

| Platz | Name, Vorname                 | Jg | Verein / BSG / Ort           | Zeit        | Männer<br>Ges | Männer AK | Frauen<br>Ges | Frauen AK | Start-<br>Nr. |
|-------|-------------------------------|----|------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 1     | Wichmann, Oliver              | 81 | BSG Kurt Gaden               | 0:35:17,2 h | 1             | M-1       | °             | °         | 704           |
| 2     | Cunha, Ian                    | 77 | Gemeinde Henstedt-Ulzburg/FÜ | 0:37:58,3 h | 2             | M30-1     | °             | °         | 759           |
| 3     | Bruhn, Marc                   | 75 | Henstedt-Ulzburg             | 0:39:09,0 h | 3             | M35-1     | °             | °         | 761           |
| 4     | Müller, Reinhard              | 67 | BSG Tchibo                   | 0:39:23,2 h | 4             | M40-1     | °             | °         | 752           |
| 5     | Seemann, Gunar                | 77 | TuS Holstein Quickborn       | 0:39:29,8 h | 5             | M30-2     | °             | °         | 633           |
| 6     | Sagasser, Mario               | 65 | Team Novomind                | 0:39:56,7 h | 6             | M45-1     | °             | °         | 687           |
| 7     | Klocke, Lennart " Tico-Tico " | 89 | Orlando Pirates              | 0:40:04,7 h | 7             | M-2       | °             | °         | 664           |
| 8     | Hegenbarth, Maximilian        | 93 | Dr. Dörfelt                  | 0:40:31,6 h | 8             | MJB-1     | °             | °         | 732           |
| 9     | Wendel, Jakob                 | 72 | Kaltenkirchner Turnerschaft  | 0:40:31,8 h | 9             | M35-2     | °             | °         | 662           |
| 10    | Wulf, Jan                     | 65 | Henstedt-Ulzburg             | 0:41:20,4 h | 10            | M45-2     | °             | °         | 637           |
| 11    | Breuß, Sascha                 | 84 | Tri Michels Hamburg          | 0:42:07,3 h | 11            | M-3       | °             | °         | 737           |
| 12    | Oehme, Björn                  | 66 | PHARMAZEUTIX Apotheken       | 0:42:11,6 h | 12            | M40-2     | °             | °         | 684           |
| 13    | Schmidt, Torben               | 78 | Alveslohe                    | 0:42:16,9 h | 13            | M30-3     | °             | °         | 676           |
| 14    | Laedtke, Volker               | 63 | Elmshorn                     | 0:43:09,6 h | 14            | M45-3     | °             | °         | 609           |
| 15    | Fiedler, Andreas              | 65 | Henstedt-Ulzburg             | 0:43:17,2 h | 15            | M45-4     | °             | °         | 788           |
| 16    | Erkinbaev, Sanzhabek          | 78 | Gemeinde Henstedt-Ulzburg/FÜ | 0:43:25,4 h | 16            | M30-4     | °             | °         | 755           |
| 17    | Wolters, Peter                | 63 | TuS Holstein Quickborn       | 0:43:47,9 h | 17            | M45-5     | °             | °         | 634           |
| 18    | Croissier, René               | 50 | TuS Holstein Quickborn       | 0:44:10,7 h | 18            | M60-1     | °             | °         | 630           |
| 19    | Vehoff, Olaf                  | 70 | BSG Olympus                  | 0:44:15,5 h | 19            | M40-3     | °             | °         | 701           |
| 20    | Blandow, Anja                 | 77 | Hamburg                      | 0:44:35,8 h | °             | °         | 1             | W30-1     | 815           |
| 21    | Tornow, Sven                  | 69 | Hamburg                      | 0:44:50,1 h | 20            | M40-4     | °             | °         | 624           |
| 22    | Günter, Frank                 | 66 | Kaltenkirchen                | 0:44:53,5 h | 21            | M40-5     | °             | °         | 625           |
