

32. Ratzeburger Adventslauf am 27.11.2022

Ergebnisliste MW+AK



| Pl | Snr. | AK | Name | Verein (Wohnort) | Zeit | Zeit | zurück |
|--------------------------------|------|---------|--------------------|----------------------------------|-------|--------------|--------|
| 7,3 km um den KÜchensee | | | | | | | |
| weiblich | | | | | | | |
| 1. | 1614 | 1. W35 | NIENHAUS Carina | Nordlicht Ausdauer-Coaching | 29:06 | 29:04 | |
| 2. | 1688 | 1. W20 | KUCZIENSKY Lisa | SV Großhansdorf | 29:31 | 29:27 | 0:23 |
| 3. | 1728 | 2. W20 | BRÜGGE Nele | Tri-Sport Lübeck | 29:33 | 29:29 | 0:25 |
| 4. | 1600 | 1. W45 | RADßUWEIT Claudia | Lübecker Marathon e.V. | 30:25 | 30:21 | 1:17 |
| 5. | 1297 | 3. W20 | STOCKRAHM Celine | (Lübeck) | 31:39 | 31:37 | 2:33 |
| 6. | 1634 | 1. W50 | STAPUSCH Ariane | PSV Wismar | 32:30 | 32:25 | 3:21 |
| 7. | 1521 | 4. W20 | HUBER Alina | LAC Lübeck | 32:46 | 32:39 | 3:35 |
| 8. | 1739 | 1. W30 | RUBERT Martina | Tri-Sport Lübeck | 33:28 | 33:22 | 4:18 |
| 9. | 1749 | 1. WJ | BUROH Johanna | Triabolos Triathlon Hamburg e.V. | 34:02 | 33:58 | 4:54 |
| 10. | 1204 | 2. W30 | OBERMANN Mareike | (Oststeinbek) | 34:11 | 34:03 | 4:59 |
| 11. | 1618 | 2. W35 | STARKE Wiebke | Ohne Verein | 34:45 | 34:11 | 5:07 |
| 12. | 1211 | 5. W20 | OSTENDORF Marie | (Löningen) | 34:53 | 34:11 | 5:07 |
| 13. | 1428 | 3. W30 | NEUNDÖRFER Rebecca | Böhnlein Sports Bamberg | 34:29 | 34:14 | 5:10 |
| 14. | 1601 | 6. W20 | STIETENROTH Alisa | Lübecker Marathon e.V. | 34:32 | 34:19 | 5:15 |
| 15. | 1597 | 1. WJ | KAESLER Lena | Lübecker Marathon e.V. | 34:33 | 34:19 | 5:15 |
| 16. | 1606 | 7. W20 | ROCKSTROH Berit | Möllner SV | 34:31 | 34:25 | 5:21 |
| 17. | 1055 | 3. W35 | FISCHER Anika | (Ratzeburg) | 34:57 | 34:48 | 5:44 |
| 18. | 1670 | 1. W40 | GUST Katharina | Spiridon Club Bad Oldesloe | 35:21 | 35:12 | 6:08 |
| 19. | 1732 | 8. W20 | NÖLDEKE Constanze | Tri-Sport Lübeck | 35:22 | 35:16 | 6:12 |
| 20. | 1503 | 1. W60 | SEIDEL Martina | Intense Training | 35:28 | 35:22 | 6:18 |
| 21. | 1419 | 4. W30 | VON LIERES Sonja | Bodymed Fitness Fun Team | 35:47 | 35:38 | 6:34 |
| 22. | 1413 | 9. W20 | SCHROEDER | Bodymed Fitness Fun Team | 35:47 | 35:40 | 6:36 |
| 23. | 1086 | 10. W20 | HARDER Darlene | (Wentorf) | 35:53 | 35:41 | 6:37 |
| 24. | 1199 | 5. W30 | NORECK Swantje | (Dümmer) | 35:46 | 35:43 | 6:39 |
| 25. | 1074 | 1. W55 | GÖRNER Karen | (Dümmer) | 35:46 | 35:44 | 6:40 |
| 26. | 1577 | 2. WJ | WEYLAND Freya | LG Ratzeburg | 35:56 | 35:51 | 6:47 |
| 27. | 1714 | 6. W30 | OFFERMANN Lara | Team Zoot Europe | 36:55 | 36:14 | 7:10 |
| 28. | 1137 | 3. WJ | KOBER Anna-Maria | (Lübeck) | 36:39 | 36:16 | 7:12 |
| 29. | 1076 | 2. WJ | GROMODKA Kaja | (Fehmarn) | 36:58 | 36:44 | 7:40 |
| 30. | 1570 | 4. WJ | OVERBECK Jette | LG Ratzeburg | 36:57 | 36:50 | 7:46 |
| 31. | 1729 | 11. W20 | GARLING Franziska | Tri-Sport Lübeck | 37:10 | 36:57 | 7:53 |
| 32. | 1764 | 2. W45 | KRÖGER Doreen | TSV Gudow | 37:30 | 37:10 | 8:06 |
| 33. | 1572 | 7. W30 | SCHMIDT Larissa | LG Ratzeburg | 37:21 | 37:14 | 8:10 |
| 34. | 1717 | 2. W50 | BALCKE Isabel | TH Eilbeck | 37:46 | 37:18 | 8:14 |
| 35. | 1223 | 3. W45 | PRIBBERNOW Tamara | (Mölln) | 38:03 | 37:26 | 8:22 |
| 36. | 1276 | 3. W50 | SCHUMACHER Andrea | (Mölln) | 37:47 | 37:32 | 8:28 |
| 37. | 1029 | 4. W35 | BUNZ Mareike | (Ratzeburg) | 37:53 | 37:34 | 8:30 |
| 38. | 1043 | 5. W35 | DOMKE Lucia | (Ratzeburg) | 37:57 | 37:41 | 8:37 |
| 39. | 1108 | 8. W30 | HOMP Kati | (Mustin) | 38:24 | 37:53 | 8:49 |
| 40. | 1257 | 12. W20 | SCHLIMME Jule | (Lübeck) | 38:38 | 37:56 | 8:52 |
| 41. | 1595 | 6. W35 | DÜRKOP Anika | Lübecker Marathon e.V. | 38:33 | 38:17 | 9:13 |
| 42. | 1110 | 7. W35 | HUANG Angela | (Lübeck) | 38:43 | 38:20 | 9:16 |
| 43. | 1373 | 13. W20 | PASSAU Merle | Bäcker Andresen | 38:59 | 38:26 | 9:22 |
| 44. | 1377 | 2. W55 | STEER Andrea | Blau-Weiß Buchholz | 39:01 | 38:30 | 9:26 |
| 45. | 1694 | 2. W60 | WILHELM Jutta | SV Großhansdorf | 38:55 | 38:47 | 9:43 |
| 46. | 1760 | 2. W40 | ELSENBACH Kim | TSV Bargtheide Tri | 39:26 | 38:54 | 9:50 |
| 47. | 1352 | 14. W20 | MEINCKE Marcela | #dieMeinckes | 39:30 | 38:57 | 9:53 |
| 48. | 1923 | 9. W30 | HASSELMANN Insea | (Hamburg) | 39:24 | 38:58 | 9:54 |

