

Einlaufliste

Silvesterlauf 2011

31.12.2011

| Klasse: | Platz: | Startnr.: | Zeit: | Nachname: | Vorname: | Verein: |
|---------|--------|-----------|----------|--------------|-----------|--------------------|
| MSB | 1 | 458 | 00:03:35 | Feindt | Thore | |
| MSB | 2 | 446 | 00:03:36 | Bäcker | Felix | TUS Harsefeld |
| WSB | 1 | 442 | 00:03:41 | Jonker | Anna-Lena | LG Kehdingen |
| WSA | 1 | 443 | 00:03:50 | Harner | Annelie | Stader SV |
| WSC | 1 | 454 | 00:03:53 | Schlichtmann | Sina | SC Hemmoor |
| WSC | 2 | 455 | 00:03:55 | Schlichtmann | Sophia | SC Hemmoor |
| MSC | 1 | 440 | 00:04:14 | Vorrath | Jonas | TVG Drochtersen |
| WSD | 1 | 422 | 00:04:16 | Hammann | Rike | TVG Drochtersen |
| WSB | 2 | 445 | 00:04:20 | Janssen | Corinne | TUS Harsefeld |
| WSB | 3 | 457 | 00:04:21 | Diehr | Jana | SC Hemmoor |
| WSC | 3 | 444 | 00:04:23 | Neuhaus | Jonna | TUS Grünendeic |
| WSD | 2 | 453 | 00:04:24 | Viehmann | Cora | SC Hemmoor |
| WSC | 4 | 468 | 00:04:32 | Quednau | Laura | TV Wischhafen |
| WSD | 3 | 427 | 00:04:34 | Witt | Alisa | TVG Drochtersen |
| WSD | 4 | 450 | 00:04:37 | Hollander | Janne | SC Hemmoor |
| WSD | 5 | 462 | 00:04:42 | Grothmann | Tjara | Fit und Fan Lauftr |
| WSB | 4 | 467 | 00:04:44 | Olschewski | Lara | VfL Stade |
| WSC | 5 | 425 | 00:04:45 | Suhr | Caroline | TVG Drochtersen |
| WSD | 6 | 428 | 00:04:50 | Haack | Laura | TVG Drochtersen |
| WSD | 7 | 449 | 00:04:56 | Skaritsch | Zoe | SC Hemmoor |
| WSD | 8 | 448 | 00:04:58 | Skaritsch | Stella | SC Hemmoor |
| WSC | 6 | 430 | 00:05:00 | Gruber | Katarina | TVG Drochtersen |
| MSC | 2 | 461 | 00:05:01 | Grothmann | Jonah | Fit und Fan Lauftr |
| MSD | 1 | 436 | 00:05:04 | Bonnekessel | Lynn | TVG Drochtersen |
| MSD | 2 | 469 | 00:05:13 | Jagemann | Pepe | TVG Drochtersen |
| WSD | 9 | 451 | 00:05:14 | Sadatzki | Lia | SC Hemmoor |
| MSD | 3 | 432 | 00:05:18 | Jung | Felix | TVG Drochtersen |
| MSD | 4 | 429 | 00:05:19 | Schmidt | Jacob | TVG Drochtersen |
| MSD | 5 | 423 | 00:05:22 | Terpstra | Lasse | TVG Drochtersen |
| MSD | 6 | 447 | 00:05:24 | Krujezi | Joel | Eintracht Cuxhav |
| WSD | 10 | 452 | 00:05:30 | Buck | Svenja | SC Hemmoor |
| MSD | 7 | 434 | 00:05:40 | Elfers | Finn | TVG Drochtersen |
| WSC | 7 | 437 | 00:05:50 | Petruck | Martje | TVG Drochtersen |
| MSC | 3 | 460 | 00:05:50 | Bolz | Janne | Fit und Fan Lauftr |
| MSD | 8 | 420 | 00:05:58 | Kuhlgatz | Thilo | TVG Drochtersen |
| MSD | 9 | 431 | 00:06:02 | Gruber | Malte | TVG Drochtersen |
| MSD | 10 | 421 | 00:06:03 | Philippi | Malin | TVG Drochtersen |
| WSD | 11 | 435 | 00:06:25 | Hagenah | Melissa | TVG Drochtersen |
| WSD | 12 | 426 | 00:06:39 | Alshut | Tina | TVG Drochtersen |
