



## 38. Heider Abendstadtlauf

07. Juni 2024



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### Ergebnis M / W - Altersklassen

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#### Hauptlauf ( 10 Km )

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##### Hauptlauf M - JU14

| Pos | StNr | Gesamt   | Name           | Vorname    | Jg.  | Verein / Ort             | Nat.   | Pos Gesamtfeld |
|-----|------|----------|----------------|------------|------|--------------------------|--------|----------------|
| 1   | 180  | 00:46:50 | Hecker         | Matti      | 2012 | ABC Wesseln              | GER-SH | 85             |
| 2   | 206  | 00:48:17 | Jaber          | Ayman      | 2011 | Kadgamala e.V.           | GER-SH | 102            |
| 3   | 273  | 00:49:17 | Lehnert        | Luis       | 2012 | WHG Heide                | GER-SH | 119            |
| 4   | 309  | 00:55:53 | Mehidi-Chalabi | Houssein   | 2011 | Klaus-Groth-Schule Heide | GER-SH | 220            |
| 5   | 308  | 00:55:53 | Mehidi-Chalabi | Hasan      | 2011 | Klaus-Groth-Schule Heide | GER-SH | 221            |
| 6   | 495  | 00:58:20 | Steger         | Jannick    | 2011 | Klaus-Groth-Schule Heide | GER-SH | 254            |
| 7   | 609  | 00:58:27 | Ziesmer        | Lewe       | 2013 | Klaus-Groth-Schule Heide | GER-SH | 258            |
| 8   | 246  | 00:58:49 | Kowolik-Pries  | Lennard    | 2013 | Klaus-Groth-Schule Heide | GER-SH | 264            |
| 9   | 135  | 01:01:33 | Gajor          | Antoni     | 2014 | Klaus-Groth-Schule Heide | GER-SH | 287            |
| 10  | 242  | 01:01:56 | Kölln          | Fynn Luca  | 2016 | Klaus-Groth-Schule Heide | GER-SH | 291            |
| 11  | 354  | 01:01:58 | Öney           | Salahaddin | 2015 | Klaus-Groth-Schule Heide | GER-SH | 293            |
| 12  | 471  | 01:05:53 | Sierth         | Maximilian | 2011 | GmS Heide-Ost            | GER-SH | 331            |
| 13  | 359  | 01:15:11 | Paltian        | Leon Joel  | 2011 | GGs Tellingstedt         | GER-SH | 347            |
| 14  | 222  | 01:19:25 | Jung           | Isyan      | 2015 | Klaus-Groth-Schule Heide | GER-SH | 351            |
| 15  | 80   | 01:19:25 | Cicek          | Davut      | 2015 | Klaus-Groth-Schule Heide | GER-SH | 352            |

##### Hauptlauf M - JU16

| Pos | StNr | Gesamt   | Name      | Vorname   | Jg.  | Verein / Ort             | Nat.   | Pos Gesamtfeld |
|-----|------|----------|-----------|-----------|------|--------------------------|--------|----------------|
| 1   | 167  | 00:52:00 | Halwaß    | Leon      | 2009 |                          | GER-SH | 152            |
| 2   | 378  | 00:53:18 | Petry     | Samuel    | 2010 | Klaus-Groth-Schule Heide | GER-SH | 173            |
| 3   | 145  | 00:55:25 | Grallert  | Rasmus    | 2009 | Kadgamala e.V.           | GER-SH | 213            |
| 4   | 227  | 00:55:54 | Kadir     | Jakub     | 2009 | Klaus-Groth-Schule Heide | GER-SH | 222            |
| 5   | 414  | 00:56:10 | Rosenthal | Andrej    | 2010 | Klaus-Groth-Schule Heide | GER-SH | 225            |
| 6   | 53   | 01:00:52 | Boysen    | Friedrich | 2009 | Kadgamala e.V.           | GER-SH | 281            |
| 7   | 124  | 01:01:53 | Florian   | Alexander | 2010 | Klaus-Groth-Schule Heide | GER-SH | 290            |
| 8   | 516  | 01:02:34 | Takak     | Sipan     | 2009 | Klaus-Groth-Schule Heide | GER-SH | 305            |
| 9   | 140  | 01:05:54 | Geßner    | Mathias   | 2010 | Klaus-Groth-Schule Heide | GER-SH | 332            |
| 10  | 158  | 01:07:01 | Gustke    | Jason     | 2010 | GmS Heide-Ost            | GER-SH | 335            |
| 11  | 489  | 01:09:12 | Stange    | Philipp   | 2009 | Dein Schmuckwerk         | GER-SH | 337            |
| 12  | 334  | 01:09:40 | Neck      | Tim Lukas | 2009 | Friedrich-Elvers-Schule  | GER-SH | 338            |
| 13  | 186  | 01:14:55 | Hemmat    | Haroon    | 2010 | Klaus-Groth-Schule Heide | GER-SH | 346            |

##### Hauptlauf M - JU18

| Pos | StNr | Gesamt   | Name       | Vorname | Jg.  | Verein / Ort                          | Nat.   | Pos Gesamtfeld |
|-----|------|----------|------------|---------|------|---------------------------------------|--------|----------------|
| 1   | 617  | 00:39:46 | Stojkowsch | Julian  | 2007 | Jugendwohngruppe Brügger Hof Breiholz | GER-SH | 19             |

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# Ergebnis

## M / W - Altersklassen

### Hauptlauf ( 10 Km )

#### Hauptlauf M - JU18

| Pos | StNr | Gesamt   | Name       | Vorname      | Jg.  | Verein / Ort                          | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|------------|--------------|------|---------------------------------------|--------|-----|------------|
| 2   | 550  | 00:42:01 | Volkmann   | Paul         | 2007 | Heider SV                             | GER-SH |     | 34         |
| 3   | 264  | 00:47:41 | Kulstrunk  | Timo         | 2007 | Ostroher SC                           | GER-SH |     | 96         |
| 4   | 88   | 00:47:58 | Debus      | Tom          | 2008 | Kadgamala e.V.                        | GER-SH |     | 99         |
| 5   | 546  | 00:48:07 | Vogelsang  | Hans         | 2008 | ABC Wesseln                           | GER-SH |     | 101        |
| 6   | 192  | 00:48:48 | Hinrichs   | Taylor       | 2007 | Kadgamala e.V.                        | GER-SH |     | 110        |
| 7   | 616  | 00:49:09 | Humburg    | Mika         | 2007 | Jugendwohngruppe Brügger Hof Breiholz | GER-SH |     | 116        |
| 8   | 255  | 00:49:11 | Kroll      | Tyler        | 2007 | Heide                                 | GER-SH |     | 117        |
| 9   | 119  | 00:52:16 | Fech       | Marwan Erik  | 2008 | BB-Sports Albersdorf                  | GER-SH |     | 158        |
| 10  | 396  | 00:53:37 | Reimers    | Tjark Marten | 2008 | TSV Lohe                              | GER-SH |     | 182        |
| 11  | 14   | 00:55:08 | Altug      | Mohamed-Ali  | 2007 | Klaus-Groth-Schule Heide              | GER-SH |     | 207        |
| 12  | 304  | 00:55:16 | Martens    | Jan          | 2008 | Eider-Nordsee-Schule Wesselburen      | GER-SH |     | 210        |
| 13  | 34   | 00:55:24 | Berriat    | Luan         | 2008 | Eider-Nordsee-Schule Wesselburen      | GER-SH |     | 212        |
| 14  | 100  | 01:02:16 | Eggers     | Jorve        | 2008 | Team Zeitenjäger                      | GER-SH |     | 297        |
| 15  | 101  | 01:02:17 | Eggers     | Noah         | 2008 | Team Zeitenjäger                      | GER-SH |     | 300        |
| 16  | 191  | 01:13:35 | Hilgenberg | Elias        | 2008 |                                       | GER-SH |     | 345        |

#### Hauptlauf M - JU20

| Pos | StNr | Gesamt   | Name           | Vorname      | Jg.  | Verein / Ort                           | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|----------------|--------------|------|--|--------|-----|------------|
| 1   | 401  | 00:46:46 | Rickerts       | Ricco        | 2005 | SV Holstein Pahlen                     | GER-SH |     | 83         |
| 2   | 28   | 00:46:57 | Bendtschneider | Nils         | 2005 | BBZ Dithmarschen                       | GER-SH |     | 89         |
| 3   | 618  | 00:47:27 | Klamfoth       | John         | 2006 | Jugendwohngruppe Brügger Hof Breiholz  | GER-SH |     | 95         |
| 4   | 603  | 00:54:07 | Yildiz         | Murat        | 2006 | Christoph Heizung Sanitär Lüftung GmbH | GER-SH |     | 185        |
| 5   | 284  | 00:54:09 | Lippemeier     | Tapio        | 2006 |  | GER-SH |     | 186        |
| 6   | 425  | 00:56:59 | Schenk         | Jonah        | 2005 | BBZ Dithmarschen                       | GER-SH |     | 233        |
| 7   | 208  | 00:58:39 | Janke          | Tristan      | 2005 | Kadgamala e.V.                         | GER-SH |     | 261        |
| 8   | 253  | 01:00:40 | Kröger         | Kay Benjamin | 2005 | BBZ Dithmarschen                       | GER-SH |     | 278        |
| 9   | 141  | 01:01:58 | Giese          | Matthis      | 2006 |  | GER-SH |     | 292        |
| 10  | 339  | 01:02:00 | Niestroy       | Tom          | 2006 | BBZ Dithmarschen                       | GER-SH |     | 295        |
| 11  | 542  | 01:03:03 | Twistel        | Noah         | 2006 | BBZ Dithmarschen                       | GER-SH |     | 309        |
| 12  | 75   | 01:05:05 | Cakirer        | Aliosman     | 2005 | BBZ Dithmarschen                       | GER-SH |     | 322        |

