



25. Heider Abendstadtlauf

05. Juni 2009



Ergebnis M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - SC

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-----------|-------------|------|---|---------|----------------|
| 1 | 2134 | 00:45:25 | Heller | Tobias | 1999 | TSV Dinkelsbühl | GER-BAY | 107 |
| 2 | 1802 | 00:48:27 | Makuszies | Henrik | 1999 | Klaus Groth/ Loher Weg | GER-SH | 176 |
| 3 | 2003 | 00:55:24 | Witte | Bastian | 1999 | Schröder-Bauzentrum | GER-SH | 323 |
| 4 | 1892 | 00:56:27 | Wandmaker | Julian | 1998 | MTV Heide | GER-SH | 346 |
| 5 | 1796 | 00:56:28 | Borowy | Marc Aaron | 1998 | Klaus Groth/ Loher Weg | GER-SH | 347 |
| 6 | 1804 | 00:56:28 | Schulz | Mats Niklas | 1998 | Klaus Groth/ Loher Weg | GER-SH | 348 |
| 7 | 1753 | 00:56:39 | Severin | Malte | 1999 | Grundschule Wesselburen Außenstelle Neuenkirchen | GER-SH | 351 |
| 8 | 2202 | 00:57:27 | Blümke | Mats | 1998 | Werner-Heisenberg-Gymnasiu m | GER-SH | 371 |
| 9 | 1803 | 01:00:37 | Peters | Jon Lennart | 1998 | Klaus Groth/ Loher Weg | GER-SH | 408 |
| 10 | 1880 | 01:12:14 | Nickels | Semih | 1998 | MTV Heide | GER-SH | 455 |

Hauptlauf M - SB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|--------------|------|---------------------------------|--------|----------------|
| 1 | 1984 | 00:46:13 | Bothmann | Torge | 1996 | SC Bargenstedt | GER-SH | 124 |
| 2 | 1734 | 00:46:31 | Bezziche | Nabil | 1997 | Friedrich-Elvers-Schule Heide | GER-SH | 135 |
| 3 | 2166 | 00:49:45 | Pump | Matthias | 1997 | TSV Weddingstedt | GER-SH | 205 |
| 4 | 1918 | 00:49:46 | Gustmann | Tim | 1996 | Ostroher SC | GER-SH | 206 |
| 5 | 2271 | 00:51:05 | Retzlaff | Jonas | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | 235 |
| 6 | 2201 | 00:52:46 | Blümke | Lasse | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | 272 |
| 7 | 1744 | 00:54:14 | Wohnrade | Cedric | 1996 | Gemüsepower | GER-SH | 298 |
| 8 | 1769 | 00:55:52 | Dührsen | Felix | 1996 | Kadgamala Organisation e.V. | GER-SH | 331 |
| 9 | 2234 | 00:57:25 | Karstens | Finn | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | 370 |
| 10 | 2243 | 00:57:38 | Kühl | Tom - Niklas | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | 375 |
| 11 | 1792 | 00:58:58 | Wegers | Torben | 1996 | Kadgamala Organisation e.V. | GER-SH | 395 |
| 12 | 2212 | 01:01:07 | Fiebelkorn | Jann-Ole | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | 411 |
| 13 | 2265 | 01:01:50 | Preuße | Cedric | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | 418 |
| 14 | 2296 | 01:02:54 | Volquardsen | Momme | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | 429 |
| 15 | 2284 | 01:03:12 | Schröder | Jon | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | 433 |
| 16 | 1845 | 01:03:43 | Ganter | Johann | 1996 | MTV Burg | GER-SH | 435 |
| 17 | 2196 | 01:07:51 | Baumann | Niklas | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | 444 |

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - SB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|---------|----------|------|---------------------------------|--------|-----|------------|
| 18 | 2229 | 01:08:00 | Junker | Hagen | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 445 |
| 19 | 2220 | 01:08:04 | Hansen | Finn Oke | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 446 |
| 20 | 2209 | 01:08:12 | Claußen | Ture | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 449 |

Hauptlauf M - SA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|----------------------|------------|------|-----------------------------------|--------|-----|------------|
| 1 | 2223 | 00:47:24 | Heusinger v. Waldegg | Julius | 1995 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 154 |
| 2 | 2144 | 00:47:47 | Dreiskämper | Jerome | 1995 | TSV Lohe-Rickelshof | GER-SH | | 166 |
| 3 | 1739 | 00:50:14 | Sarr | Daniel | 1995 | Gemeinschaftsschule Heide-Ost | GER-SH | | 214 |
| 4 | 2272 | 00:50:30 | Retzlaff | Julian | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 219 |
| 5 | 2268 | 00:50:44 | Refisch | Martin | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 227 |
| 6 | 2244 | 00:50:45 | Kühne | Sune | 1995 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 229 |
| 7 | 1801 | 00:51:45 | Kraus | Andre | 1994 | Klaus Groth/ Loher Weg | GER-SH | | 246 |
| 8 | 2230 | 00:51:48 | Kabbe | Kevin | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 247 |
| 9 | 2098 | 00:52:20 | Peters | Janek | 1995 | Team Telekom | GER-SH | | 259 |
| 10 | 1869 | 00:52:22 | Fleischhauer | Maximilian | 1995 | MTV Heide | GER-SH | | 261 |
| 11 | 1737 | 00:54:32 | Kutsche | Timo | 1995 | Gemeinschaftsschule am Hamberg | GER-SH | | 305 |
| 12 | 2295 | 00:56:50 | Vogt | Christoph | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 359 |
| 13 | 2179 | 00:57:12 | de Jong | Finn | 1995 | VFL Pinneberg | GER-SH | | 366 |
| 14 | 2263 | 00:57:18 | Peters | Thore | 1995 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 369 |
| 15 | 2228 | 00:57:49 | Jensen | Niels | 1995 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 379 |
| 16 | 1620 | 01:01:01 | Willmann | Steven | 1994 | Heide | GER-SH | | 410 |
| 17 | 1895 | 01:01:26 | Willmann | Joshua | 1994 | MTV Heide | GER-SH | | 413 |
| 18 | 1894 | 01:01:34 | Willmann | Vincent | 1994 | MTV Heide | GER-SH | | 416 |
| 19 | 1764 | 01:02:16 | Witt | Andre | 1994 | Jugendzentrum Albersdorf | GER-SH | | 422 |
| 20 | 2204 | 01:05:44 | Böing | Mark | 1995 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 440 |
| 21 | 2249 | 01:08:52 | Lütje | Gillian | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 450 |

Hauptlauf M - JB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|---------------------|-------------|------|----------------------------|--------|-----|------------|
| 1 | 1506 | 00:38:18 | Karstens | Christopher | 1992 | LG Dithmarscher Westküste | GER-SH | | 6 |
| 2 | 1917 | 00:41:37 | Gustmann | Jan | 1992 | Ostroher SC | GER-SH | | 35 |
| 3 | 1951 | 00:43:18 | Krome | Christoph | 1993 | Postsportverein Heide e.V. | GER-SH | | 66 |
| 4 | 2018 | 00:44:51 | Karstens | Jan Peter | 1992 | SSV Süderdorf | GER-SH | | 96 |
| 5 | 2130 | 00:45:39 | Schröder-Burckhardt | Moritz | 1992 | TSV Büsum | GER-SH | | 116 |

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Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - JB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-------------|-----------|------|---------------------------------|--------|-----|------------|
| 6 | 2297 | 00:46:13 | Wieckhorst | Jan | 1993 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 125 |
| 7 | 2290 | 00:46:19 | Stender | Kianusch | 1993 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 127 |
| 8 | 2199 | 00:47:40 | Beetz | Nico | 1993 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 160 |
| 9 | 1507 | 00:47:46 | Holm | Helge | 1992 | LG Dithmarscher Westküste | GER-SH | | 164 |
| 10 | 1757 | 00:49:02 | Piller | Patrick | 1992 | Heider SV | GER-SH | | 185 |
| 11 | 2029 | 00:49:22 | Hell | Niklas | 1992 | SV Hemmingstedt | GER-SH | | 192 |
| 12 | 1942 | 00:49:28 | Zins | Lennart | 1993 | Ostroher SC | GER-SH | | 197 |
| 13 | 1904 | 00:52:10 | Lemm | Christoph | 1993 | MTV Wrohm | GER-SH | | 256 |
| 14 | 2264 | 00:53:33 | Petersen | Ole | 1992 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 285 |
| 15 | 1800 | 00:55:18 | Hinz | Philipp | 1993 | Klaus Groth/ Loher Weg | GER-SH | | 319 |
| 16 | 2023 | 00:58:18 | Sievers | Harald | 1993 | SSV Süderdorf | GER-SH | | 386 |
| 17 | 2257 | 00:58:40 | Ott | Christian | 1993 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 393 |
| 18 | 2258 | 00:58:41 | Ott | Carsten | 1993 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 394 |
| 19 | 2210 | 01:03:20 | Drengenberg | David | 1992 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 434 |
| 20 | 2198 | 01:07:09 | Becker | Malte | 1993 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 442 |
| 21 | 2089 | 01:10:02 | Schröder | Lou | 1993 | Team Hoelp | GER-SH | | 454 |

Hauptlauf M - JA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------------|-------------|------|--|--------|-----|------------|
| 1 | 2027 | 00:40:08 | Domscheit | Nils Henrik | 1991 | SV Ditmarsia Albersdorf | GER-SH | | 15 |
| 2 | 1973 | 00:43:30 | Kunz | Dennis | 1990 | Raiffeisenbank Heide | GER-SH | | 71 |
| 3 | 1791 | 00:43:51 | Wagner | Waldemar | 1991 | Kadgamala Organisation e.V. | GER-SH | | 77 |
| 4 | 1962 | 00:45:13 | Kiepe | Benjamin | 1990 | PSV Heide / "SAINTS "American Football | GER-SH | | 104 |
| 5 | 2254 | 00:45:25 | Niemöller | Elard | 1990 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 109 |
| 6 | 1867 | 00:47:34 | Crantz | Dennis | 1990 | MTV Heide | GER-SH | | 157 |
| 7 | 2171 | 00:49:17 | Paulenz | Iver | 1991 | TuS HIM | GER-SH | | 191 |
| 8 | 2053 | 00:49:38 | Dethlefs | Mark | 1990 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 202 |
| 9 | 1768 | 00:50:35 | Deckmann | Marco | 1991 | Kadgamala Organisation e.V. | GER-SH | | 223 |
| 10 | 2250 | 00:50:40 | Martens | Jannik | 1990 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 225 |
| 11 | 1785 | 00:51:18 | Rohde | Birk | 1991 | Kadgamala Organisation e.V. | GER-SH | | 241 |
| 12 | 2274 | 00:51:35 | Rieger | Jan Oliver | 1990 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 243 |
| 13 | 2216 | 00:51:36 | Gerber | Björn | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 244 |
| 14 | 1928 | 00:52:23 | Reinhardt | Jonas | 1991 | Ostroher SC | GER-SH | | 263 |
| 15 | 1896 | 00:52:39 | Wortmann | Robert | 1991 | MTV Heide | GER-SH | | 267 |
| 16 | 2197 | 00:55:22 | Becker | Hannes | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 321 |
| 17 | 2269 | 00:55:31 | Reimers | Björn | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 326 |
| 18 | 2283 | 00:55:31 | Schnack-Dörscher | Jan | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 327 |