| WSD | 13 | 464 | 00:07:01 | Maashöfer | Linda | ATSC Cuxhaven |
| WSD | 13 | 465 | 00:07:01 | Mollenhauer | Amelie | ATSC Cuxhaven |

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| WSD | 15 | 466 | 00:07:44 | Zander | Julia | TVG Drochtersen |
| MJA | 1 | 27 | 00:31:46 | Rehberg | Stig | SC Rönna 74 |
| M40 | 1 | 1 | 00:34:29 | Oberschilp | Andreas | LG Bremen Nord |
| MJA | 2 | 30 | 00:34:52 | Bostelmann-Arp | Hendrik | SC Rönna 74 |
| MJA | 3 | 29 | 00:34:54 | Bostelmann-Arp | Jan-Eric | SC Rönna 74 |
| M30 | 1 | 287 | 00:35:10 | Oelert | Dennis | LG Vulkaneifel |
| MHKL. | 1 | 85 | 00:36:33 | Neumann | Lars | SG TSV Kronsha |
| MSA | 1 | 147 | 00:37:17 | Bäcker | Simon | TUS Harsefeld |
| M45 | 1 | 2 | 00:37:44 | Smolinski | Peter | |
| MHKL. | 2 | 261 | 00:38:24 | Stinski | Sebastian | SC Hemmoor |
| M30 | 2 | 240 | 00:39:23 | Thiessen | Matthias | LG HNF Hambur |
| M45 | 2 | 140 | 00:39:31 | Kupper | Frank | Lusaner SC |
| MHKL. | 3 | 265 | 00:39:40 | Lunden | Christoph | SC Hemmoor |
| M40 | 2 | 166 | 00:39:41 | Borchardt | Maik | Laufftreff Stade/R |
| M30 | 3 | 73 | 00:39:49 | Töter | Achim | TUS Finkenwerd |
| MHKL. | 4 | 276 | 00:39:49 | Tietje | Lars | TV Wischhafen |
| M40 | 3 | 264 | 00:39:51 | Brunkhorst | Holger | TSR Ahrenswohl |
| MHKL. | 5 | 60 | 00:39:55 | Schulz | Christoph | VFL Kutenholz |
| M50 | 1 | 51 | 00:40:30 | Lemke | Peter | SC Balje |
| MJB | 1 | 45 | 00:41:05 | Gellert | Moritz | SC Balje |
| M50 | 2 | 26 | 00:41:13 | Schröder | Reinhard | TVG Drochtersen |
| M35 | 1 | 74 | 00:41:18 | Töter | Torsten | THS Team Berga |
| M35 | 2 | 211 | 00:41:45 | Tohoff | Marco | Samtgemeinde H |
| MJA | 4 | 41 | 00:41:52 | Korölus | Markus | MTV Freiburg |
| M45 | 3 | 324 | 00:41:59 | Berger | Uwe | Ruderclub Phönix |
| M50 | 3 | 143 | 00:42:05 | Bremen | von Torsten | LG Kreis Nord-St |
| M50 | 4 | 137 | 00:42:06 | Oltmanns | Erhard | Triathlon Team B |
| M35 | 3 | 296 | 00:42:18 | Albrecht | Carsten | Stader SV |
| M45 | 4 | 298 | 00:42:29 | Detlefsen | Frank | |
| M45 | 5 | 136 | 00:42:32 | Farke | Harald | Triathlon Team B |
| M35 | 4 | 292 | 00:42:38 | Berndt | Daniel | |
| MHKL. | 6 | 46 | 00:42:40 | Gellert | Henning | SC Balje |
| M50 | 5 | 266 | 00:43:02 | Klüsener | Heinz-Jürgen | Stader SV |
| M45 | 6 | 277 | 00:43:03 | Bering | Thoger | Post SV Buxtehu |
| M45 | 7 | 117 | 00:43:08 | Hammann | Detlef | VfL Stade |
| M55 | 1 | 289 | 00:43:20 | Schulz | Bernd | LAV Zeven |
| M40 | 4 | 173 | 00:43:24 | Holtstiege | Dirk | BSG Axel Spring |
| M45 | 8 | 18 | 00:43:35 | Holt | von Rainer | TVG Drochtersen |
| MHKL. | 7 | 279 | 00:43:39 | Braack | Michel | MTV Himmelpfort |