#### Hauptlauf M - HK

| Pos | StNr | Gesamt   | Name       | Vorname  | Jg.  | Verein / Ort                       | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|------------|----------|------|------------------------------------|--------|-----|------------|
| 1   | 1    | 00:34:39 | Brandt     | Lars     | 1998 | MTV Heide                          | GER-SH |     | 1          |
| 2   | 375  | 00:35:28 | Petersen   | Robert   | 1998 |                                    | GER-SH |     | 4          |
| 3   | 24   | 00:36:53 | Bautz      | Niclas   | 1995 | VISHAY BCcomponents BEYSCHLAG GmbH | GER-SH |     | 9          |
| 4   | 216  | 00:37:19 | Jessen     | Kjell    | 2004 |                                    | GER-SH |     | 10         |
| 5   | 200  | 00:39:33 | Horch      | Jannik   | 2002 | Schröder Bauzentrum Heide          | GER-SH |     | 17         |
| 6   | 599  | 00:40:15 | Wulf       | Yannick  | 1997 | Northvolt Drei Project GmbH        | GER-SH |     | 23         |
| 7   | 512  | 00:40:59 | Suhr       | Marten   | 1995 | IF Stjernen Flensburg              | GER-SH |     | 25         |
| 8   | 134  | 00:41:48 | Gademmann  | Matthias | 2004 | BBZ Dithmarschen                   | GER-SH |     | 31         |
| 9   | 494  | 00:41:49 | Steffensen | Jacob    | 2004 | VR Bank Westküste                  | GER-SH |     | 32         |

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## Hauptlauf ( 10 Km )

### Hauptlauf M - HK

| Pos | StNr | Gesamt   | Name         | Vorname    | Jg.  | Verein / Ort                | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|--------------|------------|------|-----------------------------|---------|-----|------------|
| 10  | 87   | 00:41:51 | Dalgas       | Mirco      | 1995 | BBZ Dithmarschen            | GER-SH  |     | 33         |
| 11  | 277  | 00:42:25 | Lichtwald    | Henning    | 2004 | SV Eichede                  | GER-SH  |     | 37         |
| 12  | 470  | 00:43:24 | Siemund      | Melf       | 2003 |                             | GER-SH  |     | 44         |
| 13  | 181  | 00:43:33 | Heidinger    | Linus      | 2002 | FH Westküste                | GER-SH  |     | 46         |
| 14  | 420  | 00:43:53 | Ryan         | Eddie      | 1996 | Northvolt Drei Project GmbH | GER-SH  |     | 48         |
| 15  | 301  | 00:44:17 | Maaßen       | Jan Niklas | 2002 | SV Holstein Pahlen          | GER-SH  |     | 52         |
| 16  | 389  | 00:44:21 | Radmer       | Lasse      | 2001 |                             | GER-NIE |     | 53         |
| 17  | 598  | 00:44:25 | Wriedt       | Lennart    | 1997 | Kähler Bau GmbH & Co. KG    | GER-SH  |     | 54         |
| 18  | 11   | 00:44:26 | Adi          | Ali        | 2004 |                             | GER-SH  |     | 55         |
| 19  | 58   | 00:44:36 | Brockmeyer   | Nico       | 1998 | Northvolt Drei Project GmbH | GER-SH  |     | 59         |
| 20  | 377  | 00:44:47 | Petersen     | Tom        | 2003 | Post SV Heide               | GER-SH  |     | 61         |
| 21  | 399  | 00:45:01 | Rexhausen    | Ole        | 1997 | TSV Vorwärts Hademarschen   | GER-SH  |     | 63         |
| 22  | 398  | 00:45:54 | Rettmann     | David      | 2001 | Northvolt Drei Project GmbH | GER-SH  |     | 69         |
| 23  | 456  | 00:46:21 | Schultz      | Oliver     | 1996 | FH Westküste                | GER-SH  |     | 76         |
| 24  | 520  | 00:46:28 | Täuber       | Marc       | 1996 | FH Westküste                | GER-SH  |     | 78         |
| 25  | 451  | 00:46:35 | Schuchardt   | Dominik    | 1997 | FH Westküste                | GER-SH  |     | 80         |
| 26  | 390  | 00:46:52 | Radmer       | Malte      | 1995 | BBZ Dithmarschen            | GER-SH  |     | 86         |
| 27  | 152  | 00:47:44 | Groth        | Björn      | 1998 |                             | GER-SH  |     | 97         |
| 28  | 394  | 00:48:24 | Reimer       | Jonas      | 2004 | FH Westküste                | GER-SH  |     | 103        |
| 29  | 207  | 00:48:54 | Jacobs       | Yannick    | 1999 | Johnsens Gym / Physio       | GER-SH  |     | 111        |
| 30  | 332  | 00:49:03 | Naeve        | Michael    | 1996 | FH Westküste                | GER-SH  |     | 115        |
| 31  | 575  | 00:49:21 | Wierk        | Yannis     | 1999 | TSV Nordhastedt             | GER-SH  |     | 121        |
| 32  | 445  | 00:49:31 | Schröder     | Gereon     | 1999 | TSV Nordhastedt             | GER-SH  |     | 123        |
| 33  | 297  | 00:49:32 | Lührs        | Luca       | 2004 | BBZ Dithmarschen            | GER-SH  |     | 124        |
| 34  | 89   | 00:50:24 | Denker       | Harm       | 1998 | Team Raffinerie Heide       | GER-SH  |     | 136        |
| 35  | 94   | 00:50:25 | Dohrmann     | Luca       | 1997 | Post SV Heide               | GER-SH  |     | 137        |
| 36  | 193  | 00:50:32 | Hinrichs     | Thore      | 2003 | FH Westküste                | GER-SH  |     | 139        |
| 37  | 534  | 00:50:43 | Tietgen      | Jan        | 2002 |                             | GER-HAM |     | 140        |
| 38  | 433  | 00:51:11 | Schmidt      | Erik       | 1999 | SV Hemme                    | GER-SH  |     | 145        |
| 39  | 280  | 00:51:47 | Limburg      | Mathis     | 1996 | Kähler Bau GmbH & Co. KG    | GER-SH  |     | 149        |
| 40  | 621  | 00:52:01 | Kellner      | Marvin     | 1999 | Heider SV                   | GER-SH  |     | 153        |
| 41  | 388  | 00:52:04 | Quade        | Sebastian  | 1998 |                             | GER-HAM |     | 154        |
| 42  | 493  | 00:52:07 | Steenbock    | Kjell      | 1995 |                             | GER-SH  |     | 155        |
| 43  | 44   | 00:52:16 | Borchers     | Nils       | 1996 |                             | GER-SH  |     | 159        |
| 44  | 99   | 00:52:50 | Eggers       | Henning    | 1995 |                             | GER-SH  |     | 170        |
| 45  | 459  | 00:53:26 | Schütt       | Eike       | 1997 | WSC Kiel                    | GER-SH  |     | 177        |
| 46  | 604  | 00:53:27 | Yung         | Pascal     | 2001 | Göpfert AG                  | GER-SH  |     | 178        |
| 47  | 475  | 00:53:32 | Sievers      | Leif       | 2004 | Kadgamala e.V.              | GER-SH  |     | 180        |
| 48  | 72   | 00:54:27 | Busche       | Matthias   | 1998 | TSV Lohe-Rickelshof         | GER-SH  |     | 194        |
| 49  | 166  | 00:54:55 | Halley       | Simon      | 2000 |                             | GER-SH  |     | 204        |
| 50  | 631  | 00:54:57 | Kühl         | Tom-Niklas | 1998 | Kähler Bau GmbH & Co. KG    | GER-SH  |     | 205        |
| 51  | 43   | 00:55:00 | Borchers     | Kai        | 1999 |                             | GER-SH  |     | 206        |
| 52  | 74   | 00:55:34 | Büttner      | Tim Malte  | 1995 | TSV Schafstedt              | GER-SH  |     | 216        |
| 53  | 79   | 00:55:56 | Christiansen | Lasse      | 2000 | FC Geest 09                 | GER-SH  |     | 223        |
| 54  | 619  | 00:56:57 | Bogdanov     | Christian  | 2004 |                             | GER-SH  |     | 231        |
| 55  | 136  | 00:56:59 | Gariev       | Erik       | 2004 | BBZ Dithmarschen            | GER-SH  |     | 234        |
| 56  | 15   | 00:57:10 | Amirov       | Jurabek    | 1997 | Hof Timm Krumstedt          | UZB     |     | 241        |
| 57  | 519  | 00:57:46 | Tappendorf   | Jannik     | 2004 | BBZ Dithmarschen            | GER-SH  |     | 245        |
| 58  | 229  | 00:57:48 | Kaiser       | Collin     | 2004 | FH Westküste                | GER-SH  |     | 246        |
| 59  | 37   | 00:58:25 | Block        | Sven Thore | 1998 | Kadgamala e.V.              | GER-SH  |     | 257        |
| 60  | 93   | 01:00:00 | Dirks        | Claas      | 2004 | FH Westküste                | GER-SH  |     | 276        |

MTV Heide Am Sportplatz 1 25746 Heide

Telefon: 0481/63619 Fax: 0481/7877622 stadtlauf@mtv-heide.de www.mtv-heide.de/heider-abend-stadtlauf.html

# Ergebnis

## M / W - Altersklassen

### Hauptlauf ( 10 Km )

#### Hauptlauf M - HK

| Pos | StNr | Gesamt   | Name         | Vorname      | Jg.  | Verein / Ort          | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|--------------|--------------|------|-----------------------|--------|-----|------------|
| 61  | 66   | 01:00:24 | Bui          | Duc Anh      | 2004 | BBZ Dithmarschen      | GER-SH |     | 277        |
| 62  | 591  | 01:00:57 | Wöhl         | Kevin        | 1996 | Kadgamala e.V.        | GER-SH |     | 283        |
| 63  | 415  | 01:01:21 | Rothembücher | Jan          | 1998 | FH Westküste          | GER-SH |     | 285        |
| 64  | 597  | 01:01:21 | Wriedt       | Jannis       | 1999 | FH Westküste          | GER-SH |     | 286        |
| 65  | 434  | 01:01:38 | Schmidt      | Henry        | 2001 | BBZ Dithmarschen      | GER-SH |     | 288        |
| 66  | 562  | 01:02:07 | Walth        | William      | 2003 | Kadgamala e.V.        | GER-SH |     | 296        |
| 67  | 454  | 01:02:17 | Schuhardt    | Leev         | 2004 | Team Zeitenjäger      | GER-SH |     | 301        |
| 68  | 363  | 01:02:57 | Peetz        | Dennis       | 2004 |                       | GER-SH |     | 308        |
| 69  | 123  | 01:03:28 | Findeisen    | Peer Henrik  | 2002 | FH Westküste          | GER-SH |     | 312        |
| 70  | 177  | 01:05:10 | Hauberg      | Jan          | 1997 | Team Raffinerie Heide | GER-SH |     | 324        |
| 71  | 78   | 01:05:43 | Christiansen | Jan Jonas    | 1999 |                       | GER-SH |     | 327        |
| 72  | 387  | 01:07:19 | Ptok         | Justin       | 1999 |                       | GER-SH |     | 336        |
| 73  | 372  | 01:12:01 | Petersen     | Benny        | 1995 |                       | GER-SH |     | 344        |
| 74  | 574  | 01:21:28 | Wiepcke      | Leon Maurice | 2004 | BB-Sports Albersdorf  | GER-SH |     | 353        |