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| Pl | Snr. | AK | Name | Verein (Wohnort) | Zeit | Zeit | zurück |
|-----|------|---------|----------------------|----------------------------------|-------|--------------|--------|
| 49. | 2097 | 15. W20 | RINKE Sarah | (Hamburg) | 39:25 | 38:59 | 9:55 |
| 50. | 1113 | 4. W50 | INSELMANN Silke | (Schwarzenbek) | 39:16 | 39:04 | 10:00 |
| 51. | 1436 | 16. W20 | SCHOBERT Julia | Bundespolizeiabteilung Ratzeburg | 39:47 | 39:10 | 10:06 |
| 52. | 1120 | 3. WJ | JUNG Anna-Maria | (Kiel) | 39:24 | 39:14 | 10:10 |
| 53. | 1022 | 3. W40 | BRAUN Jasmin | (Ahrensburg) | 39:36 | 39:15 | 10:11 |
| 54. | 1063 | 4. W45 | GAUF Carmen | (Ahrensburg) | 39:42 | 39:20 | 10:16 |
| 55. | 1290 | 10. W30 | SKROTZKI Maybrit | (Bäk) | 39:32 | 39:24 | 10:20 |
| 56. | 1106 | 11. W30 | HOFMANN Sarah Lena | (Ratzeburg) | 39:54 | 39:27 | 10:23 |
| 57. | 1567 | 5. WJ | LANGHANS Freya | LG Ratzeburg | 39:37 | 39:35 | 10:31 |
| 58. | 1127 | 4. W40 | KEMPCKE Magdalena | (Lübeck) | 40:02 | 39:36 | 10:32 |
| 59. | 1733 | 5. W45 | REUSCH Daniela | Tri-Sport Lübeck | 40:02 | 39:36 | 10:32 |
| 60. | 1544 | 5. W40 | MOLDENHAUER Sandra | Laufgruppe Wieselflink | 39:53 | 39:40 | 10:36 |
| 61. | 1484 | 5. W50 | BUCHHOLZ Claudia | Fünf-Seen-Laufgruppe | 40:13 | 39:48 | 10:44 |
| 62. | 1092 | 8. W35 | HERZMANN Kristie | (Ratzeburg) | 40:36 | 40:07 | 11:03 |
| 63. | 1789 | 6. W50 | LEHMANN Christina | VfL Börnsen | 40:31 | 40:12 | 11:08 |
| 64. | 1662 | 12. W30 | SCHEUNEMANN Svenja | SG Sparkasse Holstein | 40:48 | 40:14 | 11:10 |
| 65. | 2611 | 6. W40 | MARQUARDT Charlotte | Marquardt Running | 40:45 | 40:23 | 11:19 |
| 66. | 1039 | 6. W45 | DE RUIJTER Susanne | (Lübeck) | 40:32 | 40:28 | 11:24 |
| 67. | 1639 | 1. W65 | BOHSTEDT Angelika | Ratzeburger SV | 40:54 | 40:31 | 11:27 |
| 68. | 1579 | 6. WJ | WICHMANN Lara | LG Ratzeburg | 40:42 | 40:34 | 11:30 |
| 69. | 1495 | 3. W55 | SCHOLZ-SIEGMUND | Happy Feet Itzehoe | 40:45 | 40:35 | 11:31 |
| 70. | 1182 | 7. W50 | MEIXNER Carmen | (Brunstorf) | 41:05 | 40:37 | 11:33 |
| 71. | 1608 | 7. W45 | ROCKSTROH Nina | Möllner SV | 40:47 | 40:40 | 11:36 |
| 72. | 1275 | 8. W45 | SCHULZE Sibylle | (Bad Oldesloe) | 40:53 | 40:41 | 11:37 |
| 73. | 1767 | 4. W55 | SCHULZE DUDA Andrea | TSV Pellworm | 40:57 | 40:45 | 11:41 |
| 74. | 1409 | 8. W50 | REDMANN Kerstin | Bodymed Fitness Fun Team | 41:24 | 40:47 | 11:43 |
| 75. | 1523 | 17. W20 | BRAUNSCHWEIG Doris | Lake Runners Schwerin | 41:24 | 40:53 | 11:49 |
| 76. | 1522 | 13. W30 | PROHASKA Marie-Luise | Lake Runners | 41:24 | 40:53 | 11:49 |
| 77. | 1654 | 7. WJ | GILLMEISTER Jordis | run-4-fun | 41:15 | 40:58 | 11:54 |
| 78. | 1254 | 14. W30 | SCHILLOKS Bettina | (Sahms) | 41:35 | 41:00 | 11:56 |
| 79. | 1685 | 9. W50 | ZIEHE Sandra | Sport-Club Itzehoe | 41:23 | 41:07 | 12:03 |
| 80. | 1017 | 9. W35 | BÖHME Franziska | (Lüneburg) | 41:24 | 41:08 | 12:04 |
| 81. | 1105 | 7. W40 | HOFFMANN Emely Jane | (Reinfeld) | 41:38 | 41:11 | 12:07 |
| 82. | 1560 | 5. W55 | WEBER Ute | LET'S RUN Bremen | 41:25 | 41:13 | 12:09 |
| 83. | 1687 | 10. W50 | GEBAUER Iren | SV Großhansdorf | 41:30 | 41:21 | 12:17 |
| 84. | 1378 | 4. WJ | WETZEL Ronja | Blau-Weiß Buchholz | 41:48 | 41:32 | 12:28 |
| 85. | 1548 | 11. W50 | WILM Kathrin | Laufftreff Alsterlauf e.V. | 41:46 | 41:34 | 12:30 |
| 86. | 1222 | 12. W50 | PREHN Anja | (Lübeck) | 41:59 | 41:36 | 12:32 |
| 87. | 1390 | 15. W30 | EHLERT Julia | Bodymed Fitness Fun Team | 42:17 | 41:36 | 12:32 |
| 88. | 1021 | 13. W50 | BRAUER Jeanette | (Schönberg) | 41:56 | 41:38 | 12:34 |
| 89. | 1480 | 16. W30 | SEIFERT Laura | Fit & Friends | 41:58 | 41:43 | 12:39 |
| 90. | 1632 | 10. W35 | MOHR Elisa | Preetzer TG | 41:57 | 41:46 | 12:42 |
| 91. | 1588 | 3. W60 | ANIOL Regina | Lübeck | 42:01 | 41:52 | 12:48 |
| 92. | 1307 | 18. W20 | TÖGEL Stephanie | (Basedow) | 42:34 | 41:53 | 12:49 |
| 93. | 1049 | 6. W55 | ERMLING Carmen | (Delingsdorf) | 42:14 | 41:54 | 12:50 |
| 94. | 1374 | 7. W55 | SCHNEIDER Jana | Balance Schwerin e.V | 42:19 | 41:57 | 12:53 |
| 95. | 1479 | 8. W40 | SHELLBERG-SAß | Fit & Friends | 42:18 | 42:04 | 13:00 |
| 96. | 1596 | 14. W50 | HUNDT Birthe | Lübecker Marathon e.V. | 42:19 | 42:08 | 13:04 |
| 97. | 1623 | 8. W55 | BERNER Sari | OstseeRunner | 42:24 | 42:10 | 13:06 |
| 98. | 1576 | 9. W55 | WELBERS Anke | LG Ratzeburg | 42:24 | 42:13 | 13:09 |
| 99. | 1126 | 10. W55 | KAYSER Elke | (Lübeck) | 42:35 | 42:18 | 13:14 |

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| Pl | Snr. | AK | Name | Verein (Wohnort) | Zeit | Zeit | zurück |
|------|------|---------|---------------------|--------------------------------|-------|--------------|--------|
| 100. | 1644 | 15. W50 | DEUTZER Birgit | RSO Eutin | 42:39 | 42:18 | 13:14 |
| 101. | 1012 | 2. W65 | BERINGER Elke | (Bad Oldesloe) | 42:36 | 42:24 | 13:20 |
| 102. | 1031 | 4. W60 | BUROW Beate | (Fehmarn) | 42:52 | 42:39 | 13:35 |
| 103. | 1414 | 19. W20 | SCHWARZENBERG | Bodymed Fitness Fun Team | 43:04 | 42:43 | 13:39 |
| 104. | 1636 | 11. W55 | WILKE Grit | Ratzeburger Kanu Club | 43:12 | 42:47 | 13:43 |
| 105. | 1354 | 1. W70 | BARTELS Gudrun | AG Hamburg West | 43:18 | 42:54 | 13:50 |
| 106. | 1132 | 11. W35 | KLINNERT-MATUSZEWS | (Mölln) | 43:01 | 42:54 | 13:50 |
| 107. | 1162 | 9. W40 | LÜDTKE Dana | (Hamburg) | 43:19 | 43:09 | 14:05 |
| 108. | 1648 | 9. W45 | HERMESDORF Bianca | RSV | 43:31 | 43:21 | 14:17 |
| 109. | 1213 | 10. W40 | PAWLOWSKA Tina | (Lübeck) | 43:28 | 43:21 | 14:17 |
| 110. | 1057 | 12. W35 | FÖLSCH Julia | (Lübeck) | 43:31 | 43:25 | 14:21 |
| 111. | 1097 | 16. W50 | HINRICHS Kirsten | (Lübeck) | 43:44 | 43:31 | 14:27 |
| 112. | 1666 | 17. W50 | FARLAZIK Andrea | Spiridon Club Bad Oldesloe | 43:42 | 43:32 | 14:28 |
| 113. | 1371 | 20. W20 | RÖSLER Anna Lisa | ATSV Stockelsdorf | 43:45 | 43:33 | 14:29 |
| 114. | 1184 | 21. W20 | MERZ Merle | (20359 Hamburg) | 44:19 | 43:47 | 14:43 |
| 115. | 1265 | 5. W60 | SCHRADE Sabine | (Stepenitztal OT Hanstorf) | 44:05 | 43:51 | 14:47 |
| 116. | 1774 | 10. W45 | REISER Cindy | TSV Winsen Luhe | 44:11 | 43:53 | 14:49 |
| 117. | 1155 | 11. W45 | LEIPERT Stefanie | (Wesenberg) | 44:05 | 43:55 | 14:51 |
| 118. | 1193 | 12. W45 | MÜNCHOW Antje | (Ratzeburg) | 44:31 | 43:56 | 14:52 |
| 119. | 1549 | 13. W45 | STEINER Anja | Lauffreff Lübeck | 44:39 | 44:05 | 15:01 |
| 120. | 1370 | 3. W65 | PETERSEN Christiane | ATSV Stockelsdorf | 44:19 | 44:05 | 15:01 |
| 121. | 1068 | 13. W35 | GERLACH Juliane | (Lübeck) | 44:56 | 44:22 | 15:18 |
| 122. | 1048 | 14. W35 | ERDMANN Greta | (Krummesse) | 44:59 | 44:23 | 15:19 |
| 123. | 1529 | 18. W50 | GRABBERT Manuela | Laufen in Lübeck | 44:46 | 44:25 | 15:21 |
| 124. | 1041 | 22. W20 | DEUMELAND Marie | (Kiel) | 45:27 | 44:40 | 15:36 |
| 125. | 1366 | 12. W55 | LAU Anke | ATSV Stockelsdorf | 44:59 | 44:44 | 15:40 |
| 126. | 1459 | 14. W45 | OHSENBRÜGGE Bianca | Cathys Training | 45:22 | 44:46 | 15:42 |
| 127. | 1678 | 19. W50 | SELLMER Maren | Spiridon Club Bad Oldesloe | 44:56 | 44:46 | 15:42 |
| 128. | 1051 | 15. W35 | FALK Susanne | (Ratzeburg) | 45:21 | 45:01 | 15:57 |
| 129. | 1158 | 23. W20 | LOHMANN Luise | (Lübeck) | 45:22 | 45:04 | 16:00 |
| 130. | 1780 | 8. WJ | KLOEHN Lisbeth | TuS Felde | 45:21 | 45:05 | 16:01 |
| 131. | 1386 | 17. W30 | DÄHN Franz | Bodymed Fitness Fun Team | 45:58 | 45:10 | 16:06 |
| 132. | 1657 | 9. WJ | CHEREK Mara | SG Hamburg West | 45:48 | 45:12 | 16:08 |
| 133. | 1723 | 11. W40 | CONZELMANN Maria | THK Rissen | 45:41 | 45:17 | 16:13 |
| 134. | 1462 | 13. W55 | ZIEMER Heike | Cathys Training | 45:43 | 45:23 | 16:19 |
| 135. | 1227 | 18. W30 | PULST Philine-Luise | (Hamburg) | 45:51 | 45:27 | 16:23 |
| 136. | 1446 | 20. W50 | LÖTSCH Katja | Carl-Jacob-Burckhardt-Gymnasiu | 45:45 | 45:29 | 16:25 |
| 137. | 1581 | 10. WJ | BURDINSKI Helen | LG Ratzeburg Sportprofil | 45:38 | 45:30 | 16:26 |
| 138. | 1781 | 24. W20 | KLOEHN Mette | TuS Felde | 45:48 | 45:30 | 16:26 |
| 139. | 1756 | 14. W55 | ASSMUS Susanne | TriSport Schwerin | 46:08 | 45:30 | 16:26 |
| 140. | 1005 | 21. W50 | ARRONET Nina | (Trittau) | 46:17 | 45:31 | 16:27 |
| 141. | 1188 | 6. W60 | MÖLLER Sabine | (Hamburg) | 46:14 | 45:35 | 16:31 |
| 142. | 1194 | 25. W20 | NEUMANN Julia | (Münster) | 46:19 | 45:37 | 16:33 |
| 143. | 1746 | 12. W40 | KLAR Sabrina | Tri-Sport Schwerin | 46:15 | 45:37 | 16:33 |
| 144. | 1196 | 15. W55 | NEUMANN Sabine | (Wentorf) | 46:20 | 45:38 | 16:34 |
| 145. | 2326 | 13. W40 | FIEDERMANN Inga | Bodymed Fitness Fun Team | 46:09 | 45:39 | 16:35 |
| 146. | 1006 | 19. W30 | AWISZUS Tanja | (Hamburg) | 46:20 | 45:39 | 16:35 |
| 147. | 1449 | 26. W20 | REIMER Kristin | Carl-Jacob-Burckhardt-Gymnasiu | 46:02 | 45:40 | 16:36 |
| 148. | 1736 | 7. W60 | ROGGE Brigitte | Tri-Sport Lübeck | 46:09 | 45:43 | 16:39 |
| 149. | 1262 | 16. W35 | SCHNEIDER Annika | (Niebüll) | 46:25 | 45:51 | 16:47 |
| 150. | 1141 | 17. W35 | KOLBE Isa | (Lübeck) | 46:37 | 46:00 | 16:56 |

