

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1.	1.		Ulizcka, Steffen	Take Maracke & Partner	1. M35	7281	00:32:50	00:32:51
2.	2.		Böhme, Patrick		1. M30	6353	00:35:09	00:35:13
3.	3.		Muluve, Paul		1. M40	4735	00:35:41	00:35:42
4.	4.		Unfug, Henrik	USC Kiel	1. M	6239	00:36:26	00:36:27
5.	5.		Kümpers, Gero	Toshiba Railway Europe GmbH	2. M	6877	00:37:16	00:37:19
6.		1.	Kümpers, Julia	LAC Kronshagen	1. W	6878	00:37:18	00:37:19
7.	6.		Klahn, Martin	Debeka Versicherungen und Bausparen	2. M40	3951	00:37:40	00:37:43
8.		2.	Wellbrock, Nele		2. W	6432	00:37:55	00:37:55
9.	7.		Semmler, Bjarne	ALG-VfL Bokel	3. M	5805	00:38:01	00:38:03
10.	8.		Westphal, Bjarne		4. M	6473	00:38:07	00:38:11
11.	9.		Dregelies, Max		2. M30	2786	00:38:17	00:38:17
12.	10.		Wagner, Kai	Hans Wagner Running Team	3. M30	7088	00:38:22	00:38:25
13.	11.		Kohn, Lasse	Ingenieurteam Trebes	4. M30	4017	00:38:38	00:38:40
14.		3.	Fröhlich, Fenna	LAC Lübeck	3. W	7167	00:38:45	00:38:47
15.	12.		Hohendorf, Ben Valentin		1. MJ U18	3554	00:38:52	00:38:53
16.		4.	Güber, Henrike		4. W	7176	00:38:56	00:39:00
17.	13.		Ewert, Christian	Kenias Letzte Reserve	5. M30	6743	00:39:04	00:39:05
18.	14.		Brück, Alexander		5. M	2501	00:39:13	00:39:19
19.	15.		Götsch, Thomas		3. M40	3162	00:39:25	00:39:27
20.	16.		Thomsen, Robin		6. M	6139	00:39:36	00:41:27
21.	17.		Haustedt, Ben		7. M	3383	00:39:39	00:39:48
22.	18.		Spiegel, Christopher		6. M30	5905	00:39:44	00:39:45
23.	19.		Unverzagt, Malte	USC Kiel	7. M30	6242	00:39:45	00:39:46
24.		5.	Ghose, Luisa		5. W	3116	00:39:47	00:39:49
25.	20.		Wurmstädt, Samuel	Berufsfeuerwehr Kiel	8. M	7303	00:39:55	00:40:01
26.	21.		Schlauderbach, Tobias	USC Kiel	8. M30	5543	00:40:19	00:40:20
27.	22.		Grützmaker, Lennart		9. M	3223	00:40:34	00:40:37
28.	23.		Behrends, Ole		1. M45	2240	00:40:48	00:40:52
29.	24.		Mordhorst, Martin		1. M50	4705	00:40:51	00:42:10
30.		6.	Beck, Corinna	Apotheke Altenholz	6. W	2191	00:41:00	00:41:01
31.	25.		Fadoi, Abdullah		10. M	2893	00:41:10	00:41:15
32.	26.		Degkwitz, Thomas		11. M	2696	00:41:29	00:41:31
33.	27.		Meinert, Lars	TSV Klausdorf	2. M35	4592	00:41:34	00:41:36
34.	28.		Christophersen, Malte		12. M	2620	00:41:52	00:42:02
35.	29.		Sander, Sören		13. M	5444	00:41:55	00:42:04
36.	30.		Nicole Desmau, Vital		14. M	7236	00:42:06	00:42:10
37.	31.		Kindt, Jonas	Hospiz Kieler Förde	15. M	3929	00:42:08	00:42:14
38.	32.		Voiß, Lasse		2. MJ U18	6296	00:42:09	00:42:57
39.	33.		Markworth, Nils	FLS Runners	4. M40	4533	00:42:11	00:42:21
40.	34.		Kowalczyk, Florian		9. M30	7211	00:42:13	00:42:15
41.	35.		Schmuck, Vincent		3. M35	7020	00:42:13	00:42:33
42.	36.		Wendt, Arik		16. M	6445	00:42:16	00:45:09
43.		7.	Koberstein, Anna-Lena		7. W	6858	00:42:16	00:42:16
44.		8.	Kiehl, Kira		8. W	3916	00:42:17	00:42:21
45.		9.	Hell, Anine		1. W35	5041	00:42:23	00:42:25
46.	37.		Sommer, Paul	PSD Bank Kiel eG	17. M	5879	00:42:31	00:42:40
47.	38.		Eckert, Christopher		10. M30	6737	00:42:45	00:42:52
48.	39.		Rasch, Florian		11. M30	5187	00:42:45	00:42:48
49.		10.	Berndt, Elena	USC Kiel	1. W30	6679	00:42:49	00:43:03
50.	40.		Noack, Magnus		18. M	7238	00:42:50	00:42:58
51.	41.		Teegen, Sven		5. M40	6092	00:42:52	00:42:55
52.	42.		Steppat, Valentin		12. M30	5990	00:42:53	00:43:20
53.	43.		Latendorf, Manuel	IB.SH-Runners	2. M45	4251	00:42:54	00:43:02
54.	44.		Paulsen, Philip	TSV Hürup	19. M	6960	00:42:55	00:42:58
55.	45.		Mentzer, Moritz	Praxisklinik Kronshagen	20. M	6920	00:42:57	00:43:42
56.		11.	Ardelt, Beatrice	SG Athletico Büdelsdorf	9. W	2082	00:42:58	00:43:00
57.	46.		Jesch, Michael		13. M30	3746	00:43:01	00:43:04
58.	47.		Kämpfer, Ulf	#diwokiel	3. M45	3848	00:43:05	00:43:06
59.	48.		Reich, Ronald	SEE & RUN Bordesholm	1. M55	7257	00:43:06	00:43:12
60.	49.		Wiggers, Bernd	Sport-Club Itzehoe	2. M50	6522	00:43:07	00:43:36
61.	50.		Paulsen, Niklas	FLS Runners	14. M30	4965	00:43:08	00:43:17
62.	51.		Rahlf, Paul	USC Kiel	21. M	6981	00:43:08	00:45:53
63.	52.		Reinert, Christoph	Triathlon Dänischer Wohl	22. M	7259	00:43:11	00:46:48
64.	53.		Brückner, Robert		23. M	2503	00:43:17	00:44:24
65.	54.		Westphal, Birger		24. M	6474	00:43:18	00:43:22
66.		12.	Czeranski, Angelina	#WeRunKiel	2. W30	197	00:43:23	00:43:26
67.	55.		Kuwert, Simon	USC Kiel	25. M	4194	00:43:29	00:43:43
68.	56.		Borbe, Bjarne	Fördefreunde	26. M	2395	00:43:30	00:45:55
69.	57.		Fink, Mario		6. M40	2947	00:43:34	00:43:55
70.	58.		Seiffert, Björn	LTV Kiel Ost	4. M45	5795	00:43:35	00:43:42
71.	59.		Antoschak, Malte		4. M35	2080	00:43:36	00:43:37
72.	60.		Otto, Dennis		7. M40	4922	00:43:41	00:43:46
73.	61.		Johannsen, Sönke	STV Sörup	8. M40	3763	00:43:42	00:44:36
74.	62.		Mielck, Jonas		27. M	4641	00:43:42	00:43:52
75.	63.		Wachholz, Torge		5. M35	6355	00:43:50	00:44:02
76.	64.		Kappes, Tom		28. M	3856	00:43:50	00:44:00
77.	65.		Kahl, Florian		6. M35	3816	00:43:52	00:44:04
78.	66.		Möhrke, Jakob		29. M	4685	00:43:54	00:46:53
79.	67.		Petersen, Malte	SG Tantalus Kiel	5. M45	5004	00:43:55	00:43:56
80.	68.		Nicklaus, Nils		30. M	4809	00:43:55	00:44:19
81.	69.		Colmorgen, Jörg	Landgericht Kiel	3. M50	2641	00:43:58	00:43:59
82.	70.		Hiebner, Thorge	#GottaPlanMySnacks	15. M30	3493	00:43:58	00:44:07
83.	71.		Pagel, Daniel	Förde Sparkasse	31. M	4931	00:43:58	00:44:33
84.	72.		Köhler, Benjamin		7. M35	4010	00:43:59	00:44:13
85.	73.		Ghwosi, Feda		32. M	3117	00:44:10	00:44:27
86.	74.		Rohardt, Michel		33. M	5070	00:44:11	00:44:49
87.	75.		Abel, Moritz		34. M	2003	00:44:11	00:45:14
88.	76.		Kock, Hauke		2. M55	3999	00:44:14	00:44:18

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
89.	77.		Greve, Henrik		8. M35	3190	00:44:18	00:44:22
90.	78.		Siegel, Leon		16. M30	5826	00:44:24	00:47:54
91.	79.		Dijkman, Bjoern		9. M40	2746	00:44:24	00:47:21
92.	80.		Wehrspann, Tom		17. M30	6400	00:44:28	00:44:32
93.	81.		Boradshiew, Christo		9. M35	2394	00:44:32	00:44:51
94.	82.		Seiffert, Lars	LTV Kiel Ost	6. M45	5792	00:44:37	00:44:44
95.	83.		Lerke, Hannes		10. M35	4316	00:44:37	00:44:41
96.	84.		Liepner, Marvin		18. M30	4340	00:44:45	00:49:23
97.	85.		Rossow, Torben		10. M40	5375	00:44:45	00:44:49
98.	86.		Becker, Mirko		1. MJ U20	2206	00:44:46	00:45:23
99.	87.		Lachenmann, Michael	Stadtwerke Kiel	3. M55	4199	00:44:49	00:44:54
100.	88.		Cohrt, Christian	LG Tantalus	7. M45	2640	00:44:52	00:44:54
101.	89.		Helmer, Lars	LG Albatros Kiel	8. M45	3423	00:44:58	00:45:21
102.		13.	Rippen, Geske Marie		10. W	7260	00:44:59	00:45:45
103.	90.		Mierendorf, Thomas		35. M	7231	00:45:06	00:45:51
104.	91.		Kruschewski, Bernd		19. M30	6872	00:45:08	00:45:24
105.	92.		Wehrberger, Ole	CVJM Kiel	3. MJ U18	7292	00:45:12	00:45:25
106.	93.		Markwardt, Mario		20. M30	4530	00:45:14	00:45:14
107.	94.		Damke, Tom		21. M30	2672	00:45:18	00:45:50
108.	95.		Bylda, Götz	Berufsfeuerwehr Kiel	36. M	7148	00:45:25	00:49:49
109.	96.		Meyenburg, Ingo		11. M35	4616	00:45:27	00:49:22
110.	97.		Cordes, Ralf		4. M50	2650	00:45:33	00:48:02
111.	98.		Pagel, Timo	Förde Sparkasse	37. M	4932	00:45:43	00:46:18
112.	99.		Staack, Alexander		12. M35	7051	00:45:45	00:45:57
113.		14.	Ludwigs, Lina	Berufsfeuerwehr Kiel	11. W	7223	00:45:49	00:47:37
114.	100.		Rosenbaum, Dino	Carmen	5. M50	5358	00:45:49	00:45:52
115.	101.		Tobias, Stefan		6. M50	7074	00:45:51	00:46:04
116.	102.		Domke, Thorsten	Landeshauptstadt Kiel	11. M40	2766	00:45:52	00:46:01
117.	103.		Nannt, Matthias	Zippel's School of Running	22. M30	7233	00:45:52	00:46:03
118.	104.		Ulbrich, Thomas	Team Osteopathie Werner	7. M50	6232	00:45:52	00:46:15
119.	105.		Maaßen, Steffen		38. M	4469	00:45:53	00:46:54
120.	106.		Müller, Ralf		39. M	4722	00:45:54	00:45:59
121.	107.		Herzog-Truxa, Philipp		23. M30	7318	00:45:54	00:48:32
122.	108.		Trentmann, Jens		12. M40	6199	00:45:54	00:46:17
123.	109.		Jürgen Schwarz, Jürgen		24. M30	3799	00:45:54	00:48:00
124.	110.		Buschmann, Finn		40. M	6708	00:45:55	00:46:10
125.	111.		Janßen, Michel		25. M30	3712	00:45:55	00:49:38
126.		15.	Astruc, Joel		12. W	2108	00:46:00	00:47:01
127.	112.		Dose, Karsten	PSD Bank Kiel eG	4. M55	2782	00:46:01	00:47:34
128.	113.		Reichwaldt, Franz	Rechtsanwälte Storjohann	13. M35	5246	00:46:06	00:46:18
129.	114.		Apitz, Sven		8. M50	2081	00:46:08	00:46:12
130.		16.	Ewert, Jana		2. W35	6744	00:46:09	00:46:19
131.	115.		Gnutzmann, Anton	Praxisklinik Kronshagen	41. M	6770	00:46:09	00:46:19
132.	116.		Zelenka, Claudius		26. M30	6631	00:46:09	00:46:14
133.	117.		Skoczynski, Patryk	#diwo Kiel	27. M30	5868	00:46:12	00:46:14
134.	118.		Simon, Matz Lennart		28. M30	5860	00:46:12	00:48:58
135.	119.		Wunsch, Christian	LTV Kiel-Ost	13. M40	6607	00:46:14	00:46:27
136.	120.		Villwock, Andreas	GEOMAR	5. M55	6280	00:46:15	00:46:25
137.	121.		Wutzke, Dirk	LF Wu	9. M50	7116	00:46:18	00:46:31
138.	122.		Kamp, Marius		42. M	3845	00:46:19	00:46:26
139.	123.		Simon, Maciej	kmrunclubhamburg	14. M35	7272	00:46:21	00:49:34
140.	124.		Förster, Frank	PHV Kiel	9. M45	2987	00:46:21	00:46:36
141.		17.	Moore, Katherine	kmrunclubhamburg	1. W40	1462	00:46:22	00:49:34
142.	125.		Kloth, Philipp		43. M	3967	00:46:23	00:46:59
143.		18.	Fey, Kim		13. W	2941	00:46:23	00:46:26
144.		19.	Mohr, Annika		14. W	6930	00:46:26	00:49:46
145.	126.		Maurice Weber, Maurice		44. M	4570	00:46:27	00:46:35
146.		20.	Lassen, Merethe	STV Sörup	15. W	4247	00:46:27	00:47:44
147.	127.		Göllnitz-Balls, Kay		15. M35	7171	00:46:28	00:47:23
148.	128.		Röther, Christian		16. M35	6992	00:46:28	00:47:29
149.	129.		Scholz, Stephan	BSG Sparkasse Harburg-Buxtehude	10. M50	5627	00:46:30	00:51:22
150.		21.	Horre, Martina		2. W40	3615	00:46:30	00:46:58
151.		22.	Schäfer, Barbara	SFC Ottendorf	1. W45	5477	00:46:32	00:46:39
152.	130.		Jacobs, Enrico		17. M35	3685	00:46:32	00:47:37
153.	131.		Adelmeier, Patrick		4. MJ U18	2025	00:46:33	00:46:36
154.	132.		Schütze, Peter		2. MJ U20	5748	00:46:33	00:49:58
155.	133.		Grunau, Sönke		18. M35	3213	00:46:34	00:46:47
156.	134.		Steinmetz, Simon		10. M45	5980	00:46:34	00:49:02
157.	135.		Behrendt, André	USC Kiel	11. M45	2246	00:46:36	00:46:40
158.	136.		Petersen, Axel	Team VOSS Turnschuhheizer	14. M40	5002	00:46:38	00:46:57
159.	137.		Krisch, Matthias	Brock Müller Ziegenbein	6. M55	4105	00:46:39	00:47:24
160.	138.		Metzler, Simon	Team VOSS Turnschuhheizer	19. M35	741	00:46:39	00:46:56
161.	139.		Fechner, Michael		15. M40	2909	00:46:44	00:47:11
162.	140.		Bäumer, Sven	Stadtwerke Kiel	11. M50	2179	00:46:45	00:47:14
163.	141.		Schulz, Moritz		29. M30	5723	00:46:46	00:48:18
164.	142.		Freyher, Daniel		30. M30	3011	00:46:48	00:47:03
165.		23.	Klages, Marit		3. W35	3950	00:46:48	00:49:01
166.	143.		Nedjadi, Mohammed Hamza		16. M40	4779	00:46:49	00:47:09
167.		24.	Westermann, Wiebke		16. W	7100	00:46:50	00:46:54
168.	144.		Willers, Timo		31. M30	6533	00:46:55	00:47:32
169.	145.		Heistermann, Sönke		7. M55	3414	00:46:58	00:47:04
170.	146.		Kröger, Marco		45. M	7212	00:46:59	00:47:31
171.	147.		Sennhenn - Oetken, Achim	Haus der Familie FBS Kiel e.V.	1. M60	5809	00:47:03	00:47:17
172.	148.		Radde, Jörn	Förde Sparkasse	12. M50	5162	00:47:04	00:47:08
173.	149.		Valkyser, Stefan	IB.SH-Runners	13. M50	6250	00:47:05	00:48:01
174.		25.	Jensen, Ida		17. W	3744	00:47:05	00:49:37
175.	26.		Holst, Luisa	Praxisklinik Kronshagen	18. W	6823	00:47:06	00:47:52
176.	27.		Landsberger, Nina	USC Kiel	3. W40	4214	00:47:07	00:47:09

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
177.	150.		Klein, Oliver	TuS Holtenau Kiel	14. M50	3958	00:47:08	00:47:19
178.		28.	Lange, Meike		1. W50	4224	00:47:11	00:48:03
179.	151.		palloks, Jonathan		46. M	4939	00:47:16	00:48:22
180.	152.		Müller, Linus Frederik	Käthe-Kollwitz-Schule	5. MJ U18	6940	00:47:17	00:47:25
181.	153.		Christ, Norman		17. M40	2606	00:47:17	00:47:30
182.	154.		Skrabs, Sören	LTV Kiel-Ost	15. M50	874	00:47:17	00:48:04
183.	155.		Moll, Peter	Förde Sparkasse	12. M45	20000	00:47:18	00:47:21
184.	156.		Schulz, Max	ALICA JACOBI SPORTS	47. M	5712	00:47:18	00:48:00
185.	157.		Weichler, Roger		16. M50	6403	00:47:23	00:48:20
186.	158.		Kulbeik, Tim-Andre		32. M30	4168	00:47:23	00:49:47
187.	159.		Paulsen, Alexander		48. M	7245	00:47:23	00:47:25
188.	160.		Hoffmann, Nils Christian		33. M30	3545	00:47:27	00:50:22
189.	161.		Peter, Thore		49. M	4981	00:47:27	00:51:16
190.	162.		Buck, Sebastian		34. M30	2536	00:47:28	00:48:59
191.	163.		Fitschen, Jan Henrik		35. M30	2974	00:47:29	00:48:25
192.	164.		Groth, Björn	Praxisklinik Kronshagen	50. M	6777	00:47:29	00:51:16
193.	165.		Volquardsen, Michael	Team Erdinger Alkoholfrei	8. M55	7286	00:47:30	00:47:35
194.	166.		Wanke, Bastian		36. M30	7291	00:47:30	00:47:51
195.	167.		Leifheit, Bastian		37. M30	4290	00:47:32	00:50:43
196.	168.		Hansen, Tade		51. M	3315	00:47:33	00:48:21
197.		29.	Teegen, Teresa-Leonie		19. W	7066	00:47:33	00:50:16
198.	169.		Simon, Kalle		52. M	5861	00:47:33	00:50:19
199.	170.		Schlewski, Eskil		53. M	5526	00:47:34	00:52:00
200.	171.		Wiese, Jens		9. M55	4429	00:47:34	00:48:16
201.		30.	van Riesen, Annika		20. W	6260	00:47:36	00:50:19
202.		31.	Herzig, Anne	LAC Kronshagen	4. W35	3471	00:47:48	00:47:54
203.	172.		Irrslinger, Lorenz		13. M45	5954	00:47:57	00:50:46
204.	173.		Peters, Arne	e-nema GmbH	10. M55	4998	00:47:58	00:52:24
205.	174.		Kopto, Leif	Feuerwehr Schellhorn	14. M45	4039	00:48:01	00:49:10
206.	175.		Busch, Dominik		38. M30	2565	00:48:02	00:53:33
207.	176.		Ziplinsky, Rainer	Zippels Läuferwelt	1. M65	1982	00:48:03	00:48:21
208.	177.		Rabehl, Erik		6. MJ U18	6980	00:48:06	00:48:14
209.	178.		Päschke, Marco	Frontlet Pacers	17. M50	4950	00:48:07	00:49:08
210.	179.		Betz, Lukas		54. M	2307	00:48:09	00:51:17
211.	180.		Olischläger, Jörg		18. M40	6953	00:48:10	00:50:26
212.	181.		Jashari, Bledar		19. M40	3726	00:48:16	00:50:38
213.	182.		Danilenko, Nikita		20. M35	2681	00:48:18	00:53:13
214.	183.		Wohlers, Rouren	Athletico Büdelsdorf	55. M	7109	00:48:18	00:48:29
215.	184.		Oellrich, Thjorben	Berufsfeuerwehr Kiel	56. M	7239	00:48:19	00:52:14
216.	185.		Benk, Paul		57. M	2268	00:48:20	00:50:14
217.	186.		Crone, Jörg		39. M30	6716	00:48:20	00:48:30
218.	187.		Tasch, Ulrich		18. M50	6082	00:48:24	00:49:22
219.	188.		Mörtter, Norbert		19. M50	6929	00:48:25	00:48:36
220.	189.		Lahann, Thomas	BSG Schleswig-Holstein Netz	21. M35	6885	00:48:26	00:52:07
221.	190.		Wolst, Carsten	LG Rendsburg/Büdelsdorf	20. M50	6584	00:48:26	00:48:38
222.	191.		Mahler, Bernhard		2. M60	6903	00:48:26	00:48:42
223.	192.		Sattelkau, Mark		40. M30	5454	00:48:27	00:49:58
224.	193.		Prut, Jaroslav		41. M30	5138	00:48:27	00:49:25
225.	194.		Petersen, Niklas	Team VOSS Turnschuhheizer	58. M	5017	00:48:28	00:48:46
226.	195.		Daniel Helle, Daniel		42. M30	2677	00:48:29	00:48:52
227.	196.		Reich, Sven	SEE & RUN Bordesholm	59. M	5240	00:48:29	00:48:41
228.	197.		Meyer, Marco	Förde Sparkasse	21. M50	6922	00:48:33	00:48:50
229.	198.		Sörensen, Carl		43. M30	5885	00:48:34	00:49:05
230.	199.		Jekat, Dietmar		22. M50	3731	00:48:37	00:51:11
231.	200.		Brandt, Florian	Berufsfeuerwehr Kiel	60. M	7142	00:48:38	00:52:20
232.	201.		Niesporek, Arne		61. M	6945	00:48:38	00:48:59
233.		32.	Haake-Kleber, Andrea		4. W40	6782	00:48:39	00:51:54
234.	202.		Petersen, Tom		62. M	5011	00:48:39	00:50:39
235.	203.		Ohlsen, Lewe		63. M	4886	00:48:40	00:49:25
236.		33.	Surau, Katja		21. W	6060	00:48:41	00:48:52
237.	204.		Reschke, Niklas		44. M30	5282	00:48:42	00:54:51
238.		34.	Knackstedt, Marie		22. W	6855	00:48:43	00:49:02
239.	205.		Frankiewicz, Frank		23. M50	2997	00:48:44	00:49:12
240.	206.		Bärenwaldt, Steffen		22. M35	3159	00:48:44	00:49:27
241.	207.		Clemen, Martin		23. M35	2637	00:48:45	00:48:55
242.	208.		Katzer, Klaus		15. M45	3886	00:48:45	00:49:03
243.	209.		Rullmann, Henning	Team Erdinger Alkoholfrei	24. M35	6994	00:48:46	00:49:22
244.		35.	Gerwien, Birte	TSV Klausdorf	5. W40	3112	00:48:48	00:48:53
245.	210.		Krause, Niklas		64. M	4084	00:48:49	00:52:08
246.	211.		Otto, Oliver	Berufsfeuerwehr Kiel	45. M30	7243	00:48:50	00:50:41
247.	212.		Jotzo, Florian	IM-Team	46. M30	5629	00:48:53	00:51:16
248.	213.		Mißfeldt, Peter	Sauer Compressors	25. M35	4667	00:48:54	00:49:12
249.		36.	Schmidt, Sandra	Eckernförder MTV	5. W35	5576	00:48:54	00:49:12
250.	214.		Weuster, Matthias		20. M40	6484	00:48:55	00:49:14
251.	215.		Leff, Matthias	Sauer Compressors	16. M45	4267	00:48:56	00:49:14
252.		37.	Gärtner, Vanessa		23. W	3062	00:48:57	00:51:05
253.	216.		Lahrtz, Henning		24. M50	4206	00:49:05	00:50:00
254.	217.		Steinhardt, Kai		21. M40	5971	00:49:07	00:49:32
255.		38.	Abshagen, Natascha		6. W35	2008	00:49:08	00:49:24
256.	218.		Abshagen, Bernd		22. M40	2010	00:49:08	00:49:24
257.	219.		Schaarschmidt, Oliver	fit im team Kiel	17. M45	5465	00:49:08	00:52:21
258.	220.		Bredereck, Lars		26. M35	2463	00:49:08	00:49:46
259.	221.		Clausen, Arne		47. M30	2632	00:49:10	00:53:35
260.	222.		Holst, Valentin		65. M	3576	00:49:11	00:52:19
261.	223.		Rocksien, Johannes		27. M35	5328	00:49:11	00:49:15
262.	224.		Mund, Michael	TV Laboe	25. M50	4745	00:49:11	00:49:52
263.	225.		Ludwig, Manrico	Stadtwerke Kiel	28. M35	5614	00:49:12	00:51:37
264.	226.		Heuel, Christoph		18. M45	7182	00:49:13	00:49:19

