

Norddeutsche Meisterschaft

Name	Vorname	Verein	Startnummer	Netto	Brutto	Platz
Altersklasse: M30						
Benecke	Steffen	TSG Bergedorf	28	02:19:21	02:19:24	1
Bartholome	Thomas	LC Hansa Stuhr	195	02:22:22	02:22:24	2
Kuehne	Michael	LBV Phoenix Lübeck	562	02:30:07	02:30:09	3
Müller	Karsten	TSV Eintracht Hittfeld	196	02:31:47	02:31:49	4
Steinke	Peter	LG Warsingsfehn/Ihrhove	453	02:36:44	02:36:48	5
Themsen	Frank	LG Bremen-Nord	148	02:39:07	02:39:11	6
Clauß	Thomas	LG Reinbek/Ohe	138	02:40:52	02:40:57	7
Wittmershaus	Horst	SC Weyhe	486	02:41:08	02:41:34	8
Hafner	Rene	PSV Halle	8787	02:42:29	02:42:39	9
Klaproth	Renke	TUS Augustfehn	533	02:42:42	02:42:53	10
Rost	Thomas	SC Neubrandenburg	2255	02:43:51	02:43:59	11
Taube	Ralf	VFL Germania Leer	639	02:43:51	02:44:01	12
Harloff	Andreas	TSV Arendsee	433	02:43:39	02:44:02	13
Kuehrmann	Frank	LBV Phoenix Lübeck	563	02:43:56	02:44:06	14
Steffens	Mike	Eintracht Hildesheim	620	02:44:06	02:44:12	15
Nölting	Frieder	TSG Bergedorf	13037	02:45:02	02:45:10	16
Staack	Axel	Bremer LA-Team	5436	02:45:03	02:45:14	17
Krauße	Mike	LG Hammer Park Hamburg	291	02:44:57	02:45:20	18
Eckstein	Klaus	LC Nordhorn	425	02:46:35	02:46:38	19
Hinrichs	Hauke	LAV Husum	900	02:46:51	02:47:23	20
Löffner-Ohlogge	Marcus	LG Bremen-Nord	492	02:47:13	02:47:43	21
Hanekamp	Klaus	Sparta Werlte	9392	02:47:42	02:47:49	22
Balzer	Frank	VFB Fallersleben	192	02:47:52	02:48:00	23
Maisch	Stefan	AMTV Hamburg	297	02:48:23	02:48:23	24
Druska	Frank	LTC Berlin	412	02:48:13	02:48:30	25
Zangl	Bernhard	Bremer LA-Team	493	02:49:26	02:49:34	26
Schützendübel	Andres	LG Göttingen	625	02:49:46	02:49:59	27
Langer	Mathias	LG Wedel Pinneberg	868	02:50:35	02:50:44	28
Klotz	Michael	LG HNF Hamburg	477	02:50:41	02:50:51	29
Jünemann	Frank	TSV Renshausen	623	02:51:27	02:51:33	30
Sivulka	Juraj	LC Hansa Stuhr	193	02:52:15	02:52:17	31
Lorenz	Ingo	USC Kiel	252	02:51:53	02:52:24	32
Krause	Stefan	LC Hansa Stuhr	909	02:52:55	02:53:26	33
Ziehe	Holger	LG Itzehoe	475	02:54:00	02:54:06	34
Bennerscheid	Siegbert	LG HNF Hamburg	5397	02:53:30	02:54:10	35
Rohwedder	Maikel	LG Steinburg	599	02:53:33	02:54:25	36
Tschöpe	Frank	LTC Berlin	498	02:54:08	02:54:26	37
Strote	Thorsten	LG Itzehoe	1485	02:54:15	02:54:45	38
Peschke	Guido	LLG Springe	6435	02:56:04	02:57:07	39
Oheim	Frank	PSV Halle	8757	02:57:22	02:57:50	40
Becker	Uwe	Braunschweiger MTV	10150	02:58:00	02:58:37	41
