radke | Youri | Freiwillige Feuerwehr Wilster | GER-SH | M-JU20 | 26 |
| 859 | 908 | 00:34:19 | Gehrts | Torben | Fehrs-Schule 3 b,c | GER-SH | M-40 | 44 |
| 860 | 3314 | 00:34:26 | Westphal | Jens | TV Gut-Heil Wrist | GER-SH | M-55 | 27 |
| 861 | 939 | 00:34:28 | Radke | Lucien | Fehrs-Schule 4 a,b,c | GER-SH | M-KU12 | 151 |
| 862 | 2973 | 00:34:31 | Akbari | Arash | Grundschule Krempe Laufgruppe | GER-SH | M-JU14 | 143 |
| 863 | 1240 | 00:34:33 | van Delen | Julian | Novitas BKK | GER-SH | M-40 | 45 |
| 864 | 1102 | 00:34:33 | Hasek | Til | Grundschule Münsterdorf | GER-SH | M-KU10 | 52 |
| 865 | 2018 | 00:34:36 | Kinzel | Maximilian | TSV Heiligenstedten E2 | GER-SH | M-KU12 | 152 |
| 866 | 2019 | 00:34:36 | Kinzel | Torben | TSV Heiligenstedten E2 | GER-SH | M-35 | 38 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------|----------------|--|---------|-------------------|------------------|
| 867 | 3837 | 00:34:36 | Löding | Torben | Tecis AG Itzehoe | GER-SH | M-30 | 46 |
| 868 | 810 | 00:34:36 | Krämer | Philipp | Auguste Viktoria Schule Itzehoe 8b, 9a | GER-SH | M-HK | 77 |
| 869 | 1825 | 00:34:38 | Kleensang | Jason | Klosterhof-Schule Itzehoe 5C | GER-SH | M-JU14 | 144 |
| 870 | 2024 | 00:34:43 | Wendtland | Niels | TSV Heiligenstedten E2 | GER-SH | M-30 | 47 |
| 871 | 2016 | 00:34:43 | Friederich | Lutz | TSV Heiligenstedten E2 | GER-SH | M-40 | 46 |
| 872 | 1770 | 00:34:45 | Kern | Timo | Itzehoer Versicherung | GER-SH | M-HK | 78 |
| 873 | 1306 | 00:34:47 | Belz | Bent | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU14 | 145 |
| 874 | 3732 | 00:34:49 | Lenz | Lorenz | SCHAUMANN / Lokomotive Krempe | GER-SH | M-60 | 12 |
| 875 | 3721 | 00:34:53 | Cai | Qi | SCHAUMANN / Lokomotive Krempe | GER-SH | M-35 | 39 |
| 876 | 2921 | 00:34:55 | Weiß | Michael-Uwe | Apm-Laufmädels | GER-HES | M-45 | 64 |
| 877 | 2048 | 00:34:56 | Jensen | Mike-Peter | | | M-30 | 48 |
| 878 | 1741 | 00:34:57 | Eggerstedt | Reiner | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | M-30 | 49 |
| 879 | 1268 | 00:35:03 | Jeske | Tim | Sport-Club Itzehoe | GER-SH | M-45 | 65 |
| 880 | 1326 | 00:35:03 | Schmid | Armin | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-50 | 52 |
| 881 | 3873 | 00:35:06 | Pahl | Herwig | Trede & von Pein | GER-SH | M-65 | 8 |
| 882 | 2953 | 00:35:07 | Krug | Sven Christian | Brücke SH gGmbH | GER-SH | M-JU20 | 27 |
| 883 | 1248 | 00:35:15 | Wiebers | Stephan | Novitas BKK | GER-SH | M-45 | 66 |
| 884 | 3305 | 00:35:15 | Kiene | Maxim | TSV Kremperheide | GER-SH | M-KU12 | 153 |
| 885 | 3978 | 00:35:17 | Westphal | Klaus | Team Schröder Bauzentrum Itzehoe | GER-SH | M-65 | 9 |
| 886 | 3857 | 00:35:18 | Scheimaer | Valerij | ThiesMediCenter GmbH | GER-SH | M-30 | 50 |
| 887 | 3517 | 00:35:19 | Kock | Tjorge | Gemeinschaftsschule Wilster 6a | GER-SH | M-JU14 | 146 |
| 888 | 823 | 00:35:19 | Kruse | Markus | AVS 7a | GER-SH | M-45 | 67 |
| 889 | 3015 | 00:35:20 | Cohrt | Erik | Jugendfeuerwehr Itzehoe | GER-SH | M-JU16 | 77 |
| 890 | 3484 | 00:35:20 | Klein | Jürgen | Die Drei Bürgermeister aus Hohenlockstedt | GER-SH | M-50 | 53 |
| 891 | 997 | 00:35:22 | Von Stauffenberg | Christoph | Freie Waldorfschule Itzehoe 5 | GER-SH | M-JU14 | 147 |
| 892 | 981 | 00:35:23 | Grage | Lukas | Freie Waldorfschule Itzehoe 5 | GER-SH | M-JU14 | 148 |
| 893 | 3705 | 00:35:24 | Schultz | Björn | Rotary Club Itzehoe | GER-SH | M-50 | 54 |
| 894 | 1260 | 00:35:26 | Profé | Matthias | Running Mammuts | GER-SH | M-55 | 28 |
| 895 | 3792 | 00:35:28 | Beuckert | Jochen Michael | Sport-Club Itzehoe | GER-SH | M-30 | 51 |
| 896 | 2877 | 00:35:30 | Revent | Joscha | | GER-SH | M-KU12 | 154 |
| 897 | 3404 | 00:35:30 | Lehmann | Finn | | GER-SH | M-JU20 | 28 |
| 898 | 2887 | 00:35:30 | Sandrowski | Torben | | GER-SH | M-45 | 68 |
| 899 | 3916 | 00:35:33 | Schappalz | Marvin | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-JU16 | 78 |
| 900 | 1704 | 00:35:37 | Rode | Erik | Grundschule Edendorf 3 | GER-SH | M-KU12 | 155 |
| 901 | 3466 | 00:35:38 | Schuljak | Marcel | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 149 |
| 902 | 2906 | 00:35:43 | Thormählen | Peter | | GER-SH | M-60 | 13 |
| 903 | 1548 | 00:35:48 | Karstens | Timon | Auguste Viktoria Schule Itzehoe 5d | GER-SH | M-KU12 | 156 |
| 904 | 2894 | 00:35:48 | Schmidt | Nico | | GER-SH | M-HK | 79 |
| 905 | 1556 | 00:35:48 | Tippelt | Frank | Auguste Viktoria Schule Itzehoe 5d | GER-SH | M-50 | 55 |
| 906 | 2053 | 00:35:49 | Schlüter | oscar | | GER-SH | M-JU14 | 150 |
| 907 | 3067 | 00:35:49 | Diedrichsen | Tim | Kaiser-Karl-Schule 10gw | GER-SH | M-JU20 | 29 |
| 908 | 3312 | 00:35:53 | Stehnken | Kai-Uwe | TuS Holtenau Kiel | GER-SH | M-55 | 29 |
| 909 | 2979 | 00:35:58 | Henning | Patrick | Grundschule Krempe Laufgruppe | GER-SH | M-KU12 | 157 |

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------|-----------------|---------------------------------------|--------|-------------------|------------------|
| 910 | 3911 | 00:36:02 | Metzlaff | Heiko | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-JU16 | 79 |
| 911 | 3907 | 00:36:03 | Kisser | Jonas | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-JU14 | 151 |
| 912 | 793 | 00:36:05 | Spachmann | Lothar | | GER-SH | M-70 | 3 |
| 913 | 3013 | 00:36:05 | Walther | Sven | Itzehoe Versicherung | GER-SH | M-45 | 69 |
| 914 | 1137 | 00:36:07 | Ali | Murad | GS Wellenkamp | GER-SH | M-KU12 | 158 |
| 915 | 1152 | 00:36:07 | Sadowski | Tjark | GS Wellenkamp | GER-SH | M-KU10 | 53 |
| 916 | 796 | 00:36:11 | Stange-Steinmetz | Johann | | GER-SH | M-KU10 | 54 |
| 917 | 1081 | 00:36:11 | Tornau | Jakob Peter | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU10 | 55 |
| 918 | 795 | 00:36:11 | Stange-Steinmetz | Florian | | GER-SH | M-45 | 70 |
| 919 | 1724 | 00:36:15 | Koch | Andy | Grundschule Edendorf 4 | GER-SH | M-45 | 71 |
| 920 | 1728 | 00:36:16 | Krause | Mattis Ulrik | Grundschule Edendorf 4 | GER-SH | M-KU12 | 159 |
| 921 | 2933 | 00:36:16 | Klinkow | Max Caspar | AVS Itzehoe 8a-d + 5c | GER-SH | M-KU12 | 160 |
| 922 | 3660 | 00:36:18 | Schön | Lukas | Meifort GmbH & Co. KG | GER-SH | M-JU20 | 30 |
| 923 | 2936 | 00:36:19 | Rathjen | Lukas | AVS Itzehoe 8a-d + 5c | GER-SH | M-JU14 | 152 |
| 924 | 1624 | 00:36:19 | Lachnit | Oskar | AVS Itzehoe André Beltz II | GER-SH | M-JU18 | 52 |
| 925 | 1866 | 00:36:20 | Meyer | Niels | Klosterhof-Schule Itzehoe 7A | GER-SH | M-JU16 | 80 |
| 926 | 1060 | 00:36:20 | Harder | Damian | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU10 | 56 |
| 927 | 1061 | 00:36:21 | Hormann | Louis Valentino | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU12 | 161 |
| 928 | 3042 | 00:36:22 | Röttger | Liam | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU14 | 153 |
| 929 | 3629 | 00:36:22 | Sollorz | Michael | Kreisverwaltung Steinburg | GER-SH | M-30 | 52 |
| 930 | 3046 | 00:36:26 | Stenzel | Simon | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU14 | 154 |
| 931 | 3211 | 00:36:27 | Adebahr | Kristian | Körperformen Itzehoe | GER-SH | M-HK | 80 |
| 932 | 1729 | 00:36:27 | Krause | Ulrich | Grundschule Edendorf 4 | GER-SH | M-50 | 56 |
| 933 | 3975 | 00:36:28 | Rosenberg | Bernhard | Sport-Club Itzehoe | GER-SH | M-60 | 14 |
| 934 | 783 | 00:36:30 | Radom | Julius Felix | | GER-SH | M-KU10 | 57 |
| 935 | 3507 | 00:36:39 | Heinemann | Justin Luca | Gemeinschaftsschule Wilster 10a | GER-SH | M-JU18 | 53 |
| 936 | 919 | 00:36:40 | Sommer | Simon | Fehrs-Schule 3 b,c | GER-SH | M-KU10 | 58 |
| 937 | 3029 | 00:36:44 | George | Luis | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU14 | 155 |
| 938 | 3828 | 00:36:46 | Petermann | Olaf | Steuerberater Olaf Petermann | GER-SH | M-50 | 57 |
| 939 | 3436 | 00:36:56 | Zintl | Dustin | | GER-SH | M-JU18 | 54 |
| 940 | 3233 | 00:36:56 | Sühl | Richard | MTV Wilster | GER-SH | M-80 | 2 |
| 941 | 3805 | 00:37:00 | Nöhren | Sven | Sport-Club Itzehoe | GER-SH | M-45 | 72 |
| 942 | 1620 | 00:37:01 | Hohmann | Felix | AVS Itzehoe André Beltz II | GER-SH | M-JU14 | 156 |
| 943 | 1628 | 00:37:01 | Weber | Johannes | AVS Itzehoe André Beltz II | GER-SH | M-JU14 | 157 |
| 944 | 1868 | 00:37:02 | Rehder | Joshua | Klosterhof-Schule Itzehoe 7A | GER-SH | M-JU16 | 81 |
| 945 | 3813 | 00:37:02 | Wagner | Andreas | Sport-Club Itzehoe | GER-SH | M-60 | 15 |
| 946 | 2891 | 00:37:07 | Schmidt | Heiko | | GER-SH | M-55 | 30 |
| 947 | 3830 | 00:37:10 | Kreft | Joshua | SV Adelby | GER-SH | M-KU10 | 59 |
| 948 | 984 | 00:37:13 | Heineke | Jacob | Freie Waldorfschule Itzehoe 5 | GER-SH | M-JU14 | 158 |
| 949 | 2889 | 00:37:26 | Schick | Boris | | GER-SH | M-35 | 40 |
| 950 | 998 | 00:37:26 | Wiemann | Joona | Freie Waldorfschule Itzehoe 5 | GER-SH | M-KU12 | 162 |
| 951 | 2896 | 00:37:31 | Schröder | Philipp | | GER-SH | M-40 | 47 |
| 952 | 990 | 00:37:32 | Müller | Hannes | Freie Waldorfschule Itzehoe 5 | GER-SH | M-JU14 | 159 |
| 953 | 2009 | 00:37:35 | Brucherseifer | Michael | TS Schenefeld | GER-SH | M-65 | 10 |
| 954 | 2840 | 00:37:35 | Kienel | Reiner | | GER-SH | M-55 | 31 |
| 955 | 1973 | 00:37:35 | Stahl | Olaf | Rbz Steinburg | GER-SH | M-50 | 58 |
| 956 | 1485 | 00:37:38 | Butenschön | Alexander | | GER-SH | M-HK | 81 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|-------------|---------------------------------------|--------|-------------------|------------------|
| 957 | 790 | 00:37:41 | Schomberg | Simon | | GER-SH | M-40 | 48 |
| 958 | 1818 | 00:37:47 | Puls | Moritz | Klosterhof-Schule Itzehoe 5B | GER-SH | M-KU12 | 163 |
| 959 | 3196 | 00:37:50 | Krause | Jan Erik | Kaiser-Karl-Schule 9 | GER-SH | M-JU18 | 55 |
| 960 | 3080 | 00:37:55 | Delaporte | Alexander | Kaiser-Karl-Schule 11 | GER-SH | M-JU18 | 56 |
| 961 | 3228 | 00:37:57 | Raabe | Jörg | MTV Heide | GER-SH | M-50 | 59 |
| 962 | 1878 | 00:38:01 | Ritzkowski | Jan-Niklas | Klosterhof-Schule Itzehoe 7B | GER-SH | M-JU16 | 82 |
| 963 | 1594 | 00:38:12 | Kober | Maximilian | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 160 |
| 964 | 3231 | 00:38:21 | Peetz | Frido | MTV Wilster | GER-SH | M-70 | 4 |
| 965 | 2013 | 00:38:27 | Pillokat | Theo | Tsv heiligenstedten d3 | GER-SH | M-KU12 | 164 |
| 966 | 1342 | 00:38:36 | Biehle | Magnus | | GER-SH | M-KU10 | 60 |
| 967 | 1658 | 00:38:37 | Schönfelder | Dustin | Glückstädter Werkstätten | GER-SH | M-HK | 82 |
| 968 | 3018 | 00:38:46 | Karger | Alexander | Jugendfeuerwehr Itzehoe | GER-SH | M-JU18 | 57 |
| 969 | 2917 | 00:38:49 | Gramer | Michael | AOK NordWest | GER-SH | M-45 | 73 |
| 970 | 1056 | 00:38:57 | Gärtner | Wilhelm | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU12 | 165 |
| 971 | 3275 | 00:38:59 | Engel | Jonas | Sport-Club Itzehoe | GER- | M-KU12 | 166 |
| 972 | 1318 | 00:38:59 | Jeha | Mohammed | Wolfgang-Borchert-Schule Itzehoe | GER-SH | M-JU14 | 161 |
| 973 | 3021 | 00:39:04 | Rose | Eugen | Jugendfeuerwehr Itzehoe | GER-SH | M-35 | 41 |
| 974 | 1601 | 00:39:04 | Setzke | Aaron Till | AVS Itzehoe 6a / 7d | GER-SH | M-JU14 | 162 |
| 975 | 2989 | 00:39:05 | Thamling | Fynn Ove | Grundschule Krempe Laufgruppe | GER-SH | M-KU10 | 61 |
| 976 | 3034 | 00:39:05 | Harders | Martin | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU14 | 163 |
| 977 | 1047 | 00:39:05 | Bartholomä | Aron | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU12 | 167 |
| 978 | 3047 | 00:39:07 | Tetzlaff | Jerik | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU14 | 164 |
| 979 | 973 | 00:39:07 | Craig | Tom | Freie Waldorfschule Itzehoe 5 | GER-SH | M-KU12 | 168 |
| 980 | 920 | 00:39:12 | Sommer | Udo | Fehrs-Schule 3 b,c | GER-SH | M-45 | 74 |
| 981 | 914 | 00:39:13 | Reschke | Henrik | Fehrs-Schule 3 b,c | GER-SH | M-KU10 | 62 |
| 982 | 915 | 00:39:13 | Reschke | Lars | Fehrs-Schule 3 b,c | GER-SH | M-45 | 75 |
| 983 | 1147 | 00:39:13 | Mohrmann | Christoph | GS Wellenkamp | GER-SH | M-50 | 60 |
| 984 | 3915 | 00:39:18 | Folkerts | Leon | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-JU14 | 165 |