| 23    | Hense, Berend                 | 77 | Kaltenkirchen                | 0:44:57,3 h | 22            | M30-5     | °             | °         | 818           |
| 24    | Loosli, Beat                  | 69 | Gemeinde Henstedt-Ulzburg/FÜ | 0:44:58,0 h | 23            | M40-6     | °             | °         | 757           |
| 25    | Willsch, Pascal               | 78 | Lufthansa SV Hamburg         | 0:44:59,6 h | 24            | M30-6     | °             | °         | 659           |
| 26    | Unrau, Rudi                   | 67 | Henstedt-Ulzburg             | 0:45:03,2 h | 25            | M40-7     | °             | °         | 679           |
| 27    | Uphagen, Thomas               | 65 | Neumünster                   | 0:45:09,5 h | 26            | M45-6     | °             | °         | 682           |
| 28    | Czogalla, Rainer              | 77 | SV Friedrichsgabe            | 0:45:40,3 h | 27            | M30-7     | °             | °         | 760           |
| 29    | Bessert, Jan                  | 84 | Frey + Lau                   | 0:46:01,8 h | 28            | M-4       | °             | °         | 667           |
| 30    | Szameitat, Jörg               | 72 | Haspa                        | 0:46:06,0 h | 29            | M35-3     | °             | °         | 711           |
| 31    | Schirdewahn, Mike             | 62 | BSG Roadrunners Norderstedt  | 0:46:09,4 h | 30            | M45-7     | °             | °         | 728           |
| 32    | Kock, Sören                   | 84 | ETV Kiel                     | 0:46:12,9 h | 31            | M-5       | °             | °         | 656           |
| 33    | Bornemann, Eric               | 66 | Frey + Lau                   | 0:46:20,2 h | 32            | M40-8     | °             | °         | 668           |
| 34    | Balcke, Thorsten              | 68 | Henstedt-Ulzburg             | 0:46:27,7 h | 33            | M40-9     | °             | °         | 618           |
| 35    | Tölle, Dirk                   | 66 | Raiffeisenbank eG            | 0:46:32,5 h | 34            | M40-10    | °             | °         | 700           |
| 36    | Saggau, Niels                 | 75 | Familie Saggau               | 0:46:36,8 h | 35            | M35-4     | °             | °         | 673           |
| 37    | Wrage, Jens-Peter             | 65 | Frey + Lau                   | 0:46:39,3 h | 36            | M45-8     | °             | °         | 670           |

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|-------|------------------------|----|------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 38    | Petschke, Franziska    | 93 | Henstedt-Ulzburg             | 0:46:41,5 h | °             | °         | 2             | WJB-1     | 636           |
| 39    | Bohlen, Nicolay        | 79 | Hamburg                      | 0:46:51,3 h | 37            | M30-8     | °             | °         | 725           |
| 40    | Münster, Ulrich        | 60 | Henstedt-Ulzburg             | 0:46:53,1 h | 38            | M50-1     | °             | °         | 655           |
| 41    | Eichhorn, Axel         | 58 | Kaltenkirchen                | 0:47:04,6 h | 39            | M50-2     | °             | °         | 797           |
| 42    | Möhring, Christoph     | 77 | Haspa                        | 0:47:41,4 h | 40            | M30-9     | °             | °         | 773           |
| 43    | Gebauer, Monika        | 68 | Kaltenkirchen                | 0:47:46,1 h | °             | °         | 3             | W40-1     | 774           |
| 44    | Hörmann, Hans-Jürgen   | 54 | Henstedt-Ulzburg             | 0:47:47,7 h | 41            | M55-1     | °             | °         | 782           |
| 45    | Loosen, Patrik         | 73 | Gemeinde Henstedt-Ulzburg/FÜ | 0:48:04,5 h | 42            | M35-5     | °             | °         | 754           |