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| Pl | Snr. | AK | Name | Verein (Wohnort) | Zeit | Zeit | zurück |
|------|------|---------|----------------------|-------------------------------|-------|--------------|--------|
| 151. | 1283 | 15. W45 | SIEMERS Ulrike | (Hamburg) | 46:28 | 46:02 | 16:58 |
| 152. | 1023 | 14. W40 | BRINGMANN-MARQUERI | (Schmilau) | 46:56 | 46:06 | 17:02 |
| 153. | 1172 | 18. W35 | MARKGRAF Mareike | (Hamburg) | 46:26 | 46:18 | 17:14 |
| 154. | 1157 | 22. W50 | LOHMANN Katrin | (Lübeck) | 46:40 | 46:22 | 17:18 |
| 155. | 1427 | 2. W70 | WÜSTHOF Gabi | Bodymed Fitness Fun Team | 46:51 | 46:23 | 17:19 |
| 156. | 1133 | 19. W35 | KLITZSCHMÜLLER | (Mölln) | 46:44 | 46:25 | 17:21 |
| 157. | 1323 | 20. W30 | WITTING Jasmin | (Hamburg) | 47:06 | 46:26 | 17:22 |
| 158. | 1612 | 21. W30 | JAACKS Steffi | Bodymed Fitness Fun Team | 47:08 | 46:26 | 17:22 |
| 159. | 1423 | 20. W35 | WILDGRUBE Beate | Bodymed Fitness Fun Team | 47:07 | 46:27 | 17:23 |
| 160. | 1628 | 16. W55 | KANNAPIN Sigrid | Polizeisportverein HH | 47:08 | 46:36 | 17:32 |
| 161. | 1167 | 27. W20 | LUTTKUS Camila | (Kronshagen) | 46:46 | 46:36 | 17:32 |
| 162. | 1348 | 15. W40 | MARQUARDT Dorett | # Das (S)Lauf ABC | 47:03 | 46:45 | 17:41 |
| 163. | 1010 | 21. W35 | BARRE Saskia | (Düchelsdorf) | 47:05 | 46:45 | 17:41 |
| 164. | 1343 | 16. W45 | JACOBS Beate | # Das (S)Lauf ABC | 47:04 | 46:46 | 17:42 |
| 165. | 1349 | 22. W35 | SCHACHTSCHNEIDER | # Das (S)Lauf ABC | 47:04 | 46:46 | 17:42 |
| 166. | 1082 | 23. W50 | HAGEN Wiebke | (Hamburg) | 47:32 | 46:46 | 17:42 |
| 167. | 1161 | 16. W40 | LÜDEMANN Martina | (Groß Grönau) | 47:14 | 46:46 | 17:42 |
| 168. | 1345 | 17. W40 | JUNG Doreen | # Das (S)Lauf ABC | 47:04 | 46:46 | 17:42 |
| 169. | 1347 | 22. W30 | LIEWEKE Corinna | # Das (S)Lauf ABC | 47:04 | 46:47 | 17:43 |
| 170. | 1011 | 18. W40 | BELLING Jeanette | (Salzhausen) | 47:18 | 46:49 | 17:45 |
| 171. | 1730 | 17. W55 | GIESENBERG Christina | Tri-Sport Lübeck | 47:18 | 46:52 | 17:48 |
| 172. | 1432 | 18. W55 | FINNERN Liane | BSG DZ HYP | 47:46 | 46:59 | 17:55 |
| 173. | 1515 | 19. W55 | BERGMANN Bärbel | Kastorfer Sportverein e.V. | 47:22 | 47:02 | 17:58 |
| 174. | 1100 | 24. W50 | HINZ Karin | (Hamburg) | 47:05 | 47:05 | 18:01 |
| 175. | 1322 | 19. W40 | WITT Nora | (Seevetal) | 47:40 | 47:06 | 18:02 |
| 176. | 1788 | 8. W60 | HEUPEL Andrea | Vega Sprinter Hennesee | 47:35 | 47:09 | 18:05 |
| 177. | 1397 | 25. W50 | KLINGER Christel | Bodymed Fitness Fun Team | 47:48 | 47:15 | 18:11 |
| 178. | 1367 | 28. W20 | LITERSKI Sandra | ATSV Stockelsdorf | 47:29 | 47:15 | 18:11 |
| 179. | 1372 | 9. W60 | RÖSLER Maggie | ATSV Stockelsdorf | 47:34 | 47:19 | 18:15 |
| 180. | 1473 | 20. W55 | MUXFELDT Anette | Düvelsbrook Dynamics Lüneburg | 47:46 | 47:20 | 18:16 |
| 181. | 1153 | 20. W40 | LANG Julia | (Lübeck) | 47:44 | 47:25 | 18:21 |
| 182. | 1243 | 10. W60 | SALCHOW Petra | (Tessin) | 48:01 | 47:27 | 18:23 |
| 183. | 1391 | 23. W35 | GOLISCH Anja | Bodymed Fitness Fun Team | 48:15 | 47:27 | 18:23 |
| 184. | 1625 | 21. W55 | VOß Sabine | OstseeRunner | 47:42 | 47:27 | 18:23 |
| 185. | 1380 | 17. W45 | BAYLER Elke | Bodymed Fitness Fun Team | 48:15 | 47:28 | 18:24 |
| 186. | 1412 | 26. W50 | SCHRÖDER Birgit | Bodymed Fitness Fun Team | 48:15 | 47:29 | 18:25 |
| 187. | 1793 | 22. W55 | MAUSE Sabine | Walddörfer SV | 48:18 | 47:40 | 18:36 |
| 188. | 1281 | 23. W55 | SELLE Karin | (Lübeck) | 48:02 | 47:41 | 18:37 |
| 189. | 1259 | 24. W55 | SCHMIDT Meike | (Hamburg) | 48:32 | 47:47 | 18:43 |
| 190. | 1310 | 23. W30 | VELTRUP Kristina | (Hamburg) | 48:34 | 47:48 | 18:44 |
| 191. | 1481 | 24. W30 | PAWLOWS Lisa | Flensforellen Lübeck | 48:23 | 47:50 | 18:46 |
| 192. | 1261 | 18. W45 | SCHMIDT Susanne | (Kronshagen) | 48:10 | 48:01 | 18:57 |
| 193. | 1494 | 19. W45 | BENSELER Nora | Happy Feet Itzehoe | 48:16 | 48:05 | 19:01 |
| 194. | 1119 | 27. W50 | JENNRICH Bianca | (Lübeck) | 48:29 | 48:08 | 19:04 |
| 195. | 1607 | 5. WJ | ROCKSTROH Hilke Anna | Möllner SV | 48:19 | 48:11 | 19:07 |
| 196. | 1546 | 24. W35 | TOBIS Stefanie | Laufgruppe Wieselflink | 48:32 | 48:20 | 19:16 |
| 197. | 1008 | 21. W40 | BABAIEVA Svitlana | (Hamburg) | 48:58 | 48:22 | 19:18 |
| 198. | 1291 | 29. W20 | SOYK Karoline | (Schleswig) | 49:10 | 48:33 | 19:29 |
| 199. | 1416 | 22. W40 | SPETHMANN-TONN | Bodymed Fitness Fun Team | 49:15 | 48:34 | 19:30 |
| 200. | 1305 | 25. W55 | TOFELDE Tamara | (Sahms) | 49:06 | 48:38 | 19:34 |
| 201. | 1659 | 20. W45 | KÖPKE Katja | SG Haspa | 49:25 | 48:41 | 19:37 |