Schäfer	Wolfgang	Post SV Hannover	362	02:57:59	02:58:41	42
Kuehrmann	Sven	LBV Phoenix Lübeck	564	02:58:51	02:59:01	43
Heinsohn	Patrick	SC Balje	5771	02:58:34	02:59:35	44
Runde	Frank	VFL Kloster Oesede	685	02:59:51	03:00:05	45
Stevendaal	Udo	SV Großhansdorf	2186	03:00:21	03:00:53	46
Behrens	Sven	VSK Osterholz	3298	03:02:47	03:04:46	47
Rossmannith	Thomas	LG Lüneburg	6914	03:04:35	03:05:15	48
Rohlfs	Uwe	LG Wilhelmshaven	10412	03:06:20	03:07:26	49
Carstensen	Guido	TSV Husum 1875	415	03:06:41	03:08:01	50
Koch	Hauke	TSV Lütjenburg	8089	03:06:16	03:08:57	51
Wolters	Jörn	LG Hammer Park Hamburg	11422	03:08:16	03:09:15	52
Härtner	Martin	TSV Neustadt	8943	03:09:21	03:09:55	53
Miske	Volker	TSV Ratekau	12376	03:08:41	03:11:16	54
Schnell	Thilo	LTC-Berlin	499	03:11:22	03:12:16	55
Meyer	Uwe	LG Hammer Park Hamburg	10733	03:12:24	03:13:24	56
Siebelts	Arnd	TV Norden	14133	03:12:34	03:14:12	57
Meier	Ronald	USC Kiel	11595	03:14:51	03:15:53	58
Küpkker	Franz	Lauffreunde Emsland	4726	03:14:45	03:16:27	59
Budak	Reza	Wellingdorfer TV	4162	03:15:08	03:17:26	60

Dill	Torsten	TSV Lelm	14069	03:18:15	03:19:46	61
Muth	Oliver	LG Süd Berlin	2700	03:19:40	03:20:54	62
Majoni	Christian	TSV Victoria Linden	616	03:21:33	03:22:22	63
Rosik	Ludwig	Uni Triathlöwen Bremen	13180	03:20:09	03:23:00	64
Hensen	Peter	SuS Darne	11603	03:22:29	03:23:26	65
Albers	Günter	TUS Haren	6008	03:22:51	03:23:37	66
Jeschkeit	Markus	Eckernförder MTV	4757	03:23:07	03:25:27	67
Schwiemann	Mario	TSV Wanna	4465	03:23:15	03:25:29	68
Scherwinski	Uwe	DSC Dransfeld	4128	03:25:15	03:27:20	69
Bluhm	Michael	LG Süd Berlin	3417	03:26:33	03:27:48	70
Oeltermann	Guido	LG Wilhelmshaven	8274	03:28:52	03:29:10	71
Oeltjen	Dirk	LTC Berlin	512	03:29:49	03:30:07	72
Mueller	Marcus	Harburger Sport Club	14412	03:27:23	03:30:14	73
Arlom	Richard	MTV Jahn Schladen	6171	03:28:36	03:30:49	74
Stöppke	Torsten	TSV Ratekau	12377	03:29:05	03:31:41	75
Lange	Andre	TUS Fintel	3728	03:30:54	03:32:37	76
Garzmann	Matthias	Gut Heil Billstedt	5856	03:32:25	03:32:43	77
Mönnig	Jörg	TG Northeim	10817	03:30:42	03:32:48	78
Petersen	Willi	LG Niebüll-Süderlügum	14049	03:34:04	03:34:39	79
Thiele	Lutz	Möllner SV	14763	03:34:36	03:34:54	80
Karlsfeld	Frank	TSV Tinum 66	6353	03:34:43	03:35:51	81
Seidel	Michael	TSV Mildstedt	8837	03:33:29	03:36:05	82
Bojahr	Jens	VFL Suderburg	1015	03:34:00	03:36:31	83
Dornbusch	Matthias	SG Freren	256	03:36:26	03:36:51	84