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - JA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|----------|------|---------------------------------|--------|-----|------------|
| 19 | 2285 | 00:55:32 | Schulz | Jan-Erik | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 328 |
| 20 | 2273 | 00:56:23 | Rickertsen | Lennart | 1990 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 343 |
| 21 | 1870 | 01:01:26 | Goroncy | Marcel | 1991 | MTV Heide | GER-SH | | 414 |
| 22 | 1781 | 01:02:40 | Neelsen | Kevin | 1990 | Kadgamala Organisation e.V. | GER-SH | | 425 |
| 23 | 2237 | 01:06:18 | Knobbe | Dennis | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 441 |
| 24 | 2193 | 01:08:10 | Bartels | Paul | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 448 |

Hauptlauf M - HK

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-------------|-------------|------|--|---------|-----|------------|
| 1 | 1 | 00:34:38 | Wegers | Jonas | 1989 | MTV Heide | GER-SH | | 1 |
| 2 | 1865 | 00:38:34 | Claußen | Helge | 1984 | MTV Heide | GER-SH | | 7 |
| 3 | 1510 | 00:39:01 | Sjut | Christopher | 1987 | Schuhhaus Sjut | GER-SH | | 9 |
| 4 | 1890 | 00:39:16 | Thedens | Daniel | 1983 | MTV Heide | GER-SH | | 11 |
| 5 | 1709 | 00:40:37 | Paulsen | Felix | 1985 | Anhalt Logistics | GER-SH | | 21 |
| 6 | 1609 | 00:41:31 | Schraven | Sebastian | 1984 | Weddingstedt | GER-SH | | 31 |
| 7 | 1687 | 00:41:37 | Sörensen | Timm | 1983 | | GER-SH | | 36 |
| 8 | 2049 | 00:41:39 | Brüning | Christian | 1982 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 38 |
| 9 | 2159 | 00:42:17 | Tiessen | Stefan | 1987 | TSV Schafstedt | GER-SH | | 46 |
| 10 | 1937 | 00:42:49 | von Heymann | Alexander | 1989 | Ostroher SC | GER-SH | | 53 |
| 11 | 2126 | 00:43:10 | Jasper | Jan | 1984 | TSV Büsum | GER-SH | | 63 |
| 12 | 1624 | 00:44:15 | Arning | Philipp | 1984 | | GER-SH | | 84 |
| 13 | 1698 | 00:44:39 | Wirths | Frank | 1981 | | GER-SH | | 91 |
| 14 | 2002 | 00:44:45 | Westphal | Timo | 1980 | Schröder-Bauzentrum | GER-SH | | 94 |
| 15 | 2153 | 00:45:00 | Lentfer | Christian | 1988 | TSV Nordhastedt | GER-SH | | 98 |
| 16 | 1901 | 00:45:07 | Staps | Michael | 1982 | MTV St. Michaelisdonn | GER-SH | | 102 |
| 17 | 1770 | 00:45:21 | Eichstedt | André | 1983 | Kadgamala Organisation e.V. | GER-SH | | 106 |
| 18 | 2253 | 00:45:25 | Niemöller | Moritz | 1989 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 110 |
| 19 | 1647 | 00:46:11 | Hennings | Jan | 1986 | | GER-HAM | | 122 |
| 20 | 1712 | 00:46:23 | Berndt | Henrik | 1988 | AWO Heide | GER-SH | | 129 |
| 21 | 1948 | 00:47:09 | Karstens | Ralf | 1981 | Postsportverein Heide e.V. | GER-SH | | 149 |
| 22 | 2200 | 00:47:38 | Beyersdorff | Björn | 1989 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 159 |
| 23 | 1790 | 00:47:43 | Vierегge | Martin | 1987 | Kadgamala Organisation e.V. | GER-SH | | 162 |
| 24 | 1692 | 00:47:53 | Szuba | Jonathan | 1980 | | GER-SH | | 168 |
| 25 | 1501 | 00:49:13 | Tiedemann | Benjamin | 1984 | | GER-SH | | 189 |
| 26 | 1784 | 00:49:23 | Reichert | André | 1982 | Kadgamala Organisation e.V. | GER-SH | | 193 |
| 27 | 1786 | 00:51:15 | Schmidtke | Paul | 1987 | Kadgamala Organisation e.V. | GER-SH | | 239 |
| 28 | 1997 | 00:52:01 | Röder | Nils | 1986 | Schröder-Bauzentrum | GER-SH | | 250 |
| 29 | 1660 | 00:52:22 | Kühl | Tim | 1988 | | GER-SH | | 262 |
| 30 | 2005 | 00:52:35 | Klein | Sören | 1983 | Sky-Markt 319 (Waldstraße) | GER-SH | | 265 |
| 31 | 1682 | 00:54:43 | Schrooten | Marc | 1985 | | GER-SH | | 307 |
| 32 | 1780 | 00:54:47 | Musajev | Aziz | 1989 | Kadgamala Organisation e.V. | GER-SH | | 310 |
| 33 | 2021 | 00:55:13 | Rühmann | Christian | 1987 | SSV Süderdorf | GER-SH | | 317 |
| 34 | 1779 | 00:55:53 | Möller | Boy Jr. | 1985 | Kadgamala Organisation e.V. | GER-SH | | 332 |
| 35 | 1765 | 00:56:05 | Witt | Kai-Michael | 1989 | Jugendzentrum Albersdorf | GER-SH | | 334 |

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Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - HK

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------|-----------|------|-----------------------------|---------|-----|------------|
| 36 | 1762 | 00:56:12 | Matthei | Nico | 1988 | Jugendzentrum Albersdorf | GER-SH | | 337 |
| 37 | 1670 | 00:56:21 | Pape | Alexander | 1985 | | GER-HAM | | 340 |
| 38 | 1947 | 00:56:31 | Hipler | Sascha | 1986 | Postsportverein Heide e.V. | GER-SH | | 349 |
| 39 | 2087 | 01:01:38 | Putzki | Sascha | 1982 | Team Hoelp | GER-SH | | 417 |
| 40 | 2105 | 01:02:07 | Fedderson | Tim | 1986 | Team Zeitenjäger | GER-SH | | 420 |
| 41 | 1772 | 01:02:10 | Hipler | Björn | 1989 | Kadgamala Organisation e.V. | GER-SH | | 421 |
| 42 | 1782 | 01:02:20 | Olsson | Kevin | 1989 | Kadgamala Organisation e.V. | GER-SH | | 423 |
| 43 | 1794 | 01:02:39 | Wittmaack | Marten | 1982 | Kadgamala Organisation e.V. | GER-SH | | 424 |
| 44 | 1771 | 01:02:42 | Herzberg | Timo | 1987 | Kadgamala Organisation e.V. | GER-SH | | 426 |
| 45 | 1659 | 01:29:53 | Kolb | Timo | 1980 | | GER-SH | | 460 |

Hauptlauf M - 30

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------------|-----------|------|---|---------|-----|------------|
| 1 | 1626 | 00:35:57 | Berneis | Mike | 1976 | | GER-SH | | 3 |
| 2 | 2041 | 00:40:12 | Ihfe | Mario | 1975 | Team ALDRA | GER-SH | | 17 |
| 3 | 1835 | 00:41:34 | Tolkmit | Sven | 1976 | LT Hundestraße | GER-SH | | 33 |
| 4 | 2157 | 00:41:40 | Hahnkamp | Nils | 1976 | TSV Schafstedt | GER-SH | | 39 |
| 5 | 1745 | 00:42:37 | Loof | Hauke | 1976 | Generali-Versicherungen | GER-SH | | 51 |
| 6 | 1581 | 00:43:33 | Bimke | Karsten | 1978 | Hamburg | GER-SH | | 73 |
| 7 | 2151 | 00:43:42 | Anker | Andre | 1977 | TSV Nordhastedt | GER-SH | | 74 |
| 8 | 1639 | 00:45:42 | Fuhs | Stephan | 1977 | | GER-NIE | | 117 |
| 9 | 2146 | 00:46:10 | Lüthje | Hauke | 1976 | TSV Lohe-Rickelshof | GER-SH | | 121 |
| 10 | 1678 | 00:47:14 | Reis | Mirco | 1976 | | GER-SH | | 151 |
| 11 | 1897 | 00:48:41 | Zeidler | Thomas | 1976 | MTV Heide | GER-SH | | 182 |
| 12 | 23 | 00:49:25 | Schütze | Fabian | 1975 | MTV Heide | GER-SH | | 194 |
| 13 | 2000 | 00:49:32 | Thede | Björn | 1979 | Schröder-Bauzentrum | GER-SH | | 198 |
| 14 | 1776 | 00:50:34 | Lemmens | Mark Leo | 1979 | Kadgamala Organisation e.V. | GER-SH | | 221 |
| 15 | 1775 | 00:50:35 | Lemmens | Joppe | 1975 | Kadgamala Organisation e.V. | GER-SH | | 222 |
| 16 | 2181 | 00:52:05 | Gansel | Sebastian | 1979 | VISHAY BEYSCHLAG GmbH Heide | GER-SH | | 253 |
| 17 | 1669 | 00:52:13 | Noreiks | Sammy | 1976 | | GER-SH | | 258 |
| 18 | 2160 | 00:52:22 | Wolters | Timo | 1977 | TSV Schafstedt | GER-SH | | 260 |
| 19 | 1793 | 00:54:47 | Wichert | Patrick | 1979 | Kadgamala Organisation e.V. | GER-SH | | 311 |
| 20 | 1811 | 00:56:17 | Kösterke | Arne | 1976 | Kreis Dithmarschen | GER-SH | | 338 |
| 21 | 1871 | 00:58:31 | Graf | Kai-Uwe | 1975 | MTV Heide | GER-SH | | 388 |
| 22 | 2065 | 01:14:02 | Kunack-Constabel | Ronny | 1975 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 456 |

Hauptlauf M - 35

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|---------|------|------------------------|---------|-----|------------|
| 1 | 2135 | 00:36:14 | Stollberg | Andreas | 1972 | TSV Eddelak | GER-SH | | 4 |
| 2 | 1704 | 00:40:01 | Friedrichs | Holger | 1970 | ABC Wesseln | GER-SH | | 14 |
| 3 | 1943 | 00:41:52 | Manke | Dirk | 1971 | Philips LG Hamburg | GER-HAM | | 41 |
| 4 | 1884 | 00:42:23 | Riemann | Sven | 1971 | MTV Heide | GER-SH | | 48 |
| 5 | 2155 | 00:43:00 | Schäfer | Tim | 1971 | TSV Sankt Peter-Ording | GER-SH | | 57 |
| 6 | 1673 | 00:43:10 | Pötschke | Marc | 1973 | | GER-SH | | 64 |