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| Pl | Snr. | AK | Name | Verein (Wohnort) | Zeit | Zeit | zurück |
|------|------|---------|--------------------|--------------------------------|-------|--------------|--------|
| 202. | 1365 | 28. W50 | BAUR Ute | ATSV Stockelsdorf | 49:44 | 49:05 | 20:01 |
| 203. | 1421 | 30. W20 | WEINITSCHKE Leni | Bodymed Fitness Fun Team | 49:50 | 49:11 | 20:07 |
| 204. | 1151 | 23. W40 | KUPFFER Yvonne | (Groß Grönau) | 49:40 | 49:12 | 20:08 |
| 205. | 1189 | 24. W40 | MONAKHOVA Daria | (Lübeck) | 49:35 | 49:12 | 20:08 |
| 206. | 1016 | 21. W45 | BLANK Michaela | (Stockelsdorf) | 49:52 | 49:14 | 20:10 |
| 207. | 1331 | 25. W30 | ZABEL Jenny | (Mustin) | 49:49 | 49:17 | 20:13 |
| 208. | 1174 | 25. W35 | MARTIN Nadine | (Mustin) | 49:49 | 49:17 | 20:13 |
| 209. | 1722 | 22. W45 | MIROSLAWA Mirka | TH Eilbeck | 50:00 | 49:17 | 20:13 |
| 210. | 1368 | 29. W50 | MALASSA-PORR Meike | ATSV Stockelsdorf | 49:32 | 49:18 | 20:14 |
| 211. | 1263 | 26. W30 | SCHNEIDER Stefanie | (Schleswig) | 49:53 | 49:18 | 20:14 |
| 212. | 1369 | 26. W55 | MÜNCHENBERGER | ATSV Stockelsdorf | 50:07 | 49:28 | 20:24 |
| 213. | 1321 | 26. W35 | WILKE Franziska | (Berlin) | 50:07 | 49:42 | 20:38 |
| 214. | 1273 | 27. W30 | SCHULZ Ann-Kathrin | (Lübeck) | 50:18 | 49:43 | 20:39 |
| 215. | 1064 | 25. W40 | GAWEHNS Sandra | (Borstorf) | 50:20 | 49:43 | 20:39 |
| 216. | 2095 | 30. W50 | RIEGER Ilka | (Ratzeburg) | 49:57 | 49:45 | 20:41 |
| 217. | 1589 | 11. WJ | CZERWONKA Chiara | Lübeck | 50:33 | 49:48 | 20:44 |
| 218. | 1333 | 28. W30 | ZIEGLER Julika | (Luebeck) | 50:32 | 49:49 | 20:45 |
| 219. | 1070 | 31. W20 | GLATZNER Lilith | (Lübeck) | 50:32 | 49:50 | 20:46 |
| 220. | 1183 | 32. W20 | MEIXNER Patricia | (Dassendorf) | 50:24 | 49:56 | 20:52 |
| 221. | 1202 | 23. W45 | NUXOLL Daniela | (Hamburg) | 50:25 | 49:56 | 20:52 |
| 222. | 1326 | 26. W40 | WOLTER Saskia | (Hamburg) | 50:26 | 49:57 | 20:53 |
| 223. | 1040 | 29. W30 | DENZCYK Elisa | (Ratzeburg) | 50:46 | 50:12 | 21:08 |
| 224. | 1668 | 31. W50 | HANTUSCH Thekla | Spiridon Club Bad Oldesloe | 50:19 | 50:13 | 21:09 |
| 225. | 1673 | 27. W55 | PÜTTJER Anke | Spiridon Club Bad Oldesloe | 50:19 | 50:14 | 21:10 |
| 226. | 1303 | 27. W35 | THIELERT Jana | (Hamburg) | 50:46 | 50:16 | 21:12 |
| 227. | 1112 | 28. W55 | IDEL Silke | (Bad Oldesloe) | 50:21 | 50:21 | 21:17 |
| 228. | 1317 | 27. W40 | WENDT Johanna | (Uelzen) | 50:51 | 50:23 | 21:19 |
| 229. | 1757 | 32. W50 | PRAGA Jasmin | TSG Bergedorf | 51:11 | 50:40 | 21:36 |
| 230. | 1705 | 33. W50 | UNGER Kathrin | Team ERDINGER Alkoholfrei | 51:31 | 50:58 | 21:54 |
| 231. | 1502 | 11. W60 | DAUSKARDT Petra | Ingenieurbüro Gebhard Abel | 51:48 | 51:02 | 21:58 |
| 232. | 1047 | 4. W65 | EGGERS Silke | (Rendsburg) | 51:53 | 51:15 | 22:11 |
| 233. | 1399 | 12. WJ | KÖHLER Alina | Bodymed Fitness Fun Team | 52:02 | 51:35 | 22:31 |
| 234. | 1402 | 13. WJ | PAELOW Lilly | Bodymed Fitness Fun Team | 52:02 | 51:35 | 22:31 |
| 235. | 1220 | 12. W60 | PORWIK Kerstin | (Hamburg) | 52:15 | 51:47 | 22:43 |
| 236. | 1260 | 28. W40 | SCHMIDT Romena | (Bäk) | 52:27 | 51:51 | 22:47 |
| 237. | 1288 | 28. W35 | SIMANN Astrid | (Ratzeburg) | 52:27 | 51:51 | 22:47 |
| 238. | 1707 | 29. W55 | BAKAUTZKI Petra | Team Travemünde | 52:42 | 52:23 | 23:19 |
| 239. | 1708 | 33. W20 | ENGLER Annika | Team Travemünde | 52:42 | 52:23 | 23:19 |
| 240. | 1498 | 24. W45 | GOSSE Kerstin | Happy Runners | 53:30 | 52:44 | 23:40 |
| 241. | 1496 | 30. W55 | ABRAHAM Petra | Happy Runners | 53:30 | 52:44 | 23:40 |
| 242. | 1499 | 25. W45 | RINAS Sandra | Happy Runners | 53:30 | 52:45 | 23:41 |
| 243. | 1562 | 14. WJ | BOCKHOP Freia | LG Ratzeburg | 53:03 | 52:55 | 23:51 |
| 244. | 1475 | 29. W40 | IVERSEN Antje | ESV Büchen e.V. | 54:10 | 53:29 | 24:25 |
| 245. | 1638 | 34. W50 | WEYLAND Beate | Ratzeburger Ruderclub | 53:57 | 53:35 | 24:31 |
| 246. | 1240 | 26. W45 | ROSS Tanja | (Hamburg) | 54:08 | 53:39 | 24:35 |
| 247. | 1658 | 27. W45 | SENGER-CHEREK | SG Hamburg West | 54:15 | 53:39 | 24:35 |
| 248. | 1477 | 30. W40 | KASNITZ Farina | Fit & Friends | 53:57 | 53:41 | 24:37 |
| 249. | 1362 | 13. W60 | KÖNIG Monika | AMTV Hamburg | 54:33 | 53:45 | 24:41 |
| 250. | 1186 | 34. W20 | MEYERS Maria | (Wuppertal) | 54:38 | 53:53 | 24:49 |
| 251. | 1103 | 35. W20 | HOBBOLD Anna Maria | (Hamburg) | 54:38 | 53:53 | 24:49 |
| 252. | 1440 | 15. WJ | BECKER Ina | Carl-Jacob-Burckhardt-Gymnasiu | 54:29 | 54:15 | 25:11 |

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| Pl | Snr. | AK | Name | Verein (Wohnort) | Zeit | Zeit | zurück |
|------|------|---------|----------------------|---------------------------|---------|----------------|--------|
| 253. | 1294 | 29. W35 | STARK Eva | (Hamburg) | 54:55 | 54:29 | 25:25 |
| 254. | 1034 | 14. W60 | CARSTEN Birgitta | (Hoisdorf) | 55:03 | 54:29 | 25:25 |
| 255. | 1505 | 35. W50 | BUTZKOPFSKY-SCHRÖD | IP Customs Solutions | 55:18 | 54:36 | 25:32 |
| 256. | 1532 | 28. W45 | MAHNKE Katja | Lauffeuer Buntekuh | 55:15 | 54:39 | 25:35 |
| 257. | 1084 | 5. W65 | HAMANN Frauke | (Hamburg) | 55:31 | 55:00 | 25:56 |
| 258. | 1420 | 29. W45 | WAGNER Melanie | Bodymed Fitness Fun Team | 56:04 | 55:15 | 26:11 |
| 259. | 1165 | 30. W30 | LUSGA Galina | (Hamburg) | 55:29 | 55:17 | 26:13 |
| 260. | 1591 | 30. W45 | ROSE Angelika | Lübeck | 56:19 | 55:35 | 26:31 |
| 261. | 1037 | 36. W20 | DAMRAU Kim Kristin | (Schönberg) | 56:31 | 55:50 | 26:46 |
| 262. | 1038 | 37. W20 | DAMRAU Lena Sophie | (Schönberg) | 56:31 | 55:52 | 26:48 |
| 263. | 1269 | 31. W40 | SCHRÖDER Annette | (Rellingen) | 57:57 | 57:26 | 28:22 |
| 264. | 1468 | 15. W60 | MEYER-SCHILL Annette | Die Mitläufer | 58:11 | 57:46 | 28:42 |
| 265. | 1513 | 32. W40 | MEYER Stefanie | just4fun | 58:10 | 57:46 | 28:42 |
| 266. | 1528 | 36. W50 | WARTHOLD Rachida | Laufen in Bad Segeberg | 58:42 | 58:13 | 29:09 |
| 267. | 1525 | 31. W55 | KRASKI Bianca | Laufen in Bad Segeberg | 58:42 | 58:13 | 29:09 |
| 268. | 1107 | 31. W30 | HOLST Henrike | (Lübeck) | 1:03:54 | 1:03:17 | 34:13 |
| 269. | 1033 | 33. W40 | BUSCH-TILGE Claudia | (Lübeck) | 1:03:54 | 1:03:17 | 34:13 |
| 270. | 1123 | 30. W35 | KADEN Astrid | (Lübeck) | 1:03:54 | 1:03:18 | 34:14 |
| 271. | 1061 | 34. W40 | GARTMANN Sonja | (Ziethen) | 1:03:59 | 1:03:27 | 34:23 |
| 272. | 1772 | 3. W70 | DONDER Inger | TSV Trittau | 1:05:13 | 1:05:00 | 35:56 |
| 273. | 1701 | 31. W45 | MÜLLER-REINERT Ilona | Team ERDINGER Alkoholfrei | 1:35:02 | 1:34:16 | 65:12 |
| 274. | 1700 | 37. W50 | KRAU Doris | Team ERDINGER Alkoholfrei | 1:35:04 | 1:34:18 | 65:14 |
| | 1226 | W30 | PRIEß Melanie | (Bad Oldesloe) | | DNF | |