#### Hauptlauf M - 30

| Pos | StNr | Gesamt   | Name                | Vorname           | Jg.  | Verein / Ort                                       | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|---------------------|-------------------|------|--|---------|-----|------------|
| 1   | 205  | 00:35:50 | Ingwersen           | Jan               | 1992 | MTV Heide  | GER-HAM |     | 6          |
| 2   | 317  | 00:39:47 | Milferstädt         | Jörg              | 1990 | Stadt Brunsbüttel                                  | GER-SH  |     | 20         |
| 3   | 238  | 00:40:09 | Kisielewicz         | Krzysztof         | 1990 |  | GER-SH  |     | 22         |
| 4   | 146  | 00:41:07 | Gräning             | Eric              | 1994 | No Brainos   | GER-HAM |     | 26         |
| 5   | 322  | 00:44:12 | Möller              | Christian         | 1990 | Arbeiterwohlfahrt Ortsverein Heide & Umgebung e.V. | GER-SH  |     | 50         |
| 6   | 622  | 00:44:28 | Klütz               | Timm              | 1992 |  | GER-SH  |     | 56         |
| 7   | 602  | 00:44:36 | Yanez               | David             | 1993 | Team Raffinerie Heide                              | GER-SH  |     | 58         |
| 8   | 30   | 00:45:13 | Wagner              | Kevin             | 1994 | Wagner Metallbau                                   | GER-SH  |     | 64         |
| 9   | 228  | 00:45:30 | Kähler              | Lorenz            | 1992 | Kähler Bau GmbH & Co. KG                           | GER-SH  |     | 67         |
| 10  | 447  | 00:46:37 | Schröder-Burckhardt | Moritz            | 1992 | TSV Büsum e.V.                                     | GER-SH  |     | 81         |
| 11  | 73   | 00:46:59 | Buske               | Kim-Torge         | 1994 | Christoph Heizung Sanitär Lüftung GmbH             | GER-SH  |     | 90         |
| 12  | 198  | 00:47:00 | Holm                | Helge             | 1992 | Marner TV  | GER-SH  |     | 91         |
| 13  | 139  | 00:48:39 | Gerding             | Dominik           | 1994 | Atlas Elektronik GmbH                              | GER-SH  |     | 109        |
| 14  | 142  | 00:48:57 | Giesecke            | Tobias            | 1994 | TSV Weddingstedt                                   | GER-SH  |     | 112        |
| 15  | 571  | 00:49:02 | Wessel              | Sören             | 1993 | Hof Timm Krumstedt                                 | GER-SH  |     | 113        |
| 16  | 480  | 00:50:04 | Sommer              | Lasse             | 1992 | VISHAY BCcomponents BEYSCHLAG GmbH                 | GER-SH  |     | 131        |
| 17  | 105  | 00:51:36 | Ehlers              | Tobias            | 1994 |  | GER-HAM |     | 148        |
| 18  | 285  | 00:52:55 | Löb                 | Tobias            | 1993 | VISHAY BCcomponents BEYSCHLAG GmbH                 | GER-SH  |     | 171        |
| 19  | 226  | 00:53:32 | Kabbe               | Kevin Christopher | 1994 | TSV Lohe-Rickelshof                                | GER-SH  |     | 179        |
| 20  | 295  | 00:54:05 | Ludwig              | Robert            | 1992 | Klaus-Groth-Schule Heide                           | GER-SH  |     | 184        |
| 21  | 628  | 00:54:18 | Krasniqi            | Ardijan           | 1990 | BB Sports Albersdorf                               | GER-SH  |     | 190        |
| 22  | 286  | 00:54:21 | Lohse               | Björn             | 1992 | Marner TV  | GER-SH  |     | 191        |
| 23  | 630  | 00:54:39 | Pronten             | Tim               | 1993 | Northvolt Drei Project GmbH                        | GER-SH  |     | 197        |
| 24  | 526  | 00:54:47 | Thieß               | Marc-Michael      | 1994 | Team Raffinerie Heide                              | GER-SH  |     | 201        |
| 25  | 381  | 00:56:50 | Plähn               | Jannes            | 1990 | GGG Tellingstedt                                   | GER-SH  |     | 229        |
| 26  | 22   | 00:56:50 | Battige             | Nils              | 1990 |  | GER-SH  |     | 230        |
| 27  | 625  | 00:57:05 | Krämer              | Erik              | 1990 |  | GER-SH  |     | 238        |
| 28  | 448  | 00:57:05 | Schrum              | Fabian            | 1991 | Salzgehalt Medien                                  | GER-SH  |     | 239        |
| 29  | 348  | 00:57:08 | Ockenga             | Ole               | 1992 |  | GER-SH  |     | 240        |

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### Hauptlauf ( 10 Km )

#### Hauptlauf M - 30

| Pos | StNr | Gesamt   | Name        | Vorname   | Jg.  | Verein / Ort | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|-------------|-----------|------|--------------|---------|-----|------------|
| 30  | 351  | 01:03:46 | Oldsen      | Florian   | 1991 | MTV Heide    | GER-SH  |     | 314        |
| 31  | 554  | 01:04:15 | Volquardsen | Torbjörn  | 1992 |              | GER-SH  |     | 317        |
| 32  | 573  | 01:04:15 | Wieland     | Joel      | 1992 |              | GER-SH  |     | 318        |
| 33  | 117  | 01:04:15 | Erps        | Carsten   | 1990 |              | GER-HAM |     | 319        |
| 34  | 213  | 01:05:02 | Jeger       | Jan Marco | 1992 |              | GER-HAM |     | 321        |
| 35  | 19   | 01:05:41 | Barghoth    | Aladdin   | 1991 | FH Westküste | GER-SH  |     | 326        |
| 36  | 49   | 01:05:50 | Bornholt    | Philipp   | 1992 |              | GER-SH  |     | 329        |

#### Hauptlauf M - 35

| Pos | StNr | Gesamt   | Name            | Vorname        | Jg.  | Verein / Ort                          | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|-----------------|----------------|------|---------------------------------------|---------|-----|------------|
| 1   | 3    | 00:34:40 | Sjut            | Christopher    | 1988 | Schuhhaus Sjut                        | GER-SH  |     | 2          |
| 2   | 431  | 00:35:12 | Schlüter        | Stephan        | 1985 |                                       | GER-SH  |     | 3          |
| 3   | 524  | 00:36:45 | Thiel           | Daniel         | 1986 | Post SV Heide                         | GER-SH  |     | 8          |
| 4   | 466  | 00:38:41 | Shunko          | Yauheni        | 1987 |                                       | GER-HAM |     | 13         |
| 5   | 567  | 00:39:16 | Wegers          | Jonas          | 1989 | MTV Heide                             | GER-HAM |     | 16         |
| 6   | 247  | 00:41:20 | Kozlowski       | Krystian       | 1985 |                                       | GER-SH  |     | 28         |
| 7   | 33   | 00:41:28 | Berns           | Roman          | 1988 | Gegen Nazis                           | GER-SH  |     | 29         |
| 8   | 341  | 00:42:23 | Nordhaus-Keding | Kevin          | 1987 | Continentale Loof OHG                 | GER-SH  |     | 36         |
| 9   | 629  | 00:44:32 | Melde           | Stefan         | 1988 | Northvolt Drei Project GmbH           | GER-SH  |     | 57         |
| 10  | 261  | 00:45:26 | Kühl            | Tim            | 1988 | Kreis Dithmarschen                    | GER-SH  |     | 66         |
| 11  | 269  | 00:46:19 | Küsel-Berg      | Thomas         | 1985 | EDEKA frauEn                          | GER-SH  |     | 75         |
| 12  | 288  | 00:46:21 | Looft           | Finn           | 1987 |                                       | GER-SH  |     | 77         |
| 13  | 586  | 00:46:32 | Witt            | Christian      | 1986 | MTV Heide                             | GER-SH  |     | 79         |
| 14  | 148  | 00:46:48 | Greulich        | Danny          | 1988 | BBZ Dithmarschen                      | GER-SH  |     | 84         |
| 15  | 211  | 00:49:13 | Jasper          | Henrik         | 1989 | Post SV Heide                         | GER-SH  |     | 118        |
| 16  | 329  | 00:49:35 | Müller          | Tobias         | 1986 | Team Raffinerie Heide                 | GER-SH  |     | 125        |
| 17  | 452  | 00:49:47 | Schuchardt      | Henning        | 1987 | THW Itzehoe                           | GER-SH  |     | 127        |
| 18  | 620  | 00:52:25 | Claußen         | Arne           | 1987 | Northvolt Drei Project GmbH           | GER-SH  |     | 162        |
| 19  | 197  | 00:52:32 | Holländer       | Hannes         | 1987 | Team Raffinerie Heide                 | GER-SH  |     | 163        |
| 20  | 458  | 00:52:42 | Schumann        | Hannes         | 1985 | Physio Aktiv Heide                    | GER-SH  |     | 167        |
| 21  | 446  | 00:53:37 | Schröder        | Julien         | 1988 |                                       | GER-SH  |     | 181        |
| 22  | 163  | 00:53:56 | Häger           | Johannes       | 1985 | Schmidtbau                            | GER-SH  |     | 183        |
| 23  | 132  | 00:54:14 | Friedt          | Hendrik        | 1988 | VISHAY BCcomponents<br>BEYSCHLAG GmbH | GER-SH  |     | 188        |
| 24  | 442  | 00:54:28 | Schrader        | Sören          | 1986 |                                       | GER-SH  |     | 195        |
| 25  | 187  | 00:55:35 | Hemmers         | Timo           | 1987 | Team Raffinerie Heide                 | GER-SH  |     | 217        |
| 26  | 23   | 00:56:00 | Bautz           | Daniel         | 1989 | Kähler Bau GmbH & Co. KG              | GER-SH  |     | 224        |
| 27  | 215  | 00:56:17 | Jensen          | Jan-Niklas     | 1989 |                                       | GER-SH  |     | 226        |
| 28  | 204  | 00:57:04 | Iberlein        | Jochen         | 1986 |                                       | GER-SH  |     | 237        |
| 29  | 424  | 00:57:49 | Schäfer         | Philipp        | 1988 |                                       | GER-SH  |     | 247        |
| 30  | 60   | 00:57:55 | Bruhn           | Dennis         | 1987 |                                       | GER-SH  |     | 251        |
| 31  | 306  | 00:58:06 | Martens-Affeldt | Tobi           | 1986 |                                       | GER-SH  |     | 252        |
| 32  | 626  | 00:58:42 | Maurischat      | Dennis         | 1987 | Post SV Heide                         | GER-SH  |     | 262        |
| 33  | 560  | 01:00:53 | Voß             | Marco          | 1986 |                                       | GER-SH  |     | 282        |
| 34  | 587  | 01:03:36 | Witt            | Lukas          | 1987 | BBZ Dithmarschen                      | GER-SH  |     | 313        |
| 35  | 364  | 01:05:15 | Perumalla       | Jyothi Swaroop | 1989 | Northvolt Drei Project GmbH           | GER-SH  |     | 325        |
| 36  | 48   | 01:05:50 | Bornholt        | Dennis         | 1986 |                                       | GER-SH  |     | 328        |
| 37  | 380  | 01:17:48 | Plähn           | Arne           | 1988 | Kadgamala e.V.                        | GER-SH  |     | 349        |
| 38  | 59   | 01:18:55 | Bruhn           | Christian      | 1985 | Kadgamala e.V.                        | GER-SH  |     | 350        |