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
265.	227.		Junker, Stefan	Max-Planck-Schule Kiel	19. M45	3797	00:49:14	00:50:05
266.		39.	Junkermann, Lucie		24. W	3798	00:49:14	00:51:27
267.	228.		Möller, Marcus		26. M50	4695	00:49:16	00:51:34
268.	229.		Schneider, Steven		66. M	5615	00:49:16	00:52:02
269.	230.		Windmüller, Ingmar	LG Albatros Kiel	23. M40	6544	00:49:17	00:49:43
270.	231.		Voß-Nemitz, Torge		20. M45	6352	00:49:20	00:50:12
271.	232.		Boll, Jakob		67. M	2387	00:49:21	00:52:06
272.	233.		Wendland, Dirk	Rumrunner TSV Vineta Audorf	27. M50	6441	00:49:21	00:51:48
273.	234.		Meyer, Lasse Kristopher	Provinzial Nord Brandkasse AG	48. M30	4620	00:49:22	00:50:44
274.	235.		Herzmann, Nico		49. M30	3601	00:49:22	00:51:33
275.		40.	Wolf, Carmen		25. W	6575	00:49:22	00:52:34
276.	236.		Schulz, Torsten		21. M45	7271	00:49:22	00:50:50
277.	237.		Thiem, Anton		7. MJ U18	6120	00:49:23	00:51:25
278.	238.		Steffens, Karsten	pharm. Chemie CAU Kiel	50. M30	5961	00:49:23	00:49:50
279.	239.		Jahn, Christian		29. M35	3701	00:49:24	00:49:50
280.	240.		Casper, Thomas		30. M35	2600	00:49:25	00:50:56
281.	241.		Möller, Daniel		24. M40	4693	00:49:26	00:52:05
282.	242.		Kißig, Klaus		1. M70	3945	00:49:26	00:49:37
283.	243.		Weichler, Jannis		68. M	6404	00:49:26	00:50:23
284.	244.		Hübener, Thomas		28. M50	482	00:49:27	00:51:44
285.	245.		Blazek, Alexander	Haus & Grund	29. M50	6690	00:49:28	00:50:08
286.	246.		Scheffler, Sven		69. M	5506	00:49:29	00:53:31
287.	247.		Ahrend, Kay		30. M50	2035	00:49:31	00:50:17
288.	248.		Korth, Lennart	Boxring TSV Plön	25. M40	4050	00:49:31	00:49:59
289.	249.		Hufnagel, Nils		70. M	3632	00:49:32	00:50:01
290.	250.		Rosendahl, Falk		26. M40	5359	00:49:32	00:50:02
291.	251.		Wolf, Frank		11. M55	6574	00:49:33	00:50:08
292.	252.		Sager, Thore	GEOMAR	71. M	5433	00:49:36	00:50:12
293.	253.		Laqua, René		31. M35	4237	00:49:37	00:51:17
294.	254.		Meier zu Beerentrup, Ulrich		51. M30	4589	00:49:38	00:50:39
295.	255.		Behr, Moritz		8. MJ U18	2235	00:49:38	00:52:42
296.	256.		Meier, Jörg		12. M55	4585	00:49:38	00:49:47
297.	257.		Schulze, Jannek	Sauer Compressors	72. M	5730	00:49:39	00:50:59
298.	258.		Goy, Rolf	Turbine Mözen	13. M55	3167	00:49:40	00:51:17
299.		41.	Brettschneider, Ebba		2. W50	2475	00:49:41	00:49:52
300.	259.		Strecker, Marek		32. M35	7061	00:49:42	00:49:49
301.	260.		Sommer, Joost		73. M	5880	00:49:42	00:49:49
302.	261.		Krussek, Bastian	ITV.SH Kommunale Digitalisierung	33. M35	4139	00:49:42	00:51:14
303.	262.		Leppin, Hannes		74. M	4313	00:49:43	00:52:20
304.	263.		Ott, Michael	Stiftung Naturschutz S-H	14. M55	4915	00:49:44	00:50:15
305.	264.		Peetz, Frederic		22. M45	4970	00:49:44	00:52:12
306.	265.		Schuldt, Hauke		34. M35	5696	00:49:45	00:51:09
307.	266.		Christophersen, Jan-Philipp	forbeyond	75. M	2619	00:49:45	00:52:00
308.		42.	Helf, Charlotte		26. W	3821	00:49:47	00:49:54
309.	267.		Schubert, Simon		76. M	5687	00:49:47	00:49:58
310.	268.		Steffen, Arne		52. M30	4287	00:49:49	00:55:17
311.	269.		Both, Ahrend	Provinzial	31. M50	2424	00:49:50	00:50:10
312.	270.		Plambeck, Peter		27. M40	5067	00:49:50	00:52:41
313.	271.		Reestorff, Tim Jona		77. M	5216	00:49:51	00:52:55
314.	272.		Eisenhuth, Dirk		15. M55	6740	00:49:51	00:50:30
315.	273.		Friedrichsen, Sebastian		28. M40	3026	00:49:53	00:52:46
316.		43.	Ziemer, Franziska		27. W	6643	00:49:54	00:52:07
317.	274.		Knüppel, Eric	Berufsfeuerwehr Kiel	35. M35	7207	00:49:54	00:53:36
318.	275.		Mlinski, Luis		9. MJ U18	6926	00:49:54	00:51:53
319.	276.		Haslob, Holger		23. M45	3357	00:49:56	00:50:45
320.	277.		Hinrichsen, Ove		32. M50	3523	00:49:56	00:50:29
321.		44.	Schlüter-Sayda, Saskia		7. W35	7015	00:49:57	00:53:32
322.	278.		Feddern, Dietmar	Ingenieurteam Trebes	2. M65	2911	00:49:58	00:50:07
323.	279.		Kahle, Lutz	Hospiz Kieler Förde	16. M55	3817	00:49:58	00:50:22
324.	280.		Lehmann-Matthaei, Momme	LaSaHaRa	78. M	4281	00:49:59	00:50:38
325.	281.		Feldmann, Lars		24. M45	2926	00:50:00	00:52:43
326.		45.	Stief, Silvana	KurzLang	3. W50	5996	00:50:00	00:50:54
327.	282.		Buhl, Holger		3. M60	2541	00:50:00	00:50:53
328.	283.		Ziems, Eckhard	SG Tantalus Kiel	4. M60	6644	00:50:01	00:50:06
329.	284.		Schlüter, Hannes		79. M	5558	00:50:01	00:50:25
330.		46.	Kühne, Stine		28. W	4162	00:50:01	00:50:25
331.	285.		Schröder, Julian	KPMG Kiel	80. M	5668	00:50:01	00:54:17
332.	286.		Stockleben, Sebastian	Team PHV Kiel	36. M35	6007	00:50:01	00:50:17
333.	287.		Andreas Weidner, Andreas		17. M55	2070	00:50:03	00:50:17
334.	288.		Völter, Tim	Ellerbeker TV	81. M	6313	00:50:03	00:51:17
335.	289.		König, Florian	schiefe-zaehne-kiel	25. M45	4028	00:50:06	00:50:25
336.	290.		Keßler, Maximilian		53. M30	3908	00:50:06	00:52:20
337.	291.		Köstlin, Roland	Kieler Volksbank eG	82. M	4058	00:50:07	00:51:52
338.		47.	Wessels, Wiebke		3. W30	6465	00:50:08	00:54:15
339.		48.	Tinnemeier, Karin		4. W50	6165	00:50:08	00:50:48
340.	292.		Proksch, Martin		37. M35	5134	00:50:10	00:50:54
341.	293.		Yesilyurt, Umut-Ulas		83. M	6617	00:50:11	00:52:29
342.	294.		Lähn, Florian		38. M35	4204	00:50:11	00:53:32
343.	295.		van Riesen, Dirk		33. M50	6258	00:50:12	00:52:56
344.	296.		Nguyen, Christian		84. M	4805	00:50:13	00:53:48
345.	297.		Lipfert, Arne	Buchner & Partner GmbH	39. M35	4364	00:50:14	00:53:15
346.	298.		Blastoch, Arne	GEOMAR	34. M50	2318	00:50:14	00:50:23
347.	299.		Breyer, Jannes		3. MJ U20	2478	00:50:16	00:53:41
348.	300.		Runge, Sönke	Brock Müller Ziegenbein	26. M45	5408	00:50:17	00:51:02
349.		49.	Carstens, Inga		29. W	2586	00:50:17	00:50:33
350.	301.		Tholund, Henrik		54. M30	6129	00:50:18	00:54:58
351.	302.		Coy, Jürgen	Erster Kieler Ruderclub	5. M60	2657	00:50:18	00:50:48
352.	303.		Krüger, Heiner		40. M35	4128	00:50:18	00:51:51

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
353.	304.		Drews, Oliver		41. M35	2791	00:50:19	00:50:43
354.		50.	Bergmann, Janika		30. W	2281	00:50:20	00:50:35
355.	305.		Schröter, Michael		27. M45	5684	00:50:20	00:53:39
356.		51.	Heinemann, Ute		2. W45	3404	00:50:20	00:50:35
357.	306.		Schossow, Dennis		55. M30	5649	00:50:21	00:50:41
358.		52.	Langmaack, Lena		6. W40	6886	00:50:24	00:51:11
359.	307.		Green, Claus		6. M60	3183	00:50:25	00:50:56
360.	308.		Schmidt, Christian	Lionsclub Kiel Oben & Friends	29. M40	5570	00:50:25	00:54:04
361.	309.		Bruhn, Eike		42. M35	2512	00:50:26	00:51:54
362.		53.	Bohrer, Juliane		7. W40	2382	00:50:26	00:51:53
363.		54.	Wetzel, Stefanie	Stadtwerke Kiel	8. W40	6480	00:50:26	00:50:32
364.	310.		Reich-Dultz, Fridtjof	LG Albatros Kiel	56. M30	5243	00:50:27	00:50:49
365.	311.		Tornow, Daniel	IB.SH-Runners	28. M45	6184	00:50:27	00:50:52
366.	312.		Schowe, Jörg		18. M55	5651	00:50:27	00:51:14
367.		55.	Krämer, Marie		31. W	4069	00:50:27	00:51:14
368.	313.		Schuckart, Manfred	Team VOSS Turnschuhheizer	7. M60	5692	00:50:29	00:50:45
369.	314.		Cremer, Gunnar		30. M40	2660	00:50:29	00:52:51
370.	315.		Heinold, Arne		57. M30	3406	00:50:31	00:54:40
371.	316.		Howe, Thorben		29. M45	3623	00:50:31	00:50:58
372.		56.	Büchler, Lina	Fördepuls	4. W30	2531	00:50:32	00:52:44
373.	317.		Rasche, Sven		30. M45	5188	00:50:33	00:51:53
374.	318.		Grzella, Lennart		85. M	3225	00:50:34	00:54:35
375.	319.		Jürrens, Rolf		19. M55	6830	00:50:35	00:51:30
376.		57.	Clausen, Merle		32. W	7151	00:50:37	00:50:53
377.	320.		Wortmann, Jörg		8. M60	7112	00:50:37	00:51:37
378.	321.		Krohne, Tim Felix	Sauer Compressors	86. M	4118	00:50:38	00:52:02
379.	322.		Willson, John		9. M60	6537	00:50:40	00:52:00
380.	323.		Werner, Uwe Jens		20. M55	6456	00:50:43	00:50:48
381.	324.		Habig, Michael		31. M45	3266	00:50:44	00:51:38
382.	325.		Boelke, Robin	Berufsfeuerwehr Kiel	87. M	7138	00:50:46	00:51:46
383.		58.	Heinemann, Lisa		33. W	425	00:50:48	00:51:13
384.	326.		Kröger, Christopher	NordwestLotto Schleswig-Holstein GmbH & Co. KG	41. M40	4111	00:50:48	00:52:23
385.		59.	Köhler, Laura		34. W	4009	00:50:50	00:52:03
386.		60.	Köhler, Martina		35. W	4008	00:50:50	00:52:03
387.	327.		Koch, Martin		43. M35	7210	00:50:53	00:55:13
388.	328.		Habermann, Oliver	SG DESIGNA	58. M30	7178	00:50:53	00:51:48
389.		61.	Raap, Antje		8. W35	5157	00:50:54	00:54:16
390.	329.		Franz, Lukas		88. M	2998	00:50:54	00:52:43
391.	330.		Krause, Sven		32. M40	4080	00:50:55	00:51:10
392.	331.		Lausen, Niels-Christian	Reitanlage Schröder Kaltenhof	33. M40	4261	00:50:55	00:51:15
393.		62.	Lorenz, Beatrix	Debeka Versicherungen und Bausparen	5. W30	4395	00:50:56	00:51:07
394.		63.	Heuck, Fabienne		36. W	3476	00:50:58	00:51:07
395.	332.		Lorenz, Sören		35. M50	4394	00:50:58	00:53:45
396.	333.		Frey, Ken		59. M30	3007	00:50:59	00:54:35
397.		64.	Godon, Janine	Berufsfeuerwehr Kiel	37. W	7170	00:50:59	00:52:50
398.	334.		Frosch, Alexander		34. M40	3035	00:51:00	00:54:21
399.	335.		Wagenknecht, Florian	IB.SH-Runners	60. M30	6358	00:51:01	00:51:54
400.	336.		Werner, Henry	Team Osteopathie Werner	10. MJ U18	7295	00:51:02	00:51:24
401.	337.		Karschnick, Sebastian	Kofler Energies Ingenieur GmbH	44. M35	3873	00:51:02	00:53:25
402.	338.		Gode, Felix		89. M	3139	00:51:03	00:51:03
403.	339.		Behnfeld, Kristof		61. M30	2231	00:51:05	00:53:16
404.	340.		Kramer, Uwe-Carsten	L! Troglodytia	36. M50	4068	00:51:05	00:51:58
405.	341.		Stellberger, Frank	Küstenläufer	32. M45	5983	00:51:06	00:51:28
406.	342.		Lorenzen, Jan		62. M30	4398	00:51:06	00:53:59
407.	343.		Carnhof, Merlin		90. M	2587	00:51:08	00:54:22
408.		65.	Pokutynska, Izabela		3. W45	5100	00:51:09	00:51:18
409.	344.		Von Dressler, Timm	kmrunclubhamburg	63. M30	7287	00:51:10	00:54:23
410.	345.		Sattler, Ole		91. M	5456	00:51:12	00:54:48
411.	346.		Dempel, Karsten		33. M45	2708	00:51:13	00:53:05
412.	347.		Lehmann, Hendrik	ALG-VfL Bokel	10. M60	4844	00:51:15	00:53:56
413.	348.		Dylanski, Karsten		21. M55	2817	00:51:15	00:51:19
414.	349.		Schiedat, Julius		92. M	5525	00:51:15	00:53:36
415.		66.	Thiem, Stephanie		1. W55	6122	00:51:16	00:51:53
416.		67.	Nowak, Jelena		6. W30	4857	00:51:18	00:52:42
417.	350.		Böhme, Robin		35. M40	2375	00:51:19	00:52:42
418.	351.		Kähler, Mark	Feuerwehr Schellhorn	34. M45	3822	00:51:19	00:52:29
419.	352.		Naeve, Lasse		93. M	4766	00:51:20	00:54:37
420.	353.		Fischer, Tim	GEOMAR	37. M50	2962	00:51:20	00:53:21
421.	354.		Feist, Peter		11. M60	2921	00:51:22	00:51:30
422.	355.		Paeske, Reinhard		12. M60	6955	00:51:22	00:55:12
423.	356.		Raudo, Julian		11. MJ U18	5204	00:51:23	00:53:44
424.	357.		Svirsky, Alexander		94. M	6064	00:51:23	00:51:55
425.		68.	Kellner, Christiane		1. W60	7202	00:51:24	00:51:36
426.		69.	Temme, Pauline		38. W	1101	00:51:24	00:53:11
427.	358.		Ehmsberger, Mirco		36. M40	2834	00:51:24	00:52:09
428.		70.	Matuszak, Svantje		39. W	6914	00:51:24	00:51:56
429.		71.	Kleine, Ronja		40. W	3960	00:51:26	00:53:31
430.	359.		Hahm, Johannes		35. M45	7329	00:51:28	00:58:38
431.		72.	Reich-Dultz, Anne	LG Albatros Kiel	1. W65	5242	00:51:30	00:55:02
432.	360.		Becker, Niklas		95. M	2208	00:51:31	00:51:45
433.		73.	Schreiner, Aneta	IB.SH-Runners	4. W45	5655	00:51:31	00:54:00
434.	361.		Conrad, Hannes		37. M40	6715	00:51:32	00:52:04
435.	362.		Schöne, Heiko		22. M55	5636	00:51:33	00:53:09
436.	363.		Lange, Martin		23. M55	4225	00:51:34	00:52:27
437.	364.		Scharrenberg, Michael		38. M50	5495	00:51:34	00:54:14
438.		74.	Tölke, Jule	IB.SH-Runners	41. W	6172	00:51:35	00:53:11
439.	365.		Korkmaz, Devrisan		36. M45	4045	00:51:36	00:51:41
440.	366.		Clausen, Christian	Sauer Compressors	38. M40	2633	00:51:37	00:51:44

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
441.	367.		Albers, Stefan		39. M50	2040	00:51:37	00:53:05
442.		75.	Beckmann, Jule		42. W	2218	00:51:38	00:52:15
443.	368.		Weir, Robert		40. M50	6424	00:51:39	00:53:30
444.	369.		Lübke, Mike	Berufsfeuerwehr Kiel	96. M	7224	00:51:39	00:55:35
445.	370.		Schimrock, Andreas	PLD Eisendorf	41. M50	7008	00:51:42	00:53:23
446.	371.		Olbrich, Lars		64. M30	4889	00:51:43	00:52:53
447.	372.		Rots, Alexander		97. M	5383	00:51:44	00:56:23
448.	373.		Westerhelweg, Niels	Zippel's School of Running	45. M35	6467	00:51:45	00:51:57
449.	374.		Wingert, Artur	Berufsfeuerwehr Kiel	39. M40	7299	00:51:46	00:51:46
450.	375.		Schäle, Nils		37. M45	5483	00:51:48	00:52:21
451.		76.	Lux, Natascha		9. W40	698	00:51:48	00:52:58
452.	376.		Görlisch, Thomas		38. M45	3158	00:51:48	00:53:58
453.	377.		Krumbeck, Luca	KPMG Kiel	98. M	4131	00:51:50	00:56:06
454.	378.		Wiese, Niklas		12. MJ U18	7298	00:51:50	00:52:25
455.	379.		Uwe Viereck, Uwe	MAU	42. M50	6248	00:51:52	00:53:21
456.	380.		Zimmermann, Jörn		40. M40	6653	00:51:52	00:52:09
457.		77.	Mielke, Katharina		43. W	4645	00:51:53	00:51:56
458.	381.		Rumpf, Mike		39. M45	5404	00:51:53	00:52:18
459.	382.		Schulze-Feldmann, Georg	#diwoki	13. M60	5735	00:51:53	00:52:29
460.	383.		Shigeoka, Sei		43. M50	5814	00:51:53	00:53:21
461.	384.		Köster, Stefan		24. M55	4054	00:51:53	00:55:33
462.	385.		Spiegel, Timo	El Niño	99. M	5910	00:51:54	00:52:30
463.	386.		Meijer-Carlsen, Hessel		46. M35	6918	00:51:57	00:56:18
464.	387.		Brognieri, Espedito	Debeka Versicherungen und Bausparen	65. M30	2488	00:51:57	00:53:48
465.	388.		Dubicki, Henrik		41. M40	2797	00:51:57	00:54:19
466.	389.		Jobst, Leon	IB.SH-Runners	100. M	3756	00:51:59	00:55:49
467.		78.	Fries, Unne		9. W35	2211	00:52:00	00:52:31
468.	390.		Rahder, Christian	Ingenieurteam Trebes	40. M45	5169	00:52:00	00:57:11
469.		79.	Hennings, Pia		44. W	6805	00:52:02	00:52:50
470.		80.	Aschenbach, Insa		45. W	6670	00:52:03	00:52:50
471.		81.	Behrens, Jule	LG Rendsburg/Büdelndorf	46. W	2249	00:52:03	00:54:34
472.		82.	Kalischke, Olivia	ALG-VfL Bokel	47. W	3840	00:52:05	00:55:39
473.	391.		Sartory, Johannes		47. M35	5534	00:52:05	00:55:44
474.	392.		Ladiges, Sven		44. M50	7216	00:52:06	00:54:12
475.	393.		Vetter, Malte		101. M	6274	00:52:06	00:53:12
476.	394.		Erichsen, Hans		66. M30	2870	00:52:07	00:52:17
477.	395.		Nielsen, Christoph		48. M35	4820	00:52:08	00:54:48
478.	396.		Lennart, Laude		102. M	5716	00:52:10	00:54:41
479.	397.		von See, Torben	Die Mettläufer	67. M30	6336	00:52:11	00:54:20
480.	398.		Sönder, Tim		49. M35	5881	00:52:12	00:52:25
481.	399.		Harneid, Niels		103. M	3347	00:52:13	00:52:26
482.	400.		Baur, Sebastian		42. M40	4259	00:52:15	00:55:41
483.	401.		Peters, Holger	#diwoki	14. M60	4999	00:52:15	00:52:23
484.	402.		Müller, Martin	Team VOSS Turnschuhheizer	41. M45	5776	00:52:17	00:54:46
485.	403.		Al-Hari, Ayback	Buchner & Partner GmbH	104. M	2055	00:52:17	00:56:26
486.		83.	Nötzel, Anna-Lena		48. W	3296	00:52:17	00:52:57
487.		84.	Schulz, Lea		49. W	5760	00:52:17	00:52:57
488.	404.		Kühne, Bernd		45. M50	4161	00:52:19	00:54:27
489.	405.		Heuer, Claas	Blitz - Drachenbande	50. M35	3479	00:52:19	00:53:29
490.		85.	Cordes, Andrea		5. W50	2649	00:52:20	00:54:49
491.		86.	Johannsen, Inken	STV Sörup	10. W40	3762	00:52:20	00:53:14
492.	406.		Wiesner, Holger	Bredenbeker Renttiere	25. M55	3659	00:52:21	00:55:12
493.	407.		Holstein, Thomas	ALG-VfL Bokel	26. M55	375	00:52:22	00:53:02
494.	408.		Gehrmann, Dennis		43. M40	3089	00:52:25	00:53:43
495.		87.	Anna-Lena Lepsien, Anna-Lena		10. W35	2079	00:52:25	00:53:43
496.	409.		Hülsmann, Christoph		27. M55	7194	00:52:26	00:54:08
497.		88.	Freyer, Judith		1. WJ U18	3009	00:52:26	00:53:45
498.		89.	Süverkrüpp, Sabine		2. W55	6063	00:52:27	00:52:34
499.	410.		Witt, Michale		46. M50	6559	00:52:27	00:54:03
500.	411.		Siegmon, Robert	TuS Felde	44. M40	7045	00:52:29	00:56:08
501.		90.	Salto, Leonie		50. W	5437	00:52:31	00:52:55
502.	412.		Tesfay, Habtom	e-nema GmbH	105. M	6101	00:52:32	00:56:58
503.	413.		Johannsen, Marco		47. M50	2925	00:52:33	00:55:16
504.	414.		Hufnagel, Jens		15. M60	3631	00:52:34	00:53:03
505.	415.		Bogalski, Tim	forbeyond	68. M30	2368	00:52:35	00:55:19
506.	416.		Riecker, Jan		48. M50	5302	00:52:35	00:54:43
507.	417.		Rzepka, Bennet		106. M	5428	00:52:37	00:54:04
508.	418.		Wieburg, Ralf		28. M55	7296	00:52:38	00:54:28
509.		91.	Schäfer, Silja		5. W45	5482	00:52:39	00:53:26
510.	419.		Garbrecht, Oliver		42. M45	3058	00:52:40	00:53:31
511.	420.		Siebert, Sven		43. M45	5820	00:52:41	00:52:45
512.	421.		Schulze, Boris		29. M55	5731	00:52:41	00:55:09
513.		92.	Höfer, Sonja		11. W35	3537	00:52:41	00:53:37
514.	422.		Siemens, Frank		49. M50	5833	00:52:42	00:53:36
515.	423.		Hahn, Carsten		44. M45	3286	00:52:43	00:58:17
516.	424.		Peter, Jens		30. M55	4982	00:52:43	00:56:32
517.		93.	Taubert, Kristin		7. W30	6086	00:52:43	00:54:19
518.	425.		Treptow, Torge		45. M40	6202	00:52:44	00:53:47
519.	426.		Hansen, Sven		50. M50	3322	00:52:44	00:53:04
520.	427.		Linders, Olaf	AOK NordWest - Team B	31. M55	4353	00:52:44	00:53:39
521.	428.		Stargardt, Morlin		107. M	7053	00:52:44	00:53:49
522.	429.		Wiemann, Timo		51. M35	6506	00:52:45	00:53:22
523.		94.	Bocklage, Anne	#GottaPlanMySnacks	8. W30	2362	00:52:45	00:56:06
524.	430.		Hahn, Johannes	GEOMAR	52. M35	383	00:52:47	00:56:35
525.	431.		Hahn, Tobias	GEOMAR	69. M30	382	00:52:49	00:56:35
526.		95.	Hollensen, Denise		51. W	3565	00:52:49	00:56:07
527.	432.		Thomas Amzoll, Thomas	WELL YOU	16. M60	6133	00:52:49	00:53:10
528.		96.	Campen, Hanna	GEOMAR	9. W30	176	00:52:49	00:56:35