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - 35

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|----------------|--------------|------|--|---------|-----|------------|
| 7 | 2068 | 00:43:27 | Mai | Aram | 1974 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 70 |
| 8 | 1987 | 00:43:32 | Steenbock | Arne | 1970 | SC Egenbüttel | GER-SH | | 72 |
| 9 | 2119 | 00:43:47 | Hinz | Dr. Matthias | 1972 | Tri-Geckos Dortmund | GER-NRW | | 75 |
| 10 | 2162 | 00:44:04 | Eckermann | Martin | 1972 | TSV Weddingstedt | GER-SH | | 78 |
| 11 | 2047 | 00:44:39 | Benz | Ralph | 1970 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 90 |
| 12 | 2113 | 00:45:32 | Schuhardt | Bernd | 1970 | Team Zeitenjäger | GER-SH | | 113 |
| 13 | 1818 | 00:46:29 | Ulich | Erk | 1970 | Kreis Dithmarschen | GER-SH | | 133 |
| 14 | 1991 | 00:48:24 | Freund | Dirk | 1973 | Schröder-Bauzentrum | GER-SH | | 175 |
| 15 | 1623 | 00:49:09 | Zannos | Sken | 1970 | Heide | GER-SH | | 187 |
| 16 | 1990 | 00:49:33 | Ehlers | Roland | 1970 | Schröder-Bauzentrum | GER-SH | | 200 |
| 17 | 1911 | 00:49:41 | Gerken | Helge | 1970 | Objektschutzregiment der Luftwaffe | GER-SH | | 203 |
| 18 | 1766 | 00:49:41 | Biller | Torsten | 1974 | Kadgamala Organisation e.V. | GER-SH | | 204 |
| 19 | 2168 | 00:49:47 | Horn | Andreas | 1970 | Tura Meldorf | GER-SH | | 209 |
| 20 | 1933 | 00:51:17 | Teufel | Hans-Walter | 1970 | Ostroher SC | GER-SH | | 240 |
| 21 | 1839 | 00:52:08 | Otto | Rainer | 1971 | LT SSV Sarzbüttel | GER-SH | | 254 |
| 22 | 1605 | 00:53:44 | Resow | Gabriel | 1970 | Weddingstedt | GER-SH | | 287 |
| 23 | 1717 | 00:53:48 | Sothmann | Kai | 1970 | Bosselverein Heide-Rüsdörp | GER-SH | | 289 |
| 24 | 1610 | 00:53:51 | Schwarz | Rüdiger | 1970 | Heide | GER-SH | | 291 |
| 25 | 1931 | 00:54:18 | Seddig | Frank | 1970 | Ostroher SC | GER-SH | | 300 |
| 26 | 1852 | 00:54:20 | Lemburg | Thomas | 1972 | MTV Burg | GER-SH | | 301 |
| 27 | 1797 | 00:54:23 | Bütje | Jan | 1971 | Klaus Groth/ Loher Weg | GER-SH | | 303 |
| 28 | 2007 | 00:54:41 | Gosch | Matthias | 1971 | SSV Bunsoh | GER-SH | | 306 |
| 29 | 1636 | 00:54:45 | Erbst | Christian | 1974 | | GER-SH | | 308 |
| 30 | 1699 | 00:55:12 | Witte | Frank | 1973 | | GER-SH | | 316 |
| 31 | 1621 | 00:55:33 | Witte | Kai | 1971 | Ostrohe | GER-SH | | 329 |
| 32 | 1966 | 00:56:17 | Bendtschneider | Jochen | 1970 | Raiffeisenbank Heide | GER-SH | | 339 |
| 33 | 2064 | 00:57:29 | Kraus | Tobias | 1972 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 372 |
| 34 | 1676 | 00:57:58 | Rathje | Dirk | 1972 | | GER-THÜ | | 382 |
| 35 | 1694 | 00:59:29 | Umbach | Thorben | 1974 | | GER-SH | | 400 |
| 36 | 28 | 01:00:37 | Trester | Marc-F. | 1971 | | GER-SH | | 407 |
| 37 | 1664 | 01:01:32 | Maaßen | Timm | 1972 | | GER-SH | | 415 |
| 38 | 1969 | 01:02:54 | Hansen | Jörg | 1971 | Raiffeisenbank Heide | GER-SH | | 430 |
| 39 | 1662 | 01:02:58 | Lausten | Christian | 1972 | | GER-SH | | 431 |
| 40 | 2110 | 01:04:11 | Kühl | Sönke | 1970 | Team Zeitenjäger | GER-SH | | 437 |
| 41 | 1716 | 01:04:22 | Bienek | Joachim | 1973 | Bosselverein Heide-Rüsdörp | GER-SH | | 439 |
| 42 | 2115 | 01:09:00 | Carl | Stephan | 1970 | Tennis-Club Albersdorf | GER-SH | | 451 |

Hauptlauf M - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------|--------------|------|--|--------|-----|------------|
| 1 | 1862 | 00:36:42 | Boldt | Lars | 1968 | MTV Heide | GER-SH | | 5 |
| 2 | 1828 | 00:39:12 | Westphal | Jochen | 1966 | LG Elmshorn | GER-SH | | 10 |
| 3 | 2061 | 00:39:17 | Junker | Dr. Thomas | 1965 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 12 |
| 4 | 1879 | 00:39:53 | Korth | Horst Dieter | 1968 | MTV Heide | GER-SH | | 13 |
| 5 | 1961 | 00:40:46 | Nehlsen | Markus | 1967 | Preetzer TSV | GER-SH | | 23 |
| 6 | 1891 | 00:40:48 | Wandmaker | Holger | 1967 | MTV Heide | GER-SH | | 24 |

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Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-------------|---------------|------|--|---------|-----|------------|
| 7 | 2052 | 00:40:57 | Carstens | Rolf | 1966 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 25 |
| 8 | 1981 | 00:41:12 | Büßen | Jens | 1968 | Risby UF | GER-SH | | 27 |
| 9 | 1815 | 00:41:24 | Schnabel | Frank | 1966 | Kreis Dithmarschen | GER-SH | | 29 |
| 10 | 1679 | 00:41:27 | Rose | Peter | 1967 | | GER-SH | | 30 |
| 11 | 1738 | 00:41:33 | Saager | Martin | 1969 | Gemeinschaftsschule Heide-Ost | GER-SH | | 32 |
| 12 | 1707 | 00:41:51 | Derke | Timm | 1968 | Allein, allein! | GER-SH | | 40 |
| 13 | 1941 | 00:41:56 | Willwand | Ingo | 1967 | Ostroher SC | GER-SH | | 42 |
| 14 | 2189 | 00:42:23 | Fock | Dirk | 1965 | Wacken | GER-SH | | 47 |
| 15 | 2188 | 00:42:34 | Fock | Eggert | 1965 | Wacken | GER-SH | | 50 |
| 16 | 1903 | 00:42:37 | Wilkinson | William | 1965 | MTV St. Michaelisdonn | GER-SH | | 52 |
| 17 | 1831 | 00:42:57 | Moen | Jon Erik | 1966 | Ljørdalen Sports Klubb | NOR | | 56 |
| 18 | 1727 | 00:43:00 | Model | Thomas | 1967 | DOKO-Team Hamburg | GER-HAM | | 58 |
| 19 | 1703 | 00:43:19 | Bertels | Heiko | 1967 | ABC Wesseln | GER-SH | | 67 |
| 20 | 2140 | 00:43:48 | Rehder | Jörg | 1965 | TSV Frestedt | GER-SH | | 76 |
| 21 | 2044 | 00:44:04 | Reese | Olaf | 1968 | Team ALDRA | GER-SH | | 79 |
| 22 | 2060 | 00:44:09 | Johannsen | Hans-Walter | 1965 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 81 |
| 23 | 151 | 00:44:22 | Inhoven | Jens | 1967 | | GER-SH | | 87 |
| 24 | 1932 | 00:44:26 | Sothmann | Marc | 1967 | Ostroher SC | GER-SH | | 88 |
| 25 | 2020 | 00:44:50 | Rohde | Claussen | 1967 | SSV Süderdorf | GER-SH | | 95 |
| 26 | 1585 | 00:44:53 | Carstensen | Torsten | 1967 | Heide | GER-SH | | 97 |
| 27 | 2103 | 00:45:04 | Feddensen | Stefan | 1965 | Team Zeitenjäger | GER-SH | | 100 |
| 28 | 1959 | 00:45:11 | Schwabe | Stefan | 1967 | Postsportverein Heide e.V. | GER-SH | | 103 |
| 29 | 2133 | 00:45:25 | Heller | Franz-Josef | 1968 | TSV Dinkelsbühl | GER-BAY | | 108 |
| 30 | 1788 | 00:45:26 | Sick | Stefan | 1969 | Kadgamala Organisation e.V. | GER-SH | | 111 |
| 31 | 1629 | 00:45:53 | Busche | Jan-Christian | 1966 | | GER-SH | | 118 |
| 32 | 1868 | 00:46:39 | Diercks | Karsten | 1968 | MTV Heide | GER-SH | | 138 |
| 33 | 1965 | 00:46:41 | Wiedemann | Wolfgang | 1967 | Pumper-Lauftreff | GER-SH | | 139 |
| 34 | 1724 | 00:46:44 | Geisler | Robert | 1966 | DOKO-Team Hamburg | GER-HAM | | 141 |
| 35 | 1837 | 00:47:02 | Hahn | Axel | 1966 | LT SSV Sarzbüttel | GER-SH | | 145 |
| 36 | 1599 | 00:47:08 | Lorenzen | Stephan | 1966 | Weddingstedt | GER-SH | | 148 |
| 37 | 2128 | 00:47:13 | Rohwedder | Rüdiger | 1965 | TSV Büsum | GER-SH | | 150 |
| 38 | 1954 | 00:47:20 | Modrow | Volker | 1967 | Postsportverein Heide e.V. | GER-SH | | 153 |
| 39 | 2165 | 00:47:47 | Ohlen | Rainer | 1967 | TSV Weddingstedt | GER-SH | | 165 |
| 40 | 1590 | 00:48:07 | Hipler | Ulrich | 1966 | Rehm-Flehde-Bargen | GER-SH | | 170 |
| 41 | 1726 | 00:48:28 | Koch | Matthias | 1967 | DOKO-Team Hamburg | GER-HAM | | 177 |
| 42 | 2091 | 00:48:36 | Borchers | Nils | 1966 | Team Telekom | GER-SH | | 179 |
| 43 | 2042 | 00:48:40 | Krauel | Jörg | 1966 | Team ALDRA | GER-SH | | 181 |
| 44 | 1646 | 00:48:51 | Hamann | Sven | 1966 | | GER-SH | | 183 |
| 45 | 2036 | 00:48:52 | Friedriszik | Thomas | 1965 | SV Rot-Gelb Hamburg von 1926 | GER-HAM | | 184 |
| 46 | 1882 | 00:49:25 | Piller | Jens | 1966 | MTV Heide | GER-SH | | 195 |
| 47 | 2086 | 00:49:33 | Schormann | Christian | 1966 | Team Feldblick | GER-SH | | 199 |
| 48 | 1964 | 00:49:47 | Rohde | Thorsten | 1967 | Pumper-Lauftreff | GER-SH | | 208 |
| 49 | 1696 | 00:50:27 | Weissel | Matthias | 1968 | | GER-SH | | 217 |
| 50 | 2183 | 00:50:38 | Oppermann | Matthias | 1967 | VISHAY BEYSCHLAG GmbH Heide | GER-SH | | 224 |
| 51 | 1760 | 00:50:45 | Schnoor | Hendrik | 1967 | IfA Nonstop Bamberg | GER-BAY | | 228 |
| 52 | 1650 | 00:50:46 | Jacobsen | Sönke | 1968 | | GER-SH | | 230 |
| 53 | 1986 | 00:50:51 | Bothmann | Arne | 1968 | SC Bargenstedt | GER-SH | | 232 |
| 54 | 1671 | 00:51:07 | Peters | Holger | 1968 | | GER-SH | | 237 |