MTV Heide Am Sportplatz 1 25746 Heide  
 Telefon: 0481/63619 Fax: 0481/7877622 stadtlauf@mtv-heide.de www.mtv-heide.de/heider-abend-stadtlauf.html

# Ergebnis

## M / W - Altersklassen

### Hauptlauf ( 10 Km )

#### Hauptlauf M - 40

| Pos | StNr | Gesamt   | Name      | Vorname    | Jg.  | Verein / Ort                 | Nat.    | Pos Gesamtfeld |
|-----|------|----------|-----------|------------|------|------------------------------|---------|----------------|
| 1   | 666  | 00:35:36 | Bies      | Torben     | 1983 | SC Bargenstedt               | GER-SH  | 5              |
| 2   | 521  | 00:38:22 | Teegen    | Sven       | 1980 | SV Wiking Kiel               | GER-SH  | 12             |
| 3   | 39   | 00:42:53 | Suhr      | Andre      | 1982 | Meldorf                      | GER-SH  | 40             |
| 4   | 523  | 00:43:28 | Thedens   | Daniel     | 1983 | Göpfert AG                   | GER-SH  | 45             |
| 5   | 391  | 00:45:20 | Rathje    | Matthias   | 1983 | BBZ Dithmarschen             | GER-SH  | 65             |
| 6   | 572  | 00:46:15 | Wieczorek | Nils       | 1984 | WESTHOF BIO                  | GER-SH  | 74             |
| 7   | 263  | 00:47:55 | Kuhr      | Jan-Oliver | 1980 | #norderstedtläuft            | GER-SH  | 98             |
| 8   | 557  | 00:49:03 | Von Reith | Markus     | 1980 |                              | GER-SH  | 114            |
| 9   | 115  | 00:50:00 | Ernst     | Stephan    | 1984 | TCRW Büsum                   | GER-SH  | 130            |
| 10  | 70   | 00:52:19 | Busch     | Tobias     | 1983 | Team Raffinerie Heide        | GER-SH  | 161            |
| 11  | 477  | 00:53:24 | Sina      | Denis      | 1983 | ETV Eimsbüttel               | GER-HAM | 175            |
| 12  | 373  | 00:54:21 | Petersen  | Christian  | 1980 | Borener SV                   | GER-SH  | 192            |
| 13  | 349  | 00:54:39 | Oestreich | Torben     | 1984 |                              | GER-SH  | 198            |
| 14  | 569  | 00:54:47 | Wendland  | Christian  | 1980 | LiBS                         | GER-SH  | 200            |
| 15  | 25   | 00:55:14 | Beeg      | Florian    | 1984 | Team Raffinerie Heide        | GER-SH  | 209            |
| 16  | 366  | 00:57:21 | Peters    | Jürgen     | 1980 | Johnsens Gym / Physio        | GER-SH  | 242            |
| 17  | 343  | 00:58:07 | Obermann  | Benjamin   | 1982 | Gymnasium Heide-Ost          | GER-SH  | 253            |
| 18  | 305  | 00:58:24 | Martens   | Mario      | 1980 | ABC Wesseln                  | GER-SH  | 255            |
| 19  | 45   | 00:59:14 | Borchert  | Sven       | 1980 | Heider SV                    | GER-SH  | 273            |
| 20  | 98   | 01:02:17 | Eggers    | Andreas    | 1980 | Team Zeitenjäger             | GER-SH  | 299            |
| 21  | 614  | 01:02:22 | Peters    | Arne       | 1981 | Aldra Fenster und Türen GmbH | GER-SH  | 303            |
| 22  | 260  | 01:02:41 | Kruse     | Stephan    | 1983 |                              | GER-SH  | 306            |
| 23  | 490  | 01:03:06 | Staps     | Michael    | 1982 | MM Kronprinzenkoog           | GER-SH  | 310            |
| 24  | 56   | 01:05:51 | Braun     | Tobias     | 1984 |                              | GER-SH  | 330            |
| 25  | 413  | 01:06:10 | Rösel     | Sebastian  | 1983 | TSV Büsum e.V.               | GER-SH  | 333            |

#### Hauptlauf M - 45

| Pos | StNr | Gesamt   | Name     | Vorname  | Jg.  | Verein / Ort                           | Nat.   | Pos Gesamtfeld |
|-----|------|----------|----------|----------|------|--|--------|----------------|
| 1   | 561  | 00:37:59 | Wahls    | Mathias  | 1979 | Team Raffinerie Heide                  | GER-SH | 11             |
| 2   | 379  | 00:39:04 | Piper    | Kai      | 1979 | Sport-Club Itzehoe                     | GER-SH | 15             |
| 3   | 165  | 00:39:58 | Hahnkamp | Nils     | 1976 | Team Raffinerie Heide                  | GER-SH | 21             |
| 4   | 252  | 00:41:10 | Kring    | Joachim  | 1977 | Grundschule Lüttenheid                 | GER-SH | 27             |
| 5   | 81   | 00:41:31 | Clausen  | Manuel   | 1975 |  | GER-SH | 30             |
| 6   | 513  | 00:42:53 | Suhr     | Thomas   | 1976 | Laufftreff Hundestraße                 | GER-SH | 39             |
| 7   | 175  | 00:43:23 | Hass     | Marco    | 1975 | Team Raffinerie Heide                  | GER-SH | 43             |
| 8   | 365  | 00:43:48 | Peters   | Jan      | 1978 | Post SV Heide                          | GER-SH | 47             |
| 9   | 566  | 00:44:16 | Wecke    | Matthias | 1978 | MTV Heide                              | GER-SH | 51             |
| 10  | 585  | 00:45:50 | Winter   | Marc     | 1975 | LG Ravensburg                          | GER-SH | 68             |
| 11  | 248  | 00:45:56 | Krämer   | Martin   | 1975 | TSV Nordhastedt                        | GER-SH | 70             |
| 12  | 287  | 00:45:56 | Loof     | Hauke    | 1976 | Continentale Loof OHG                  | GER-SH | 71             |
| 13  | 540  | 00:46:08 | Tolkmit  | Sven     | 1976 | Laufftreff Hundestraße                 | GER-SH | 73             |
| 14  | 96   | 00:46:56 | Duncker  | Matthias | 1977 |  | GER-SH | 88             |
| 15  | 535  | 00:47:10 | Tilch    | Oliver   | 1975 |  | GER-SH | 92             |
| 16  | 352  | 00:47:22 | Olivet   | Jeanot   | 1976 | Westküstenkliniken Heide & Brunsbüttel | GER-SH | 93             |
| 17  | 450  | 00:47:27 | Schubert | Dennis   | 1979 | Klaus-Groth-Schule Heide               | GER-SH | 94             |
| 18  | 612  | 00:49:26 | Engfer   | Jan      | 1976 | Marnar TV                              | GER-SH | 122            |