| 985 | 1821 | 00:39:19 | Borowsky | Max | Klosterhof-Schule Itzehoe 5C | GER-SH | M-KU12 | 169 |
| 986 | 3902 | 00:39:19 | Buske | Lukas | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | M-JU16 | 83 |
| 987 | 1304 | 00:39:25 | Peimann | Ingo | Wilster | GER-SH | M-55 | 32 |
| 988 | 1831 | 00:39:33 | Wöller | Lennox | Klosterhof-Schule Itzehoe 5C | GER-SH | M-KU12 | 170 |
| 989 | 1998 | 00:39:33 | Gramsch | Christian | Stender-Brennschneidtechnik GmbH | GER-SH | M-HK | 83 |
| 990 | 3187 | 00:39:39 | Schmidt | Enrico | Kaiser-Karl-Schule 8b | GER-SH | M-JU16 | 84 |
| 991 | 2034 | 00:39:43 | Wendland | Julius | VFL Kellinghusen | GER-SH | M-KU12 | 171 |
| 992 | 1817 | 00:39:43 | Cicek | Efe | Klosterhof-Schule Itzehoe 5B | GER-SH | M-JU14 | 166 |
| 993 | 2984 | 00:39:47 | Mohr | Max-Luca | Grundschule Krempe Laufgruppe | GER-SH | M-KU12 | 172 |
| 994 | 991 | 00:39:48 | Reinking | Noel Tizian | Freie Waldorfschule Itzehoe 5 | GER-SH | M-KU12 | 173 |
| 995 | 2983 | 00:39:52 | Mein | Benedikt | Grundschule Krempe Laufgruppe | GER-SH | M-KU12 | 174 |
| 996 | 1991 | 00:39:52 | Stolt-Arriens | Johannes | Steinburg-Schule Steinburg-Flitzer | GER-SH | M-35 | 42 |
| 997 | 2974 | 00:39:52 | Alizadeh | Mohammad | Grundschule Krempe Laufgruppe | GER-SH | M-KU12 | 175 |
| 998 | 2980 | 00:39:52 | Issahak | Hassan | Grundschule Krempe Laufgruppe | GER-SH | M-HK | 84 |
| 999 | 1627 | 00:39:56 | Mikuszeit | Jendrik | AVS Itzehoe André Beltz II | GER-SH | M-JU16 | 85 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|------|------|----------|-------------|-------------|---|---------|-------------------|------------------|
| 1000 | 1622 | 00:40:00 | Kloth | Tjark | AVS Itzehoe André Beltz II | GER-SH | M-JU14 | 167 |
| 1001 | 1876 | 00:40:07 | Niedermirtl | Elphin | Klosterhof-Schule Itzehoe 7B | GER-SH | M-JU14 | 168 |
| 1002 | 1197 | 00:40:20 | Jürgens | Caspar | Münsterdorfer Sportverein | GER-SH | M-KU12 | 176 |
| 1003 | 1505 | 00:40:25 | Körber | Hauke | | GER-SH | M-50 | 61 |
| 1004 | 1829 | 00:40:27 | Salviani | Christopher | Klosterhof-Schule Itzehoe 5C | GER-SH | M-JU14 | 169 |
| 1005 | 999 | 00:40:28 | Zernitz | Glenn | Freie Waldorfschule Itzehoe 5 | GER-SH | M-JU14 | 170 |
| 1006 | 1888 | 00:40:36 | Lingk | Florian | Klosterhof-Schule Itzehoe 7C | GER-SH | M-JU16 | 86 |
| 1007 | 2978 | 00:40:42 | Delegow | Matthias | Grundschule Krempe Laufgruppe | GER-SH | M-40 | 49 |
| 1008 | 1814 | 00:40:43 | Rochau | Adrian | Klosterhof-Schule Itzehoe 5A | GER-SH | M-KU12 | 177 |
| 1009 | 3388 | 00:40:44 | Fischer | Jarek | | GER-HAM | M-45 | 76 |
| 1010 | 1115 | 00:40:46 | Ehmcke | Laas | Grundschule Wilstermarsch | GER-SH | M-JU18 | 58 |
| 1011 | 898 | 00:40:46 | Barath | Csaba | Fehrs-Schule 2 a,c | GER-SH | M-40 | 50 |
| 1012 | 1040 | 00:40:53 | Paul | Marvin | Grundschule Hohenaspe 1-4 | GER-SH | M-KU12 | 178 |
| 1013 | 3780 | 00:40:59 | Brümmer | Philip | Sophie-Scholl-Gymnasium SSG und Freunde | GER-SH | M-JU16 | 87 |
| 1014 | 1665 | 00:41:06 | Borrmann | Luis | Grundschule Edendorf 2 | GER-SH | M-KU10 | 63 |
| 1015 | 1133 | 00:41:10 | Peters | Klaus | Grundschule Wilstermarsch | GER-SH | M-75 | 1 |
| 1016 | 1846 | 00:41:12 | Brahms | Luca | Klosterhof-Schule Itzehoe 6B | GER-SH | M-JU14 | 171 |
| 1017 | 3049 | 00:41:15 | Wittenburg | Marlon | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU18 | 59 |
| 1018 | 3027 | 00:41:15 | Casper | Jorge | Jugendfeuerwehr Sarlhusen | GER-SH | M-JU20 | 31 |
| 1019 | 868 | 00:41:17 | Schaumann | Dante-Levin | EMA Grundschule Itzehoe 1a-2c | GER-SH | M-KU10 | 64 |
| 1020 | 870 | 00:41:23 | Skrybski | Lasse | EMA Grundschule Itzehoe 1a-2c | GER-SH | M-KU10 | 65 |
| 1021 | 1815 | 00:41:33 | Sermet | Hasan | Klosterhof-Schule Itzehoe 5A | GER-SH | M-JU14 | 172 |
| 1022 | 3701 | 00:41:33 | Erdt | Hans-Werner | Rotary Club Itzehoe | GER-SH | M-85 | 1 |
| 1023 | 3518 | 00:42:01 | Lüdemann | Julius | Gemeinschaftsschule Wilster 6a | GER-SH | M-JU14 | 173 |
| 1024 | 3398 | 00:42:02 | Köhnke | Clemens | | GER-SH | M-KU12 | 179 |
| 1025 | 1078 | 00:42:20 | Schmidko | Lukas | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU12 | 180 |
| 1026 | 1333 | 00:42:25 | Rüsbüldt | Manuel | | GER-SH | M-45 | 77 |
| 1027 | 1709 | 00:42:27 | Schmidt | Philipp | Grundschule Edendorf 3 | GER-SH | M-KU12 | 181 |
| 1028 | 1687 | 00:42:27 | El Hebil | Ilyas | Grundschule Edendorf 3 | GER-SH | M-KU10 | 66 |
| 1029 | 1054 | 00:42:28 | Esser | Tyrone | Grundschule Kellinghusen Lauf-AG | GER-SH | M-KU10 | 67 |
| 1030 | 1639 | 00:42:44 | Fitzner | Matthias | Fitznersign | GER-SH | M-50 | 62 |
| 1031 | 904 | 00:43:17 | Binder | Matthew | Fehrs-Schule 3 b,c | GER-SH | M-KU12 | 182 |
| 1032 | 1229 | 00:44:16 | Ruschmeyer | Alexander | Novitas BKK | GER-SH | M-35 | 43 |
| 1033 | 1989 | 00:44:44 | Kröhnke | Ole | Steinburg-Schule Steinburg-Flitzer | GER-SH | M-JU18 | 60 |
| 1034 | 3448 | 00:44:48 | Braase | Tristan | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 174 |
| 1035 | 3452 | 00:44:53 | Felde | Daniel | Auguste Viktoria Schule 6d | GER-SH | M-JU14 | 175 |
| 1036 | 1138 | 00:45:26 | Arutunian | Samwel | GS Wellenkamp | GER-SH | M-JU14 | 176 |
| 1037 | 3804 | 00:46:35 | Manske | Volker | Sport-Club Itzehoe | GER-SH | M-60 | 16 |
| 1038 | 1862 | 00:49:50 | Iwan | Jan | Klosterhof-Schule Itzehoe 7A | GER-SH | M-JU16 | 88 |
| 1039 | 1756 | 00:49:52 | Sincke | Mark-Tyson | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | M-KU10 | 68 |
| 1040 | 1503 | 00:49:53 | Kleinebudde | Stephan | | GER-NRW | M-45 | 78 |
| 1041 | 1779 | 00:50:27 | Weiß | Patrik | Itzehoer Versicherung | GER-SH | M-HK | 85 |
| 1042 | 1660 | 00:51:00 | Kruse | Lukas | Grundschule Edendorf 1 | GER-SH | M-KU10 | 69 |
| 1043 | 809 | 01:29:20 | Grimm | Fabian | Auguste Viktoria Schule Itzehoe 8b, 9a | GER-SH | M-JU16 | 89 |
| 1044 | 2928 | 02:56:47 | Beuck | Len | AVS Itzehoe 8a-d + 5c | GER-SH | M-JU16 | 90 |

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5 Km Lauf W

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|-----|------|----------|-------------------|-----------------|---------------------------------------|---------|-------------------|------------------|
| 1 | 3440 | 00:16:08 | Gehring | Anna | ASV Köln | GER-NRW | W-HK | 1 |
| 2 | 3098 | 00:20:39 | Speer | Jane | Kaiser-Karl-Schule 5a | GER-SH | W-JU14 | 1 |
| 3 | 3811 | 00:20:46 | Than | Caro | Sport-Club Itzehoe | GER-SH | W-JU14 | 2 |
| 4 | 3962 | 00:21:00 | Wichmann | Lena | SG Athletico Büdelsdorf | GER-SH | W-JU14 | 3 |
| 5 | 3832 | 00:21:09 | Meinke | Sophie | Team Laufrausch | GER-NIE | W-HK | 2 |
| 6 | 3808 | 00:21:43 | Rohwer | Lina | Sport-Club Itzehoe | GER-SH | W-JU16 | 1 |
| 7 | 1575 | 00:22:18 | Lähn | Rajana | AVS Itzehoe 5e | GER-SH | W-KU12 | 1 |
| 8 | 3966 | 00:22:21 | Koch | Iris | TSV Klausdorf | GER-SH | W-40 | 1 |
| 9 | 3263 | 00:22:34 | Zöller | Afra Franciska | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-HK | 3 |
| 10 | 3806 | 00:22:40 | Reese | Amy | Sport-Club Itzehoe | GER-SH | W-KU12 | 2 |
| 11 | 3197 | 00:23:00 | Mählmann | Laura | Kaiser-Karl-Schule 9 | GER-SH | W-JU16 | 2 |
| 12 | 2850 | 00:23:18 | Kullick | Frida Moa | | GER-SH | W-JU16 | 3 |
| 13 | 3923 | 00:23:34 | Wolfsteller | Teresa | Volksbank Raiffeisenbank eG | GER-SH | W-HK | 4 |
| 14 | 3670 | 00:23:47 | Göring | Sonka | Novitas BKK | GER-SH | W-JU16 | 4 |
| 15 | 817 | 00:23:48 | Heidemann | Lena | Avedo Itzehoe GmbH | GER-SH | W-30 | 1 |
| 16 | 3192 | 00:23:50 | Gimadinowa | Alina | Kaiser-Karl-Schule 9 | GER-SH | W-JU18 | 1 |
| 17 | 3886 | 00:23:54 | Hoppe | Lara | TSV Bargteheide Tri | GER-SH | W-JU14 | 4 |
| 18 | 3965 | 00:23:56 | Braun | Olive | SG Wasserratten Norderstedt | GER-SH | W-JU14 | 5 |
| 19 | 3226 | 00:24:04 | Raabe | Gaby | MTV Heide | GER-SH | W-40 | 2 |
| 20 | 3472 | 00:24:07 | Zöllmer | Enya | AVS Itzehoe 8a-d + 5c | GER-SH | W-JU16 | 5 |
| 21 | 1972 | 00:24:08 | Rathjen | Henrike | Rathjen Runners | GER-SH | W-KU12 | 3 |
| 22 | 2898 | 00:24:10 | Schultz | Maybrit | Autohaus B206 | GER-SH | W-JU20 | 1 |
| 23 | 858 | 00:24:21 | Siegismund | Ramona | Baltic Canix | GER-SH | W-35 | 1 |
| 24 | 3772 | 00:24:27 | Magheli | Naima | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | W-JU14 | 6 |
| 25 | 3644 | 00:24:32 | Neumann | Sabrina | medac GmbH | GER-SH | W-HK | 5 |
| 26 | 3286 | 00:24:34 | Sievers | Imke | SV Brokdorf | GER-SH | W-JU20 | 2 |
| 27 | 2924 | 00:24:34 | Lohmann | Hanna-Louisa | AVS Itzehoe 5b | GER-SH | W-JU14 | 7 |
| 28 | 803 | 00:24:34 | Schmidt | Sandra | Albert-Schweitzer-Apotheke | GER-SH | W-35 | 2 |
| 29 | 3562 | 00:24:35 | Schulze-Kirketerp | Simone | Hobbyballer aus Horst | GER-SH | W-35 | 3 |
| 30 | 3293 | 00:24:42 | Rathjens | Kira | SV Neuenbrook/Rethwisch Frauenfußball | GER-SH | W-HK | 6 |
| 31 | 3287 | 00:24:43 | Schneegans | Maite | SV Neuenbrook Rethwisch Frauenfußball | GER-SH | W-HK | 7 |
| 32 | 1564 | 00:24:43 | Teßmer | Pauline | AVS 7b | GER-SH | W-JU14 | 8 |
| 33 | 3464 | 00:24:49 | Reimers | Lara | Auguste Viktoria Schule 6d | GER-SH | W-JU14 | 9 |
| 34 | 3577 | 00:24:51 | Weidemann | Celin-Maja | Hospitzverein Meldorf | GER-SH | W-KU12 | 4 |
| 35 | 831 | 00:24:56 | Friebe | Camilla Solveig | AVS Itzehoe 10e | GER-SH | W-JU18 | 2 |
| 36 | 3295 | 00:25:03 | Schneegans | Ronja | SV Neuenbrook/Rethwisch Frauenfußball | GER-SH | W-HK | 8 |
| 37 | 3005 | 00:25:04 | Böge | Birgit | Itzehoer Versicherung | GER-SH | W-50 | 1 |
| 38 | 1136 | 00:25:05 | Rohwedder | Silja | Grundschule Wilstermarsch | GER-SH | W-40 | 3 |
| 39 | 2008 | 00:25:06 | Völling | Marie | Tri EMTV Elmshorn | GER-SH | W-35 | 4 |
| 40 | 3631 | 00:25:06 | Wilke | Sonja | Kreisverwaltung Steinburg | GER-SH | W-30 | 2 |
| 41 | 3291 | 00:25:11 | Paulsen | Julia | SV Neuenbrook/Rethwisch Frauenfußball | GER-SH | W-HK | 9 |
| 42 | 3094 | 00:25:11 | Rose | Judith | Kaiser-Karl-Schule 5a | GER-SH | W-JU14 | 10 |
| 43 | 3980 | 00:25:11 | Pusch | Janine | ThiesMediCenter GmbH | GER-SH | W-35 | 5 |
| 44 | 1265 | 00:25:13 | Dilschmann | Enna | Sport-Club Itzehoe | GER-SH | W-JU16 | 6 |
| 45 | 1271 | 00:25:14 | Von Spreckelsen | Janina | Team Erdinger Alkoholfrei | GER-NIE | W-HK | 10 |
| 46 | 3169 | 00:25:17 | Schimkus | Annelie | Kaiser-Karl-Schule 7b | GER-SH | W-JU14 | 11 |

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5 Km Lauf W

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|-----|------|----------|-----------------|------------|--|---------|-------------------|------------------|
| 47 | 857 | 00:25:17 | Zietz | Jette | AVS Itzehoe 6b | GER-SH | W-JU14 | 12 |
| 48 | 3277 | 00:25:18 | Offt | Ines | Sport-Club Itzehoe | GER-SH | W-HK | 11 |
| 49 | 3601 | 00:25:24 | Ludka | Franziska | Itzehoer Versicherung | GER-SH | W-50 | 2 |
| 50 | 958 | 00:25:24 | Wlotzki | Sophie | Freie Waldorfschule Itzehoe 3 | GER-SH | W-KU12 | 5 |
| 51 | 1812 | 00:25:31 | Lange | Tatjana | Klosterhof-Schule Itzehoe 5A | GER-SH | W-JU14 | 13 |
| 52 | 3330 | 00:25:38 | Profé | Katja | | | W-45 | 1 |
| 53 | 3810 | 00:25:42 | Scholz-Siegmund | Maike | Sport-Club Itzehoe | GER-SH | W-50 | 3 |
| 54 | 1981 | 00:25:42 | Töllner | Mücki | Sport-Club Itzehoe | GER-SH | W-JU18 | 3 |
| 55 | 1924 | 00:25:49 | Rabe | Heidi | METEK GmbH, Elmshorn | GER-SH | W-60 | 1 |
| 56 | 1608 | 00:25:50 | Koske | Fenja | AVS Itzehoe 7e | GER-SH | W-JU18 | 4 |
| 57 | 3888 | 00:25:54 | Ulka | Ronja | TSV Bargteheide Tri | GER-SH | W-JU14 | 14 |
| 58 | 3177 | 00:25:57 | Sagebiel | Carolin | Kaiser-Karl-Schule 7c | GER-SH | W-JU14 | 15 |
| 59 | 833 | 00:26:03 | Hoffmann | Sabrina | AVS Itzehoe 10e | GER-SH | W-30 | 3 |
| 60 | 3185 | 00:26:06 | Hugger | Jale | Kaiser-Karl-Schule 8b | GER-SH | W-JU16 | 7 |
| 61 | 3853 | 00:26:09 | Poppe | Daniela | ThiesMediCenter GmbH | GER-SH | W-40 | 4 |
| 62 | 3489 | 00:26:19 | Kreft | Isabel | Europa-Universität Flensburg | GER-SH | W-35 | 6 |