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
529.	433.		Nommensen, Rico	Debeka Versicherungen und Bausparen	108. M	3665	00:52:50	00:54:41
530.	434.		Heidhoff, Jörn		51. M50	3395	00:52:50	00:56:04
531.	435.		Matthes, Simon		70. M30	7227	00:52:52	00:53:24
532.	436.		Kähler, Stefan		52. M50	3823	00:52:53	00:54:02
533.		97.	Sievers, Lea		52. W	5846	00:52:53	00:54:02
534.		98.	Hüsken, Friederike		12. W35	3646	00:52:54	00:57:48
535.	437.		Willer, Philipp	ITV.SH Kommunale Digitalisierung	45. M45	6532	00:52:54	00:53:16
536.	438.		Diener, Sebastian		53. M35	2736	00:52:57	00:56:13
537.		99.	Sönnichsen, Tanja		6. W50	5884	00:52:58	00:53:11
538.		100.	Schubert, Stephanie	Brock Müller Ziegenbein	6. W45	6558	00:52:59	00:54:31
539.	439.		Cuevas Decoud, Carlos		71. M30	2598	00:53:00	00:56:29
540.		101.	Kroh, Julia	Kiel Oncology Network	10. W30	4114	00:53:01	00:56:10
541.		102.	Voß, Melanie	Team VOSS Turnschuhheizer	7. W45	5774	00:53:01	00:53:20
542.	440.		Steinmetz, Bjarne		109. M	5979	00:53:02	00:55:37
543.	441.		Laudan, Thomas		72. M30	4253	00:53:03	00:57:09
544.	442.		Wundram, Steffen		53. M50	6606	00:53:03	00:53:14
545.		103.	Leinenbach, Julia	Ingenieurteam Trebes	11. W30	3435	00:53:05	00:53:45
546.	443.		Brockmann, Lars		46. M40	2484	00:53:06	00:55:23
547.	444.		Sator, Ralf	ALG-VfL Bokel	32. M55	943	00:53:07	00:53:48
548.	445.		Sator, Jan	Haus & Grund	110. M	7001	00:53:07	00:53:48
549.	446.		Begemann, Alexander		47. M40	2226	00:53:07	00:53:47
550.	447.		Meyer, Lars		46. M45	4623	00:53:08	00:53:34
551.	448.		Widdel, Jan Christoph		111. M	6494	00:53:08	00:54:16
552.		104.	Stürmer, Paula		53. W	6054	00:53:09	00:56:47
553.	449.		Diederichsen-Wade, Ulf		33. M55	2731	00:53:10	00:53:42
554.		105.	Czymmek, Natalia	Rumrunner TSV Vineta Audorf	8. W45	2666	00:53:12	00:55:08
555.	450.		Eumann, Oliver	NordwestLotto Schleswig-Holstein GmbH & Co. KG	73. M30	2884	00:53:12	00:55:51
556.		106.	Back, Annika	CVJM Kiel	1. WJ U20	2902	00:53:12	00:53:25
557.		107.	Schulze, Hannah		54. W	7034	00:53:12	00:54:53
558.	451.		Einfeldt, Jens	Läufer gegen Krebs	47. M45	2845	00:53:13	00:55:28
559.	452.		Bader, Marcel	FLS Runners	112. M	2125	00:53:13	00:55:36
560.	453.		Gawrisch, Rüdiger		17. M60	3078	00:53:14	00:55:48
561.	454.		Frost, Arno	SFC Ottendorf	3. M65	309	00:53:14	00:54:47
562.	455.		Fischbach, Axel		34. M55	2950	00:53:15	00:53:43
563.	456.		Struve, Bernd		48. M45	6044	00:53:16	00:56:04
564.	457.		Biedermann, Andre		48. M40	2326	00:53:17	00:54:08
565.	458.		Wiese, Dominik		74. M30	6514	00:53:18	00:56:03
566.	459.		Thiem, Johan		13. MJ U18	6121	00:53:18	00:55:20
567.		108.	Lange, Annika	IM-Team	55. W	4223	00:53:18	00:53:21
568.		109.	Ehrig, Karina		12. W30	2838	00:53:19	00:53:42
569.		110.	Holborn, Julia		56. W	6822	00:53:20	00:54:06
570.	460.		Huß, Christian		113. M	3650	00:53:20	00:55:21
571.		111.	Reimers, Esmeralda		13. W35	5264	00:53:21	00:54:00
572.		112.	Werner, Antje		3. W55	6455	00:53:21	00:53:34
573.		113.	Herrmann, Julia-Sophie		57. W	6381	00:53:22	00:56:33
574.	461.		Bendfeld, Jan		49. M45	2256	00:53:24	00:55:50
575.	462.		Al Akrabi, Sakher	e-nema GmbH	114. M	2038	00:53:25	00:57:52
576.	463.		Brauer, Erik	IB.SH-Runners	54. M50	2452	00:53:26	00:53:44
577.		114.	Johannsen, Ilona	Spiridon Schleswig	7. W50	514	00:53:26	00:54:20
578.	464.		Dellien, Christian	LAC Kronshagen	35. M55	2702	00:53:28	00:53:34
579.	465.		Waack, Matthias	Brock Müller Ziegenbein	50. M45	6354	00:53:28	00:54:14
580.		115.	Hegemann, Fabienne		13. W30	6795	00:53:30	00:54:16
581.	466.		Vanini, Sven	Vanini & Friends	55. M50	6264	00:53:33	00:57:14
582.	467.		Brosse, Ole	querFeldein	51. M45	2524	00:53:33	00:55:39
583.	468.		Stegemann, Jan	Hasselhoff Ultras	54. M35	5964	00:53:36	00:54:18
584.		116.	Deiters, Philine	Sisterpower	58. W	2699	00:53:36	00:54:26
585.	469.		Kuhn, André		55. M35	4156	00:53:40	00:58:58
586.		117.	Sam, Stella		14. W35	6996	00:53:40	00:53:57
587.	470.		Picht, Michael	Berufsfeuerwehr Kiel	18. M60	7251	00:53:40	00:58:04
588.	471.		Singer, Jan		52. M45	5864	00:53:41	00:56:18
589.	472.		Haack, Rainer		53. M45	3253	00:53:41	00:56:30
590.	473.		Hoppmann, Carsten		75. M30	3602	00:53:41	00:57:12
591.	474.		Lange, Fabian		115. M	4222	00:53:41	00:56:53
592.	475.		Ohle, Michael		4. M65	4882	00:53:43	00:53:49
593.	476.		Schaeffgen, Felix		56. M50	5475	00:53:44	00:56:52
594.		118.	Turkowski, Cara		59. W	6222	00:53:45	00:56:05
595.	477.		Monreal, Tobias		56. M35	6935	00:53:47	00:54:13
596.	478.		Munz, Manuel		57. M35	4754	00:53:47	00:55:29
597.		119.	Heimann, Solveig		8. W50	3397	00:53:49	00:57:07
598.	479.		Stöckl, Bernhard		76. M30	7058	00:53:49	00:58:11
599.	480.		Reich-Dultz, Wolfgang Jacob	LG Albatros Kiel	49. M40	890	00:53:49	00:54:48
600.		120.	Trentmann, Wibke		11. W40	6200	00:53:51	00:54:37
601.	481.		Büning, Stefan		54. M45	2550	00:53:52	00:54:36
602.	482.		Kühtz, Fabian		116. M	4164	00:53:53	00:58:48
603.	483.		Wetzel, Michael	Stadtwerke Kiel	55. M45	6479	00:53:53	00:54:01
604.	484.		Borchmann, Jonas	KPMG Kiel	117. M	7332	00:53:53	00:58:09
605.		121.	Wilke, Maren	Debeka Versicherungen und Bausparen	60. W	6527	00:53:53	00:55:16
606.	485.		Klink, Werner	TuS Holtenau Kiel	36. M55	3963	00:53:53	00:53:55
607.	486.		Lembke, André		50. M40	4295	00:53:54	00:58:48
608.	487.		Pewe, Florian		77. M30	5026	00:53:55	00:56:52
609.		122.	Wöhlk, Michaela		12. W40	2570	00:53:55	00:54:08
610.	488.		Smirr, Christian		58. M35	5871	00:53:55	00:55:50
611.	489.		Steuernagel, Bernhardt	LaSaHaRa	19. M60	5992	00:53:56	00:54:35
612.	490.		Wiencke, Philipp	KPMG Kiel	118. M	6508	00:53:56	00:58:13
613.		123.	Vollmert, Lisa	Berufsfeuerwehr Kiel	61. W	7285	00:53:58	00:57:40
614.		124.	Hindersmann, Cara	Berufsfeuerwehr Kiel	62. W	7185	00:53:58	00:57:40
615.	491.		Teifke, Torsten		56. M45	6098	00:53:58	00:55:15
616.	492.		Hidde-Regel, Thomas		20. M60	3491	00:53:58	00:57:48

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
617.	493.		Leger, David		78. M30	4269	00:53:59	00:59:09
618.	494.		Denninghoff, Michael		119. M	2717	00:54:00	00:57:15
619.	495.		Kohbrok, Kay		21. M60	4002	00:54:01	00:55:42
620.	496.		Förster, Fabian		79. M30	6753	00:54:02	00:54:31
621.	497.		Hildinger, Florian		59. M35	3508	00:54:03	00:55:04
622.	498.		Wieben, Manfred	Schneider Electric	5. M65	6496	00:54:06	00:54:15
623.	499.		Riegel, Maik		57. M45	5307	00:54:07	00:55:58
624.		125.	Triebel, Anne-Kathrin	CAU	9. W45	6209	00:54:07	00:54:59
625.		126.	Lietz, Lena		14. W30	4345	00:54:07	00:55:05
626.	500.		Haas, Peter	Kieler TTK	80. M30	6783	00:54:08	00:59:28
627.	501.		Deimling, Raphael		60. M35	2697	00:54:08	00:54:13
628.	502.		Behr, Johannes		57. M50	2234	00:54:08	00:57:12
629.	503.		Krabbenhöft, Joachim	IB.SH-Runners	58. M45	4063	00:54:09	00:54:33
630.	504.		Lüder, Lasse		120. M	4424	00:54:09	00:54:39
631.		127.	Steckhan, Dorothea	DBH Studentenwohnheim	63. W	5952	00:54:10	00:58:56
632.	505.		Brand, Ingo	KODIAK	37. M55	2448	00:54:10	00:59:41
633.		128.	Haß, Miriam	LTV Kiel-Ost	15. W35	3359	00:54:11	00:56:35
634.	506.		Castellanos, Gustavo		51. M40	2601	00:54:11	00:56:10
635.	507.		Thieme, Christian		61. M35	6125	00:54:11	00:56:12
636.	508.		Streckert, Mike		62. M35	7062	00:54:12	00:56:12
637.	509.		Willumeit, Jens		58. M50	6540	00:54:12	00:55:15
638.	510.		Harder, Dirk	BSG Schleswig-Holstein Netz	38. M55	3342	00:54:12	00:56:18
639.	511.		Welge, Oliver		52. M40	6431	00:54:12	00:57:11
640.		129.	Harder, Kerstin	BSG Schleswig-Holstein Netz	9. W50	3341	00:54:12	00:56:18
641.	512.		Baummann, Olaf		59. M45	2177	00:54:13	00:57:11
642.	513.		Brettschneider, Oliver		59. M50	2476	00:54:13	00:54:25
643.	514.		Reich-Dultz, Abraham	LG Albatros Kiel	121. M	5241	00:54:14	00:59:57
644.		130.	Teichert, Kathrin	#diwokiel	13. W40	1099	00:54:14	00:55:27
645.	515.		Thoma, Marco		39. M55	6130	00:54:15	00:54:33
646.		131.	Menzel, Mina		2. WJ U18	4608	00:54:19	00:54:35
647.	516.		Schössler, Christian	Praxisklinik Kronshagen	53. M40	7021	00:54:19	00:57:42
648.	517.		Rzepka, Luke		122. M	5427	00:54:20	00:55:46
649.	518.		Helmich, Bernd		60. M45	3425	00:54:20	00:54:24
650.	519.		Tiebel, Renaldo	FZtH	63. M35	7277	00:54:21	00:55:10
651.	520.		Rathje, Karsten	Feuerwehr Schellhorn	22. M60	5194	00:54:22	00:55:28
652.	521.		Maltz, Heiko		23. M60	4500	00:54:24	00:55:14
653.		132.	Ivens, Glenna		2. WJ U20	3675	00:54:25	00:57:41
654.	522.		Lassani, Barry		60. M50	4244	00:54:26	00:55:27
655.	523.		Luhmann, Hauke		61. M50	4435	00:54:27	00:55:39
656.	524.		Küppers, Martin		62. M50	4180	00:54:27	00:55:27
657.		133.	Lübke, Angelika		14. W40	4412	00:54:28	00:55:55
658.		134.	Plath-Willert, Andrea		10. W50	5073	00:54:28	00:56:56
659.	525.		Gerzgihier, Mnasie	e-nema GmbH	81. M30	3113	00:54:28	00:58:55
660.	526.		Weichler, Bennet		123. M	6405	00:54:30	00:55:27
661.		135.	Klietmann, Franziska Leonie	TRASER Software GmbH	64. W	5271	00:54:30	00:56:11
662.		136.	Schurad, Melanie	#diwokiel	11. W50	5650	00:54:31	00:55:33
663.	527.		Rudolf, Nils	FLS Runners	64. M35	5397	00:54:31	00:57:14
664.	528.		Kohlmorgen, Rainer	LTV Kiel-Ost	63. M50	4011	00:54:33	00:59:24
665.		137.	Pramschiefer, Sina Marleen		3. WJ U18	5111	00:54:36	00:56:40
666.	529.		Teßmer, Thomas		40. M55	6102	00:54:39	00:58:01
667.	530.		Vollrath, Malte		82. M30	6308	00:54:39	00:54:54
668.	531.		Baberowski, Jochen	IB.SH-Runners	54. M40	2115	00:54:39	00:55:35
669.	532.		Dresler, Eric		124. M	2788	00:54:41	00:55:22
670.	533.		Hein, Mirco	Berufsfeuerwehr Kiel	125. M	7181	00:54:42	00:58:38
671.	534.		Lorenzen, Hans-Jürgen		24. M60	4401	00:54:42	00:55:13
672.	535.		Beyer, Nico		65. M35	2313	00:54:44	00:59:47
673.	536.		Herrmann, Sönke		66. M35	6807	00:54:46	00:56:39
674.	537.		Hapke, Henry Louis		126. M	3331	00:54:49	00:57:43
675.	538.		Loh, Thorge	#laufenisteinfach	61. M45	6897	00:54:49	00:55:03
676.		138.	Heinzel, Anna		65. W	3413	00:54:50	00:58:24
677.	539.		Back, Stefan		64. M50	2122	00:54:50	00:57:50
678.	540.		Jordan, Norbert	Holtsee Runners	62. M45	7198	00:54:51	00:58:01
679.		139.	Nordheim, Bettina		12. W50	4853	00:54:51	00:55:45
680.	541.		Kistrup, Peter	Käthes Friends	14. MJ U18	6846	00:54:51	00:57:25
681.		140.	Steinke, Lisa		15. W30	5976	00:54:52	00:57:05
682.	542.		Hauschildt, Hendrik		63. M45	3378	00:54:53	00:55:49
683.	543.		Bornhalm, Christian		55. M40	128	00:54:53	00:55:08
684.	544.		Fröse, Marco		64. M45	3036	00:54:53	00:55:54
685.	545.		Bruhn, Gregor	Sauer Compressors	65. M50	2511	00:54:54	00:57:38
686.	546.		Struck, Thomas		25. M60	6041	00:54:54	00:55:26
687.	547.		Mallach, Michael	Förde Sparkasse	66. M50	4498	00:54:55	00:55:18
688.	548.		Banasch, Rüdiger		67. M50	2149	00:54:55	00:57:21
689.	549.		Carstensen, Sönke		127. M	2595	00:54:56	00:55:17
690.		141.	Jung, Rosa		4. WJ U18	3791	00:54:56	00:57:37
691.	550.		Albert, Bernhard	Kieler Volksbank eG	41. M55	2042	00:54:58	00:56:44
692.	551.		Giesen, Julian		67. M35	3121	00:54:58	00:56:03
693.	552.		Mielke, Horst		6. M65	4644	00:54:58	00:55:05
694.	553.		Nebendahl, Ulrich		42. M55	4777	00:54:59	00:55:47
695.	554.		Lauer, Thies		56. M40	4254	00:54:59	00:59:52
696.	555.		Albert, Chris		128. M	2043	00:55:00	00:57:00
697.	556.		Kussatz, Daniel	IB.SH-Runners	57. M40	4185	00:55:00	00:55:31
698.	557.		Paulsen, Lars		129. M	4964	00:55:00	00:57:05
699.		142.	Dietrich, Andrea		15. W40	2743	00:55:00	00:58:45
700.	558.		Sütel, Thorsten		65. M45	6062	00:55:00	00:56:09
701.		143.	Spitzner, Anne		16. W30	5914	00:55:02	00:57:34
702.		144.	Becker, Maria		66. W	2199	00:55:03	00:55:46
703.	559.		Krause, Armin		66. M45	4075	00:55:04	00:57:24
704.	560.		Janowitz, David		68. M35	3707	00:55:06	00:55:14

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
705.	561.		Walker, Marc		58. M40	6368	00:55:07	00:57:50
706.		145.	Balk, Martina		13. W50	2139	00:55:08	00:55:56
707.	562.		Wunderlich, Martin		26. M60	6602	00:55:08	00:57:08
708.		146.	Brinks, Miriam		67. W	6700	00:55:08	00:55:49
709.		147.	Rußmann, Chris	Team VOSS Turnschuhheizer	16. W40	5419	00:55:08	00:55:27
710.	563.		Afanyibo, Marvin		83. M30	2028	00:55:09	00:55:45
711.	564.		Addis Desta, Temesgen	e-nema GmbH	67. M45	2023	00:55:10	01:00:40
712.	565.		Schulte, Luca		130. M	7032	00:55:11	00:57:41
713.		148.	Rohde, Hanna		68. W	6993	00:55:11	00:57:40
714.	566.		Seyb, Wolfgang		43. M55	5812	00:55:11	00:55:47
715.	567.		Berger, Thomas	Team VOSS Turnschuhheizer	68. M50	2278	00:55:12	00:55:31
716.		149.	Prignitz, Sonja	LG Albatros Kiel	17. W40	3200	00:55:13	00:55:36
717.	568.		Knothe, Mario		68. M45	3984	00:55:14	00:56:15
718.	569.		Trede, Lars		84. M30	6196	00:55:14	00:57:51
719.		150.	Jost, Klara		69. W	3788	00:55:15	00:56:34
720.	570.		Schwarz, Roman	Leserkreis Daheim/Neumünster	44. M55	5762	00:55:15	00:56:26
721.		151.	Schwarz, Fenja	Leserkreis Daheim/Neumünster	70. W	5765	00:55:15	00:56:26
722.		152.	Liebmann, Martina		14. W50	6890	00:55:16	00:57:28
723.		153.	Gresens, Anna Helene		71. W	3186	00:55:16	00:56:53
724.	571.		Hampel, Florian		69. M35	3299	00:55:16	00:57:41
725.	572.		Wunderlich, Benjamin		59. M40	6603	00:55:16	00:58:31
726.	573.		Krüger, Wolfgang		7. M65	4127	00:55:18	00:55:38
727.	574.		Bilaloglu, Deniz		69. M45	2335	00:55:19	00:59:36
728.		154.	Bebeniß, Anna		72. W	2186	00:55:19	00:55:53
729.	575.		Hoffmann, Gerd	LaSaHaRa	45. M55	3544	00:55:21	00:55:58
730.	576.		Moritz, Christian		70. M45	4710	00:55:24	00:58:10
731.		155.	Bünger, Britta	IM-Team	18. W40	2549	00:55:25	00:57:18
732.	577.		Kühn, Julius		131. M	6875	00:55:26	00:57:55
733.		156.	Feist, Martina		4. W55	2920	00:55:28	00:56:02
734.	578.		Chemnitz, Holger	LaSaHaRa	46. M55	2605	00:55:28	00:56:07
735.	579.		Meinzer, Christoph		70. M35	4596	00:55:29	01:00:51
736.		157.	Schmäh, Juliane		16. W35	7016	00:55:30	00:56:11
737.	580.		Bierschenk, Daniel		132. M	3340	00:55:30	01:00:48
738.		158.	Türkis, Jade		5. WJ U18	6221	00:55:32	00:55:34
739.	581.		Scholz, Alexander		69. M50	7022	00:55:32	00:57:42
740.	582.		Lindemann, Jens		47. M55	4350	00:55:33	00:56:57
741.	583.		Kläve, Michael		70. M50	6847	00:55:33	00:57:16
742.	584.		Neuhaus, Felix		133. M	4793	00:55:33	00:58:15
743.		159.	Bülau, Janine		17. W35	6704	00:55:36	00:56:47
744.		160.	Behrend, Naomi		73. W	2238	00:55:37	00:57:08
745.	585.		Springwald, Thomas		27. M60	5923	00:55:37	00:57:33
746.	586.		Seychelles, Laurent	e-nema GmbH	60. M40	5813	00:55:37	00:58:40
747.	587.		Stude, Martin		71. M45	6050	00:55:38	00:56:16
748.		161.	Schwerk, Christiane		2. W60	5771	00:55:38	00:55:55
749.	588.		Springwald, Kai		85. M30	5922	00:55:38	00:57:35
750.	589.		Frei, Fabian		61. M40	3003	00:55:39	00:56:04
751.		162.	Kolf, Qing		15. W50	6863	00:55:39	00:58:23
752.	590.		Rühr, Thomas	LTV Kiel-Ost	28. M60	5401	00:55:41	00:57:06
753.		163.	Dörnenburg, Carla		17. W30	2779	00:55:42	00:56:21
754.	591.		Adämmer, Marian	Roadrunners	86. M30	7125	00:55:42	00:58:24
755.	592.		Ihsen, Norbert		48. M55	3664	00:55:42	00:58:23
756.	593.		Schultz, Pascal		134. M	5704	00:55:43	00:56:30
757.	594.		Rix, Norbert		2. M70	5325	00:55:43	00:56:36
758.	595.		Makoben, Bert	Holtsee Runners	71. M50	4490	00:55:44	00:58:56
759.	596.		Repenning, Michael		87. M30	5280	00:55:45	00:56:37
760.	597.		Schröder, Marco	Sauer Compressors	71. M35	5676	00:55:45	00:57:05
761.		164.	Frankiewicz, Manuela		10. W45	2996	00:55:46	00:56:14
762.	598.		Homeyer, Jork		72. M35	3586	00:55:46	00:57:14
763.		165.	Wohlens, Merle		18. W30	6567	00:55:47	00:57:14
764.	599.		Schwab, Sebastian	Rißler	73. M35	1010	00:55:48	00:58:34
765.		166.	Karnowski, Mieke	Ingenieurteam Trebes	19. W30	5508	00:55:51	00:56:57
766.	600.		Nilges, Jan	Haus & Grund	62. M40	6947	00:55:51	00:56:21
767.		167.	Scheidler, Kristin		18. W35	5507	00:55:53	00:57:30
768.	601.		Liekfeldt, Frederic	SWN Stadtwerke Neumünster	135. M	4339	00:55:53	01:01:17
769.	602.		Schlüter, Christoph		74. M35	5556	00:55:53	00:57:30
770.	603.		Ross, Maxim	IM-Team	63. M40	5367	00:55:53	00:58:16
771.		168.	Offer, Laura		20. W30	6952	00:55:54	01:00:14
772.	604.		Kulm, Arne		64. M40	4173	00:55:54	00:57:37
773.	605.		Hernández Sánchez, José Luis		75. M35	6806	00:55:57	00:58:48
774.	606.		Kirchhoff, Jens		72. M45	3937	00:55:58	00:59:12
775.		169.	Hoppe, Deanna		74. W	7191	00:55:58	00:58:23
776.	607.		Dittmer, Tobias	Team VOSS Turnschuhheizer	136. M	2752	00:55:59	00:56:16
777.	608.		Korittke, Robert		76. M35	242	00:55:59	00:56:44
778.	609.		Rahlf, Jörn		77. M35	5171	00:55:59	01:00:51
779.		170.	Bretschneider, Lisa		21. W30	6698	00:56:00	01:01:21
780.	610.		Schubert, Eckhard	LTV Kiel-Ost	8. M65	5688	00:56:01	00:56:29
781.	611.		Christiansen, Elmar		65. M40	2613	00:56:01	00:56:01
782.	612.		Petersen, Kristof		88. M30	5009	00:56:02	00:58:33
783.		171.	Klusmann, Uta		11. W45	6854	00:56:02	00:58:26
784.	613.		Kotzur, Rüdiger		72. M50	4060	00:56:03	00:56:55
785.	614.		Golldack, Henning	WIGA-Team	66. M40	3155	00:56:03	00:58:17
786.	615.		Falk, Jon		49. M55	2896	00:56:03	00:56:31
787.	616.		Eickstädt, Dennis		78. M35	2839	00:56:04	00:57:57
788.	617.		Schneider, Vincent		79. M35	5619	00:56:07	00:56:08
789.		172.	Stapel, Anne		19. W35	5940	00:56:09	00:56:23
790.	618.		Wolf, Jannik		80. M35	6571	00:56:09	00:58:20
791.	619.		Ameskamp, Jochen		73. M45	2066	00:56:11	00:59:41
792.	620.		Dolnik, Christian	Stiftung Naturschutz S-H	73. M50	2762	00:56:11	01:01:53