männlich

| | | | | | | | |
|-----|------|--------|---------------------|----------------------------|-------|--------------|------|
| 1. | 1695 | 1. MJ | GOLECKI Jarle | SV Rethwisch | 24:12 | 24:11 | |
| 2. | 1682 | 1. M50 | MOLERO-EICHWEIN | Spiridon Schleswig | 24:39 | 24:38 | 0:27 |
| 3. | 1552 | 2. MJ | GILLER Julius | LBV Phönix Lübeck | 25:27 | 25:25 | 1:14 |
| 4. | 1759 | 1. M20 | BÖGER Sina | TSV Bargtheide Tri | 25:47 | 25:46 | 1:35 |
| 5. | 1364 | 2. M20 | WEBER Morten | ATS Buntentor Bremen | 26:01 | 26:00 | 1:49 |
| 6. | 1672 | 3. M20 | MOHAMMAD ABDULAH | Spiridon Club Bad Oldesloe | 27:34 | 27:31 | 3:20 |
| 7. | 1429 | 1. M30 | ZUNKER Flemming | Breitenfelder SV | 27:49 | 27:47 | 3:36 |
| 8. | 1568 | 3. MJ | MEIßNER Serge | LG Ratzeburg | 28:07 | 28:05 | 3:54 |
| 9. | 1740 | 4. MJ | SCHAPER Julius | Tri-Sport Lübeck | 28:24 | 28:21 | 4:10 |
| 10. | 1198 | 2. M30 | NORECK Marcus | (Dümmen) | 28:29 | 28:27 | 4:16 |
| 11. | 1554 | 1. M45 | WENDT Mario | LBV Phönix Lübeck | 28:33 | 28:29 | 4:18 |
| 12. | 1258 | 4. M20 | SCHMIDT Maurice | (Lübeck) | 28:37 | 28:30 | 4:19 |
| 13. | 1725 | 5. M20 | SCHMIDT Daniel | Tischlerei Patrick Schmidt | 28:39 | 28:37 | 4:26 |
| 14. | 1633 | 1. MJ | PFAFF Luis Nicolas | PSV Eutin | 28:50 | 28:42 | 4:31 |
| 15. | 1738 | 6. M20 | RÖMER Nils | Tri-Sport Lübeck | 28:47 | 28:44 | 4:33 |
| 16. | 1045 | 3. M30 | DUNST Max | (Lübeck) | 28:58 | 28:56 | 4:45 |
| 17. | 1753 | 1. M40 | SCHULZE Sven | Trias Bad Schwartau | 29:00 | 28:57 | 4:46 |
| 18. | 1408 | 7. M20 | PROLINGHEUER Lorenz | Bodymed Fitness Fun Team | 29:13 | 29:11 | 5:00 |
| 19. | 1741 | 2. M40 | SCHAPER Mathias | Tri-Sport Lübeck | 29:21 | 29:18 | 5:07 |
| 20. | 1691 | 2. M50 | RADTKE Holger | SV Großhansdorf | 29:28 | 29:22 | 5:11 |
| 21. | 1791 | 4. M30 | KIRSCHTOWSKI Jan | VfL Oldesloe | 29:29 | 29:25 | 5:14 |
| 22. | 1550 | 5. MJ | SCHEUMANN Theo Wolf | Laufftreff-Sachsenwald | 29:42 | 29:37 | 5:26 |
| 23. | 1206 | 8. M20 | OHLENDORF | (Reinfeld) | 29:45 | 29:39 | 5:28 |
| 24. | 1777 | 3. M40 | EHLERS Benjamin | Turnerbund Hamburg Eilbeck | 29:54 | 29:52 | 5:41 |
| 25. | 1609 | 3. M50 | ROCKSTROH Roland | Möllner SV | 30:03 | 30:00 | 5:49 |
| 26. | 1751 | 9. M20 | LUCHT Jan-Patrick | Trias Bad Schwartau | 30:07 | 30:05 | 5:54 |
| 27. | 1339 | 5. M30 | MATERLIK Yoram | - | 30:19 | 30:16 | 6:05 |

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| Pl | Snr. | AK | Name | Verein (Wohnort) | Zeit | Zeit | zurück |
|-----|------|---------|-----------------------|-------------------------------|-------|--------------|--------|
| 28. | 1690 | 4. M40 | MOYA Angel | SV Großshansdorf | 30:34 | 30:30 | 6:19 |
| 29. | 1079 | 4. M50 | GRUNDMANN Jörg | (Lübeck) | 30:38 | 30:34 | 6:23 |
| 30. | 1089 | 1. M35 | HEINRICH Mattias Paul | (Groß Sarau) | 30:44 | 30:36 | 6:25 |
| 31. | 1656 | 1. M55 | KUPPER Frank | SG Buxtehude-Alt Kloster | 30:50 | 30:49 | 6:38 |
| 32. | 1551 | 2. M35 | DÄHRING Leif | LBV Phönix Lübeck | 30:54 | 30:52 | 6:41 |
| 33. | 1085 | 5. M40 | HANNO Lars | (Herrnburg) | 31:08 | 31:03 | 6:52 |
| 34. | 1192 | 5. M50 | MÜLLER Stefan | (Berlin) | 31:13 | 31:12 | 7:01 |
| 35. | 2398 | 2. M55 | STARK Stefan | Düvelsbrook Dynamics Lüneburg | 31:44 | 31:33 | 7:22 |
| 36. | 1392 | 10. M20 | GÜNTHER Daniel | Bodymed Fitness Fun Team | 31:41 | 31:37 | 7:26 |
| 37. | 2449 | 3. M35 | KURI Abdalrman | Hannover 96 | 31:50 | 31:41 | 7:30 |
| 38. | 1136 | 11. M20 | KNEITZ Valentin | (Lübeck) | 32:01 | 31:52 | 7:41 |
| 39. | 1232 | 12. M20 | REDER Frederik | (Wuppertal) | 32:14 | 31:53 | 7:42 |
| 40. | 1669 | 6. M40 | HARDT Fabian | Spiridon Club Bad Oldesloe | 32:08 | 32:05 | 7:54 |
| 41. | 1575 | 13. M20 | ULRICH Vincent | LG Ratzeburg | 32:20 | 32:06 | 7:55 |
| 42. | 2031 | 7. M40 | MATT Olaf | (Lüneburg) | 32:18 | 32:07 | 7:56 |
| 43. | 1358 | 1. M60 | PLAMBECK Lutz | Airbus SG | 32:18 | 32:14 | 8:03 |
| 44. | 1210 | 14. M20 | OSCHINSKY Konstantin | (Hamburg) | 32:20 | 32:17 | 8:06 |
| 45. | 1744 | 8. M40 | WARNKE Stephan | Tri-Sport Lübeck | 32:26 | 32:21 | 8:10 |
| 46. | 1135 | 9. M40 | KLUßMEYER Sven | (Lübeck) | 32:34 | 32:28 | 8:17 |
| 47. | 1769 | 2. M60 | QUETSCH Franz | TSV Plön Boxing | 32:32 | 32:29 | 8:18 |
| 48. | 1215 | 10. M40 | PFEIFFER Torben | (Ratzeburg) | 32:33 | 32:29 | 8:18 |
| 49. | 1768 | 2. M45 | KÖHNKE Jesko | TSV Plön Boxing | 32:34 | 32:31 | 8:20 |
| 50. | 1799 | 15. M20 | KOHNE Jari | Wüstung Deistorf | 32:50 | 32:42 | 8:31 |
| 51. | 2766 | 3. M45 | WIEDENHOFER Andre | Team Zoot Europe | 33:15 | 32:52 | 8:41 |
| 52. | 1755 | 4. M35 | JANZYK Stephan | TriMichels Hamburg | 33:08 | 32:54 | 8:43 |
| 53. | 1208 | 5. M35 | OLEKSIAK Matthias | (Berlin) | 33:06 | 32:56 | 8:45 |
| 54. | 1065 | 16. M20 | GAYDOS Timon | (Wuppertal) | 33:18 | 32:57 | 8:46 |
| 55. | 1334 | 6. M50 | ZIEHMANN Gunnar | (Ratzeburg) | 33:15 | 33:11 | 9:00 |
| 56. | 1564 | 6. MJ | GERRIT Pries | LG Ratzeburg | 33:16 | 33:14 | 9:03 |
| 57. | 1007 | 7. MJ | BABAIEV Artem | (Hamburg) | 34:20 | 33:26 | 9:15 |
| 58. | 1763 | 11. M40 | KAMP - DUBSLAFF | TSV Gudow | 33:35 | 33:28 | 9:17 |
| 59. | 1150 | 17. M20 | KUHN Marcel | (Lübeck) | 34:09 | 33:30 | 9:19 |
| 60. | 1071 | 4. M45 | GLINZ Martin | (Lübeck) | 33:37 | 33:32 | 9:21 |
| 61. | 1737 | 18. M20 | ROHDEN Jannis | Tri-Sport Lübeck | 33:39 | 33:33 | 9:22 |
| 62. | 1138 | 7. M50 | KOBER Michael | (Lübeck) | 34:05 | 33:55 | 9:44 |
| 63. | 1030 | 6. M35 | BURMESTER Manuel | (Hamburg) | 34:10 | 34:05 | 9:54 |
| 64. | 1635 | 5. M45 | BORNHÖFT David | Raketen Bornis | 34:07 | 34:05 | 9:54 |
| 65. | 1036 | 8. MJ | CLAUß Lasse | (Lübeck) | 34:20 | 34:09 | 9:58 |
| 66. | 1073 | 3. M55 | GÖRNER Gernot | (Dümmer) | 34:20 | 34:18 | 10:07 |
| 67. | 1406 | 12. M40 | PLAMBECK Lars | Bodymed Fitness Fun Team | 34:26 | 34:20 | 10:09 |
| 68. | 2909 | 9. MJ | NEUMANN Till | LG Ratzeburg | 34:28 | 34:26 | 10:15 |
| 69. | 1304 | 13. M40 | TIEDGEN Matthias | (Lübeck) | 34:34 | 34:27 | 10:16 |
| 70. | 1745 | 8. M50 | KLAR Andreas | Tri-Sport Schwerin | 34:39 | 34:28 | 10:17 |
| 71. | 1267 | 19. M20 | SCHREIBER Mark | (Lübeck) | 34:42 | 34:30 | 10:19 |
| 72. | 1131 | 4. M55 | KLINKMANN Dirk | (Groß Grönau) | 34:38 | 34:33 | 10:22 |
| 73. | 1747 | 6. M45 | STRIPP Maik | Tri-Sport Schwerin | 34:42 | 34:34 | 10:23 |
| 74. | 1387 | 5. M55 | DAUMANN Uwe | Bodymed Fitness Fun Team | 34:50 | 34:42 | 10:31 |
| 75. | 1593 | 1. M65 | ANIOL Hans-Peter | Lübeck Runner | 34:44 | 34:43 | 10:32 |
| 76. | 1245 | 20. M20 | SCHAARSCHMIDT | (Ratzeburg) | 34:59 | 34:47 | 10:36 |
| 77. | 1430 | 7. M45 | STEINFELD Marco | BSG Dataport | 34:58 | 34:53 | 10:42 |
| 78. | 1458 | 14. M40 | BREDE Mark | Cathys Training | 35:03 | 34:54 | 10:43 |