| 63 | 1735 | 00:26:20 | Schneider | Ina | Grundschule Edendorf 4 | GER-SH | W-KU12 | 6 |
| 64 | 3074 | 00:26:25 | Ackmann | Nantcke | Kaiser-Karl-Schule 10sm | GER-SH | W-JU18 | 5 |
| 65 | 902 | 00:26:29 | Arp | Janne | Fehrs-Schule 3 b,c | GER-SH | W-KU12 | 7 |
| 66 | 1607 | 00:26:29 | Koske | Bjerle | AVS Itzehoe 7e | GER-SH | W-JU16 | 8 |
| 67 | 1134 | 00:26:29 | Rohwedder | Fenna | Grundschule Wilstermarsch | GER-SH | W-JU16 | 9 |
| 68 | 1272 | 00:26:31 | Borkowski | Annabell | Torgelower SV | GER-MVP | W-JU20 | 3 |
| 69 | 3893 | 00:26:33 | Hauck | Stefanie | TSV Lentföhrden | GER-SH | W-50 | 4 |
| 70 | 1121 | 00:26:37 | Grünheid | Freya | Grundschule Wilstermarsch | GER-SH | W-JU14 | 16 |
| 71 | 952 | 00:26:38 | Mensch | Tjalda | Freie Waldorfschule Itzehoe 3 | GER-SH | W-KU12 | 8 |
| 72 | 1737 | 00:26:40 | Wilhelm | Klara | Grundschule Edendorf 4 | GER-SH | W-KU12 | 9 |
| 73 | 3728 | 00:26:44 | Herberger | Franziska | SCHAUMANN / Lokomotive Krempe | GER-SH | W-45 | 2 |
| 74 | 954 | 00:26:46 | Reiss | Lisa | Freie Waldorfschule Itzehoe 3 | GER-SH | W-KU12 | 10 |
| 75 | 3963 | 00:26:47 | Wichmann | Hana | SG Athletico Büdelsdorf | GER-SH | W-KU12 | 11 |
| 76 | 3058 | 00:26:47 | Brandt | Henrike | Kaiser Karl Schule | GER-SH | W-JU20 | 4 |
| 77 | 953 | 00:26:48 | Reiss | Anna | Freie Waldorfschule Itzehoe 3 | GER-SH | W-KU12 | 12 |
| 78 | 3428 | 00:26:50 | Steffens | Claudia | | GER-SH | W-40 | 5 |
| 79 | 2942 | 00:26:53 | Rudolph | Ines | BKK Novitas | GER-SH | W-30 | 4 |
| 80 | 3764 | 00:26:53 | Öhmicke | Laura | Sophie-Scholl-Gymnasium 5. Jahrgang | GER-SH | W-KU12 | 13 |
| 81 | 3118 | 00:26:53 | Benseler | Linn | Kaiser-Karl-Schule 5d | GER-SH | W-KU12 | 14 |
| 82 | 3145 | 00:26:54 | Profé | Jette | Kaiser-Karl-Schule 6a | GER-SH | W-JU14 | 17 |
| 83 | 3194 | 00:26:59 | Hansen | Anna Maria | Kaiser-Karl-Schule 9 | GER-SH | W-JU16 | 10 |
| 84 | 1590 | 00:27:00 | Gruitrooy | Anne | AVS Itzehoe 6a / 7d | GER-SH | W-40 | 6 |
| 85 | 1264 | 00:27:00 | Bornholdt | Inga | Sport-Club Itzehoe | GER-SH | W-55 | 1 |
| 86 | 2916 | 00:27:05 | Böhnisch | Mercedes | AOK NordWest | GER-SH | W-30 | 5 |
| 87 | 3921 | 00:27:06 | Lemke | Martina | Volksbank Raiffeisenbank eG | GER-SH | W-55 | 2 |
| 88 | 1099 | 00:27:08 | Brok | Lieke | Grundschule Münsterdorf | GER-SH | W-KU12 | 15 |
| 89 | 1609 | 00:27:10 | Lucht | Luisa | AVS Itzehoe 7e | GER-SH | W-JU14 | 18 |
| 90 | 3884 | 00:27:15 | Hoffmann | Aili Marie | TSV Bargteheide Tri | GER-SH | W-KU12 | 16 |
| 91 | 3129 | 00:27:16 | Voss | Merle | Kaiser-Karl-Schule 5d | GER-SH | W-JU14 | 19 |
| 92 | 1611 | 00:27:16 | Möller | Merle | AVS Itzehoe 7e | GER-SH | W-JU14 | 20 |
| 93 | 3760 | 00:27:16 | Tolksdorf | Zoe | Sophie Scholl Gymnasium 8 | GER-SH | W-JU16 | 11 |
| 94 | 3885 | 00:27:17 | Hoppe | Anna | TSV Bargteheide Tri | GER-SH | W-KU12 | 17 |
| 95 | 3381 | 00:27:17 | Brandes | Joana | | GER- | W-HK | 12 |

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|-----------|---|---------|-------------------|------------------|
| 96 | 3787 | 00:27:25 | Michaelsen | Marie | Sophie-Scholl-Gymnasium SSG und Freunde | GER-SH | W-KU12 | 18 |
| 97 | 3622 | 00:27:25 | Zur Verth | Silvia | Klinikum Itzehoe | GER-SH | W-50 | 5 |
| 98 | 3786 | 00:27:28 | Michaelsen | Anne | Sophie-Scholl-Gymnasium SSG und Freunde | GER-SH | W-50 | 6 |
| 99 | 1809 | 00:27:30 | Erb | Hannah | Klosterhof-Schule Itzehoe 5A | GER-SH | W-KU12 | 19 |
| 100 | 2792 | 00:27:31 | Dräger | Finja | | GER-SH | W-35 | 7 |
| 101 | 3283 | 00:27:36 | Butenschön | Carlotta | SSG | GER-SH | W-JU14 | 21 |
| 102 | 828 | 00:27:36 | Buttkewitz | Sophie | AVS Itzehoe 10e | GER-SH | W-JU18 | 6 |
| 103 | 826 | 00:27:36 | Böge | Anna Lena | AVS Itzehoe 10e | GER-SH | W-JU18 | 7 |
| 104 | 1896 | 00:27:39 | Mehlert | Carola | Klosterhof-Schule Itzehoe 8A | GER-SH | W-40 | 7 |
| 105 | 1149 | 00:27:39 | Petersen | Eva | GS Wellenkamp | GER-SH | W-50 | 7 |
| 106 | 2805 | 00:27:39 | Gera | Daniela | | GER-SH | W-35 | 8 |
| 107 | 1337 | 00:27:43 | Daubitz | Alia | Via Cani GbR | GER-SH | W-JU16 | 12 |
| 108 | 819 | 00:27:47 | Boll | Mia Anouk | AVS 7a | GER-SH | W-JU14 | 22 |
| 109 | 2883 | 00:27:47 | Rüsen | Anna Lynn | | GER-SH | W-KU12 | 20 |
| 110 | 808 | 00:27:48 | Ruesch | Neele | Auguste Viktoria Schule 5a | GER-SH | W-JU14 | 23 |
| 111 | 779 | 00:27:49 | Milchert | Birgit | | GER-SH | W-50 | 8 |
| 112 | 1252 | 00:27:52 | Jürgens | Kirsten | Plotline Racing Team | GER-SH | W-45 | 3 |
| 113 | 3433 | 00:27:52 | Wendtland | Anne | | GER-SH | W-JU20 | 5 |
| 114 | 3855 | 00:27:54 | Rupp | Amelie | ThiesMediCenter GmbH | GER-SH | W-KU12 | 21 |
| 115 | 2935 | 00:27:54 | Mezger | Samira | AVS Itzehoe 8a-d + 5c | GER-SH | W-JU16 | 13 |
| 116 | 2927 | 00:27:55 | Bansemer | Marie | AVS Itzehoe 8a-d + 5c | GER-SH | W-JU16 | 14 |
| 117 | 3770 | 00:27:55 | Gummerlich | Svea | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | W-JU14 | 24 |
| 118 | 3736 | 00:27:57 | Metauge | Miriam | SCHAUMANN / Lokomotive Krempe | GER-SH | W-30 | 6 |
| 119 | 3896 | 00:27:59 | Rusch | Andrea | TSV Weddingstedt | GER-SH | W-50 | 9 |
| 120 | 3615 | 00:28:00 | Frahm | Laura | Klinikum Itzehoe | GER-SH | W-JU18 | 8 |
| 121 | 3928 | 00:28:00 | Aldag | Louisa | Wohlert, Aldag & Partner mbB | GER-SH | W-HK | 13 |
| 122 | 1582 | 00:28:02 | Steinhardt | Finja | AVS Itzehoe 5e | GER-SH | W-KU12 | 22 |
| 123 | 3477 | 00:28:02 | Küsel | Helena | bekai | GER-SH | W-30 | 7 |
| 124 | 3261 | 00:28:02 | Sievers | Lotta | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-KU12 | 23 |
| 125 | 3870 | 00:28:07 | Hawerlant | Lilli | Trede & von Pein | GER-SH | W-HK | 14 |
| 126 | 987 | 00:28:12 | Kupsch | Lea | Freie Waldorfschule Itzehoe 5 | GER-SH | W-KU12 | 24 |
| 127 | 3054 | 00:28:14 | Kunert-Mevert | Ulrike | JVA Itzehoe | GER-SH | W-45 | 4 |
| 128 | 3056 | 00:28:14 | Serger | Verena | JVA Itzehoe | GER-SH | W-35 | 9 |
| 129 | 3614 | 00:28:15 | Frahm | Bettina | Klinikum Itzehoe | GER-SH | W-45 | 5 |
| 130 | 3126 | 00:28:16 | Schramm | Luna | Kaiser-Karl-Schule 5d | GER-SH | W-JU14 | 25 |
| 131 | 3256 | 00:28:18 | Kahle | Carmen | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-30 | 8 |
| 132 | 3136 | 00:28:18 | Balke | Leonie | Kaiser-Karl-Schule 6a | GER-SH | W-JU14 | 26 |
| 133 | 1165 | 00:28:22 | Jugert | Gerda | Humboldt Gymnasium Nordhausen | GER-THÜ | W-JU14 | 27 |
| 134 | 3497 | 00:28:23 | Reiter | Katja | Fraunhofer ISIT | GER-SH | W-50 | 10 |
| 135 | 2842 | 00:28:23 | Koppelmann | Emma | | GER-SH | W-KU10 | 1 |
| 136 | 3920 | 00:28:23 | Hoffmann | Inga | Volksbank Raiffeisenbank eG | GER-SH | W-HK | 15 |
| 137 | 1182 | 00:28:23 | Pott | Melanie | Laufftreff SG Elbmarsch | GER-SH | W-35 | 10 |
| 138 | 1125 | 00:28:24 | Kienlein | Luise | Grundschule Wilstermarsch | GER-SH | W-KU12 | 25 |
| 139 | 3541 | 00:28:25 | Heesch | Janeke | Gemeinschaftsschule Wilster WPU 7 | GER-SH | W-JU16 | 15 |
| 140 | 1011 | 00:28:27 | Makowski | Astrid | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | W-40 | 8 |

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|-------------|--|---------|-------------------|------------------|
| 141 | 965 | 00:28:27 | Kripzak | Phoebe | Freie Waldorfschule Itzehoe 4 | GER-SH | W-KU12 | 26 |
| 142 | 1291 | 00:28:28 | Wiese | Soraya | TSV Heiligenstedten F1 | GER-SH | W-KU12 | 27 |
| 143 | 807 | 00:28:28 | Reinke | Joana | Auguste Viktoria Schule 5a | GER-SH | W-JU14 | 28 |
| 144 | 1562 | 00:28:29 | Hein | Sandra | AVS 7b | GER-SH | W-40 | 9 |
| 145 | 1279 | 00:28:30 | Hecht | Annika | TSV Heiligenstedten F1 | GER-SH | W-35 | 11 |
| 146 | 1954 | 00:28:30 | Heeckt | Bianca | Novitas BKK | GER-SH | W-35 | 12 |
| 147 | 2028 | 00:28:31 | Hüttmann | Martje | TUS Krempe | GER-SH | W-JU20 | 6 |
| 148 | 3462 | 00:28:31 | Miachaelsen | Fiena | Auguste Viktoria Schule 6d | GER-SH | W-JU14 | 29 |
| 149 | 2939 | 00:28:32 | Fuß | Sonja | AVS Klasse 6c | GER-SH | W-JU14 | 30 |
| 150 | 2807 | 00:28:35 | Germer | Dana | | GER-SH | W-HK | 16 |
| 151 | 2806 | 00:28:36 | Germer | Annika | | GER-SH | W-HK | 17 |
| 152 | 3186 | 00:28:36 | Kampen | Hanna | Kaiser-Karl-Schule 8b | GER-SH | W-JU16 | 16 |
| 153 | 829 | 00:28:37 | Damerau | Nele | AVS Itzehoe 10e | GER-SH | W-JU18 | 9 |
| 154 | 3292 | 00:28:38 | Pramschüfer | Annika | SV Neuenbrook/Rethwisch Frauenfußball | GER-HAM | W-HK | 18 |
| 155 | 1477 | 00:28:38 | Behm | Sontje | | GER-SH | W-KU12 | 28 |
| 156 | 1135 | 00:28:40 | Rohwedder | Marthe | Grundschule Wilstermarsch | GER-SH | W-KU12 | 29 |
| 157 | 770 | 00:28:40 | Gross | Birgit | | GER-SH | W-55 | 3 |
| 158 | 3663 | 00:28:40 | Schinnagel | Brigitte | Möbelhaus Wolfsteller | GER-SH | W-55 | 4 |
| 159 | 1211 | 00:28:41 | Engel | Bettina | Novitas BKK | GER-SH | W-45 | 6 |
| 160 | 2880 | 00:28:42 | Roe | Mathilde | | GER-SH | W-35 | 13 |
| 161 | 3959 | 00:28:43 | Wengert | Petra | Hyundai Auto-Center Soliman GmbH | GER-SH | W-55 | 5 |
| 162 | 3936 | 00:28:43 | Kunz | Natalie | Wohler, Aldag & Partner mbB | GER-SH | W-JU20 | 7 |
| 163 | 2829 | 00:28:45 | Hintz | Kristina | | GER-SH | W-30 | 9 |
| 164 | 3796 | 00:28:45 | Helmbold | Uta | Sport-Club Itzehoe | GER-SH | W-JU20 | 8 |
| 165 | 1179 | 00:28:46 | Frauen | Katharina | Lauftreff SG Elbmarsch | GER-SH | W-HK | 19 |
| 166 | 3191 | 00:28:46 | Weiß | Anouk | Kaiser-Karl-Schule 8b | GER-SH | W-JU16 | 17 |
| 167 | 1210 | 00:28:48 | Diemann | Julie-Marie | Novitas BKK | GER-SH | W-JU16 | 18 |
| 168 | 2043 | 00:28:50 | Kirtzel | Birgit | METEK GmbH, Elmshorn | GER-SH | W-60 | 2 |
| 169 | 1934 | 00:28:52 | Piplak | Sarina | MTV Horst | GER-SH | W-JU14 | 31 |
| 170 | 3417 | 00:28:52 | Pump | Leonie | | GER-SH | W-HK | 20 |
| 171 | 2929 | 00:28:53 | Fischer | Lea Marie | AVS Itzehoe 8a-d + 5c | GER-SH | W-JU16 | 19 |
| 172 | 1604 | 00:28:55 | Glenz | Janna | AVS Itzehoe 7e | GER-SH | W-JU14 | 32 |
| 173 | 3680 | 00:28:56 | Bielenberg | Gladys | Podoligie am Eiskeller, Elmshorn | GER-SH | W-40 | 10 |
| 174 | 3426 | 00:28:56 | Seidler | Luisa | | GER-MVP | W-HK | 21 |
| 175 | 1873 | 00:28:59 | Bautz | Amelie | Klosterhof-Schule Itzehoe 7B | GER-SH | W-JU16 | 20 |
| 176 | 839 | 00:29:04 | Schulz | Friederike | AVS Itzehoe 10e | GER-SH | W-JU18 | 10 |
| 177 | 1785 | 00:29:06 | Massanet | Katrin | Kernkraftwerk Brokdorf | GER-SH | W-45 | 7 |
| 178 | 1936 | 00:29:08 | Von Hacht | Yvonne | MTV Horst | GER-SH | W-HK | 22 |
| 179 | 1923 | 00:29:08 | Poets | Marlies | METEK GmbH, Elmshorn | GER-SH | W-50 | 11 |
| 180 | 3102 | 00:29:11 | Kieckhöber | Joleen | Kaiser-Karl-Schule 5b | GER-SH | W-JU14 | 33 |
| 181 | 1296 | 00:29:11 | Haack | Nila | Volksbank Raiffeisenbank eG | GER-SH | W-KU12 | 30 |
| 182 | 3294 | 00:29:11 | Rohweder | Doreen | SV Neuenbrook/Rethwisch Frauenfußball | GER-SH | W-HK | 23 |
| 183 | 1646 | 00:29:12 | Gasa | Christina | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | W-40 | 11 |
| 184 | 1922 | 00:29:14 | Nähr | Käthe | METEK GmbH, Elmshorn | GER-SH | W-50 | 12 |
| 185 | 3908 | 00:29:14 | Klug | Laura | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | W-JU14 | 34 |
| 186 | 1487 | 00:29:16 | Föllscher | Imke | | GER-SH | W-30 | 10 |
| 187 | 3513 | 00:29:16 | Heesch | Dana | Gemeinschaftsschule Wilster 6a | GER-SH | W-JU14 | 35 |

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Telefon: 04821 - 7796130 hansen@stoerlauf.de <http://www.stoerlauf.de>

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|---------------------|---|---------|-------------------|------------------|
| 188 | 3107 | 00:29:19 | Tiedt | Lena | Kaiser-Karl-Schule 5b | GER-SH | W-KU12 | 31 |
| 189 | 3872 | 00:29:19 | Looft | Birgit | Trede & von Pein | GER-SH | W-50 | 13 |
| 190 | 3487 | 00:29:20 | Hoffmann | Marie | Elmshorn | GER-SH | W-HK | 24 |
| 191 | 1555 | 00:29:21 | Taher | Mirav | Auguste Viktoria Schule Itzehoe 5d | GER-SH | W-KU12 | 32 |
| 192 | 3782 | 00:29:21 | Eichhorst | Lotta | Sophie-Scholl-Gymnasium SSG und Freunde | GER-SH | W-JU14 | 36 |
