

Name	Vorname	Jahrgang	m/w	Altersklasse	Verein	Wettbewerb	NETTO	BRUTTO	Gesamtplatz	KM-Wertung
Schmidt	Moritz	99	M	M10	LG Wesermünde	5km	00:18:56	00:18:57	2	1
Grabow	Nico	98	M	M11	TSV Wehdel	5km	00:21:55	00:21:56	8	1
Sprengel	Jascha	98	M	M11	TV Langen	5km	00:25:29	00:25:31	28	2
Gercken	Jannis	98	M	M11	TSV Wehdel	5km	00:25:48	00:25:49	32	3
Ahrens	Kristof	97	M	M12	TSV Otterndorf	5km	00:22:20	00:22:21	10	1
Christiansen	Sören	97	M	M12	TSV Altenwalde	5km	00:22:46	00:22:46	14	2
Wichern	Torge	97	M	M12	TSV Wehdel	5km	00:22:57	00:22:57	15	3
Bosch	Frederik	97	M	M12	TSV Wehdel	5km	00:28:22	00:28:23	43	4
Scharbach	Raphael	96	M	M13	TSV Altenwalde	5km	00:22:26	00:22:27	11	1
Bouquet	Marcel	96	M	M13	TSV Altenwalde	5km	00:24:17	00:24:19	21	2
Sprengnether	Tom	96	M	M13	TSV Altenwalde	5km	00:25:01	00:25:01	27	3
Schmidt	Alexander	96	M	M13	TSV Altenwalde	5km	00:25:54	00:25:55	34	4
Brandes	Dean	96	M	M13	TSV Altenwalde	5km	00:26:36	00:26:38	36	5
Klingebiel	Christoph	96	M	M13	TSV Altenwalde	5km	00:26:58	00:26:59	38	6
Grabow	Ole	96	M	M13	TSV Wehdel	5km	00:28:05	00:28:07	42	7
Evert	Jannis	96	M	M13	TSV Altenwalde	5km	00:28:22	00:28:22	43	8
Schelenz	Henrik	95	M	M14	TSV Altenwalde	5km	00:21:46	00:21:47	7	1
Klowat	Tim	95	M	M14	TSV Altenwalde	5km	00:22:20	00:22:20	9	2
Jacobs	Till	95	M	M14	TSV Altenwalde	5km	00:24:05	00:24:08	18	3
Burgdorf	Jan	95	M	M14	TSV Altenwalde	5km	00:24:08	00:24:08	19	4
Jacobs	Jonas	95	M	M14	TSV Altenwalde	5km	00:24:20	00:24:23	24	5
Rodekuhr	Marcel	95	M	M14	TSV Sievern	5km	00:25:34	00:25:36	29	6
Jacobs	Luca	95	M	M14	TSV Altenwalde	5km	00:27:19	00:27:22	39	7
Jagdhuber	Andreas	94	M	M15	RW Cuxhaven	5km	00:16:26	00:16:26	1	1
Gercken	Zoe	2001	W	W08	TSV Wehdel	5km	00:24:19	00:24:21	7	1
Kalmbach	Leo	2001	W	W08	ATS Cuxhaven	5km	00:26:45	00:26:48	19	2
Rau	Svenja	2000	W	W09	TV Langen	5km	00:27:35	00:27:35	24	1
Jeric	Anna-Lena	99	W	W10	TSV Wehdel	5km	00:25:27	00:25:28	13	1
Ehlers	Tabea	98	W	W11	TSV Wehdel	5km	00:26:37	00:26:38	18	1
Mutaliva	Irsa	98	W	W11	TSV Wehdel	5km	00:26:49	00:26:50	21	2
Wichern	Tabea	98	W	W11	TSV Wehdel	5km	00:28:19	00:28:21	26	3
Lambrecht	Keshia	97	W	W12	TSV Wehdel	5km	00:23:05	00:23:05	1	1
Reese	Stina	97	W	W12	ATS Cuxhaven	5km	00:24:29	00:24:31	8	2
Leistner	Patricia	97	W	W12	RW Cuxhaven	5km	00:25:25	00:25:26	12	3
Reinhardt	Michelle	97	W	W12	TSV Wehdel	5km	00:27:01	00:27:01	23	4

Kooreman	Lina	97 W	W12	TSV Wehdel	5km	00:28:21	00:28:23	27	5
Meyerherm	Rieke	96 W	W13	TSV Wehdel	5km	00:23:27	00:23:29	2	1