| 46    | Benhlima, Abdelilah    | 69 | Gemeinde Henstedt-Ulzburg/FÜ | 0:48:05,6 h | 43            | M40-11    | °             | °         | 756           |
| 47    | Scheffler, David       | 97 | Team 2018                    | 0:48:07,2 h | 44            | M13-1     | °             | °         | 747           |
| 48    | Schröder, Ralf         | 63 | SG Wasserratten Norderstedt  | 0:48:07,2 h | 45            | M45-9     | °             | °         | 776           |
| 49    | Petersen, Jonah        | 97 | Henstedt-Ulzburg             | 0:48:08,2 h | 46            | M13-2     | °             | °         | 810           |
| 50    | Fischer, Philipp       | 97 | SVHU 2D Jugend Fußball       | 0:48:08,9 h | 47            | M13-3     | °             | °         | 750           |
| 51    | Ringleb, Steven        | 97 | Team 2018                    | 0:48:09,3 h | 48            | M13-4     | °             | °         | 744           |
| 52    | Hoppe, Holger          | 71 | Henstedt-Ulzburg             | 0:48:12,7 h | 49            | M35-6     | °             | °         | 685           |
| 53    | Gebert, Lars           | 72 | Henstedt-Ulzburg             | 0:48:14,7 h | 50            | M35-7     | °             | °         | 803           |
| 54    | Meyer, Jörg            | 74 | SG Wasserratten Norderstedt  | 0:48:21,3 h | 51            | M35-8     | °             | °         | 690           |
| 55    | Raunick, Reiner        | 59 | Henstedt-Ulzburg             | 0:48:36,8 h | 52            | M50-3     | °             | °         | 626           |
| 56    | Günther, Michael       | 57 | Henstedt-Ulzburg             | 0:48:56,6 h | 53            | M50-4     | °             | °         | 717           |
| 57    | Zimmermann, Birgit     | 73 | PHARMAZEUTIX Apotheken       | 0:48:57,4 h | °             | °         | 4             | W35-1     | 606           |
| 58    | Schröder, Tjark        | 92 | Kisdorf                      | 0:49:07,0 h | 54            | MJA-1     | °             | °         | 780           |
| 59    | Witzke, Manfred        | 61 | TuRa Harksheide              | 0:49:16,7 h | 55            | M45-10    | °             | °         | 622           |
| 60    | Hermann, Matthias      | 63 | Henstedt-Ulzburg             | 0:49:17,3 h | 56            | M45-11    | °             | °         | 802           |
| 61    | Ackermann, Michael     | 68 | Frey + Lau                   | 0:49:26,8 h | 57            | M40-12    | °             | °         | 665           |
| 62    | Fydrich, Thorsten      | 66 | "Die Fydi´s"                 | 0:49:29,2 h | 58            | M40-13    | °             | °         | 612           |
| 63    | Dr. Uschkureit, Thomas | 66 | LG Eppendorf AG              | 0:49:33,3 h | 59            | M40-14    | °             | °         | 769           |
| 64    | Laukat, Tim            | 96 | Henstedt-Ulzburg             | 0:49:34,6 h | 60            | M14-1     | °             | °         | 813           |
| 65    | Helgesson, Jonas       | 95 | SV Henstedt-Ulzburg          | 0:49:36,2 h | 61            | M15-1     | °             | °         | 812           |
| 66    | Schulz, Katja          | 72 | SV Henstedt-Ulzburg          | 0:49:37,0 h | °             | °         | 5             | W35-2     | 785           |
| 67    | Drübert, Nadja         | 82 | TuS Holstein Quickborn       | 0:49:39,3 h | °             | °         | 6             | W-1       | 631           |
| 68    | Zang, Karl             | 59 | SV Henstedt-Ulzburg          | 0:49:53,4 h | 62            | M50-5     | °             | °         | 738           |
| 69    | Weber, Stefan          | 68 | 3b GS Ulzburg                | 0:49:59,4 h | 63            | M40-15    | °             | °         | 805           |
| 70    | Schäfer, Carsten       | 59 | Team Smile                   | 0:50:08,8 h | 64            | M50-6     | °             | °         | 600           |