| M40 | 5 | 154 | 00:43:43 | Neumann | Sören | VFL Horneburg |
| M45 | 9 | 63 | 00:43:45 | Tiedemann | Erwin | VFL Kutenholz |
| M30 | 4 | 159 | 00:44:00 | Schmidt | Jürgen | BSG Feuerwehr |
| MHKL. | 8 | 319 | 00:44:07 | Schmandt | Bastian | |
| MHKL. | 9 | 308 | 00:44:14 | Kühlcke | Egbert | TV Wischhafen |

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| M40 | 6 | 16 | 00:44:24 | Lünstedt | Dieter | TVG Drochtersen |
| M40 | 7 | 25 | 00:44:26 | Grell | Ronald | TVG Drochtersen |
| M55 | 2 | 333 | 00:44:32 | Arndt | Günter | SSV Hagen |
| M45 | 10 | 192 | 00:44:34 | Schreder | Michael | |
| MHKL. | 10 | 59 | 00:44:35 | Rosenbaum | Philipp | VFL Kutenholz |
| M35 | 5 | 114 | 00:44:37 | Köhler | Thorsten | Fit und Fan Lauftr |
| W45 | 1 | 3 | 00:44:37 | Friedrich | Birgit | TVG Drochtersen |
| M55 | 3 | 76 | 00:44:43 | Knop | Egon | SG Stern Hambu |
| M30 | 5 | 224 | 00:44:44 | Müller | Mario | SV Dornbusch |
| M30 | 6 | 17 | 00:44:47 | Eckhoff | Mike | |
| M50 | 6 | 280 | 00:44:55 | Siebert | Ralf | SG Airbus Stade |
| M45 | 11 | 235 | 00:45:03 | Lemkau | Niels | BSG Hanseatisch |
| MJB | 2 | 322 | 00:45:10 | Elfers | Julian | Stader SV |
| MJB | 2 | 273 | 00:45:10 | Großer | Antoine | Stader SV |
| M50 | 7 | 87 | 00:45:13 | Hartz | Joachim | SG Airbus Stade |
| M50 | 8 | 315 | 00:45:15 | Berg | Jürgen | VFL Horneburg |
| M30 | 7 | 170 | 00:45:16 | Prim | Bastian | Ruderclub Phönix |
| M45 | 12 | 317 | 00:45:21 | Elfers | Frank | TUS Harsefeld |
| MHKL. | 11 | 326 | 00:45:22 | Dralle | Daniel | SV Dornbusch |
| MJB | 4 | 310 | 00:45:33 | Werth | Luca | Jfv Ahlerstedt-Ott |
| M50 | 9 | 44 | 00:45:35 | Bardenhagen | Heinz | LG Kreis Nord St |
| M35 | 6 | 8 | 00:45:36 | Cholewa | Christian | TVG Drochtersen |
| M30 | 8 | 225 | 00:45:37 | Laurisch | Ole | Bremen |
| M55 | 4 | 262 | 00:45:39 | Anbergen | Jochen | AWSV |
| M45 | 13 | 212 | 00:45:43 | Elfers | Andreas | |
| M45 | 14 | 186 | 00:45:46 | Kühlke | Jens | |
| M45 | 15 | 244 | 00:45:50 | Andrews | Stewart | |
| M40 | 8 | 20 | 00:46:03 | Terpstra | Freek | TVG Drochtersen |
| MHKL. | 12 | 58 | 00:46:05 | Lütjen | Timo | VFL Kutenholz |
| M45 | 16 | 165 | 00:46:06 | Borchardt | Frank | Laufftreff Stade/R |
| W45 | 2 | 274 | 00:46:08 | Großer | Claire | Stader SV |
| M60 | 1 | 119 | 00:46:13 | Diekmann | Hans | BSV Buxtehude |
| M35 | 7 | 80 | 00:46:19 | Stark | Martin | SG Stern Hambu |
| M45 | 17 | 83 | 00:46:23 | Struck | Dr.Rainer | TURA Hechthaus |
| M45 | 18 | 290 | 00:46:27 | Wiczinowski | Frank | Post SV Buxtehu |
| MHKL. | 13 | 334 | 00:46:28 | Weissenborn | Martin | Manchester Unite |
| M40 | 9 | 108 | 00:46:31 | Meger | Thorsten | TuSV Bützfleth |