Albrecht	Kimberly	96 W	W13	TV Loxstedt	5km	00:25:00	00:25:02	10	2
Lütt	Lena	96 W	W13	RW Cuxhaven	5km	00:35:48	00:35:50	34	3
Obst	Wiebke	95 W	W14	TV Langen	5km	00:23:36	00:23:39	4	1
Baake	Laura	94 W	W15	TSV Altenwalde	5km	00:24:01	00:24:02	6	1
Hering	Giulia-Ricarda	94 W	W15	RW Cuxhaven	5km	00:24:40	00:24:41	9	2
Cronjäger	Mandy	94 W	W15	TSV Altenwalde	5km	00:25:17	00:25:18	11	3
Lütt	Laura	94 W	W15	RW Cuxhaven	5km	00:26:55	00:26:56	22	4
Leck	Holger	70 M	M35	LAV Bokel	10km	00:58:58	00:59:14	157	1
Ische	Bernd	68 M	M40	TSG Nordholz	10km	00:43:16	00:43:17	20	1
Cronjäger	Thomas	68 M	M40	TSV Altenwalde	10km	00:56:42	00:56:56	136	2
Höpting	Dirk	69 M	M40	TSV Wanna	10km	00:59:10	00:59:29	161	3
Zierott	Manfred	64 M	M45	SF Sahlenburg	10km	00:41:38	00:41:42	14	1
Weippert	Frank	62 M	M45	TV Langen	10km	00:44:48	00:44:52	27	2
Kinzinger	Stefan L.	62 M	M45	TSV Altenwalde	10km	00:46:34	00:46:47	39	3
Baake	Dirk	64 M	M45	TSV Altenwalde	10km	00:55:22	00:55:40	118	4
Schechten	Andreas	62 M	M45	TSV Altenwalde	10km	00:56:23	00:56:40	132	5
Kemme	Norbert	61 M	M45	Grodener SV	10km	00:59:09	00:59:33	160	6
Murr	Ulrich	55 M	M50	TSV Otterndorf	10km	00:46:17	00:46:21	37	1
Gillner	Axel	57 M	M50	TSV Otterndorf	10km	00:47:09	00:47:11	46	2
Bretschneider	Hartmut	56 M	M50	SF Sahlenburg	10km	00:50:34	00:50:40	77	3
Worm	Christian	53 M	M55	TSV Midlum	10km	00:45:51	00:45:54	35	1
Dormeyer	Detlev	52 M	M55	SC Hemmoor	10km	00:52:30	00:52:37	94	2
Schwarz	Ekkehard	54 M	M55	TSG Nordholz	10km	01:06:15	01:06:32	188	3
Schmidt	Klaus-Detlev	48 M	M60	ATS Cuxhaven	10km	00:46:57	00:47:02	44	1
Fätkenheuer	Werner	47 M	M60	ATS Cuxhaven	10km	02:28:44	02:28:47	203	2
Probst	Michael	43 M	M65	RW Cuxhaven	10km	00:52:30	00:52:33	93	1
Frenser	Heiner	31 M	M75	ATS Cuxhaven	10km	00:58:12	00:58:13	149	1
Gillner	Marius	85 M	Männer	TSV Otterndorf	10km	00:38:26	00:38:26	4	1
Lühmann	Jan-Ferdinand	89 M	Männer	RW Cuxhaven	10km	00:38:38	00:38:38	5	2
Stinski	Sebastian	88 M	Männer	SC Hemmoor	10km	00:38:59	00:39:01	8	3
Eichardt	Kevin	85 M	Männer	ATS Cuxhaven	10km	01:01:17	01:01:21	173	4
Fritzenschaft	Julian	91 M	m. Jugend A	TSV Osten	10km	00:36:08	00:36:08	2	1
Strunk	Marius	91 M	m. Jugend A	SF Sahlenburg	10km	00:47:46	00:47:47	50	2
Burgdorf	Nils	92 M	m. Jugend B	RW Cuxhaven	10km	00:42:00	00:42:01	15	1

Schmarje	Hauke	97 M	M12	RW Cuxhaven	10km	00:55:06	00:55:23	116	1
Fiedler	Jan	96 M	M13	TV Loxstedt	10km	00:48:46	00:48:47	61	1