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Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|-----------|------|---|---------|-----|------------|
| 55 | 1872 | 00:52:05 | Hahn | Rüdiger | 1968 | MTV Heide | GER-SH | | 252 |
| 56 | 2100 | 00:52:27 | Peters | Jens | 1968 | Team Telekom | GER-SH | | 264 |
| 57 | 1910 | 00:52:37 | Rickertsen | Maik | 1965 | Nyam Lauftreff | GER-SH | | 266 |
| 58 | 1834 | 00:52:42 | Brown | Robert | 1968 | LT Hopen | NZL | | 269 |
| 59 | 1587 | 00:52:44 | Eggers | Henning | 1965 | Heide | GER-SH | | 271 |
| 60 | 2184 | 00:53:02 | Petersen | Sven | 1966 | VISHAY BEYSCHLAG GmbH Heide | GER-SH | | 278 |
| 61 | 1618 | 00:53:03 | Vehrs | Ingo | 1966 | Hemmingstedt | GER-SH | | 279 |
| 62 | 1711 | 00:53:29 | Faust | Michael | 1965 | Autohaus Stotzem&Faust | GER-SH | | 284 |
| 63 | 2104 | 00:53:56 | Feddersen | Christian | 1966 | Team Zeitenjäger | GER-SH | | 292 |
| 64 | 1971 | 00:54:02 | Heinrichs | Kim | 1969 | Raiffeisenbank Heide | GER-SH | | 293 |
| 65 | 1740 | 00:54:14 | Diener | Hans-Uwe | 1967 | Gemüsepower | GER-SH | | 297 |
| 66 | 1799 | 00:54:46 | Franzen | Volker | 1966 | Klaus Groth/ Loher Weg | GER-SH | | 309 |
| 67 | 1806 | 00:54:57 | Bechstein | Rainer | 1967 | Kreis Dithmarschen | GER-SH | | 312 |
| 68 | 1972 | 00:55:04 | Krämer | Holger | 1967 | Raiffeisenbank Heide | GER-SH | | 315 |
| 69 | 1714 | 00:55:48 | Edel | Jens | 1966 | Blau Weiß 86 Averlak | GER-SH | | 330 |
| 70 | 1627 | 00:56:06 | Boyens | Sönke | 1967 | | GER-SH | | 336 |
| 71 | 1955 | 00:56:33 | Müller | Thies | 1968 | Postsportverein Heide e.V. | GER-SH | | 350 |
| 72 | 1754 | 00:56:40 | Severin | Andreas | 1969 | Grundschule Wesselburen Außenstelle Neuenkirchen | GER-SH | | 352 |
| 73 | 1641 | 00:56:53 | Gerritzen | Andreas | 1965 | | GER-SH | | 360 |
| 74 | 1594 | 00:57:05 | Köhm | Martin | 1968 | Heide | GER-SH | | 364 |
| 75 | 1684 | 00:57:33 | Schultze | Jens | 1968 | | GER-HAM | | 374 |
| 76 | 1672 | 00:58:35 | Plath | Dirk | 1966 | | GER-SH | | 390 |
| 77 | 2085 | 00:58:36 | Nottelmann | Volker | 1969 | Team Feldblick | GER-SH | | 391 |
| 78 | 1663 | 00:59:12 | Lindenau | Frank | 1965 | | GER-SH | | 399 |
| 79 | 1615 | 00:59:42 | Stichweh | Frank | 1966 | Heide | GER-SH | | 402 |
| 80 | 1944 | 01:00:12 | Christian | Sönke | 1968 | Postsportverein Heide e.V. | GER-SH | | 404 |
| 81 | 2035 | 01:01:14 | Farkas | Uwe | 1965 | SV Rot-Gelb Hamburg von 1926 | GER-HAM | | 412 |
| 82 | 1945 | 01:02:54 | Greie | Mirko | 1967 | Postsportverein Heide e.V. | GER-SH | | 427 |
| 83 | 1708 | 01:04:16 | Hähling | Ulrich | 1968 | Anhalt Logistics | GER-SH | | 438 |

Hauptlauf M - 45

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------|----------|------|--|--------|-----|------------|
| 1 | 2 | 00:34:55 | Albrecht | Dirk | 1962 | LG Tönning-St. Peter | GER-SH | | 2 |
| 2 | 2129 | 00:40:23 | Rohwedder | Wolfgang | 1962 | TSV Büsum | GER-SH | | 18 |
| 3 | 1923 | 00:40:31 | Midwer | Axel | 1960 | Ostroher SC | GER-SH | | 20 |
| 4 | 2077 | 00:41:03 | Schwien | Reinhard | 1961 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 26 |
| 5 | 2090 | 00:41:35 | de Jong | Olaf | 1961 | Team KAO Architekten | GER-SH | | 34 |
| 6 | 2177 | 00:42:24 | Stahnke | Gerd | 1961 | VfB Brunsbüttel | GER-SH | | 49 |
| 7 | 1721 | 00:43:12 | Kielmann | Michael | 1960 | BSG Bayer AG | GER-SH | | 65 |
| 8 | 2028 | 00:43:21 | Domscheit | Kai | 1964 | SV Ditmarsia Albersdorf | GER-SH | | 69 |
| 9 | 1914 | 00:44:05 | Bröcker | Volker | 1962 | Ostroher SC | GER-SH | | 80 |
| 10 | 1846 | 00:44:17 | Ganter | Martin | 1960 | MTV Burg | GER-SH | | 85 |
| 11 | 7 | 00:44:42 | Osbahr | Viktor | 1960 | MTV Heide | GER-SH | | 92 |
| 12 | 1743 | 00:45:04 | Levecke | Frank | 1963 | Gemüsepower | GER-SH | | 101 |
| 13 | 1956 | 00:45:34 | Peters | Peter | 1963 | Postsportverein Heide e.V. | GER-SH | | 114 |
| 14 | 1742 | 00:45:34 | Lahrsen | Jochen | 1964 | Gemüsepower | GER-SH | | 115 |

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Ergebnis M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - 45

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|----------------|--------------|------|--|---------|-----|------------|
| 15 | 2138 | 00:46:11 | Rahn | Rolf | 1962 | TSV Erfde | GER-SH | | 123 |
| 16 | 2043 | 00:46:41 | Oeldemann | Michael | 1962 | Team ALDRA | GER-SH | | 140 |
| 17 | 1648 | 00:47:43 | Hennings | Manfred | 1961 | | GER-SH | | 163 |
| 18 | 2096 | 00:47:49 | Gelszeit | Martin | 1963 | Team Telekom | GER-SH | | 167 |
| 19 | 2136 | 00:48:19 | Decker | Torsten | 1962 | TSV Erfde | GER-SH | | 174 |
| 20 | 1614 | 00:48:37 | Sommer | Gundolf | 1964 | Weddingstedt | GER-SH | | 180 |
| 21 | 1755 | 00:49:49 | Voigt | Olaf | 1964 | Grundschule Wesselburen Außenstelle Neuenkirchen | GER-SH | | 210 |
| 22 | 1504 | 00:50:10 | Peters | Udo | 1963 | LG Dithmarscher Westküste | GER-SH | | 212 |
| 23 | 1606 | 00:50:11 | Salzbrunn | Andreas | 1961 | Heide | GER-SH | | 213 |
| 24 | 2149 | 00:50:16 | Stollberg | Olaf | 1963 | TSV Lohe-Rickelshof | GER-SH | | 215 |
| 25 | 1715 | 00:50:42 | Ehnts | Gerhard | 1964 | Blau-Weiß Wesselburen | GER-SH | | 226 |
| 26 | 1953 | 00:50:47 | Martens | Torsten | 1962 | Postsportverein Heide e.V. | GER-SH | | 231 |
| 27 | 1921 | 00:50:59 | Kracht | Jürgen | 1963 | Ostroher SC | GER-SH | | 233 |
| 28 | 1939 | 00:52:00 | Wegner | Gerd | 1964 | Ostroher SC | GER-SH | | 249 |
| 29 | 2137 | 00:52:11 | Drescher | Bernd | 1963 | TSV Erfde | GER-SH | | 257 |
| 30 | 1702 | 00:53:48 | Wölke | Jörg | 1964 | | GER-SH | | 288 |
| 31 | 1725 | 00:53:50 | Hilmer | Hans-Jürgen | 1960 | DOKO-Team Hamburg | GER-HAM | | 290 |
| 32 | 1728 | 00:54:05 | Schmidt | Detlef | 1963 | DOKO-Team Hamburg | GER-HAM | | 294 |
| 33 | 2079 | 00:54:15 | Thiemann | Volker | 1962 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 299 |
| 34 | 1998 | 00:54:23 | Schade | Kai-Jens | 1963 | Schröder-Bauzentrum | GER-SH | | 302 |
| 35 | 1508 | 00:54:58 | Bruhn | Jörg | 1964 | | GER-SH | | 313 |
| 36 | 1975 | 00:55:16 | Reinhardt | Henry | 1962 | Raiffeisenbank Heide | GER-SH | | 318 |
| 37 | 1767 | 00:55:23 | Bohnsack | Hans Peter | 1960 | Kadgamala Organisation e.V. | GER-SH | | 322 |
| 38 | 1729 | 00:56:02 | Schnackenberg | Frank | 1960 | DOKO-Team Hamburg | GER-HAM | | 333 |
| 39 | 1851 | 00:56:06 | Kutsche | Martin | 1962 | MTV Burg | GER-SH | | 335 |
| 40 | 1655 | 00:56:21 | Karsten | Udo | 1962 | | GER-SH | | 341 |
| 41 | 2095 | 00:56:22 | Förster | Oliver | 1961 | Team Telekom | GER-SH | | 342 |
| 42 | 1978 | 00:56:44 | Stuckmann | Uwe | 1964 | Raiffeisenbank Heide | GER-SH | | 357 |
| 43 | 1889 | 00:56:54 | Sprenger | Axel | 1962 | MTV Heide | GER-SH | | 361 |
| 44 | 2094 | 00:57:11 | Claussen | Eggert | 1961 | Team Telekom | GER-SH | | 365 |
| 45 | 1853 | 00:57:30 | Pohl | Rüdiger | 1962 | MTV Burg | GER-SH | | 373 |
| 46 | 1612 | 00:57:48 | Skock | Rainer | 1960 | Nordhastedt | GER-SH | | 377 |
| 47 | 2190 | 00:58:24 | Weber | Jens-Uwe | 1964 | WEBSTER RUNNING | GER-SH | | 387 |
| 48 | 2083 | 00:58:39 | Cordts | Sönke | 1960 | Team Feldblick | GER-SH | | 392 |
| 49 | 2008 | 00:59:01 | Paulsen | Thomas | 1963 | SSV Hennstedt | GER-SH | | 397 |
| 50 | 1979 | 00:59:03 | Tiessen-Börner | Gerd | 1964 | Raiffeisenbank Heide | GER-SH | | 398 |
| 51 | 2048 | 01:00:17 | Blümke | Dr. Martin | 1963 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 405 |
| 52 | 2058 | 01:16:00 | Jensen | Dr. Reinhard | 1963 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 457 |