Schönberger	Bernhard	TV J. Schneverdingen	3587	03:36:57	03:37:22	85
Jurczyk	Alexander	LTV Kiel-Ost	8778	03:36:35	03:41:01	86
Flatau	Bernd	SV Schinkel Osnabr.	262	03:41:10	03:42:51	87
Jansen	Andreas	1. Flensburger LT	8114	03:40:22	03:42:56	88
Meister	Bernd	Barsbütteler SV	14344	03:40:02	03:43:05	89
Brockmann	Frank	Trias Bad Schwartau	13617	03:43:18	03:45:29	90
Schumacher	Olaf	LG Wilhelmshaven	2005	03:44:43	03:46:08	91
Gräbel	Torsten	Barsbütteler SV	899	03:48:41	03:49:34	92
Ludwig	Jürgen	Bremer LA-Team	5448	03:48:03	03:50:00	93
Scheer	Oliver	LAV Hamburg-Nord	13916	03:48:26	03:50:46	94
Helms	Holger	LAV Hamburg-Nord	610	03:51:44	03:52:42	95
Primas	Christian	TSG Nordholz	934	03:52:01	03:53:14	96
Neumann	Björn	Preetzer TSV	12681	03:52:13	03:53:36	97
Drewes	Mathias	TUS Hermannsburg	5852	03:51:49	03:55:01	98
Pervölz	Dirk	Bahrenfelder SV	7361	03:57:00	03:58:19	99
Pünjer	Stefan	SV Buxtehude	6431	03:54:24	03:58:32	100
Wellbrock	Meik	TSV Bremervörde	14741	03:57:17	03:59:07	101
Schey	Wolfgang	ATSV Stockelsdorf	9293	03:56:26	03:59:59	102
Roggensack	Oliver	LG Albatros Kiel	6794	03:58:56	04:00:13	103
Theel	Andreas	Barmstedter MTV	3653	03:58:51	04:00:42	104
Hederich	Werner	SCC Berlin	4639	03:58:44	04:01:05	105
Selzner	Mike	VFL Wolfsburg	6733	03:59:25	04:01:43	106
Drost	Jan A.	TSG Bergedorf	9401	03:59:01	04:02:38	107
Dreise	Goesta	Tri Michels Hamburg	9003	04:06:12	04:06:35	108
Welz	Michael	TSV Sparrieshoop	3004	04:04:45	04:06:48	109
Bohlens	Axel	LG Reinbek/Ohe	10882	04:06:17	04:06:56	110
König	Matthias	LG Reinbek/Ohe	10883	04:06:16	04:06:56	111
Huber	Stephan	Trias Flensburg	11281	04:06:26	04:07:56	112
Warnke	Oliver	TSV Over Bullenhausen	13774	04:06:58	04:09:00	113
Springer	Thomas	LT Schwanewede	13753	04:06:38	04:09:33	114
Berger	Holger	LG Ihrhove Warsingsfehn	10190	04:08:46	04:12:02	115
Nahnsen-Geller	Rüdiger	TSV Rot Weiß Niebüll	12851	04:10:47	04:14:09	116
Katholing Ralf	Ralf	SC Neubrandenburg	11884	04:12:33	04:15:29	117
Oltmann	Alexander	oberalster v.f.w.	14361	04:15:06	04:15:44	118
Michl	Holger	SV Großhansdorf	11217	04:18:37	04:20:13	119
Nichelmann	Holger	TV Meckelfeld	9590	04:21:09	04:23:59	120
Stenzel	Dirk	Harzgebirgslauf-Verein	3533	04:25:51	04:26:37	121
Schwarz	Thomas	SV Beckdorf	1164	04:24:01	04:26:44	122
Heidemann	Rico	LC Hansa Stuhr	10255	04:26:58	04:29:39	123
Schröder	Hauke	SSV Hennstedt	13733	04:29:10	04:31:51	124