Ziebell	Kerstin	85 W	Frauen	TSV Ihlienworth	10km	00:54:06	00:54:17	24	1
Stoye	Henrike	89 W	Frauen	ATS Cuxhaven	10km	01:03:35	01:03:52	74	2
Schröder	Sandra	78 W	W30	TSV Neuenwalde	10km	00:41:17	00:41:18	3	1
Staats	Kathrin	76 W	W30	TSV Cadenberge	10km	01:01:11	01:01:13	57	2
Rümper	Hilke	70 W	W35	TSV Kührstedt	10km	00:57:13	00:57:35	35	1
Schult	Babara	66 W	W40	TSV Wanna	10km	00:54:50	00:55:06	27	1
Nickolaus	Sabine	66 W	W40	VfL Wingst	10km	01:00:13	01:00:24	52	2
Ramm	Birgit	65 W	W40	TSV Otterndorf	10km	01:01:32	01:01:34	63	3
Strunk	Kristine	61 W	W45	SF Sahlenburg	10km	00:52:24	00:52:26	17	1
Fischer	Anne	55 W	W50	ATS Cuxhaven	10km	00:40:34	00:40:35	2	1
Gründing	Eva	59 W	W50	TSV Otterndorf	10km	00:46:13	00:46:15	5	2
Schlichting	Angela	57 W	W50	SC Hemmoor	10km	00:52:30	00:52:37	18	3
Dollinger	Angelika	59 W	W50	SC Hemmoor	10km	01:00:19	01:00:31	53	4
Schwarz	Rita	55 W	W50	TSG Nordholz	10km	01:06:16	01:06:32	93	5
Bendixen	Sonja	57 W	W50	SC Hemmoor	10km	01:06:25	01:06:32	94	6
Protmann	Ingrid	54 W	W55	VfL Wingst	10km	00:46:32	00:46:34	6	1
Breuer	Julia	90 W	w. Jugend A	TSG Nordholz	10km	00:52:32	00:52:33	19	1
Montoya Mar	Manuel	78 M	M30	RW Cuxhaven	Halbmarathon	01:34:23	01:34:43	63	1
Dieckmann	Heiko	70 M	M35	TSV Otterndorf	Halbmarathon	01:28:26	01:28:30	24	1
Wersien	Sven	74 M	M35	TSV Midlum	Halbmarathon	01:56:37	01:56:51	279	2
Beger	Jörn	71 M	M35	LAV Bokel	Halbmarathon	01:58:12	01:58:36	296	3
Frey	Bernd	67 M	M40	TV Loxstedt	Halbmarathon	01:33:00	01:33:02	55	1
Dock	Klaus	68 M	M40	TSV Wanna	Halbmarathon	01:34:52	01:35:18	71	2
Schwalm	Holger	69 M	M40	LAV Bokel	Halbmarathon	01:35:13	01:35:19	77	3
Bunjes	Ingo	69 M	M40	LAV Bokel	Halbmarathon	01:39:41	01:40:04	119	4
Groth	Manfred	66 M	M40	TSV Neuenwalde	Halbmarathon	01:48:58	01:49:23	202	5
Roß	Heiko	65 M	M40	ATS Cuxhaven	Halbmarathon	02:04:15	02:04:59	334	6
Hagelweide	Jörg	62 M	M45	VfL Wingst	Halbmarathon	01:30:43	01:30:54	45	1
Engelmann	Kurt	63 M	M45	TSV Sievern	Halbmarathon	01:36:15	01:36:22	87	2
Wichern	Thomas	64 M	M45	TSV Wehdel	Halbmarathon	01:37:06	01:37:17	96	3
Himme	Frank	60 M	M45	TV Loxstedt	Halbmarathon	01:39:36	01:40:01	116	4
Engelken	Jens	62 M	M45	TV Loxstedt	Halbmarathon	01:40:04	01:40:09	124	5
Hagenah	Joachim	60 M	M45	TSV Wehdel	Halbmarathon	01:43:20	01:43:58	159	6
Bernhardt	Rolf	61 M	M45	TSV Wanna	Halbmarathon	02:03:53	02:04:36	332	7

Tietje	Michael	56 M	M50	TSV Otterndorf	Halbmarathon	01:24:21	01:24:22	9	1