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## M / W - Altersklassen

### Hauptlauf ( 10 Km )

#### Hauptlauf M - 45

| Pos | StNr | Gesamt   | Name         | Vorname   | Jg.  | Verein / Ort                           | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|--------------|-----------|------|--|---------|-----|------------|
| 19  | 588  | 00:49:56 | Witt         | Steffen   | 1978 |  | GER-SH  |     | 129        |
| 20  | 439  | 00:50:12 | Schneidewind | Stefan    | 1976 | VR Bank Westküste                      | GER-SH  |     | 133        |
| 21  | 350  | 00:50:16 | Ohle         | Sebastian | 1975 |  | GER-SH  |     | 134        |
| 22  | 400  | 00:50:30 | Rickerts     | Manuel    | 1979 | SV Holstein Pahlen                     | GER-SH  |     | 138        |
| 23  | 503  | 00:50:49 | Stoll        | Stefan    | 1977 |  | GER-SH  |     | 142        |
| 24  | 441  | 00:50:54 | Schomberg    | Bastian   | 1978 |  | GER-NRW |     | 143        |
| 25  | 131  | 00:51:01 | Friedrichsen | Morten    | 1976 | FH Westküste                           | GER-SH  |     | 144        |
| 26  | 383  | 00:52:10 | Porath       | Jörg      | 1978 | IDAA Deutschland                       | GER-SH  |     | 156        |
| 27  | 104  | 00:53:25 | Ehlers       | Mike      | 1975 | Mc Albersdorf                          | GER-SH  |     | 176        |
| 28  | 310  | 00:54:17 | Meier        | Michael   | 1979 | Schröder Bauzentrum Heide              | GER-SH  |     | 189        |
| 29  | 121  | 00:54:47 | Fegert       | Kai       | 1976 |  | GER-HAM |     | 202        |
| 30  | 109  | 00:55:22 | Engelke      | Martin    | 1975 |  | GER-SH  |     | 211        |
| 31  | 127  | 00:57:04 | Främke       | Carsten   | 1979 |  | GER-HAM |     | 236        |
| 32  | 267  | 00:57:38 | Kunte        | Tino      | 1978 | Westküstenkliniken Heide & Brunsbüttel | GER-SH  |     | 244        |
| 33  | 144  | 00:58:25 | Grallert     | Knut      | 1979 | Kadgamala e.V.                         | GER-SH  |     | 256        |
| 34  | 500  | 00:58:28 | Stender      | Torben    | 1978 | BB Sports Albersdorf                   | GER-SH  |     | 259        |
| 35  | 274  | 00:58:32 | Lemmens      | Joppe     | 1975 | Kadgamala e.V.                         | GER-SH  |     | 260        |
| 36  | 328  | 01:03:49 | Müller       | Dirk      | 1975 |  | GER-SH  |     | 315        |
| 37  | 578  | 01:05:07 | Wilcken      | Christian | 1975 | Gymnasium Heide-Ost                    | GER-SH  |     | 323        |
| 38  | 111  | 01:10:27 | Engelke      | Thomas    | 1976 |  | GER-SH  |     | 340        |

#### Hauptlauf M - 50

| Pos | StNr | Gesamt   | Name       | Vorname   | Jg.  | Verein / Ort                   | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|------------|-----------|------|--------------------------------|---------|-----|------------|
| 1   | 243  | 00:36:26 | Kolmorgen  | Marco     | 1971 | LG Neumünster                  | GER-SH  |     | 7          |
| 2   | 299  | 00:38:42 | Lünnemann  | Kurt      | 1973 |                                | GER-SH  |     | 14         |
| 3   | 291  | 00:40:25 | Lorenzen   | Ingmar    | 1972 |                                | GER-SH  |     | 24         |
| 4   | 346  | 00:42:06 | O'Brien    | Patrick   | 1972 | Northvolt Drei Project GmbH    | GER-SH  |     | 35         |
| 5   | 457  | 00:42:50 | Schumann   | Dirk      | 1973 | Bad Oldesloe                   | GER-SH  |     | 38         |
| 6   | 492  | 00:44:41 | Steenbock  | Arne      | 1970 | SV Eidelstedt Hamburg          | GER-SH  |     | 60         |
| 7   | 518  | 00:46:03 | Tams       | Thorben   | 1974 | Münsterdorfer SV               | GER-SH  |     | 72         |
| 8   | 386  | 00:48:01 | Priegnitz  | Helge     | 1974 | Happy Feet Itzehoe             | GER-SH  |     | 100        |
| 9   | 505  | 00:48:30 | Struve     | Bernd     | 1973 |                                | GER-SH  |     | 105        |
| 10  | 326  | 00:48:34 | Muchow     | Joachim   | 1974 | Adidas Runners Hamburg         | GER-HAM |     | 107        |
| 11  | 517  | 00:49:20 | Tams       | Martin    | 1970 | Post SV Heide                  | GER-SH  |     | 120        |
| 12  | 32   | 00:49:36 | Bergweiler | Marko     | 1973 | BBZ Dithmarschen               | GER-SH  |     | 126        |
| 13  | 69   | 00:51:23 | Burmeister | Timo      | 1972 | Schröder Bauzentrum Heide      | GER-SH  |     | 147        |
| 14  | 107  | 00:51:55 | Engel      | Jose      | 1974 | Altliga Sankt Michaelisdonn    | GER-SH  |     | 150        |
| 15  | 169  | 00:52:35 | Hannig     | Christian | 1974 | Technische Universität Dresden | GER-SAC |     | 164        |
| 16  | 314  | 00:52:38 | Meyer      | Jörg      | 1974 | BSG Schleswig-Holstein Netz    | GER-SH  |     | 166        |
| 17  | 47   | 00:52:43 | Börner     | Ralf      | 1972 |                                | GER-SH  |     | 169        |
| 18  | 129  | 00:54:23 | Freese     | Andreas   | 1970 |                                | GER-SH  |     | 193        |
| 19  | 444  | 00:55:14 | Schreiner  | Olav      | 1970 | Strandkorb-King                | GER-SH  |     | 208        |
| 20  | 405  | 00:55:32 | Rohde      | Jan-Dirk  | 1971 |                                | GER-SH  |     | 215        |
| 21  | 321  | 00:57:30 | Molkenthin | Ulf       | 1970 | Heide                          | GER-SH  |     | 243        |
| 22  | 173  | 00:57:50 | Härtel     | Rolf      | 1970 | MTV Heide                      | GER-SH  |     | 248        |
| 23  | 302  | 00:57:54 | Mahrt      | Heino     | 1970 | Süderholmer SV                 | GER-SH  |     | 250        |
| 24  | 360  | 00:59:08 | Patzer     | Tim       | 1974 | Grundschule Lüttenheid         | GER-SH  |     | 268        |

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## M / W - Altersklassen

### Hauptlauf ( 10 Km )

#### Hauptlauf M - 50

| Pos | StNr | Gesamt   | Name             | Vorname       | Jg.  | Verein / Ort                           | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|------------------|---------------|------|--|--------|-----|------------|
| 25  | 29   | 00:59:08 | Benz             | Ralph         | 1970 | Westküstenkliniken Heide & Brunsbüttel | GER-SH |     | 269        |
| 26  | 479  | 00:59:10 | Sóht             | Christian Ole | 1972 | Johnsens Gym / Physio                  | GER-SH |     | 270        |
| 27  | 538  | 00:59:14 | Timm             | Volker        | 1973 |  | GER-SH |     | 272        |
| 28  | 522  | 00:59:34 | Thaden           | Marc          | 1971 | Team Run with Fun                      | GER-SH |     | 274        |
| 29  | 421  | 01:01:59 | Sachau           | Kai           | 1973 | TSV Lohe-Rickelshof                    | GER-SH |     | 294        |
| 30  | 453  | 01:02:16 | Schuhardt        | Bernd         | 1970 | Team Zeitenjäger                       | GER-SH |     | 298        |
| 31  | 331  | 01:02:29 | Müller-Andersson | Michael       | 1972 |  | GER-SH |     | 304        |
| 32  | 344  | 01:02:49 | Obermann         | Christian     | 1970 | MTSV HOHENWESTEDT                      | GER-SH |     | 307        |
| 33  | 416  | 01:10:18 | Rudolph          | Ingo          | 1970 | Team Raffinerie Heide                  | GER-SH |     | 339        |

#### Hauptlauf M - 55

| Pos | StNr | Gesamt   | Name           | Vorname       | Jg.  | Verein / Ort                          | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|----------------|---------------|------|---------------------------------------|--------|-----|------------|
| 1   | 41   | 00:39:40 | Boldt          | Lars          | 1968 | Team Raffinerie Heide                 | GER-SH |     | 18         |
| 2   | 195  | 00:43:21 | Hoffmann       | Ronald        | 1969 | ISS GmbH & Co. KG                     | GER-SH |     | 42         |
| 3   | 316  | 00:44:12 | Milewski       | Marek         | 1965 |                                       | POL    |     | 49         |
| 4   | 71   | 00:46:53 | Busche         | Jan-Christian | 1966 | MTV Heide                             | GER-SH |     | 87         |
| 5   | 404  | 00:48:29 | Rohde          | Claussen      | 1967 | SSV-Süderdorf                         | GER-SH |     | 104        |
| 6   | 483  | 00:48:35 | Sothmann       | Marc          | 1967 | Ostroher SC                           | GER-SH |     | 108        |
| 7   | 533  | 00:49:53 | Tiessen        | Udo           | 1969 | LTV Kiel-Ost                          | GER-SH |     | 128        |
| 8   | 20   | 00:50:21 | Barmwater      | Jörg          | 1969 | Göpfert AG                            | GER-SH |     | 135        |
| 9   | 125  | 00:51:13 | Fock           | Eggert        | 1965 | Wacken                                | GER-SH |     | 146        |
| 10  | 558  | 00:53:16 | Vorpahl        | Jean          | 1966 | Ostroher SC                           | GER-SH |     | 172        |
| 11  | 549  | 00:54:43 | Volkman        | Matthias      | 1966 | Heider SV                             | GER-SH |     | 199        |
| 12  | 18   | 00:55:31 | Aul            | Sven          | 1969 |                                       | GER-SH |     | 214        |
| 13  | 376  | 00:55:48 | Petersen       | Sven          | 1966 |                                       | GER-SH |     | 218        |
| 14  | 268  | 00:55:53 | Kurz           | Andreas       | 1967 |                                       | GER-SH |     | 219        |
| 15  | 345  | 00:56:31 | Obermeit       | Klaus         | 1968 | VISHAY BCcomponents<br>BEYSCHLAG GmbH | GER-SH |     | 227        |
| 16  | 474  | 00:57:52 | Sieß           | Christoph     | 1966 | Ostroher SC                           | GER-SH |     | 249        |
| 17  | 417  | 00:58:42 | Rudolph        | Ralf          | 1967 | LG POWER-Schnecken Kiel e.<br>V.      | GER-SH |     | 263        |
| 18  | 551  | 00:58:50 | Vollert        | Steffen       | 1967 | MTV Heide                             | GER-SH |     | 265        |
| 19  | 552  | 00:58:58 | Vollrath       | Jan           | 1966 | Post SV Heide                         | GER-SH |     | 267        |
| 20  | 610  | 00:59:10 | Bergfleth      | Dirk          | 1969 | TSV Krumstedt                         | GER-SH |     | 271        |
| 21  | 1870 | 01:00:47 | Schmidt-Gutzat | Oliver        | 1969 | Stadt Heide                           | GER-SH |     | 279        |
| 22  | 254  | 01:00:47 | Krogmann       | Stefan        | 1966 | VISHAY BCcomponents<br>BEYSCHLAG GmbH | GER-SH |     | 280        |
| 23  | 51   | 01:01:20 | Boyens         | Sönke         | 1967 |                                       | GER-SH |     | 284        |
| 24  | 244  | 01:03:49 | König          | Hauke         | 1965 | SC Bargenstedt                        | GER-SH |     | 316        |
| 25  | 128  | 01:11:58 | Franzen        | Volker        | 1966 | Klaus-Groth-Schule Heide              | GER-SH |     | 343        |