Beleites	Carsten	ETV Hamburg	6407	04:28:23	04:32:00	125
Steinbring	Patrick	SV Meppen	9808	04:45:59	04:48:17	126
Six	Hendrik	SV Kirchbarkau	13355	04:48:55	04:52:13	127
Steen	Andreas	Ellerbeker TV Kiel	14107	04:57:23	05:00:21	128
Hinrichs	Sven	VfL Oldenburg	2712	05:00:13	05:02:00	129
Schröder	Jörg	Bahrenfelder SV	10849	04:58:16	05:02:41	130
Glitscher	Michael	Bahrenfelder SV	10850	05:04:28	05:08:53	131
Peter	Frank	TVJ Schneverdingen	14871	05:19:47	05:22:52	132
Stürenberg	Gerd	SV Quitt Ankum	5630	05:21:26	05:23:57	133
Kloock	Andreas	TSG Bergedorf	1218	05:28:49	05:30:23	134
Haenisch	Holger	MTV Vorsfelde	6137	05:29:32	05:34:33	135

Altersklasse: M35

Heuss	Ralf	LG Wedel Pinneberg	488	02:29:58	02:30:00	1
Ungewickell	Horst	LTC Berlin	15628	02:32:28	02:32:31	2
Krage	Jens-Uwe	Bremer LA-Team	149	02:34:38	02:34:42	3
Gietz	Joachim	LG Nord-West/SVP Hamburg	130	02:35:32	02:35:50	4
Peters	Detlef	TSV Eintracht Hittfeld	627	02:38:46	02:38:48	5
Prieske	Klaus	LG Wedel Pinneberg	489	02:38:55	02:39:05	6
Beutel	Matthias	LG Itzehoe	5676	02:39:10	02:39:15	7
Dotschev	Radoslav	LG Göttingen	624	02:39:37	02:39:43	8
Nitz	Karsten	Delligser SC	9166	02:39:23	02:40:03	9
Schnittger	Ulrich	LTC-Berlin	496	02:41:24	02:41:28	10
Eis	Michael	SCC Berlin	11431	02:41:35	02:41:38	11
Weinert	Eduard	VFB Fallersleben	455	02:43:16	02:43:26	12
Rosenthal	Jörg	LG Kreis Gifhorn	13449	02:44:41	02:44:55	13
Dzioba	Lucian	VFB Fallersleben	655	02:45:26	02:45:36	14
Esser	Peter	Post SV Holzminden	885	02:45:17	02:46:05	15
Sturm	Volker	LG Hammer Park Hamburg	2284	02:47:33	02:47:37	16
Timm	Torsten	LG HNF Hamburg	454	02:47:31	02:47:42	17
Leimkühler	Jürgen	VfL Kloster Oesede	654	02:48:05	02:48:10	18
Carstensen	Michael	LG HNF Hamburg	8555	02:48:37	02:48:47	19
Wittfoht	Rüdiger	Ratzeburger SV	606	02:48:14	02:49:05	20
Mäusner	Frank	LC Hansa Stuhr	194	02:49:29	02:49:32	21
Rogalla	Roger	Möllner SV-Triathlon	11490	02:50:30	02:50:53	22
Barginda	Thorsten	LG Seesen	1758	02:51:54	02:52:05	23
Lubitz	Gerrit	ATS Buntentor Bremen	5445	02:51:31	02:52:44	24
Bruns	Hubert	TUS Haren	9785	02:52:46	02:53:25	25
Boback	Michael	Post SV Hannover	332	02:53:06	02:53:55	26
Kretzschmar	Carsten	TSG Bergedorf	4812	02:56:16	02:56:49	27
Strenzke	Michael	SSV Eintracht Naumburg	7307	02:57:31	02:57:58	28
Schulz	Hans-Peter	Berliner Sport-Club	5488	02:57:46	02:58:03	29
Flemming	Bernhard	TSV Schönberg	575	02:58:31	02:58:44	30
