

Ergebnisliste 06.08.2016

Startnr.	Name	Jg.	Verein/Ort	Zeit	Ges.-Pl.	AKL-Pl.
10 Km						
Jugend M15						
(80)	Zähringer, Moritz	(01)	LG Radolfzell am Bodensee	40:37,0	24.	1. M15
(365)	Guth, Hannes	(01)		42:31,0	44.	2. M15
(260)	Larsen, Mats	(01)		48:41,0	142.	3. M15
(391)	Emme, Florian Lucas	(01)	TSV Wiedingharde	1:01:12,0	359.	4. M15
männliche Jugend U18						
(281)	Kohn, Tade	(99)	TSV Hattstedt	34:34,0	5.	1. MJ
(179)	Theede, Mirco	(99)		39:58,0	18.	2. MJ
(16)	Petersen, Lennart	(99)	LaufLok NF	45:44,0	86.	3. MJ
(159)	Sievers, Luk	(99)	TSV Hattstedt	49:16,0	153.	4. MJ
(285)	Hansen, Jannes	(99)	TSV Hattstedt	49:42,0	165.	5. MJ
(170)	Larssen, Bjarne	(99)	GEORG C. Hansen	50:00,0	169.	6. MJ
(135)	Schweidler, Maximilian	(99)		53:28,0	234.	7. MJ
männliche Jugend U20						
(217)	Ohmsen, Silas	(97)		46:11,0	90.	1. MJ
(393)	Beilfuß, Jan	(98)	HSC Haltem Sythen	47:15,0	115.	2. MJ
(364)	Jordan, Paul	(98)		47:57,0	130.	3. MJ
(374)	Kalmus, Tillmann	(97)		49:14,0	151.	4. MJ
(762)	Rosemann, Linus	(97)	Therapie Schule Nord Team 1	52:08,0	210.	5. MJ
Männer						
(4)	Bostelmann-Arp, Jan-Eric	(90)	SC Rönau 74	33:56,0	3.	1. M
(720)	Krahn, Vincent	(89)	SpezPiRgt 164 Nordfriesland	34:24,0	4.	2. M
(5)	Perleberg, Bjarne	(96)	LG Tönning-St. Peter	35:39,0	6.	3. M
(388)	Blunk, Felix	(88)	SCC Berlin	38:50,0	10.	4. M
(375)	Stalla, Dennis	(95)		39:24,0	12.	5. M
(723)	Unverdorben, Florian	(93)	SpezPiRgt 164 Nordfriesland	39:27,0	13.	6. M
(143)	Ingwersen, Jan	(92)	LAV Husum	39:50,0	14.	7. M
(307)	Holm, Johannes	(94)	LG Dithmarscher Westküste	39:51,0	15.	8. M
(359)	Holm, Helge	(92)	LG Dithmarscher Westküste	40:11,0	20.	9. M

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10 Km						
(31)	Wilke, Jan	(94)		40:18,0	21.	10. M
(11)	Iborg, Marcel	(95)	TSV Ladelund	41:09,0	27.	11. M
(111)	Reichardt, Truels	(94)	Husumer Volksbank eG	41:57,0	33.	12. M
(26)	Maiwald, Phillip	(94)		42:16,0	40.	13. M
(726)	Dreesen, Felix	(95)	Stadtwerke Husum GmbH	43:03,0	53.	14. M
(235)	Suhr, Marten	(95)	MTV Wrohm	43:07,0	54.	15. M
(89)	Feddersen, Finn	(92)	SpezPiRgt 164 Nordfriesland	43:51,0	60.	16. M
(190)	Hötker, Daniel	(95)		44:09,0	67.	17. M
(283)	Lemke, Mark	(90)	TSV Hattstedt	44:37,0	73.	18. M
(777)	Petersen, Thies	(94)	VR Bank eG Niebüll	46:56,0	103.	19. M
(734)	Reinhold, Tobias	(91)	GEORG C. Hansen	47:02,0	107.	20. M
(367)	Friedrichsen, Momme	(92)		47:22,0	119.	21. M
(311)	Berger, Andre	(90)	SV Germania Breklum	47:24,0	120.	22. M
(753)	Schulz, Sascha	(96)	Hörakustik Veit	47:44,0	125.	23. M
(776)	Sörensen, Lasse	(91)	VR Bank eG Niebüll	48:16,0	133.	24. M
(369)	Bredahl, Björn-Uwe	(90)		48:21,0	135.	25. M
(775)	Mextorf, Henning	(92)	VR Bank eG Niebüll	48:36,0	140.	26. M
(100)	Trampenau, Mirko	(88)	Wellyou Heide	48:54,0	145.	27. M
(300)	Ketelsen, Steffen	(89)	Löwenstedt Fete e.V.	49:28,0	162.	28. M
(112)	Küßner, Christopher	(90)	Husumer Volksbank eG	50:14,0	174.	29. M
(273)	Woldt, Lars Ole	(93)	TSV Hürup	50:16,0	175.	30. M
(69)	Münster, Henry	(95)	TSV Mildstedt	50:45,0	184.	31. M
(712)	Jessen, Henrik	(92)	Friseur Kamm In Team II	50:52,0	186.	32. M
(782)	Hussein, Ahmad	(94)	Stadt Husum BMW NordHafen	51:49,0	202.	33. M
(219)	Jensen, Christoph	(91)	Löwenstedt Fete e.V.	52:13,0	213.	34. M
(750)	Gärtner, Richard	(87)	Hörakustik Veit	53:30,0	236.	35. M
(201)	Schmitz, Tim	(91)		53:42,0	240.	36. M
(350)	Clausen, Pelle	(92)		53:52,0	243.	37. M
(781)	Kadri, Ahmad	(87)	Stadt Husum BMW NordHafen	54:39,0	262.	38. M
(110)	Lem, Danny	(95)	Husumer Volksbank eG	55:35,0	272.	39. M
(737)	Matschijewski, Patrick	(87)	Arche unterstütztes Wohnen	56:04,0	275.	40. M
(754)	Werner, Matthias	(87)	Hörakustik Veit	56:13,0	278.	41. M