Hauptlauf M - 50

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|--------|---------------|------|--|--------|-----|------------|
| 1 | 2082 | 00:40:11 | Weiss | Dr. Friedhelm | 1959 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 16 |
| 2 | 8 | 00:40:30 | Steen | Lothar | 1955 | MTV Heide | GER-SH | | 19 |
| 3 | 2187 | 00:40:41 | Ketels | Olaf | 1959 | Volksläufer | GER-SH | | 22 |
| 4 | 1857 | 00:42:00 | Bausch | Thomas | 1956 | MTV Heide | GER-SH | | 44 |

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - 50

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|---------------|-------------------|------|--|--------|-----|------------|
| 5 | 1718 | 00:42:51 | von Oldenburg | Hubertus | 1955 | Boßelverein Mielebund | GER-SH | | 54 |
| 6 | 1827 | 00:43:00 | Schneider | Harry | 1955 | LG Dithmarscher Westküste | GER-SH | | 59 |
| 7 | 14 | 00:43:02 | Thomsen | Ernst-Willi | 1957 | | GER-SH | | 60 |
| 8 | 1930 | 00:43:05 | Schmidt | Ernst-Otto | 1957 | Ostroher SC | GER-SH | | 61 |
| 9 | 1580 | 00:43:21 | Billerbeck | Karsten | 1959 | Welmbüttel | GER-SH | | 68 |
| 10 | 1588 | 00:44:12 | Heinrich | Bernd | 1955 | Heide | GER-SH | | 82 |
| 11 | 2175 | 00:44:19 | Böttger | Sönke | 1958 | VfB Brunsbüttel | GER-SH | | 86 |
| 12 | 1824 | 00:44:29 | Reimers | Hans-Joachim | 1955 | Laufftreff Marne | GER-SH | | 89 |
| 13 | 1820 | 00:45:00 | Wind | Jochen | 1957 | Kreis Dithmarschen | GER-SH | | 99 |
| 14 | 1881 | 00:45:14 | Paulsen | Peter | 1955 | MTV Heide | GER-SH | | 105 |
| 15 | 1689 | 00:45:29 | Steingrüber | Holger | 1958 | | GER-SH | | 112 |
| 16 | 1809 | 00:46:17 | Dittmann | Jürgen | 1958 | Kreis Dithmarschen | GER-SH | | 126 |
| 17 | 2101 | 00:46:20 | Stelling | Max | 1959 | Team Telekom | GER-SH | | 128 |
| 18 | 1999 | 00:46:23 | Simon | Hans-Walter | 1956 | Schröder-Bauzentrum | GER-SH | | 130 |
| 19 | 2009 | 00:46:26 | Thessmann | Klaus | 1957 | SSV Hennstedt | GER-SH | | 131 |
| 20 | 2080 | 00:46:29 | von Spiegel | Dr. Tilmann | 1957 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 132 |
| 21 | 2063 | 00:46:31 | Koll | Volker | 1959 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 134 |
| 22 | 1756 | 00:46:32 | Thießßen | Werner | 1959 | Heider Motorrad Club | GER-SH | | 136 |
| 23 | 1807 | 00:46:48 | Claußen | Berndt | 1958 | Kreis Dithmarschen | GER-SH | | 142 |
| 24 | 1925 | 00:46:52 | Paulsen | Rolf | 1959 | Ostroher SC | GER-SH | | 143 |
| 25 | 2071 | 00:47:14 | Prey | Holger | 1956 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 152 |
| 26 | 2031 | 00:47:30 | Wäldchen | Rüdiger | 1958 | SV Lahme Ente | GER-SH | | 156 |
| 27 | 1688 | 00:47:37 | Stegemann | Rolf | 1959 | | GER-SH | | 158 |
| 28 | 2163 | 00:47:42 | Ehlers | Wolfgang | 1957 | TSV Weddingstedt | GER-SH | | 161 |
| 29 | 1628 | 00:48:03 | Brandt | Hans-Werner | 1955 | | GER-SH | | 169 |
| 30 | 1652 | 00:48:10 | Johst | Gerd | 1956 | | GER-SH | | 171 |
| 31 | 2092 | 00:48:14 | Bruhn | Heinz | 1956 | Team Telekom | GER-SH | | 172 |
| 32 | 2139 | 00:48:18 | Rahn | Bernd | 1956 | TSV Erfde | GER-SH | | 173 |
| 33 | 2012 | 00:49:05 | Weigelt | Ralf | 1956 | SSV Lunden | GER-SH | | 186 |
| 34 | 2117 | 00:49:11 | Poremba | Dr. Knut | 1959 | TimeOut | GER-SH | | 188 |
| 35 | 2180 | 00:49:15 | Eggers | Reimer | 1959 | VISHAY BEYSCHLAG GmbH Heide | GER-SH | | 190 |
| 36 | 29 | 00:49:37 | Dithmer | Ulrich | 1957 | MTV Heide | GER-SH | | 201 |
| 37 | 2099 | 00:50:23 | Peters | Dieter | 1958 | Team Telekom | GER-SH | | 216 |
| 38 | 2182 | 00:50:27 | Klabes | Friedrich-Wilhelm | 1957 | VISHAY BEYSCHLAG GmbH Heide | GER-SH | | 218 |
| 39 | 2030 | 00:50:33 | Paulsen | Willi | 1958 | SV Lahme Ente | GER-SH | | 220 |
| 40 | 30 | 00:51:07 | Witt | Karsten | 1955 | MTV Heide | GER-SH | | 236 |
| 41 | 1929 | 00:51:28 | Rohwer | Horst | 1955 | Ostroher SC | GER-SH | | 242 |
| 42 | 1637 | 00:51:40 | Fahnert | Dr. Dietmar | 1956 | | GER-SH | | 245 |
| 43 | 1583 | 00:52:08 | Boyn | Joachim | 1958 | Heide | GER-SH | | 255 |
| 44 | 1661 | 00:52:42 | Kundy | Matthias | 1957 | | GER-SH | | 268 |
| 45 | 1821 | 00:52:43 | Wittmaack | Uwe | 1956 | Kreis Dithmarschen | GER-SH | | 270 |
| 46 | 1907 | 00:52:46 | Wutzke | Udo | 1958 | NoHa17 | GER-SH | | 273 |
| 47 | 2055 | 00:52:50 | Haase | Dr. Andreas | 1959 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 275 |
| 48 | 2006 | 00:52:55 | Eggers | Bernd | 1955 | SSV Bunsoh | GER-SH | | 276 |
| 49 | 2142 | 00:53:18 | Enseleit | Manfred | 1955 | TSV Linden | GER-SH | | 282 |
| 50 | 1643 | 00:53:22 | Gosch | Peter | 1956 | | GER-SH | | 283 |
| 51 | 26 | 00:55:20 | Klimant | Dr. Jörn | 1958 | Kreis Dithmarschen | GER-SH | | 320 |

MTV Heide Am Sportplatz 7 25746 Heide
 Telefon: 0481/63619 Fax: 0481/7877622 stadtlauf@mtv-heide.de <http://www.mtv-heide.de>

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - 50

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|---------------|-------------|------|--|--------|-----|------------|
| 52 | 10 | 00:56:42 | Busack | Egenhard | 1956 | MTV Heide | GER-SH | | 353 |
| 53 | 11 | 00:56:43 | Epler | Joachim | 1955 | MTV Heide | GER-SH | | 354 |
| 54 | 1640 | 00:56:43 | Dautz | Thomas | 1957 | Post SV Heide | GER-SH | | 355 |
| 55 | 2167 | 00:56:49 | Brückner | Dietmar | 1956 | TuRa Meldorf | GER-SH | | 358 |
| 56 | 27 | 00:57:04 | von Hemm | Hans-Jürgen | 1959 | Ostroher SC | GER-SH | | 363 |
| 57 | 1993 | 00:57:15 | Jahn | Klaus | 1957 | Schröder-Bauzentrum | GER-SH | | 368 |
| 58 | 1950 | 00:57:48 | Klein | Jörn | 1956 | Postsportverein Heide e.V. | GER-SH | | 378 |
| 59 | 1651 | 00:57:57 | Jansen | Peter | 1957 | | GER-SH | | 381 |
| 60 | 1810 | 00:58:00 | Holtschneider | Bernd | 1959 | Kreis Dithmarschen | GER-SH | | 383 |
| 61 | 2066 | 00:58:05 | Kupc | Andreas | 1955 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 384 |
| 62 | 1653 | 00:59:43 | Jürgens | Hellmut | 1957 | | GER-SH | | 403 |
| 63 | 1905 | 01:00:36 | Lemm | Jens | 1955 | MTV Wrohm | GER-SH | | 406 |
| 64 | 1934 | 01:01:59 | Ulbrich | Bernd | 1959 | Ostroher SC | GER-SH | | 419 |
| 65 | 1949 | 01:02:54 | Kienapfel | Harry | 1956 | Postsportverein Heide e.V. | GER-SH | | 428 |
| 66 | 1597 | 01:08:04 | Lohmeier | Sönke | 1958 | Wesseln | GER-SH | | 447 |
| 67 | 1873 | 01:09:13 | Hartwig | Klaus-Peter | 1957 | MTV Heide | GER-SH | | 453 |
| 68 | 2217 | 01:16:01 | Girke | Andreas | 1957 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 458 |