| 71    | Rügheimer, Benjamin    | 84 | SV HU Tischtennis            | 0:50:10,0 h | 65            | M-6       | °             | °         | 710           |
| 72    | Kurani, Hirendra       | 55 | SVHU / 100 Marathon Club     | 0:50:11,7 h | 66            | M55-2     | °             | °         | 799           |
| 73    | Wandschneider, Dirk    | 63 | Team Endorphin               | 0:50:13,2 h | 67            | M45-12    | °             | °         | 660           |
| 74    | Wasgindt, Frank        | 62 | Gemeinde Henstedt-Ulzburg/FÜ | 0:50:20,4 h | 68            | M45-13    | °             | °         | 753           |

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|-------|--------------------------|----|------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 75    | Behnke, Jutta            | 62 | TuS Holstein Quickborn | 0:50:20,6 h | °             | °         | 7             | W45-1     | 629           |
| 76    | Möhlenbrock, Britta      | 66 | Hamburg                | 0:50:41,7 h | °             | °         | 8             | W40-2     | 721           |
| 77    | Kohls, Roman             | 71 | Neumünster             | 0:50:44,0 h | 69            | M35-9     | °             | °         | 709           |
| 78    | Zang, Joachim            | 52 | Pinneberg              | 0:50:52,2 h | 70            | M55-3     | °             | °         | 689           |
| 79    | Schröder, Karin          | 51 | Henstedt-Ulzburg       | 0:50:56,9 h | °             | °         | 9             | W55-1     | 627           |
| 80    | Ringleb, Thomas          | 73 | Henstedt-Ulzburg       | 0:50:57,1 h | 71            | M35-10    | °             | °         | 740           |
| 81    | Siemers, Jan             | 61 | Henstedt-Ulzburg       | 0:51:01,3 h | 72            | M45-14    | °             | °         | 811           |
| 82    | Disselbach, Rainer       | 52 |                        | 0:51:05,2 h | 73            | M55-4     | °             | °         | 819           |
| 83    | Peters, Knut             | 71 | henstedt-ulzburg       | 0:51:06,5 h | 74            | M35-11    | °             | °         | 796           |
| 84    | Neumann, Mathias         | 70 | SV Henstedt-Ulzburg    | 0:51:07,3 h | 75            | M40-16    | °             | °         | 795           |
| 85    | Rehberg, Norbert         | 56 | Henstedt-Ulzburg       | 0:51:16,3 h | 76            | M50-7     | °             | °         | 716           |
| 86    | Wunsch, Torsten          | 70 | Team 2018              | 0:51:39,0 h | 77            | M40-17    | °             | °         | 742           |
| 87    | Webel, Heiko             | 88 | www.jah-erleben.de     | 0:51:40,2 h | 78            | M-7       | °             | °         | 715           |
| 88    | Eickenrodt, Liv          | 89 | www.jah-erleben.de     | 0:51:41,6 h | °             | °         | 10            | W-2       | 787           |
| 89    | Carstensen, Petra        | 58 | SV Friedrichsgabe      | 0:51:46,7 h | °             | °         | 11            | W50-1     | 647           |
| 90    | Jung-Wohlleben, Dorothee | 67 | TuS Holstein Quickborn | 0:52:46,5 h | °             | °         | 12            | W40-3     | 632           |
| 91    | Christ, Frank            | 66 | Privatperson           | 0:52:51,5 h | 79            | M40-18    | °             | °         | 688           |
| 92    | Hamburg, Knud            | 68 | Norderstedt            | 0:52:57,1 h | 80            | M40-19    | °             | °         | 678           |
| 93    | Dietrich, Torsten        | 64 | TuRa Harksheide        | 0:53:00,4 h | 81            | M45-15    | °             | °         | 642           |
| 94    | Knoefel, Gerhard         | 59 | Haspa                  | 0:53:09,6 h | 82            | M50-8     | °             | °         | 713           |
| 95    | Lohmann, Heiner          | 50 | Philips LG             | 0:53:16,2 h | 83            | M60-2     | °             | °         | 681           |