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
793.		173.	Weimar, Lea		75. W	6420	00:56:12	00:57:10
794.	621.		Kahler, Mirko		74. M45	6836	00:56:12	01:00:32
795.	622.		Marchewka, Torben		81. M35	6907	00:56:13	00:56:46
796.	623.		Burzlaff, Andy		137. M	2558	00:56:13	01:01:27
797.	624.		Schlichting, Thorben	Kofler Energies Ingenieur GmbH	82. M35	5547	00:56:13	00:57:48
798.	625.		Holst, Lars		83. M35	3573	00:56:14	00:58:28
799.	626.		Dannert, Wolfgang	SG Förde Sparkasse	50. M55	2683	00:56:14	01:00:06
800.	627.		Bindernagel, Matthias	querFeldein	67. M40	6687	00:56:14	00:59:18
801.	628.		Carstensen, Carsten	ACNF/Wittenseer Aktiv Team	3. M70	2599	00:56:15	00:57:21
802.		174.	Eckardt, Mandy	Team Kyffhäuser	19. W40	6736	00:56:16	00:59:16
803.	629.		Zapen, Bashar	The Kiellers	138. M	1248	00:56:16	00:58:04
804.	630.		Hannmann, Yasin	Tietgen Haustechnik GmbH	89. M30	6788	00:56:17	00:57:45
805.	631.		Heyden, Knut	Käthe-Kollwitz-Schule	51. M55	3488	00:56:17	00:56:52
806.	632.		Bock, Karl Willi	Bredenbeker Rentniere	29. M60	2353	00:56:17	00:58:22
807.		175.	Langer, Monika		20. W35	4229	00:56:18	00:58:28
808.	633.		Brede, Mark		68. M40	2461	00:56:18	00:57:43
809.		176.	Lindner, Anja		76. W	680	00:56:19	00:58:07
810.	634.		Labahn, André	NordwestLotto Schleswig-Holstein GmbH & Co KG	75. M45	6883	00:56:20	00:56:38
811.	635.		Titze, Alexander	SG DESIGNA	76. M45	7278	00:56:20	00:56:46
812.		177.	Lembke, Sonja	SG Tantalus Kiel	12. W45	4293	00:56:20	00:56:26
813.	636.		Tiessen, Udo	LTV Kiel-Ost	74. M50	6155	00:56:20	00:57:46
814.	637.		Otremba, Mirko		77. M45	4914	00:56:20	00:58:42
815.	638.		Brüß, Jörg		75. M50	2521	00:56:22	00:56:29
816.	639.		Bartoschewski, Jürgen	jogmap schleswig-holstein	9. M65	6673	00:56:22	00:56:51
817.		178.	Beeck, Martina		5. W55	2222	00:56:23	00:57:12
818.	640.		Harmsen, Max	KKRunner	139. M	3346	00:56:23	00:59:55
819.		179.	Trilk, Bettina		13. W45	6211	00:56:23	00:59:02
820.		180.	Brassel, Kathrin	Team VOSS Turnschuhheizer	6. W55	7143	00:56:23	00:57:05
821.		181.	Kaehlert, Sarah	GEOMAR	21. W35	3812	00:56:24	00:58:18
822.	641.		Kalz, Hans-Joachim		76. M50	3844	00:56:25	00:58:12
823.	642.		Jens, Hageböcker	SchiffMedInstM	78. M45	3736	00:56:26	00:57:35
824.	643.		Hechenrieder, Dirk	LTV Kiel-Ost	30. M60	6793	00:56:27	00:57:18
825.	644.		Hübner, Lennart	Fördepuls	84. M35	3625	00:56:27	00:58:38
826.	645.		Spychalski, Steffen		77. M50	5924	00:56:27	00:57:51
827.	646.		Stellberger, Martin		79. M45	5984	00:56:29	00:58:40
828.	647.		Schüller, Philip	Landeshauptstadt Kiel	140. M	996	00:56:30	00:58:50
829.	648.		Degenhard, Lars		85. M35	2695	00:56:32	00:59:46
830.		182.	Thomsen, Marion		3. W60	7070	00:56:32	00:58:24
831.	649.		Rathjen, Heiko	SSV Nienborstel	80. M45	6427	00:56:32	00:58:00
832.		183.	Thaden, Christina		14. W45	6104	00:56:32	00:56:51
833.	650.		Siebel, Ingmar		81. M45	5818	00:56:32	00:59:56
834.	651.		Grünthal, Frank		82. M45	6778	00:56:33	00:58:36
835.	652.		Blenck, Lukas		141. M	6692	00:56:33	01:00:00
836.	653.		Vandenbossche, Bart	e-nema GmbH	86. M35	6261	00:56:34	00:59:37
837.	654.		Pretzsch, Arno		31. M60	5116	00:56:34	00:57:29
838.	655.		Barz, Klaus-Peter	Cathys Training	78. M50	2168	00:56:35	00:57:59
839.	656.		Nickel, Andre		87. M35	4807	00:56:35	00:57:19
840.	657.		Rußmann, Tobias		90. M30	5420	00:56:35	01:00:39
841.	658.		Reddig, Rico	Samtgemeinde Bevensen-Ebstorf	91. M30	5211	00:56:37	01:01:48
842.	659.		Riethdorf, Jan-Rainer	AGROLAB	88. M35	5313	00:56:39	00:57:07
843.	660.		Büchler, Patrick	Fördepuls	92. M30	2532	00:56:39	00:58:51
844.	661.		Große-Bölting, Gregor		89. M35	3204	00:56:39	01:02:00
845.	662.		Kastrup, Sebastian		90. M35	3882	00:56:39	01:00:17
846.	663.		Köck, Danny		142. M	4001	00:56:40	01:01:40
847.	664.		Hansen, Andreas		83. M45	6789	00:56:40	00:59:32
848.	665.		Grube, Steffen		91. M35	7175	00:56:40	00:58:36
849.	666.		Eggeling, Martin		84. M45	6739	00:56:40	01:01:20
850.	667.		Schnoor, Marko	LTV Kiel-Ost	79. M50	5622	00:56:40	00:57:14
851.	668.		Rabe, Hauke		85. M45	5158	00:56:41	00:58:51
852.	669.		Sahm, Uwe	LTV Kiel-Ost	10. M65	5434	00:56:41	00:59:31
853.		184.	Schaulies, Juliane		22. W35	948	00:56:42	00:56:48
854.	670.		von Schalburg, Timo		92. M35	6335	00:56:42	01:00:32
855.		185.	Weingarten, Christina		15. W45	6421	00:56:43	00:58:20
856.	671.		Hennings, Robert		143. M	3443	00:56:43	00:59:51
857.	672.		van der Merwe, Francois	Ingenieurteam Trebes	93. M35	6256	00:56:44	00:59:45
858.	673.		Krohn, Patrick		93. M30	4116	00:56:44	00:57:49
859.	674.		Reimers, Mark		86. M45	5263	00:56:45	00:58:35
860.		186.	Schmahl, Annika		22. W30	7263	00:56:46	00:57:23
861.	675.		Rahn, Wolfgang	LTV Kiel-Ost	4. M70	5174	00:56:46	00:57:52
862.		187.	Heinemann, Petra	4gotten5	7. W55	424	00:56:46	00:57:11
863.	676.		Engel, Tim		69. M40	2859	00:56:48	00:57:54
864.	677.		Petermann, Ole	Prieser Strand unterwegs	94. M35	4986	00:56:49	00:57:40
865.	678.		Hofmann, Ralf		87. M45	3549	00:56:49	00:57:46
866.		188.	Nina Frey, Nina		20. W40	7237	00:56:49	00:57:23
867.	679.		Hiebner, Thorsten Kay	GymKro	32. M60	3492	00:56:50	01:00:15
868.		189.	Kristina, Gehlhar	Förde Sparkasse	21. W40	4106	00:56:50	00:59:03
869.	680.		Dins, Michael	SFC Ottendorf	33. M60	230	00:56:52	00:58:25
870.	681.		Bergemann, Sönke	LaSaHaRa	52. M55	2276	00:56:52	00:57:31
871.		190.	Onderka, Claudia	Kloppe & Partner	16. W45	4899	00:56:52	01:00:30
872.	682.		Onderka, Martin	Kloppe & Partner	88. M45	4898	00:56:52	01:00:30
873.		191.	Biedermann, Jessica		22. W40	2327	00:56:53	00:57:44
874.	683.		Herrfurth, Axel		53. M55	3463	00:56:53	00:57:42
875.	684.		Kerz, Oliver	BSG Schleswig-Holstein Netz	70. M40	3907	00:56:54	00:57:50
876.	685.		Weißhaar, Eike		94. M30	7294	00:56:54	00:57:01
877.		192.	Pfluger, Tanja		23. W40	5032	00:56:54	00:57:54
878.	686.		Plaetzer, Martin		54. M55	7338	00:56:55	01:00:56
879.	687.		Krajc, Alexander		71. M40	4067	00:56:56	00:59:18
880.	688.		Sebeleksky, Victor		144. M	7037	00:56:57	00:58:32

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
881.	689.		Bruce, Hamish		95. M30	2500	00:56:58	01:01:36
882.	690.		Reinhardt, Olaf		80. M50	5272	00:56:58	00:59:33
883.		193.	Karol, Cornelia		23. W35	3869	00:56:58	00:58:10
884.		194.	Rocklage, Nadja		24. W35	6989	00:57:00	00:59:52
885.		195.	Rother, Frauke	SV Kieholm 65	17. W45	5382	00:57:00	00:59:22
886.		196.	Clausen, Eva		23. W30	2627	00:57:00	01:01:25
887.		197.	Wulf, Kathrin		18. W45	6596	00:57:01	00:57:38
888.	691.		Berger, Stephan		81. M50	2279	00:57:01	00:57:45
889.	692.		Techert, Rüdiger		55. M55	6091	00:57:01	00:59:58
890.	693.		Sauer, Janos		95. M35	5457	00:57:02	00:57:47
891.	694.		Wichmann, Markus		89. M45	7103	00:57:03	00:59:12
892.		198.	Schiebold, Lisa		77. W	7007	00:57:03	00:59:17
893.	695.		Ziegler, Till	Lehmann Junge Kollegen	96. M30	7304	00:57:05	00:57:48
894.		199.	Palle, Sonja		19. W45	6958	00:57:06	01:00:06
895.		200.	Schulz, Christina	Heizungstechnik Kapusuz	20. W45	5722	00:57:07	01:00:43
896.	696.		Heidemann, Andre	Buchner & Partner GmbH	96. M35	3268	00:57:07	01:01:16
897.	697.		von Wechgeln, Torben		145. M	6340	00:57:08	00:59:29
898.		201.	Wiedenroth, Antonia		78. W	6503	00:57:08	00:57:53
899.		202.	Richter, Mandy		24. W40	5287	00:57:09	00:57:41
900.	698.		Tonn, Thorsten	Förde Sparkasse	82. M50	6178	00:57:10	00:57:35
901.	699.		Möller, Kai		72. M40	4692	00:57:10	01:00:06
902.		203.	Fruth, Corinna		79. W	3039	00:57:11	01:01:02
903.		204.	Krause, Sarah		24. W30	4078	00:57:11	00:57:26
904.	700.		Finn-Sven, Langmak		83. M50	2949	00:57:12	00:57:12
905.	701.		Scharmanski, Martin	Run4Rum	97. M35	5494	00:57:13	00:58:18
906.	702.		Wiens, Marc	LG Albatros Kiel	90. M45	6512	00:57:14	01:00:51
907.		205.	Tews, Kerstin		8. W55	7067	00:57:16	00:59:09
908.		206.	Böhme, Annett		25. W35	2372	00:57:16	00:58:19
909.	703.		Meier, Werner		56. M55	4587	00:57:18	01:00:23
910.	704.		Schröder, Jens		98. M35	5675	00:57:18	01:01:07
911.	705.		Grot, Ralf Christoph		57. M55	3205	00:57:18	00:59:06
912.	706.		Pointmayer, Moritz	Roadrunners	97. M30	7253	00:57:18	01:00:02
913.	707.		Jacobsen, Jasper		15. MJ U18	3692	00:57:20	00:59:57
914.	708.		Diedrichsen, Andre		146. M	6721	00:57:21	00:59:01
915.	709.		Jaschke, Marc		84. M50	3722	00:57:21	00:58:20
916.	710.		Oelrich, Michael		85. M50	4869	00:57:23	00:57:34
917.	711.		Minebaev, Daniel		147. M	4655	00:57:23	01:00:37
918.		207.	Kaiser, Lena		80. W	3838	00:57:23	01:00:37
919.	712.		Hennig, Frank	SWN Stadtwerke Neumünster	86. M50	7337	00:57:24	01:02:48
920.		208.	Agge, Claudia	LaTeLoMa	16. W50	2031	00:57:25	01:00:45
921.	713.		Stegelmann, Holger		58. M55	5962	00:57:25	01:00:14
922.	714.		Fries, Benjamin		99. M35	3029	00:57:25	00:57:34
923.	715.		Langecker, Benjamin		73. M40	4228	00:57:25	01:01:24
924.		209.	Bernhardt, Celine		81. W	2291	00:57:26	00:58:27
925.	716.		Döring, Ralf		59. M55	6725	00:57:27	00:58:21
926.		210.	Gerbrecht, Jana	SFC Ottendorf	82. W	3103	00:57:27	00:58:59
927.	717.		Alex, Jens		60. M55	2053	00:57:27	00:57:27
928.	718.		Schmidt, Norbert	ALG-VfL Bokel	11. M65	5572	00:57:29	00:58:10
929.	719.		Pauer, Jan		98. M30	4957	00:57:29	00:59:47
930.		211.	Gabor, Merissa	Roadrunners	25. W30	7169	00:57:29	01:00:12
931.		212.	Köster, Désirée		26. W30	4055	00:57:29	01:01:45
932.	720.		Schittig, Michael		87. M50	5541	00:57:31	01:00:16
933.	721.		Lüdtke, Holger		91. M45	6900	00:57:32	00:58:23
934.		213.	Müller, Karin		17. W50	4729	00:57:33	00:58:09
935.	722.		Clausen, Thomas		61. M55	2631	00:57:33	01:00:08
936.	723.		Stier, Oliver		100. M35	5998	00:57:33	00:59:33
937.		214.	Stephan, Karoline		26. W35	4517	00:57:34	00:58:16
938.	724.		Wallenwein, Ralf		62. M55	1164	00:57:37	00:58:11
939.	725.		Göttsche, Jan- Christoph		16. MJ U18	3164	00:57:38	01:02:28
940.		215.	Gera, Daniela		27. W35	3102	00:57:40	00:58:01
941.	726.		Lollot, Bastian		101. M35	4389	00:57:41	00:59:41
942.		216.	Hülsbeck, Thora	Thora	18. W50	3637	00:57:43	01:01:20
943.	727.		Levermann, Florian		99. M30	4324	00:57:43	01:04:08
944.	728.		Petersen, Timo		148. M	5020	00:57:44	01:02:23
945.	729.		Preißler, Pierre	Tom Kyle 1233	102. M35	5114	00:57:46	00:59:45
946.	730.		Reders, León		149. M	881	00:57:47	01:01:17
947.		217.	Dankowski, Nina		25. W40	2682	00:57:49	00:58:47
948.	731.		Pauleit, Philip		74. M40	4959	00:57:49	00:59:22
949.		218.	Meves, Natascha	querFeldein	28. W35	4613	00:57:50	00:59:57
950.		219.	Michalewski, Carlotta		83. W	4635	00:57:51	01:03:02
951.		220.	Möck, Antonia		84. W	4671	00:57:51	01:02:50
952.	732.		Hinz, Jeremy		150. M	3527	00:57:51	01:02:37
953.	733.		Broer, Thomas		92. M45	6702	00:57:53	01:00:18
954.		221.	Schmidt, Betty		26. W40	5568	00:57:53	00:58:11
955.	734.		Logan, Julian		100. M30	4373	00:57:53	01:01:30
956.		222.	Jensen, Bente		9. W55	6826	00:57:53	00:58:01
957.	735.		Schlünsen, Wolfgang		12. M65	5553	00:57:54	00:58:34
958.		223.	Stangl, Lisbeth		3. WJ U20	5937	00:57:54	01:00:26
959.		224.	Stangl, Jirina		4. WJ U20	5938	00:57:55	01:00:26
960.	736.		Passau, Andreas		88. M50	6959	00:57:57	00:59:25
961.		225.	Passau, Merle	Team VOSS Turnschuhheizer	85. W	4951	00:57:57	00:59:25
962.		226.	Ulase, Dita		27. W30	7279	00:57:57	00:59:58
963.		227.	Duetschke, Katharina	Praxisklinik Kronshagen	86. W	6730	00:57:57	00:58:02
964.	737.		Oeser, Jörn		103. M35	4870	00:57:58	00:58:51
965.	738.		Takeuchi, Kazuyoshi		75. M40	6077	00:57:58	00:59:27
966.		228.	Wang, Zhen	e-nema GmbH	87. W	6375	00:57:59	01:02:57
967.	739.		Ulf Kestner, Ulf		63. M55	6234	00:57:59	01:00:04
968.		229.	Leske, Selina	Förde Sparkasse	28. W30	6889	00:58:00	01:02:08

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
969.	740.		Schattner, Hendrik		64. M55	5497	00:58:01	01:01:16
970.	741.		Kühl, Patrick	Förde Sparkasse	101. M30	4148	00:58:02	01:01:06
971.	742.		Plath, Peter		89. M50	5069	00:58:02	01:00:30
972.		230.	Kircher, Andrea	IB.SH-Runners	19. W50	3939	00:58:02	00:58:57
973.	743.		Becher, Patrick	IB.SH-Runners	102. M30	2187	00:58:02	00:58:57
974.	744.		Rasch, Matthias		34. M60	5186	00:58:02	00:58:53
975.		231.	Löchner, Kristine	Fördepuls	27. W40	4371	00:58:03	01:00:14
976.		232.	Urban, Kathleen	IM-Team	21. W45	6244	00:58:04	00:59:02
977.		233.	Hansen, Bente		29. W30	396	00:58:06	01:01:13
978.		234.	Wolf, Karolin		88. W	6572	00:58:06	00:59:43
979.		235.	Sieksmeyer, Karen		89. W	5831	00:58:06	00:59:43
980.	745.		Sendker, Boris		93. M45	7043	00:58:06	01:00:55
981.	746.		Steinke, Friedrich		4. MJ U20	5975	00:58:06	01:01:45
982.	747.		Heyer, Fabian		151. M	3489	00:58:07	01:00:09
983.	748.		Schroeder, Florian		65. M55	5680	00:58:08	00:59:36
984.	749.		Müller-Bründel, Michael		66. M55	4733	00:58:08	00:59:45
985.		236.	Kardelke, Lena		30. W30	3864	00:58:09	01:01:26
986.		237.	Kölbel, Sarah	Team VOSS Turnschuhheizer	29. W35	2625	00:58:10	00:58:45
987.	750.		Wedemeyer, Stefan		67. M55	6391	00:58:10	01:00:41
988.	751.		Deutner, Oliver		90. M50	2726	00:58:11	00:59:06
989.		238.	Lübcke, Kirsten		10. W55	4409	00:58:12	00:59:34
990.		239.	Herber, Antje	SFC Ottendorf	28. W40	437	00:58:12	00:59:44
991.	752.		Heidemann, Dietmar	SFC Ottendorf	35. M60	421	00:58:12	00:59:44
992.	753.		Gehrmann, Ulf		91. M50	3088	00:58:13	01:01:53
993.	754.		Schröder, Guido		92. M50	5677	00:58:13	00:59:40
994.		240.	Wieschen, Anne Madeleine		90. W	7105	00:58:13	01:02:32
995.	755.		Keden, Martin	KKRunner	94. M45	3895	00:58:13	01:01:49
996.	756.		Utz, Christian		76. M40	6247	00:58:14	01:04:39
997.	757.		Hirschfeld, Markus		93. M50	6815	00:58:14	00:59:16
998.	758.		Hinsch, Julian		104. M35	6812	00:58:14	00:58:45
999.	759.		Lienhard, Christian		68. M55	6891	00:58:15	01:02:12
1000.	760.		Preller, Jorg	Energy SportsKarate Kiel	69. M55	5115	00:58:15	00:58:31
1001.	761.		Patz, Julian		152. M	7244	00:58:16	01:01:14
1002.		241.	Wiese, Christina		29. W40	6516	00:58:16	00:59:32
1003.	762.		Oschwald, Stefan		95. M45	6954	00:58:17	00:59:34
1004.		242.	Woyczehowski, Merle		91. W	6589	00:58:19	01:01:24
1005.	763.		Werner, Thorsten		105. M35	6457	00:58:19	01:01:47
1006.	764.		Vosgerau, Markus	Stadtwerke Kiel	94. M50	6342	00:58:20	00:58:50
1007.	765.		Marohn , Dr. Volker	Förde Sparkasse	5. M70	2784	00:58:20	01:00:31
1008.	766.		Molina, Carlos	e-nema GmbH	96. M45	4686	00:58:21	01:01:23
1009.	767.		Mizgayski, Martin		97. M45	4670	00:58:21	00:59:17
1010.	768.		Lutzi, Ronny		106. M35	4463	00:58:22	01:03:48
1011.		243.	Petersen, Maren	Spiridon Schleswig	30. W40	5006	00:58:23	00:59:12
1012.	769.		Danielzik, Rüdiger	Tus Jork e.V.	95. M50	2680	00:58:23	01:02:45
1013.	770.		Willer, Hauke	Debeka Versicherungen und Bausparen	96. M50	6530	00:58:25	01:00:15
1014.	771.		Dumler, Alexander		103. M30	2806	00:58:26	00:59:48
1015.		244.	Ihde, Kirsten	Bredenbeker Renntiere	22. W45	3658	00:58:28	01:00:32
1016.		245.	Lange, Marion		20. W50	4221	00:58:28	00:59:04
1017.	772.		Wege, Holger	IM-Team	36. M60	6392	00:58:28	00:59:07
1018.	773.		Borm, Volker		70. M55	2412	00:58:29	00:59:07
1019.		246.	Vanini, Ute	Vanini & Friends	21. W50	6263	00:58:29	01:02:09
1020.	774.		Krömer-Jeske, Raymond		98. M45	4123	00:58:30	01:01:00
1021.	775.		Maass, Rainer	Holtsee Runners	13. M65	4467	00:58:30	01:01:42
1022.	776.		Iversen, Paul Conrad		153. M	3678	00:58:32	00:58:46
1023.	777.		Schade, Jan		99. M45	5471	00:58:32	00:58:59
1024.		247.	Hoffmann, Viktoria	forbeyond	92. W	3540	00:58:34	01:01:18
1025.		248.	Horstmann, Marion	Förde Sparkasse	22. W50	3616	00:58:34	00:59:00
1026.	778.		Litzkow, Jörg		71. M55	4370	00:58:34	00:58:47
1027.	779.		Villmow, Tim		104. M30	6279	00:58:35	00:59:20
1028.	780.		Westerhelweg, Rainer	TuS Holtenau Kiel	37. M60	6466	00:58:35	01:00:50
1029.		249.	Flagmeier, Susanne		23. W50	2978	00:58:35	01:01:10
1030.	781.		Bultmann, Florian		154. M	2546	00:58:37	01:00:18
1031.		250.	Schulz, Anika		93. W	1000	00:58:37	01:04:06
1032.		251.	Hentschel, Tabea	#CrossfireRebelles	31. W40	3447	00:58:37	01:00:38
1033.	782.		Schröder, Marco		100. M45	7270	00:58:37	01:00:01
1034.	783.		Backhaus, Jan		105. M30	6672	00:58:38	01:00:33
1035.		252.	Baasch, Ayleen		94. W	6671	00:58:38	01:01:14
1036.		253.	Blucha, Ricarda		95. W	6693	00:58:39	01:00:55
1037.	784.		John, Joschka		155. M	6828	00:58:39	01:00:55
1038.		254.	Wottawa, Franka		96. W	7113	00:58:39	01:02:22
1039.	785.		Braune, Marcus		107. M35	6697	00:58:40	01:01:27
1040.		255.	Schwarte, Katrin	fiercerunforce	97. W	5754	00:58:40	01:01:22
1041.	786.		Eitner, Stefan		97. M50	2847	00:58:41	01:00:20
1042.		256.	Städler, Christin		31. W30	1051	00:58:41	01:02:29
1043.	787.		Heik, Tim		77. M40	6800	00:58:41	01:01:05
1044.	788.		Herbst, Matthias		72. M55	3455	00:58:41	01:02:39
1045.	789.		Kreßler, Christian	Team VOSS Turnschuhheizer	106. M30	612	00:58:43	00:59:02
1046.		257.	Gagliardi, Silvana		24. W50	3053	00:58:43	01:01:33
1047.	790.		Kühn, Thomas	Tri-Team Tüttendorf	73. M55	4158	00:58:44	01:01:12
1048.	791.		Serck, Claas		78. M40	5810	00:58:44	01:01:43
1049.	792.		Wargenau, Mirko		107. M30	6377	00:58:44	01:01:02
1050.	793.		Fiebelkorn, Markus		101. M45	2943	00:58:44	00:59:34
1051.	794.		Frick, Marco		98. M50	6756	00:58:45	01:03:18
1052.	795.		Callies, Paul Christian		5. MJ U20	2579	00:58:47	01:00:57
1053.	796.		Müller, Jantje		108. M30	4730	00:58:47	01:01:47
1054.		258.	Wecken, Marion	Stiftung Naturschutz S-H	11. W55	6390	00:58:48	01:01:36
1055.		259.	Halpape, Ann-Kathrin		32. W30	3291	00:58:48	01:01:18
1056.		260.	Peters, Heike		30. W35	6964	00:58:48	01:04:38

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1057.		261.	Krause, Louise		98. W	4077	00:58:48	00:59:23
1058.		262.	Frettlöh, Felicitas		33. W30	3005	00:58:48	01:03:09
1059.		263.	Kraft, Julia		34. W30	4065	00:58:49	01:04:38
1060.	797.		Rottmann, Felix		109. M30	5385	00:58:49	00:58:49
1061.		264.	Dochhan, Annika		32. W40	2757	00:58:49	00:59:19
1062.	798.		Richter, Thomas		102. M45	5294	00:58:50	01:00:00
1063.	799.		Klämt, Rainer		1. M80	3953	00:58:50	00:59:43
1064.	800.		Neumann, Björn	LG Albatros Kiel	99. M50	7235	00:58:51	01:00:30
1065.		265.	Watermann, Lena Yasmin		35. W30	3372	00:58:53	01:02:57
1066.	801.		Hilmers, Erik	#Laufftreff Groß Rheid	74. M55	7184	00:58:54	00:59:43
1067.	802.		Thofß, Matthias		75. M55	6151	00:58:55	00:59:51
1068.	803.		Müller, Jannek		156. M	6937	00:58:55	00:59:10
1069.	804.		Duggen, Andreas		79. M40	2802	00:58:56	00:59:44
1070.		266.	Röhl, Nadine		33. W40	5334	00:58:56	01:01:59
1071.	805.		Schulz, Michael	Raytheon Anschütz	76. M55	5718	00:58:56	01:00:37
1072.		267.	Duggen, Maike		23. W45	2803	00:58:56	00:59:44
1073.		268.	Höll, Doris		25. W50	3562	00:58:56	00:59:52
1074.	806.		Feldhusen, Sven		100. M50	2924	00:58:57	00:59:51
1075.		269.	Kirchhoff, Kristina		24. W45	3936	00:58:57	01:02:09
1076.	807.		Röpstorff, Stefan	Kiel Koalas	110. M30	5349	00:58:58	01:00:20
1077.	808.		Krajc, Markus		80. M40	4066	00:58:58	01:01:21
1078.	809.		Verter, Patrick		103. M45	7282	00:59:00	01:00:18
1079.	810.		Clausen, Oliver		111. M30	2630	00:59:01	01:00:18
1080.	811.		Kruse, Ulf		101. M50	4138	00:59:01	01:01:28
1081.	812.		Max, Max		112. M30	7228	00:59:01	01:01:59
1082.		270.	Glaubitz, Nadine		99. W	3132	00:59:03	01:01:06
1083.	813.		Martini, Klaus		81. M40	4544	00:59:03	01:02:18
1084.	814.		Thiel, Gunnar		82. M40	6116	00:59:04	01:04:41
1085.	815.		Wollweber, Kai		38. M60	6581	00:59:04	01:00:46
1086.	816.		Fischer, Thorben	Feuerwehr Osterrönnfeld	157. M	6751	00:59:04	00:59:53
1087.		271.	Much, Mareike	IB.SH-Runners	100. W	4718	00:59:07	01:02:16
1088.	817.		Jäger-Roschko, Olaf		77. M55	3699	00:59:08	01:00:43
1089.	818.		Bartsch, Oliver		104. M45	56	00:59:09	01:00:42
1090.	819.		Schwerdtfeger, Jörn	IB.SH-Runners	102. M50	5773	00:59:11	00:59:36
1091.	820.		Pietsch, Hartmut	Heizungstechnik Kapusuz	78. M55	5048	00:59:11	01:02:48
1092.	821.		Buhr, Dennis		113. M30	6706	00:59:11	01:04:50
1093.	822.		Stapelfeldt, Ralf		39. M60	5943	00:59:13	00:59:48
1094.		272.	Lohse, Sara		101. W	4386	00:59:13	01:00:46
1095.	823.		Lohse, Ralf	#diwokiel	79. M55	4387	00:59:13	01:00:47
1096.	824.		Pietruska, Olaf	Sauer Compressors	103. M50	5047	00:59:13	01:00:35
1097.	825.		Brethauer, Nils		158. M	2474	00:59:13	01:00:47
1098.	826.		Stoffels, Marco	Kieler Nachrichten	108. M35	6010	00:59:15	01:01:32
1099.		273.	Frank, Karolin		102. W	2990	00:59:16	01:04:06
1100.	827.		Wittich, Lasse		83. M40	6561	00:59:16	01:03:39
1101.		274.	Kohlscheen, Saskia		31. W35	4012	00:59:17	01:00:56
1102.	828.		Hübscher, Joachim		80. M55	3630	00:59:17	00:59:46
1103.	829.		Jeger, Jan Marco		159. M	3730	00:59:17	01:01:31
1104.	830.		Beesten, Alexander		84. M40	2225	00:59:17	01:01:31
1105.	831.		Schmeiser, Rainer		81. M55	5562	00:59:18	01:02:39
1106.	832.		Lepiorz, Ralf	LTV Kiel-Ost	82. M55	4312	00:59:18	00:59:52
1107.	833.		Peters, Jens	THV Kiel	104. M50	4994	00:59:19	01:00:35
1108.		275.	Tolk, Sofia		6. WJ U18	6171	00:59:20	00:59:35
1109.	834.		Alsen, Jan		83. M55	2064	00:59:20	01:02:28
1110.	835.		Marks, Steffen		160. M	4527	00:59:20	01:04:20
1111.	836.		Tolk, Justus		105. M50	6170	00:59:21	00:59:37
1112.		276.	Thöm, Svea	Team Osteopathie Werner	36. W30	7276	00:59:21	01:02:37
1113.	837.		Jordan, Daniel	Triathlon Dänischer Wohld	85. M40	7197	00:59:22	01:01:44
1114.		277.	Krökel, Nicole		34. W40	4119	00:59:23	01:00:54
1115.		278.	Thomsen-Mascher, Johanna		103. W	6146	00:59:24	01:03:38
1116.		279.	Feischen, Judith	Berufsfeuerwehr Kiel	104. W	7162	00:59:26	01:03:07
1117.		280.	Jöhnk, Freya	Landgericht Kiel	105. W	4995	00:59:26	01:02:04
1118.	838.		Becke, Magnus		161. M	2192	00:59:27	01:01:04
1119.		281.	Laqua, Anna		37. W30	4238	00:59:27	01:01:07
1120.		282.	Musaeus, Annalena		106. W	4756	00:59:27	01:01:39
1121.	839.		Tobias, Kleemann	SchiffMedInstM	109. M35	6167	00:59:28	01:01:32
1122.		283.	Dohrmann, Ann-Christin		107. W	2758	00:59:28	01:01:56
1123.		284.	Katja, Sacher	SchiffMedInstM	38. W30	3884	00:59:28	01:01:32
1124.	840.		Becke, Sven		84. M55	2193	00:59:29	01:01:05
1125.	841.		Böttcher, Jörg	IB.SH-Runners	106. M50	2426	00:59:29	01:01:21
1126.		285.	Bergmann, Inga	PHV Kiel	12. W55	2282	00:59:29	01:00:45
1127.	842.		Becker, Benjamin		110. M35	2205	00:59:30	01:00:19
1128.	843.		Eckert, Sebastian		114. M30	2822	00:59:30	01:03:11
1129.		286.	Bahr, Annika		108. W	2134	00:59:30	01:03:11
1130.	844.		Schröter, Niels		86. M40	5683	00:59:31	01:02:33
1131.	845.		Friedrichs, Torsten	LTV Kiel-Ost	107. M50	3023	00:59:31	01:00:57
1132.		287.	Kaatz, Hannah		109. W	3810	00:59:32	01:00:40
1133.		288.	Hagemann, Eike	Förde Sparkasse	26. W50	3275	00:59:32	01:02:00
1134.	846.		Lohgall, Steffen	Kieler Volksbank eG	105. M45	4375	00:59:32	01:01:18
1135.		289.	Mähler, Julianne		110. W	4477	00:59:35	01:01:11
1136.		290.	Bertling, Svea		111. W	2297	00:59:35	01:03:04
1137.		291.	Bujdakova, Jana	kmrunclubhamburg	39. W30	7146	00:59:35	01:02:48
1138.	847.		Kai Jürgensen, Kai	Kernfit	40. M60	3826	00:59:37	01:04:14
1139.	848.		Post, Stephan		108. M50	5105	00:59:40	01:02:24
1140.		292.	Moritz, Emelie		5. WJ U20	4709	00:59:42	01:03:47
1141.	849.		Lehrke, Tim		109. M50	4288	00:59:42	00:59:51
1142.	850.		Glenger, Hjalmar	Walther-Lehmkuhl-Schule	111. M35	3119	00:59:42	01:01:52
1143.		293.	Hagemeyer, Bente		112. W	3682	00:59:43	01:02:21
1144.	851.		Deutschländer, Heiko		110. M50	2727	00:59:43	01:00:02