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10 Km						
(731)	Carstensen, Daniel	(89)	GEORG C. Hansen	56:33,0	285.	42. M
(738)	Schumann, Stefan	(88)	Arche unterstütztes Wohnen	57:37,0	311.	43. M
(716)	Martens, Christian	(87)	Friseur Kamm In Team I	57:38,0	312.	44. M
(157)	Schadwald, Christoph	(89)		58:25,0	319.	45. M
(216)	Willhöft, Lars T.	(87)	.	58:27,0	321.	46. M
(84)	Beck, Kevin	(95)	TSV Goldebek	1:01:29,0	365.	47. M
(73)	Bauer, Yannick	(92)		1:02:37,0	383.	48. M
(756)	Maurer, Maik	(96)	Therapie Schule Nord Team 2	1:04:04,0	399.	49. M
(703)	Esin, Orhan	(93)	carebyphone integration GmbH & Co. KG	1:17:49,0	438.	50. M
(702)	Jacobs, Nico	(96)	carebyphone integration GmbH & Co. KG	1:17:50,0	439.	51. M
Senioren M30						
(1)	Uliczka, Steffen	(84)	SG TSV Kronshagen/KTB	31:04,0	1.	1. M30
(402)	Dethlefs, Pascal	(83)	Söths Bioland	32:13,0	2.	2. M30
(218)	Vogelgsang, Miguel	(82)	LT Husum	37:21,0	7.	3. M30
(240)	Hansen, Thore	(86)		39:11,0	11.	4. M30
(722)	Lippmann, David	(83)	SpezPiRgt 164 Nordfriesland	40:41,0	25.	5. M30
(304)	Kronenwett, Stefan	(86)	HSG Lauingen-Wittislingen	42:58,0	49.	6. M30
(329)	Thomsen, Nils	(83)	LTV Kiel-Ost	43:00,0	52.	7. M30
(104)	Hansen, Sönke	(84)	Husumer Volksbank eG	44:12,0	68.	8. M30
(326)	Sibbersen, Sibbern Karsten	(83)		44:34,0	72.	9. M30
(411)	Schlör, Martin	(84)		46:03,0	88.	10. M30
(744)	Herpel, Martin	(83)	CJ Schmidt - Team 1	46:55,0	102.	11. M30
(68)	Schneider, Felix	(85)		48:20,0	134.	12. M30
(362)	Joldrichsen, Lasse	(86)		48:30,0	137.	13. M30
(196)	Müller, Nikolas	(85)		49:18,0	155.	14. M30
(23)	Staps, Michael	(82)	Kronprinzenkoog	50:07,0	171.	15. M30
(784)	Alzoubi, Tarek	(84)	Stadt Husum BMW NordHafen	52:00,0	207.	16. M30
(783)	Azouz, Mahmoud	(82)	Stadt Husum BMW NordHafen	53:43,0	242.	17. M30
(710)	Müller, Alex	(86)	Friseur Kamm In Team II	54:21,0	256.	18. M30
(136)	Zumach, Gerrit	(84)		59:28,0	334.	19. M30
(310)	Hinz, Hendrik	(86)		59:29,0	335.	20. M30

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10 Km						
(228)	Zedler, Matze	(84)	LG Kfz-Service Dau	59:44,0	337.	21. M30
(729)	Schlüter, Pascal	(83)	Stadtwerke Husum GmbH	1:01:31,0	367.	22. M30
(306)	Asmussen, Timo	(84)		1:07:26,0	417.	23. M30
(749)	Geercken, Martin	(83)	Arche unterstütztes Wohnen	1:08:17,0	418.	24. M30
Senioren M35						
(269)	Witt, Thomas	(79)	Borener SV	40:26,0	23.	1. M35
(206)	Raiber, Tim	(80)	SpezPiRgt 164 Nordfriesland	41:12,0	28.	2. M35
(305)	Hentschel, Sebastian	(81)		41:50,0	31.	3. M35
(390)	Hermann, Lars	(79)		42:08,0	37.	4. M35
(407)	Scheibe, Timo	(79)	LC Festfalia Herne	42:32,0	45.	5. M35
(366)	Bergmann, Juri	(78)	Flinke Sohlen	42:59,0	50.	6. M35
(142)	Spaude, André	(79)	TSV RW Niebüll	44:13,0	69.	7. M35
(29)	Pawlina, Martin	(80)	LaufLok NF	44:20,0	70.	8. M35
(91)	Langfahl, Fabian	(78)	SpezPiRgt 164 Nordfriesland	44:53,0	76.	9. M35
(204)	Carstensen, Thore	(80)	TSV DE Viöl	46:49,0	100.	10. M35
(52)	Zastrow, Thorsten	(77)	Backpackerz	47:01,0	106.	11. M35
(774)	Vogt, Oliver	(78)	Klinikum Nordfriesland Team 1	47:07,0	110.	12. M35
(780)	Ewert, Andreas	(77)	Stadt Husum BMW NordHafen	47:08,0	111.	13. M35
(398)	Ahrens, Markus	(79)		47:45,0	126.	14. M35
(384)	Hede, Christian	(77)		48:26,0	136.	15. M35
(396)	Pyhsa, Hendrik	(80)	Team Erdinger Alkoholfrei	49:02,0	148.	16. M35
(183)	Hölling, Martin	(81)	Business Circle	51:11,0	192.	17. M35
(187)	Johannsen, Christian	(78)		52:57,0	225.	18. M35
(210)	Schuldt, Markus	(81)	LG Verges	53:54,0	245.	19. M35
(193)	Zastrow, Oke	(81)	VfL Fosite Helgoland	54:19,0	255.	20. M35
(704)	Lehmann, Chris	(80)	carebyphone integration GmbH & Co. KG	54:51,0	264.	21. M35
(156)	Mann, Hauke	(77)		58:24,0	318.	22. M35
(740)	Rugen, Christian	(80)	CJ Schmidt - Team 2	1:07:05,0	415.	23. M35
(158)	Purwin, Christian	(81)		1:11:17,0	425.	24. M35
(40)	Eggers, Karsten	(80)	LAV Husum - 10FÜR10	1:11:35,0	427.	25. M35

