

St.Nr.	Name	Vorname	Zeit	Geschlecht	Laufklasse	Strecke	atz_Altersklas	Gesamtplatz
507	Hoser	Berit-Marie	10:50,4 w		FHK	2.600m		
512	Rosenberg	Kaspar Heinri	12:34,2 m		MHK	2.600m	1	1
506	Heinrich	Sarah	14:02,3 w		FHK	2.600m	1	2
501	Flaig	Katrin	15:20,7 w		FHK	2.600m	2	3
502	Frei	Nora Jasmin	16:26,2 w		FHK	2.600m	3	4
508	Jost	Miriam	16:26,5 w		FHK	2.600m	4	5
516	Nikolova	Ana	18:30,9 w		FHK	2.600m	5	6
517	Nikolova	Rozalia Valeri	18:36,5 w		FHK	2.600m	6	7
764	Dreier	Tobias	20:09,9 m		MHK	5.700m	1	1
669	Jung	Simon	20:15,4 m		MHK	5.700m	2	2
648	Henrich-Frank	Christian	23:32,0 m		M35	5.700m	1	3
676	Kronier	Dominik	23:40,5 m		MHK	5.700m	3	4
622	Dallmann	Anno	23:52,8 m		MHK	5.700m	4	5
657	Hohenschue	Oliver	23:54,8 m		MHK	5.700m	5	6
607	Saidi	Anis	24:30,2 m		MHK	5.700m	6	7
611	Huke	Sebastian	24:30,9 m		MHK	5.700m	7	8
756	Lehmann	Dietmar	24:31,4 m		M60	5.700m	1	9
728	Stötzel	Timo	25:29,4 m		MHK	5.700m	8	10
694	Otterbach	Raphael	25:39,2 m		MHK	5.700m	9	11
717	Sieper	Henning	25:46,9 m		MHK	5.700m	10	12
711	Schneider	Marco	25:50,5 m		MHK	5.700m	11	13
695	POLIER	THOMAS	25:53,9 m		M30	5.700m	1	14
761	Trettin	Prof. Dr. Reinl	25:56,7 m		M55	5.700m	1	15
665	Jakobi	Timo	26:03,8 m		MHK	5.700m	12	16
710	Schneider	Bianca	26:05,3 w		F30	5.700m	1	17
647	Henrich	Holger	26:07,7 m		MHK	5.700m	13	18
613	Avila Archbold	Karl J.	26:14,7 m		MHK	5.700m	14	19
747	Hofmann	Michael	26:22,1 m		MHK	5.700m	15	20
707	Schauerte	Volker	26:26,9 m		MHK	5.700m	16	21
760	Offermann	Björn	26:45,8 m		M30	5.700m	2	22
650	Hetzer	Andreas	27:08,1 m		M30	5.700m	3	23
660	Hundhausen	Bastian	27:14,0 m		MHK	5.700m	17	24