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|------|------|---------|------------------------|--------------------------------|-------|--------------|--------|
| 79. | 1320 | 15. M40 | WILK Michael | (Hamburg) | 35:20 | 34:54 | 10:43 |
| 80. | 1556 | 3. M60 | MOHR Uwe | LC RON-HILL Berlin | 35:00 | 34:58 | 10:47 |
| 81. | 1743 | 21. M20 | STENGER Roland | Tri-Sport Lübeck | 35:11 | 35:06 | 10:55 |
| 82. | 1681 | 9. M50 | TANK-FARLAZIK Thorsten | Spiridon Club Bad Oldesloe | 35:27 | 35:22 | 11:11 |
| 83. | 1376 | 10. M50 | SCHLADITZ Sascha | Bergmänner Ratzeburg | 35:42 | 35:28 | 11:17 |
| 84. | 1124 | 16. M40 | KAMISCHKE Mike | (Ziethen) | 35:57 | 35:37 | 11:26 |
| 85. | 1584 | 4. M60 | TILSE Björn | LG Uni Lübeck | 35:48 | 35:40 | 11:29 |
| 86. | 1766 | 6. M30 | SCHERP Tim | TSV Gudow | 35:49 | 35:42 | 11:31 |
| 87. | 1149 | 11. M50 | KRÜGER Sven | (Lübeck) | 35:47 | 35:43 | 11:32 |
| 88. | 1439 | 10. MJ | BATCHADJI Aaron | Carl-Jacob-Burckhardt-Gymnasiu | 35:55 | 35:44 | 11:33 |
| 89. | 1233 | 7. M30 | REHBERG Paul | (Kiel) | 36:02 | 35:44 | 11:33 |
| 90. | 1604 | 17. M40 | KÖNIG Sascha | Lübscher Lauftreff | 36:24 | 35:57 | 11:46 |
| 91. | 1299 | 22. M20 | STROHKIRCH Lars | (Lübeck) | 36:29 | 36:00 | 11:49 |
| 92. | 1219 | 12. M50 | PLEIK Christian | (Sterley) | 36:20 | 36:08 | 11:57 |
| 93. | 1488 | 7. M35 | BARTMANN Peter | gePFOBt - Never change a | 36:27 | 36:10 | 11:59 |
| 94. | 1520 | 18. M40 | PILARSKI Philipp | KSV Krummesse | 36:29 | 36:14 | 12:03 |
| 95. | 1284 | 8. M35 | SIEMSEN Michael | (Trittau) | 36:28 | 36:15 | 12:04 |
| 96. | 1543 | 8. M45 | MOLDENHAUER Kai | Laufgruppe Wieselflink | 36:45 | 36:31 | 12:20 |
| 97. | 1125 | 19. M40 | KAMISCHKE Sven | (Ratzeburg) | 36:58 | 36:39 | 12:28 |
| 98. | 1537 | 9. M35 | SCHEPSMEIER Peter | Laufgemeinschaft Varl & Barl | 37:14 | 36:39 | 12:28 |
| 99. | 1214 | 20. M40 | PETER Stefan | (Hamburg) | 36:55 | 36:48 | 12:37 |
| 100. | 1398 | 5. M60 | KÖCHER Dietrich | Bodymed Fitness Fun Team | 36:55 | 36:49 | 12:38 |
| 101. | 1582 | 11. MJ | MONAIM Siar | LG Ratzeburg Sportprofil | 36:54 | 36:52 | 12:41 |
| 102. | 1578 | 12. MJ | WICHMANN Kalle | LG Ratzeburg | 36:54 | 36:52 | 12:41 |
| 103. | 1217 | 23. M20 | PITZKE Felix | (Güster) | 37:11 | 36:56 | 12:45 |
| 104. | 1566 | 13. MJ | KAehler Jonas | LG Ratzeburg | 36:59 | 36:56 | 12:45 |
| 105. | 1228 | 24. M20 | RAFALCZYK Victor | (Wuppertal) | 37:18 | 36:56 | 12:45 |
| 106. | 1647 | 6. M55 | SCHWARZ-PRIEGNITZ | RST Lübeck | 37:30 | 37:03 | 12:52 |
| 107. | 1143 | 25. M20 | KÖLLISCH Lucas | (Lübeck) | 37:48 | 37:07 | 12:56 |
| 108. | 1640 | 8. M30 | HOFMANN Finn | Ratzeburger SV | 37:41 | 37:12 | 13:01 |
| 109. | 1185 | 9. M30 | MESSNER Tobias | (Groß Grönau) | 37:48 | 37:13 | 13:02 |
| 110. | 1574 | 14. MJ | STEINHAGEM Felix | LG Ratzeburg | 37:16 | 37:14 | 13:03 |
| 111. | 1580 | 26. M20 | WOLF Piet | LG Ratzeburg | 37:18 | 37:15 | 13:04 |
| 112. | 1145 | 9. M45 | KOSAN Marco | (Pinneberg) | 37:36 | 37:18 | 13:07 |
| 113. | 1680 | 6. M60 | STRELOW Roland | Spiridon Club Bad Oldesloe | 37:24 | 37:19 | 13:08 |
| 114. | 1445 | 15. MJ | KNABE Nils | Carl-Jacob-Burckhardt-Gymnasiu | 37:35 | 37:23 | 13:12 |
| 115. | 1709 | 7. M55 | MÜTZE Stefan | Team Vitamin | 37:35 | 37:26 | 13:15 |
| 116. | 1164 | 21. M40 | LÜRMANN Steffen | (Lotte) | 37:52 | 37:28 | 13:17 |
| 117. | 1277 | 8. M55 | SCHUMACHER Marius | (Mölln) | 37:47 | 37:33 | 13:22 |
| 118. | 1677 | 7. M60 | SCHOP Udo | Spiridon Club Bad Oldesloe | 37:51 | 37:33 | 13:22 |
| 119. | 1140 | 22. M40 | KOCH Sebastian | (Ratzeburg) | 38:11 | 37:33 | 13:22 |
| 120. | 1716 | 9. M55 | BALCKE Andreas | TH Eilbeck | 38:13 | 37:39 | 13:28 |
| 121. | 1660 | 10. M55 | PATEK Tasso | SG Schlagsdorf | 37:53 | 37:42 | 13:31 |
| 122. | 1212 | 23. M40 | PAUL Andre | (Ratzeburg) | 38:02 | 37:44 | 13:33 |
| 123. | 1758 | 11. M55 | REHAGE Olaf | TSG Bergedorf | 37:52 | 37:45 | 13:34 |
| 124. | 1296 | 2. M65 | STENDER Uwe | (Ratzeburg) | 37:56 | 37:49 | 13:38 |
| 125. | 1053 | 24. M40 | FEIX Christian | (Wismar) | 38:11 | 37:54 | 13:43 |
| 126. | 1156 | 25. M40 | LELLMANN Jan | (Lübeck) | 38:28 | 37:55 | 13:44 |
| 127. | 1324 | 13. M50 | WLADASCH Markus | (Niebüll) | 38:23 | 38:02 | 13:51 |
| 128. | 1160 | 10. M45 | LUCHT Tino | (Ratzeburg) | 38:15 | 38:05 | 13:54 |
| 129. | 1482 | 1. M70 | CZIRPKA Reinhard | Fuenf-Seen-LG Schwerin | 38:36 | 38:12 | 14:01 |

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| Pl | Snr. | AK | Name | Verein (Wohnort) | Zeit | Zeit | zurück |
|------|------|---------|---------------------|--------------------------------|-------|--------------|--------|
| 130. | 1272 | 10. M30 | SCHULDT Roman | (Berlin) | 38:22 | 38:21 | 14:10 |
| 131. | 1389 | 14. M50 | DRIGALLA Maik | Bodymed Fitness Fun Team | 38:30 | 38:22 | 14:11 |
| 132. | 1643 | 3. M65 | SCHARF Michael | Ratzeburger SV | 38:46 | 38:22 | 14:11 |
| 133. | 1004 | 11. M30 | ARDIGÒ Antonio | (Groß Grönau) | 38:43 | 38:33 | 14:22 |
| 134. | 1433 | 10. M35 | LÜBKE Sebastian | Bundespolizei | 39:09 | 38:35 | 14:24 |
| 135. | 2154 | 8. M60 | STOLLE Andreas | (Hamburg) | 38:40 | 38:35 | 14:24 |
| 136. | 1665 | 26. M40 | EHLERT Mark | Spiridon Club Bad Oldesloe | 38:40 | 38:37 | 14:26 |
| 137. | 1508 | 12. M55 | KRÖHNKE Andreas | IP Customs Solutions | 39:21 | 38:37 | 14:26 |
| 138. | 1547 | 11. M45 | WÄTKE Jens | Laufgruppe Wieselflink | 38:59 | 38:45 | 14:34 |
| 139. | 1602 | 9. M60 | DOSE Michael | Lübecker SC | 38:53 | 38:45 | 14:34 |
| 140. | 1782 | 10. M60 | ERDTMANN Knut | TuS Hohnstorf | 38:56 | 38:48 | 14:37 |
| 141. | 1431 | 13. M55 | GÜNNEWIG Frank | BSG Drägerwerk - Rudern | 39:11 | 38:57 | 14:46 |
| 142. | 1524 | 11. M60 | FISCHER Hans-Werner | Laufen in Bad Segeberg | 39:19 | 38:58 | 14:47 |
| 143. | 1726 | 2. MJ | SCHMIDT Janek | Tischlerei Patrick Schmidt | 39:01 | 38:59 | 14:48 |
| 144. | 1191 | 27. M20 | MÜLLER Oliver | (Lüneburg) | 39:36 | 39:01 | 14:50 |
| 145. | 1487 | 1. M80 | RAUPACH Jürgen | Fünf-Seen-Laufverein Schwerin | 39:11 | 39:07 | 14:56 |
| 146. | 1752 | 12. M60 | LUCHT Joachim | Trias Bad Schwartau | 39:20 | 39:13 | 15:02 |
| 147. | 1693 | 4. M65 | TELTHOERSTER Axel | SV Großhansdorf | 39:22 | 39:13 | 15:02 |
| 148. | 1452 | 14. M55 | WERNICKE Axel | Carl-Jacob-Burckhardt-Gymnasiu | 39:34 | 39:20 | 15:09 |
| 149. | 1771 | 13. M60 | KREFT Dieter | TSV Travemünde | 39:43 | 39:26 | 15:15 |
| 150. | 1663 | 14. M60 | LEUTELT Stefan | Skivereiner SH | 39:38 | 39:30 | 15:19 |
| 151. | 1590 | 12. M45 | PLOG Patrick | Lübeck | 39:44 | 39:30 | 15:19 |
| 152. | 1400 | 15. M50 | MÜLLER Jan | Bodymed Fitness Fun Team | 40:04 | 39:32 | 15:21 |
| 153. | 1573 | 16. MJ | SCHONS Piet | LG Ratzeburg | 39:36 | 39:33 | 15:22 |
| 154. | 1405 | 13. M45 | PITKOWSKI-RAU Willy | Bodymed Fitness Fun Team | 40:03 | 39:36 | 15:25 |
| 155. | 1599 | 12. M30 | KÜHL Christian | Lübecker Marathon e.V. | 39:48 | 39:38 | 15:27 |
| 156. | 1384 | 14. M45 | BOHNERT Roland | Bodymed Fitness Fun Team | 40:15 | 39:45 | 15:34 |
| 157. | 1519 | 11. M35 | HENNING Markus | KSV Krummesse | 40:05 | 39:50 | 15:39 |
| 158. | 1765 | 16. M50 | LUBENOW Karsten | TSV Gudow | 40:11 | 39:50 | 15:39 |
| 159. | 1301 | 13. M30 | STROSINSKI Marlon | (Ratzeburg) | 39:55 | 39:54 | 15:43 |
| 160. | 1052 | 15. M60 | FALKENBERG Klaus | (Hamburg) | 40:13 | 39:58 | 15:47 |
| 161. | 1042 | 14. M30 | DIEBENER Daniel | (Ahrensböök) | 40:23 | 40:01 | 15:50 |
| 162. | 1615 | 27. M40 | GERTZ Ilja | Ohne Verein | 40:19 | 40:07 | 15:56 |
| 163. | 1001 | 28. M20 | AHRENS Simon | (Lübeck) | 40:49 | 40:10 | 15:59 |
| 164. | 1279 | 15. M45 | SEEGER Christian | (Ratzeburg) | 40:45 | 40:23 | 16:12 |
| 165. | 1050 | 17. M50 | ERMLING Lars | (Delingsdorf) | 40:45 | 40:26 | 16:15 |
| 166. | 1025 | 18. M50 | BROSIUS Marc | (Delingsdorf) | 40:35 | 40:27 | 16:16 |
| 167. | 2206 | 19. M50 | WOLFRAM Frank | (Henstedt-Ulzburg) | 40:54 | 40:29 | 16:18 |
| 168. | 1379 | 15. M55 | ZANDER Thomas | Blau-Weiß Buchholz | 40:39 | 40:30 | 16:19 |
| 169. | 1437 | 16. M55 | PASSAU Andreas | Bundeswehr | 41:04 | 40:32 | 16:21 |
| 170. | 1221 | 2. M70 | PORWIK Marc | (Hamburg) | 41:07 | 40:40 | 16:29 |
| 171. | 1264 | 16. M60 | SCHORLER Peter | (Winsen) | 41:07 | 40:40 | 16:29 |
| 172. | 1383 | 20. M50 | BEUK Heiko | Bodymed Fitness Fun Team | 41:09 | 40:43 | 16:32 |
| 173. | 1128 | 21. M50 | KEUCHEL Andreas | (Lübeck) | 41:08 | 40:44 | 16:33 |
| 174. | 1492 | 16. M45 | RIPPERT Andreas | Hagenskoppel Hoppler | 40:55 | 40:44 | 16:33 |
| 175. | 1242 | 29. M20 | RUPPEL Vincent | (Schwerin) | 41:19 | 40:47 | 16:36 |
| 176. | 1044 | 5. M65 | DREWS Hans-Peter | (Ratzeburg) | 41:01 | 40:50 | 16:39 |
| 177. | 1713 | 22. M50 | MOEDE Andreas | Team Zoot Europe | 41:42 | 41:02 | 16:51 |
| 178. | 1270 | 28. M40 | SCHULDT André | (Berlin) | 41:06 | 41:05 | 16:54 |
| 179. | 1216 | 17. M55 | PITZKE Christian | (Güster) | 41:20 | 41:06 | 16:55 |
| 180. | 1059 | 23. M50 | FREYER Michael | (Büchen) | 41:48 | 41:09 | 16:58 |