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1145.	852.		Falk, Philipp		115. M30	7161	00:59:44	01:00:24
1146.	853.		Schubeus, Björn		85. M55	5689	00:59:44	01:00:04
1147.	854.		Dittner, Steffen	Debeka Versicherungen und Bausparen	106. M45	2753	00:59:44	01:01:39
1148.		294.	Lütten, Wiveka		113. W	4459	00:59:44	01:00:32
1149.	855.		Schlechte, Eric	Debeka Versicherungen und Bausparen	87. M40	5544	00:59:46	01:01:39
1150.	856.		Plambeck, Olaf		86. M55	5065	00:59:46	01:01:28
1151.		295.	Schröter, Doreen		32. W35	5682	00:59:46	01:01:28
1152.	857.		Heß, Thomas		41. M60	7307	00:59:46	01:00:12
1153.		296.	Schulze, Monika	Handewitter SV	2. W65	3915	00:59:47	01:00:39
1154.	858.		Schulz, Jakob		162. M	5721	00:59:47	01:00:39
1155.	859.		Berdau, Wolfgang		6. M70	7134	00:59:48	01:03:16
1156.	860.		Neurath-Freitag, Jan-Steffen		163. M	4804	00:59:48	01:03:35
1157.		297.	Andersson, Jarla		40. W30	2069	00:59:50	01:03:26
1158.		298.	Schumann, Anke		25. W45	5740	00:59:50	01:00:33
1159.	861.		Jacobsen, Uwe-Jens		111. M50	3688	00:59:51	01:02:18
1160.	862.		Petersen, Michael		116. M30	831	00:59:52	01:00:42
1161.	863.		Milewski, André		88. M40	4652	00:59:52	01:00:38
1162.		299.	Diemer, Katarina Julia		33. W35	7154	00:59:52	01:00:36
1163.		300.	Marxen, Alina		41. W30	4548	00:59:53	01:04:20
1164.	864.		Lentzsch, Johannes		6. MJ U20	4306	00:59:54	01:01:04
1165.	865.		Wohlsen, Sebastian		112. M35	6569	00:59:54	01:01:53
1166.		301.	Schacht, Claudia		42. W30	5469	00:59:54	01:04:54
1167.	866.		Glaubitz, Sven		112. M50	3133	00:59:54	01:01:57
1168.	867.		Dümpelmann, Jens		107. M45	2810	00:59:54	01:02:48
1169.	868.		Bauschke, Markus		89. M40	2183	00:59:54	01:02:48
1170.		302.	Awe, Anette	SV Kieholm 65	35. W40	2113	00:59:55	01:02:15
1171.	869.		Hegler, Daniel	SV Kieholm 65	7. MJ U20	6796	00:59:55	01:02:16
1172.		303.	Greve, Hannah		43. W30	3189	00:59:55	01:01:26
1173.		304.	Schlichting, Fenja		114. W	2592	00:59:55	01:01:46
1174.		305.	Mareck, Elke		36. W40	4522	00:59:56	01:03:15
1175.	870.		Böhme, Rainer		14. M65	2374	00:59:56	01:01:00
1176.		306.	Schmidt, Maja	Stadtwerke Kiel	115. W	5571	00:59:57	01:04:59
1177.	871.		Jäger, Thorsten	mobilcom-debitel	108. M45	3696	00:59:57	01:01:00
1178.		307.	Brosse, Jenny	querFeldein	26. W45	2492	00:59:58	01:02:07
1179.	872.		Oldenburg, Kim Niklas		117. M30	4890	00:59:58	01:01:56
1180.	873.		Andres, Julian	osteolabs	164. M	7127	00:59:58	01:04:28
1181.	874.		Inatsu, Mike		113. M50	3668	00:59:58	01:03:18
1182.		308.	Stick, Carina		116. W	5995	00:59:58	01:05:31
1183.	875.		Zenk, Oliver		109. M45	6632	00:59:59	01:03:18
1184.		309.	zu Putlitz-Thomsen, Siri		34. W35	2479	00:59:59	01:00:42
1185.	876.		Bruhn, Jan-Patrick		90. M40	2510	00:59:59	01:01:06
1186.	877.		Stoltenberg, Hendrik		91. M40	6015	01:00:01	01:02:51
1187.	878.		Cader Bruch, Rodrigo		92. M40	2577	01:00:01	01:03:46
1188.	879.		Fahnert, Dietmar		15. M65	6745	01:00:01	01:02:36
1189.	880.		Kuhn, Dieter		87. M55	6879	01:00:02	01:02:32
1190.		310.	Böttcher, Ute		4. W60	2427	01:00:03	01:00:40
1191.	881.		Hebbeln, Hans-Otto		42. M60	3386	01:00:05	01:01:42
1192.		311.	Surmann, Sophie	ITV.SH Kommunale Digitalisierung	44. W30	6061	01:00:07	01:02:07
1193.		312.	Lokhova, Maria		35. W35	4388	01:00:08	01:04:01
1194.	882.		Gräve, Thorsten		110. M45	3181	01:00:09	01:01:42
1195.	883.		Westhöfer, Gunther	Gunther Westhöfer Versicherungsmakler	88. M55	6469	01:00:09	01:01:21
1196.	884.		Keil, Torsten		16. M65	3897	01:00:09	01:00:46
1197.	885.		Risch, Michael		89. M55	5319	01:00:12	01:00:27
1198.	886.		Gasser, Ingo		43. M60	3065	01:00:12	01:01:22
1199.	887.		Gosse, Oliver		114. M50	6771	01:00:13	01:00:46
1200.		313.	Schulzeck, Sabine		5. W60	5734	01:00:13	01:06:31
1201.	888.		Stoermer, Daniel		118. M30	6009	01:00:13	01:00:44
1202.		314.	Wannagat, Pia		45. W30	6376	01:00:14	01:02:56
1203.		315.	Otto, Stephanie	RBZ Wirtschaft . Kiel	37. W40	4921	01:00:15	01:03:45
1204.	889.		Schadwald, Florian	Sauer Compressors	165. M	5473	01:00:16	01:01:40
1205.		316.	Winter, Lea	Sauer Compressors	117. W	6550	01:00:17	01:01:37
1206.		317.	Wild, Antje		27. W50	6525	01:00:19	01:00:43
1207.		318.	Roter, Anne-Sophie		118. W	5376	01:00:19	01:04:23
1208.	890.		Lähn, Max		166. M	4205	01:00:19	01:02:08
1209.		319.	Kruse, Berenike	Berufsfeuerwehr Kiel	119. W	7213	01:00:20	01:00:20
1210.		320.	Block, Ulrike		28. W50	2344	01:00:20	01:02:15
1211.	891.		Sandau, Fabi		17. MJ U18	5443	01:00:20	01:03:37
1212.	892.		Trawka, Sören		93. M40	6192	01:00:21	01:01:26
1213.		321.	Ivens, Guinevere		7. WJ U18	3676	01:00:21	01:03:37
1214.		322.	Andres, Jette		8. WJ U18	2071	01:00:21	01:03:37
1215.	893.		Medrikat, Maik		90. M55	4578	01:00:21	01:02:08
1216.	894.		Palme, Derek		111. M45	4944	01:00:22	01:03:11
1217.	895.		Marrone, Merlin Louis		167. M	6910	01:00:23	01:03:44
1218.		323.	Buchen, Merle		29. W50	2526	01:00:23	01:02:42
1219.		324.	Harms, Katja		38. W40	6790	01:00:23	01:03:29
1220.		325.	Jacobs, Tanja		39. W40	3684	01:00:24	01:01:30
1221.		326.	Hoffmann, Hanna		6. WJ U20	7188	01:00:25	01:00:41
1222.		327.	Keil, Marlene		120. W	3900	01:00:25	01:01:45
1223.	896.		Keil, Rainer	LTV Kiel Ost	44. M60	3899	01:00:25	01:01:45
1224.	897.		Nieder, David		119. M30	781	01:00:26	01:06:47
1225.		328.	Weber, Susanne		13. W55	6386	01:00:26	01:01:05
1226.		329.	Pohl, Xandra	Mönkeberger SV	30. W50	5090	01:00:26	01:01:24
1227.	898.		Nerlich, Cornelius		168. M	4786	01:00:27	01:01:27
1228.	899.		Nielsen, Stephan		113. M35	4818	01:00:27	01:04:52
1229.		330.	Bonitz, Alissa		121. W	6695	01:00:28	01:05:36
1230.	900.		Gusella, Timo	FF Moorsee	169. M	3249	01:00:29	01:03:20
1231.	901.		Taubert, Norbert		17. M65	6085	01:00:29	01:02:05
1232.	902.		Lühr, Matthias		94. M40	4440	01:00:30	01:03:47

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1233.	903.		Volkman, Axel		114. M35	6299	01:00:30	01:03:47
1234.		331.	Wundram, Petra		31. W50	6605	01:00:32	01:01:50
1235.	904.		Hüttemeyer, Peter		115. M50	3653	01:00:32	01:04:25
1236.		332.	Jäger, Sarah		7. WJ U20	7334	01:00:33	01:03:34
1237.		333.	Thomsen, Nele		122. W	6145	01:00:33	01:03:34
1238.		334.	Först, Karolina	Buchner & Partner GmbH	123. W	2986	01:00:34	01:04:33
1239.		335.	Neuhaus, Britta		40. W40	4792	01:00:34	01:03:01
1240.		336.	Lücking, Kristin	Athletenschmiede Kiel	46. W30	4418	01:00:35	01:04:37
1241.	905.		Unterberg, Torsten		112. M45	6241	01:00:36	01:04:18
1242.		337.	Wagner, Marie		36. W35	6361	01:00:36	01:04:18
1243.	906.		Tollmann, Louis		170. M	7077	01:00:36	01:03:57
1244.		338.	Matthiesen, Vivien		41. W40	4559	01:00:36	01:01:19
1245.		339.	Pallack, Jana		124. W	7323	01:00:37	01:04:58
1246.	907.		Gleim, Martin		7. M70	3134	01:00:37	01:05:59
1247.	908.		Lembke, Rafael		113. M45	4294	01:00:37	01:03:31
1248.	909.		Alkayssoum, Abdalhay		171. M	6668	01:00:37	01:03:14
1249.		340.	Wichelmann, Lea		125. W	6488	01:00:38	01:00:44
1250.		341.	Thormählen, Anne		42. W40	6149	01:00:38	01:03:00
1251.		342.	Striepke, Britta		14. W55	6038	01:00:38	01:01:06
1252.		343.	Quast, Maren		32. W50	5154	01:00:39	01:01:27
1253.	910.		Piepenhagen, Thilo	Barmstedter MTV	45. M60	5042	01:00:39	01:04:18
1254.		344.	Schumacher, Bente		9. WJ U18	5737	01:00:39	01:01:32
1255.		345.	Schäle, Svenia		27. W45	5484	01:00:41	01:01:15
1256.	911.		Paulsen, Sebastian		120. M30	4962	01:00:42	01:06:13
1257.		346.	Hogebach, Luisa	Ellerbeker TV	126. W	3552	01:00:43	01:01:56
1258.	912.		Windten, Patrick		95. M40	6545	01:00:44	01:01:49
1259.		347.	Brodtmann, Tanja		43. W40	6701	01:00:44	01:05:22
1260.	913.		Vorpahl, Marcus		115. M35	6341	01:00:44	01:02:14
1261.	914.		Czembor, Peter	SG DESIGNA	114. M45	2664	01:00:46	01:01:12
1262.	915.		Joachim Mohr, Joachim		46. M60	3754	01:00:47	01:01:59
1263.		348.	Walter, Corinna		33. W50	7095	01:00:48	01:04:26
1264.	916.		Rüder, Dirk		116. M50	5394	01:00:48	01:02:13
1265.		349.	Jaschke, Julia		28. W45	3723	01:00:50	01:01:50
1266.		350.	Krieger, Julia	IB.SH-Runners	47. W30	4103	01:00:51	01:04:22
1267.	917.		Abegg, Christoph		91. M55	2002	01:00:51	01:01:05
1268.		351.	Trawka, Constanze		44. W40	6193	01:00:51	01:01:55
1269.	918.		Werner, Stephan		92. M55	6458	01:00:51	01:01:35
1270.		352.	Esmatyar, Katinka		48. W30	2878	01:00:51	01:03:05
1271.	919.		Stadie, Martin		117. M50	5928	01:00:52	01:01:42
1272.		353.	Stummer, Hilke		34. W50	6053	01:00:52	01:03:09
1273.		354.	Ruthenberg, Julia		37. W35	5424	01:00:53	01:01:33
1274.		355.	Boock, Alexandra	Team Boock	38. W35	2390	01:00:55	01:02:12
1275.		356.	Wohlgemuth, Lynn		127. W	6568	01:00:56	01:03:50
1276.	920.		Steffen, Tim		121. M30	5960	01:00:56	01:04:17
1277.		357.	Muschke, Tanja		35. W50	4757	01:00:56	01:04:04
1278.		358.	Scholz, Carola		128. W	5628	01:00:56	01:03:51
1279.	921.		Ziervogel, Klaas		115. M45	7121	01:00:57	01:02:32
1280.	922.		Scheel, Fynn		122. M30	7004	01:00:57	01:06:36
1281.	923.		Niemann, Stefan	Tom Kyle 1233	116. M45	4824	01:00:58	01:02:57
1282.	924.		Buchen, Andreas		118. M50	2527	01:00:58	01:03:17
1283.	925.		Köster, Christian		119. M50	4056	01:00:59	01:05:15
1284.	926.		Hübner, Ulrich		47. M60	3626	01:01:00	01:03:17
1285.		359.	Schulzke, Ronja	Fördepuls	129. W	5736	01:01:00	01:03:12
1286.		360.	Eßer-Sladek, Beata		15. W55	2882	01:01:00	01:02:28
1287.		361.	Ulrich, Merle		49. W30	6235	01:01:01	01:05:27
1288.	927.		Fischbach, Andreas	Fördepuls	116. M35	2951	01:01:03	01:03:14
1289.	928.		Hruschka, Jens		117. M45	3737	01:01:03	01:04:21
1290.		362.	Rahlf, Maren		36. W50	5172	01:01:04	01:03:46
1291.	929.		Jahn, Wolfgang	TV Laboe	2. M80	3700	01:01:04	01:01:14
1292.	930.		Einert, Maik		96. M40	2842	01:01:05	01:03:57
1293.		363.	Holländer, Claudia		6. W60	7189	01:01:05	01:02:18
1294.	931.		Bachmann, Boris		120. M50	2119	01:01:05	01:06:47
1295.	932.		Junge, Jörg		93. M55	6831	01:01:07	01:01:49
1296.	933.		Schaumann, Christoph	Dynamo Kronshagen	94. M55	5500	01:01:08	01:02:20
1297.	934.		Steffen, Torsten	Team VOSS Turnschuhheizer	97. M40	5958	01:01:09	01:01:44
1298.	935.		Falkenthal, Kai		95. M55	2900	01:01:09	01:04:48
1299.	936.		Kindt, Jannik	Hospiz Kieler Förde	172. M	3928	01:01:09	01:05:40
1300.		364.	Steinkamp, Anna		130. W	5973	01:01:10	01:04:05
1301.	937.		Siller, Arne		118. M45	5859	01:01:11	01:03:48
1302.		365.	Gahrens, Andrea		16. W55	3055	01:01:11	01:03:44
1303.	938.		Allendorf, Tobias	ITV.SH Kommunale Digitalisierung	119. M45	2056	01:01:13	01:01:46
1304.	939.		Lachenmann, Christoph		18. MJ U18	4200	01:01:14	01:03:10
1305.		366.	Jaensch, Christina		39. W35	3694	01:01:15	01:05:22
1306.		367.	Vosgerau, Manuela	PHV Kiel	37. W50	6343	01:01:16	01:02:31
1307.		368.	Benzmann, Laura		131. W	2270	01:01:16	01:04:24
1308.		369.	Benzmann, Lisa		132. W	2269	01:01:16	01:04:24
1309.		370.	Nickel, Vanessa		40. W35	4808	01:01:16	01:02:01
1310.		371.	Gasser, Elke		38. W50	3066	01:01:19	01:02:28
1311.	940.		Aschoff, Frank		18. M65	2094	01:01:21	01:02:34
1312.	941.		Seidel, Jannik		123. M30	5786	01:01:22	01:02:06
1313.	942.		Wolff, Marco	Eagledogs	124. M30	7110	01:01:23	01:07:02
1314.	943.		Hoffmann, Jens-Michael		120. M45	6820	01:01:24	01:07:01
1315.	944.		Eumann, Dirk	NordwestLotto Schleswig-Holstein GmbH & Co. KG	118. M60	2883	01:01:24	01:02:59
1316.		372.	Schirrmaier, Julia		133. W	5538	01:01:25	01:03:57
1317.	945.		Lübke, Bernd		121. M50	4413	01:01:26	01:02:57
1318.		373.	Erdmann, Britta		134. W	2868	01:01:31	01:02:32
1319.	946.		Schwarzer, Sönke		121. M45	5769	01:01:32	01:02:16
1320.	947.		Pramschiefer, Jörg		49. M60	5110	01:01:33	01:03:36

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1321.		374.	Patett, Christine	KMTV	41. W35	4952	01:01:34	01:05:11
1322.		375.	Langer, Christina		45. W40	4230	01:01:35	01:04:04
1323.	948.		Assaf, Fouad		19. M65	2106	01:01:35	01:04:25
1324.		376.	Jennifer, Palm	SchiffMedInstM	50. W30	3733	01:01:35	01:05:50
1325.	949.		Glasner, Yannik		8. MJ U20	3131	01:01:37	01:03:32
1326.	950.		Eich, Hardi		98. M40	7159	01:01:37	01:03:41
1327.		377.	Holst, Svenja		135. W	3575	01:01:39	01:02:47
1328.	951.		Stolzenberg, Matti		19. MJ U18	6019	01:01:39	01:02:48
1329.		378.	König, Katja		42. W35	4029	01:01:40	01:04:04
1330.		379.	Kuhlmann, Melanie		43. W35	4150	01:01:40	01:04:04
1331.		380.	Storm, Carina		51. W30	7059	01:01:41	01:04:17
1332.		381.	Daum, Svenja		52. W30	2687	01:01:41	01:03:18
1333.		382.	van Kekem, Valerie		136. W	6257	01:01:42	01:05:29
1334.		383.	Smirr, Alexandra	Förde Sparkasse	53. W30	5872	01:01:43	01:03:38
1335.	952.		Morawietz, Armin	Kofler Energies Ingenieur GmbH	117. M35	4703	01:01:44	01:04:07
1336.		384.	Janina Hoppe, Janina		44. W35	3706	01:01:46	01:01:58
1337.		385.	Kersten, Sarah		45. W35	3906	01:01:47	01:04:03
1338.		386.	Baumgarten, Stefanie		54. W30	2181	01:01:47	01:04:03
1339.		387.	Voß, Stefanie		46. W35	6295	01:01:47	01:02:38
1340.		388.	Hameister, Carlotta		137. W	3294	01:01:48	01:04:48
1341.		389.	Mund, Sabrina		46. W40	4747	01:01:51	01:06:08
1342.		390.	Streckel, Ulrike		39. W50	7060	01:01:52	01:03:05
1343.	953.		Kindt, Norbert	Hospiz Kieler Förde	122. M50	3930	01:01:53	01:06:22
1344.	954.		Schümann, Sven		123. M50	5742	01:01:55	01:03:33
1345.	955.		Buchner, Benjamin	Buchner & Partner GmbH	20. MJ U18	5155	01:01:56	01:05:54
1346.		391.	Drapatz, Paulina		138. W	7157	01:01:56	01:02:42
1347.		392.	Fediuk, Annika		55. W30	2912	01:01:58	01:04:01
1348.	956.		Richter, Christoph		118. M35	6985	01:01:58	01:02:15
1349.		393.	Bink, Sabrina		47. W40	6688	01:01:58	01:02:15
1350.	957.		Ziems, Thomas		119. M35	6645	01:01:59	01:05:07
1351.	958.		Janßen, Max		120. M35	3713	01:02:00	01:05:43
1352.		394.	Osbahr, Astrid	LC Tønderup	40. W50	4905	01:02:00	01:02:54
1353.	959.		Lachenmann, Klaus		96. M55	4201	01:02:01	01:03:58
1354.	960.		Bektemur, Ege Kerem		173. M	7132	01:02:01	01:05:07
1355.		395.	Döring, Sabine		41. W50	2775	01:02:02	01:02:29
1356.		396.	Peters, Helen		139. W	4991	01:02:03	01:07:27
1357.		397.	Wiegert, Ina		42. W50	6504	01:02:04	01:06:37
1358.		398.	Schöning, Dagmar		7. W60	5643	01:02:05	01:05:13
1359.		399.	Schmidt, Malin		56. W30	5581	01:02:05	01:07:07
1360.		400.	Emmeluth, Nathalie		47. W35	2857	01:02:05	01:02:19
1361.	961.		Thomsen, Jan		99. M40	6143	01:02:06	01:02:42
1362.	962.		Schieche, Kurt		50. M60	5524	01:02:06	01:06:21
1363.		401.	Thiesen, Anja	TSV Silberstedt	29. W45	6126	01:02:08	01:02:39
1364.		402.	Thomsen-Mascher, Regina		17. W55	6147	01:02:09	01:06:23
1365.	963.		Theede, Mathias		121. M35	6109	01:02:10	01:05:09
1366.		403.	Stucke, Nadja		57. W30	6048	01:02:11	01:05:09
1367.	964.		Stucke-Schmidt, Sven Olaf		122. M35	6049	01:02:11	01:05:09
1368.	965.		Schramm, Hartmuth		20. M65	5652	01:02:11	01:03:14
1369.		404.	Glenewinkel, Nadja		30. W45	6768	01:02:11	01:03:32
1370.		405.	Höppner, Silke		58. W30	3604	01:02:12	01:02:43
1371.	966.		Ewoldt, Peter		97. M55	7313	01:02:14	01:03:46
1372.	967.		Pohl, Torsten	TuS Nortorf	98. M55	6974	01:02:15	01:02:50
1373.	968.		Weßel, Philipp	Stadtwerke Kiel	125. M30	6464	01:02:15	01:03:27
1374.	969.		Zdun, Volker		51. M60	7117	01:02:16	01:03:13
1375.		406.	Pingel, Sabine		48. W40	5050	01:02:16	01:03:35
1376.	970.		Pingel, Jörn		100. M40	5051	01:02:16	01:03:35
1377.	971.		Grohmann, Reinhard		8. M70	3195	01:02:17	01:02:37
1378.		407.	Conradt, Carolin		59. W30	2645	01:02:18	01:06:22
1379.	972.		Ruchotzke, Nils		126. M30	5392	01:02:20	01:06:10
1380.		408.	Herzog-Appel, Ulrike	Eckernförder MTV	8. W60	6809	01:02:21	01:04:48
1381.		409.	Halbwidl, Katrin	querFeldein	49. W40	3289	01:02:22	01:04:28
1382.		410.	Strunk, Anika	IB.SH-Runners	50. W40	6042	01:02:24	01:05:34
1383.	973.		Meier, Jens		9. M70	4586	01:02:26	01:03:35
1384.	974.		Ohlsen, Frank	CVJM Kiel	99. M55	4885	01:02:26	01:04:58
1385.	975.		Kluth, Michael	Förde Sparkasse	122. M45	4631	01:02:28	01:03:42
1386.		411.	Mikkelsen, Miriam		60. W30	4648	01:02:29	01:05:17
1387.		412.	Hossner, Ines		48. W35	3618	01:02:31	01:08:03
1388.		413.	Apel-Ziervogel, Linda-Martina		31. W45	6669	01:02:32	01:04:07
1389.		414.	Aschoff, Birgit		9. W60	2095	01:02:33	01:03:45
1390.	976.		Günther, Karl-G.	CVJM Kiel	52. M60	6780	01:02:33	01:05:08
1391.		415.	Manske, Franziska		61. W30	4513	01:02:34	01:02:44
1392.	977.		Döring, Carsten	KPMG Kiel	123. M45	2776	01:02:34	01:06:51
1393.	978.		Leger, Robin		174. M	4270	01:02:35	01:07:45
1394.		416.	Jarren, Anna Maria		32. W45	6825	01:02:36	01:02:58
1395.	979.		Kraemer, Kai		127. M30	4064	01:02:37	01:05:10
1396.		417.	Oetken, Anke	Haus der Familie FBS Kiel e.V.	18. W55	4874	01:02:37	01:04:58
1397.	980.		Duznovic, Branko		10. M70	2816	01:02:38	01:03:50
1398.	981.		Mund, Björn	TV Laboe	175. M	4746	01:02:39	01:03:20
1399.	982.		Hennig, Matthias		100. M55	3432	01:02:39	01:03:02
1400.		418.	Ehlers, Susanne		43. W50	2832	01:02:40	01:03:03
1401.	983.		Wendland, Christian	BSG Sparkasse Südholstein	101. M40	6438	01:02:40	01:04:09
1402.		419.	Heuer, Kerrin	Blitz - Drachenbande	49. W35	3478	01:02:40	01:04:15
1403.		420.	Giesecke, Carina		140. W	3120	01:02:41	01:04:46
1404.		421.	Heese, Lisann		141. W	3391	01:02:42	01:03:19
1405.		422.	Schierer, Annika		50. W35	5527	01:02:42	01:03:20
1406.	984.		Herrmann, Jens	CVJM Kiel	124. M45	3465	01:02:45	01:05:18
1407.		423.	Straumann, Charline	KKRunner	142. W	6029	01:02:46	01:06:21
1408.	985.		Müller, Franz-Josef		125. M45	6936	01:02:47	01:05:50