| 193 | 3784 | 00:29:21 | Heesch | Alina | Sophie-Scholl-Gymnasium SSG und Freunde | GER-SH | W-JU14 | 37 |
| 194 | 1603 | 00:29:21 | Aust | Viktoria | AVS Itzehoe 7e | GER-SH | W-JU14 | 38 |
| 195 | 3976 | 00:29:21 | Rosenberg | Summer | Sport-Club Itzehoe | GER-SH | W-JU14 | 39 |
| 196 | 923 | 00:29:22 | Züge | Michaela | Fehrs-Schule 3 b,c | GER-SH | W-35 | 14 |
| 197 | 3668 | 00:29:22 | Calderone | Dana | Novitas BKK | GER-NIE | W-HK | 25 |
| 198 | 3205 | 00:29:23 | Rosenberg | Mariella | KKS | GER-SH | W-JU14 | 40 |
| 199 | 3605 | 00:29:24 | Lemke | Finja | Justiz läuft | GER-SH | W-HK | 26 |
| 200 | 3395 | 00:29:24 | Hermenau | Katja | | GER-SH | W-30 | 11 |
| 201 | 1049 | 00:29:25 | Bock | Lotta | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 33 |
| 202 | 3171 | 00:29:25 | Aßmann | Emily | Kaiser-Karl-Schule 7c | GER-SH | W-JU14 | 41 |
| 203 | 1069 | 00:29:26 | Lassen | Rieke Marie | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 34 |
| 204 | 3053 | 00:29:26 | Kunert-Leu | Susanne | JVA Itzehoe | GER-SH | W-45 | 8 |
| 205 | 974 | 00:29:26 | Czygan | Anne | Freie Waldorfschule Itzehoe 5 | GER-SH | W-40 | 12 |
| 206 | 3076 | 00:29:26 | Erdtmann | Katarina | Kaiser-Karl-Schule 10sm | GER-SH | W-JU18 | 11 |
| 207 | 2903 | 00:29:27 | Struve | Madeleine | | GER-SH | W-HK | 27 |
| 208 | 3327 | 00:29:27 | Paulsen | Sina | | GER-SH | W-HK | 28 |
| 209 | 3075 | 00:29:28 | Carado | Keona Rose | Kaiser-Karl-Schule 10sm | GER-SH | W-JU18 | 12 |
| 210 | 3078 | 00:29:28 | Weihausen | Wiebke | Kaiser-Karl-Schule 10sm | GER-SH | W-JU18 | 13 |
| 211 | 1085 | 00:29:28 | Bufè | Anna | Grundschule Kremperheide Klasse 1-4 | GER-SH | W-KU12 | 35 |
| 212 | 1796 | 00:29:28 | Puls | Jana | Klinikum Itzehoe | GER-SH | W-35 | 15 |
| 213 | 3229 | 00:29:29 | Raabe | Lilly Marie | MTV Heide | GER-SH | W-JU14 | 42 |
| 214 | 1953 | 00:29:30 | Gravert | Martina | Novitas BKK | GER-SH | W-45 | 9 |
| 215 | 2914 | 00:29:30 | Zieleniewski | Daria | | GER-SH | W-JU18 | 14 |
| 216 | 2813 | 00:29:33 | Grimm | Angelina Sophie | | GER-SH | W-JU16 | 21 |
| 217 | 3463 | 00:29:33 | Rechenberg | Leonie | Auguste Viktoria Schule 6d | GER-SH | W-JU14 | 43 |
| 218 | 3638 | 00:29:33 | Kama | Mirja | Lebenshilfe Steinburg gGmbH | GER-SH | W-40 | 13 |
| 219 | 1088 | 00:29:33 | Horn | Lana | Grundschule Kremperheide Klasse 1-4 | GER-SH | W-KU12 | 36 |
| 220 | 1320 | 00:29:34 | Klein | Ida | Wolfgang-Borchert-Schule Itzehoe | GER-SH | W-JU14 | 44 |
| 221 | 1316 | 00:29:34 | Haje | Jode | Wolfgang-Borchert-Schule Itzehoe | GER-SH | W-JU16 | 22 |
| 222 | 3551 | 00:29:36 | Pump | Angelika Christiane | Happy Feet Itzehoe | GER-SH | W-55 | 6 |
| 223 | 1791 | 00:29:37 | Belkova | Mira | Klinikum Itzehoe | GER-SH | W-HK | 29 |
| 224 | 972 | 00:29:37 | Bartels | Lina Marie | Freie Waldorfschule Itzehoe 5 | GER-SH | W-KU12 | 37 |
| 225 | 3306 | 00:29:43 | Rusch | Anja | TSV LOLA | GER-SH | W-45 | 10 |
| 226 | 3642 | 00:29:44 | Tetzlaff-Ilgner | Uta | Lebenshilfe Steinburg gGmbH | GER-SH | W-40 | 14 |
| 227 | 781 | 00:29:45 | Nauschütt | Jule | | GER-SH | W-JU14 | 45 |
| 228 | 804 | 00:29:48 | Vock | Nana | Albert-Schweitzer-Apotheke | GER-SH | W-35 | 16 |
| 229 | 1534 | 00:29:49 | Ulrich | Dana | | GER-SH | W-JU16 | 23 |
| 230 | 3695 | 00:29:50 | Stieper | Mercedes | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-50 | 14 |
| 231 | 766 | 00:29:50 | Flasch | Andrea | | GER-SH | W-45 | 11 |
| 232 | 1026 | 00:29:50 | Nentwig | Daniela | Grundschule am Störtal | GER-SH | W-40 | 15 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------|-------------|--|--------|-------------------|------------------|
| 233 | 3007 | 00:29:50 | Bolten | Laura | Itzehoer Versicherung | GER-SH | W-HK | 30 |
| 234 | 3011 | 00:29:51 | Schwittay | Fine | Itzehoer Versicherung | GER-SH | W-HK | 31 |
| 235 | 3731 | 00:29:51 | Jahn | Stefanie | SCHAUMANN / Lokomotive Krempe | GER-SH | W-30 | 12 |
| 236 | 3867 | 00:29:52 | Engelbrecht | Lisa | Trede & von Pein | GER-SH | W-HK | 32 |
| 237 | 3181 | 00:29:57 | Neumeyer | Cara | Kaiser-Karl-Schule 7d | GER-SH | W-JU16 | 24 |
| 238 | 2856 | 00:30:00 | Lorentzen | Jenny | | GER-SH | W-HK | 33 |
| 239 | 1066 | 00:30:02 | Krähenberg | Janna | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU10 | 2 |
| 240 | 3666 | 00:30:03 | Rieck | Merle | MTV Wilster | GER-SH | W-KU12 | 38 |
| 241 | 1195 | 00:30:03 | Pioretzki | Lena | LT Störlauf | GER-SH | W-35 | 17 |
| 242 | 3242 | 00:30:04 | Siebcke | Mailin | Novitas BKK | GER-SH | W-KU12 | 39 |
| 243 | 1801 | 00:30:07 | Tobien | Nadine | Klinikum Itzehoe | GER-SH | W-30 | 13 |
| 244 | 3051 | 00:30:08 | Bredenbeck | Daniela | JVA Itzehoe | GER-SH | W-30 | 14 |
| 245 | 3316 | 00:30:10 | Tietjen | Levke Marie | Vaale | GER-SH | W-JU18 | 15 |
| 246 | 1619 | 00:30:11 | Hahnkamm | Emily | AVS Itzehoe André Beltz II | GER-SH | W-JU16 | 25 |
| 247 | 1641 | 00:30:11 | Fitzner | May-Britt | Fitznersign | GER-SH | W-JU16 | 26 |
| 248 | 1559 | 00:30:13 | Feldmann | Runa | AVS 7b | GER-SH | W-JU16 | 27 |
| 249 | 1561 | 00:30:13 | Großklaus | Christina | AVS 7b | GER-SH | W-JU16 | 28 |
| 250 | 3270 | 00:30:14 | Scheibe | Tina | Sophie-Scholl-Gymnasium Itzehoe | GER-SH | W-30 | 15 |
| 251 | 1610 | 00:30:15 | Magatzki | Lina | AVS Itzehoe 7e | GER-SH | W-JU14 | 46 |
| 252 | 1615 | 00:30:16 | Voßeler | Rahel | AVS Itzehoe 7e | GER-SH | W-JU14 | 47 |
| 253 | 3606 | 00:30:17 | Rohwer-Reimers | Martina | Justiz läuft | GER-SH | W-50 | 15 |
| 254 | 1545 | 00:30:19 | Dancker | Mia | Auguste Viktoria Schule Itzehoe 5d | GER-SH | W-JU14 | 48 |
| 255 | 1720 | 00:30:20 | Döring | Bente | Grundschule Edendorf 4 | GER-SH | W-KU12 | 40 |
| 256 | 3113 | 00:30:21 | Nauschütt | Nele | Kaiser-Karl-Schule 5c | GER-SH | W-KU12 | 41 |
| 257 | 1141 | 00:30:26 | Golonka | Yvonne | GS Wellenkamp | GER-SH | W-50 | 16 |
| 258 | 1114 | 00:30:27 | Ehmcke | Fenja | Grundschule Wilstermarsch | GER-SH | W-JU14 | 49 |
| 259 | 2869 | 00:30:28 | Oldenburg | Julika | | GER-SH | W-JU14 | 50 |
| 260 | 3319 | 00:30:28 | Rademacher | Nele | VFL Kellinghusen | GER-SH | W-JU18 | 16 |
| 261 | 1979 | 00:30:29 | Heß | Kim | Sport-Club Itzehoe | GER-SH | W-JU14 | 51 |
| 262 | 3846 | 00:30:29 | Göttsche | Corinna | ThiesMediCenter GmbH | GER-SH | W-HK | 34 |
| 263 | 1490 | 00:30:30 | Grundmann | Bärbel | | GER-SH | W-50 | 17 |
| 264 | 757 | 00:30:31 | Büdinger | Elin Marie | | GER-SH | W-KU12 | 42 |
| 265 | 885 | 00:30:31 | Knapp | Enie | EMA Grundschule Itzehoe 4a+4b | GER-SH | W-KU12 | 43 |
| 266 | 881 | 00:30:31 | Holland-Letz | Ida | EMA Grundschule Itzehoe 4a+4b | GER-SH | W-KU12 | 44 |
| 267 | 1207 | 00:30:32 | Bolling | Martina | Novitas BKK | GER-SH | W-50 | 18 |
| 268 | 771 | 00:30:32 | Hofmann | Petra | | GER-SH | W-50 | 19 |
| 269 | 1225 | 00:30:33 | Miller | Claudia | Novitas BKK | GER-SH | W-45 | 12 |
| 270 | 1097 | 00:30:34 | Becker | Elin Tomke | Grundschule Münsterdorf | GER-SH | W-KU12 | 45 |
| 271 | 1859 | 00:30:34 | Schmidt | Martha | Klosterhof-Schule Itzehoe 6C | GER-SH | W-JU14 | 52 |
| 272 | 1853 | 00:30:34 | Aust | Alexandra | Klosterhof-Schule Itzehoe 6C | GER-SH | W-JU14 | 53 |
| 273 | 751 | 00:30:37 | Anders | Nadine | | GER-SH | W-40 | 16 |
| 274 | 1108 | 00:30:38 | Schön | Jannika | Grundschule Münsterdorf | GER-SH | W-KU12 | 46 |
| 275 | 3254 | 00:30:39 | Ahrens | Leonie | | GER-SH | W-JU14 | 54 |
| 276 | 3251 | 00:30:39 | Haida | Magalie | Praxis für Ergotherapie Richter/Haida | GER- | W-HK | 35 |
| 277 | 1558 | 00:30:41 | Waack | Amy Leoni | Auguste Viktoria Schule Itzehoe 5d | GER-SH | W-KU12 | 47 |
| 278 | 753 | 00:30:42 | Barteld | Sina | | GER-SH | W-30 | 16 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|------------|---|---------|-------------------|------------------|
| 279 | 1666 | 00:30:42 | Bormann | Xia | Grundschule Edendorf 2 | GER-SH | W-40 | 17 |
| 280 | 2816 | 00:30:42 | Gummerlich | Claudia | | GER-SH | W-40 | 18 |
| 281 | 3739 | 00:30:42 | Mülder | Marit | SCHAUMANN / Lokomotive Krempe | GER-SH | W-HK | 36 |
| 282 | 1128 | 00:30:42 | Krey | Lea | Grundschule Wilstermarsch | GER-SH | W-KU12 | 48 |
| 283 | 1632 | 00:30:43 | Hollik | Emily | Detlefsengymnasium 6a | GER-SH | W-JU14 | 55 |
| 284 | 3552 | 00:30:43 | Bonnhoff | Ina | Hobbyballer aus Horst | GER-SH | W-35 | 18 |
| 285 | 1028 | 00:30:44 | Petrat | Marie | Grundschule am Störtal | GER-SH | W-KU10 | 3 |
| 286 | 3553 | 00:30:45 | Heikens | Gina | Hobbyballer aus Horst | GER-SH | W-30 | 17 |
| 287 | 3160 | 00:30:45 | Tönsing | Marie | Kaiser-Karl-Schule 6d | GER-SH | W-JU14 | 56 |
| 288 | 3402 | 00:30:46 | Kuklok | Michelle | | GER-SH | W-JU20 | 9 |
| 289 | 1057 | 00:30:46 | Gripp | Marlena | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 49 |
| 290 | 3101 | 00:30:47 | Hempel | Alicia | Kaiser-Karl-Schule 5b | GER-SH | W-JU14 | 57 |
| 291 | 1589 | 00:30:48 | Gehle | Emma | AVS Itzehoe 6a / 7d | GER-SH | W-JU16 | 29 |
| 292 | 1585 | 00:30:48 | Anders | Hedda | AVS Itzehoe 6a / 7d | GER-SH | W-JU14 | 58 |
| 293 | 905 | 00:30:48 | Dräger | Jörna | Fehrs-Schule 3 b,c | GER-SH | W-30 | 18 |
| 294 | 3106 | 00:30:51 | Stolzenberger | Lucie | Kaiser-Karl-Schule 5b | GER-SH | W-KU12 | 50 |
| 295 | 1642 | 00:30:52 | Dr. Lubenow | Franziska | Fördesparkasse | GER-SH | W-45 | 13 |
| 296 | 1648 | 00:30:53 | Kaldewey | Marieca | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | W-JU18 | 17 |
| 297 | 1644 | 00:30:54 | Bublat | Alia | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | W-JU18 | 18 |
| 298 | 2893 | 00:30:55 | Schmidt | Mirja | | GER-SH | W-35 | 19 |
| 299 | 3168 | 00:30:56 | Köhler | Zoé | Kaiser-Karl-Schule 7b | GER-SH | W-JU16 | 30 |
| 300 | 2940 | 00:30:56 | Lubisch | Inga | Barmstedt | GER-SH | W-35 | 20 |
| 301 | 3290 | 00:30:57 | Krüger | Angelina | SV Neuenbrook/Rethwisch Frauenfussball | GER-SH | W-HK | 37 |
| 302 | 3446 | 00:30:58 | Bieritz | Laura | Auguste Viktoria Schule 6d | GER-SH | W-JU14 | 59 |
| 303 | 3179 | 00:30:59 | Wiggers | Henrike | Kaiser-Karl-Schule 7c | GER-SH | W-JU14 | 60 |
| 304 | 3752 | 00:31:00 | Will | Katrin | SCHAUMANN / Lokomotive Krempe | GER-SH | W-45 | 14 |
| 305 | 1765 | 00:31:02 | Britt | Nicole | Itzehoer Versicherung | GER-SH | W-40 | 19 |
| 306 | 3138 | 00:31:03 | Beuster | Jette | Kaiser-Karl-Schule 6a | GER-SH | W-JU14 | 61 |
| 307 | 2957 | 00:31:04 | Möller | Christiane | Brücke SH gGmbH | GER-SH | W-55 | 7 |
| 308 | 3686 | 00:31:05 | Niedermeier | Sophia | Pohl-Boskamp | GER-SH | W-HK | 38 |
| 309 | 3977 | 00:31:05 | Thor | Christiane | AVS Itzehoe 8a-d + 5c | GER-SH | W-KU12 | 51 |
| 310 | 3377 | 00:31:05 | Aitken | Kim | | GER-BAY | W-HK | 39 |
| 311 | 2900 | 00:31:07 | Soyka | Helen | | GER-SH | W-JU20 | 10 |
| 312 | 3081 | 00:31:08 | Erdtmann | Johanna | Kaiser-Karl-Schule 11 | GER-SH | W-JU18 | 19 |
| 313 | 1552 | 00:31:08 | Schmidt | Shelley | Auguste Viktoria Schule Itzehoe 5d | GER-SH | W-JU14 | 62 |
| 314 | 1042 | 00:31:08 | Schmidt | Lola | Grundschule Hohenaspe 1-4 | GER-SH | W-KU10 | 4 |
| 315 | 1549 | 00:31:08 | Kummrow | Lilly | Auguste Viktoria Schule Itzehoe 5d | GER-SH | W-KU12 | 52 |
| 316 | 2920 | 00:31:09 | Heibach | Ina | Apm-Laufmädels | GER-SH | W-40 | 20 |
| 317 | 1492 | 00:31:11 | Grunwald | Diana | | GER-SH | W-KU12 | 53 |
| 318 | 3405 | 00:31:11 | Lohse | Anna | | GER-SH | W-HK | 40 |
| 319 | 3392 | 00:31:11 | Halmschlag | Inken | | GER-SH | W-HK | 41 |
| 320 | 3694 | 00:31:12 | Mohr | Heidi | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-50 | 20 |
| 321 | 3297 | 00:31:12 | Reinländer | Claudia | Team Erdinger Alkoholfrei | GER-BER | W-35 | 21 |
| 322 | 1104 | 00:31:12 | Kuhr | Lucia | Grundschule Münsterdorf | GER-SH | W-KU10 | 5 |
| 323 | 854 | 00:31:13 | Messerschmidt | Anouk | AVS Itzehoe 6b | GER-SH | W-JU14 | 63 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------------------|-------------|--|---------|-------------------|------------------|
| 324 | 3797 | 00:31:14 | Hille | Karen | Sport-Club Itzehoe | GER-SH | W-40 | 21 |