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|------|------|---------|---------------------|------------------------------|-------|--------------|--------|
| 181. | 1641 | 17. MJ | KLASING Tyler | Ratzeburger SV | 41:15 | 41:12 | 17:01 |
| 182. | 1674 | 3. M70 | REHER Heino | Spiridon Club Bad Oldesloe | 41:31 | 41:13 | 17:02 |
| 183. | 1187 | 4. M70 | MÖHLMANN Lothar | (Ratzeburg) | 41:21 | 41:15 | 17:04 |
| 184. | 1300 | 24. M50 | STROHKIRCH Thomas | (Ratzeburg) | 41:49 | 41:20 | 17:09 |
| 185. | 1363 | 1. M75 | LANDGRAEBER Michael | AMTV Hamburg | 41:25 | 41:23 | 17:12 |
| 186. | 1311 | 18. M55 | VESPER Michael | (Krummesse) | 41:40 | 41:25 | 17:14 |
| 187. | 1046 | 30. M20 | DÜRKOP Jannik | (Mölln) | 41:43 | 41:27 | 17:16 |
| 188. | 1483 | 17. M60 | FÄHNRIK Frank | Fuenf-Seen-LG Schwerin | 41:53 | 41:29 | 17:18 |
| 189. | 1177 | 3. MJ | MATZEN Jan Henning | (Bargtheide) | 41:57 | 41:34 | 17:23 |
| 190. | 1518 | 18. M60 | SCHWARTZ Rüdiger | Krummesser SV | 41:50 | 41:34 | 17:23 |
| 191. | 1169 | 19. M60 | MAHLKE Udo | (Schönberg) | 41:56 | 41:38 | 17:27 |
| 192. | 1485 | 19. M55 | MEYER Thomas | Fünf-Seen-Laufgruppe | 42:05 | 41:40 | 17:29 |
| 193. | 1718 | 31. M20 | BALCKE Mats | TH Eilbeck | 42:28 | 41:43 | 17:32 |
| 194. | 1719 | 25. M50 | DEHARDE Sören | TH Eilbeck | 42:31 | 41:46 | 17:35 |
| 195. | 1545 | 12. M35 | TOBIS Leif | Laufgruppe Wieselflink | 42:07 | 41:54 | 17:43 |
| 196. | 1360 | 13. M35 | HAAR Oliver | Almirall - never not running | 42:34 | 41:55 | 17:44 |
| 197. | 1661 | 26. M50 | PAELOW Christian | SG Schlagsdorf 91 e.V. | 41:56 | 41:56 | 17:45 |
| 198. | 1720 | 20. M55 | ENDRUKAT Dieter | TH Eilbeck | 42:40 | 41:57 | 17:46 |
| 199. | 1359 | 17. M45 | AKMAZ Bülent | Almirall - never not running | 42:37 | 41:58 | 17:47 |
| 200. | 1610 | 6. M65 | GEISEMEYER Ulrich | MSV | 42:31 | 41:59 | 17:48 |
| 201. | 1715 | 29. M40 | OFFERMANN Tim | Team Zoot Europe | 42:40 | 42:00 | 17:49 |
| 202. | 1742 | 21. M55 | SCHRÖDER Frank | Tri-Sport Lübeck | 42:15 | 42:00 | 17:49 |
| 203. | 1229 | 32. M20 | RAMBOW Aaron | (Lübeck) | 42:28 | 42:02 | 17:51 |
| 204. | 1393 | 22. M55 | HANSEN Stephan | Bodymed Fitness Fun Team | 42:29 | 42:03 | 17:52 |
| 205. | 1565 | 18. MJ | INDYK Maximilian | LG Ratzeburg | 42:34 | 42:24 | 18:13 |
| 206. | 1250 | 23. M55 | SCHARNBERG Torsten | (Trittau) | 42:52 | 42:25 | 18:14 |
| 207. | 1698 | 5. M70 | STRUß Gerhard | TEA Hannover | 42:45 | 42:29 | 18:18 |
| 208. | 1456 | 27. M50 | BARZ Klaus-Peter | Cathys Training | 43:00 | 42:29 | 18:18 |
| 209. | 1540 | 24. M55 | KRÖGER Jan | Laufgruppe Bardowick | 42:49 | 42:35 | 18:24 |
| 210. | 1280 | 14. M35 | SEELIGER Martin | (Frankfurt) | 42:57 | 42:48 | 18:37 |
| 211. | 1111 | 25. M55 | HUTH Andreas | (Lübeck) | 43:15 | 42:51 | 18:40 |
| 212. | 1534 | 7. M65 | ARMANN Hartmut | Lauffeuer Mechow | 43:25 | 43:00 | 18:49 |
| 213. | 1350 | 15. M30 | DEHN Valentin | #AntiTobiAllianz | 43:38 | 43:05 | 18:54 |
| 214. | 1163 | 30. M40 | LÜDTKE David | (Hamburg) | 43:18 | 43:09 | 18:58 |
| 215. | 1790 | 26. M55 | HELMS Jörn | VfL Oldesloe | 43:15 | 43:10 | 18:59 |
| 216. | 1013 | 18. M45 | BETHIEN Volker | (Schwarzenbek) | 43:40 | 43:12 | 19:01 |
| 217. | 1313 | 15. M35 | VOLKLAND Stephan | (23562) | 43:29 | 43:21 | 19:10 |
| 218. | 1510 | 16. M35 | THEWS Tim | IP Customs Solutions | 44:07 | 43:23 | 19:12 |
| 219. | 1598 | 8. M65 | KLOTH Hartmut | Lübecker Marathon e.V. | 44:19 | 43:43 | 19:32 |
| 220. | 1702 | 27. M55 | OETZMANN Mario | Team ERDINGER Alkoholfrei | 44:25 | 43:54 | 19:43 |
| 221. | 1704 | 28. M50 | UNGER Jens | Team ERDINGER Alkoholfrei | 44:25 | 43:54 | 19:43 |
| 222. | 1278 | 28. M55 | SCHWARZ Heiko | (Wesenberg) | 44:05 | 43:55 | 19:44 |
| 223. | 1355 | 29. M55 | HÜTTNER Peter | AG Hamburg West | 44:02 | 43:56 | 19:45 |
| 224. | 1721 | 29. M50 | MANTHEY Carsten | TH Eilbeck | 44:44 | 44:01 | 19:50 |
| 225. | 1066 | 30. M50 | GEBHARDT Matthias | (Ratzeburg) | 44:29 | 44:06 | 19:55 |
| 226. | 1353 | 30. M55 | MEINCKE Volker | #dieMeinckes | 44:49 | 44:16 | 20:05 |
| 227. | 1404 | 16. M30 | PETERS Jan | Bodymed Fitness Fun Team | 44:51 | 44:22 | 20:11 |
| 228. | 1603 | 9. M65 | JÖNS Peter | Lübecker SC | 44:46 | 44:30 | 20:19 |
| 229. | 1357 | 6. M70 | MEYER-JOHNE Ludolf | Airbus SG | 44:48 | 44:31 | 20:20 |
| 230. | 1583 | 19. MJ | ZOETHOUT Arjen | LG Ratzeburg Sportprofil | 44:47 | 44:38 | 20:27 |
| 231. | 1571 | 20. MJ | PAPE Mika | LG Ratzeburg | 44:47 | 44:38 | 20:27 |