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1409.		424.	Schmidt, Susanne	PARIrunAIR	33. W45	5566	01:02:49	01:03:16
1410.		425.	Schäfer, Anja		143. W	5479	01:02:49	01:07:03
1411.		426.	Kempa, Carolin		62. W30	3902	01:02:50	01:07:00
1412.		427.	Bertling, Sabine		19. W55	2298	01:02:50	01:06:19
1413.	986.		Conradt, Christoph		128. M30	2647	01:02:51	01:07:00
1414.		428.	Funk, Melina		63. W30	3046	01:02:52	01:06:12
1415.	987.		Rittel, Lennart		176. M	5321	01:02:52	01:07:29
1416.	988.		Reigardt, Holger	Team Barklay	21. M65	6983	01:02:53	01:05:46
1417.		429.	Johannsen, Regine		20. W55	3764	01:02:53	01:03:55
1418.	989.		Schreiber, Jochen		101. M55	5654	01:02:54	01:08:09
1419.	990.		Henke, Daniel		102. M40	3428	01:02:54	01:08:28
1420.		430.	Mürkens, Jette		51. W35	4755	01:02:55	01:06:12
1421.		431.	Schnoor, Christin		144. W	5621	01:02:55	01:07:41
1422.	991.		Knobbe, Hendrik		129. M30	3976	01:02:55	01:07:41
1423.	992.		Pawliczek, Klaus-Dieter		123. M35	7246	01:02:57	01:04:14
1424.		432.	Hofschneider, Juliane		145. W	3551	01:02:58	01:06:18
1425.	993.		Ziegler, Jan	GEOMAR	177. M	7118	01:02:58	01:08:25
1426.	994.		Kettner, Florian	oemig + stark	126. M45	3911	01:02:58	01:05:37
1427.		433.	Otto, Annika		51. W40	4923	01:02:59	01:04:02
1428.		434.	Sondermeier, Katrin	NordwestLotto Schleswig-Holstein GmbH & Co. KG	52. W40	5882	01:02:59	01:03:17
1429.	995.		Marc Rohwer, Marc	Nibøl Danske Skole/Uf	127. M45	7226	01:03:00	01:06:04
1430.		435.	Jensen, Sabine		52. W35	3740	01:03:00	01:08:34
1431.		436.	Benecke, Lea		146. W	2262	01:03:01	01:06:13
1432.		437.	Pallack, Jana		147. W	4938	01:03:01	01:07:24
1433.		438.	Möhring, Venezia	Armstedter Sportverein	8. WJ U20	4684	01:03:02	01:07:31
1434.	996.		Kiek, Peter	TSV Klausdorf	53. M60	3918	01:03:03	01:03:42
1435.		439.	Kiek, Christine	TSV Klausdorf	10. W60	3917	01:03:03	01:03:42
1436.		440.	Ohlsen, Svenja		64. W30	7064	01:03:03	01:07:48
1437.	997.		Dittberner, Gunnar		130. M30	2749	01:03:05	01:03:37
1438.	998.		Frey, Bastian		178. M	6755	01:03:05	01:04:04
1439.		441.	Wendland, Kathrin	Rumrunner TSV Vineta Audorf	34. W45	6442	01:03:08	01:05:35
1440.		442.	Scheunert, Merle		148. W	7005	01:03:09	01:07:43
1441.	999.		Stoß, Jörn	SGVSH	124. M50	6024	01:03:10	01:05:27
1442.	1000.		Dannmeier, Hinrich		103. M40	2684	01:03:11	01:04:07
1443.		443.	Klärman, Bodil		53. W40	3955	01:03:11	01:04:07
1444.	1001.		von Massow, Thomas	Laufen in Lübeck	125. M50	7087	01:03:11	01:04:49
1445.	1002.		Harms, Volkert		54. M60	3345	01:03:11	01:04:20
1446.		444.	Lütjens, Birte		53. W35	4454	01:03:12	01:03:19
1447.	1003.		Trowe, Michael	Heizungstechnik Kapusuz	102. M55	6215	01:03:13	01:06:48
1448.		445.	Petersen, Brigitte		44. W50	6966	01:03:13	01:03:14
1449.	1004.		Puhlmann, Lutz		126. M50	5140	01:03:13	01:04:00
1450.	1005.		Wiedmann, Jan-Thorsten		127. M50	7104	01:03:13	01:04:00
1451.	1006.		Schmidt, Andreas		128. M50	5573	01:03:15	01:04:22
1452.	1007.		Adolf, Marc		131. M30	2026	01:03:15	01:07:12
1453.	1008.		Hapke, Christian Michael	Berufsfeuerwehr Kiel	132. M30	7180	01:03:16	01:07:39
1454.	1009.		Wegener, Sascha		133. M30	6393	01:03:16	01:05:30
1455.	1010.		Knocks, Marcus		128. M45	3978	01:03:18	01:08:15
1456.	1011.		Maart, Hauke		22. M65	4465	01:03:18	01:03:52
1457.	1012.		Stöltling, Klaus	Kieler TB	1. M75	6018	01:03:18	01:04:12
1458.		446.	Henning, Heike	Stiftung Naturschutz S-H	11. W60	3436	01:03:18	01:04:14
1459.		447.	Rebecca, Bachmann	SchiffMedInstM	149. W	5207	01:03:18	01:07:30
1460.	1013.		Pahlke, Thomas	Holtenauer Physios	129. M50	4936	01:03:19	01:04:19
1461.	1014.		Yesilyurt, Sait		103. M55	6618	01:03:20	01:05:39
1462.	1015.		Haas, Stefan		179. M	6784	01:03:21	01:08:42
1463.		448.	Hansen, Lena	Wähle Weise	150. W	3316	01:03:22	01:08:20
1464.	1016.		Struck, Moritz		180. M	4640	01:03:22	01:08:21
1465.		449.	Abeln, Katrin		151. W	7336	01:03:22	01:05:24
1466.		450.	Voß, Swantje		152. W	6348	01:03:24	01:07:20
1467.		451.	Schwarze, Heidi		35. W45	5766	01:03:26	01:04:42
1468.	1017.		Faust, Johannes		134. M30	2908	01:03:26	01:07:15
1469.		452.	Rödger, Ruth Judith		153. W	5330	01:03:28	01:07:23
1470.		453.	Gerlich, Steffi		54. W40	3107	01:03:28	01:04:03
1471.	1018.		Kagelmann, Ulrich		130. M50	3813	01:03:30	01:05:42
1472.	1019.		Triphahn, Olaf		131. M50	6212	01:03:31	01:04:53
1473.	1020.		Slawski, Wolfgang		104. M55	5870	01:03:31	01:07:27
1474.		454.	Dittmann, Finnja		154. W	6723	01:03:31	01:05:51
1475.		455.	Priebe, Hilke		45. W50	5121	01:03:34	01:04:17
1476.		456.	Dowers, Jennifer		65. W30	7156	01:03:34	01:04:50
1477.	1021.		Soyka, Martin		132. M50	5890	01:03:34	01:05:19
1478.		457.	Eggert, Anja	TSV Schönberg	46. W50	6103	01:03:34	01:04:43
1479.		458.	Werner, Sophia		155. W	6460	01:03:34	01:04:18
1480.		459.	Erb, Bettina		21. W55	2866	01:03:36	01:04:07
1481.	1022.		Fode, Jokim		181. M	2984	01:03:36	01:09:00
1482.	1023.		Paulmann, Frank		105. M55	4960	01:03:37	01:08:30
1483.		460.	Hansmann, Britta		36. W45	3329	01:03:38	01:05:42
1484.		461.	Steher, Katharina	Lauchmäuse	156. W	5965	01:03:38	01:06:11
1485.	1024.		Dunst, Sören		135. M30	2812	01:03:38	01:05:12
1486.	1025.		Milanovic, Bojan		182. M	6924	01:03:39	01:06:02
1487.	1026.		Singh, Jasvir		23. M65	5866	01:03:39	01:03:53
1488.	1027.		Schallehn, Oliver	Team Erdinger Alkoholfrei	133. M50	5489	01:03:39	01:06:39
1489.	1028.		Barich, Robert		134. M50	6811	01:03:43	01:04:43
1490.	1029.		Herlinghaus, Thomas		135. M50	3460	01:03:44	01:07:09
1491.	1030.		Nimtsch, Christian	StillMirin	136. M30	6948	01:03:44	01:04:08
1492.	1031.		Schuchardt, Jorma		136. M50	5690	01:03:45	01:04:35
1493.		462.	Gerstenecker, Wiebke Marie		66. W30	3108	01:03:47	01:05:10
1494.		463.	Püst, Karoline		157. W	5147	01:03:48	01:06:22
1495.		464.	Bares, Sarah		158. W	2152	01:03:50	01:06:24
1496.		465.	Labudda, Ute		54. W35	4197	01:03:52	01:06:12

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1497.		466.	Kutscher, Lena		55. W35	4190	01:03:53	01:05:23
1498.	1032.		von Delft, Heinz		11. M70	6321	01:03:53	01:06:26
1499.	1033.		Rehse, Sebastian		137. M50	5239	01:03:53	01:06:12
1500.	1034.		Buelow, Jan		183. M	2539	01:03:53	01:04:55
1501.		467.	Malchow, Bianca		22. W55	4491	01:03:53	01:05:05
1502.		468.	Lahann, Bente	Fräulein Triathlon	56. W35	4202	01:03:57	01:07:38
1503.	1035.		Dregelies, Martin	#diwokiel	55. M60	2787	01:03:57	01:06:13
1504.		469.	Sell, Sophie		159. W	5799	01:03:57	01:09:21
1505.		470.	Brückmann, Siegrun		23. W55	2502	01:03:58	01:04:10
1506.	1036.		Westphal, Michel		184. M	6476	01:03:59	01:05:32
1507.		471.	Sonnenburg, Alexandra		160. W	7049	01:04:01	01:06:58
1508.		472.	Kuntz, Henrike		55. W40	4177	01:04:01	01:06:52
1509.		473.	Burkert, Julia		161. W	2552	01:04:03	01:07:38
1510.	1037.		Dieckmann, Dennis	SV Mönkeberg	185. M	2729	01:04:04	01:05:04
1511.	1038.		Tüllner, Daniel	Buchner & Partner GmbH	186. M	6220	01:04:06	01:08:14
1512.	1039.		Moeller, Sven	Förde Sparkasse	124. M35	6928	01:04:06	01:08:14
1513.	1040.		Kühl, Patrick		187. M	4147	01:04:06	01:06:40
1514.	1041.		Könning, Gerhard		138. M50	4030	01:04:06	01:06:10
1515.		474.	Iwert, Vanessa		67. W30	3681	01:04:07	01:06:04
1516.		475.	Gundula, Mundstock	SchiffMedInstM	57. W35	3237	01:04:07	01:08:20
1517.	1042.		Pooch, Volker		56. M60	5102	01:04:07	01:06:00
1518.		476.	Krause-Falk, Andrea		24. W55	4085	01:04:09	01:04:43
1519.		477.	Schumacher, Nicoline		162. W	5738	01:04:09	01:09:34
1520.	1043.		Görge, Volker		57. M60	3157	01:04:09	01:05:29
1521.	1044.		Pustal, Tobias		104. M40	5148	01:04:10	01:05:08
1522.		478.	Lenz, Sabine		12. W60	4307	01:04:12	01:05:43
1523.		479.	Schoetz, Ann-Kristin		163. W	5624	01:04:12	01:05:14
1524.		480.	Ackermann, Kathrin		56. W40	2020	01:04:13	01:05:04
1525.	1045.		Romeyke, Thomas	Sauer Compressors	139. M50	5345	01:04:13	01:05:37
1526.	1046.		Schoodt, Christian		125. M35	5646	01:04:13	01:07:07
1527.	1047.		Möller, Malte	fit im team Kiel	137. M30	4699	01:04:15	01:07:34
1528.	1048.		Kusch, Matthias	fit im team Kiel	188. M	4184	01:04:15	01:07:33
1529.	1049.		Hopp, Wolfgang		12. M70	3598	01:04:16	01:04:56
1530.	1050.		Fuhljahn, Thies	KiErSt Speedläufer	21. MJ U18	3045	01:04:16	01:05:38
1531.		481.	Schröder, Henriette		164. W	7024	01:04:19	01:09:39
1532.		482.	Masuch, Maike		37. W45	4553	01:04:21	01:05:21
1533.		483.	Sielemann, Andrea		38. W45	5832	01:04:22	01:05:21
1534.		484.	Gülaydin, Berfin		165. W	3235	01:04:22	01:08:16
1535.		485.	Jargstorf, Talia		166. W	3718	01:04:22	01:08:16
1536.		486.	Malinowsky, Yvonne		39. W45	4496	01:04:24	01:06:55
1537.		487.	Lemburg, Sabine		25. W55	4298	01:04:24	01:05:20
1538.	1051.		Todzy, Oliver		140. M50	6168	01:04:24	01:07:30
1539.		488.	Laurisch, Nancy		57. W40	4258	01:04:26	01:04:54
1540.		489.	Kreis, Christina		58. W35	4093	01:04:26	01:06:46
1541.		490.	Posern, Conny		58. W40	5104	01:04:27	01:06:05
1542.	1052.		Bardenhewer, Justus		141. M50	7131	01:04:27	01:05:30
1543.		491.	Lenkewitz, Ann-Kristin		59. W35	7219	01:04:28	01:05:30
1544.		492.	Meints, Christine		47. W50	4594	01:04:29	01:09:51
1545.	1053.		Butzmann, Daniel		105. M40	2575	01:04:29	01:05:26
1546.	1054.		Koch, Hannes		126. M35	3994	01:04:30	01:06:11
1547.	1055.		Welna, Thomas		13. M70	6434	01:04:31	01:04:33
1548.	1056.		Jacobsen, Jörg		58. M60	3689	01:04:31	01:06:30
1549.		493.	Reimer, Greta		167. W	5251	01:04:33	01:08:53
1550.		494.	Scharfenberg, Lina	Apotheke Altenholz	68. W30	5493	01:04:33	01:05:27
1551.	1057.		Hingst, Olav		106. M55	7306	01:04:34	01:08:34
1552.	1058.		Priebe, Florian		127. M35	5122	01:04:35	01:08:40
1553.		495.	Schneppenheim, Malin	Berufsfeuerwehr Kiel	168. W	7265	01:04:35	01:06:25
1554.		496.	Pfeil, Neele	querFeldein	59. W40	5028	01:04:37	01:06:44
1555.	1059.		Jost, Benjamin		106. M40	3787	01:04:38	01:06:48
1556.	1060.		Grams, Markus		129. M45	3174	01:04:38	01:06:51
1557.	1061.		El-Samalouti, Volker		142. M50	2854	01:04:39	01:05:00
1558.		497.	Bonte, Lisa		69. W30	2389	01:04:39	01:07:16
1559.	1062.		Kreimer, Lars		189. M	4092	01:04:40	01:08:35
1560.		498.	Dolling, Nina		169. W	2759	01:04:40	01:08:35
1561.	1063.		Lukas, Albrecht	SchiffMedInstM	190. M	4443	01:04:42	01:09:02
1562.		499.	Arwers, Vivien		40. W45	2092	01:04:45	01:07:31
1563.		500.	Hugge, Caro		70. W30	3633	01:04:45	01:07:03
1564.		501.	Schnaars, Finja	Vineta Audorf Rumrunner	170. W	5608	01:04:45	01:07:12
1565.		502.	Nuzzi, Ann-Kristin		60. W40	4859	01:04:45	01:10:12
1566.		503.	Krantz, Bettina		71. W30	4071	01:04:46	01:10:13
1567.	1064.		Bachmann, Nils	IB.SH-Runners	130. M45	2120	01:04:47	01:07:57
1568.		504.	Krohn, Dörthe	TSV Vineta Audorf	13. W60	4117	01:04:47	01:07:39
1569.		505.	Krassowski, Julia		171. W	3366	01:04:47	01:10:04
1570.		506.	Fey, Ina	Rumrunner TSV Vineta Audorf	14. W60	2942	01:04:48	01:07:39
1571.	1065.		Aldemir, Ayhan		131. M45	2051	01:04:49	01:06:03
1572.		507.	Meier, Lea		172. W	6917	01:04:49	01:08:20
1573.	1066.		Göhring, Mario		143. M50	3146	01:04:50	01:07:22
1574.	1067.		Thiele, Holger		59. M60	6118	01:04:50	01:07:22
1575.		508.	Reimer, Isabel	querFeldein	41. W45	5252	01:04:50	01:06:58
1576.	1068.		Schaefer, Tim		128. M35	5474	01:04:50	01:09:31
1577.		509.	Zieger, Imke		60. W35	6641	01:04:50	01:09:31
1578.	1069.		Brüggemann, Pascal	Buchner & Partner GmbH	191. M	2508	01:04:51	01:07:56
1579.	1070.		Schröder, Martin		138. M30	5665	01:04:51	01:06:21
1580.		510.	Brüggemann, Karen		26. W55	2507	01:04:52	01:07:03
1581.	1071.		Zollondz, Alexander	#igmetall	132. M45	1259	01:04:52	01:05:16
1582.	1072.		Petersen, Olaf		144. M50	5021	01:04:52	01:07:29
1583.	1073.		Buchner, Ralf	Buchner & Partner GmbH	60. M60	2534	01:04:52	01:09:00
1584.		511.	Haugg, Lisa		61. W35	3370	01:04:53	01:08:37

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1585.		512.	Dieckmann, Bianca		61. W40	2730	01:04:53	01:05:03
1586.	1074.		Koch, Hans Jürgen	SV Friedrichsort	3. M80	3993	01:04:54	01:07:18
1587.	1075.		Niefanger, Thomas		107. M55	6943	01:04:54	01:06:32
1588.		513.	von der Geest, Anika		42. W45	7086	01:04:57	01:06:58
1589.		514.	Herbst, Marie		173. W	3454	01:04:59	01:08:19
1590.	1076.		Markus Christofzik, Markus		133. M45	4529	01:04:59	01:05:06
1591.	1077.		Jacobsen, Harald		134. M45	3691	01:05:00	01:07:41
1592.		515.	Jacobsen-Jordt, Karin		48. W50	3693	01:05:00	01:07:40
1593.		516.	Dylanski, Lisa		174. W	2818	01:05:01	01:05:06
1594.		517.	Ilter, Irina	REWE Familie Schröder	62. W35	3667	01:05:03	01:08:21
1595.		518.	Nobs, Marianne		49. W50	4845	01:05:04	01:06:15
1596.	1078.		Rosenthal, Daniel		129. M35	5361	01:05:04	01:08:05
1597.	1079.		Rick, Lennart	Schneider Electric	192. M	5297	01:05:05	01:06:17
1598.		519.	Luttkus, Camila	SG TSV Kronshagen / Kieler TB	175. W	4460	01:05:06	01:05:33
1599.		520.	Rieken, Kristin		72. W30	5309	01:05:06	01:06:54
1600.	1080.		Hagedorn, Heinz	Schneider Electric	108. M55	3271	01:05:07	01:06:17
1601.	1081.		Hansen, Yannik	REWE Familie Schröder	9. MJ U20	3126	01:05:07	01:08:29
1602.		521.	Schwalm, Elisabeth		27. W55	5752	01:05:11	01:09:12
1603.	1082.		Kulbeik, Stefan		193. M	4169	01:05:13	01:09:28
1604.		522.	Potts, Franziska		176. W	5108	01:05:15	01:10:37
1605.	1083.		Plazura, Marek		130. M35	5075	01:05:16	01:07:25
1606.		523.	Herzog, Andrea		62. W40	6808	01:05:17	01:09:39
1607.	1084.		Bracker, Niko		145. M50	2436	01:05:18	01:10:11
1608.	1085.		Meetz, Dirk		109. M55	4579	01:05:18	01:08:01
1609.		524.	Langner, Katrin		43. W45	4235	01:05:19	01:07:21
1610.		525.	Günther, Nele	MTV Horst	177. W	3244	01:05:21	01:06:23
1611.	1086.		Keller, Evgenij/Eugen		139. M30	6839	01:05:22	01:05:55
1612.	1087.		Yanik, Tayfun		146. M50	6614	01:05:22	01:07:27
1613.	1088.		Lühr, Jonas		22. MJ U18	4437	01:05:23	01:07:18
1614.		526.	Kahnert, Susanne	Förde Sparkasse	28. W55	3825	01:05:24	01:06:44
1615.	1089.		Bastick, Jan		147. M50	6674	01:05:24	01:07:23
1616.		527.	Bock, Silke		44. W45	2360	01:05:24	01:08:22
1617.	1090.		Stein, Alexander	Tietgen Haustechnik GmbH	194. M	7054	01:05:27	01:06:57
1618.	1091.		Schweizer, Till		195. M	5770	01:05:29	01:08:52
1619.		528.	Kapusuz, Ileyna	KKRunner	178. W	3861	01:05:30	01:09:05
1620.	1092.		Humfeldt, Klaus		14. M70	3638	01:05:31	01:06:21
1621.	1093.		Kapusuz, Azmi	Heizungstechnik Kapusuz	110. M55	3860	01:05:32	01:09:07
1622.		529.	Röhl, Petra		3. W65	5335	01:05:36	01:08:39
1623.	1094.		Heine, Burkhard		15. M70	6802	01:05:37	01:05:58
1624.		530.	Schmidt, Annika		63. W35	5589	01:05:37	01:09:23
1625.	1095.		Eumann, Philip	NordwestLotto Schleswig-Holstein GmbH & Co. KG	196. M	2885	01:05:38	01:09:24
1626.	1096.		Labudda, Martin	IB.SH-Runners	131. M35	4198	01:05:39	01:07:57
1627.		531.	Schulz, Linda		73. W30	5711	01:05:40	01:11:55
1628.		532.	Seidel, Karin	NordwestLotto Schleswig-Holstein GmbH & Co. KG	197. M	5788	01:05:42	01:06:01
1629.	1097.		Büll, Norman		135. M45	2544	01:05:43	01:07:22
1630.		533.	Röpke, Sabine	Eagledogs Mantrailing	45. W45	6991	01:05:43	01:11:23
1631.	1098.		Röpke, Matthias	Eagledogs Mantrailing	111. M55	6990	01:05:44	01:11:23
1632.		534.	Paulsen, Ann-Kathrin		74. W30	4963	01:05:44	01:11:13
1633.		535.	Doose, Sarah		75. W30	2773	01:05:46	01:06:54
1634.	1099.		Hesselbarth, Carsten		148. M50	3475	01:05:47	01:05:52
1635.		536.	Locht, Linda		179. W	4372	01:05:47	01:09:22
1636.		537.	Dubbert, Caroline		76. W30	7158	01:05:47	01:09:55
1637.	1100.		Schrader, Heinz	Stadtwerke Kiel	24. M65	7330	01:05:47	01:06:17
1638.	1101.		Holzer, Patrick		140. M30	7190	01:05:47	01:09:55
1639.		538.	Bengtson, Myriam	Mönkeberger SV	50. W50	2267	01:05:47	01:06:46
1640.		539.	Steen, Franziska		180. W	5955	01:05:48	01:09:32
1641.	1102.		Bröbel, Frank		112. M55	2496	01:05:49	01:10:05
1642.		540.	Von Houwald, Meike		46. W45	6326	01:05:49	01:10:42
1643.		541.	Asmussen, Janne	KurzLang	77. W30	2102	01:05:49	01:06:55
1644.	1103.		Negel, Nis	KurzLang	141. M30	4780	01:05:49	01:06:55
1645.		542.	Hagenah, Carolin	Lauchmäuse	181. W	3281	01:05:50	01:08:22
1646.	1104.		Böttger, Tobias	THW Kiel	149. M50	2430	01:05:51	01:08:18
1647.	1105.		Lebsir, Kamal	e-nema GmbH	61. M60	4265	01:05:51	01:08:55
1648.		543.	Liedtke, Julia		64. W35	4334	01:05:54	01:09:53
1649.	1106.		Peters, Hauke		107. M40	4989	01:05:55	01:06:22
1650.		544.	Lehni, Sabine		47. W45	4286	01:05:56	01:07:09
1651.		545.	Rottgardt, Kira		9. WJ U20	5384	01:05:58	01:09:03
1652.		546.	Raudo, Lucie		63. W40	5203	01:05:58	01:08:20
1653.	1107.		Knobbe, Kristof		132. M35	3977	01:05:59	01:10:38
1654.	1108.		Mahmoodi, Nariman	CAU Hydrologie	142. M30	4479	01:06:00	01:11:23
1655.	1109.		Lengler, Tim	GEOMAR	143. M30	3148	01:06:01	01:11:05
1656.		547.	Lichte, Inga		182. W	7221	01:06:02	01:08:44
1657.	1110.		Bektemur, Tuna		197. M	7133	01:06:03	01:09:09
1658.	1111.		Bünger, Matthias		150. M50	2548	01:06:03	01:07:32
1659.		548.	Feth, Vanessa		64. W40	2939	01:06:04	01:08:09
1660.	1112.		Sievers, Olaf		151. M50	5843	01:06:04	01:07:09
1661.		549.	Güder, Christine		29. W55	3229	01:06:04	01:08:10
1662.	1113.		Stallforth, Christian		25. M65	5934	01:06:05	01:09:45
1663.	1114.		Elsner, Marko		136. M45	2825	01:06:06	01:09:00
1664.	1115.		Wita, Boris	#diwoki	137. M45	6555	01:06:07	01:07:51
1665.	1116.		Noelle, Oliver	#diwoki	62. M60	7331	01:06:07	01:07:51
1666.	1117.		Kuchenbecker, Sönke	#diwoki	144. M30	4142	01:06:07	01:07:51
1667.	1118.		Molt, Florian	FF Quarnbek	145. M30	4256	01:06:09	01:08:05
1668.	1119.		Schröder, Hendrik	REWE Familie Schröder	133. M35	5669	01:06:10	01:09:39
1669.	1120.		Dauster, Holger		108. M40	2689	01:06:11	01:11:30
1670.		550.	Appelt, Rabea	SV Mönkeberg	48. W45	7128	01:06:11	01:07:09
1671.	1121.		Schneider, Hans Georg	SV Mönkeberg	2. M75	5620	01:06:11	01:07:09
1672.		551.	Thoben, Lea		183. W	6128	01:06:12	01:11:00