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10 Km						
Senioren M40						
(372)	Jossi, Andy	(72)	LC Uster	42:00,0	34.	1. M40
(71)	Philippsen, Thomas	(73)	TSV St. Peter-Ording	42:13,0	39.	2. M40
(724)	Verges, Jan	(76)	SpezPiRgt 164 Nordfriesland	42:54,0	48.	3. M40
(294)	Röhl, Markus	(72)		43:42,0	59.	4. M40
(290)	Nielsen, Henning	(75)	1. Flensburger LT	44:00,0	64.	5. M40
(394)	Kühnemann, Rene	(76)	Flarak G1	44:06,0	65.	6. M40
(191)	Rumpf, Mike	(74)	FIT Sportclub Kiel	45:20,0	80.	7. M40
(25)	Erstling, Sander	(73)	Tarp Tigers	45:23,0	81.	8. M40
(155)	Thomsen, Marco	(72)	Friesenbiker	45:32,0	84.	9. M40
(239)	Mallwitz, Heiko	(72)		46:08,0	89.	10. M40
(314)	Off, Peter	(75)	TV Bempflingen	46:58,0	104.	11. M40
(324)	Troczyński, Andreas	(76)	Husumer SV	46:59,0	105.	12. M40
(139)	Jüngling, Tobias	(74)		47:21,0	118.	13. M40
(376)	Albertsen, Udo	(72)	SV BW Löwenstedt	48:58,0	147.	14. M40
(232)	Lücke, Stefan	(72)		50:22,0	178.	15. M40
(152)	Schubert, Karsten	(73)		51:09,0	190.	16. M40
(48)	Thomsen, Marc	(76)		52:24,0	219.	17. M40
(399)	Brommer, Michael	(73)		53:06,0	228.	18. M40
(70)	Börm, Michael	(74)		53:57,0	246.	19. M40
(261)	Immelmann, Michael	(72)		54:00,0	249.	20. M40
(249)	Henneke, Marc	(74)	SV Fortuna Bösdorf	54:49,0	263.	21. M40
(728)	Detlefsen, Leif	(72)	Stadtwerke Husum GmbH	56:54,0	295.	22. M40
(357)	Büttner, Bernd	(73)		56:54,0	295.	22. M40
(211)	Stark, Timo	(73)	LG Verges	57:13,0	302.	24. M40
(381)	Krüger, Markus	(74)		1:14:53,0	435.	25. M40
Senioren M45						
(721)	Brandt, Rolf	(67)	SpezPiRgt 164 Nordfriesland	41:00,0	26.	1. M45
(405)	Pleger, Bruno	(71)	Meyner Marathoni	41:22,0	29.	2. M45
(227)	Krüger, Michael	(67)	LG Eider-Sport	41:34,0	30.	3. M45
(13)	Margies, Jörg	(68)	TuRa Remscheid-Süd	42:03,0	36.	4. M45

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10 Km						
(14)	Seidelmann, Andreas	(71)		42:28,0	43.	5. M45
(87)	Brühe, Arendt	(69)		43:17,0	56.	6. M45
(770)	Thomsen, Arne	(70)	Klinikum Nordfriesland Team 1	43:36,0	57.	7. M45
(370)	Gosch, Matthias	(71)	SSV Süderdorf	44:52,0	75.	8. M45
(251)	Stahlberg, Joachim	(68)	TSV Rühren	44:59,0	77.	9. M45
(96)	Peters, Thorsten	(69)	SpezPiRgt 164 Nordfriesland	45:17,0	79.	10. M45
(323)	Müller, Jan	(68)	TSV Mildstedt	45:25,0	82.	11. M45
(94)	Unger, Marco	(68)	SpezPiRgt 164 Nordfriesland	46:15,0	91.	12. M45
(700)	Klink, Andreas	(69)	carebyphone integration GmbH & Co. KG	46:31,0	93.	13. M45
(371)	Möller, Owe	(71)		47:05,0	108.	14. M45
(79)	Albertsen, Sönke	(67)		47:06,0	109.	15. M45
(256)	Dircks, Carsten	(71)	TSV Mildstedt	47:08,0	111.	16. M45
(230)	Lückner, Ralf	(71)	Husumer SV	47:35,0	124.	17. M45
(160)	Jensen, Stefan	(71)		47:47,0	128.	18. M45
(78)	Fuhrbach, Frank	(67)	DAV Darmstadt-Starkenburger	47:51,0	129.	19. M45
(736)	Rasztar, Robert	(67)	Arche unterstütztes Wohnen	48:01,0	131.	20. M45
(373)	Dähne, Oliver	(68)	TECIS AG	48:33,0	138.	21. M45
(345)	Petersen, Frank	(67)	TSV DE Viöl	48:35,0	139.	22. M45
(148)	Binder, Niels-Peter	(70)	Borener SV	48:39,0	141.	23. M45
(406)	Brauker, Lars	(70)	Team Sixpack	49:04,0	150.	24. M45
(107)	Thomsen, Dieter	(68)	Husumer Volksbank eG	49:25,0	159.	25. M45
(301)	Rohde, Rainer	(69)		51:22,0	197.	26. M45
(181)	Schweidler, Rene	(68)		51:32,0	200.	27. M45
(81)	Reiß-Andresen, Thomas	(68)	TSV Lindewitt	52:58,0	226.	28. M45
(184)	Wriedt, Jens	(69)		53:53,0	244.	29. M45
(200)	Röthel, Martin	(69)	Hünning Hurricanes	54:09,0	250.	30. M45
(178)	Petersen, Frank	(69)	TVE Netphen	54:57,0	266.	31. M45
(360)	Jodehl, Andreas	(68)	TSV Rantrum	55:06,0	270.	32. M45
(295)	Wolf, Michael	(69)		55:29,0	271.	33. M45
(231)	Neufert, Martin	(71)		56:07,0	276.	34. M45
(315)	Dietrich, Stefan	(68)		56:57,0	297.	35. M45
(234)	Gehrmann, Klaus	(69)		57:05,0	299.	36. M45