| 96    | Hoppert, Jens            | 68 | Norderstedt            | 0:53:16,8 h | 84            | M40-20    | °             | °         | 677           |
| 97    | Kronfeldt-David, Horst   | 49 | Norderstedt            | 0:53:17,7 h | 85            | M60-3     | °             | °         | 615           |
| 98    | Borgstädt, Tim           | 53 | 1. SC Norderstedt      | 0:53:19,1 h | 86            | M55-5     | °             | °         | 643           |
| 99    | Förtsch, Reinhard        | 64 | Henstedt-Ulzburg       | 0:53:39,6 h | 87            | M45-16    | °             | °         | 608           |
| 100   | Schoeps, Malte           | 96 | SV HU Handball         | 0:53:41,3 h | 88            | M14-2     | °             | °         | 798           |
| 101   | Riel, Thomas             | 58 | Kisdorf                | 0:53:44,2 h | 89            | M50-9     | °             | °         | 789           |
| 102   | Saager, Thomas           | 63 | Henstedt-Ulzburg       | 0:53:48,4 h | 90            | M45-17    | °             | °         | 778           |
| 103   | Rohlfing, Erik           | 71 | Henstedt-Ulzburg       | 0:53:53,1 h | 91            | M35-12    | °             | °         | 808           |
| 104   | Thies, Kathrin           | 71 | Winsen                 | 0:53:55,0 h | °             | °         | 13            | W35-3     | 658           |
| 105   | Gummert, Wolfgang        | 56 | LT Quickborn-Ellerau   | 0:53:58,5 h | 92            | M50-10    | °             | °         | 604           |
| 106   | Kettler, Jens            | 59 | SV Polizei Hamburg     | 0:54:03,8 h | 93            | M50-11    | °             | °         | 635           |
| 107   | Barenthin, Klaus Dieter  | 42 | LT Quickborn-Ellerau   | 0:54:06,4 h | 94            | M65-1     | °             | °         | 614           |
| 108   | Nordmeier, Michael       | 61 | PHARMAZEUTIX Apotheken | 0:54:23,0 h | 95            | M45-18    | °             | °         | 821           |
| 109   | Uhl, Manfred             | 39 | TSV Prisdorf           | 0:54:31,3 h | 96            | M70-1     | °             | °         | 817           |
| 110   | Heinze, Katharina        | 89 | www.jah-erleben.de     | 0:54:38,1 h | °             | °         | 14            | W-3       | 708           |
| 111   | Lorenzen, Ines           | 59 | Henstedt-Ulzburg       | 0:54:39,6 h | °             | °         | 15            | W50-2     | 645           |

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|-------|-------------------------|----|--------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 112   | Pfützner, Katrin        | 64 | Henstedt-Ulzburg         | 0:54:42,1 h | °             | °         | 16            | W45-2     | 771           |
| 113   | Schütt, Harald          | 92 | TUS Wakendorf-Götzenberg | 0:54:44,7 h | 97            | MJA-2     | °             | °         | 768           |
| 114   | Krogmann, Kai           | 62 | Team Smile               | 0:54:48,0 h | 98            | M45-19    | °             | °         | 651           |
| 115   | Schulze, Stephan        | 64 | SV HU                    | 0:54:51,4 h | 99            | M45-20    | °             | °         | 702           |
| 116   | Westphal, Thomas        | 60 | BSG Hako Trappenkamp     | 0:54:53,0 h | 100           | M50-12    | °             | °         | 696           |
| 117   | Schulze, Sabine         | 64 | SV HU                    | 0:54:53,0 h | °             | °         | 17            | W45-3     | 703           |
| 118   | Lahann, Thomas          | 83 | Kiel                     | 0:54:56,1 h | 101           | M-8       | °             | °         | 793           |
| 119   | Wichert, Georg          | 66 | Team Orchideenweg        | 0:55:03,8 h | 102           | M40-21    | °             | °         | 639           |