| M55 | 5 | 328 | 00:46:33 | Rösler | Karl | |
| M30 | 9 | 199 | 00:46:45 | Wagner | David | |
| MHKL. | 14 | 150 | 00:46:49 | Lawes | Benjamin | VSV Hedendorf- |
| M55 | 6 | 184 | 00:46:56 | Göppert | Bernd | |
| MHKL. | 15 | 54 | 00:46:58 | Frula | Dennis | VFL Kutenholz |
| M45 | 19 | 291 | 00:47:04 | Olschewsky | Jörg | Activital Stade |
| MSB | 1 | 169 | 00:47:07 | Prim | Jonas | Ruderclub Phönix |

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| M30 | 10 | 237 | 00:47:09 | Reschke | Paul | SV Brehmer Leip |
| M35 | 8 | 79 | 00:47:18 | Zdebel | Rene | SG Stern Hambu |
| M35 | 9 | 318 | 00:47:29 | Lau | Thomas | |
| M45 | 20 | 171 | 00:47:34 | Hoffmann | Frank | Geestrenner |
| M35 | 10 | 56 | 00:47:36 | Jahnke | Daniel | VFL Kutenholz |
| M55 | 7 | 187 | 00:47:37 | Kühlcke | Klaus | |
| M35 | 11 | 325 | 00:47:38 | Ecks | Stefan | Ruderclub Phönix |
| M40 | 10 | 267 | 00:47:41 | Süßmuth | Karsten | SG Airbus Stade |
| M40 | 10 | 163 | 00:47:41 | Mohr | Torsten | Laufschule Altes |
| W30 | 1 | 294 | 00:47:46 | Tiedemann-Dahms | Nadine | TURA Hechthaus |
| MHKL. | 16 | 50 | 00:47:52 | Lemke | Christoph | SC Balje |
| M45 | 21 | 245 | 00:47:53 | Burke | Warren | |
| M60 | 2 | 268 | 00:47:57 | Radicke | Werner | Airbus Stade SG |
| MHKL. | 17 | 71 | 00:48:00 | Duwald | Marvin | VFL Kutenholz |
| MJA | 5 | 53 | 00:48:00 | Bockelmann | Torben | VFL Kutenholz |
| MHKL. | 18 | 197 | 00:48:08 | Bork | Matthias | |
| M45 | 22 | 97 | 00:48:08 | Buchhorn | Holger | TUS Grünendeic |
| M45 | 23 | 89 | 00:48:09 | Struwe | Michael | Airbus SG Stade |
| M55 | 8 | 77 | 00:48:14 | Kamrad | Hubert | SG Stern Hambu |
| M55 | 9 | 198 | 00:48:18 | Augustin | Bernhard | |
| M40 | 12 | 246 | 00:48:19 | Wege | Reiner | Airbus SG Stade |
| M45 | 24 | 156 | 00:48:24 | Terpstra | Jelle | MTV Hammah |
| M55 | 10 | 155 | 00:48:27 | Grunwald | Gerd | MTV Mittelkirch |
| M30 | 11 | 272 | 00:48:33 | Potthoff | Stefan | TVG Drochtersen |
| M40 | 13 | 39 | 00:48:35 | Buhbe | Michael | VTV Assel |
| W45 | 3 | 141 | 00:48:36 | Sass | Regine | TSV Wiepenkath |
| MJB | 5 | 61 | 00:48:36 | Stelling | Hauke | VFL Kutenholz |
| M50 | 10 | 209 | 00:48:43 | Witt | Hans-Jürgen | |
| W35 | 1 | 200 | 00:48:45 | Wenzlawe | Maja | |
| M50 | 11 | 210 | 00:48:46 | Ohls | Thomas | |
| M45 | 25 | 148 | 00:48:47 | Liberton | Ruud | SSV Hagen |
| MHKL. | 19 | 67 | 00:48:48 | Wiechert | Christian | VFL Kutenholz |
| M45 | 26 | 152 | 00:48:49 | Kirsch | Randolph | Laufftreff Harsefel |
| M50 | 12 | 312 | 00:48:50 | Dralle | Fred | GTV Bremerhave |
| M45 | 27 | 220 | 00:48:55 | Eggers | Jörg | |
| W40 | 1 | 250 | 00:49:01 | Schier | Marianne | TVG Drochtersen |