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1673.		552.	Schlüter, Xenia		30. W55	5555	01:06:12	01:11:36
1674.		553.	Pagell, Saskia		49. W45	4934	01:06:13	01:09:13
1675.	1122.		Heinzel, Stefan		134. M35	3412	01:06:15	01:09:34
1676.		554.	Linneweber, Maike	IB.SH-Runners	51. W50	4363	01:06:15	01:09:00
1677.	1123.		Hebbeln, Marc Collin		23. MJ U18	3387	01:06:16	01:07:52
1678.	1124.		Kindinger, Reinhard	CVJM Kiel	63. M60	3927	01:06:17	01:08:50
1679.	1125.		Wagner, Alexander		146. M30	6363	01:06:17	01:11:45
1680.		555.	Fiedler, Kirsten	Rumrunner TSV Vineta Audorf	15. W60	2944	01:06:19	01:08:14
1681.	1126.		Schönies, Nils		198. M	5641	01:06:19	01:10:24
1682.		556.	Cizinski, Antje	CEVENTOURS	5. W65	2622	01:06:19	01:08:16
1683.		557.	Heymes, Claudia		50. W45	3490	01:06:19	01:08:47
1684.	1127.		Petry, Carsten		152. M50	5024	01:06:20	01:07:42
1685.	1128.		Lipinski, Bastian		109. M40	4365	01:06:20	01:07:42
1686.		558.	Albert, Alexandra	Kieler Volksbank eG	184. W	2041	01:06:20	01:08:06
1687.			Jonasson, Sven	TuS Holtenau Kiel	113. M55	3778	01:06:21	01:08:16
1688.	1130.		Schories, Michael		114. M55	5647	01:06:24	01:10:40
1689.		559.	Bellingrath, Julia	FLS Runners	65. W35	2254	01:06:25	01:11:01
1690.		560.	Römer, Britta		66. W35	5343	01:06:27	01:11:27
1691.		561.	Oetjens, Silke	CVJM Kiel	52. W50	4871	01:06:27	01:11:27
1692.	1131.		Trede, Eddy		26. M65	6197	01:06:28	01:08:18
1693.		562.	Tröger, Beate		31. W55	6213	01:06:30	01:08:38
1694.	1132.		Lehfeldt, Mathias		115. M55	4273	01:06:31	01:09:18
1695.		563.	Rausch, Hanna		185. W	6982	01:06:31	01:11:04
1696.	1133.		Härtling, Günter		16. M70	3350	01:06:32	01:07:42
1697.	1134.		Stein, Mathias		153. M50	1062	01:06:32	01:07:42
1698.	1135.		Bahr, Jens		147. M30	2135	01:06:32	01:12:14
1699.	1136.		Schmidt, Horst	KMTV	138. M45	5578	01:06:32	01:07:44
1700.	1137.		Hauck, Kevin	fit im team Kiel	199. M	3369	01:06:33	01:09:51
1701.		564.	Hierländer, Valerie		186. W	3494	01:06:33	01:07:11
1702.		565.	Pohl, Vanessa		78. W30	5094	01:06:33	01:08:32
1703.		566.	Lehrke-Hansen, Anne	IM-Team	53. W50	4289	01:06:33	01:08:55
1704.	1138.		Jaeger, Norbert		64. M60	7195	01:06:33	01:08:16
1705.	1139.		Kopschina, Robert		135. M35	4038	01:06:34	01:10:59
1706.		567.	Kuhn, Hanna		65. W40	4153	01:06:35	01:10:59
1707.	1140.		Scheele, Sven		139. M45	949	01:06:35	01:08:24
1708.		568.	Wöbse, Sandra		79. W30	7108	01:06:36	01:08:41
1709.		569.	Schmidt, Karoline		187. W	5590	01:06:36	01:11:56
1710.	1141.		Fandrey, Carsten		154. M50	6746	01:06:37	01:07:51
1711.	1142.		Trauernicht, Sven	forbeyond	200. M	6190	01:06:37	01:08:37
1712.	1143.		Rosado, Daniel	CAU Hydrologie	136. M35	5350	01:06:37	01:10:20
1713.	1144.		Bastian, Daniel		201. M	2169	01:06:38	01:11:39
1714.	1145.		Vermehren, Svend		116. M55	6270	01:06:39	01:08:59
1715.		570.	Brammer, Sandra		80. W30	2447	01:06:39	01:09:42
1716.		571.	Werner, Ann-Kristin		81. W30	6453	01:06:43	01:08:17
1717.	1146.		Lepczynski, Bernd		27. M65	4311	01:06:45	01:07:17
1718.	1147.		Küssner, Steffen Matthias		202. M	4186	01:06:45	01:10:21
1719.	1148.		Buelow, Thomas		155. M50	2538	01:06:45	01:07:48
1720.		572.	Lehnert, Tanja		54. W50	4285	01:06:45	01:11:19
1721.		573.	Staub, Rike		67. W35	5949	01:06:45	01:08:31
1722.	1149.		Karoui, Mohamed-Karim	REWE Familie Schröder	10. MJ U20	3870	01:06:46	01:10:08
1723.		574.	Karina Meyer, Karina		51. W45	3867	01:06:49	01:08:29
1724.		575.	Bachmann, Lina		188. W	3593	01:06:49	01:12:31
1725.		576.	Hoof, Anne - Sophie		68. W35	3592	01:06:49	01:12:31
1726.		577.	Diekmann, Alke	Suchsdorfer SV	66. W40	2735	01:06:50	01:07:07
1727.	1150.		Rooswinkel, Dennis		137. M35	5347	01:06:56	01:09:06
1728.	1151.		Binder, Harry		17. M70	2337	01:06:58	01:09:06
1729.	1152.		Beckmann, Stefan		117. M55	2219	01:06:59	01:09:46
1730.		578.	Hansen, Wencke Sofie		189. W	3324	01:06:59	01:09:07
1731.		579.	Selina Zink, Selina		190. W	7040	01:07:00	01:12:02
1732.		580.	Schellong, Natalie	Pädagogen	69. W35	5513	01:07:00	01:08:22
1733.		581.	Nissen, Wiebke	IB.SH-Runners	82. W30	4835	01:07:01	01:07:40
1734.	1153.		Hansen, Lars		118. M55	3325	01:07:01	01:09:08
1735.		582.	Hentschel, Heidi	Heizungstechnik Kapusuz	67. W40	3446	01:07:01	01:10:38
1736.	1154.		Wobser, Felix	RPRC	24. MJ U18	6564	01:07:02	01:12:10
1737.		583.	Jakisch, Barbara		191. W	3703	01:07:03	01:10:39
1738.	1155.		Kasch, Sönke	Koka Kiel	119. M55	3878	01:07:05	01:10:12
1739.		584.	Schmelter, Kristina	Koka Kiel	70. W35	5018	01:07:05	01:10:13
1740.	1156.		Bargmann, Jörn		156. M50	2154	01:07:07	01:09:35
1741.		585.	Hirschfeld, Michaela	Apotheke Altenholz	68. W40	3531	01:07:08	01:08:01
1742.	1157.		Margowski, Thomas		28. M65	4523	01:07:09	01:09:16
1743.		586.	Wolf, Barbara	LTV Kiel-Ost	16. W60	7301	01:07:09	01:08:28
1744.		587.	Riemer, Ellen	IM-Team	69. W40	5312	01:07:10	01:08:08
1745.		588.	Rahf, Mareike		192. W	7256	01:07:15	01:09:09
1746.	1158.		Kröger, Tim		203. M	4113	01:07:15	01:10:39
1747.		589.	Petersen, Anna		193. W	5015	01:07:16	01:10:39
1748.		590.	Cabej, Agetina		70. W40	2576	01:07:16	01:11:01
1749.		591.	Nagel, Jenny		83. W30	4767	01:07:16	01:10:12
1750.	1159.		Schütze, Hendrik		157. M50	7031	01:07:18	01:09:26
1751.	1160.		Skwarr, Heiko		140. M45	7046	01:07:18	01:09:26
1752.		592.	Pretzer, Simone		32. W55	6977	01:07:18	01:09:13
1753.		593.	Meier zu Beerentrup, Kerstin		84. W30	4588	01:07:21	01:08:22
1754.	1161.		Bauhof, Martin		148. M30	2176	01:07:21	01:08:23
1755.		594.	Böhme, Karola		6. W65	2373	01:07:22	01:08:27
1756.	1162.		Karakoc, Hakan	WELL YOU	110. M40	3862	01:07:22	01:09:59
1757.	1163.		Lenz, Robert	WELL YOU	65. M60	4308	01:07:22	01:10:00
1758.		595.	Buchner, Johanna	Buchner & Partner GmbH	85. W30	2533	01:07:24	01:11:23
1759.		596.	Norden, Beata		71. W40	4852	01:07:25	01:09:57
1760.	1164.		Horstmann, Volker		120. M55	7193	01:07:26	01:11:37

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1761.	1165.		Reiser, Christer	Athletenschmiede Kiel	149. M30	5274	01:07:26	01:11:33
1762.		597.	Reiser, Henrike	Athletenschmiede Kiel	86. W30	5275	01:07:26	01:11:33
1763.		598.	Lütjohann, Anke	Team VOSS Turnschuhheizer	72. W40	4457	01:07:27	01:10:38
1764.		599.	Nielsen, Hanna	Adler-Apotheke am Wasserturm	87. W30	4819	01:07:27	01:10:11
1765.		600.	Elm, Janina		71. W35	2852	01:07:27	01:10:15
1766.		601.	Husmann, Annika		72. W35	3647	01:07:27	01:10:24
1767.		602.	Schulz, Caja		194. W	5709	01:07:28	01:11:51
1768.		603.	Bohne, Ines	Adler-Apotheke am Wasserturm	17. W60	2377	01:07:29	01:10:13
1769.	1166.		Beyer, Jürgen		66. M60	2309	01:07:29	01:09:10
1770.	1167.		Schnakenberg, Erik		150. M30	7264	01:07:29	01:09:34
1771.		604.	Hansen, Ines		73. W40	3309	01:07:29	01:11:51
1772.		605.	Peters, Lena		195. W	4992	01:07:31	01:11:20
1773.		606.	Rixen, May-Britt		73. W35	5327	01:07:32	01:08:48
1774.		607.	Schneider, Anette	LTV Kiel-Ost	55. W50	5612	01:07:33	01:10:51
1775.		608.	Rühl, Silke		56. W50	5400	01:07:34	01:10:03
1776.		609.	Uhlenbrock, Pia		33. W55	6231	01:07:35	01:07:58
1777.		610.	Bernecker, Bettina		34. W55	6680	01:07:35	01:07:58
1778.		611.	Thoms, Rosemarie		35. W55	6136	01:07:35	01:07:58
1779.		612.	Beyer, Susanne		36. W55	2310	01:07:36	01:09:17
1780.		613.	Sabine Marschall-Thams, Sabine		37. W55	5430	01:07:37	01:09:33
1781.		614.	Wendell, Anna	CAU Hydrologie	74. W35	6437	01:07:40	01:11:23
1782.		615.	Plähn, Britta	Vineta Audorf Rumrunner	57. W50	5064	01:07:40	01:10:07
1783.		616.	Thomsen-Steif, Yvonne		52. W45	6148	01:07:41	01:09:42
1784.		617.	Bois, Ilona		38. W55	2383	01:07:42	01:12:10
1785.	1168.		Toriello, Federico		111. M40	6183	01:07:42	01:07:42
1786.		618.	Holm, Mareike		196. W	3568	01:07:43	01:08:25
1787.	1169.		Stein, Mario	Tietgen Haustechnik GmbH	121. M55	7056	01:07:44	01:09:14
1788.		619.	Stein, Kerstin	Tietgen Haustechnik GmbH	74. W40	7055	01:07:44	01:09:14
1789.		620.	Sperber, Anneke	Debeka Versicherungen und Bausparen	53. W45	5901	01:07:44	01:09:38
1790.		621.	Bork, Claudia		58. W50	2408	01:07:45	01:09:30
1791.		622.	Ahlrichs, Meike	Debeka Versicherungen und Bausparen	75. W40	2644	01:07:45	01:09:38
1792.		623.	Sperber-Conrads, Micaela	Debeka Versicherungen und Bausparen	59. W50	5902	01:07:45	01:09:38
1793.	1170.		Kirschning, Jörg		158. M50	6843	01:07:47	01:10:52
1794.	1171.		Grosche, Bernd	LG Albatros Kiel	122. M55	3201	01:07:49	01:08:30
1795.	1172.		Jandré, Spach	Förde Sparkasse	204. M	3705	01:07:49	01:11:07
1796.		624.	Budke, Barbara		39. W55	2537	01:07:49	01:10:29
1797.		625.	Bülow, Anna		197. W	6705	01:07:50	01:11:38
1798.	1173.		Boe, Pascal		205. M	6694	01:07:50	01:11:38
1799.		626.	Wigger-Prieß, Christiane	LTV Kiel-Ost	18. W60	6521	01:07:50	01:09:08
1800.		627.	Busch, Helga		19. W60	2563	01:07:54	01:11:03
1801.		628.	Brockmann, Anja		76. W40	2485	01:07:55	01:10:14
1802.	1174.		Lüder, Herrgen		29. M65	4421	01:07:55	01:08:25
1803.		629.	Richter, Bernadette		54. W45	5290	01:07:57	01:10:09
1804.		630.	Clemen, Esta		40. W55	2638	01:07:59	01:08:52
1805.		631.	Falkson, Johanna	Juso HSG Kiel	198. W	2901	01:08:00	01:11:36
1806.		632.	Neumann, Britta		60. W50	4795	01:08:00	01:13:13
1807.		633.	Hubrig, Brigitte		61. W50	3629	01:08:02	01:09:31
1808.	1175.		Mund, Marcus		159. M50	4744	01:08:05	01:09:49
1809.		634.	Mund, Bianca		77. W40	4743	01:08:06	01:09:49
1810.		635.	Carola Gerth, Carola		41. W55	2583	01:08:06	01:08:25
1811.	1176.		Kanehl, Johannes	Berufsfeuerwehr Kiel	206. M	7200	01:08:08	01:12:04
1812.		636.	Lange, Christine		62. W50	4227	01:08:11	01:13:28
1813.		637.	Naeve, Melissa		88. W30	4765	01:08:11	01:10:26
1814.		638.	Holtzberg, Charlotte		199. W	3581	01:08:12	01:11:41
1815.		639.	Menge, Maren		42. W55	4606	01:08:14	01:10:29
1816.	1177.		Grzella, Ralf		123. M55	3226	01:08:16	01:12:33
1817.		640.	Schmidt, Jacqueline	REWE Familie Schröder	10. WJ U20	5584	01:08:18	01:11:46
1818.	1178.		Marquardt, Ronny	WTSH	112. M40	4538	01:08:20	01:13:57
1819.	1179.		Schink, Norbert	Holtsee Runners	160. M50	5535	01:08:20	01:11:31
1820.		641.	Wiebelhaus, Andrea		20. W60	6495	01:08:20	01:12:07
1821.		642.	Klocke, Marion	LaTeLoMa	63. W50	3964	01:08:21	01:11:41
1822.	1180.		Hegler, Michael	SV Kieholm 65	67. M60	6797	01:08:21	01:10:43
1823.	1181.		Becker, Thomas	Kieler Volksbank eG	138. M35	2209	01:08:25	01:09:40
1824.	1182.		Becker, Stefan	Kieler Volksbank eG	207. M	2210	01:08:25	01:09:39
1825.	1183.		von Unruh, Christoph-Nikolaus		139. M35	6337	01:08:26	01:11:47
1826.		643.	Gebauer, Nicole		55. W45	3081	01:08:31	01:09:20
1827.		644.	Stinn, Britta		78. W40	5999	01:08:36	01:11:29
1828.		645.	Brinckmeier, Nicole		56. W45	2480	01:08:36	01:11:29
1829.	1184.		Mozarski, Sven	Buchner & Partner GmbH	151. M30	4717	01:08:38	01:11:42
1830.		646.	Schöler, Julia		89. W30	5625	01:08:39	01:13:21
1831.		647.	Ventsch, Annette	#läuft	90. W30	6267	01:08:40	01:11:29
1832.	1185.		Ventsch, Erik		152. M30	6266	01:08:41	01:11:28
1833.		648.	Gerull, Svea, Svea		200. W	3111	01:08:41	01:11:44
1834.	1186.		Franzen, Thomas		124. M55	2999	01:08:44	01:11:11
1835.		649.	Helbing, Anna		201. W	3416	01:08:44	01:14:28
1836.	1187.		Höfelmeyer, Peter	Förde Sparkasse	141. M45	3536	01:08:44	01:11:51
1837.	1188.		Pingpank, Thore	Juso HSG Kiel	208. M	5052	01:08:45	01:11:04
1838.	1189.		Schmidt, Hauke	Die Schmidties	142. M45	7018	01:08:45	01:11:09
1839.		650.	Schmidt, Sabine	Die Schmidties	57. W45	7019	01:08:45	01:11:09
1840.	1190.		Schell, Patricc		140. M35	5509	01:08:46	01:09:43
1841.		651.	Petersen, Henrike		202. W	3559	01:08:47	01:11:37
1842.		652.	Janzen, Marina		58. W45	3716	01:08:49	01:10:56
1843.		653.	Busch, Anne	LG Bu	79. W40	2560	01:08:49	01:10:06
1844.	1191.		Janzen, Hauke		143. M45	3715	01:08:50	01:10:56
1845.	1192.		Hirsch, Andreas		68. M60	3530	01:08:53	01:11:28
1846.		654.	Meyer, Catrin		43. W55	4624	01:08:56	01:09:55
1847.		655.	Brune, Annika		203. W	2513	01:08:57	01:12:27
1848.		656.	Sawade, Franziska		44. W55	5461	01:09:00	01:11:57

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1849.		657.	Haarländer, Martina		80. W40	3257	01:09:01	01:12:13
1850.		658.	Modes, Patrizia		81. W40	4672	01:09:01	01:12:13
1851.	1193.		Dencker, Klaus		161. M50	2711	01:09:02	01:11:39
1852.	1194.		Dirk Zietz, Dirk		162. M50	2748	01:09:03	01:11:40
1853.		659.	Jensen, Christina	Ingenieurteam Trebes	45. W55	3741	01:09:03	01:11:43
1854.		660.	Langfeldt, Monika	Ingenieurteam Trebes	64. W50	4232	01:09:03	01:11:43
1855.		661.	Obitz, Jule		91. W30	4862	01:09:04	01:12:45
1856.		662.	Nicole, Scheel	SchiffMedInstM	59. W45	4811	01:09:04	01:13:17
1857.		663.	Schult, Mareike		75. W35	5698	01:09:05	01:10:29
1858.		664.	Brüggmann, Birte		92. W30	2506	01:09:06	01:10:29
1859.		665.	Beilstein, Kirsten	e-nema GmbH	46. W55	2251	01:09:09	01:14:06
1860.		666.	Willutzki, Rena	LT Sohlenkiller Preetz	60. W45	6541	01:09:11	01:11:03
1861.	1195.		Hartwig, Gert		30. M65	6792	01:09:11	01:10:16
1862.		667.	Werthmann, Sabine		82. W40	6463	01:09:11	01:11:44
1863.		668.	Feldmann,, Susanne	Pädagogen	47. W55	2929	01:09:13	01:10:35
1864.		669.	Büttner, Susanne	Pädagogen	76. W35	2574	01:09:14	01:10:36
1865.		670.	Havkost, Sarah		93. W30	3384	01:09:16	01:13:01
1866.		671.	Lohse, Meike		77. W35	4385	01:09:17	01:12:15
1867.	1196.		Mattig, Horst	TSV Altenholz	31. M65	4562	01:09:17	01:09:54
1868.	1197.		Hamrouni, Sami		144. M45	3300	01:09:20	01:11:12
1869.		672.	Dreus-Henk, Martina		83. W40	2792	01:09:20	01:11:13
1870.		673.	Strasser, Silke		65. W50	6027	01:09:22	01:10:35
1871.	1198.		Petersen, Finn		209. M	7247	01:09:25	01:09:29
1872.		674.	Grothe, Nicole		66. W50	3208	01:09:28	01:11:09
1873.	1199.		Thomas Müller, Thomas		113. M40	6134	01:09:29	01:10:03
1874.	1200.		Purschke, Gunnar	SWN Stadtwerke Neumünster	114. M40	5145	01:09:32	01:10:39
1875.	1201.		Timmermann, Steffen	SWN Stadtwerke Neumünster	141. M35	6158	01:09:32	01:10:39
1876.	1202.		Ottens, Jörg	Kieler Nachrichten	145. M45	4918	01:09:33	01:11:50
1877.	1203.		Iversen, Ernst-Johannes		125. M55	3677	01:09:33	01:11:09
1878.	1204.		Rowohl, Matthias		146. M45	5390	01:09:34	01:12:29
1879.	1205.		Burmeister, Sascha		142. M35	2555	01:09:35	01:12:44
1880.	1206.		Gäthje, Jens	Landeshauptstadt Kiel	69. M60	3067	01:09:35	01:11:03
1881.		675.	Kluge, Nathalie-Kristin	SchiffMedInstM	78. W35	3970	01:09:35	01:13:48
1882.	1207.		Sander, Jan-Thorben	SchiffMedInstM	153. M30	5446	01:09:36	01:13:48
1883.		676.	Sikora, Susanne		79. W35	5856	01:09:36	01:11:03
1884.		677.	Wulf, Patricia		48. W55	6595	01:09:38	01:11:49
1885.		678.	Wittwer, Katja		80. W35	1221	01:09:40	01:11:39
1886.		679.	von Appen, Katharina		204. W	6315	01:09:41	01:13:53
1887.	1208.		von Appen, Matthias		126. M55	6314	01:09:41	01:13:53
1888.		680.	Neumann, Lena		94. W30	4798	01:09:43	01:11:46
1889.		681.	Pank, Katharina		95. W30	4945	01:09:44	01:14:45
1890.		682.	Matthes, Lisa		205. W	4557	01:09:46	01:11:13
1891.	1209.		Michael Gerhards, Michael		163. M50	4632	01:09:46	01:10:47
1892.	1210.		Bublies, Ralf	SchiffMedInstM	154. M30	869	01:09:47	01:14:07
1893.		683.	Waschinski, Imke		96. W30	6380	01:09:48	01:11:11
1894.		684.	Gartenlechner, Sonja		84. W40	3061	01:09:50	01:12:01
1895.		685.	Kempcke-Leckband, Ulrike		67. W50	7203	01:09:50	01:10:52
1896.	1211.		Karstensen, Sven		127. M55	3877	01:09:54	01:11:36
1897.		686.	Kraupner, Angelika		7. W65	6869	01:09:56	01:11:13
1898.		687.	Zarge, Andrea		68. W50	6629	01:09:58	01:11:36
1899.	1212.		Hölscher, Klaus		4. M80	3571	01:09:59	01:12:55
1900.		688.	Herrfurth, Sönnevej		11. WJ U20	3464	01:10:02	01:10:51
1901.		689.	Wiese, Inga		97. W30	6515	01:10:04	01:13:25
1902.		690.	Péus, Sandra		61. W45	5025	01:10:06	01:15:36
1903.	1213.		Martens, Boie		5. M80	4542	01:10:07	01:12:20
1904.		691.	Steinke, Franziska		49. W55	5974	01:10:08	01:13:46
1905.		692.	Nootbaar, Martina		85. W40	4851	01:10:08	01:11:32
1906.		693.	Putzki, Anna		98. W30	5150	01:10:08	01:11:54
1907.		694.	Wonneberger, Ronja		99. W30	7302	01:10:10	01:15:32
1908.	1214.		Meller, Markus		164. M50	4602	01:10:13	01:11:55
1909.		695.	Schittko, Sonja		69. W50	7261	01:10:16	01:14:46
1910.		696.	Kukuk, Ulrike		62. W45	4165	01:10:20	01:12:54
1911.		697.	Mackeprang, Julia		86. W40	4471	01:10:22	01:10:48
1912.	1215.		Mähler, Lutz		70. M60	4478	01:10:23	01:11:59
1913.	1216.		Feizi, Ali		147. M45	7163	01:10:24	01:10:25
1914.	1217.		Blenck, Helge	Förde Sparkasse	128. M55	6691	01:10:25	01:13:52
1915.		698.	Hiller, Astrid		100. W30	3512	01:10:25	01:15:54
1916.	1218.		Sprenger, Ulrich	LTV Kiel-Ost	129. M55	5919	01:10:28	01:11:40
1917.		699.	Malinowsky, Celina		12. WJ U20	4497	01:10:30	01:13:01
1918.		700.	Höfelmeyer, Annika		206. W	6816	01:10:33	01:13:39
1919.		701.	Tegtmeyer, Marta		81. W35	6097	01:10:33	01:13:25
1920.		702.	Zach-Zach, Paulina		207. W	6622	01:10:33	01:13:56
1921.		703.	Klemme, Svenja	Roadrunners	82. W35	7206	01:10:34	01:13:18
1922.		704.	Venus, Tini		70. W50	6268	01:10:34	01:13:09
1923.	1219.		Lütjohann, Thore	Juso HSG Kiel	210. M	4458	01:10:35	01:10:35
1924.		705.	Böhlsl, Denise		101. W30	7136	01:10:37	01:12:04
1925.	1220.		Stützer, Elger	LTV Kiel-Ost	130. M55	7275	01:10:37	01:12:04
1926.	1221.		Böhlsl, Steffen		155. M30	7137	01:10:37	01:12:04
1927.	1222.		Friedebold, Sönke		131. M55	3021	01:10:38	01:11:41
1928.		706.	Friedebold, Maj-Britt		208. W	3022	01:10:38	01:11:42
1929.	1223.		Hennings, Thorsten	Running Friends	165. M50	3441	01:10:43	01:13:20
1930.		707.	Koch, Lydia	Stiftung Naturschutz S-H	102. W30	3996	01:10:47	01:11:42
1931.		708.	Christoph, Lisa		209. W	2617	01:10:47	01:13:25
1932.		709.	Oldenburg, Stina		13. WJ U20	4892	01:10:47	01:12:56
1933.	1224.		Lembke-Peters, Daniel		115. M40	4296	01:10:48	01:14:08
1934.		710.	Stemmler, Irene		87. W40	5987	01:10:48	01:14:08
1935.		711.	Horstmann, Rebecca		210. W	7192	01:10:49	01:15:00
1936.		712.	Schmidt, Sandra		71. W50	5569	01:10:51	01:11:58