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| 232. | 1461 | 17. M35 | RIEGEL Markus | Cathys Training | 45:14 | 44:39 | 20:28 |
| 233. | 1266 | 10. M65 | SCHRAMM Hartmuth | (Trittau) | 45:05 | 44:43 | 20:32 |
| 234. | 1028 | 19. M45 | BÜNGER Danilo | (Seevetal) | 45:19 | 44:45 | 20:34 |
| 235. | 1246 | 31. M40 | SCHAARSCHMIDT Tino | (Bäk) | 45:21 | 44:48 | 20:37 |
| 236. | 1410 | 20. M60 | ROSIECKI Roman | Bodymed Fitness Fun Team | 45:25 | 44:58 | 20:47 |
| 237. | 1797 | 17. M30 | WIENCKE Torben | Wolfsrudel | 45:29 | 44:59 | 20:48 |
| 238. | 1696 | 11. M65 | SCHRÖDER Holger | SV Werder Bremen | 45:33 | 45:18 | 21:07 |
| 239. | 1526 | 31. M55 | KRASKI Holger | Laufen in Bad Segeberg | 45:49 | 45:28 | 21:17 |
| 240. | 1619 | 32. M55 | LATTMANN Cordt-Peter | Open-Sports Hamburg | 46:02 | 45:34 | 21:23 |
| 241. | 1792 | 12. M65 | KIRSCHTOWSKI Jens | VfL Oldesloe | 45:41 | 45:36 | 21:25 |
| 242. | 1195 | 33. M20 | NEUMANN Philipp | (Hamburg) | 46:20 | 45:38 | 21:27 |
| 243. | 1394 | 21. M60 | HEIDE Bernd | Bodymed Fitness Fun Team | 46:27 | 45:47 | 21:36 |
| 244. | 1058 | 7. M70 | FRANK Joachim | (Roseburg) | 46:39 | 46:01 | 21:50 |
| 245. | 1067 | 18. M35 | GERLACH Andreas | (Lübeck) | 46:43 | 46:09 | 21:58 |
| 246. | 1032 | 33. M55 | BURR Frank | (Ratzeburg) | 46:35 | 46:18 | 22:07 |
| 247. | 1159 | 31. M50 | LOHMANN Patrick | (Lübeck) | 46:40 | 46:23 | 22:12 |
| 248. | 1134 | 20. M45 | KLITZSCHMÜLLER | (Mölln) | 46:45 | 46:24 | 22:13 |
| 249. | 1197 | 22. M60 | NIEMEYER Frank | (Hamburg) | 47:09 | 46:24 | 22:13 |
| 250. | 1435 | 34. M55 | NIßEN Klaus | Bundespolizeiabteilung Ratzeburg | 47:06 | 46:25 | 22:14 |
| 251. | 1130 | 35. M55 | KLINGS Thomas | (Rendsburg) | 47:07 | 46:28 | 22:17 |
| 252. | 1351 | 2. M75 | MAAS Gerd | #dieMeinckes | 47:18 | 46:35 | 22:24 |
| 253. | 1096 | 18. M30 | HILGERT Fin | (Ratzeburg) | 47:05 | 46:45 | 22:34 |
| 254. | 1346 | 32. M50 | KROHN René | # Das (S)Lauf ABC | 47:03 | 46:45 | 22:34 |
| 255. | 1342 | 21. M45 | DÄHLING Karsten | # Das (S)Lauf ABC | 47:03 | 46:45 | 22:34 |
| 256. | 1344 | 22. M45 | JACOBS Rasmus | # Das (S)Lauf ABC | 47:03 | 46:46 | 22:35 |
| 257. | 1516 | 23. M60 | BERGMANN Norbert | Kastorfer Sportverein e.V. | 47:10 | 46:51 | 22:40 |
| 258. | 1786 | 32. M40 | KATTOLL Michael | Untrainierbar e.V. | 47:29 | 46:58 | 22:47 |
| 259. | 1335 | 24. M60 | ZINGEL Christof | (Kuddewörde) | 47:46 | 47:00 | 22:49 |
| 260. | 1775 | 33. M50 | SCHAEFER Klaus | TTK Sachsenwald | 47:46 | 47:00 | 22:49 |
| 261. | 1794 | 19. M35 | ENGERT Benjamin | Wolfsrudel | 47:34 | 47:02 | 22:51 |
| 262. | 1796 | 20. M35 | WARNCKE Christoph | Wolfsrudel | 47:35 | 47:02 | 22:51 |
| 263. | 1491 | 36. M55 | BECKER Torsten | Güster | 47:14 | 47:08 | 22:57 |
| 264. | 1244 | 25. M60 | SALCHOW Uwe | (Tessin) | 48:00 | 47:27 | 23:16 |
| 265. | 1472 | 37. M55 | PAFFEN Harald | DJK JS Herzogenrath | 47:59 | 47:30 | 23:19 |
| 266. | 1388 | 21. M35 | DECHOW Michel | Bodymed Fitness Fun Team | 48:24 | 47:54 | 23:43 |
| 267. | 1460 | 13. M65 | PIEPER Hans-Jürgen | Cathys Training | 48:58 | 48:12 | 24:01 |
| 268. | 1225 | 33. M40 | PRIß Martin | (Schleswig-Holstein - Bad | 49:04 | 48:41 | 24:30 |
| 269. | 1224 | 26. M60 | PRIß Malte | (Schleswig-Holstein - Bad | 49:03 | 48:41 | 24:30 |
| 270. | 1081 | 27. M60 | HAGEN Andre | (Lübeck) | 49:57 | 49:11 | 25:00 |
| 271. | 1422 | 34. M50 | WEINITSCHKE Peter | Bodymed Fitness Fun Team | 49:50 | 49:11 | 25:00 |
| 272. | 1457 | 14. M65 | BOBLEST Norbert | Cathys Training | 49:37 | 49:12 | 25:01 |
| 273. | 2142 | 38. M55 | SPENDLER Roman | (Lübeck) | 49:34 | 49:12 | 25:01 |
| 274. | 1209 | 22. M35 | OLSSON Tobias | (Bad Schwartau) | 49:52 | 49:15 | 25:04 |
| 275. | 1077 | 34. M40 | GRÖNNING Hans-Eckard | (Lübeck) | 49:52 | 49:15 | 25:04 |
| 276. | 1395 | 28. M60 | JÄGER Michael | Bodymed Fitness Fun Team | 49:53 | 49:23 | 25:12 |
| 277. | 1078 | 15. M65 | GRUND Reinhard | (Wittenborn) | 50:00 | 49:24 | 25:13 |
| 278. | 1203 | 4. MJ | NUXOLL Jasper | (Hamburg) | 49:52 | 49:32 | 25:21 |
| 279. | 1201 | 5. MJ | NUXOLL Bruno | (Hamburg) | 49:54 | 49:34 | 25:23 |
| 280. | 1002 | 34. M20 | ALHASAN Ibrahim | (Lübeck) | 50:32 | 49:50 | 25:39 |
| 281. | 1274 | 21. MJ | SCHULZ Simon | (Ratzeburg) | 49:59 | 49:58 | 25:47 |
| 282. | 1312 | 29. M60 | VOGELGESANG Michael | (Bad Oldesloe) | 50:21 | 50:02 | 25:51 |

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|------|------|---------|--------------------|---------------------------|---------|----------------|--------|
| 283. | 1268 | 35. M20 | SCHRÖDER Achim | (Ratzeburg) | 50:46 | 50:11 | 26:00 |
| 284. | 1114 | 23. M35 | ISER Dennis | (Hamburg) | 50:45 | 50:17 | 26:06 |
| 285. | 1624 | 2. M80 | LENSCHOW Lutz | OstseeRunner | 50:55 | 50:33 | 26:22 |
| 286. | 1509 | 36. M20 | LINDENTHAL Florian | IP Customs Solutions | 52:00 | 51:17 | 27:06 |
| 287. | 1642 | 35. M40 | RICHTER Felix | Ratzeburger SV | 51:34 | 51:23 | 27:12 |
| 288. | 1800 | 8. M70 | EDEN Jens | Zatopeks Erben | 51:39 | 51:23 | 27:12 |
| 289. | 1181 | 9. M70 | MEINERT Norbert | (Hamburg) | 52:11 | 51:32 | 27:21 |
| 290. | 1493 | 3. M75 | TIMM Wolfgang | Hamburger Sportverein | 51:50 | 51:33 | 27:22 |
| 291. | 1407 | 36. M40 | PRECHEL Oli | Bodymed Fitness Fun Team | 53:34 | 52:54 | 28:43 |
| 292. | 1655 | 30. M60 | PETERSEN Jürgen | Schalke 04 | 53:57 | 53:39 | 29:28 |
| 293. | 1784 | 23. M45 | JONAS Christian | Ultra Hanseaten | 54:14 | 53:47 | 29:36 |
| 294. | 1500 | 3. M80 | DIETRICH Peter | HNT Hamburg | 54:44 | 54:02 | 29:51 |
| 295. | 1504 | 35. M50 | BLEUß Tino | IP Customs Solutions | 55:18 | 54:36 | 30:25 |
| 296. | 1533 | 31. M60 | MÖLLER Thomas | Lauffeuer Buntekuh Lübeck | 55:15 | 54:39 | 30:28 |
| 297. | 1255 | 4. M75 | SCHISCHKE Dieter | (Güster) | 54:51 | 54:44 | 30:33 |
| 298. | 1200 | 16. M65 | NULLMEIER Frank | (Bremen) | 55:31 | 55:00 | 30:49 |
| 299. | 1286 | 37. M20 | SIEWERT Florian | (Schönberg) | 56:32 | 55:52 | 31:41 |
| 300. | 1469 | 37. M40 | MEYER Fiete | Die Mitläufer | 57:17 | 56:53 | 32:42 |
| 301. | 1773 | 4. M80 | DONDER Reinhard | TSV Trittau | 1:07:33 | 1:07:21 | 43:10 |
| 302. | 1703 | 17. M65 | REINERT Jürgen | Team ERDINGER Alkoholfrei | 1:35:04 | 1:34:16 | 70:05 |
| | 1152 | M30 | KUSMIN Niklaas | (Hamburg) | | DNF | |
| | 1173 | M20 | MARTENSEN Lars | (Lübeck) | | DNF | |
| | 1231 | M20 | REDA Timon | (Hamburg) | | DNF | |
| | 1295 | M55 | STEINGRÄBER Fred | (Stockelsdorf) | | DNF | |
| | 1783 | M20 | BEHNKE Jakob | TuS Lübeck 93 | | DNF | |

Anzahl Teilnehmer: 582