Hauptlauf M - 55

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-------------------|------------|------|--|---------|-----|------------|
| 1 | 25 | 00:38:59 | Wessinghage | Dr. Thomas | 1952 | Raiffeisenbank Heide | GER-SH | | 8 |
| 2 | 1855 | 00:41:22 | Wulf | Hans | 1953 | MTV Burg | GER-SH | | 28 |
| 3 | 1935 | 00:41:39 | Vollsen | Klaus | 1952 | Ostroher SC | GER-SH | | 37 |
| 4 | 2267 | 00:41:57 | Rathjens | Christian | 1952 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 43 |
| 5 | 2178 | 00:43:08 | Wollesen | Jochen | 1953 | VfB Brunsbüttel | GER-SH | | 62 |
| 6 | 1723 | 00:44:14 | van Kalkeren | Teun | 1953 | Djkridders Holland | NED | | 83 |
| 7 | 1893 | 00:45:55 | Wieland | Werner | 1952 | MTV Heide | GER-SH | | 119 |
| 8 | 1722 | 00:46:36 | Kimmig | Dieter | 1951 | BSG EON Hanse | GER-SH | | 137 |
| 9 | 2034 | 00:47:30 | Bruhns | Michael | 1951 | SV Rot-Gelb Hamburg von 1926 | GER-HAM | | 155 |
| 10 | 1713 | 00:49:46 | Kohlmorgen | Rüdiger | 1953 | Bargenstedter SC | GER-SH | | 207 |
| 11 | 1970 | 00:51:12 | Heinecke | Heribert | 1951 | Raiffeisenbank Heide | GER-SH | | 238 |
| 12 | 12 | 00:52:01 | Lorenzen | Uwe | 1951 | MTV Heide | GER-SH | | 251 |
| 13 | 1908 | 00:52:57 | Popp | Volker | 1951 | NTSV Strand 08 | GER-SH | | 277 |
| 14 | 1603 | 00:53:17 | Meissner | Matthias | 1954 | Schrum | GER-SH | | 280 |
| 15 | 2093 | 00:53:17 | Claußen | Wolfgang | 1953 | Team Telekom | GER-SH | | 281 |
| 16 | 1915 | 00:53:34 | Diestelkamp | Gerd | 1954 | Ostroher SC | GER-SH | | 286 |
| 17 | 1817 | 00:54:11 | Timm | Michael | 1954 | Kreis Dithmarschen | GER-SH | | 296 |
| 18 | 1887 | 00:54:59 | Schmidt-Holländer | Peter | 1950 | MTV Heide | GER-SH | | 314 |
| 19 | 112 | 00:55:29 | Schmiedeberg | Uwe | 1954 | | GER-SH | | 325 |
| 20 | 1832 | 00:56:27 | Boyn | Werner | 1953 | LSL16 | GER-SH | | 345 |
| 21 | 1611 | 00:58:31 | Schwarz | Johannes | 1954 | Süderheistedt | GER-SH | | 389 |
| 22 | 2147 | 01:03:11 | Otto | Horst | 1953 | TSV Lohe-Rickelshof | GER-SH | | 432 |
| 23 | 1705 | 01:09:12 | Holm | Heiner | 1954 | ABC Wesseln | GER-SH | | 452 |
| 24 | 2072 | 01:20:08 | Raap | Alwin | 1954 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 459 |

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf M - 60

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------|------------|------|--------------------------|--------|-----|------------|
| 1 | 1830 | 00:45:59 | Möller | Peter | 1947 | LG Rendsburg-Büdelisdorf | GER-SH | | 120 |
| 2 | 2120 | 00:46:58 | Dorn | Gerd | 1947 | TSV Brunsbüttel | GER-SH | | 144 |
| 3 | 13 | 00:47:07 | Stange | Gerhard | 1946 | DLL | GER-SH | | 146 |
| 4 | 1885 | 00:47:08 | Sals | Alwin | 1947 | MTV Heide | GER-SH | | 147 |
| 5 | 1668 | 00:54:09 | Nickelsen | Harald | 1949 | | GER-SH | | 295 |
| 6 | 2022 | 00:56:59 | Schuster | Karl-Heinz | 1949 | SSV Süderdorf | GER-SH | | 362 |
| 7 | 1750 | 00:57:15 | Nissen | Joachim | 1948 | Grundschule Lüttenheid | GER-SH | | 367 |
| 8 | 9 | 01:00:49 | Johannsen | Manfred | 1947 | MTV Heide | GER-SH | | 409 |

Hauptlauf M - 65

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------------|---------|------|------------------------------|---------|-----|------------|
| 1 | 21 | 00:42:03 | Molero-Membrilla | José | 1941 | Spiridon Schleswig | GER-SH | | 45 |
| 2 | 2176 | 00:44:44 | Ranta | Walter | 1940 | VfB Brunsbüttel | GER-SH | | 93 |
| 3 | 1591 | 00:49:25 | Hopp | Karl | 1943 | Heide | GER-SH | | 196 |
| 4 | 1912 | 00:51:00 | Bendtschneider | Behrend | 1942 | Ostroher SC | GER-SH | | 234 |
| 5 | 1861 | 00:55:26 | Blöß | Rainer | 1944 | MTV Heide | GER-SH | | 324 |
| 6 | 1844 | 00:59:00 | Carstens | Otto | 1941 | MTV Burg | GER-SH | | 396 |
| 7 | 2145 | 00:59:32 | Huth | Helmuth | 1943 | TSV Lohe-Rickelshof | GER-SH | | 401 |
| 8 | 2038 | 01:03:55 | Koch | Carsten | 1942 | SV Rot-Gelb Hamburg von 1926 | GER-SH | | 436 |
| 9 | 2032 | 01:07:35 | Alberts | Johann | 1941 | SV Rot-Gelb Hamburg von 1926 | GER-HAM | | 443 |

Hauptlauf M - 70

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------|------------------|------|----------------|--------|-----|------------|
| 1 | 20 | 00:42:54 | Holst | Friedrich | 1938 | SV Rugenbergen | GER-SH | | 55 |
| 2 | 1859 | 00:48:33 | Beyer | Hartmut | 1939 | MTV Heide | GER-SH | | 178 |
| 3 | 1854 | 00:50:00 | Sattler | Horst | 1939 | MTV Burg | GER-SH | | 211 |
| 4 | 1940 | 00:51:58 | Westensee | Dieter | 1939 | Ostroher SC | GER-SH | | 248 |
| 5 | 24 | 00:52:47 | Hamm | Jochen | 1937 | MTV Heide | GER-SH | | 274 |
| 6 | 2131 | 00:56:44 | Witt | Willi | 1937 | TSV Büsum | GER-SH | | 356 |
| 7 | 1938 | 00:57:41 | Voss | Johann-Friedrich | 1935 | Ostroher SC | GER-SH | | 376 |
| 8 | 1860 | 00:57:51 | Bittner | Herbert | 1938 | MTV Heide | GER-SH | | 380 |
| 9 | 2141 | 00:58:05 | Weber | Wolfgang | 1937 | TSV Holm | GER-SH | | 385 |

Hauptlauf M - 75

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|----------|---------|------|--------------|--------|-----|------------|
| 1 | 22 | 00:54:27 | Matthies | Hans | 1930 | | GER-SH | | 304 |
| 2 | 1596 | 00:56:25 | Kypke | Günther | 1931 | Warwerort | GER-SH | | 344 |

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf W - SC

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|------------|------|------------------------|--------|-----|------------|
| 1 | 1751 | 00:52:22 | Reiher | Eve-Lilian | 1998 | Grundschule Lüttenheid | GER-SH | | 44 |
| 2 | 2107 | 00:53:56 | Feddersen | Lea | 1998 | Team Zeitenjäger | GER-SH | | 60 |
| 3 | 1798 | 01:00:57 | Carstensen | Julia | 1998 | Klaus Groth/ Loher Weg | GER-SH | | 137 |

Hauptlauf W - SB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------|------------|------|---------------------------------------|--------|-----|------------|
| 1 | 2279 | 00:50:25 | Rühmann | Katharina | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 30 |
| 2 | 2148 | 00:52:04 | Stollberg | Janina | 1996 | TSV Lohe-Rickelshof | GER-SH | | 38 |
| 3 | 2221 | 00:53:07 | Heinrichs | Kaya | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 49 |
| 4 | 1736 | 00:56:38 | Gäbler | Emma | 1997 | Friedrichstädter Rudergesellschaft | GER-SH | | 89 |
| 5 | 1613 | 00:56:53 | Soeth | Inga Marie | 1996 | Heide | GER-SH | | 91 |
| 6 | 2214 | 01:03:14 | Gabbert | Carolin | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 152 |
| 7 | 2261 | 01:06:48 | Paulsen | Nane | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 168 |
| 8 | 1513 | 01:07:23 | Schmidt | Janna | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 170 |
| 9 | 2236 | 01:08:46 | Klinger | Paulina | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 175 |
| 10 | 2227 | 01:10:06 | Jensen | Greta | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 178 |
| 11 | 2260 | 01:11:11 | Paulick | Aylin | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 180 |
| 12 | 2219 | 01:12:31 | Hamann | Valerie | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 183 |
| 13 | 2259 | 01:12:31 | Paltian | Lara | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 184 |
| 14 | 2242 | 01:15:58 | Kryska | Marie | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 188 |
| 15 | 2205 | 01:16:00 | Braun | Larinja | 1996 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 189 |
| 16 | 2294 | 01:21:00 | Totzke | Annika | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 191 |
| 17 | 2225 | 01:21:01 | Hoops | Miriam | 1997 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 192 |

Hauptlauf W - SA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|-----------|------|---------------------------------|--------|-----|------------|
| 1 | 2215 | 00:51:05 | Gabbert | Madeleine | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 34 |
| 2 | 2014 | 00:55:23 | Hadenfeldt | Marie | 1995 | SSV Süderdorf | GER-SH | | 76 |
| 3 | 2195 | 00:55:42 | Bauer | Julia | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 79 |
| 4 | 2278 | 00:56:14 | Ruge | Julia | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 85 |
| 5 | 2266 | 00:56:30 | Pump | Kristin | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 87 |
| 6 | 2287 | 00:56:53 | Sprenger | Nina | 1995 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 90 |

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf W - SA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|--------|----------|------|---------------------------------|--------|-----|------------|
| 7 | 1511 | 00:57:28 | Bäcker | Michelle | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 98 |
| 8 | 1577 | 00:59:58 | Bartel | Melissa | 1995 | Heide | GER-SH | | 127 |
| 9 | 1582 | 00:59:58 | Blümke | Hannah | 1994 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 128 |