621	Baldus	Alexander	27:29,1 m	MHK	5.700m	18	25
708	Scherzant	Gabi	27:29,7 w	F40	5.700m	1	26
678	Lambeck	Benjamin	27:30,2 m	MHK	5.700m	19	27
693	Oprée	Michael	27:41,4 m	MHK	5.700m	20	28
649	Hering	Stefan	27:42,3 m	MHK	5.700m	21	29
641	Görtz	Burkhard	27:55,0 m	M30	5.700m	4	30
642	Groos	Sebastian	28:05,5 m	M30	5.700m	5	31
644	Gröschel	Manuel	28:07,9 m	MHK	5.700m	22	32
713	Bender	Jens	28:08,3 m	M30	5.700m	6	33
619	Buntrock	Oliver	28:15,7 m	M35	5.700m	2	34
656	Hofheinz	Lukas	28:16,4 m	MHK	5.700m	23	35
751	Kapitza	Julian	28:17,7 m	MHK	5.700m	24	36
604	Dalman	Serkan	28:20,7 m	MHK	5.700m	25	37
609	Schors	Wesley	28:21,1 m	MHK	5.700m	26	38
749	Konrad	Bettina	28:22,7 w	F45	5.700m	1	39
752	Burk	Johannes	28:32,6 m	MHK	5.700m	27	40
674	Kollmann	Fritjof	28:41,9 m	MHK	5.700m	28	41
640	Goldschmidt	Jens	28:43,7 m	MHK	5.700m	29	42
643	Groos	Wolfgang	28:44,1 m	MHK	5.700m	30	43
686	Müller	Philipp	28:51,2 m	MHK	5.700m	31	44
646	Helmerich	Markus	28:52,9 m	M35	5.700m	3	45
767	Grifone	Raphael	28:58,2 m	MHK	5.700m	32	46
680	Laurowski	Martin	29:08,3 m	M35	5.700m	4	47
677	Laaser	Alexander	29:08,9 m	MHK	5.700m	33	48
684	Mrosky	René	29:09,3 m	MHK	5.700m	34	49
729	Strünck	Christoph	29:14,7 m	M40	5.700m	1	50
672	Kneip	Meike	29:19,0 w	FHK	5.700m	1	51
606	Rudy	Andzrej	29:26,2 m	M45	5.700m	1	52
733	Vogel	Matthias	29:47,8 m	MHK	5.700m	35	53
763	Schantin	Andreas	29:50,4 m	MHK	5.700m	36	54
740	Wissel	Timo	29:51,6 m	M35	5.700m	5	55
664	Jahnke	David	30:22,3 m	MHK	5.700m	37	56
682	Bernshausen	Jens	30:24,6 m	M30	5.700m	7	57

628 Epping	Michael	30:42,5 m	MHK	5.700m	38	58
720 Steffen	Christian	30:52,3 m	MHK	5.700m	39	59
738 Weiß	Carsten	30:54,3 m	M35	5.700m	6	60
696 Pozimski	Raphael	30:58,7 m	M30	5.700m	8	61
765 Rakelmann	Jan Gero	31:04,5 m	MHK	5.700m	40	62
734 Wagner	Gerhard	31:05,1 m	MHK	5.700m	41	63
639 Ginsberg	Steffen	31:24,0 m	MHK	5.700m	42	64
635 Franke	Maximilian	31:37,0 m	MHK	5.700m	43	65
675 Köster	Ingo	31:43,0 m	M40	5.700m	2	66
667 Joachim	Lars	31:43,4 m	MHK	5.700m	44	67
732 Ambrosius	Gerold	31:46,6 m	M60	5.700m	2	68
702 Rossbach	Andreas	32:02,7 m	MHK	5.700m	45	69
727 stötzel	sabine	32:04,6 w	FHK	5.700m	2	70
655 Hoffmann	Lars	32:07,9 m	MHK	5.700m	46	71
625 Denker	Sandra	32:44,9 w	F30	5.700m	2	72
663 Ingenohl	Bastian	32:45,9 m	MHK	5.700m	47	73
725 Stöcker	Christiane	32:50,1 w	FHK	5.700m	3	74
658 Holterhof	Tim	32:53,8 m	MHK	5.700m	48	75
629 Fehr	Sigrun	33:02,2 w	FHK	5.700m	4	76
692 Baltes	Heike	33:23,1 w	FHK	5.700m	5	77
709 Schick	Rainer	33:28,6 m	MHK	5.700m	49	78
745 Kelln	Vitalij	33:31,8 m	MHK	5.700m	50	79
766 Lottner	Oliver	33:54,7 m	M30	5.700m	9	80
748 Scholz	Isabel	34:02,9 w	FHK	5.700m	6	81
743 Backhaus	Axel	34:04,1 m	MHK	5.700m	51	82
662 Hundhausen	Tobias	34:08,6 m	M30	5.700m	10	83
746 Amort	Christina	34:10,5 w	F30	5.700m	3	84
739 Windisch	Marcus	34:11,7 m	M30	5.700m	11	85
714 schumann	Sebastian	34:15,4 m	MHK	5.700m	52	86
627 Ellerhold	Eike	34:21,9 m	MHK	5.700m	53	87
712 Bender	Gabriele	34:34,7 w	F50	5.700m	1	88
670 Kapp	Wolfgang	34:35,2 m	M60	5.700m	3	89
736 Weber	Donatus	34:38,7 m	M30	5.700m	12	90