| 325 | 846 | 00:31:15 | Ehrich | Fabienne | AVS Itzehoe 6b | GER-SH | W-JU14 | 64 |
| 326 | 1702 | 00:31:15 | Münster | Hannah | Grundschule Edendorf 3 | GER-SH | W-JU14 | 65 |
| 327 | 2818 | 00:31:18 | Güstrau | Lisa | | GER-SH | W-JU16 | 31 |
| 328 | 3559 | 00:31:19 | Mielke | Yvonne | Hobbyballer aus Horst | GER-SH | W-35 | 22 |
| 329 | 1486 | 00:31:20 | Clasen | Lucy | | GER-SH | W-JU14 | 66 |
| 330 | 3557 | 00:31:20 | Mielke | Lena | Hobbyballer aus Horst | GER-SH | W-KU12 | 54 |
| 331 | 2861 | 00:31:20 | Manthey | Mira | | GER-SH | W-JU14 | 67 |
| 332 | 1683 | 00:31:22 | Vock | Catrin | Grundschule Edendorf 2 | GER-SH | W-30 | 19 |
| 333 | 3849 | 00:31:23 | Koch | Anna | ThiesMediCenter GmbH | GER-SH | W-30 | 20 |
| 334 | 2864 | 00:31:23 | Meyer | Andrea | | GER-SH | W-50 | 21 |
| 335 | 3482 | 00:31:24 | Zielke | Isabell | Deutsches Rotes Kreuz Itzehoe | GER-HAM | W-HK | 42 |
| 336 | 1093 | 00:31:24 | Siewert | Tabatha | Grundschule Kremperheide Klasse 1-4 | GER-SH | W-KU12 | 55 |
| 337 | 2838 | 00:31:25 | Kappes | Ilka | | GER-SH | W-HK | 43 |
| 338 | 3979 | 00:31:25 | Hader | Yara | | GER-SH | W-JU16 | 32 |
| 339 | 2918 | 00:31:26 | Gruzdienne | Renata | AOK NordWest | GER-SH | W-40 | 22 |
| 340 | 1062 | 00:31:27 | Hoyer | Male Talea | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 56 |
| 341 | 1903 | 00:31:27 | Fendrich | Angelina | Klosterhof-Schule Itzehoe 8C | GER-SH | W-JU16 | 33 |
| 342 | 1117 | 00:31:28 | Göttsche | Like | Grundschule Wilstermarsch | GER-SH | W-KU12 | 57 |
| 343 | 1190 | 00:31:29 | Dose | Victoria | LT Störlauf | GER-SH | W-JU14 | 68 |
| 344 | 1053 | 00:31:30 | Espinola | Maria Lucia | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 58 |
| 345 | 3143 | 00:31:30 | Klein | Marlinja | Kaiser-Karl-Schule 6a | GER-SH | W-JU14 | 69 |
| 346 | 3325 | 00:31:31 | Boese | Kerstin | VLH K.Boese | GER-SH | W-40 | 23 |
| 347 | 1722 | 00:31:31 | Henschke | Janina | Grundschule Edendorf 4 | GER-SH | W-35 | 23 |
| 348 | 1051 | 00:31:31 | During | Svea | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 59 |
| 349 | 3722 | 00:31:31 | Dillithasan | Reka | SCHAUMANN / Lokomotive Krempe | GER-SH | W-HK | 44 |
| 350 | 886 | 00:31:32 | Knapp | Karen | EMA Grundschule Itzehoe 4a+4b | GER-SH | W-45 | 15 |
| 351 | 1308 | 00:31:34 | Beyer | Mary Jane | Wolfgang-Borchert-Schule Itzehoe | GER-SH | W-JU14 | 70 |
| 352 | 1593 | 00:31:34 | Hilbert | Lotte | AVS Itzehoe 6a / 7d | GER-SH | W-JU14 | 71 |
| 353 | 1540 | 00:31:34 | Tanriverdi | Helin | Auguste Viktoria Schule 6a | GER-SH | W-JU14 | 72 |
| 354 | 1596 | 00:31:34 | Ladisch | Lilly Maria | AVS Itzehoe 6a / 7d | GER-SH | W-JU14 | 73 |
| 355 | 3296 | 00:31:34 | Rudolph | Sonja | Sv Peissen | GER-SH | W-HK | 45 |
| 356 | 3654 | 00:31:35 | Mohr | Sarah | Meifort GmbH & Co. KG | GER-SH | W-HK | 46 |
| 357 | 1218 | 00:31:35 | Holtorf | Linda | Novitas BKK | GER-SH | W-KU12 | 60 |
| 358 | 3823 | 00:31:35 | Hugger | Tina | Steuerberater Olaf Petermann | GER-SH | W-35 | 24 |
| 359 | 1148 | 00:31:37 | Nordmann | Gabriele | GS Wellenkamp | GER-SH | W-55 | 8 |
| 360 | 3515 | 00:31:38 | Kienlein | Pauline | Gemeinschaftsschule Wilster 6a | GER-SH | W-JU14 | 74 |
| 361 | 1236 | 00:31:40 | Steffen | Alicia | Novitas BKK | GER-SH | W-KU12 | 61 |
| 362 | 3949 | 00:31:40 | Schümann | Sarah | Wohlert, Aldag & Partner mbB | GER-SH | W-HK | 47 |
| 363 | 3511 | 00:31:42 | Kuklok | Miriam | Gemeinschaftsschule Wilster 10a | GER-SH | W-JU18 | 20 |
| 364 | 1568 | 00:31:43 | Alpers | Merle | AVS Itzehoe 5e | GER-SH | W-45 | 16 |
| 365 | 1172 | 00:31:44 | Linke | Sabine | Klosterhof-Schule | GER-SH | W-40 | 24 |
| 366 | 1516 | 00:31:45 | Meyer zu Altenschildesche | Martje | | GER-SH | W-JU14 | 75 |
| 367 | 955 | 00:31:45 | Schramm | Mia | Freie Waldorfschule Itzehoe 3 | GER-SH | W-KU12 | 62 |
| 368 | 3594 | 00:31:47 | Büll | Kolina | Itzehoer Versicherung | GER-SH | W-JU20 | 11 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|------------------|--|---------|-------------------|------------------|
| 369 | 1183 | 00:31:48 | Krey | Bianca | Liliencronschule Lägerdorf | GER-SH | W-40 | 25 |
| 370 | 3930 | 00:31:48 | Bähr | Nadine | Wohlert, Aldag & Partner mbB | GER-SH | W-40 | 26 |
| 371 | 1096 | 00:31:49 | Weise | Lilli | Grundschule Kremperheide Klasse 1-4 | GER-SH | W-KU12 | 63 |
| 372 | 3274 | 00:31:51 | Dominiak | Beeke Malia | Sport-Club Itzehoe | GER-SH | W-JU20 | 12 |
| 373 | 2794 | 00:31:51 | Ehlers | Jaqueline | | GER-SH | W-JU20 | 13 |
| 374 | 3382 | 00:31:53 | Bring | Lisa | | GER- | W-HK | 48 |
| 375 | 1483 | 00:31:53 | Bohl | Claudia | | GER-SH | W-40 | 27 |
| 376 | 3394 | 00:31:53 | Henriksson | Yessica | | GER-SH | W-40 | 28 |
| 377 | 3302 | 00:31:53 | Solterbeck | Antje | TSV Beringstedt e. V. | GER-SH | W-50 | 22 |
| 378 | 3422 | 00:31:53 | Sandra | Simon | | GER- | W-HK | 49 |
| 379 | 3766 | 00:31:54 | Ahrens | Kim | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | W-JU14 | 76 |
| 380 | 3383 | 00:31:54 | Coyne | Kyra | | GER-BAY | W-HK | 50 |
| 381 | 3697 | 00:31:54 | Bauers | Jennifer | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-35 | 25 |
| 382 | 3406 | 00:31:55 | Meier | Svea | | GER-HAM | W-HK | 51 |
| 383 | 3326 | 00:31:55 | Supper-Voß | Ulrike | Sport-Club Itzehoe | GER-SH | W-45 | 17 |
| 384 | 3773 | 00:31:56 | Paulini | Anna | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | W-JU14 | 77 |
| 385 | 3704 | 00:31:57 | Höbling | Luca | Rotary Club Itzehoe | GER-SH | W-JU20 | 14 |
| 386 | 3700 | 00:31:57 | Eggers | Angela | Rotary Club Itzehoe | GER-SH | W-60 | 3 |
| 387 | 1650 | 00:31:57 | Raese | Angelina Kristin | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | W-JU18 | 21 |
| 388 | 2955 | 00:31:58 | Lucas | Corinna | Brücke SH gGmbH | GER-SH | W-55 | 9 |
| 389 | 3035 | 00:32:00 | Jürgens | Alena | Jugendfeuerwehr Sarlhusen | GER-SH | W-JU18 | 22 |
| 390 | 3415 | 00:32:00 | Ohm | Sinja | | GER-SH | W-KU12 | 64 |
| 391 | 3317 | 00:32:01 | Tietjen | Maybritt Freya | Vaale | GER-SH | W-KU12 | 65 |
| 392 | 1612 | 00:32:04 | Scheel | Emelie | AVS Itzehoe 7e | GER-SH | W-JU16 | 34 |
| 393 | 2986 | 00:32:05 | Radloff | Lavinia | Grundschule Krempe Laufgruppe | GER-SH | W-KU12 | 66 |
| 394 | 3569 | 00:32:05 | Graatz | Katrin | Holcim (Deutschland) GmbH | GER-SH | W-35 | 26 |
| 395 | 1169 | 00:32:06 | Lapuse | Sandra | Klinikum Itzehoe | GER-SH | W-30 | 21 |
| 396 | 2812 | 00:32:06 | Goldbaum | Magdalene | | GER-SH | W-40 | 29 |
| 397 | 3878 | 00:32:07 | Wolfsteller | Beate | Trede & von Pein | GER-SH | W-50 | 23 |
| 398 | 1539 | 00:32:08 | Zeit | Anja | | GER-SH | W-40 | 30 |
| 399 | 3691 | 00:32:08 | Giesl | Freya | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-35 | 27 |
| 400 | 1802 | 00:32:09 | Wölke | Vanessa | Klinikum Itzehoe | GER-SH | W-HK | 52 |
| 401 | 2795 | 00:32:10 | Ehlers | Maren | | GER-SH | W-40 | 31 |
| 402 | 2875 | 00:32:12 | Remy | Vanessa | | GER-SH | W-30 | 22 |
| 403 | 3500 | 00:32:12 | Grassing | Chantal | Freiwillige Feuerwehr Wilster | GER-SH | W-HK | 53 |
| 404 | 2909 | 00:32:13 | Wegener | Jana | | GER-NIE | W-35 | 28 |
| 405 | 3235 | 00:32:13 | Böckmann | Julia | Novitas BKK | GER-SH | W-JU18 | 23 |
| 406 | 3217 | 00:32:13 | Eichhorst | Susanne | KTE | GER-SH | W-45 | 18 |
| 407 | 1189 | 00:32:14 | Dose | Tanja | LT Störlauf | GER-SH | W-45 | 19 |
| 408 | 1033 | 00:32:14 | Thode | Maike | Grundschule am Störtal | GER-SH | W-35 | 29 |
| 409 | 2897 | 00:32:14 | Schüller | Irina | | GER-SH | W-40 | 32 |
| 410 | 1112 | 00:32:14 | Fiebig | Mila | Grundschule St. Margarethen | GER-SH | W-KU12 | 67 |
| 411 | 1682 | 00:32:14 | Strudthoff | Sophia | Grundschule Edendorf 2 | GER-SH | W-KU10 | 6 |
| 412 | 834 | 00:32:15 | Kehde | Pauline | AVS Itzehoe 10e | GER-SH | W-JU18 | 24 |
| 413 | 856 | 00:32:15 | Powilleit | Kira | AVS Itzehoe 6b | GER-SH | W-JU14 | 78 |
| 414 | 3089 | 00:32:16 | Saf | Jasmin-Aylin | Kaiser-Karl-Schule 12 | GER-SH | W-JU20 | 15 |
| 415 | 3041 | 00:32:16 | Röttger | Kira | Jugendfeuerwehr Sarlhusen | GER-SH | W-KU12 | 68 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|--------------------|--|---------|-------------------|------------------|
| 416 | 2961 | 00:32:22 | Ahrens | Luisa | Egon Haupthoff GmbH & Co KG | GER-SH | W-HK | 54 |
| 417 | 777 | 00:32:23 | Simon | Lioba | | GER-SH | W-35 | 30 |
| 418 | 2841 | 00:32:23 | Kluge | Maja-Christin | | GER-SH | W-30 | 23 |
| 419 | 1990 | 00:32:26 | Reinke | Jessica Leni | Steinburg-Schule Steinburg-Flitzer | GER-SH | W-JU14 | 79 |
| 420 | 2937 | 00:32:26 | Schwarz | Thorit | AVS Itzehoe 8a-d + 5c | GER-SH | W-JU16 | 35 |
| 421 | 3473 | 00:32:30 | Stache | Sofia | AVS Klasse 5e | GER-SH | W-KU12 | 69 |
| 422 | 1715 | 00:32:31 | Althoff | Jette | Grundschule Edendorf 4 | GER-SH | W-KU12 | 70 |
| 423 | 1234 | 00:32:32 | Spiegel | Marion | Novitas BKK | GER-SH | W-50 | 24 |
| 424 | 3945 | 00:32:32 | Otremba | Kristin | Wohler, Aldag & Partner mbB | GER-SH | W-35 | 31 |
| 425 | 2951 | 00:32:32 | Eckert | Angela | Brücke SH gGmbH | GER-SH | W-35 | 32 |
| 426 | 2776 | 00:32:33 | Adam | Jennifer-Katharina | | GER-SH | W-HK | 55 |
| 427 | 2823 | 00:32:38 | Hess | Alexandra | | GER-SH | W-35 | 33 |
| 428 | 3210 | 00:32:38 | Ter Haseborg | Isabell | Klinikum Itzehoe | GER-SH | W-40 | 33 |
| 429 | 2853 | 00:32:38 | Leubner | Kerstin | | GER-SH | W-40 | 34 |
| 430 | 3572 | 00:32:39 | Mandler | Nicole | Holcim (Deutschland) GmbH | GER-SH | W-40 | 35 |
| 431 | 848 | 00:32:39 | Hasselmeyer | Emma | AVS Itzehoe 6b | GER-SH | W-JU14 | 80 |
| 432 | 845 | 00:32:39 | Denker | Anna | AVS Itzehoe 6b | GER-SH | W-JU14 | 81 |
| 433 | 3599 | 00:32:42 | Lehmann | Sonja | Itzehoer Versicherung | GER-SH | W-40 | 36 |
| 434 | 1347 | 00:32:43 | Kurpiewska | Roxana | | GER-SH | W-JU14 | 82 |
| 435 | 3272 | 00:32:44 | Specht | Evelyn | Sparkasse Westholstein | GER-SH | W-HK | 56 |
| 436 | 3271 | 00:32:44 | Kopzew | Melanie | Sparkasse Westholstein | GER-SH | W-JU20 | 16 |
| 437 | 3307 | 00:32:45 | Sagebiel | Mirja | TSV LOLA | GER-SH | W-KU12 | 71 |
| 438 | 3028 | 00:32:48 | Daßau | Swantje | Jugendfeuerwehr Sarlhusen | GER-SH | W-JU16 | 36 |
| 439 | 1774 | 00:32:48 | Noeske | Kerstin | Itzehoer Versicherung | GER-SH | W-50 | 25 |
| 440 | 2790 | 00:32:49 | Clausen | Nicole | | GER-SH | W-40 | 37 |
| 441 | 2022 | 00:32:49 | Probst | Bente | TSV Heiligenstedten E2 | GER-SH | W-40 | 38 |
| 442 | 3675 | 00:32:50 | Schuster | Dorothea | Novitas BKK | GER-SH | W-KU12 | 72 |
| 443 | 3854 | 00:32:50 | Rohwedder | Sandra | ThiesMediCenter GmbH | GER-SH | W-HK | 57 |
| 444 | 3494 | 00:32:52 | Limberger | Charleen | Feuerwehren in Steinburg | GER-SH | W-HK | 58 |
| 445 | 3144 | 00:32:52 | Nebeling | Marie | Kaiser-Karl-Schule 6a | GER-SH | W-JU14 | 83 |
| 446 | 1164 | 00:32:54 | Strauch | Jessica | Hanseaten Apotheke Itzehoe | GER-SH | W-35 | 34 |
| 447 | 3535 | 00:32:54 | Franzen | Leonie | Gemeinschaftsschule Wilster WPU 7 | GER-SH | W-JU16 | 37 |
| 448 | 3894 | 00:32:55 | Thara | Helga | TSV LOLA | GER-SH | W-60 | 4 |
| 449 | 3814 | 00:32:55 | Wagner | Johanna | Sport-Club Itzehoe | GER-SH | W-JU20 | 17 |
| 450 | 940 | 00:32:55 | Schlemminger | Martha | Fehrs-Schule 4 a,b,c | GER-SH | W-KU12 | 73 |
| 451 | 3133 | 00:32:56 | Heibroock | Lea | Kaiser-Karl-Schule 5e | GER-SH | W-JU14 | 84 |
| 452 | 3863 | 00:32:56 | Wohler | Annelie | ThiesMediCenter GmbH | GER-SH | W-HK | 59 |
| 453 | 1286 | 00:32:56 | Lähn | Karin | TSV Heiligenstedten F1 | GER-SH | W-45 | 20 |
| 454 | 3883 | 00:32:56 | Hempel | Pauline | TSV Bargteheide Tri | GER-SH | W-KU12 | 74 |
| 455 | 1698 | 00:32:56 | Meyer | Britta | Grundschule Edendorf 3 | GER-SH | W-40 | 39 |
| 456 | 3072 | 00:32:57 | Schmidt | Wenke | Kaiser-Karl-Schule 10n | GER-SH | W-JU18 | 25 |
| 457 | 3429 | 00:32:58 | Stolze | Carolin | | GER-SH | W-JU14 | 85 |
| 458 | 853 | 00:32:58 | Markus | Anne | AVS Itzehoe 6b | GER-SH | W-40 | 40 |
| 459 | 847 | 00:32:59 | Hahn | Nathalie | AVS Itzehoe 6b | GER-SH | W-JU14 | 86 |