Hauptlauf W - JB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-------------|----------|------|---------------------------------|--------|-----|------------|
| 1 | 15 | 00:36:33 | Liedtke | Christin | 1993 | LG Wedel-Pinneberg | GER-SH | | 1 |
| 2 | 1974 | 00:46:59 | Kunz | Nicole | 1992 | Raiffeisenbank Heide | GER-SH | | 8 |
| 3 | 2015 | 00:49:31 | Handenfeldt | Hella | 1993 | SSV Süderdorf | GER-SH | | 19 |
| 4 | 2016 | 00:51:47 | Karstens | Freya | 1993 | SSV Süderdorf | GER-SH | | 35 |
| 5 | 2213 | 00:53:33 | Fluck | Alina | 1993 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 53 |
| 6 | 1888 | 00:55:22 | Skock | Sarah | 1992 | MTV Heide | GER-SH | | 75 |
| 7 | 2152 | 00:56:07 | Haiduck | Alina | 1992 | TSV Nordhastedt | GER-SH | | 84 |
| 8 | 2241 | 01:00:27 | Krotenko | Regina | 1992 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 131 |
| 9 | 2231 | 01:03:47 | Kabbe | Jana | 1992 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 157 |
| 10 | 2222 | 01:07:09 | Hensel | Tiara | 1993 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 169 |
| 11 | 2280 | 01:08:12 | Schenk | Laura | 1992 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 174 |

Hauptlauf W - JA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|-----------|------|---------------------------------|--------|-----|------------|
| 1 | 2019 | 00:49:56 | Karstens | Ellen | 1990 | SSV Süderdorf | GER-SH | | 27 |
| 2 | 2251 | 00:50:50 | Möller | Leonie | 1990 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 31 |
| 3 | 2277 | 00:50:51 | Rolfs | Ida | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 32 |
| 4 | 2239 | 00:52:13 | Körgesaar | Veronika | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 42 |
| 5 | 2292 | 00:52:14 | Strebiling | Magdalena | 1990 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 43 |
| 6 | 2211 | 00:53:16 | Eckermann | Irma | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 51 |
| 7 | 2275 | 00:54:00 | Rogge | Eva Maria | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 61 |
| 8 | 2017 | 00:58:34 | Karstens | Merle | 1991 | SSV Süderdorf | GER-SH | | 112 |
| 9 | 1773 | 01:00:28 | Jürgens | Svenja | 1991 | Kadgamala Organisation e.V. | GER-SH | | 132 |
| 10 | 2218 | 01:01:40 | Häger | Johanna | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 138 |
| 11 | 2203 | 01:03:17 | Boeck | Saskia | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 153 |
| 12 | 2207 | 01:06:20 | Brodersen | Martina | 1990 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 167 |
| 13 | 2262 | 01:13:22 | Paulus | Katharina | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 186 |
| 14 | 2270 | 01:15:42 | Repczuk | Indra | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 187 |

Ergebnis M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf W - JA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|----------|---------|------|---------------------------------|--------|-----|------------|
| 15 | 2208 | 01:18:16 | Carstens | Bente | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 190 |
| 16 | 2226 | 01:29:54 | Hornung | Alina | 1991 | Werner-Heisenberg-Gymnasiu m | GER-SH | | 193 |

Hauptlauf W - HK

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-------------|---------------|------|-----------------------------|---------|-----|------------|
| 1 | 1749 | 00:46:54 | Denker | Sarah | 1984 | Grundschule Lüttenheid | GER-SH | | 7 |
| 2 | 1816 | 00:47:25 | Schwiem | Rabea | 1988 | Kreis Dithmarschen | GER-SH | | 9 |
| 3 | 2156 | 00:47:29 | Hahnkamp | Tanja | 1980 | TSV Schafstedt | GER-SH | | 10 |
| 4 | 16 | 00:50:14 | Schneider | Nadine | 1989 | LG Dithmarscher Westküste | GER-SH | | 29 |
| 5 | 1589 | 00:51:03 | Hesse | Caroline | 1989 | Heide | GER-SH | | 33 |
| 6 | 1826 | 00:52:02 | Lentfer | Jennifer | 1984 | LG Dithmarscher Westküste | GER-SH | | 36 |
| 7 | 2174 | 00:52:37 | Rickertsen | Jana | 1988 | Uni Bochum | GER-BAW | | 45 |
| 8 | 1700 | 00:52:55 | Wittig | Judith | 1988 | | GER-SH | | 47 |
| 9 | 1617 | 00:54:14 | Trog | Janina | 1983 | Heide | GER-SH | | 65 |
| 10 | 1690 | 00:54:49 | Steingrüber | Finja | 1989 | | GER-SH | | 71 |
| 11 | 1774 | 00:55:23 | Laskowski | Kim | 1987 | Kadgamala Organisation e.V. | GER-SH | | 77 |
| 12 | 1732 | 00:56:21 | Schomacker | Nina | 1984 | FC Offenbüttel | GER-SH | | 86 |
| 13 | 1731 | 00:57:36 | Fietz | Sabrina | 1989 | ETSV Fortuna Glückstadt | GER-SH | | 100 |
| 14 | 1658 | 00:58:06 | Köchy | Katja | 1981 | | GER-SH | | 109 |
| 15 | 2109 | 00:58:45 | Koch | Marleen | 1980 | Team Zeitenjäger | GER-SH | | 117 |
| 16 | 1693 | 01:00:01 | Thedens | Lena | 1986 | Raiffeisenbank Heide | GER-SH | | 129 |
| 17 | 2173 | 01:00:55 | Thiel | Andrea | 1984 | TuS Holtenau Kiel | GER-SH | | 135 |
| 18 | 1584 | 01:03:10 | Carl | Carina | 1983 | Heide | GER-SH | | 150 |
| 19 | 1759 | 01:03:38 | Quade | Ramona | 1982 | HSG Weddingstedt | GER-SH | | 154 |
| 20 | 1625 | 01:04:29 | Beilfuß | Pia | 1987 | | GER-SH | | 160 |
| 21 | 1691 | 01:05:06 | Stöfen | Dr. med Julia | 1981 | | GER-SH | | 163 |
| 22 | 1645 | 01:08:07 | Haack | Anja | 1980 | | GER-SH | | 173 |

Hauptlauf W - 30

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------|--------------------|------|--|---------|-----|------------|
| 1 | 18 | 00:37:48 | Tiedemann | Anke | 1975 | SG TSV Kronshagen / Kieler TB | GER-SH | | 2 |
| 2 | 2076 | 00:49:34 | Schuppan | Nadine | 1977 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 22 |
| 3 | 2111 | 00:53:40 | Kühl | Claudia | 1975 | Team Zeitenjäger | GER-SH | | 56 |
| 4 | 1838 | 00:54:03 | Kühl | Alexandra | 1976 | LT SSV Sarzbüttel | GER-SH | | 62 |
| 5 | 1995 | 00:54:24 | Kumrow | Ulrike | 1979 | Schröder-Bauzentrum | GER-SH | | 68 |
| 6 | 1980 | 00:55:03 | Voss | Beate | 1978 | Raiffeisenbank Heide | GER-SH | | 72 |
| 7 | 1842 | 00:55:17 | Borwieck | Kirsi | 1978 | Marner TV | GER-SH | | 73 |
| 8 | 2001 | 00:56:56 | Wagner | Nadin | 1976 | Schröder-Bauzentrum | GER-SH | | 92 |
| 9 | 1695 | 00:59:11 | Umbach | Annika | 1979 | | GER-SH | | 123 |
| 10 | 1968 | 01:02:56 | Engler | Susanne | 1977 | Raiffeisenbank Heide | GER-SH | | 147 |
| 11 | 1758 | 01:03:39 | Jens | Simone | 1979 | HSG Weddingstedt | GER-SH | | 155 |
| 12 | 1657 | 01:05:05 | Knof | Dörte | 1979 | | GER-NIE | | 161 |
| 13 | 1685 | 01:05:05 | Schütte | Dr. med Silke-Anne | 1975 | | GER-SH | | 162 |

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf W - 30

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-----------|---------|------|--|--------|----------------|
| 14 | 2081 | 01:09:50 | Wandmaker | Nicole | 1975 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | 176 |

Hauptlauf W - 35

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|------------|-----------|------|--|--------|----------------|
| 1 | 2051 | 00:49:05 | Carstens | Marion | 1973 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | 16 |
| 2 | 1863 | 00:49:12 | Brockmann | Tanja | 1972 | MTV Heide | GER-SH | 17 |
| 3 | 2097 | 00:49:37 | Meyer | Tatjana | 1973 | Team Telekom | GER-SH | 23 |
| 4 | 2154 | 00:49:44 | Nehlsen | Eva | 1970 | TSV Nordhastedt | GER-SH | 24 |
| 5 | 1600 | 00:52:12 | Lüders | Inga | 1972 | Nordhastedt | GER-SH | 40 |
| 6 | 2057 | 00:54:15 | Hinsch | Dr. Antje | 1970 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | 66 |
| 7 | 1630 | 00:58:01 | Carius | Nadine | 1972 | | GER-SH | 105 |
| 8 | 1840 | 00:58:40 | Peters | Katrin | 1973 | LT SSV Sarzbüttel | GER-SH | 116 |
| 9 | 1578 | 00:58:51 | Barzel | Susanne | 1971 | Simonsberg | GER-SH | 118 |
| 10 | 1913 | 00:59:47 | Bornholdt | Wiebke | 1974 | Ostroher SC | GER-SH | 126 |
| 11 | 1886 | 01:01:57 | Schillings | Karin | 1970 | MTV Heide | GER-SH | 141 |
| 12 | 1631 | 01:02:04 | Carstensen | Wiebke | 1970 | | GER-SH | 142 |
| 13 | 2062 | 01:02:26 | Knabe | Meike | 1974 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | 144 |

Hauptlauf W - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-----------------|-----------|------|--|---------|----------------|
| 1 | 1586 | 00:47:33 | Christiansen | Britta | 1966 | Husum | GER-SH | 12 |
| 2 | 1899 | 00:47:52 | Del Pilar Engel | Maria | 1967 | MTV St. Michaelisdonn | GER-SH | 13 |
| 3 | 2112 | 00:48:37 | Pfingst | Petra | 1968 | Team Zeitenjäger | GER-SH | 15 |
| 4 | 2102 | 00:49:32 | Badtke | Britta | 1967 | Team Zeitenjäger | GER-SH | 20 |
| 5 | 1977 | 00:49:56 | Stuckmann | Ute | 1965 | Raiffeisenbank Heide | GER-SH | 28 |
| 6 | 2056 | 00:52:08 | Hinrichsen | Sabine | 1966 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | 39 |
| 7 | 2122 | 00:52:53 | Reichert | Iris | 1968 | TSV Brunsbüttel | GER-SH | 46 |
| 8 | 2050 | 00:53:05 | Brünning | Christine | 1969 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | 48 |
| 9 | 2150 | 00:53:16 | Jäger | Katrin | 1969 | TSV Lütjenwestedt | GER-SH | 50 |
| 10 | 1683 | 00:53:36 | Schrump | Kirsten | 1966 | | GER-SH | 54 |
| 11 | 2024 | 00:53:43 | Tiessen-Börner | Andrea | 1965 | SSV Süderdorf | GER-SH | 58 |
| 12 | 1841 | 00:54:03 | Speck | Heike | 1965 | LT SSV Sarzbüttel | GER-SH | 63 |
| 13 | 2124 | 00:54:47 | Friedrichs | Anja | 1965 | TSV Büsum | GER-SH | 70 |
| 14 | 1996 | 00:55:19 | Rocksien | Carola | 1969 | Schröder-Bauzentrum | GER-SH | 74 |
| 15 | 1808 | 00:55:37 | Dittmann | Britta | 1966 | Kreis Dithmarschen | GER-SH | 78 |
| 16 | 1900 | 00:55:56 | Nagies | Anja | 1966 | MTV St. Michaelisdonn | GER-SH | 80 |
| 17 | 2186 | 00:57:01 | Voß | Telse | 1965 | Volkslauf Bremen | GER-BRE | 93 |
| 18 | 1813 | 00:57:11 | Paarmann | Andrea | 1966 | Kreis Dithmarschen | GER-SH | 94 |
| 19 | 1632 | 00:57:33 | Christians | Hedda | 1969 | | GER-HAM | 99 |
| 20 | 1654 | 00:57:48 | Kahl | Sandra | 1969 | | GER-SH | 102 |
| 21 | 2125 | 00:58:04 | Höner | Nina | 1967 | TSV Büsum | GER-SH | 107 |
| 22 | 2084 | 00:58:38 | Nasutta | Maren | 1969 | Team Feldblick | GER-SH | 114 |