| 120   | Goihl, Klaus            | 56 | Team Smile               | 0:55:06,0 h | 103           | M50-13    | °             | °         | 727           |
| 121   | Nordwald, Christa       | 67 | SV HU                    | 0:55:18,1 h | °             | °         | 18            | W40-4     | 652           |
| 122   | Garbe, Birger           | 63 | Henstedt-Ulzburg         | 0:55:19,4 h | 104           | M45-21    | °             | °         | 705           |
| 123   | Saggau, Simone          | 69 | Familie Saggau           | 0:55:27,4 h | °             | °         | 19            | W40-5     | 786           |
| 124   | Friedrich, Lutz         | 66 | Henstedt-Ulzburg         | 0:55:30,2 h | 105           | M40-22    | °             | °         | 790           |
| 125   | Heinze, Ramona          | 84 | Alveslohe                | 0:55:40,9 h | °             | °         | 20            | W-4       | 707           |
| 126   | Foerster, Kay           | 67 | Familie Foerster         | 0:55:46,7 h | 106           | M40-23    | °             | °         | 641           |
| 127   | Steinmetz, Axel         | 67 | BSG Hako Trappenkamp     | 0:55:47,9 h | 107           | M40-24    | °             | °         | 692           |
| 128   | Alsleben, Julia         | 78 | Henstedt-Ulzburg         | 0:55:53,0 h | °             | °         | 21            | W30-2     | 680           |
| 129   | Schichler, Siegfried    | 43 | SV HU                    | 0:55:54,5 h | 108           | M65-2     | °             | °         | 646           |
| 130   | Schulz, Heiner          | 79 | BSG Hako Trappenkamp     | 0:56:00,2 h | 109           | M30-10    | °             | °         | 693           |
| 131   | Nüser, Tobias           | 79 | Wankendorf               | 0:56:00,5 h | 110           | M30-11    | °             | °         | 763           |
| 132   | Lennartz, Tobias        | 72 | Bramstedter TS           | 0:56:01,1 h | 111           | M35-13    | °             | °         | 772           |
| 133   | Dalock, René            | 82 | Henstedt-Ulzburg         | 0:56:03,5 h | 112           | M-9       | °             | °         | 751           |
| 134   | Meyer, Funthomas        | 65 | Team Smile               | 0:56:11,1 h | 113           | M45-22    | °             | °         | 825           |
| 135   | Peter, Kerstin          | 63 | Team Smile               | 0:56:21,1 h | °             | °         | 22            | W45-4     | 807           |
| 136   | Jahn, Dennis            | 80 | SV HU Tischtennis        | 0:56:28,4 h | 114           | M30-12    | °             | °         | 611           |
| 137   | Hoffmann, Peter         | 47 | BSG Hako Trappenkamp     | 0:56:31,9 h | 115           | M60-4     | °             | °         | 695           |
| 138   | Hilkens, Chris          | 73 | Henstedt-Ulzburg         | 0:56:33,6 h | °             | °         | 23            | W35-4     | 801           |
| 139   | Sube, Wolfgang          | 52 | Haspa                    | 0:56:36,6 h | 116           | M55-6     | °             | °         | 712           |
| 140   | Draeger, Thomas         | 70 | Hamburg                  | 0:56:39,1 h | 117           | M40-25    | °             | °         | 762           |
| 141   | Meyer, Andreas          | 68 | Hamburg                  | 0:56:41,4 h | 118           | M40-26    | °             | °         | 765           |
| 142   | Mühlenberg, Leon        | 97 | Team 2018                | 0:56:44,6 h | 119           | M13-5     | °             | °         | 746           |
| 143   | Dr. Dörfelt, Friedemann | 45 | Dr. Dörfelt              | 0:56:52,4 h | 120           | M65-3     | °             | °         | 729           |
| 144   | Westphal, Natalie       | 76 | Dr. Dörfelt              | 0:56:53,0 h | °             | °         | 24            | W30-3     | 733           |