Wrobel	Jörg	LG Göttingen	13363	02:58:46	02:59:18	31
Niemann	Friedrich-Wilhelm	TSV Wietendorf	422	02:59:19	02:59:35	32
Hüttner	Peter	TUS Germania Schnelsen	730	02:59:16	02:59:49	33
Igelbrink	Hans-Peter	VfL Kloster Oesede	656	02:59:48	03:00:02	34
Flegel	Andreas	ATSV Habenhausen	13259	02:59:02	03:00:27	35
Rohwedder	Timm	LG Dithmarschen	779	03:00:44	03:01:00	36
Janssen	Karsten	LG Neumünster	2872	03:01:07	03:01:32	37
Büll	Michael	MTV Henstedt	8339	03:00:42	03:01:32	38
Kruckenberg	Torsten	MTV Bad Bevensen	11522	03:00:31	03:01:47	39
Possel	Jan	TSV Lütjenburg	3469	03:03:00	03:03:54	40
Knolle	Wolfgang	TV Meckelfeld	6239	03:03:32	03:04:13	41
Neumann	Jörg-Dietrich	Bremer LA-Team	12973	03:06:30	03:06:41	42
Schierau	Arne	LG Wedel Pinneberg	614	03:06:47	03:07:01	43
Harms	Thorsten	Spiridon Schleswig	752	03:07:12	03:07:28	44
Eden	Torsten	LG Bremen-Nord	5442	03:08:37	03:08:46	45
Lehmann	Uwe	DJK Sparta Langenhagen	479	03:09:02	03:09:12	46
Zittier	Hans-Joachim	Post SV Lehrte	10054	03:09:04	03:09:24	47
Heinrich	Axel	VFB Fallersleben	1704	03:10:12	03:10:26	48
Gärtner	Jens	TSV Victoria Linden	14094	03:09:47	03:10:38	49
Thoms	Stefan	SC Fortuna Wellsee	4078	03:10:45	03:12:18	50
Böhtel	Thomas	VfL Tremsbüttel	6306	03:11:35	03:12:56	51
Preine	Gerrit	LG Fallingbostel	5472	03:12:31	03:13:15	52

True	Holger	LG HNF Hamburg	10358	03:13:25	03:13:34	53
Jungk	Christoph	SFC Ottendorf	4915	03:13:22	03:13:46	54
Röhrs	Michael	TV J. Schneverdingen	301	03:14:06	03:14:17	55
Wranke	Thorsten	LG Braunschweig	3198	03:13:57	03:15:34	56
Neitzel	Lorenz	LG Elmshorn	3900	03:14:59	03:16:14	57
Scheele	Wilfried	LG Neumünster	11063	03:16:06	03:16:31	58
Bellmann	Jürgen	TUS Fintel	3764	03:15:19	03:17:03	59
Wolf	Axel	Post SV Osnabrück	10931	03:17:26	03:18:03	60
Zybarth	Eckehard	SC Borussia Friedrichsfelde	4329	03:17:29	03:18:11	61
Stute	Thomas	TV Meckelfeld	6236	03:17:17	03:18:40	62
Matthes	Bodo	LC Ron Hill Berlin	4081	03:18:38	03:18:49	63
Henrich	Peter	Spiridon Schleswig	3395	03:16:18	03:19:03	64
Blecken	Jens	RSV Seelze	15196	03:18:53	03:19:13	65
Sonntag	Hartwig	SV Lemwerder	12351	03:18:48	03:19:50	66
Dolle	Mario	MTV Jahn Schladen	13256	03:19:09	03:19:51	67
Hanewinkel	Andreas	LC Nordhorn	14425	03:18:32	03:19:57	68
Schulz	Uwe	TSV Wietzenhof	10801	03:19:32	03:20:31	69
Eberhardt	Thomas	LG Bremen-Nord	5441	03:18:18	03:20:42	70