| M45 | 28 | 249 | 00:49:02 | Schier | Andreas | TVG Drochtersen |
| M45 | 29 | 168 | 00:49:06 | Henning | Frank | Radsport Himmel |
| M45 | 29 | 9 | 00:49:06 | Behrendt | Erik | TVG Drochtersen |
| M40 | 14 | 116 | 00:49:11 | Köhler | Dieter | Fit und Fan Lauftr |
| M40 | 15 | 329 | 00:49:20 | Bressler | Jens | |
| W50 | 1 | 49 | 00:49:32 | Lemke | Annette | SC Balje |
| MJB | 6 | 305 | 00:49:37 | Streng | Fridolin | Stader SV |
| M45 | 31 | 86 | 00:49:38 | Uhl | Peter | Triathlon Team B |

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| M40 | 16 | 285 | 00:49:40 | Huppertz | Klaus | TSV Buxtehude- |
| M35 | 12 | 146 | 00:49:41 | Hildebrandt | Jörg | TUS Harsefeld |
| M50 | 13 | 181 | 00:49:42 | Scholz | Gerd | |
| M55 | 11 | 399 | 00:49:45 | Grothmann | Thomas | LG Kehdingen |
| MHKL. | 20 | 32 | 00:49:50 | Erwied | Patrick | Stader SV |
| M50 | 14 | 118 | 00:49:51 | Köster | Jürgen | Eintracht Cuxhav |
| M45 | 32 | 206 | 00:50:00 | Gladbach | Ulrich | |
| M40 | 17 | 191 | 00:50:02 | Tietjen | Berndt | |
| MJB | 7 | 335 | 00:50:03 | Friedrich | Mathias | SV Drochtersen/ |
| M45 | 33 | 10 | 00:50:28 | Vorrath | Olaf | TVG Drochtersen |
| M45 | 34 | 269 | 00:50:36 | Ahlf | Dieter | |
| M40 | 18 | 42 | 00:50:49 | Rönn | von Jürgen | SV Dornbusch |
| M40 | 19 | 110 | 00:50:52 | Wisweh | Jörn | Fit und Fan Lauftr |
| M40 | 19 | 112 | 00:50:52 | Bolz | Reimer | Fit und Fan Lauftr |
| M55 | 12 | 239 | 00:50:53 | Mücke | Wolfgang | Stader SV |
| M45 | 35 | 35 | 00:50:59 | Nekarda | Peer Christoph | Stader SV |
| M55 | 13 | 293 | 00:51:18 | Holler | Bodo | |
| M50 | 15 | 139 | 00:51:18 | Hinsch | Holger | TV Wischhafen |
| M50 | 16 | 332 | 00:51:19 | Schildt | Reinhard | VfL Stade |
| W35 | 2 | 103 | 00:51:25 | Neuhaus | Sylvia | TUS Grünendeic |
| M65 | 1 | 207 | 00:51:25 | Wagner | Norbert | |
| M50 | 17 | 82 | 00:51:30 | Masorsky | Dirk | Flensburger Lauft |
| MJB | 8 | 323 | 00:51:31 | Elfers | Jonas | Stader SV |
| W45 | 4 | 23 | 00:51:33 | Scholz | Urte | TVG Drochtersen |
| WHKL. | 1 | 36 | 00:51:36 | Kammann | Kristin | TSV Großenwörd |
| M55 | 14 | 96 | 00:51:42 | Reimers | Heino | TUS Grünendeic |
| M50 | 18 | 34 | 00:51:43 | Harner | Udo | Stader SV |
| M35 | 13 | 22 | 00:51:51 | Kuhlgatz | Martin | TVG Drochtersen |
| M45 | 36 | 270 | 00:51:59 | Zyber | Manfred | Stader SV |
| M40 | 21 | 107 | 00:52:00 | Nolte | Christian | MTV Mittelkirch |
| M50 | 19 | 314 | 00:52:05 | Bülck | Carsten | |
| W50 | 2 | 172 | 00:52:16 | Extra-Harms | Eva | Sonntagsläufer |
| M50 | 20 | 316 | 00:52:16 | Beck | Martin | Sonntagsläufer |
| W40 | 2 | 242 | 00:52:23 | Ney | Berit | Stader SV |