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10 Km						
(727)	Jöns, Jochen	(70)	Stadtwerke Husum GmbH	57:27,0	306.	37. M45
(318)	Trede, Uwe	(69)		57:32,0	307.	38. M45
(43)	Sell, Heiko	(69)	LAV Husum - 10FÜR10	57:54,0	313.	39. M45
(400)	Dietzschold, Frank	(67)		58:09,0	315.	40. M45
(224)	Sonnemann, Andreas	(69)		1:01:03,0	357.	41. M45
(164)	Groeters, Thomas	(67)	SpezPiRgt 164 Nordfriesland	1:01:18,0	360.	42. M45
(335)	Asmussen, Emil	(67)		1:03:43,0	394.	43. M45
(319)	Sieversen, Sven	(70)		1:06:22,0	410.	44. M45
(42)	Schenck, Martin	(70)	LAV Husum - 10FÜR10	1:06:49,0	413.	45. M45
(55)	Jensen, Jochen	(68)		1:14:28,0	434.	46. M45
Senioren M50						
(226)	Stoll, Michael	(64)	Borener SV	38:27,0	9.	1. M50
(77)	Niebergall, Rolf	(64)	SV Enge-Sande	40:08,0	19.	2. M50
(144)	Cibis, André	(63)	LAV Husum	40:22,0	22.	3. M50
(389)	Bukowsky, Jan	(66)	TSV Mildstedt	42:01,0	35.	4. M50
(134)	Beichter, Michael	(62)		42:09,0	38.	5. M50
(207)	Lenz, Thorsten	(64)		42:23,0	41.	6. M50
(745)	Hansen, Klaus Dieter	(65)	CJ Schmidt - Team 1	42:26,0	42.	7. M50
(113)	Sievers, Stephan	(66)	LAV Husum	42:46,0	46.	8. M50
(245)	Knies, Sven	(66)	.	43:41,0	58.	9. M50
(30)	Mohn, Frank	(64)	LaufLok NF	46:02,0	87.	10. M50
(147)	Rudies, Bernd	(63)	Borener SV	46:21,0	92.	11. M50
(341)	Michalski, Bernd	(65)		46:43,0	97.	12. M50
(65)	Jarren, Michael	(63)		47:28,0	121.	13. M50
(95)	Schaffer, Frank	(65)	SpezPiRgt 164 Nordfriesland	47:32,0	123.	14. M50
(751)	Biermann, Bernd	(64)	Hörakustik Veit	47:45,0	126.	15. M50
(258)	Larsen, Jörg	(66)		48:41,0	142.	16. M50
(123)	Dohme, Rolf	(62)	Tanzclub Grün Gold Schleswig	49:15,0	152.	17. M50
(182)	Christiansen, Asmus	(62)	TSV Goldebek	49:17,0	154.	18. M50
(28)	Rohwedder, Rüdiger	(65)	TSV Büsum	49:20,0	158.	19. M50
(270)	Brodersen, Ralf	(65)		49:43,0	166.	20. M50

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10 Km						
(392)	Beilfuß, Arne	(66)	TuS Sythen	49:48,0	167.	21. M50
(98)	Herbel, Volker	(63)	SV Waldhof Mannheim	49:54,0	168.	22. M50
(289)	Lemm, Thomas	(64)	Eckernförder MTV	50:06,0	170.	23. M50
(154)	Kobarg, Detlef	(66)	Koldenbüttel Runners	50:10,0	173.	24. M50
(773)	Zabel, Dirk	(62)	Klinikum Nordfriesland Team 1	50:19,0	177.	25. M50
(46)	Kracht, Jürgen	(63)	Ostroher SC	50:40,0	181.	26. M50
(340)	Jessen, Behrend	(63)	TSV Goldebek	51:04,0	189.	27. M50
(272)	Delfs, Hans-Werner	(63)	TuS Collegia Jübek	51:10,0	191.	28. M50
(313)	Prieß, Frank	(66)		51:13,0	194.	29. M50
(175)	Kulartz, Rolf	(65)		51:28,0	198.	30. M50
(328)	Carstensen, Sönke	(65)		51:55,0	205.	31. M50
(247)	Schütt, Jens	(64)	Sporttreff Sollwitt	52:02,0	208.	32. M50
(61)	Hansen, Jens-Peter	(64)	SZ Arlewatt	52:07,0	209.	33. M50
(299)	Piller, Jens	(66)	Ostroher SC	52:23,0	218.	34. M50
(344)	Knutzen, Jan	(63)	TSV Lindewitt	52:53,0	222.	35. M50
(380)	Wellbrock, Olaf	(64)		53:17,0	231.	36. M50
(363)	Carstensen, Thomas	(64)	SV Enge-Sande	53:21,0	233.	37. M50
(410)	Föh, Heino	(63)		53:34,0	237.	38. M50
(229)	Gosch, Jürgen	(63)	LG Kfz-Service Dau	53:58,0	248.	39. M50
(279)	Zimmermann, Olaf	(66)		54:16,0	254.	40. M50
(189)	Agge, Hermann	(64)	Husumer Volksbank eG	54:58,0	267.	41. M50
(309)	Holtsträter, Dirk	(62)	TuS Uentrop	56:25,0	281.	42. M50
(141)	Roth, Peter	(66)	TV Heppenheim	56:32,0	284.	43. M50
(302)	Schmidt, Reiner	(65)	TSV Goldebek	56:49,0	291.	44. M50
(131)	Hansen, Hans-Matthias	(62)	BW Löwenstedt	1:00:51,0	350.	45. M50
(347)	Clausen, Lorenz	(62)		1:01:01,0	356.	46. M50
(50)	Winkelmann, Stefan	(64)		1:06:34,0	411.	47. M50
Senioren M55						
(203)	Burger, Jürgen	(61)	SV Haslach	39:53,0	16.	1. M55
(771)	Carstens, Peter	(60)	Klinikum Nordfriesland Team 1	42:59,0	50.	2. M55
(382)	Ketels, Olaf	(59)	HaGe Kiel	43:16,0	55.	3. M55