Berg	Detlef	VFB Fallersleben	5478	03:21:07	03:21:34	71
Wiethüchter	Frankmartin	AMTV Hamburg	13043	03:21:15	03:21:49	72
Schneemelcher	Volker	VFL Wittingen	3006	03:21:07	03:23:24	73
Waesch	Matthias	LG Albatros Kiel	8803	03:21:36	03:23:31	74
Zitterbach	Ralf	TV J. Schneverdingen	4114	03:22:20	03:24:03	75
Meyer	Dieter	LC 93 Delmenhorst	658	03:23:41	03:24:12	76
Wachsmuth	Jens	SPVGG Groß Büten	10940	03:23:51	03:24:25	77
Böttcher	Andreas	Lehrter SV	14795	03:23:33	03:25:00	78
Thurm	Stefan	USV Halle	6705	03:22:58	03:25:38	79
Dietrich	Matthias	MTV Hohenkirchen	6761	03:25:02	03:25:43	80
Bahnsen	Alfred	MTV Frisia Lindholm	13362	03:24:30	03:26:08	81
Bach	Carsten	LG Alte Salzstrasse	2801	03:24:21	03:26:16	82
Geiger	Steffen	TSG Hatten-Sandkrug	8775	03:25:25	03:26:22	83
Wolter	Eckbert	VSK Osterholz	3594	03:25:00	03:26:59	84
Dümbgen	Lutz	ATSV Stockelsdorf	1094	03:25:39	03:27:11	85
Kohlenberg	Bernd	Delligser SC	11135	03:27:41	03:27:56	86
Mohn	Frank	TSV Bredstedt	3581	03:26:57	03:28:48	87
Sonntag	Mike	TV Georgsmarienhütte	8304	03:28:41	03:28:50	88
Huizenga	Andreas	LC Hansa Stuhr	10760	03:28:17	03:28:52	89
Tomm	Axel	TUS Holst. Quickborn	2745	03:27:34	03:29:12	90
Kröning	Michael	SC Rönau 74	6565	03:28:03	03:29:47	91
Ohlenbusch	Dirk	SV Lemwerder	12353	03:28:42	03:30:19	92
Krause	Andreas	SG Tantalus Kiel	8965	03:28:01	03:30:38	93
Rohr	Torsten	TUS Holtenau Kiel	702	03:29:14	03:30:38	94
Wille	Rolf	LTV Kiel-Ost	3202	03:30:53	03:31:39	95
Saykowski	Reiner	TSV Flintbek	1306	03:30:53	03:31:39	95
Trabandt	Joerg	TSV Flintbek	3270	03:30:53	03:31:39	97
Frahm	Holger	VFL Bleckede	8245	03:28:50	03:31:49	98
Röhling	Stefan	AMTV Hamburg	1962	03:29:18	03:31:54	99
Schwidtal	Thorsten	MTV Heide	3716	03:30:00	03:32:21	100
Friedrichsen	Tom	LG Albatros Kiel	4746	03:30:52	03:32:46	101
Brede	Holger	OSC Bremerhaven	6362	03:31:04	03:32:56	102
Kracke	Andreas	SV Motor Wolgast	10919	03:32:27	03:34:54	103
Eickerling	Uwe	SF Springe	9668	03:32:35	03:34:55	104
Wohlens	Frank	LG Kreis Nord Stade	3838	03:32:26	03:35:00	105
Müller	Ingo	TUS Alftedt	13530	03:32:37	03:35:18	106
Dumstrei	Peter	LAV Husum	897	03:33:43	03:35:22	107
Dumstrei	Claus	LG Niebüll-Süderlügum	11862	03:33:42	03:35:22	108
Osterthun	Henning	TUS Zetel	3875	03:35:14	03:36:26	109
Wolke	Achim	TV Meppen	8716	03:35:38	03:37:33	110
Wiekhorst	Frank	MTV Heide	10670	03:37:09	03:38:37	111
Kötter	Martin	MTV Amelinghausen LT	5830	03:37:17	03:39:33	112