| M35 | 14 | 24 | 00:52:29 | Bloss | Henning | TVG Drochtersen |
| M50 | 21 | 142 | 00:52:32 | Schirwitz | Bernd | TC Wiepenkathe |
| M50 | 22 | 303 | 00:52:49 | Bonnekessel | Günter | TVG Drochtersen |
| M60 | 3 | 122 | 00:52:55 | Pünjer | Peter | BSV Buxtehude |
| WJB | 1 | 282 | 00:53:02 | Rusch | Gesa | TVG Drochtersen |
| MSC | 1 | 470 | 00:53:03 | Rusch | Christian | TVG Drochtersen |
| M60 | 4 | 94 | 00:53:06 | Ellmers | Manfred | SV Biedersdorf 6 |
| M55 | 15 | 284 | 00:53:07 | Kölzer | Hans Peter | BSV Buxtehude |
| M55 | 16 | 98 | 00:53:10 | Kirchner | Uwe | SG Lühe |
| MHKL. | 21 | 311 | 00:53:11 | Helling | Daniel | MTV Himmelpfort |

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| M40 | 22 | 131 | 00:53:12 | Pünjer | Andreas | SSV GroBenseeb |
| MHKL. | 22 | 227 | 00:53:14 | Wilfahrt | Jan | |
| MHKL. | 22 | 228 | 00:53:14 | Backhaus | Winifried | |
| MHKL. | 24 | 238 | 00:53:15 | Krönke | Sven | |
| M45 | 37 | 65 | 00:53:15 | Tiemann | Heino | VFL Kutenholz |
| WHKL. | 2 | 230 | 00:53:16 | Jago | Kristina | |
| MHKL. | 25 | 231 | 00:53:16 | Schulze | Christian | |
| W30 | 2 | 183 | 00:53:18 | Quast | Diana | |
| MHKL. | 26 | 182 | 00:53:18 | Mahler | Fabian | |
| W35 | 3 | 37 | 00:53:25 | Schröder | Marita | TSV Otterndorf |
| M45 | 38 | 102 | 00:53:29 | Wippersteg | Uwe | TUS Grünendeic |
| M40 | 23 | 145 | 00:53:33 | Hanno | Bernd | Deinster SV |
| M50 | 23 | 221 | 00:53:41 | Schröter | Michael | TC Wiepenkathe |
| M30 | 12 | 278 | 00:54:08 | Ciesionik | Dennis | |
| MJB | 9 | 223 | 00:54:09 | Krüger | Nils | TuS Güldenstern |
| M45 | 39 | 201 | 00:54:10 | Rademacher | Stefan | Buxtehude |
| MHKL. | 27 | 208 | 00:54:13 | Augustin | Hendrik | |
| M45 | 40 | 202 | 00:54:14 | Otromke | Jörn | |
| W40 | 3 | 125 | 00:54:15 | Bruch | Viola | BSV Buxtehude |
| M40 | 24 | 124 | 00:54:16 | Bruch | Olaf | BSV Buxtehude |
| M55 | 17 | 126 | 00:54:17 | Ditsche | Raimund | BSV Buxtehude |
| W50 | 3 | 127 | 00:54:17 | Stötzel-Ditsche | Christiane | BSV Buxtehude |
| WHKL. | 3 | 331 | 00:54:23 | Cordes | Jennifer | Laufftreff Rüniger |
| M70 | 1 | 271 | 00:54:24 | Potthof | Hans-Peter | TVG Drochtersen |
| WJB | 2 | 203 | 00:54:27 | Gladbach | Annika | |
| MSC | 2 | 5 | 00:54:29 | Mahler | Paul | TVG Drochtersen |
| M35 | 15 | 4 | 00:54:31 | Mahler | Stephan | TVG Drochtersen |
| W60 | 1 | 133 | 00:54:32 | SchleBelmann | Jutta | Post SV Buxtehu |
| M45 | 41 | 174 | 00:54:38 | Peglau | Thomas | LG Pegel |
| M50 | 24 | 327 | 00:54:42 | Dralle | Ingo | TVG Drochtersen |
| W40 | 4 | 6 | 00:54:42 | Mahler | Heike | TVG Drochtersen |
| M70 | 2 | 75 | 00:54:55 | Dietrich | Peter | LG HNF Hambur |