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1937.	1225.		Mischorr, Sascha		156. M30	4663	01:10:52	01:11:57
1938.		713.	Behling, Christiane	KKRunner	88. W40	2229	01:10:54	01:14:29
1939.	1226.		Borchert, Jens	Eagledogs Mantrailing	166. M50	2402	01:10:55	01:11:47
1940.		714.	Borchert, Stefanie	Eagledogs Mantrailing	72. W50	2403	01:10:55	01:11:47
1941.		715.	Rieger, Katharina		83. W35	5308	01:10:56	01:13:44
1942.	1227.		Kasper, Christian		148. M45	3881	01:10:57	01:11:25
1943.		716.	Adolf, Sandra		63. W45	2027	01:11:00	01:14:40
1944.		717.	Bohnhoff, Stefanie	Ingenieurteam Trebes	89. W40	2525	01:11:01	01:16:12
1945.	1228.		Jende-Holzmann, Dirk	e-nema GmbH	132. M55	3732	01:11:09	01:16:07
1946.		718.	Hesse, Inga		73. W50	6810	01:11:10	01:14:10
1947.	1229.		Röhlk, Tim		143. M35	5338	01:11:14	01:15:05
1948.		719.	Jarosch, Hannah		14. WJ U20	3721	01:11:18	01:13:06
1949.		720.	Gade, Barbara		50. W55	3049	01:11:19	01:14:31
1950.	1230.		Wang, Bo		157. M30	6374	01:11:20	01:12:23
1951.		721.	Zander, Jessica		211. W	6628	01:11:20	01:11:48
1952.		722.	Hennings, Katharina		84. W35	3442	01:11:20	01:13:18
1953.	1231.		Meier zu Beerentrup, Peter		211. M	4590	01:11:21	01:12:23
1954.	1232.		Gudat, Kai		116. M40	3228	01:11:21	01:13:26
1955.	1233.		Sell, Jürgen		133. M55	5800	01:11:23	01:16:50
1956.		723.	Boysen, Madita		212. W	6696	01:11:25	01:13:56
1957.	1234.		Wegner, Torben		149. M45	6395	01:11:26	01:13:05
1958.		724.	Carstens, Simone		51. W55	2584	01:11:30	01:13:17
1959.		725.	Jacobsen, Iris		90. W40	3686	01:11:31	01:14:58
1960.		726.	Wobser, Pauline	RPRC	213. W	6565	01:11:31	01:16:40
1961.	1235.		Barth, Thomas		117. M40	2164	01:11:33	01:15:54
1962.		727.	Juka, Anne		85. W35	3790	01:11:34	01:15:55
1963.	1236.		Glasner, Bjoern		150. M45	3130	01:11:35	01:13:30
1964.		728.	Kruse, Romina		103. W30	6874	01:11:39	01:13:05
1965.		729.	Holz, Sonja	IB.SH-Runners	214. W	3582	01:11:39	01:14:49
1966.		730.	Holz, Kristin	IB.SH-Runners	215. W	3583	01:11:40	01:14:50
1967.	1237.		Nitzke, Tom		212. M	4838	01:11:40	01:14:50
1968.		731.	Meller, Bianca		64. W45	4601	01:11:43	01:13:23
1969.	1238.		Homfeldt, Jörg	Stadtwerke Kiel	134. M55	3587	01:11:47	01:12:17
1970.		732.	Ehrich, Helene	maler Ehrich	65. W45	2835	01:11:50	01:12:12
1971.	1239.		Lange, Patrick		144. M35	4219	01:11:51	01:14:55
1972.		733.	Jensen, Stefanie	Barfshop Kiel	86. W35	3742	01:11:55	01:16:11
1973.	1240.		Trebes, Kolja	Ingenieurteam Trebes	145. M35	6195	01:11:56	01:14:32
1974.	1241.		Bethmann, Peter	Förde Sparkasse	71. M60	6681	01:11:58	01:13:17
1975.		734.	Heid, Gothia		216. W	3393	01:12:04	01:17:10
1976.		735.	Kahl, Tony Emilia		217. W	6835	01:12:04	01:17:10
1977.		736.	Lipke, Stefanie		74. W50	6896	01:12:07	01:13:20
1978.		737.	Marten, Mareike		52. W55	4541	01:12:07	01:14:37
1979.	1242.		Pürwitz, Markus		167. M50	5146	01:12:09	01:14:06
1980.		738.	Lassen, Merret		53. W55	4246	01:12:09	01:17:12
1981.		739.	Gatz, Britta		66. W45	3069	01:12:12	01:14:32
1982.	1243.		Kipar, Sören		146. M35	3932	01:12:13	01:17:14
1983.		740.	Jensen, Judith		104. W30	3743	01:12:13	01:17:14
1984.	1244.		von Baudissin, Sebastian		147. M35	6316	01:12:14	01:12:34
1985.	1245.		Brunke, Sven		135. M55	7144	01:12:17	01:12:50
1986.		741.	Römer, Ramona		105. W30	5344	01:12:19	01:18:32
1987.	1246.		Neuendorf, Matthias		213. M	4791	01:12:20	01:14:22
1988.	1247.		Bormann, Götz	Förde Sparkasse	72. M60	10000	01:12:21	01:13:03
1989.	1248.		Deloy, Walter		18. M70	2703	01:12:30	01:13:53
1990.		742.	Thomsen, Rieke		10. WJ U18	6144	01:12:33	01:16:12
1991.		743.	Fründt, Renate		1. W70	3038	01:12:35	01:17:37
1992.		744.	Kämpfer, Nadine		218. W	3846	01:12:36	01:18:13
1993.		745.	Tiebel, Sarah		106. W30	6154	01:12:36	01:14:34
1994.		746.	Wieben, Friederike		219. W	6497	01:12:45	01:16:24
1995.		747.	Schatz, Birgit		21. W60	5498	01:12:45	01:14:47
1996.		748.	Schmitt Nicole, Nicole		75. W50	5599	01:12:45	01:14:47
1997.	1249.		Westphal, Jan Hendrik		148. M35	7101	01:12:51	01:15:28
1998.		749.	Obitz, Lina		220. W	4861	01:12:51	01:12:51
1999.		750.	Schubert, Angela		54. W55	5686	01:12:52	01:13:51
2000.		751.	Jebsen, Ragna		221. W	3729	01:12:54	01:17:01
2001.	1250.		Marx, Richard		149. M35	4547	01:12:54	01:18:02
2002.		752.	Hofmann, Sandra		107. W30	3550	01:12:55	01:18:03
2003.	1251.		Ilter, Senol	REWE Familie Schröder	151. M45	3666	01:13:07	01:16:27
2004.		753.	Balzeit, Berit	REWE Familie Schröder	11. WJ U18	2044	01:13:09	01:16:38
2005.		754.	Friedrichsen, Ilka		67. W45	3027	01:13:12	01:15:01
2006.		755.	Schlauderbach, Jennifer		108. W30	7009	01:13:15	01:16:07
2007.		756.	Kubacki, Saskia		222. W	4140	01:13:18	01:16:54
2008.	1252.		Höfelmeyer, Gerrit		214. M	6817	01:13:21	01:16:27
2009.	1253.		Brune, Achim		136. M55	2514	01:13:23	01:16:51
2010.		757.	Habermann, Gabi		76. W50	3264	01:13:25	01:16:51
2011.	1254.		Noetzel, Philipp		215. M	4847	01:13:26	01:13:41
2012.	1255.		Matthiesen, Arne		137. M55	4560	01:13:27	01:16:28
2013.		758.	Krömer, Sanja		223. W	4121	01:13:29	01:17:25
2014.	1256.		Becker, Ulrich	TSV Kronshagen	19. M70	6677	01:13:33	01:16:10
2015.		759.	Jacobsen, Mira		224. W	3690	01:13:37	01:14:14
2016.	1257.		Hoffmann, Eike		216. M	3542	01:13:38	01:14:14
2017.		760.	Held, Corinna		87. W35	3417	01:13:41	01:18:48
2018.		761.	Mattsson, Britta		91. W40	4564	01:13:42	01:18:48
2019.	1258.		Thielmann, Kai		150. M35	6119	01:13:45	01:14:31
2020.		762.	Fischer, Christina		92. W40	6749	01:13:45	01:15:17
2021.		763.	Zschuch, Sabrina		109. W30	6661	01:13:46	01:15:24
2022.		764.	Katzer, Tanja		93. W40	3887	01:13:47	01:14:51
2023.		765.	Kuznik, Martina	LTV Kiel-Ost	22. W60	7215	01:13:50	01:15:08
2024.	1259.		Schorn, Stefan		151. M35	5648	01:13:51	01:16:33

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
2025.	1260.		Grönwoldt, Gerald		217. M	3199	01:13:52	01:16:27
2026.		766.	Büttgen, Giana-Danielle	REWE Familie Schröder	88. W35	2572	01:13:52	01:17:20
2027.	1261.		Bock, Gert		20. M70	2355	01:13:57	01:15:01
2028.		767.	Duske, Lena		110. W30	6733	01:13:58	01:18:46
2029.		768.	Möller, Lena		225. W	4696	01:14:00	01:15:58
2030.		769.	Pott, Dietlind		55. W55	6976	01:14:01	01:15:48
2031.		770.	Oetken, Ulrike	Haus der Familie FBS Kiel e.V.	56. W55	4875	01:14:04	01:16:25
2032.		771.	Schnorrenberg, Klara		226. W	7266	01:14:09	01:19:09
2033.	1262.		Matz, Dennis		218. M	4565	01:14:10	01:19:09
2034.		772.	Offerdinger, Dorothea		94. W40	7305	01:14:13	01:17:22
2035.		773.	Green, Elke		68. W45	3184	01:14:13	01:14:44
2036.		774.	Sikora, Gabriele		23. W60	5855	01:14:16	01:15:42
2037.		775.	Laws, Anna Lena		227. W	4263	01:14:18	01:17:07
2038.	1263.		Wende, Kim		25. MJ U18	6436	01:14:18	01:18:34
2039.	1264.		Braune, Niclas		219. M	2455	01:14:20	01:17:07
2040.		776.	Büttgen, Celine	REWE Familie Schröder	228. W	2571	01:14:23	01:17:49
2041.	1265.		Schulz, Benjamin	fit im team Kiel	118. M40	5719	01:14:26	01:17:45
2042.		777.	Haecker, Karena		229. W	378	01:14:27	01:19:38
2043.	1266.		Sass, Thorsten		168. M50	5452	01:14:34	01:16:14
2044.		778.	Kalus, Christine		230. W	3842	01:14:36	01:18:29
2045.	1267.		Dietz, Lennart		220. M	2744	01:14:37	01:17:20
2046.	1268.		Schiffke, Sebastian		152. M35	5528	01:14:37	01:17:20
2047.		779.	Maltz-Föll, Sara		8. W65	4501	01:14:38	01:17:28
2048.		780.	Zumtobel, Yukie		77. W50	6662	01:14:38	01:15:04
2049.		781.	Grass, Svetlana		89. W35	3178	01:14:38	01:16:36
2050.		782.	Müller, Nadja		78. W50	4731	01:14:39	01:17:56
2051.		783.	Jördis Petersen, Jördis	AGROLAB	90. W35	3782	01:14:40	01:19:02
2052.		784.	Reinecke-Lüthge, Kathrin	Stadtwerke Kiel	57. W55	5268	01:14:43	01:15:13
2053.		785.	Kübli, Hannah		91. W35	4141	01:14:53	01:17:32
2054.	1269.		von Mersewsky, Oliver		153. M35	6329	01:14:53	01:17:32
2055.		786.	Kaiser, Maike		111. W30	3835	01:14:54	01:19:51
2056.	1270.		Polloczek, Sebastian		221. M	5101	01:14:55	01:19:53
2057.		787.	Götze, Hannah		231. W	3166	01:14:55	01:19:54
2058.	1271.		Wiesenberg, Lars		158. M30	6520	01:14:56	01:15:58
2059.		788.	Klingbeil, Anette		79. W50	3962	01:14:57	01:16:30
2060.		789.	Baer, Sophie		92. W35	2129	01:14:58	01:16:30
2061.		790.	Plumanns, Alessia-Leonie	Kofler Energies Ingenieur GmbH	232. W	5085	01:14:58	01:15:26
2062.		791.	Czerner, Andrea	Kofler Energies Ingenieur GmbH	95. W40	2665	01:15:03	01:15:30
2063.		792.	Uzun, Ayse		96. W40	7079	01:15:03	01:18:51
2064.		793.	Tempel, Angelique		112. W30	6297	01:15:03	01:18:51
2065.		794.	Zimmer, Petra		69. W45	6651	01:15:10	01:18:27
2066.		795.	Ubbelohde, Silke		70. W45	6227	01:15:10	01:18:27
2067.		796.	Christ, Mareike		97. W40	183	01:15:13	01:16:21
2068.	1272.		Freytmuth, Jan Henrik	SV Lngwedel	159. M30	3012	01:15:20	01:22:17
2069.		797.	Graß, Nadine	TSV Stellingen	233. W	6773	01:15:20	01:16:46
2070.	1273.		Spieckermann, André	Farmsener Turnverein von 1926 e.V.	119. M40	5903	01:15:24	01:20:18
2071.		798.	Oldhaver, Tanja		113. W30	4893	01:15:30	01:16:20
2072.		799.	Schröder, Lina		93. W35	5664	01:15:34	01:18:13
2073.	1274.		Runge, Maximilian		222. M	5407	01:15:34	01:18:57
2074.		800.	Haack, Ann-Kathrin		114. W30	3252	01:15:35	01:19:28
2075.	1275.		Vollbehr, Peer		169. M50	6304	01:15:38	01:18:41
2076.		801.	Hauschildt, Frauke		58. W55	3380	01:15:42	01:16:40
2077.		802.	Graff, Beate	REWE Familie Schröder	24. W60	3173	01:15:44	01:19:03
2078.	1276.		Schneider, Marc		170. M50	5611	01:15:48	01:17:28
2079.	1277.		Herlitzius, Reinhard	Runningbirds	32. M65	3461	01:15:54	01:17:47
2080.	1278.		van den Heuvel, Jerry	Runningbirds	73. M60	6254	01:15:54	01:17:48
2081.	1279.		Richter, Sönke	Runningbirds	74. M60	5288	01:15:54	01:17:47
2082.	1280.		Plohr, Gunther		171. M50	6973	01:15:57	01:17:35
2083.		803.	Seligmann, Anja	Brock Müller Ziegenbein	94. W35	7311	01:15:59	01:19:24
2084.		804.	Dombert, Hanne		115. W30	2763	01:16:02	01:21:47
2085.		805.	Mielke, Britt	Stadtwerke Kiel	59. W55	4646	01:16:05	01:16:35
2086.		806.	Busse, Lena		95. W35	2567	01:16:06	01:19:17
2087.		807.	Biermann, Heidi		80. W50	2332	01:16:07	01:21:43
2088.		808.	Stoltenberg, Rike		234. W	6017	01:16:07	01:21:43
2089.		809.	Biermann, Laura		235. W	2331	01:16:07	01:21:43
2090.	1281.		Haß, Florian		223. M	3360	01:16:07	01:21:43
2091.		810.	Mensah - Bonsu, Jessica		96. W35	4607	01:16:08	01:19:13
2092.	1282.		Jeschkeit, Dennis		120. M40	3748	01:16:17	01:17:23
2093.		811.	de Vries, Christine		71. W45	2691	01:16:36	01:21:01
2094.		812.	Siegfried-Kleinfeld, Melanie		116. W30	5827	01:16:36	01:18:54
2095.	1283.		Sattler, Hans-Jürgen	Bosauer SV	33. M65	5455	01:16:55	01:19:47
2096.		813.	Seemann, Claudia		60. W55	5783	01:16:58	01:18:45
2097.	1284.		Rüsbüldt, Rainer		75. M60	5411	01:17:03	01:21:54
2098.	1285.		Schuchardt, André		121. M40	5691	01:17:04	01:21:54
2099.		814.	Kossyk, Sabine		61. W55	4053	01:17:07	01:17:32
2100.		815.	Behrens, Jessica		117. W30	2248	01:17:08	01:19:02
2101.		816.	Mohr, Sabrina		97. W35	4676	01:17:08	01:22:15
2102.		817.	Dittmann, Anja		72. W45	2751	01:17:29	01:18:13
2103.	1286.		große Beilage, Heiner		138. M55	3203	01:17:35	01:23:05
2104.		818.	Rohn, Heike		62. W55	5339	01:17:39	01:18:41
2105.		819.	Möhring, Fenja	Armstedter Sportverein	12. WJ U18	4683	01:17:43	01:22:13
2106.		820.	Rotering, Antonia	Lauchmäuse	236. W	5377	01:17:49	01:17:49
2107.		821.	Oldenburg, Merle		237. W	4891	01:17:50	01:19:59
2108.		822.	Fischer, Meike		118. W30	2966	01:17:56	01:22:13
2109.		823.	Petry, Dagmar		98. W40	5023	01:18:01	01:19:58
2110.		824.	Noah, Maike		81. W50	4842	01:18:05	01:19:16
2111.		825.	Maaß, Anna		238. W	4468	01:18:18	01:24:07
2112.	1287.		Schellin, Thomas		76. M60	953	01:18:18	01:20:07

Ergebnis Einlauf >> Volkslauf (10.4 km) (Einzel) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
2113.	1288.		Riemann, Steffen		34. M65	6987	01:18:19	01:23:50
2114.	1289.		Majer, Valerio Marzio		160. M30	4487	01:18:24	01:19:45
2115.		826.	Kreutzfeldt, Nadine		119. W30	4100	01:18:37	01:20:28
2116.		827.	Schwarz, Silke		82. W50	5761	01:18:40	01:20:52
2117.	1290.		Werner, Ralf		77. M60	6454	01:18:45	01:23:45
2118.		828.	Jückstock, Arite		99. W40	6829	01:18:50	01:24:19
2119.	1291.		Klug, Jens		139. M55	3968	01:18:51	01:21:46
2120.		829.	Kempken, Renate		83. W50	3904	01:18:54	01:23:48
2121.		830.	Krause, Sandra		100. W40	4082	01:18:55	01:23:48
2122.	1292.		Köpke, Rainer		3. M75	4031	01:19:19	01:23:33
2123.		831.	Heib, Britta	MeridianRUNClub	84. W50	6799	01:19:20	01:20:28
2124.	1293.		Heib, Alexander	MeridianRUNClub	172. M50	6798	01:19:21	01:20:28
2125.	1294.		Agabekov, Vladimir		35. M65	2029	01:19:21	01:21:51
2126.		832.	Agabekova, Valentina		9. W65	2030	01:19:23	01:21:53
2127.		833.	Vitrano, Regina		63. W55	6285	01:19:26	01:24:15
2128.	1295.		Vitrano, Bo		224. M	6284	01:19:26	01:24:15
2129.		834.	Assenheimer, Laura		239. W	2107	01:19:26	01:24:15
2130.	1296.		Währum, Gerd	KT83	1. M85	6364	01:19:26	01:21:57
2131.	1297.		Schroeder, Norbert	ALG-VfL Bokel	36. M65	5681	01:19:28	01:20:11
2132.		835.	Thoß, Laila		85. W50	6150	01:19:28	01:20:26
2133.		836.	Mischke, Inger	Förde- Radiologicum	240. W	4661	01:19:44	01:23:35
2134.		837.	Lipinski, Simone		101. W40	4366	01:19:58	01:19:58
2135.		838.	Fasse, Enya		241. W	2907	01:20:04	01:21:38
2136.		839.	Lohse, Annika		242. W	4384	01:20:10	01:21:44
2137.	1298.		Gärtner, Benjamin		161. M30	6764	01:20:21	01:22:15
2138.		840.	Gärtner, Nina		120. W30	6765	01:20:21	01:22:16
2139.		841.	Hepach, Helmke	GEOMAR	98. W35	3448	01:20:22	01:25:48
2140.	1299.		Leger, Paul		78. M60	4271	01:20:23	01:22:20
2141.		842.	Karstensen, Silke		64. W55	3876	01:20:34	01:22:18
2142.	1300.		Jakob, Christian		140. M55	3704	01:20:36	01:22:37
2143.		843.	Vollbehr, Emma	Kieler Volksbank eG	243. W	6306	01:20:40	01:23:43
2144.		844.	Hansen, Verena		99. W35	3313	01:20:42	01:26:04
2145.	1301.		Rietz, Björn		122. M40	5315	01:20:42	01:26:04
2146.	1302.		Schneekloth, Arne		173. M50	5610	01:20:43	01:23:56
2147.	1303.		Rothberg, Joschka		154. M35	5381	01:20:44	01:21:59
2148.		845.	Kalis, Anna	DU-Kiela	100. W35	4927	01:20:46	01:24:31
2149.		846.	Rehkopp, Jane		244. W	5228	01:20:58	01:24:52
2150.	1304.		Hintzke, Manuel		141. M55	3525	01:21:06	01:25:12
2151.		847.	Groth, Martina		86. W50	3207	01:21:07	01:25:13
2152.		848.	Wienhold, Anja		101. W35	6510	01:21:09	01:25:58
2153.		849.	Wienhold, Melanie		102. W35	6511	01:21:10	01:25:57
2154.		850.	Dautwiz, Katharina		103. W35	6717	01:21:14	01:23:40
2155.		851.	Wien, Tini		104. W35	6507	01:21:14	01:23:40
2156.	1305.		Borchert, Gerhard		37. M65	2400	01:21:32	01:23:57
2157.	1306.		Struck, Matthias		174. M50	6040	01:21:32	01:22:43
2158.		852.	von der Heide, Karen		73. W45	6322	01:21:38	01:24:56
2159.		853.	Walkenhorst, Rieke		245. W	6366	01:21:54	01:27:23
2160.		854.	Spielmans, Silke		65. W55	5912	01:22:31	01:27:35
2161.		855.	Gäthje, Christel		25. W60	3068	01:22:46	01:23:43
2162.	1307.		Palm, Oliver		123. M40	4940	01:22:48	01:25:05
2163.		856.	Jenny, Naser	SchiffMedInstM	105. W35	3734	01:22:48	01:25:05
2164.		857.	Wende, Ina		246. W	6435	01:22:56	01:28:27
2165.	1308.		Huke, Michael		142. M55	3634	01:23:06	01:27:24
2166.		858.	Wuttig, Stefanie		121. W30	6610	01:23:10	01:26:06
2167.		859.	Bölke, Wienja		87. W50	2385	01:23:30	01:24:50
2168.	1309.		Ruß, Klaus-Dieter		175. M50	5417	01:23:37	01:24:19
2169.		860.	Hubach, Amy		247. W	3624	01:23:50	01:29:03
2170.		861.	Tawiah, Sophie		248. W	6089	01:23:50	01:29:03
2171.		862.	Häckermann, Juliane		249. W	6786	01:24:01	01:27:47
2172.		863.	Berndt, Franziska		106. W35	2290	01:24:06	01:27:44
2173.		864.	Kohlase, Nadine		74. W45	4003	01:24:06	01:27:55
2174.		865.	Fuchs, Susanne		75. W45	3041	01:24:06	01:27:56
2175.		866.	Niemeyer, Grit		88. W50	4827	01:24:17	01:25:42
2176.		867.	Häsing, Silke		76. W45	3356	01:24:30	01:29:25
2177.		868.	Söth, Dagmar		89. W50	5886	01:24:57	01:28:04
2178.	1310.		Friebe, Gregor		79. M60	3020	01:24:58	01:25:56
2179.		869.	Keil, Anja		102. W40	3896	01:25:05	01:28:04
2180.		870.	Boll, Christina		90. W50	2386	01:25:08	01:29:34
2181.		871.	Doose, Luzie	REWE Familie Schröder	250. W	4314	01:25:33	01:28:59
2182.		872.	Hald, Nadja		251. W	3290	01:25:53	01:31:22
2183.		873.	Wellendorf, Inga		103. W40	7097	01:26:12	01:28:46
2184.		874.	Kistrup, Ingeborg	Käthes Friends	91. W50	6844	01:26:12	01:28:46
2185.	1311.		Boeck, Matthias	LG POWER-Schnecken e.V.	152. M45	2366	01:26:23	01:29:40
2186.	1312.		Meister, Dirk		176. M50	4598	01:26:28	01:27:35
2187.		875.	Seweryn, Juliane		252. W	5811	01:26:42	01:29:24
2188.		876.	Deazle, Jade		253. W	2692	01:26:54	01:28:02
2189.		877.	Pokoiewski, Nina		254. W	5099	01:26:56	01:28:04
2190.	1313.		Kahle, Thomas	CDU Kronshagen	80. M60	3818	01:27:05	01:32:32
2191.		878.	Heinrich, Jacqueline	REWE Familie Schröder	255. W	3407	01:27:45	01:31:10
2192.		879.	Petersen, Cassandra	REWE Familie Schröder	256. W	5014	01:28:04	01:31:30
2193.		880.	Grund, Britta		26. W60	3214	01:28:23	01:29:10
2194.		881.	Garbrecht, Anja	LTV Kiel-Ost	27. W60	3057	01:29:30	01:30:04
2195.	1314.		Grönke, Christian	SchiffMedInstM	162. M30	3198	01:29:48	01:34:02
2196.		882.	Fischer, Christina	FLS Runners	257. W	2963	01:29:48	01:34:24
2197.		883.	Schultz, Regine		1. W75	5706	01:29:52	01:32:22
2198.		884.	Grotkopp, Melena		258. W	3209	01:30:16	01:34:10
2199.		885.	Wijewardene, Lishani	CAU Hydrologie	122. W30	6523	01:32:42	01:33:57
2200.		886.	Risch, Henrike	CAU Hydrologie	259. W	5320	01:32:42	01:33:57

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
2201.		887.	Runs, Chungunga		107. W35	5409	01:32:51	01:34:09
2202.		888.	Schmidt, Ursula		2. W75	5591	01:33:01	01:38:35
2203.		889.	Gliesmann, Nele		260. W	6769	01:34:22	01:37:30
2204.		890.	Neumann-Neurode, Kerstin	REWE Familie Schröder	92. W50	4803	01:34:27	01:38:01
2205.		891.	Becker-Drews, Angelika		93. W50	2213	01:35:25	01:38:42
2206.		892.	Bertelsen, Sandra		104. W40	2295	01:35:25	01:38:42
2207.	1315.		Lange, Thomas		81. M60	4226	01:39:47	01:45:08
2208.		893.	de Buhr-Lange, Käte		94. W50	2690	01:40:10	01:45:31
2209.		894.	Krebs, Dagmar		2. W70	4090	01:40:11	01:45:32
2210.		895.	Becker, Vanessa Wendy	REWE Familie Schröder	261. W	2207	01:44:31	01:48:06
2211.		896.	Oluschinski, Saskia	REWE Familie Schröder	123. W30	4896	01:44:31	01:48:06
2212.		897.	Strauch, Matine	REWE Familie Schröder	108. W35	6028	01:44:34	01:48:08
2213.	1316.		Witscher, Holger		82. M60	3561	01:51:33	01:55:06
2214.	1317.		Genz, Florian		124. M40	7316	02:08:50	02:14:20