| 460 | 1500 | 00:32:59 | Jürgensen | Annika | | GER-SH | W-30 | 24 |
| 461 | 3876 | 00:33:00 | von Pein | Nicole | Trede & von Pein | GER-SH | W-30 | 25 |
| 462 | 1489 | 00:33:00 | Geßner | Tatjana | | GER-HAM | W-HK | 60 |
| 463 | 3762 | 00:33:01 | Fricke | Sara Leonie | Sophie-Scholl-Gymnasium 5. Jahrgang | GER-SH | W-KU12 | 75 |
| 464 | 2849 | 00:33:02 | Kulicke | Claudia | | GER- | W-40 | 41 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|-------------|---|---------|-------------------|------------------|
| 465 | 3209 | 00:33:02 | Sprung | Gesa | Klinikum Itzehoe | GER-SH | W-HK | 61 |
| 466 | 1652 | 00:33:03 | Seemann | Svea Lauren | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | W-JU18 | 26 |
| 467 | 2884 | 00:33:04 | Rüsen | Bettina | | GER-SH | W-40 | 42 |
| 468 | 1006 | 00:33:05 | Kadgien | Lilly | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | W-JU14 | 87 |
| 469 | 1021 | 00:33:05 | Thomsen | Alina | Freie Waldorfschule Itzehoe Schüler, Eltern und Lehrer | GER-SH | W-JU16 | 38 |
| 470 | 3919 | 00:33:06 | Garbers | Juliana | Volksbank Raiffeisenbank eG | GER-SH | W-HK | 62 |
| 471 | 3332 | 00:33:06 | Koeppen | Andrea | | GER-SH | W-50 | 26 |
| 472 | 929 | 00:33:07 | Harder | Leonie | Fehrs-Schule 4 a,b,c | GER-SH | W-KU12 | 76 |
| 473 | 1804 | 00:33:08 | Niedlich | Franziska | Klosterhof-Schule Itzehoe 10B | GER-SH | W-30 | 26 |
| 474 | 1841 | 00:33:08 | Werdt | Djamila | Klosterhof-Schule Itzehoe 6A | GER-SH | W-JU16 | 39 |
| 475 | 2901 | 00:33:08 | Stisser | Gudrun | | GER-SH | W-50 | 27 |
| 476 | 3627 | 00:33:08 | Paulini | Elena | Kreisverwaltung Steinburg | GER-SH | W-35 | 35 |
| 477 | 3137 | 00:33:09 | Baráth | Stefánia | Kaiser-Karl-Schule 6a | GER-SH | W-JU14 | 88 |
| 478 | 1763 | 00:33:10 | Bicker | Lara | Itzehoer Versicherung | GER-SH | W-KU12 | 77 |
| 479 | 3709 | 00:33:10 | Janke | Melanie | SC Itzehoe | GER-SH | W-50 | 28 |
| 480 | 3827 | 00:33:11 | Petermann | Marieke | Steuerberater Olaf Petermann | GER-SH | W-HK | 63 |
| 481 | 3403 | 00:33:11 | Lähn | Luisa | | GER-SH | W-JU18 | 27 |
| 482 | 3779 | 00:33:11 | Boll | Eliza | Sophie-Scholl-Gymnasium SSG und Freunde | GER-SH | W-JU20 | 18 |
| 483 | 3596 | 00:33:12 | Köhler | Laura | Itzehoer Versicherung | GER-SH | W-HK | 64 |
| 484 | 989 | 00:33:14 | Moeschke | Silvia | Freie Waldorfschule Itzehoe 5 | GER-SH | W-50 | 29 |
| 485 | 2959 | 00:33:14 | Braatz | Doris | BSC Nordoe | SUI | W-50 | 30 |
| 486 | 1671 | 00:33:14 | Müller | Mia Amalia | Grundschule Edendorf 2 | GER-SH | W-KU10 | 7 |
| 487 | 3789 | 00:33:15 | Stöker | Johanna | Sophie-Scholl-Gymnasium SSG und Freunde | GER-SH | W-JU20 | 19 |
| 488 | 3135 | 00:33:15 | Leiser | Ruby | Kaiser-Karl-Schule 5e | GER-SH | W-JU14 | 89 |
| 489 | 1154 | 00:33:16 | Schramm-Bünning | Leni | GS Wellenkamp | GER-SH | W-KU12 | 78 |
| 490 | 3134 | 00:33:16 | Keller | Antonia | Kaiser-Karl-Schule 5e | GER-SH | W-JU14 | 90 |
| 491 | 3672 | 00:33:16 | Junga | Johanna | Novitas BKK | GER-SH | W-JU16 | 40 |
| 492 | 3334 | 00:33:17 | Beck | Brigitte | | GER-SH | W-60 | 5 |
| 493 | 2988 | 00:33:17 | Schwertfeger | Märkte | Grundschule Krempe Laufgruppe | GER-SH | W-KU10 | 8 |
| 494 | 3524 | 00:33:17 | Brandt | Janne | Gemeinschaftsschule Wilster 8a | GER-SH | W-JU16 | 41 |
| 495 | 3086 | 00:33:18 | Harders | Martje | Kaiser-Karl-Schule 12 | GER-SH | W-JU20 | 20 |
| 496 | 3556 | 00:33:19 | Luther | Meike | Hobbyballer aus Horst | GER-SH | W-35 | 36 |
| 497 | 3681 | 00:33:20 | Gads | Fenja | Pohl-Boskamp | GER-SH | W-HK | 65 |
| 498 | 3871 | 00:33:21 | Krause | Johanna | Trede & von Pein | GER-SH | W-30 | 27 |
| 499 | 1523 | 00:33:21 | Priebe | Malin | | GER-HAM | W-KU10 | 9 |
| 500 | 3183 | 00:33:22 | Diercks | Laura | Kaiser-Karl-Schule 8b | GER-SH | W-JU16 | 42 |
| 501 | 2801 | 00:33:22 | Freiwald | Janne | | GER-HAM | W-30 | 28 |
| 502 | 3942 | 00:33:22 | Millat | Saskia | Wohler, Aldag & Partner mbB | GER-SH | W-30 | 29 |
| 503 | 3943 | 00:33:23 | Obenhausen | Nicole | Wohler, Aldag & Partner mbB | GER-SH | W-HK | 66 |
| 504 | 3279 | 00:33:23 | Schröder | Annika | Sport-Club Itzehoe | GER-SH | W-KU12 | 79 |
| 505 | 3946 | 00:33:24 | Petersen | Tanja | Wohler, Aldag & Partner mbB | GER-SH | W-30 | 30 |
| 506 | 3730 | 00:33:25 | Ivers | Pauline | SCHAUMANN / Lokomotive Krempe | GER-SH | W-HK | 67 |
| 507 | 2848 | 00:33:27 | Kuhlmann | Marion | Autohaus B206 | GER-SH | W-50 | 31 |
| 508 | 2858 | 00:33:27 | Maack | Magdalena | | GER-SH | W-HK | 68 |
| 509 | 3397 | 00:33:28 | Klinger | Sabrina | | GER-SH | W-50 | 32 |
| 510 | 3321 | 00:33:29 | Bertels | Julia | Vishay Siliconix Itzehoe GmbH | GER-SH | W-35 | 37 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------|------------|--|--------|-------------------|------------------|
| 511 | 3453 | 00:33:29 | Ghanbari | Fereshteh | Auguste Viktoria Schule 6d | GER-SH | W-JU16 | 43 |
| 512 | 3445 | 00:33:30 | Aust | Sophie | Auguste Viktoria Schule 6d | GER-SH | W-JU14 | 91 |
| 513 | 1933 | 00:33:31 | Piplak | Kerstin | MTV Horst | GER-SH | W-50 | 33 |
| 514 | 806 | 00:33:32 | Jung | Anastasia | Auguste Viktoria Schule 5a | GER-SH | W-KU12 | 80 |
| 515 | 1178 | 00:33:33 | Christensen | Denise | Lauftreff SG Elbmarsch | GER-SH | W-35 | 38 |
| 516 | 3243 | 00:33:34 | Siebcke | Marisol | Novitas BKK | GER-SH | W-KU12 | 81 |
| 517 | 814 | 00:33:37 | Sode | Bente | Auguste Viktoria Schule Itzehoe 8b, 9a | GER-SH | W-JU16 | 44 |
| 518 | 3499 | 00:33:38 | Beyer | Jasmin | Freiwillige Feuerwehr Wilster | GER-SH | W-HK | 69 |
| 519 | 3023 | 00:33:38 | Schallmo | Leonie | Jugendfeuerwehr Itzehoe | GER-SH | W-JU18 | 28 |
| 520 | 1482 | 00:33:39 | Blunk | Stephanie | | GER-SH | W-40 | 43 |
| 521 | 1256 | 00:33:40 | Engelmann | Petra | rekord-fenster+türen GmbH & Co. KG | GER-SH | W-45 | 21 |
| 522 | 1160 | 00:33:41 | Hilbert | Mieke | GS Wrist | GER-SH | W-KU10 | 10 |
| 523 | 968 | 00:33:42 | Schlüter | Kerstin | Freie Waldorfschule Itzehoe 4 | GER-SH | W-50 | 34 |
| 524 | 1191 | 00:33:44 | Huck | Ingeborg | LT Störlauf | GER-SH | W-70 | 1 |
| 525 | 3533 | 00:33:45 | Westphalen | Käthe | Gemeinschaftsschule Wilster 8a | GER-SH | W-JU16 | 45 |
| 526 | 3128 | 00:33:45 | Vandré | Jayden-Fee | Kaiser-Karl-Schule 5d | GER-SH | W-JU14 | 92 |
| 527 | 1689 | 00:33:45 | Geßner | Alexandra | Grundschule Edendorf 3 | GER-SH | W-KU10 | 11 |
| 528 | 3240 | 00:33:47 | Meyer | Birgit | Novitas BKK | GER-SH | W-45 | 22 |
| 529 | 2837 | 00:33:51 | Jamke | Laura | | GER-SH | W-HK | 70 |
| 530 | 1986 | 00:33:51 | Dieckert | Simone | Steinburg-Schule Steinburg-Flitzer | GER-SH | W-50 | 35 |
| 531 | 1205 | 00:33:53 | Beeck | Carolin | Novitas BKK | GER-SH | W-HK | 71 |
| 532 | 1221 | 00:33:53 | Loop | Mareike | Novitas BKK | GER-SH | W-HK | 72 |
| 533 | 1127 | 00:33:54 | Köhler | Ursula | Grundschule Wilstermarsch | GER-SH | W-50 | 36 |
| 534 | 1341 | 00:33:54 | Schmidt | Xenia | | GER-SH | W-KU12 | 82 |
| 535 | 2892 | 00:33:55 | Schmidt | Lia | | GER-SH | W-HK | 73 |
| 536 | 1669 | 00:33:55 | Hanan | Bahri | Grundschule Edendorf 2 | GER-SH | W-KU10 | 12 |
| 537 | 988 | 00:33:56 | Kupsch | Sophie | Freie Waldorfschule Itzehoe 5 | GER-SH | W-KU12 | 83 |
| 538 | 1550 | 00:34:00 | Meyer | Milena | Auguste Viktoria Schule Itzehoe 5d | GER-SH | W-KU12 | 84 |
| 539 | 1693 | 00:34:01 | Hanan | Iwana | Grundschule Edendorf 3 | GER-SH | W-KU12 | 85 |
| 540 | 3715 | 00:34:03 | Bassen | Nadine | SCHAUMANN / Lokomotive Krempe | GER-SH | W-30 | 31 |
| 541 | 3735 | 00:34:03 | Meiners-Gefken | Maria | SCHAUMANN / Lokomotive Krempe | GER-SH | W-60 | 6 |
| 542 | 802 | 00:34:03 | Moritz | Tanja | Albert-Schweitzer-Apotheke | GER-SH | W-40 | 44 |
| 543 | 3951 | 00:34:05 | Spiegl | Claudia | Wohler, Aldag & Partner mbB | GER-SH | W-45 | 23 |
| 544 | 1155 | 00:34:05 | Shamma | Safa | GS Wellenkamp | GER-SH | W-KU10 | 13 |
| 545 | 1826 | 00:34:05 | Mohr | Elina | Klosterhof-Schule Itzehoe 5C | GER-SH | W-KU12 | 86 |
| 546 | 1719 | 00:34:05 | Clasen | Emmy | Grundschule Edendorf 4 | GER-SH | W-KU12 | 87 |
| 547 | 785 | 00:34:06 | Rettkowski | Dörte | | GER-SH | W-55 | 10 |
| 548 | 3026 | 00:34:06 | Baasch | Elisa | Jugendfeuerwehr Sarlhusen | GER-SH | W-JU18 | 29 |
| 549 | 1050 | 00:34:07 | Brockshus | Nona | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU10 | 14 |
| 550 | 995 | 00:34:07 | Schmitz | Antonia | Freie Waldorfschule Itzehoe 5 | GER-SH | W-JU14 | 93 |
| 551 | 775 | 00:34:08 | Kunstmann | Nicole | | GER-SH | W-50 | 37 |
| 552 | 1029 | 00:34:12 | Petrat | Sabine | Grundschule am Störtal | GER-SH | W-45 | 24 |
| 553 | 1723 | 00:34:13 | Kama | Samira | Grundschule Edendorf 4 | GER-SH | W-KU12 | 88 |
| 554 | 2844 | 00:34:13 | Köster | Anna | | GER-SH | W-35 | 39 |
| 555 | 3093 | 00:34:15 | Hübner | Hanna | Kaiser-Karl-Schule 5a | GER-SH | W-JU14 | 94 |

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5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|---------------|--|---------|-------------------|------------------|
| 556 | 3790 | 00:34:15 | Tesch | Maike | Sophie-Scholl-Gymnasium SSG und Freunde | GER-SH | W-40 | 45 |
| 557 | 3584 | 00:34:15 | Kühl | Lana-Michelle | ISR Recycling GmbH & Co. KG | GER-SH | W-HK | 74 |
| 558 | 3095 | 00:34:17 | Schiller | Mathilda | Kaiser-Karl-Schule 5a | GER-SH | W-KU12 | 89 |
| 559 | 994 | 00:34:19 | Sanders | Lilia | Freie Waldorfschule Itzehoe 5 | GER-SH | W-JU14 | 95 |
| 560 | 976 | 00:34:19 | Dilschmann | Madleen | Freie Waldorfschule Itzehoe 5 | GER-SH | W-KU12 | 90 |
| 561 | 3092 | 00:34:21 | Dankert | Victoria | Kaiser-Karl-Schule 5a | GER-SH | W-KU12 | 91 |
| 562 | 3000 | 00:34:21 | Dürwald | Frederike | | GER-SH | W-HK | 75 |
| 563 | 1068 | 00:34:23 | Krzsowski | Bettina | Grundschule Kellinghusen Lauf-AG | GER-SH | W-45 | 25 |
| 564 | 3632 | 00:34:23 | Bauch | Thea | Lauftreff SG Elbmarsch | GER-SH | W-60 | 7 |
| 565 | 3743 | 00:34:24 | Rauhut | Jennifer | SCHAUMANN / Lokomotive Krempe | GER-SH | W-HK | 76 |
| 566 | 3693 | 00:34:24 | Matterne | Claudia | rekord-fenster+türen GmbH & Co. KG | GER-SH | W-40 | 46 |
| 567 | 2778 | 00:34:25 | Bager | Lena | | GER-SH | W-KU12 | 92 |
| 568 | 3539 | 00:34:25 | Griesbach | Michelle | Gemeinschaftsschule Wilster | GER-SH | W-JU20 | 21 |
| 569 | 1696 | 00:34:25 | Lampe | Janine | Grundschule Edendorf 3 | GER-SH | W-KU12 | 93 |
| 570 | 2820 | 00:34:26 | Harms | Sabrina | | GER-SH | W-35 | 40 |
| 571 | 3875 | 00:34:27 | Rehkugler | Sabine | Trede & von Pein | GER-SH | W-55 | 11 |
| 572 | 3922 | 00:34:28 | Pinz | Ariane | Volksbank Raiffeisenbank eG | GER-SH | W-45 | 26 |
| 573 | 1881 | 00:34:30 | Wegner | Leonie | Klosterhof-Schule Itzehoe 7B | GER-SH | W-JU14 | 96 |
| 574 | 1241 | 00:34:31 | Van Delen | Katrin | Novitas BKK | GER-SH | W-35 | 41 |
| 575 | 1257 | 00:34:32 | Kötschau | Sara | rekord-fenster+türen GmbH & Co. KG | GER-SH | W-KU10 | 15 |
| 576 | 3110 | 00:34:33 | Clausen | Freda | Kaiser-Karl-Schule 5c | GER-SH | W-JU14 | 97 |
| 577 | 2982 | 00:34:33 | List | Maike | Grundschule Krempe Laufgruppe | GER-SH | W-KU12 | 94 |
| 578 | 1242 | 00:34:33 | Van Delen | Leni | Novitas BKK | GER-SH | W-KU12 | 95 |
| 579 | 946 | 00:34:33 | Bär | Hannah | Freie Waldorfschule Itzehoe 3 | GER-SH | W-KU12 | 96 |
| 580 | 947 | 00:34:34 | Hansen | Neele | Freie Waldorfschule Itzehoe 3 | GER-SH | W-KU12 | 97 |
| 581 | 1824 | 00:34:36 | Hytry | Sarah | Klosterhof-Schule Itzehoe 5C | GER-SH | W-KU12 | 98 |
| 582 | 1258 | 00:34:36 | Kötschau | Simona | rekord-fenster+türen GmbH & Co. KG | GER-SH | W-40 | 47 |
| 583 | 813 | 00:34:36 | Schwerdtke | Lilly Sophie | Auguste Viktoria Schule Itzehoe 8b, 9a | GER-SH | W-JU16 | 46 |
| 584 | 977 | 00:34:39 | Eichert | Maria | Freie Waldorfschule Itzehoe 5 | GER-SH | W-JU14 | 98 |
| 585 | 1284 | 00:34:40 | Johansson | Kerstin | TSV Heiligenstedten F1 | GER-SH | W-45 | 27 |
| 586 | 1916 | 00:34:42 | Bade | Janina | METEK GmbH, Elmshorn | GER-SH | W-45 | 28 |
| 587 | 3734 | 00:34:42 | Ma | Yue | SCHAUMANN / Lokomotive Krempe | GER-SH | W-30 | 32 |