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Startnr.	Name	Jg.	Verein/Ort	Zeit	Ges.-Pl.	AKL-Pl.
10 Km						
(176)	Midwer, Axel	(60)	Ostroher SC	43:56,0	63.	4. M55
(93)	Rönnau, Andreas	(60)	SpezPiRgt 164 Nordfriesland	44:08,0	66.	5. M55
(739)	Lemke, Jens	(58)	Arche unterstütztes Wohnen	45:11,0	78.	6. M55
(252)	Jeutter, Klaus	(61)	TSV Mildstedt	45:28,0	83.	7. M55
(18)	Erichsen, Klaus	(60)		46:44,0	98.	8. M55
(772)	Rachwalik, Marius	(58)	Klinikum Nordfriesland Team 1	47:09,0	113.	9. M55
(166)	Hansen, Holger	(60)	OLG Rostock	47:31,0	122.	10. M55
(278)	Carstens, Walter	(59)	TSV Rantrum	49:19,0	157.	11. M55
(151)	Sauer, Edgar	(57)	LTV Kiel-Ost	49:33,0	163.	12. M55
(711)	Clausen, Holger	(59)	Friseur Kamm In Team II	50:41,0	182.	13. M55
(64)	Weber, Alfred	(57)	TS Göppingen	50:47,0	185.	14. M55
(287)	Baudewig, Franz-Josef	(58)	TSV Hattstedt	51:30,0	199.	15. M55
(161)	Hansen, Dieter	(59)	SV Germania Breklum	51:52,0	204.	16. M55
(195)	Belau, Dirk	(57)		53:01,0	227.	17. M55
(27)	Boe, Wolfgang	(57)	Friseur Kamm In Team I	53:09,0	229.	18. M55
(409)	Mees, Sönke	(59)	www.42,195.de	54:13,0	253.	19. M55
(17)	Behrendt, Ralf	(59)	DLRG Süderlügum	58:21,0	317.	20. M55
(54)	Seils, Andreas	(57)		59:06,0	329.	21. M55
(333)	Lorenzen, Jürgen	(60)		1:00:14,0	344.	22. M55
(41)	Scheil, Jürgen	(57)	LAV Husum - 10FÜR10	1:03:50,0	397.	23. M55
Senioren M60						
(153)	Hillen, Heinz	(55)	LC Haßloch	42:50,0	47.	1. M60
(149)	Petersen, Hans-Thomas	(56)		44:28,0	71.	2. M60
(358)	Roth, Manuel	(56)		47:18,0	116.	3. M60
(268)	Tjarks, Uwe	(55)	Ostroher SC	50:39,0	180.	4. M60
(336)	Büttner, Wolfgang	(52)	Software AG Darmstadt	51:01,0	188.	5. M60
(202)	Diederichsen, Helmut	(56)	Lauftreff Jübek	51:36,0	201.	6. M60
(138)	Kohnke, Peter	(52)		51:50,0	203.	7. M60
(297)	Schiedlatzek, Siegfried	(55)		53:14,0	230.	8. M60
(327)	Brunk, Hansjörg	(55)		56:27,0	282.	9. M60
(140)	Wilde, Rainer	(53)	TSV St. Peter-Ording	57:34,0	309.	10. M60

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Startnr.	Name	Jg.	Verein/Ort	Zeit	Ges.-Pl.	AKL-Pl.
10 Km						
(404)	Trußner, Hans-Werner	(55)	TSV St. Peter-Ording	57:35,0	310.	11. M60
(293)	Rohwer, Horst	(55)	Ostroher SC	58:57,0	326.	12. M60
(244)	Knutzen, Heiko	(54)	LTV Kiel-Ost	1:00:03,0	341.	13. M60
(266)	Dibbern, Dirk	(55)	SV Enge-Sande	1:11:05,0	424.	14. M60
Senioren M65						
(124)	Carstensen, Carsten	(51)	AC Nordfriesland e. V.	48:46,0	144.	1. M65
(257)	Bütow, Eckhard	(51)	TSV Mildstedt	52:14,0	214.	2. M65
(105)	Gottwald, Bernhard	(50)	Husumer Volksbank eG	52:15,0	216.	3. M65
(12)	Harms, Helmut	(51)	1. Flensburger LT	52:35,0	220.	4. M65
(108)	Zastrow, Alfred	(51)	Husumer Volksbank eG	54:33,0	261.	5. M65
(222)	Schröder, Rolf	(48)		57:14,0	303.	6. M65
(264)	Becker, Ulrich	(47)	SG TSV Kronshagen/KTB	1:01:39,0	370.	7. M65
(379)	Rothermund, Wolfgang	(50)		1:06:44,0	412.	8. M65
Senioren M70						
(128)	Michael, Hans-Joachim	(45)	TSV Tinum 66	46:41,0	96.	1. M70
(368)	Harring-Petersen, Heinrich	(44)	TSV Mildstedt	54:56,0	265.	2. M70
(101)	Waterstradt, Olaf	(42)	Rödemisser SV	1:01:30,0	366.	3. M70
Senioren M75						
(146)	Molero-Membrilla, José	(41)	Borener SV	49:27,0	161.	1. M75
(250)	Westphal, Peter	(40)	Möllner SV	50:53,0	187.	2. M75
Senioren M85						
(353)	Matthies, Hans Joachim	(30)		1:16:55,0	437.	1. M85
weibliche Jugend U18						
(254)	Jeutter, Paulina	(99)	TSV Mildstedt	52:11,0	212.	1. WJ
(106)	Peters, Bente	(99)	Husumer Volksbank eG	1:01:49,0	372.	2. WJ
(352)	Pflaeging, Celine	(99)	LAV Husum	1:02:38,0	384.	3. WJ