#### Hauptlauf M - 60

| Pos | StNr | Gesamt   | Name   | Vorname | Jg.  | Verein / Ort           | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|--------|---------|------|------------------------|--------|-----|------------|
| 1   | 303  | 00:43:02 | Mann   | Mario   | 1962 |                        | GER-SH |     | 41         |
| 2   | 54   | 00:48:34 | Brandt | Bernd   | 1962 | Brunsbüttel Hilft e.V. | GER-   |     | 106        |
| 3   | 594  | 00:50:43 | Wolter | Eckhard | 1960 | VfB Brunsbüttel        | GER-SH |     | 141        |



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## M / W - Altersklassen

### Hauptlauf ( 10 Km )

#### Hauptlauf M - 60

| Pos | StNr | Gesamt   | Name        | Vorname  | Jg.  | Verein / Ort              | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|-------------|----------|------|---------------------------|--------|-----|------------|
| 4   | 83   | 00:53:20 | Cordts      | Sönke    | 1963 | Post SV Heide             | GER-SH |     | 174        |
| 5   | 323  | 00:54:11 | Möller      | Hans     | 1961 | MTV Süderhastedt          | GER-SH |     | 187        |
| 6   | 624  | 00:56:58 | Wolfsteller | Thorsten | 1963 | Kähler Bau GmbH & Co. KG  | GER-SH |     | 232        |
| 7   | 311  | 00:57:02 | Meifort     | Wolfgang | 1962 | TSV Wacken                | GER-SH |     | 235        |
| 8   | 231  | 01:01:51 | Kaufmann    | Jörg     | 1964 |                           | GER-SH |     | 289        |
| 9   | 565  | 01:04:41 | Weber       | Jens     | 1964 | Post SV Heide             | GER-SH |     | 320        |
| 10  | 312  | 01:06:42 | Mertens     | Thomas   | 1961 |                           | GER-SH |     | 334        |
| 11  | 423  | 01:11:42 | Schade      | Kai Jens | 1963 | Schröder Bauzentrum Heide | GER-SH |     | 342        |

#### Hauptlauf M - 65

| Pos | StNr | Gesamt   | Name        | Vorname    | Jg.  | Verein / Ort         | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|-------------|------------|------|----------------------|---------|-----|------------|
| 1   | 233  | 00:45:00 | Ketels      | Dr. Olaf   | 1959 |                      | GER-SH  |     | 62         |
| 2   | 498  | 00:46:44 | Stelling    | Max        | 1959 | SSV Süderdorf        | GER-SH  |     | 82         |
| 3   | 194  | 00:50:06 | Hinz        | Jens-Peter | 1957 | MTV Heide            | GER-SH  |     | 132        |
| 4   | 528  | 00:52:14 | Thießen     | Werner     | 1959 | Heider Motorrad Club | GER-SH  |     | 157        |
| 5   | 36   | 00:52:36 | Billerbeck  | Karsten    | 1959 |                      | GER-SH  |     | 165        |
| 6   | 583  | 00:52:42 | Wind        | Joachim    | 1957 | Nindorf              | GER-SH  |     | 168        |
| 7   | 491  | 00:54:53 | Steen       | Lothar     | 1955 | Post SV Heide        | GER-SH  |     | 203        |
| 8   | 356  | 00:58:56 | Otto        | Alfred     | 1956 |                      | GER-NIE |     | 266        |
| 9   | 555  | 01:15:37 | Volquardsen | Volquard   | 1957 |                      | GER-SH  |     | 348        |

#### Hauptlauf M - 70

| Pos | StNr | Gesamt   | Name      | Vorname         | Jg.  | Verein / Ort        | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|-----------|-----------------|------|---------------------|--------|-----|------------|
| 1   | 270  | 00:51:56 | Lange     | Bernd           | 1953 | USC Kiel            | GER-SH |     | 151        |
| 2   | 412  | 00:52:16 | Rösel     | Norbert         | 1951 | Post SV Heide       | GER-SH |     | 160        |
| 3   | 239  | 00:54:34 | Klein     | Peter Siegfried | 1953 |                     | GER-SH |     | 196        |
| 4   | 120  | 00:56:34 | Feddersen | Karl            | 1952 | Post SV Heide       | GER-SH |     | 228        |
| 5   | 476  | 00:59:46 | Simon     | Wolfgang        | 1952 | Post SV Heide       | GER-SH |     | 275        |
| 6   | 114  | 01:02:21 | Erich     | Reinhard        | 1954 | Laufftreff Kiel-Ost | GER-SH |     | 302        |
| 7   | 460  | 01:10:59 | Schwarz   | Dr. Johannes    | 1954 |                     | GER-SH |     | 341        |

#### Hauptlauf M - 75

| Pos | StNr | Gesamt   | Name    | Vorname    | Jg.  | Verein / Ort  | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|---------|------------|------|---------------|--------|-----|------------|
| 1   | 65   | 01:03:12 | Buhmann | Otto Erich | 1947 | Post SV Heide | GER-SH |     | 311        |

#### Hauptlauf W - JU14

| Pos | StNr | Gesamt   | Name         | Vorname          | Jg.  | Verein / Ort        | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|--------------|------------------|------|---------------------|--------|-----|------------|
| 1   | 627  | 00:54:26 | Kleinschmidt | Greta            | 2011 | Hof Timm Krumstedt  | GER-   |     | 54         |
| 2   | 210  | 00:55:09 | Jarck        | Leevke Charlotte | 2013 | MTV Heide           | GER-SH |     | 59         |
| 3   | 160  | 00:57:56 | Haalck       | Lisa             | 2012 | Gymnasium Heide-Ost | GER-SH |     | 80         |

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### Hauptlauf ( 10 Km )

#### Hauptlauf W - JU14

| Pos | StNr | Gesamt   | Name    | Vorname | Jg.  | Verein / Ort        | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|---------|---------|------|---------------------|--------|-----|------------|
| 4   | 579  | 01:05:07 | Wilcken | Kimi    | 2011 | Gymnasium Heide-Ost | GER-SH |     | 134        |
| 5   | 411  | 01:06:09 | Rösel   | Emma    | 2012 | GmS Heide-Ost       | GER-SH |     | 137        |
| 6   | 419  | 01:18:06 | Ruppert | Laura   | 2012 |                     | GER-SH |     | 153        |

#### Hauptlauf W - JU16

| Pos | StNr | Gesamt   | Name         | Vorname    | Jg.  | Verein / Ort         | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|--------------|------------|------|----------------------|--------|-----|------------|
| 1   | 95   | 00:47:05 | Dreessen     | Greta      | 2009 | Gymnasium Heide-Ost  | GER-SH |     | 9          |
| 2   | 536  | 00:54:26 | Timm         | Greta      | 2010 | Hof Timm Krumstedt   | GER-SH |     | 55         |
| 3   | 266  | 00:57:26 | Kunte        | Sara       | 2009 |                      | GER-SH |     | 74         |
| 4   | 130  | 00:58:03 | Friedrichs   | Merle      | 2010 | MTV Heide            | GER-SH |     | 82         |
| 5   | 353  | 01:01:31 | Öney         | Lulu       | 2009 | GmS Heide-Ost        | GER-SH |     | 106        |
| 6   | 85   | 01:02:59 | Dakhil Daham | Ibro       | 2010 | GmS Heide-Ost        | GER-SH |     | 117        |
| 7   | 357  | 01:08:14 | Özdemir      | Marje      | 2009 | MTV Heide            | GER-SH |     | 143        |
| 8   | 118  | 01:21:53 | Fech         | Darin Noel | 2010 | BB-Sports Albersdorf | GER-SH |     | 155        |

#### Hauptlauf W - JU18

| Pos | StNr | Gesamt   | Name        | Vorname    | Jg.  | Verein / Ort                         | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|-------------|------------|------|--------------------------------------|--------|-----|------------|
| 1   | 90   | 00:49:18 | Dethlefs    | Neele      | 2008 | TSV Lohe-Rickelshof                  | GER-SH |     | 19         |
| 2   | 68   | 00:53:34 | Burmeister  | Lilly      | 2008 | Schröder Bauzentrum Heide            | GER-SH |     | 50         |
| 3   | 265  | 00:57:37 | Kunte       | Kim        | 2007 |                                      | GER-SH |     | 77         |
| 4   | 497  | 01:00:13 | Steingräber | Nele       | 2007 |                                      | GER-SH |     | 98         |
| 5   | 236  | 01:03:00 | Kheiri      | Ibtisam    | 2008 | GmS Heide-Ost                        | GER-SH |     | 119        |
| 6   | 225  | 01:03:06 | Just        | Isabel     | 2007 | Werner Heisenberg<br>Gymnasium Heide | GER-SH |     | 124        |
| 7   | 327  | 01:03:28 | Müller      | Amelie     | 2008 |                                      | GER-SH |     | 127        |
| 8   | 16   | 01:05:31 | Arndt       | Evi        | 2008 | Gymnasium Heide-Ost                  | GER-SH |     | 136        |
| 9   | 275  | 01:12:47 | Lemster     | Lisa Marie | 2008 | Friedrich-Elvers-Schule              | GER-SH |     | 150        |

#### Hauptlauf W - JU20

| Pos | StNr | Gesamt   | Name       | Vorname    | Jg.  | Verein / Ort | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|------------|------------|------|--------------|--------|-----|------------|
| 1   | 607  | 00:48:23 | Zeidler    | Caithlin   | 2006 |              | GER-SH |     | 16         |
| 2   | 435  | 00:52:29 | Schmidt    | Rieke      | 2005 |              | GER-SH |     | 43         |
| 3   | 464  | 00:55:16 | Seppmann   | Emma       | 2006 | GHO          | GER-SH |     | 62         |
| 4   | 189  | 00:59:25 | Hennig     | Charlotte  | 2006 |              | GER-SH |     | 92         |
| 5   | 430  | 01:00:07 | Schimanski | Hanna      | 2005 | HSG EPT      | GER-SH |     | 96         |
| 6   | 176  | 01:00:10 | Haß        | Svea       | 2006 |              | GER-SH |     | 97         |
| 7   | 257  | 01:01:12 | Kröning    | Mara Jolie | 2005 |              | GER-SH |     | 104        |
| 8   | 429  | 01:01:50 | Schilly    | Leonie     | 2006 |              | GER-SH |     | 108        |
| 9   | 35   | 01:03:39 | Bieneke    | Amelie     | 2006 |              | GER-SH |     | 129        |