Ergebnis

M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf W - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------|-----------|------|------------------------------|---------|-----|------------|
| 23 | 1836 | 00:58:40 | Claußen | Heinke | 1965 | LT SSV Sarzbüttel | GER-SH | | 115 |
| 24 | 1878 | 00:58:56 | Klinger | Bianca | 1968 | MTV Heide | GER-SH | | 120 |
| 25 | 1982 | 00:59:10 | Büßen | Urte | 1965 | Risby UF | GER-SH | | 122 |
| 26 | 1994 | 00:59:43 | Kock | Sabine | 1968 | Schröder-Bauzentrum | GER-SH | | 125 |
| 27 | 1877 | 01:01:52 | Junker | Angelika | 1966 | MTV Heide | GER-SH | | 139 |
| 28 | 1795 | 01:02:31 | Ahlheim | Susanne | 1966 | Kirchengemeinde Hemmingstedt | GER-SH | | 146 |
| 29 | 1604 | 01:03:10 | Nielsen | Susanne | 1968 | Lohe-Rickelshof | GER-SH | | 149 |
| 30 | 1675 | 01:03:41 | Rathje | Susanne | 1968 | | GER-THÜ | | 156 |
| 31 | 2037 | 01:07:34 | Glabbatz | Roswitha | 1965 | SV Rot-Gelb Hamburg von 1926 | GER-HAM | | 172 |
| 32 | 1946 | 01:10:00 | Hensel | Christina | 1967 | Postsportverein Heide e.V. | GER-SH | | 177 |
| 33 | 1909 | 01:12:16 | Bußmann | Heike | 1967 | Nyam Lauftreff | GER-SH | | 181 |
| 34 | 1952 | 01:12:40 | Ladendorf | Adda | 1965 | Postsportverein Heide e.V. | GER-SH | | 185 |

Hauptlauf W - 45

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|---------------|------------|------|--|---------|-----|------------|
| 1 | 4 | 00:45:16 | Karstens | Renate | 1963 | SSV Süderdorf | GER-SH | | 4 |
| 2 | 1856 | 00:47:32 | Anthony | Hilke | 1964 | MTV Heide | GER-SH | | 11 |
| 3 | 1866 | 00:48:11 | Claußen-Simon | Doris | 1962 | MTV Heide | GER-SH | | 14 |
| 4 | 1848 | 00:49:21 | Gerold | Silke | 1962 | MTV Burg | GER-SH | | 18 |
| 5 | 2074 | 00:49:33 | Schlardt | Christiane | 1964 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 21 |
| 6 | 1922 | 00:49:44 | Midwer | Elke | 1963 | Ostroher SC | GER-SH | | 25 |
| 7 | 2123 | 00:49:55 | Zornig | Manuela | 1963 | TSV Brunsbüttel | GER-SH | | 26 |
| 8 | 2143 | 00:53:17 | Enseleit | Eike | 1960 | TSV Linden | GER-SH | | 52 |
| 9 | 1505 | 00:53:42 | Köppe | Kerstin | 1963 | | GER-SH | | 57 |
| 10 | 2170 | 00:55:56 | Staack | Ute | 1962 | Tura Meldorf | GER-SH | | 81 |
| 11 | 2121 | 00:55:58 | Lau | Birgit | 1963 | TSV Brunsbüttel | GER-SH | | 82 |
| 12 | 1665 | 00:56:04 | Marxen | Frauke | 1961 | | GER-SH | | 83 |
| 13 | 2069 | 00:56:31 | Neumann-Meier | Ute | 1963 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 88 |
| 14 | 1814 | 00:57:14 | Rogge | Jutta | 1961 | Kreis Dithmarschen | GER-SH | | 96 |
| 15 | 2106 | 00:57:49 | Feddersen | Gesche | 1963 | Team Zeitenjäger | GER-SH | | 103 |
| 16 | 2073 | 00:57:56 | Reimers | Christiane | 1960 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 104 |
| 17 | 2132 | 00:58:04 | Woyk | Angela | 1962 | TSV Büsum | GER-SH | | 106 |
| 18 | 2013 | 00:58:10 | Ellerbrook | Verena | 1961 | SSV Süderdorf | GER-SH | | 110 |
| 19 | 2039 | 00:58:38 | Malt | Andrea | 1962 | SV Rot-Gelb Hamburg von 1926 | GER-HAM | | 113 |
| 20 | 2040 | 00:58:54 | Schneeberg | Kirsten | 1963 | TCB Bremen | GER-BRE | | 119 |
| 21 | 1616 | 01:00:11 | Thießen | Brigitte | 1963 | Wöhrden | GER-SH | | 130 |
| 22 | 1819 | 01:02:05 | Vidal | Babette | 1964 | Kreis Dithmarschen | GER-SH | | 143 |
| 23 | 1927 | 01:02:31 | Räsch | Heike | 1963 | Ostroher SC | GER-SH | | 145 |
| 24 | 2046 | 01:04:04 | Bahnsen-Boyn | Edeltraut | 1961 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 158 |
| 25 | 1926 | 01:06:01 | Paulsen | Silke | 1961 | Ostroher SC | GER-SH | | 165 |
| 26 | 1642 | 01:11:08 | Gertz | Marianne | 1964 | | GER-SH | | 179 |
| 27 | 1638 | 01:12:16 | Frank | Berit | 1964 | | GER-SH | | 182 |

Ergebnis M / W - Altersklassen

Hauptlauf (10 Km)

Hauptlauf W - 50

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|--------------------------|-------------|------|--|--------|-----|------------|
| 1 | 5 | 00:44:45 | Rohwer | Anke | 1958 | Ostroher SC | GER-SH | | 3 |
| 2 | 1988 | 00:45:37 | Averhoff | Sabine | 1958 | Schröder-Bauzentrum | GER-SH | | 5 |
| 3 | 6 | 00:46:06 | Kreft | Susanna | 1955 | VfB Brunsbüttel | GER-SH | | 6 |
| 4 | 1876 | 00:52:03 | Jung | Gertrud | 1957 | MTV Heide | GER-SH | | 37 |
| 5 | 2118 | 00:52:13 | Poremba | Dr. Kirstin | 1959 | TimeOut | GER-SH | | 41 |
| 6 | 2067 | 00:53:37 | Kupc | Babara | 1958 | Team der Westküstenkliniken Brunsbüttel und Heide | GER-SH | | 55 |
| 7 | 1875 | 00:54:11 | Heusinger von Waldegg | Maren | 1958 | MTV Heide | GER-SH | | 64 |
| 8 | 1598 | 00:57:23 | Lohmeier | Ute | 1958 | Wesseln | GER-SH | | 97 |
| 9 | 1992 | 00:58:18 | Harnau | Elke | 1959 | Schröder-Bauzentrum | GER-SH | | 111 |
| 10 | 1920 | 00:58:59 | Hammann | Gesche | 1958 | Ostroher SC | GER-SH | | 121 |
| 11 | 1825 | 00:59:18 | Schinke | Vera | 1957 | Laufftreff Uetersen | GER-SH | | 124 |
| 12 | 1677 | 01:00:38 | Reimers | Antje | 1958 | | GER-SH | | 133 |
| 13 | 1847 | 01:00:54 | Gerlach | Dörte | 1959 | MTV Burg | GER-SH | | 134 |
| 14 | 1706 | 01:03:14 | Holm | Rita | 1959 | ABC Wesseln | GER-SH | | 151 |
| 15 | 1681 | 01:05:33 | Schlömer | Martina | 1958 | | GER-SH | | 164 |
| 16 | 1936 | 01:06:03 | von Hemm | Hannelore | 1957 | Ostroher SC | GER-SH | | 166 |

Hauptlauf W - 55

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------|---------|------|------------------------|--------|-----|------------|
| 1 | 1719 | 01:01:52 | Peetz | Gaby | 1953 | Boyens Anzeigenblätter | GER-SH | | 140 |
| 2 | 1667 | 01:04:07 | Nickelsen | Anni | 1951 | | GER-SH | | 159 |

Hauptlauf W - 60

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|----------|------|---------------------------------|---------|-----|------------|
| 1 | 1833 | 00:54:22 | Behrens | Marion | 1949 | LT Hopen | GER-SH | | 67 |
| 2 | 1864 | 00:54:28 | Carstensen | Helga | 1949 | MTV Heide | GER-SH | | 69 |
| 3 | 1622 | 00:57:44 | Wölber | Anna | 1947 | Meldorf | GER-SH | | 101 |
| 4 | 1730 | 00:58:05 | Bleich | Wilma | 1947 | ETSV Fortuna Glückstadt | GER-SH | | 108 |
| 5 | 2033 | 01:07:34 | Alberts | Ingeborg | 1946 | SV Rot-Gelb Hamburg von 1926 | GER-HAM | | 171 |

Hauptlauf W - 65

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|---------|------|--------------|--------|-----|------------|
| 1 | 1843 | 01:00:57 | Carstensen | Ilse | 1942 | MTV Burg | GER-SH | | 136 |
| 2 | 2127 | 01:03:05 | Lass | Gerda | 1942 | TSV Büsum | GER-SH | | 148 |

Hauptlauf W - 70

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|--------|---------|------|-----------------|--------|-----|------------|
| 1 | 19 | 00:53:46 | Willer | Betty | 1939 | KKW Brunsbüttel | GER-SH | | 59 |

Ergebnis

M / W - Altersklassen

Hauptlauf
(10 Km)

Hauptlauf
W - 70

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|---------|---------|------|--------------|--------|-----|------------|
| 2 | 17 | 00:57:13 | Schweer | Helga | 1938 | | GER-SH | | 95 |

Einträge in der Liste: 653,00