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10 Km						
<i>weibliche Jugend U20</i>						
(209)	Gröling, Julia	(98)	SV Enge-Sande	43:55,0	62.	1. WJ
(60)	Hansen, Kira	(98)	SZ Arlewatt	48:57,0	146.	2. WJ
(274)	Topf, Finja	(97)	Bredstedter TSV	49:02,0	148.	3. WJ
(109)	Flatterrich, Nele	(97)	Husumer Volksbank eG	51:12,0	193.	4. WJ
(397)	Larsen, Anna	(98)		1:00:47,0	348.	5. WJ
<i>Frauen</i>						
(401)	Jachmann, Natalie	(91)	LG Flensburg	37:21,0	7.	1. W
(343)	Ehlers, Jessika	(96)	LG Zippels Runaways	39:56,0	17.	2. W
(59)	Christiansen, Nina	(88)	SZ Arlewatt	47:14,0	114.	3. W
(165)	Natorp, Mareike-Justyna	(91)	Uni Göttingen	52:09,0	211.	4. W
(337)	Fürst, Carina	(90)	Löwenstedt Fete e.V.	52:14,0	214.	5. W
(725)	Heiber, Kathrin	(90)	Stadtwerke Husum GmbH	52:16,0	217.	6. W
(708)	Stahl, Stefanie	(87)	FTCap GmbH	53:42,0	240.	7. W
(761)	Witt, Julia	(96)	Therapie Schule Nord Team 1	54:11,0	252.	8. W
(114)	Zabel, Ann-Cathrin	(89)		56:11,0	277.	9. W
(769)	Holste, Natascha	(92)	Klinikum Nordfriesland Team 2	56:45,0	289.	10. W
(395)	Feddersen, Sirka	(92)		56:50,0	292.	11. W
(271)	Steffen, Wienke	(93)	Stadtwerke Husum GmbH	57:24,0	305.	12. W
(19)	Wieczorek, Marie	(90)		59:03,0	327.	13. W
(280)	Clausen, Lea	(94)		59:03,0	327.	13. W
(242)	Schulze, Sigrid	(91)		59:08,0	330.	15. W
(339)	Matthiessen, Sina	(92)		59:38,0	336.	16. W
(768)	Carstensen, Inga	(89)	Klinikum Nordfriesland Team 2	59:55,0	340.	17. W
(174)	Zinke, Birga	(87)	1. Flensburger LT	1:00:52,0	351.	18. W
(32)	Philippsen, Inga	(89)		1:01:33,0	368.	19. W
(321)	Unger, Constanze	(91)		1:01:43,0	371.	20. W
(119)	Marxen, Kerrin	(96)		1:02:08,0	375.	21. W
(276)	Rehder, Merle	(92)		1:02:18,0	379.	22. W
(277)	Carstens, Gyde	(93)	TSV Rantrum	1:02:18,0	379.	22. W
(763)	Ludorf, Eicke	(87)	Therapie Schule Nord Team 1	1:02:26,0	381.	24. W

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Startnr.	Name	Jg.	Verein/Ort	Zeit	Ges.-Pl.	AKL-Pl.
10 Km						
(49)	Hinrichsen, Wencke	(92)		1:04:14,0	400.	25. W
(387)	Hansen, Gyde	(96)		1:05:18,0	403.	26. W
(330)	Buhmann, Sarah	(93)		1:05:21,0	404.	27. W
(377)	Petersen, Caliena	(96)		1:05:23,0	405.	28. W
(215)	Jessen-Thiesen, Levke	(89)		1:05:45,0	407.	29. W
(758)	August, Marie	(96)	Therapie Schule Nord Team 2	1:09:06,0	419.	30. W
(757)	Ohmsen, Ronja	(94)	Therapie Schule Nord Team 2	1:09:07,0	420.	31. W
(759)	Fischer, Pia	(93)	Therapie Schule Nord Team 2	1:09:22,0	421.	32. W
(351)	Nowak, Sarah	(94)		1:11:44,0	429.	33. W
(56)	Glashoff, Carina	(89)		1:12:19,0	432.	34. W
Seniorinnen W30						
(403)	Hameister, Katja	(84)	LG Power Schnecken Kiel e.V.	45:42,0	85.	1. W30
(33)	Winter, Kirsten	(85)	TSV Süderlügum	46:54,0	101.	2. W30
(383)	Paulsen, Anna	(82)		51:56,0	206.	3. W30
(356)	Raths, Inga	(82)		54:10,0	251.	4. W30
(236)	Kallmeyer, Sabine	(83)		57:10,0	301.	5. W30
(116)	Renk, Julia	(82)		58:07,0	314.	6. W30
(20)	Paulsen, Manuela	(86)	SSV Helse	1:02:04,0	374.	7. W30
(325)	Petersen, Ulrike	(83)		1:02:10,0	376.	8. W30
(118)	Paulsen, Jasmin	(84)		1:02:15,0	378.	9. W30
(213)	Schuldt, Denise	(82)	LG Verges	1:03:02,0	389.	10. W30
(378)	Küßner, Bettina	(82)		1:05:31,0	406.	11. W30
(37)	Feddersen, Laura	(83)	LAV Husum - 10FÜR10	1:11:33,0	426.	12. W30
Seniorinnen W35						
(7)	Becker, Verena	(77)	SG TSV Kronshagen/KTB	41:52,0	32.	1. W35
(355)	Hansen, Franziska	(80)	STV Sörup	46:35,0	95.	2. W35
(57)	Thomsen, Jessica	(79)	MTV Schwabstedt	49:26,0	160.	3. W35
(408)	Moos, Kathrin	(79)	WDW Burbach	52:54,0	223.	4. W35
(354)	Reimer, Maren	(80)	.	53:39,0	239.	5. W35
(67)	Knüppel, Sandra	(77)	Leidenschaft-ist-Talent.com	54:29,0	259.	6. W35
(212)	Verges, Andrea	(80)	LG Verges	56:52,0	294.	7. W35