| M55 | 18 | 275 | 00:54:59 | Tiemann | Helmut | VFL Kutenholz |
| MHKL. | 28 | 234 | 00:55:05 | McColgan | Thomas | |
| MHKL. | 28 | 229 | 00:55:05 | Stepniewski | Martin | |
| W45 | 5 | 104 | 00:55:24 | Tobaben | Heidi | TUS Grünendeic |
| M50 | 25 | 101 | 00:55:26 | Quadt | Andreas | TUS Grünendeic |
| M55 | 19 | 100 | 00:55:26 | Kulla | Günther | TUS Grünendeic |
| M50 | 26 | 121 | 00:55:30 | Klindworth | Carsten | BSV Buxtehude |
| M45 | 42 | 309 | 00:55:58 | Werth | Rainer | TUS Harsefeld |
| W50 | 4 | 321 | 00:56:11 | Elfers | Uta | Stader SV |
| M55 | 20 | 320 | 00:56:12 | Straube | Jörg | Stader SV |
| M45 | 43 | 301 | 00:56:13 | Timm | Ralf | TUS Jork |
| M45 | 44 | 263 | 00:56:14 | Simons | Jörg | |

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| M60 | 5 | 299 | 00:56:19 | Lohmann | Diedrich | Post SV Buxtehu |
| M40 | 25 | 66 | 00:56:24 | Tipke | Andree | VFL Kutenholz |
| M45 | 45 | 40 | 00:56:25 | Engelbrecht | Maik | VTV Assel |
| M55 | 21 | 330 | 00:56:42 | Burrichter | Martin | Sonntagläufer |
| MHKL. | 30 | 297 | 00:56:43 | Gieschen | Fabian | CFK Valley Stade |
| WHKL. | 4 | 81 | 00:56:49 | Dieckmann | Tanja | ETV Hamburg |
| W50 | 5 | 222 | 00:56:59 | Krieter-Krüger | Ute | TC Hageb |
| M55 | 22 | 219 | 00:57:25 | Brandt | Manfred | SG Airbus Stade |
| M55 | 23 | 176 | 00:57:34 | Fels | Dieter | Cafe Kunstwerk |
| MHKL. | 31 | 313 | 00:57:39 | Gombert | Matthias | |
| M35 | 16 | 180 | 00:57:41 | Hagenah | Frank | |
| M30 | 13 | 213 | 00:57:43 | Dreyer | Manuel | |
| M50 | 27 | 283 | 00:57:51 | Rusch | Wilhelm | TVG Drochtersen |
| W30 | 3 | 111 | 00:58:00 | Odjal | Hasibe | Fit und Fan Lauftr |
| W35 | 4 | 115 | 00:58:01 | Köhler | Sabine | Fit und Fan Lauftr |
| MHKL. | 32 | 57 | 00:58:18 | Lütjen | Oliver | VFL Kutenholz |
| M45 | 46 | 307 | 00:58:20 | Pahl | Uwe | TuSV Bützfleth |
| W40 | 5 | 306 | 00:58:20 | Stüven | Anke | TUS Bützfleth |
| W45 | 6 | 72 | 00:58:35 | Heuer | Uta | MTV Wisch |
| MJB | 10 | 218 | 00:58:39 | Wentzien | Christoph | |
| M45 | 47 | 217 | 00:58:39 | Wentzien | Hans-Günter | |
| M45 | 48 | 302 | 00:58:40 | von Allwörden | Frank | TUS Jork |
| W50 | 6 | 19 | 00:58:42 | Preil | Sieglinde | TVG Drochtersen |
| W40 | 6 | 286 | 00:58:55 | Martens | Sabine | |
| M50 | 28 | 226 | 00:59:03 | von Borstel | Werner | TC Stade |
| WSB | 1 | 11 | 00:59:11 | Suhr | Josephine | TVG Drochtersen |
| WSB | 2 | 12 | 00:59:12 | Elsen | Mariele | TVG Drochtersen |
| M60 | 6 | 123 | 00:59:17 | Eggers | Wolfgang | BSV Buxtehude |
| W30 | 4 | 398 | 00:59:31 | Schnorr | Eva | |
| M40 | 26 | 13 | 00:59:32 | Grage | Oliver | TVG Drochtersen |
| WJB | 3 | 241 | 01:00:32 | Ney | Hannah | Stader SV |