| 145   | Wagner, Kurt            | 42 | Team Smile               | 0:56:55,9 h | 121           | M65-4     | °             | °         | 736           |
| 146   | Kröplin, Klaus          | 41 | Team Smile               | 0:57:11,4 h | 122           | M65-5     | °             | °         | 691           |
| 147   | Teising, Dagmar         | 62 | Team Smile               | 0:57:14,2 h | °             | °         | 25            | W45-5     | 650           |
| 148   | Keßler, Luis            | 97 | Team 2018                | 0:57:15,0 h | 123           | M13-6     | °             | °         | 743           |

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|-------|-------------------------|----|------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 149   | Wollmann, Timo          | 97 | Team 2018                    | 0:57:16,4 h | 124           | M13-7     | °             | °         | 745           |
| 150   | Estrada, Monique        | 77 | Frey + Lau                   | 0:57:21,1 h | °             | °         | 26            | W30-4     | 672           |
| 151   | Adam, Jens              | 76 | Frey + Lau                   | 0:57:21,2 h | 125           | M30-13    | °             | °         | 666           |
| 152   | Wall, Maurice           | 97 | Team 2018                    | 0:58:25,1 h | 126           | M13-8     | °             | °         | 823           |
| 153   | Stoffer, Hanna          | 89 | www.jah-erleben.de           | 0:58:25,7 h | °             | °         | 27            | W-5       | 814           |
| 154   | Gundlack, Uwe           | 77 | Henstedt Ulzburg             | 0:58:26,4 h | 127           | M30-14    | °             | °         | 724           |
| 155   | Pamperin, Anne          | 66 | Norderstedter Zeitung        | 0:58:28,6 h | °             | °         | 28            | W40-6     | 820           |
| 156   | Valder, Claudia         | 77 | Frey + Lau                   | 0:58:32,6 h | °             | °         | 29            | W30-5     | 669           |
| 157   | Müller, Michi           | 74 | BSG Hako Trappenkamp         | 0:58:45,6 h | 128           | M35-14    | °             | °         | 602           |
| 158   | Heinrichsen, Karl-Heinz | 53 | Blau weiß Buchholz           | 0:58:55,0 h | 129           | M55-7     | °             | °         | 674           |
| 159   | Ledesma Couto, Esteban  | 68 | Gemeinde Henstedt-Ulzburg/FÜ | 0:58:56,2 h | 130           | M40-27    | °             | °         | 758           |
| 160   | Tietgen, Hans-Werner    | 52 | Norderstedt                  | 0:59:00,0 h | 131           | M55-8     | °             | °         | 648           |
| 161   | Kämmerling, Werner      | 53 | Team Smile                   | 0:59:04,1 h | 132           | M55-9     | °             | °         | 654           |
| 162   | Elmgren, Doris          | 48 | Hasloh                       | 0:59:10,0 h | °             | °         | 30            | W60-1     | 621           |
| 163   | Barke, Thomas           | 64 | BSG Hamburg Airport          | 0:59:30,8 h | 133           | M45-23    | °             | °         | 822           |
| 164   | Schmüser, Jürgen        | 62 | SV HU                        | 1:00:11,0 h | 134           | M45-24    | °             | °         | 628           |
| 165   | Pütz, Tim               | 97 | Team 2018                    | 1:00:19,7 h | 135           | M13-9     | °             | °         | 749           |
| 166   | Köllen, Thomas          | 62 | SVHU Laufenten               | 1:00:26,2 h | 136           | M45-25    | °             | °         | 718           |
| 167   | Hannemann, Torsten      | 61 | SVHU Laufenten               | 1:00:26,5 h | 137           | M45-26    | °             | °         | 739           |
| 168   | Heise, Sven             | 66 | Henstedt-Ulzburg             | 1:00:27,4 h | 138           | M40-28    | °             | °         | 791           |