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Startnr.	Name	Jg.	Verein/Ort	Zeit	Ges.-Pl.	AKL-Pl.
10 Km						
(15)	Stapela, Helen	(78)		57:07,0	300.	8. W35
(385)	Hoffmann, Christina	(77)		57:33,0	308.	9. W35
(173)	Sierks, Astrid	(79)	SV Germania Breklum	1:00:59,0	355.	10. W35
(115)	Nielsen, Maike	(78)	TSV Goldebek	1:01:28,0	363.	11. W35
(237)	Jannsen, Maria	(77)		1:01:36,0	369.	12. W35
(766)	Levsen, Sandra	(77)	Klinikum Nordfriesland Team 2	1:02:59,0	387.	13. W35
(338)	Müller, Simone	(78)		1:03:00,0	388.	14. W35
(214)	Verges, Daniela	(77)	LG Verges	1:03:11,0	391.	15. W35
(97)	Lorenzen, Ines	(80)		1:03:38,0	393.	16. W35
(312)	Koepfen, Juliane	(78)	TSV St. Peter-Ording	1:03:46,0	395.	17. W35
(296)	Ketels, Annika	(78)	TSV Ostenfeld	1:03:54,0	398.	18. W35
(76)	Döring, Janina	(81)		1:06:08,0	408.	19. W35
(180)	Schultz, Heide	(80)		1:06:17,0	409.	20. W35
(742)	Lawicki, Finja	(80)	CJ Schmidt - Team 2	1:07:04,0	414.	21. W35
(75)	Buthmann, Michaela	(77)		1:18:25,0	440.	22. W35
Seniorinnen W40						
(255)	Dircks, Anja	(74)	TSV Mildstedt	46:48,0	99.	1. W40
(241)	Mallwitz, Kathrin	(73)		52:44,0	221.	2. W40
(129)	Ipsen, Doris	(75)		53:29,0	235.	3. W40
(192)	Greve, Syster	(75)		54:23,0	257.	4. W40
(320)	Jargstorff, Katja	(76)		54:31,0	260.	5. W40
(755)	Dschafarow, Olga	(74)	Therapie Schule Nord Team 2	56:47,0	290.	6. W40
(752)	Holst, Gesche	(72)	Hörakustik Veit	58:41,0	322.	7. W40
(732)	Kohn, Petra	(73)	GEORG C. Hansen	58:56,0	325.	8. W40
(238)	Thiesen, Anja	(73)	LTV Kiel-Ost	1:00:15,0	345.	9. W40
(701)	Brandt, Tina	(75)	carebyphone integration GmbH & Co. KG	1:00:48,0	349.	10. W40
(172)	Jensen, Kirsten	(73)	SV Germania Breklum	1:00:57,0	353.	11. W40
(122)	Fröhlich-Kach, Sinje	(75)	SV Germania Breklum	1:00:58,0	354.	12. W40
(99)	Beeck, Wiebke	(73)	TSV Goldebek	1:01:28,0	363.	13. W40
(730)	Rodewald, Bettina	(74)	GEORG C. Hansen	1:02:11,0	377.	14. W40
(44)	Carstensen, Christine	(75)		1:02:36,0	382.	15. W40

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Startnr.	Name	Jg.	Verein/Ort	Zeit	Ges.-Pl.	AKL-Pl.
10 Km						
(764)	Hinz, Levke	(74)	Therapie Schule Nord Team 1	1:05:00,0	402.	16. W40
(72)	Philippson, Sandra	(74)	TSV St. Peter-Ording	1:23:00,0	441.	17. W40
Seniorinnen W45						
(263)	Stief, Silvana	(70)	Spiridon Schleswig	43:52,0	61.	1. W45
(331)	Goldschmidt, Johanna	(69)	Hamburger Sportclub	44:49,0	74.	2. W45
(198)	Brodersen, Anja	(70)	Bredstedter TSV	49:18,0	155.	3. W45
(35)	Christiansen, Tanja	(70)	LAV Husum - 10FÜR10	50:42,0	183.	4. W45
(303)	Schmidt, Bärbel	(67)	TSV Goldebek	51:13,0	194.	5. W45
(308)	Harder, Dörte	(68)	Fri Ööwingsfloose	51:14,0	196.	6. W45
(103)	Petersen-Richter, Birte	(71)	Husumer Volksbank eG	55:02,0	269.	7. W45
(145)	Cibis-Lange, Yvonne	(69)	LAV Husum	56:17,0	279.	8. W45
(316)	Krüger, Anja	(70)		56:18,0	280.	9. W45
(188)	Schillings, Karin	(70)		56:35,0	286.	10. W45
(714)	Schröder, Sonja	(71)	Friseur Kamm In Team II	57:01,0	298.	11. W45
(346)	Schütze, Dörte	(70)		57:23,0	304.	12. W45
(185)	Drescher, Daniela	(70)	TSV St. Peter-Ording	58:12,0	316.	13. W45
(259)	Larsen, Anja	(67)		58:26,0	320.	14. W45
(39)	Zabel, Sylvia	(68)	LAV Husum - 10FÜR10	59:10,0	331.	15. W45
(286)	Petzke, Annett	(67)	TSV Hattstedt	59:49,0	338.	16. W45
(125)	Gabriel, Kirstin	(71)		59:52,0	339.	17. W45
(82)	Hassenpflug, Astrid	(67)	TSV St. Peter-Ording	1:00:12,0	342.	18. W45
(332)	Lorenzen, Eske	(70)		1:00:13,0	343.	19. W45
(62)	Hansen, Sabine	(67)	SZ Arlewatt	1:01:10,0	358.	20. W45
(317)	Ußner, Gabriele	(71)		1:01:25,0	362.	21. W45
(743)	Fust, Kathrin	(71)	CJ Schmidt - Team 2	1:03:10,0	390.	22. W45
(291)	Speck, Michaela	(67)		1:07:24,0	416.	23. W45
(334)	Kapteina, Susanne	(69)	Radfahrverein 1897 Bischofsheim eV	1:11:38,0	428.	24. W45
(767)	Bußmann, Heike	(67)	Klinikum Nordfriesland Team 2	1:14:53,0	435.	25. W45
Seniorinnen W50						
(253)	Jeutter, Gönna	(64)	TSV Mildstedt	46:32,0	94.	1. W50
(58)	Christiansen, Helga	(63)	SZ Arlewatt	47:19,0	117.	2. W50