| 588 | 1334 | 00:34:44 | Dammann | Marlin | | GER-NIE | W-HK | 77 |
| 589 | 1025 | 00:34:45 | Hollm | Kiara | Grundschule am Störtal | GER-SH | W-KU10 | 16 |
| 590 | 1772 | 00:34:45 | Kröckel | Sarah | Itzehoer Versicherung | GER-SH | W-HK | 78 |
| 591 | 1024 | 00:34:46 | Hollm | Ina | Grundschule am Störtal | GER-SH | W-40 | 48 |
| 592 | 1725 | 00:34:48 | Koch | Marlene | Grundschule Edendorf 4 | GER-SH | W-KU12 | 99 |
| 593 | 1143 | 00:34:49 | Hochmuth | Anna Joline | GS Wellenkamp | GER-SH | W-KU10 | 17 |
| 594 | 2815 | 00:34:49 | Grimsmann | Charlyn | | GER-SH | W-HK | 79 |
| 595 | 866 | 00:34:50 | Niese | Lucy | EMA Grundschule Itzehoe 1a-2c | GER-SH | W-KU10 | 18 |
| 596 | 3696 | 00:34:52 | Wiechern | Brigit | rekord-fenster+türen GmbH & Co. KG | GER-SH | W-40 | 49 |
| 597 | 918 | 00:34:52 | Schultz | Pia | Fehrs-Schule 3 b,c | GER-SH | W-KU12 | 100 |
| 598 | 917 | 00:34:52 | Schultz | Jasmin | Fehrs-Schule 3 b,c | GER-SH | W-30 | 33 |
| 599 | 1527 | 00:34:54 | Roscher | Filiz | | GER-SH | W-40 | 50 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------------------|---------------|--|--------|-------------------|------------------|
| 600 | 1740 | 00:34:55 | Eggerstedt | Emelie | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | W-KU12 | 101 |
| 601 | 1753 | 00:34:57 | Schmidt | Boutaina | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | W-KU10 | 19 |
| 602 | 3623 | 00:34:58 | Eggerstedt | Alexandra | Kreisverwaltung Steinburg | GER-SH | W-50 | 38 |
| 603 | 3255 | 00:34:59 | Bahnsen | Sonja | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-45 | 29 |
| 604 | 3318 | 00:35:00 | Bicke | Lenya | Varde Handball | DEN | W-JU16 | 47 |
| 605 | 3236 | 00:35:02 | Braun | Aske | Novitas BKK | GER-SH | W-35 | 42 |
| 606 | 1266 | 00:35:03 | Jeske | Britta | Sport-Club Itzehoe | GER-SH | W-40 | 51 |
| 607 | 1267 | 00:35:03 | Jeske | Jette Merit | Sport-Club Itzehoe | GER-SH | W-KU12 | 102 |
| 608 | 1752 | 00:35:07 | Schliebs | Friederike | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | W-30 | 34 |
| 609 | 1861 | 00:35:07 | Cravaak | Mary | Klosterhof-Schule Itzehoe 7A | GER-SH | W-JU16 | 48 |
| 610 | 3418 | 00:35:08 | Rasmussen | Sarah | | GER-SH | W-HK | 80 |
| 611 | 1695 | 00:35:11 | Klinger | Mareike | Grundschule Edendorf 3 | GER-SH | W-30 | 35 |
| 612 | 930 | 00:35:13 | Harder | Madlen | Fehrs-Schule 4 a,b,c | GER-SH | W-HK | 81 |
| 613 | 3641 | 00:35:13 | Otte | Melina | Lebenshilfe Steinburg gGmbH | GER-SH | W-HK | 82 |
| 614 | 3617 | 00:35:13 | Knaack | Corinna | Klinikum Itzehoe | GER-SH | W-HK | 83 |
| 615 | 3740 | 00:35:16 | Peters | Manuela | SCHAUMANN / Lokomotive Krempe | GER-SH | W-55 | 12 |
| 616 | 3538 | 00:35:16 | Griesbach | Leonie | Gemeinschaftsschule Wilster | GER-SH | W-JU16 | 49 |
| 617 | 1073 | 00:35:16 | Reinholdt | Lilly Sophie | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 103 |
| 618 | 3639 | 00:35:17 | Knaack | Johanna | Lebenshilfe Steinburg gGmbH | GER-SH | W-HK | 84 |
| 619 | 1914 | 00:35:20 | Reinke | Romina Jana | Lohbarbek | GER-SH | W-KU10 | 20 |
| 620 | 822 | 00:35:20 | Kruse | Mareike | AVS 7a | GER-SH | W-JU16 | 50 |
| 621 | 3720 | 00:35:20 | Börnecke | Sandra | SCHAUMANN / Lokomotive Krempe | GER-SH | W-35 | 43 |
| 622 | 1517 | 00:35:21 | Meyer zu Altenschildesche | Sandra | | GER-SH | W-45 | 30 |
| 623 | 1212 | 00:35:23 | Granzow | Silke | Novitas BKK | GER-SH | W-45 | 31 |
| 624 | 3376 | 00:35:26 | Block | Susanne | | GER-SH | W-45 | 32 |
| 625 | 1243 | 00:35:27 | Vollenwender | Olga | Novitas BKK | GER-SH | W-HK | 85 |
| 626 | 2797 | 00:35:27 | Falkenberg | Marie | | GER-SH | W-JU20 | 22 |
| 627 | 1302 | 00:35:29 | Rehse | Jasmin | WHG Heide | GER-SH | W-JU14 | 99 |
| 628 | 996 | 00:35:29 | Stotz | Neele Josie | Freie Waldorfschule Itzehoe 5 | GER-SH | W-JU14 | 100 |
| 629 | 1346 | 00:35:29 | Stobbe | Margarethe | Freie Waldorfschule Itzehoe 1 | GER-SH | W-JU14 | 101 |
| 630 | 3510 | 00:35:31 | Junge | Justine | Gemeinschaftsschule Wilster 10a | GER-SH | W-JU18 | 30 |
| 631 | 2042 | 00:35:31 | Schneider | Leonie | Klosterhof-Schule Itzehoe 8C | GER-SH | W-JU16 | 51 |
| 632 | 2860 | 00:35:32 | Malzkorn | Jasmin Vivien | | GER-SH | W-HK | 86 |
| 633 | 2846 | 00:35:32 | Kramm | Julia | | GER-SH | W-HK | 87 |
| 634 | 3589 | 00:35:32 | Sievers | Regine | | GER-SH | W-50 | 39 |
| 635 | 3173 | 00:35:33 | Block | Ivy Lotta | Kaiser-Karl-Schule 7c | GER-SH | W-JU14 | 102 |
| 636 | 3519 | 00:35:34 | Plett | Jona | Gemeinschaftsschule Wilster 6a | GER-SH | W-JU14 | 103 |
| 637 | 3521 | 00:35:34 | Westbrock | Josephine | Gemeinschaftsschule Wilster 6a | GER-SH | W-JU14 | 104 |
| 638 | 2872 | 00:35:36 | Priebe | Julia | | GER-SH | W-45 | 33 |
| 639 | 2904 | 00:35:39 | Sülau | Lara | | GER-SH | W-JU16 | 52 |
| 640 | 3840 | 00:35:40 | Bajorat | Gaby | ThiesMediCenter GmbH | GER-SH | W-45 | 34 |
| 641 | 3396 | 00:35:40 | Klein | Martina | | GER-SH | W-50 | 40 |
| 642 | 2886 | 00:35:42 | Sagebiel | Berte | | GER-SH | W-40 | 52 |
| 643 | 1799 | 00:35:43 | Scarfone | Francesca | Klinikum Itzehoe | GER-SH | W-30 | 36 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------|------------|--|---------|-------------------|------------------|
| 644 | 1797 | 00:35:43 | Quattrocchi | Silvia | Klinikum Itzehoe | GER-SH | W-HK | 88 |
| 645 | 1219 | 00:35:47 | Holtorf-Hinrichs | Tanja | Novitas BKK | GER-SH | W-40 | 53 |
| 646 | 2802 | 00:35:48 | Geerken | Celina | | GER-SH | W-JU20 | 23 |
| 647 | 2963 | 00:35:51 | Rost | Jasmin | Egon Haupthoff GmbH & Co KG | GER-SH | W-30 | 37 |
| 648 | 1654 | 00:35:55 | Stetzkamp | Julia | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | W-JU16 | 53 |
| 649 | 1647 | 00:35:55 | Hauschildt | Ina | Gemeinschaftsschule am Lehmwohld 9c | GER-SH | W-JU16 | 54 |
| 650 | 3529 | 00:35:57 | Krebs | Änne | Gemeinschaftsschule Wilster 8a | GER-SH | W-JU16 | 55 |
| 651 | 3655 | 00:35:59 | Möller | Jasmin | Meifort GmbH & Co. KG | GER-SH | W-HK | 89 |
| 652 | 1958 | 00:36:00 | Ohrt | Lena-Marie | Novitas BKK | GER-SH | W-HK | 90 |
| 653 | 3379 | 00:36:01 | Block | Gitta | | GER-SH | W-40 | 54 |
| 654 | 792 | 00:36:05 | Spachmann | Karin | | GER-SH | W-55 | 13 |
| 655 | 936 | 00:36:09 | Neumann | Mia | Fehrs-Schule 4 a,b,c | GER-SH | W-KU12 | 104 |
| 656 | 1226 | 00:36:10 | Nalimov | Kristina | Novitas BKK | GER-SH | W-HK | 91 |
| 657 | 1244 | 00:36:11 | Voß-Schur | Jana | Novitas BKK | GER-SH | W-HK | 92 |
| 658 | 933 | 00:36:12 | Jaspert | Rosa | Fehrs-Schule 4 a,b,c | GER-SH | W-KU12 | 105 |
| 659 | 3380 | 00:36:12 | Brandes | Annette | | GER-SH | W-50 | 41 |
| 660 | 3037 | 00:36:15 | Jürgens | Sophia | Jugendfeuerwehr Sarlhusen | GER-SH | W-JU20 | 24 |
| 661 | 3234 | 00:36:17 | Böckmann | Daniela | Novitas BKK | GER-SH | W-40 | 55 |
| 662 | 1131 | 00:36:18 | Nielsen | Svea | Grundschule Wilstermarsch | GER-SH | W-KU10 | 21 |
| 663 | 1132 | 00:36:18 | Nielsen | Tanja | Grundschule Wilstermarsch | GER-SH | W-35 | 44 |
| 664 | 1063 | 00:36:18 | Kock | Carlotta | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 106 |
| 665 | 2976 | 00:36:19 | Carstens | Jule | Grundschule Krempe Laufgruppe | GER-SH | W-KU12 | 107 |
| 666 | 1082 | 00:36:20 | Von Bornstädt | Zoe | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 108 |
| 667 | 1518 | 00:36:20 | Millfahrt | Doris | | GER-SH | W-50 | 42 |
| 668 | 3036 | 00:36:25 | Jürgens | Lina | Jugendfeuerwehr Sarlhusen | GER-SH | W-KU12 | 109 |
| 669 | 3212 | 00:36:26 | Schufen | Nina | Körperformen Itzehoe | GER-SH | W-HK | 93 |
| 670 | 1692 | 00:36:27 | Hamann | Gerhild | Grundschule Edendorf 3 | GER-SH | W-45 | 35 |
| 671 | 2831 | 00:36:27 | Hintze | Mirja | | GER-SH | W-HK | 94 |
| 672 | 784 | 00:36:31 | Radom | Stefanie | | GER-SH | W-35 | 45 |
| 673 | 3025 | 00:36:31 | Zühlke | Lea | Jugendfeuerwehr Itzehoe | GER-SH | W-JU14 | 105 |
| 674 | 1273 | 00:36:35 | Borkowski | Daniela | Torgelower SV | GER-MVP | W-40 | 56 |
| 675 | 3826 | 00:36:38 | Maaß | Nora | Steuerberater Olaf Petermann | GER-SH | W-40 | 57 |
| 676 | 3475 | 00:36:38 | Dönnecke | Finja | Behrens und Haltermann | GER-SH | W-HK | 95 |
| 677 | 1238 | 00:36:42 | Stolle | Stefanie | Novitas BKK | GER-SH | W-40 | 58 |
| 678 | 1145 | 00:36:46 | Ludwig | Ingrid | GS Wellenkamp | GER-SH | W-45 | 36 |
| 679 | 1502 | 00:36:47 | Kiel | Lara | | GER-SH | W-30 | 38 |
| 680 | 3842 | 00:36:47 | Berg | Olga | ThiesMediCenter GmbH | GER-SH | W-35 | 46 |
| 681 | 3905 | 00:36:55 | Hintz | Monika | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | W-55 | 14 |
| 682 | 3437 | 00:36:56 | Zintl | Kerstin | | GER-SH | W-50 | 43 |
| 683 | 1177 | 00:36:58 | Schändel | Inga | | GER-SH | W-30 | 39 |
| 684 | 3692 | 00:36:58 | Kell | Carmen | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-45 | 37 |
| 685 | 2852 | 00:36:58 | Langmaack | Nelja | | GER-SH | W-KU12 | 110 |
| 686 | 2779 | 00:36:59 | Barnstedt | Kena | | GER-SH | W-KU12 | 111 |
| 687 | 3961 | 00:37:00 | Voigt | Birte | Sport-Club Itzehoe | GER-SH | W-35 | 47 |
| 688 | 1864 | 00:37:04 | Lauth | Aliya | Klosterhof-Schule Itzehoe 7A | GER-SH | W-JU16 | 56 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------------------|-------------|---------------------------------------|---------|-------------------|------------------|
| 689 | 2944 | 00:37:05 | Grundler | Jacqueline | Blumenhaus Grundler | GER-SH | W-KU12 | 112 |
| 690 | 1865 | 00:37:06 | Matthiessen | Anna | Klosterhof-Schule Itzehoe 7A | GER-SH | W-JU14 | 106 |
| 691 | 3170 | 00:37:10 | Seemann | Sarah | Kaiser-Karl-Schule 7b | GER-SH | W-JU16 | 57 |
| 692 | 1960 | 00:37:10 | Pein | Claudia | Novitas BKK | GER-SH | W-40 | 59 |
| 693 | 1167 | 00:37:20 | Botha | Nicole | Klinikum Itzehoe | GER-SH | W-40 | 60 |
| 694 | 2855 | 00:37:23 | Lombardi Becker Souza | Nathali | | BRA | W-HK | 96 |
| 695 | 3284 | 00:37:23 | Thom | Ilka | SSG | GER-SH | W-JU16 | 58 |
| 696 | 3673 | 00:37:24 | Junga | Sabine | Novitas BKK | GER-SH | W-50 | 44 |
| 697 | 2824 | 00:37:26 | Heß | Evelyn | | GER-SH | W-30 | 40 |
| 698 | 3280 | 00:37:31 | Schröder | Carlotta | Sport-Club Itzehoe | GER-SH | W-KU10 | 22 |
| 699 | 1718 | 00:37:32 | Chhadah | Farah | Grundschule Edendorf 4 | GER-SH | W-KU12 | 113 |
| 700 | 3310 | 00:37:34 | Jessen | Jutta | TSV Vorwärts 1888 Hademarschen | GER-SH | W-45 | 38 |
| 701 | 1476 | 00:37:38 | Bär | Nienke | | GER-SH | W-HK | 97 |
| 702 | 1171 | 00:37:41 | Thies | Karen | Klinikum Itzehoe | GER-SH | W-40 | 61 |
| 703 | 1849 | 00:37:48 | Michaelsen | Jule | Klosterhof-Schule Itzehoe 6B | GER-SH | W-JU14 | 107 |
| 704 | 1833 | 00:37:50 | Dahl | Birte | Klosterhof-Schule Itzehoe 6A | GER-SH | W-35 | 48 |
| 705 | 3860 | 00:37:51 | Steinert | Vicky | ThiesMediCenter GmbH | GER-SH | W-KU12 | 114 |
| 706 | 872 | 00:37:52 | Chikacheva | Andzhela | EMA Grundschule Itzehoe 3a+3b | GER-SH | W-KU10 | 23 |
| 707 | 3640 | 00:37:52 | Michel | Elena | Lebenshilfe Steinburg gGmbH | GER-SH | W-50 | 45 |
| 708 | 1706 | 00:37:55 | Rode | Sophie | Grundschule Edendorf 3 | GER-SH | W-KU12 | 115 |
| 709 | 3082 | 00:37:55 | Ziemann | Caroline | Kaiser-Karl-Schule 11 | GER-SH | W-JU20 | 25 |
| 710 | 3265 | 00:37:58 | Wichmann | Sabine | SCI Itzehoe | GER-SH | W-HK | 98 |
| 711 | 3689 | 00:38:02 | Betz | Christa | | GER-SH | W-40 | 62 |
| 712 | 1911 | 00:38:04 | Johannsen | Sinja | Klosterhof-Schule Itzehoe 9B | GER-SH | W-JU18 | 31 |
| 713 | 1842 | 00:38:04 | Winkler | Jenna | Klosterhof-Schule Itzehoe 6A | GER-SH | W-JU14 | 108 |
| 714 | 3970 | 00:38:10 | Witt | Ann-Kristin | | GER-SH | W-HK | 99 |
| 715 | 1899 | 00:38:10 | Holm | Alina | Klosterhof-Schule Itzehoe 8B | GER-SH | W-JU16 | 59 |
| 716 | 3408 | 00:38:14 | Nebke | Anna | | GER-SH | W-JU20 | 26 |
| 717 | 1512 | 00:38:14 | Lange | Gesche | | GER-SH | W-40 | 63 |
| 718 | 916 | 00:38:17 | Schmidt | Kerstin | Fehrs-Schule 3 b,c | GER-SH | W-45 | 39 |
| 719 | 3043 | 00:38:18 | Schmidt | Estelle | Jugendfeuerwehr Sarlhusen | GER-SH | W-JU16 | 60 |
| 720 | 787 | 00:38:19 | Sadowski | Elfi | | GER-SAC | W-60 | 8 |