Generalski	Klaus-Dieter	57 M	M50	SF Sahlenburg	Halbmarathon	01:56:08	01:56:50	274	2
Gissel	Hanke	55 M	M50	TSV Elmlohe-Marschkamp	Halbmarathon	02:01:52	02:02:22	321	3
Gahl	Lothar	57 M	M50	TSV Otterndorf	Halbmarathon	02:21:14	02:22:06	376	4
Fritzenschaft	Joachim	54 M	M55	TSV Osten	Halbmarathon	01:40:05	01:40:09	125	1
Babilas	Johannes	52 M	M55	TV Langen	Halbmarathon	01:43:01	01:43:13	153	2
Radnitz	Jörg	53 M	M55	SF Sahlenburg	Halbmarathon	01:51:30	01:51:39	230	3
Behrens	Wilfried	53 M	M55	TSG Nordholz	Halbmarathon	01:57:21	01:57:28	288	4
Umland	Manfred	51 M	M55	TSG Nordholz	Halbmarathon	02:05:12	02:05:20	339	5
Jansen	Peter	39 M	M70	TSV Osten	Halbmarathon	01:55:43	01:56:18	271	1
Scholz	Robert	38 M	M70	ATS Cuxhaven	Halbmarathon	02:17:58	02:18:35	371	2
Kickler	Rune	90 M	m. Jugend A	TSV Neuenwalde	Halbmarathon	01:34:56	01:35:23	74	1
Langenbach	Tim	92 M	m. Jugend B	TV Loxstedt	Halbmarathon	01:53:40	01:54:03	252	1
Mangels	Wiebke	82 W	Frauen	LAV Bokel	Halbmarathon	01:58:12	01:58:36	43	1
Rücker	Jennifer	81 W	Frauen	TV Loxstedt	Halbmarathon	02:16:06	02:16:31	91	2
Peter	Meike	77 W	W30	TV Loxstedt	Halbmarathon	01:57:50	01:58:13	41	1
Grewe	Birgit	70 W	W35	TSV Neuenwalde	Halbmarathon	01:39:17	01:39:41	6	1
Suhr	Ines	74 W	W35	TV Loxstedt	Halbmarathon	01:55:24	01:55:34	32	2
Schröder	Marita	74 W	W35	TSV Otterndorf	Halbmarathon	02:01:18	02:01:28	50	3
Lecke	Simone	72 W	W35	TSV Otterndorf	Halbmarathon	02:10:21	02:10:54	80	4
Leistner	Dana	69 W	W40	RW Cuxhaven	Halbmarathon	01:35:09	01:35:16	2	1
Groth	Heike	66 W	W40	TSV Neuenwalde	Halbmarathon	01:48:57	01:49:22	14	2
kellers	martina	68 W	W40	TV Loxstedt	Halbmarathon	02:13:18	02:13:44	88	3
Peper	Barbara	66 W	W40	TV Loxstedt	Halbmarathon	02:16:06	02:16:31	92	4
Henne	Silvia	62 W	W45	TSG Nordholz	Halbmarathon	02:48:06	02:48:43	119	1
Wojtowicz	Brunhilde	58 W	W50	SG Beverstedt	Halbmarathon	02:06:20	02:06:33	68	1
Hamcke	Inge	59 W	W50	TSV Wanna	Halbmarathon	02:06:38	02:06:59	72	2
Frey	Jürgen	71 M	M35	TSV Ihlienworth	Marathon	03:30:20	03:30:30	31	1
Köster	Axel	69 M	M40	TV Loxstedt	Marathon	04:33:07	04:33:34	115	1
Stegen	Dirk	61 M	M45	TSV Wehdel	Marathon	03:48:26	03:49:04	58	1
Holtz	Norbert	57 M	M50	TSG Nordholz	Marathon	03:42:32	03:43:11	47	1
Lopez	Manuel	57 M	M50	TSG Nordholz	Marathon	03:50:44	03:51:18	64	2
Göke	Helmut	50 M	M55	TSG Nordholz	Marathon	04:10:51	04:11:05	87	1
Fiebig	Uwe	49 M	M60	TV Langen	Marathon	03:55:05	03:55:09	66	1
Blaschke	Frauke	78 W	W30	TSV Neuenwalde	Marathon	04:23:44	04:24:10	9	1