| 169   | Etienne, Isabelle       | 67 | SVHU Laufenten               | 1:00:28,2 h | °             | °         | 31            | W40-7     | 623           |
| 170   | Richter, Brigitta       | 64 | SVHU Laufenten               | 1:00:28,6 h | °             | °         | 32            | W45-6     | 777           |
| 171   | Rieger, Ingo            | 59 | Laufenten FCU                | 1:00:29,1 h | 139           | M50-14    | °             | °         | 663           |
| 172   | Hamacher, Marc-Oliver   | 82 | SVHU Laufenten               | 1:00:29,4 h | 140           | M-10      | °             | °         | 770           |
| 173   | Krüner-Marquis, Uwe     | 61 | SVHU Laufenten               | 1:00:29,8 h | 141           | M45-27    | °             | °         | 726           |
| 174   | Blasberg, Gerhard       | 60 | ETSV Fortuna Glückstadt      | 1:00:46,7 h | 142           | M50-15    | °             | °         | 605           |
| 175   | Rauterberg, Sebastian   | 65 | Henstedt-Ulzburg             | 1:00:51,1 h | 143           | M45-28    | °             | °         | 779           |
| 176   | Wohler, Ole             | 92 | SV HU                        | 1:00:51,7 h | 144           | MJA-3     | °             | °         | 644           |
| 177   | Siemers, Vincent        | 92 | Henstedt-Ulzburg             | 1:01:00,6 h | 145           | MJA-4     | °             | °         | 809           |
| 178   | Liedtke, Harald         | 32 | Henstedt-Ulzburg             | 1:01:03,2 h | 146           | M75-1     | °             | °         | 653           |
| 179   | Lunau, Kirsten          | 66 | Mixed Pickles (SVHU)         | 1:01:11,8 h | °             | °         | 33            | W40-8     | 675           |
| 180   | Hamann, Rico            | 92 | Team Smile                   | 1:01:30,3 h | 147           | MJA-5     | °             | °         | 671           |
| 181   | Eilers, Iris            | 67 | Team Smile/Familie Teddy     | 1:01:43,3 h | °             | °         | 34            | W40-9     | 824           |
| 182   | Steenbock, Pascal       | 97 | Team 2018                    | 1:02:09,8 h | 148           | M13-10    | °             | °         | 748           |
| 183   | Hamacher, Manny         | 61 | SVHU Laufenten               | 1:02:16,6 h | 149           | M45-29    | °             | °         | 816           |
| 184   | Groth, Katrin           | 67 | Familie Foerster             | 1:03:04,7 h | °             | °         | 35            | W40-10    | 719           |
| 185   | Brockmann, Matthias     | 72 | Team Orchideenweg            | 1:03:42,2 h | 150           | M35-15    | °             | °         | 804           |

| Platz | Name, Vorname     | Jg | Verein / BSG / Ort     | Zeit        | Männer<br>Ges | Männer AK | Frauen<br>Ges | Frauen AK | Start-<br>Nr. |
|-------|-------------------|----|------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 186   | Meyer, Susanne    | 65 | SV HU                  | 1:04:25,5 h | °             | °         | 36            | W45-7     | 619           |
| 187   | Kollat, Andrea    | 66 | Henstedt-Ulzburg       | 1:04:48,5 h | °             | °         | 37            | W40-11    | 706           |
| 188   | Cebulla, Daniela  | 77 | Henstedt-Ulzburg       | 1:06:41,0 h | °             | °         | 38            | W30-6     | 783           |
| 189   | Schäfer, Liesel   | 59 | Team Smile             | 1:06:50,6 h | °             | °         | 39            | W50-3     | 601           |
| 190   | Schütt, Ulrike    | 81 | TUS Wakendorf-Götzberg | 1:07:39,5 h | °             | °         | 40            | W-6       | 766           |
| 191   | Winter, Annemarie | 48 | Raiffeisenbank eG      | 1:10:54,7 h | °             | °         | 41            | W60-2     | 698           |
| 192   | Kaminski, Marit   | 78 | Henstedt-Ulzburg       | 1:10:55,2 h | °             | °         | 42            | W30-7     | 794           |