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### Hauptlauf ( 10 Km )

#### Hauptlauf W - HK

| Pos | StNr | Gesamt   | Name       | Vorname         | Jg.  | Verein / Ort                           | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|------------|-----------------|------|--|---------|-----|------------|
| 1   | 294  | 00:41:27 | Lucht      | Pauline         | 2000 | Kanal33                                | GER-SH  |     | 3          |
| 2   | 102  | 00:46:38 | Ehlers     | Jacqueline      | 2001 | TSV Vorwärts                           | GER-SH  |     | 7          |
| 3   | 506  | 00:46:40 | Struve     | Sophie          | 1998 | Kreis Dithmarschen                     | GER-SH  |     | 8          |
| 4   | 370  | 00:47:47 | Peters     | Rieke           | 1999 |  | GER-NIE |     | 11         |
| 5   | 532  | 00:47:54 | Tiessen    | Laura           | 1998 |  | GER-SH  |     | 13         |
| 6   | 543  | 00:48:20 | Vennekel   | Marietta        | 2002 |  | GER-SH  |     | 15         |
| 7   | 251  | 00:49:14 | Krimm      | Svenja          | 1997 | Northvolt Drei Project GmbH            | GER-SH  |     | 18         |
| 8   | 576  | 00:49:36 | Wiescholek | Elena           | 2000 | Northvolt Drei Project GmbH            | GER-SH  |     | 21         |
| 9   | 487  | 00:49:48 | Stallbaum  | Irina           | 1995 |  | GER-SH  |     | 23         |
| 10  | 577  | 00:49:58 | Wiese      | Jonna-Sophie    | 2004 |  | GER-SH  |     | 25         |
| 11  | 217  | 00:50:02 | Jette      | Sommer          | 2003 |  | GER-SH  |     | 27         |
| 12  | 174  | 00:50:02 | Hartung    | Kim-Alena       | 1998 |  | GER-SH  |     | 28         |
| 13  | 374  | 00:51:37 | Petersen   | Lisan           | 1999 | Team Raffinerie Heide                  | GER-SH  |     | 37         |
| 14  | 403  | 00:52:04 | Rohde      | Anais           | 1999 |  | GER-SH  |     | 41         |
| 15  | 232  | 00:52:43 | Kempe      | Alina Katharina | 1998 | Physio Aktiv Heide                     | GER-SH  |     | 44         |
| 16  | 63   | 00:55:13 | Buch       | Lisa Marie      | 2002 |  | GER-SH  |     | 61         |
| 17  | 209  | 00:55:27 | Janssen    | Lieske Johanna  | 2001 |  | GER-NIE |     | 64         |
| 18  | 212  | 00:55:46 | Jautelat   | Annika          | 1995 |  | GER-SH  |     | 65         |
| 19  | 292  | 00:56:23 | Lorenzen   | Lene            | 2004 | SG Pahlhude / Tellingstedt             | GER-SH  |     | 68         |
| 20  | 17   | 00:56:24 | Arndt      | Luisa           | 2004 | SG Pahlhude / Tellingstedt             | GER-SH  |     | 69         |
| 21  | 605  | 00:56:41 | Zabel      | Leonie          | 2001 |  | GER-SH  |     | 70         |
| 22  | 432  | 00:57:47 | Schmidt    | Berit           | 1997 |  | GER-SH  |     | 79         |
| 23  | 258  | 00:58:00 | Krüger     | Maike           | 1996 |  | GER-SH  |     | 81         |
| 24  | 590  | 00:58:47 | Wittmaack  | Anna-Maria      | 1996 | Westküstenkliniken Heide & Brunsbüttel | GER-SH  |     | 85         |
| 25  | 472  | 00:58:57 | Sierts     | Franziska       | 1999 |  | GER-NIE |     | 89         |
| 26  | 214  | 01:00:04 | Jensen     | Celine          | 1997 |  | GER-SH  |     | 95         |
| 27  | 77   | 01:01:11 | Carstensen | Julia           | 1998 |  | GER-SH  |     | 103        |
| 28  | 455  | 01:01:21 | Schüler    | Jessica         | 1999 | FH Westküste                           | GER-SH  |     | 105        |
| 29  | 150  | 01:02:16 | Gripp      | Stine           | 2004 | Team Zeitenjäger                       | GER-SH  |     | 110        |
| 30  | 97   | 01:02:27 | Eckert     | Stina           | 2001 |  | GER-SH  |     | 111        |
| 31  | 438  | 01:02:58 | Schmöckel  | Greta           | 2004 | TSV Erfde                              | GER-SH  |     | 116        |
| 32  | 50   | 01:03:00 | Bötticher  | Pauline         | 1995 |  | GER-SH  |     | 120        |
| 33  | 289  | 01:03:00 | Loop       | Mareike         | 1996 |  | GER-SH  |     | 121        |
| 34  | 162  | 01:03:00 | Haecks     | Lisa            | 1999 |  | GER-SH  |     | 122        |
| 35  | 271  | 01:03:28 | Lauth      | Klara Maria     | 2001 |  | GER-SH  |     | 128        |
| 36  | 296  | 01:03:39 | Ludwig     | Wienke          | 2003 |  | GER-SH  |     | 130        |
| 37  | 589  | 01:05:02 | Witte      | Anja            | 1997 |  | GER-HAM |     | 133        |
| 38  | 595  | 01:10:17 | Wolter     | Yvonne          | 1997 |  | GER-SH  |     | 146        |
| 39  | 26   | 01:10:46 | Bellmann   | Charlotte       | 1995 | FH Westküste                           | GER-SH  |     | 149        |
| 40  | 402  | 01:14:17 | Rodehüser  | Mayleen         | 2002 | BBZ Dithmarschen                       | GER-SH  |     | 151        |

#### Hauptlauf W - 30

| Pos | StNr | Gesamt   | Name      | Vorname | Jg.  | Verein / Ort                | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|-----------|---------|------|-----------------------------|--------|-----|------------|
| 1   | 171  | 00:49:35 | Hansen    | Levke   | 1992 | Post SV Heide               | GER-SH |     | 20         |
| 2   | 298  | 00:49:40 | Lundh     | Mikaela | 1990 | Northvolt Drei Project GmbH | GER-SH |     | 22         |
| 3   | 406  | 00:50:07 | Rohwedder | Kathrin | 1990 | Physio Aktiv Heide          | GER-SH |     | 29         |
| 4   | 240  | 00:50:28 | Knobloch  | Desiree | 1990 | SSV Süderdorf               | GER-SH |     | 31         |
| 5   | 201  | 00:51:02 | Huber     | Yvonne  | 1994 | FH Westküste                | GER-SH |     | 34         |

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### Hauptlauf ( 10 Km )

#### Hauptlauf W - 30

| Pos | StNr | Gesamt   | Name       | Vorname     | Jg.  | Verein / Ort                              | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|------------|-------------|------|---|---------|-----|------------|
| 6   | 473  | 00:52:20 | Sierts     | Jennifer    | 1992 |   | GER-HAM |     | 42         |
| 7   | 556  | 00:56:11 | Von Fintel | Annabelle   | 1991 |   | GER-SH  |     | 66         |
| 8   | 600  | 00:58:17 | Wulfert    | Lea Johanna | 1993 |   | GER-SH  |     | 83         |
| 9   | 249  | 01:02:54 | Krause     | Jessica     | 1994 |   | GER-SH  |     | 115        |
| 10  | 250  | 01:05:09 | Kreft      | Maxi        | 1993 |   | GER-SH  |     | 135        |
| 11  | 219  | 01:06:45 | Johnsen    | Sarah       | 1991 |   | GER-SH  |     | 138        |
| 12  | 325  | 01:07:25 | Monschau   | Alexandra   | 1992 | Sonnenhof und Rosengarten                 | GER-SH  |     | 139        |
| 13  | 468  | 01:08:45 | Sieling    | Verena      | 1990 |   | GER-NIE |     | 144        |
| 14  | 183  | 01:16:07 | Heinrich   | Laura       | 1994 | Christoph Heizung Sanitär<br>Lüftung GmbH | GER-SH  |     | 152        |
| 15  | 511  | 01:18:07 | Stüve      | Saskia      | 1993 | Pflegeheim Sonnenhof und<br>Rosengarten   | GER-SH  |     | 154        |

#### Hauptlauf W - 35

| Pos | StNr | Gesamt   | Name         | Vorname    | Jg.  | Verein / Ort                              | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|--------------|------------|------|---|---------|-----|------------|
| 1   | 290  | 00:39:20 | Lorenzen     | Gyde       | 1987 | Borener SV                                | GER-SH  |     | 1          |
| 2   | 293  | 00:41:06 | Lorenzen     | Marit      | 1987 | Borener SV                                | GER-SH  |     | 2          |
| 3   | 76   | 00:46:09 | Carstensen   | Anne       | 1988 | Flensburg                                 | GER-SH  |     | 6          |
| 4   | 478  | 00:47:51 | Soehring     | Sonja      | 1985 |   | GER-SH  |     | 12         |
| 5   | 467  | 00:48:20 | Sickmann     | Marietje   | 1987 | TSV                                       | GER-SH  |     | 14         |
| 6   | 606  | 00:48:41 | Zamzow       | Katja      | 1986 | Post SV Heide                             | GER-SH  |     | 17         |
| 7   | 530  | 00:50:45 | Thode        | Wiebke     | 1989 | SSV Süderdorf                             | GER-SH  |     | 32         |
| 8   | 91   | 00:51:38 | Diener       | Johanna    | 1989 | WESTHOF BIO                               | GER-SH  |     | 39         |
| 9   | 178  | 00:51:53 | Hauenstein   | Alicia     | 1988 | Westküstenkliniken Heide &<br>Brunsbüttel | GER-SH  |     | 40         |
| 10  | 221  | 00:53:28 | Johst-Martin | Thordis    | 1985 |   | GER-SH  |     | 49         |
| 11  | 443  | 00:54:28 | Schrader     | Svea       | 1988 |   | GER-SH  |     | 56         |
| 12  | 501  | 00:57:34 | Stern        | Maren      | 1987 |   | GER-HAM |     | 76         |
| 13  | 581  | 00:57:45 | Wilkens      | Gesa       | 1989 | Clever Fit Rendsburg                      | GER-SH  |     | 78         |
| 14  | 259  | 01:02:41 | Kruse        | Margaretha | 1988 |   | GER-SH  |     | 113        |
| 15  | 407  | 01:02:59 | Rohwedder    | Kerstin    | 1988 |   | GER-SH  |     | 118        |
| 16  | 362  | 01:03:07 | Paulsen      | Manuela    | 1986 | MM Kronprinzenkoog                        | GER-SH  |     | 125        |
| 17  | 440  | 01:04:50 | Schoer       | Sarah      | 1987 |   | GER-SH  |     | 132        |
| 18  | 27   | 01:08:14 | Bellmann     | Stefanie   | 1987 | TSV Nordhastedt                           | GER-SH  |     | 141        |