626	Drexhage	Karl-Heinz	35:00,2 m	M75	5.700m	1	91
697	Prechtl	Markus	35:05,5 m	M30	5.700m	13	92
705	Bastron	Tatjana	35:07,6 w	FHK	5.700m	7	93
754	Bopp	André	35:11,6 m	MHK	5.700m	54	94
654	Höfer	Tim	35:33,6 m	MHK	5.700m	55	95
689	Neef	Claudia	35:34,0 w	FHK	5.700m	8	96
722	Steinmann	Sascha	35:36,4 m	M30	5.700m	14	97
623	Baldus	Sandra	35:39,3 w	FHK	5.700m	9	98
679	Laszlo	Stephan	35:40,9 m	M35	5.700m	7	99
681	Masuhr	Fabian	35:44,8 m	MHK	5.700m	56	100
699	Recker	Julia	35:46,0 w	FHK	5.700m	10	101
608	Schönwälder	Christian	35:50,7 m	MHK	5.700m	57	102
602	Arslan	Kerim	35:51,0 m	MHK	5.700m	58	103
610	Uzun	Emrah	35:51,5 m	MHK	5.700m	59	104
600	Abele	Marcel	35:52,8 m	MHK	5.700m	60	105
612	Miletic	Pero	35:53,2 m	MHK	5.700m	61	106
687	Münker	Sabine	35:53,6 w	F50	5.700m	2	107
741	Zhao	Jianxin	36:01,5 m	MHK	5.700m	62	108
716	Seelbach	Carolin	36:36,5 w	FHK	5.700m	11	109
659	Bodenstedt	Christian	36:52,3 m	M30	5.700m	15	110
735	Warnecke	Leif	36:58,4 m	MHK	5.700m	63	111
762	Daimagüler	Irfan	37:00,8 m	M35	5.700m	8	112
758	Heyland	Steffen	37:22,2 m	MHK	5.700m	64	113
755	Klose	Dorothea	37:32,3 w	FHK	5.700m	12	114
759	Wickendick	Fabian	38:07,2 m	MHK	5.700m	65	115
645	Heiligtag	Nathalie	38:12,7 w	F35	5.700m	1	116
721	Steffens	Neele	38:13,1 w	FHK	5.700m	13	117
617	Brügelmann	hans	38:15,7 m	M60	5.700m	4	118
638	Gerlach	Katharina	38:25,7 w	FHK	5.700m	14	119
757	Gerigk	Matthias	38:26,6 m	MHK	5.700m	66	120
730	Tücking	Katrin	38:56,2 w	FHK	5.700m	15	121
719	Steffen	Celina	39:14,4 w	FHK	5.700m	16	122
726	Stötzel	Nicole	39:14,7 w	F30	5.700m	4	123

724	Stephan	Christina	39:23,0 w	FHK	5.700m	17	124
688	Musholt	Eva-Maria	39:24,2 w	FHK	5.700m	18	125
715	Schwarz	Boas	39:24,5 w	FHK	5.700m	19	126
737	Weinhold	Linda	39:39,2 w	FHK	5.700m	20	127
671	Kirsch	Jürgen	39:59,9 m	MHK	5.700m	67	128
620	Butterweck	Anja	40:21,0 w	FHK	5.700m	21	129
685	Müller	Kristin	40:21,4 w	FHK	5.700m	22	130
701	Roder	Marie	40:21,7 w	FHK	5.700m	23	131
636	Fuckert	Christina	40:48,5 w	FHK	5.700m	24	132
637	Geringer	Eugenie	40:49,5 w	FHK	5.700m	25	133
673	Köken	Berna	41:17,2 w	FHK	5.700m	26	134
634	Franke	Demian	41:19,5 m	M30	5.700m	16	135
615	Bottenberg	Sabrina	41:32,0 w	FHK	5.700m	27	136
614	Bottenberg	Enis	41:32,7 m	MHK	5.700m	68	137
744	Schmidt	Jessica	42:19,1 w	FHK	5.700m	28	138
651	Hirsch	Christoph	44:18,6 m	MHK	5.700m	69	139
666	Jeratsch	Judith	44:21,5 w	F30	5.700m	5	140
700	Reinschmidt	Christian	46:52,5 m	MHK	5.700m	70	141
5	Schnorr	Stefan	29:23,8 m		8.300m		1
811	Gatzweiler	Ulla	29:54,4 w		8.300m		2
863	Meißner	Pascal	29:58,2 m	MHK	8.300m	1	3
6	Stollenwerk	Yannic	30:06,3 m		8.300m		4
815	Mucha	Bastian	30:55,2 m		8.300m		5
4	Müller	Matthias	31:22,6 m		8.300m		6
812	Müller	Christian	31:38,3 m		8.300m		7
3	Schumann	Timo	31:42,7 m		8.300m		8
892	Löschner	Frank	32:55,1 m	M50	8.300m	1	9
806	Wiese	Stefan	33:13,5 m		8.300m		10
871	Schneider	Mario	33:13,9 m	M30	8.300m	1	11
816	Winterholler	Andreas	33:22,0 m		8.300m		12
874	Stahl	Rainer	34:04,6 m	M40	8.300m	1	13
877	Völkel	Torsten	34:44,4 m	M35	8.300m	1	14
822	Herbst	Martin	35:22,7 m		8.300m		15