| 721 | 3245 | 00:38:19 | Siebcke | Ulrike | Novitas BKK | GER-SH | W-45 | 40 |
| 722 | 2832 | 00:38:24 | Hintze | Sabine | | GER-SH | W-60 | 9 |
| 723 | 2881 | 00:38:26 | Rogge | Stephanie | | GER-SH | W-30 | 41 |
| 724 | 1988 | 00:38:28 | Hofem | Angelique | Steinburg-Schule Steinburg-Flitzer | GER-SH | W-JU14 | 109 |
| 725 | 2821 | 00:38:31 | Harnack | Saskia | | GER-SH | W-JU20 | 27 |
| 726 | 1166 | 00:38:32 | Neumann | Simone | | GER-SH | W-35 | 49 |
| 727 | 3608 | 00:38:37 | Kemmer | Anne | Kioto Itzehoe e.V. | GER-SH | W-50 | 46 |
| 728 | 1340 | 00:38:37 | Biehl | Kristin | | GER-SH | W-35 | 50 |
| 729 | 1313 | 00:38:38 | Feldmann | Shirin | Wolfgang-Borchert-Schule Itzehoe | GER-SH | W-JU16 | 61 |
| 730 | 3258 | 00:38:49 | Nehlsen | Astrid | rekord-fenster-türen GmbH & Co. KG | GER-SH | W-45 | 41 |
| 731 | 2919 | 00:38:50 | Wagner | Monika | AOK NordWest | GER-SH | W-60 | 10 |
| 732 | 1793 | 00:38:54 | Kühl | Aileen | Klinikum Itzehoe | GER-SH | W-HK | 100 |
| 733 | 2791 | 00:39:01 | de Azevedo Marques | Mayelle | | GER-SH | W-HK | 101 |
| 734 | 3329 | 00:39:04 | Bluhm | Neele | | GER-SH | W-KU12 | 116 |
| 735 | 3311 | 00:39:06 | Jessen | Marlene | TSV Vorwärts 1888 Hademarschen | GER-SH | W-JU18 | 32 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|--------------|--|---------|-------------------|------------------|
| 736 | 983 | 00:39:08 | Heidmann | Neela Amelie | Freie Waldorfschule Itzehoe 5 | GER-SH | W-KU12 | 117 |
| 737 | 2857 | 00:39:10 | Ludewig | Sarina | | GER-SH | W-30 | 42 |
| 738 | 3768 | 00:39:12 | Betz | Stefanie | Sophie-Scholl-Gymnasium 6. Klasse | GER-SH | W-JU14 | 110 |
| 739 | 1146 | 00:39:13 | Mohrmann | Alessandra | GS Wellenkamp | GER-SH | W-KU12 | 118 |
| 740 | 2798 | 00:39:21 | Fehrs | Lisann | | GER-SH | W-JU14 | 111 |
| 741 | 1733 | 00:39:23 | Ott | Jona Chiara | Grundschule Edendorf 4 | GER-SH | W-KU12 | 119 |
| 742 | 1738 | 00:39:23 | Zeino | Lina | Grundschule Edendorf 4 | GER-SH | W-JU14 | 112 |
| 743 | 1303 | 00:39:25 | Peimann | Frauke | Wilster | GER-SH | W-55 | 15 |
| 744 | 1111 | 00:39:25 | Vandré | Lilly | Grundschule Münsterdorf | GER-SH | W-KU10 | 24 |
| 745 | 1101 | 00:39:25 | Gertel | Lale | Grundschule Münsterdorf | GER-SH | W-KU10 | 25 |
| 746 | 3898 | 00:39:26 | Zakrzewski | Hilke | TV Waldmünchen | GER-BAY | W-70 | 2 |
| 747 | 1721 | 00:39:27 | Felde | Lina Marie | Grundschule Edendorf 4 | GER-SH | W-KU12 | 120 |
| 748 | 1080 | 00:39:33 | Struve | Henrike | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU10 | 26 |
| 749 | 1058 | 00:39:33 | Grundmann | Karla | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU10 | 27 |
| 750 | 786 | 00:39:35 | Roier-Ohr | Patricia | | GER-SH | W-45 | 42 |
| 751 | 3320 | 00:39:37 | Worm | Jette | VFL Kellinghusen | GER-SH | W-KU10 | 28 |
| 752 | 2941 | 00:39:37 | Worm | Anne | BiBeKu | GER-SH | W-40 | 64 |
| 753 | 3683 | 00:39:39 | Grantin | Susanne | Pohl-Boskamp | GER-SH | W-50 | 47 |
| 754 | 3684 | 00:39:39 | Haack | Merle | Pohl-Boskamp | GER-SH | W-30 | 43 |
| 755 | 1819 | 00:39:40 | Radke | Zoe | Klosterhof-Schule Itzehoe 5B | GER-SH | W-JU14 | 113 |
| 756 | 2047 | 00:39:42 | Hoehne | Margret | TopFit Sportstudio | GER-SH | W-60 | 11 |
| 757 | 1984 | 00:39:51 | Arriens | Marlitt | Steinburg-Schule Steinburg-Flitzer | GER-SH | W-30 | 44 |
| 758 | 1985 | 00:39:51 | Blechschild | Celine | Steinburg-Schule Steinburg-Flitzer | GER-SH | W-JU14 | 114 |
| 759 | 3264 | 00:39:51 | Beu | Inka | SC Hohenaspe | GER-SH | W-40 | 65 |
| 760 | 3010 | 00:40:00 | Rau | Sabine | Itzeoer Versicherung | GER-SH | W-35 | 51 |
| 761 | 3592 | 00:40:06 | Adria | Lena | Itzeoer Versicherung | GER-SH | W-HK | 102 |
| 762 | 1187 | 00:40:21 | Bischof | Nele | LT Störlauf | GER-SH | W-HK | 103 |
| 763 | 1754 | 00:40:24 | Schulz | Victorija | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | W-KU12 | 121 |
| 764 | 1746 | 00:40:24 | Millfahrt | Zoe | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | W-KU12 | 122 |
| 765 | 1504 | 00:40:25 | Körber | Angela | | GER-SH | W-50 | 48 |
| 766 | 1202 | 00:40:32 | Baal | Alina | Novitas BKK | GER-SH | W-KU12 | 123 |
| 767 | 1203 | 00:40:32 | Baal | Katrin | Novitas BKK | GER-SH | W-35 | 52 |
| 768 | 3400 | 00:40:35 | Krüger | Andrea | | GER-SH | W-50 | 49 |
| 769 | 773 | 00:40:35 | Jürgens | Ina Maria | | GER-SH | W-50 | 50 |
| 770 | 2977 | 00:40:40 | Degelow | Mira | Grundschule Krempe Laufgruppe | GER-SH | W-KU10 | 29 |
| 771 | 3389 | 00:40:44 | Fleischer | Sandra | | GER-HAM | W-40 | 66 |
| 772 | 2962 | 00:40:46 | Müller | Christine | Egon Haupthoff GmbH & Co KG | GER-SH | W-HK | 104 |
| 773 | 3934 | 00:40:48 | Karlau | Kira-Sophie | Wohlert, Aldag & Partner mbB | GER-SH | W-HK | 105 |
| 774 | 3628 | 00:40:55 | Ritters | Annika | Kreisverwaltung Steinburg | GER-SH | W-35 | 53 |
| 775 | 3667 | 00:41:00 | Berg | Annika | Novitas BKK | GER-SH | W-KU12 | 124 |
| 776 | 3576 | 00:41:05 | Tarrach | Lara | Holcim (Deutschland) GmbH | GER-SH | W-JU18 | 33 |
| 777 | 2785 | 00:41:08 | Bieritz | Bettina | | GER-SH | W-40 | 67 |
| 778 | 1116 | 00:41:10 | Ehmcke | Merret | Grundschule Wilstermarsch | GER-SH | W-KU10 | 30 |
| 779 | 1263 | 00:41:14 | Rechter | Ann-Christin | Sparkasse Westholstein | GER-SH | W-HK | 106 |
| 780 | 3912 | 00:41:21 | Müller | Emmelie | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | W-JU16 | 62 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|--------------|---|---------|-------------------|------------------|
| 781 | 871 | 00:41:23 | Thies | Emma | EMA Grundschule Itzehoe 1a-2c | GER-SH | W-KU10 | 31 |
| 782 | 3917 | 00:41:24 | Schroeder | Melissa | Via Nova Kinder-Eltern-Jugendhilfe | GER-SH | W-JU18 | 34 |
| 783 | 1830 | 00:41:25 | Schröder | Finja | Klosterhof-Schule Itzehoe 5C | GER-SH | W-KU12 | 125 |
| 784 | 1823 | 00:41:25 | Goetzke | Talia | Klosterhof-Schule Itzehoe 5C | GER-SH | W-JU14 | 115 |
| 785 | 1193 | 00:41:30 | Kühl | Lara | LT Störlauf | GER-SH | W-KU10 | 32 |
| 786 | 1192 | 00:41:30 | Huck | Judith | LT Störlauf | GER-SH | W-35 | 54 |
| 787 | 1188 | 00:41:31 | Brunnhofer | Kathrin | LT Störlauf | GER-SH | W-35 | 55 |
| 788 | 1176 | 00:41:31 | Siegismund-Jahn | Ann Christin | Klosterhof-Schule | GER-SH | W-35 | 56 |
| 789 | 1174 | 00:41:31 | Rosemeier | Nina | Klosterhof-Schule | GER-SH | W-45 | 43 |
| 790 | 1175 | 00:41:32 | Senf | Miriam | Klosterhof-Schule | GER-SH | W-40 | 68 |
| 791 | 1816 | 00:41:32 | Stange | Jana | Klosterhof-Schule Itzehoe 5A | GER-SH | W-KU12 | 126 |
| 792 | 1481 | 00:41:32 | Berg | Kornelia | | GER-HES | W-45 | 44 |
| 793 | 3412 | 00:41:47 | Nikolei | Monika | | GER- | W-60 | 12 |
| 794 | 1663 | 00:42:03 | Block | Stina | Grundschule Edendorf 2 | GER-SH | W-KU10 | 33 |
| 795 | 1679 | 00:42:04 | Spieker | Angelina | Grundschule Edendorf 2 | GER-SH | W-KU12 | 127 |
| 796 | 1156 | 00:42:09 | Stelwag | Emily | GS Wellenkamp | GER-SH | W-KU12 | 128 |
| 797 | 1048 | 00:42:20 | Bergtholdt | Leonie | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU10 | 34 |
| 798 | 1075 | 00:42:25 | Rüssbüldt | Mathilda | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU10 | 35 |
| 799 | 1707 | 00:42:27 | Sakirov | Shirin Sajme | Grundschule Edendorf 3 | GER-SH | W-KU10 | 36 |
| 800 | 1949 | 00:42:33 | Schneider | Britta | Neurozentrum am Klosterforst | GER-SH | W-40 | 69 |
| 801 | 1941 | 00:42:33 | Frauen | Katharina | Neurozentrum am Klosterforst | GER-SH | W-HK | 107 |
| 802 | 1944 | 00:42:34 | Jordan | Karin | Neurozentrum am Klosterforst | GER-SH | W-60 | 13 |
| 803 | 1947 | 00:42:34 | Rösch | Birte | Neurozentrum am Klosterforst | GER-SH | W-50 | 51 |
| 804 | 1943 | 00:42:34 | Habke | Ann-Katrin | Neurozentrum am Klosterforst | GER-SH | W-HK | 108 |
| 805 | 1940 | 00:42:35 | Dammann | Friederike | Neurozentrum am Klosterforst | GER-SH | W-HK | 109 |
| 806 | 1942 | 00:42:35 | Gehring | Bettina | Neurozentrum am Klosterforst | GER-SH | W-50 | 52 |
| 807 | 1939 | 00:42:35 | Breiholz | Anna | Neurozentrum am Klosterforst | GER-SH | W-HK | 110 |
| 808 | 1634 | 00:42:36 | Post | Katharina | Detlefsengymnasium 6a | GER-SH | W-JU14 | 116 |
| 809 | 1945 | 00:42:36 | Koch | Hilke | Neurozentrum am Klosterforst | GER-SH | W-50 | 53 |
| 810 | 1948 | 00:42:36 | Schneider | Britta | Neurozentrum am Klosterforst | GER-SH | W-50 | 54 |
| 811 | 1938 | 00:42:36 | Benthien | Alexandra | Neurozentrum am Klosterforst | GER-SH | W-30 | 45 |
| 812 | 1186 | 00:42:43 | Wöhlk | Fiene | Liliencronschule Lägerdorf | GER-SH | W-KU12 | 129 |
| 813 | 3848 | 00:42:46 | Kloth | Fenja | ThiesMediCenter GmbH | GER-SH | W-HK | 111 |
| 814 | 3858 | 00:42:46 | Schirmmacher | Franziska | ThiesMediCenter GmbH | GER-SH | W-HK | 112 |
| 815 | 934 | 00:43:05 | Karam | Karla | Fehrs-Schule 4 a,b,c | GER-SH | W-KU12 | 130 |
| 816 | 1877 | 00:43:50 | Radke | Aimee | Klosterhof-Schule Itzehoe 7B | GER-SH | W-JU14 | 117 |
| 817 | 3239 | 00:43:56 | Jastrow | Linda | Novitas BKK | GER-SH | W-HK | 113 |
| 818 | 3238 | 00:43:56 | Jastrow | Birge | Novitas BKK | GER-SH | W-HK | 114 |
| 819 | 931 | 00:44:08 | Hegeler | Rebekka | Fehrs-Schule 4 a,b,c | GER-SH | W-KU12 | 131 |
| 820 | 1869 | 00:44:08 | Schneider | Anna | Klosterhof-Schule Itzehoe 7A | GER-SH | W-JU14 | 118 |
| 821 | 896 | 00:44:09 | Jaeger-Jensen | Karen | Fehrs-Schule 1 a,b,c | GER-SH | W-50 | 55 |
| 822 | 1153 | 00:44:13 | Sahakyan | Luisa | GS Wellenkamp | GER-SH | W-KU12 | 132 |
| 823 | 1755 | 00:44:13 | Sincke | Jasmin | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | W-KU12 | 133 |
| 824 | 966 | 00:44:16 | Ruschmeyer | Jule | Freie Waldorfschule Itzehoe 4 | GER-SH | W-KU12 | 134 |
| 825 | 1708 | 00:44:20 | Schlüter | Danara | Grundschule Edendorf 3 | GER-SH | W-KU12 | 135 |
| 826 | 1688 | 00:44:35 | Fritzler | Violetta | Grundschule Edendorf 3 | GER-SH | W-KU12 | 136 |
| 827 | 1742 | 00:44:39 | Fehrs | Emily | Grundschule Sude - West 1. bis 4. Klasse | GER-SH | W-KU12 | 137 |

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|--------------|---------------------------------------|--------|-------------------|------------------|
| 828 | 1983 | 00:44:50 | Albrecht | Maren | Steinburg-Schule Steinburg-Flitzer | GER-SH | W-50 | 56 |
| 829 | 2859 | 00:45:57 | Mäckelmann | Anke | | GER-SH | W-35 | 57 |
| 830 | 3218 | 00:45:57 | Mäckelmann | Birte | Lauftreff Kiel-Ost | GER-SH | W-30 | 46 |
| 831 | 3022 | 00:46:07 | Schallmo | Laurina | Jugendfeuerwehr Itzehoe | GER-SH | W-JU16 | 63 |
| 832 | 3467 | 00:46:23 | Sikk | Nicole | Auguste Viktoria Schule 6d | GER-SH | W-JU14 | 119 |
| 833 | 3024 | 00:46:30 | Tempel | Marie | Jugendfeuerwehr Itzehoe | GER-SH | W-JU18 | 35 |
| 834 | 1074 | 00:46:42 | Reinke | Josefine | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 138 |
| 835 | 3522 | 00:46:43 | Wiechmann | Pia-Karlotta | Gemeinschaftsschule Wilster 6a | GER-SH | W-KU12 | 139 |
| 836 | 3822 | 00:46:56 | Horst | Lena | Steuerberater Olaf Petermann | GER-SH | W-HK | 115 |
| 837 | 2956 | 00:47:48 | Mahn | Martina | Brücke SH gGmbH | GER-SH | W-45 | 45 |
| 838 | 1712 | 00:47:53 | Trepka | Jasmin | Grundschule Edendorf 3 | GER-SH | W-HK | 116 |
| 839 | 3301 | 00:48:22 | Herrmann | Linnea | TSV Beringstedt e. V. | GER-SH | W-JU16 | 64 |
| 840 | 3300 | 00:48:22 | Herrmann | Christiane | TSV Beringstedt e. V. | GER-SH | W-45 | 46 |
| 841 | 3658 | 00:48:43 | Nagel | Rica | Meifort GmbH & Co. KG | GER-SH | W-HK | 117 |
| 842 | 3449 | 00:48:49 | Christiansen | Anne | Auguste Viktoria Schule 6d | GER-SH | W-45 | 47 |
| 843 | 3457 | 00:48:50 | Hamazaspyan | Marianna | Auguste Viktoria Schule 6d | GER-SH | W-JU14 | 120 |
| 844 | 1811 | 00:49:55 | Kreutzer | Louisa | Klosterhof-Schule Itzehoe 5A | GER-SH | W-KU12 | 140 |
| 845 | 1529 | 00:50:10 | Sincke | Saskia | | GER-SH | W-30 | 47 |
| 846 | 1072 | 00:59:35 | Ranft | Johanna | Grundschule Kellinghusen Lauf-AG | GER-SH | W-KU12 | 141 |
| 847 | 799 | 00:59:35 | Wemhoff | Jasmin | | GER-SH | W-KU12 | 142 |

Einträge in der Liste: 1891