| M45 | 49 | 64 | 01:00:51 | Tiedemann | Frank | VFL Kutenholz |
| M50 | 29 | 129 | 01:01:13 | Gehrke | Andreas | BSV Buxtehude |
| M40 | 27 | 55 | 01:01:17 | Henn | Rolf | VFL Kutenholz |
| W50 | 7 | 120 | 01:01:35 | Klindworth | Patricia | BSV Buxtehude |
| WSB | 3 | 33 | 01:01:37 | Suhr | Rebecca | Stader SV |
| M70 | 3 | 216 | 01:01:41 | Backmeier | Hans-Heinrich | TVG Drochtersen |
| WJA | 1 | 204 | 01:01:43 | Gladbach | Nele | |
| W45 | 7 | 167 | 01:01:48 | Mittelstädt | Sybille | Radspport Himmel |
| M55 | 24 | 158 | 01:01:53 | Megggers | Horst | MTV Elm |
| WHKL. | 5 | 88 | 01:01:53 | Duewel | Ines | Airbus SG Stade |
| M30 | 14 | 194 | 01:02:02 | Sukan | Areerat | |
| W45 | 8 | 205 | 01:02:25 | Gladbach | Claudia | |
| MJA | 6 | 179 | 01:02:47 | Brandt | Jan-Hendrik | |

| Klasse: | Platz: | Startnr.: | Zeit: | Nachname: | Vorname: | Verein: |
|---------|--------|------------|-----------------|------------|-----------|--------------------|
| W45 | 9 | 62 | 01:03:35 | Tiedemann | Bärbel | VFL Kutenholz |
| M40 | 28 | 144 | 01:03:37 | Grube | Torsten | Deinster SV |
| W40 | 7 | 15 | 01:03:50 | Schmidt | Marion | TVG Drochtersen |
| M70 | 4 | 93 | 01:03:54 | Kugis | Heinz | SV Bliedersdorf |
| M60 | 7 | 14 | 01:03:56 | Raap | Lothar | TVG Drochtersen |
| M70 | 5 | 92 | 01:04:01 | Kordes | Werner | SV Bliedersdorf |
| WHKI. | 6 | 175 | 01:04:22 | Sawala | Annick | JV Feuerschland |
| M45 | 50 | 43 | 01:04:28 | Krönke | Friedjof | SV Dornbusch |
| W60 | 2 | 47 | 01:05:15 | Meyer | Erika | SC Balje |
| M40 | 29 | 177 | 01:05:25 | Degener | Stefan | |
| W40 | 8 | 178 | 01:05:31 | Degener | Susanne | |
| W60 | 3 | 193 | 01:05:37 | Hensel | Linda | |
| W45 | 10 | 106 | 01:07:01 | Felde zum | Beke | TUS Grünendeic |
| M60 | 8 | 189 | 01:07:02 | Wockenfuss | Wolfgang | |
| W40 | 9 | 281 | 01:07:22 | Buchhorn | Andrea | |
| M70 | 6 | 21 | 01:08:26 | Walther | Dieter | |
| W30 | 5 | 214 | 01:09:45 | Häusler | Jana | |
| M30 | 15 | 215 | 01:09:45 | Studier | Hendryk | |
| M35 | 17 | 195 | 01:09:51 | Stelling | Michael | |
| WHKI. | 7 | 233 | 01:09:59 | Weiß | Helena | |
| WHKI. | 8 | 288 | 01:10:18 | Wiehler | Rieke | |
| W40 | 10 | 164 | 01:10:19 | Hastedt | Ulla | Laufschule Altes |
| WHKI. | 9 | 90 | 01:10:21 | Martens | Anneka | SV Bliedersdorf 6 |
| M45 | 51 | 113 | 01:10:27 | Szidat | Jens | Fit und Fan Lauftr |
| W45 | 11 | 157 | 01:10:42 | Megggers | Karin | MTV Elm |
| W40 | 11 | 304 | 01:10:52 | Hadeler | Claudia | Team Retkowsky |
| M75 | 1 | 295 | 01:13:14 | Kammerer | Klaus | TURA Hechthaus |
| M65 | 2 | 91 | 01:13:16 | Hannemann | Bodo | |
| M75 | 2 | 132 | 01:27:39 | Prehn | Friedrich | Post SV Buxtehu |