889	Mallasch	Marius	35:28,4 m	MHK	8.300m	2	16
804	Graf	Matthias	35:44,3 m		8.300m		17
869	Schäfer	Andre	36:04,6 m	M30	8.300m	2	18
883	Palm	Sebastian	36:21,7 m	M30	8.700m	3	19
810	Mank	Paul	36:26,5 m		8.300m		20
801	Schulte	Jan	37:20,0 m		8.300m		21
864	Menn	Volker	37:37,7 m	M50	8.300m	2	22
891	Schmidt	Christian	37:44,4 m	MHK	8.300m	3	23
809	Glenewinkel	Timo	38:05,7 m		8.300m		24
855	Franke	Marlon	39:07,9 m	MHK	8.300m	4	25
851	Bäuerle	Björn	39:18,5 m	MHK	8.300m	5	26
1	Herrmann	Marietta	40:22,3 w		8.300m		27
826	Handschuh	Stephan	42:19,6 m		8.300m		28
2	Spennes	Judith	42:35,5 w		8.300m		29
857	Grube	Christoph	43:13,3 m	MHK	8.300m	6	30
858	Gründig	Benedict	44:13,0 m	MHK	8.300m	7	31
821	Kreckel	Timo	45:13,8 m		8.300m		32
825	Müller	Ralf	45:39,6 m		8.300m		33
875	Stenner	Richard	45:40,4 m	M35	8.300m	2	34
881	Zander	Stefan	46:22,2 m	MHK	8.300m	8	35
879	Weidemann	Axel	46:23,2 m	MHK	8.300m	9	36
873	Schütte	Christian	46:50,8 m	M35	8.300m	3	37
887	Schulz	Jürgen	48:13,7 m	M55	8.300m	1	38
893	Kurtz	Michael	48:36,5 m	M45	8.300m	1	39
867	Prill	Florian	48:43,8 m	MHK	8.300m	10	40
890	Noll	Gilbert	49:29,7 m	M35	8.300m	4	41
880	Wust	Stefanie	49:45,1 w	FHK	8.300m	1	42
853	Beerens	Anna	50:22,0 w	FHK	8.300m	2	43
865	Nitschke	Tim	50:22,4 m	MHK	8.300m	11	44
884	Maurer	Prof. Dr. Wolf	50:23,9 m	M65	8.700m	1	45
854	Christ	Ralph	50:39,5 m	M50	8.300m	3	46
808	Stutz	Silvia	50:50,6 w		8.300m		47
888	Braukmann	Julian	52:39,9 m	MHK	8.300m	12	48

872 Schröder	Matthias	53:01,9 m	MHK	8.300m	13	49
807 Woyciechows	Sarah	54:10,3 w		8.300m		50
886 Jansen	Ulrich	00:27,7 m	M40	8.300m	2	51
860 Herout	Bernard	00:43,5 m	M50	8.300m	4	52