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Startnr.	Name	Jg.	Verein/Ort	Zeit	Ges.-Pl.	AKL-Pl.
10 Km						
(171)	Stumme-Petersen, Gesche	(64)		49:41,0	164.	3. W50
(150)	Sauer, Iliane Annette	(64)	LTV Kiel-Ost	50:08,0	172.	4. W50
(86)	Wolenik, Sylvia	(62)	LG Bad Soden/Neuenhain	50:27,0	179.	5. W50
(322)	Unger, Dorit	(63)		53:20,0	232.	6. W50
(735)	Bußmann-Lemke, Dorothee	(63)	Arche unterstütztes Wohnen	53:35,0	238.	7. W50
(715)	Christiansen, Britta	(66)	Friseur Kamm In Team I	53:57,0	246.	8. W50
(168)	Grünberg-Gilgen, Birte	(63)	MTV Leck	54:27,0	258.	9. W50
(265)	Dibbern, Stefanie	(66)	SV Enge-Sande	55:57,0	273.	10. W50
(288)	Schulz, Gundula	(63)	TSV Hattstedt	56:27,0	282.	11. W50
(21)	Watzke, Dörte	(65)	Fri Ööwingsfloose	58:44,0	323.	12. W50
(45)	Eßer-Sladek, Dr. Beata	(66)		59:18,0	333.	13. W50
(36)	Endruschat, Monika	(62)	LAV Husum - 10FÜR10	1:00:30,0	346.	14. W50
(102)	Quint, Elvira	(63)		1:00:33,0	347.	15. W50
(130)	Hansen, Regina	(63)	BW Löwenstedt	1:00:56,0	352.	16. W50
(248)	Ahrens, Dörte	(66)	Sportspaß Hamburg	1:03:24,0	392.	17. W50
(717)	Hennige, Simone	(62)	Friseur Kamm In Team I	1:03:49,0	396.	18. W50
(53)	Strecker, Andrea	(63)	1. Flensburger LT	1:04:59,0	401.	19. W50
(194)	Belau, Doris	(63)		1:09:42,0	422.	20. W50
(243)	Rucha, Anja	(66)		1:10:15,0	423.	21. W50
(718)	Martens-Groth, Birgit	(63)	Friseur Kamm In Team I	1:11:53,0	430.	22. W50
(51)	Winkelmann, Stefanie	(66)		1:14:00,0	433.	23. W50

Seniorinnen W55

(292)	Rohwer, Anke	(58)	Ostroher SC	48:03,0	132.	1. W55
(765)	Hansen, Heide	(60)	Klinikum Nordfriesland Team 2	52:56,0	224.	2. W55
(63)	Schön, Roswitha	(57)	TS Göppingen	54:59,0	268.	3. W55
(22)	Kern, Marion	(59)	TSV St. Peter-Ording	56:44,0	288.	4. W55
(177)	Karberg, Kirsten	(59)		56:51,0	293.	5. W55
(197)	Nielsen, Sieglinde	(57)	T C Langenhorn	59:17,0	332.	6. W55
(221)	Schröder, Annelene	(58)	STV Sörup	1:01:52,0	373.	7. W55
(713)	Boe, Ute	(57)	Friseur Kamm In Team II	1:12:11,0	431.	8. W55

Ergebnisliste 06.08.2016

Startnr.	Name	Jg.	Verein/Ort	Zeit	Ges.-Pl.	AKL-Pl.
10 Km						
Seniorinnen W60						
(120)	Schulze, Monika	(55)	TSV Ladelund	50:17,0	176.	1. W60
(262)	Andresen, Gitta	(56)		55:58,0	274.	2. W60
(85)	Kaiser, Vera	(53)		1:02:40,0	385.	3. W60
Seniorinnen W65						
(132)	Lappert, Evelyn	(50)	TSV St. Peter-Ording	56:41,0	287.	1. W65
Seniorinnen W70						
(225)	Klaus, Hannelore	(43)	Borener SV	58:54,0	324.	1. W70
(167)	Gutbrodt, Dietlinde	(42)	MTV Leck	1:01:23,0	361.	2. W70
Seniorinnen W75						
(298)	Hinz, Annette	(41)	TSV Altenholz	1:02:49,0	386.	1. W75