#### Hauptlauf W - 40

| Pos | StNr | Gesamt   | Name         | Vorname   | Jg.  | Verein / Ort             | Nat.    | Pos | Gesamtfeld |
|-----|------|----------|--------------|-----------|------|--------------------------|---------|-----|------------|
| 1   | 382  | 00:42:58 | Ponick       | Tanja     | 1980 | TSV Schafstedt           | GER-SH  |     | 4          |
| 2   | 84   | 00:47:20 | Dahle        | Sandra    | 1982 |                          | GER-SH  |     | 10         |
| 3   | 46   | 00:54:14 | Börger       | Anika     | 1983 |                          | GER-SH  |     | 52         |
| 4   | 623  | 00:54:21 | Lange        | Jessica   | 1983 |                          | GER-SH  |     | 53         |
| 5   | 190  | 00:54:32 | Henningsen   | Felicitas | 1982 |                          | GER-SH  |     | 57         |
| 6   | 330  | 00:56:23 | Müller- Feil | Julia     | 1983 | Die Schweinehunde        | GER-SH  |     | 67         |
| 7   | 449  | 00:57:09 | Schtolz      | Janina    | 1983 |                          | GER-SH  |     | 72         |
| 8   | 502  | 00:57:33 | Stern        | Nicole    | 1982 |                          | GER-HAM |     | 75         |
| 9   | 147  | 01:00:35 | Grehm        | Ronja     | 1983 | Klaus-Groth-Schule Heide | GER-SH  |     | 101        |
| 10  | 315  | 01:01:55 | Michaelis    | Annika    | 1981 | TSV Lohe-Rickelshof      | GER-SH  |     | 109        |

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### Hauptlauf ( 10 Km )

#### Hauptlauf W - 40

| Pos | StNr | Gesamt   | Name       | Vorname   | Jg.  | Verein / Ort                          | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|------------|-----------|------|---------------------------------------|--------|-----|------------|
| 11  | 106  | 01:02:37 | Elsen      | Annika    | 1983 | VISHAY BCcomponents<br>BEYSCHLAG GmbH | GER-SH |     | 112        |
| 12  | 155  | 01:02:42 | Grützmaker | Nadine    | 1984 | ABC Wesseln                           | GER-SH |     | 114        |
| 13  | 547  | 01:03:04 | Voigt      | Catharina | 1982 |                                       | GER-SH |     | 123        |
| 14  | 223  | 01:03:21 | Jungclaus  | Nadja     | 1984 | Physio Aktiv Heide                    | GER-SH |     | 126        |
| 15  | 545  | 01:08:14 | Vogel      | Merle     | 1983 | TSV Nordhastedt                       | GER-SH |     | 142        |
| 16  | 481  | 01:10:18 | Sonnenberg | Carolin   | 1981 | Ostroher SC                           | GER-SH |     | 147        |
| 17  | 110  | 01:10:27 | Engelke    | Nadine    | 1980 |                                       | GER-SH |     | 148        |

#### Hauptlauf W - 45

| Pos | StNr | Gesamt   | Name          | Vorname | Jg.  | Verein / Ort                              | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|---------------|---------|------|---|--------|-----|------------|
| 1   | 168  | 00:49:58 | Hamann        | Katja   | 1976 | Modehaus Ramelow                          | GER-SH |     | 26         |
| 2   | 613  | 00:50:50 | Engfer        | Sonja   | 1979 | Marnier TV                                | GER-SH |     | 33         |
| 3   | 92   | 00:51:34 | Dilschmann    | Inke    | 1978 | TSV Kremperheide                          | GER-SH |     | 36         |
| 4   | 283  | 00:51:38 | Lingys        | Ute     | 1975 | Hof Timm Krumstedt                        | GER-SH |     | 38         |
| 5   | 548  | 00:53:20 | Volkmann      | Inga    | 1979 |   | GER-SH |     | 46         |
| 6   | 437  | 00:54:44 | Schmidt-Sieck | Kathrin | 1977 |   | GER-SH |     | 58         |
| 7   | 564  | 00:57:16 | Warns         | Nadja   | 1979 | Warns kochen & genießen                   | GER-SH |     | 73         |
| 8   | 220  | 00:58:53 | Johnsson-Fyhr | Cynthia | 1977 |   | GER-SH |     | 88         |
| 9   | 384  | 00:59:17 | Pötsch        | Janina  | 1978 | Westküstenkliniken Heide &<br>Brunsbüttel | GER-SH |     | 91         |
| 10  | 122  | 00:59:30 | Feigel        | Bianca  | 1976 | TSV Büsum e.V.                            | GER-SH |     | 93         |
| 11  | 161  | 00:59:42 | Haberl        | Meryem  | 1979 | Team Raffinerie Heide                     | GER-SH |     | 94         |
| 12  | 395  | 01:00:41 | Reimers       | Femke   | 1979 | MTV Heide                                 | GER-SH |     | 102        |
| 13  | 13   | 01:07:33 | Aidley        | Daniela | 1976 | FH Westküste                              | GER-SH |     | 140        |

#### Hauptlauf W - 50

| Pos | StNr | Gesamt   | Name        | Vorname  | Jg.  | Verein / Ort                              | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|-------------|----------|------|---|--------|-----|------------|
| 1   | 149  | 00:44:57 | Greve       | Beate    | 1970 | Dannenberg.Training                       | GER-SH |     | 5          |
| 2   | 580  | 00:50:23 | Wilckerling | Claudia  | 1970 | Freundeskreis Hospiz<br>Dithmarschen e.V. | GER-SH |     | 30         |
| 3   | 608  | 00:53:28 | Zemmin      | Birgit   | 1971 | SC Bargenstedt                            | GER-SH |     | 48         |
| 4   | 347  | 00:54:07 | O'Carroll   | Patricia | 1973 | Northvolt Drei Project GmbH               | GER-SH |     | 51         |
| 5   | 313  | 00:55:20 | Meyer       | Anja     | 1973 |   | GER-SH |     | 63         |
| 6   | 428  | 00:56:57 | Schillings  | Karin    | 1970 |   | GER-SH |     | 71         |
| 7   | 300  | 00:58:48 | Maaß        | Angelika | 1972 | Post SV Heide                             | GER-SH |     | 87         |
| 8   | 103  | 01:01:33 | Ehlers      | Maike    | 1974 | TSV Kremperheide                          | GER-SH |     | 107        |
| 9   | 510  | 01:03:48 | Stüve       | Sabine   | 1973 | Pflegeheim Sonnenhof und<br>Rosengarten   | GER-SH |     | 131        |

#### Hauptlauf W - 55

| Pos | StNr | Gesamt   | Name      | Vorname | Jg.  | Verein / Ort          | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|-----------|---------|------|-----------------------|--------|-----|------------|
| 1   | 31   | 00:52:54 | Bergfleth | Marion  | 1968 | TSV Krumstedt         | GER-SH |     | 45         |
| 2   | 333  | 00:53:21 | Nasutta   | Maren   | 1969 | Woman`s Fitness Heide | GER-SH |     | 47         |

# Ergebnis

## M / W - Altersklassen

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### Hauptlauf ( 10 Km )

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#### Hauptlauf W - 55

| Pos | StNr | Gesamt   | Name      | Vorname | Jg.  | Verein / Ort          | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|-----------|---------|------|-----------------------|--------|-----|------------|
| 3   | 12   | 00:58:48 | Ahrens    | Silke   | 1968 |                       | GER-SH |     | 86         |
| 4   | 553  | 00:58:58 | Vollrath  | Ulrike  | 1968 | Team Raffinerie Heide | GER-SH |     | 90         |
| 5   | 509  | 01:00:29 | Stuckmann | Ute     | 1965 | Physio Aktiv Heide    | GER-SH |     | 99         |
| 6   | 112  | 01:00:30 | Erbar     | Andrea  | 1966 | Physio Aktiv Heide    | GER-SH |     | 100        |

#### Hauptlauf W - 60

| Pos | StNr | Gesamt   | Name       | Vorname  | Jg.  | Verein / Ort         | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|------------|----------|------|----------------------|--------|-----|------------|
| 1   | 230  | 00:51:10 | Karstens   | Renate   | 1963 | SSV Süderdorf        | GER-SH |     | 35         |
| 2   | 151  | 00:55:10 | Gross      | Birgit   | 1963 | VfB Brunsbüttel      | GER-SH |     | 60         |
| 3   | 358  | 01:09:43 | Palczewski | Stefanie | 1963 | Die Pleasure Sisters | GER-SH |     | 145        |

#### Hauptlauf W - 65

| Pos | StNr | Gesamt   | Name   | Vorname    | Jg.  | Verein / Ort | Nat.   | Pos | Gesamtfeld |
|-----|------|----------|--------|------------|------|--------------|--------|-----|------------|
| 1   | 409  | 00:49:53 | Rohwer | Anke       | 1958 | Ostroher SC  | GER-SH |     | 24         |
| 2   | 67   | 00:58:45 | Burde  | Anne-Doris | 1956 | Heide        | GER-SH |     | 84         |

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