Buhmann	Volker	Münsterdorfer SV	4238	03:38:31	03:39:54	113
Schmidtke	Sven	TSV Neuwittenbek	3525	03:38:26	03:40:32	114
Wegholz	Stefan	VFL Hess.-Oldendorf	1135	03:39:06	03:41:21	115
Rabeler	Joachim	SC Norddörper Sylt	7706	03:40:51	03:41:29	116

Rodenbeck	Christian	ATSV Stockelsdorf	9715	03:40:42	03:42:38	117
Steffens	Jürgen	TSV Apensen	13369	03:41:10	03:43:10	118
Goldmann	Thorsten	SV Wilhelmshaven	6667	03:42:40	03:43:28	119
Finster	Stephan	TSV Burghaslach	11811	03:40:44	03:43:31	120
Vogel	Christian	LG Hammer Park Hamburg	4143	03:43:47	03:44:17	121
Thun	Rolf	Kaltenkirchener TS	3421	03:43:23	03:44:27	122
Rastedt	Uwe	TUS Augustfehn	12432	03:42:35	03:44:47	123
Dürbaum	Andreas	FC Neuwarmbüchen	3719	03:44:45	03:45:28	124
Itzek	Heiko	TSV Hollern Tw.	15605	03:46:12	03:48:09	125
Diezmann	Kai	Eintr. Hildesheim	6849	03:45:24	03:48:17	126
Bremer	Jörg	TV Klein Ilsede	8756	03:44:55	03:48:24	127
Hillegeist	Ralph	TV Klein Ilsede	4724	03:44:54	03:48:24	128
Jürgensen	Jörg	MTV Frisia Lindholm	12788	03:46:16	03:48:35	129
Hein	Hobe	LG Dithmarschen	11953	03:48:12	03:49:13	130
Janssen	Heiko	MTV Aurich	1533	03:46:27	03:49:20	131
Spillner	Jörg	TSV Eintracht Wulften	5508	03:47:27	03:49:55	132
Pufahl	Rainer	ESV Büchen	1207	03:47:30	03:49:55	133
Schmidt	Heiko	TUS Alfstedt	12224	03:48:08	03:50:47	134
Schmökkel	Hainer	TV Sottrum	13519	03:50:55	03:51:07	135
Lindenthal	Martin	TSV Lütjenburg	7372	03:48:48	03:51:13	136
Przyklenk	Ingo	SV Lemwerder	12350	03:49:46	03:51:25	137
Jessen	Christian	Ellerbeker TV Kiel	14108	03:48:29	03:51:31	138
Peterich	Sven	LG Dithmarschen	11964	03:50:04	03:51:31	139
Reich	Frank-Uwe	TuS Ebstorf	13006	03:50:25	03:52:07	140
Markwirth	Manfred	VFL Wolfsburg	3894	03:51:17	03:52:59	141
Smit	Hubert	SV Concordia Emsbüren	3102	03:52:23	03:53:22	142
Umlauf	Holger	Preetzer TSV	4721	03:51:27	03:53:43	143
Schuster	Florian	Vorspiel Berlin	9269	03:49:19	03:53:45	144
Rentel	Thorsten	Bahrenfelder SV	11663	03:51:12	03:53:54	145
Schirduan	Stefan	TSV Achtrup	4095	03:50:32	03:54:23	146
Kossek	Ralf	SG Athletico Büdelsdorf	10930	03:53:41	03:54:26	147
Wollschläger	Ronny	TV Sottrum	9475	03:50:31	03:54:28	148
Kaumanns	Andreas	Sportfreunde List	1124	03:53:40	03:55:21	149
Schulze	Jörg	SV Germania Helmstedt	14788	03:52:31	03:55:23	150
Banasch	Bernd	MTV Itzehoe	14364	03:51:56	03:56:15	151
Meisen	Klaus	VFL Oldesloe	11584	03:52:38	03:56:18	152
Dehrmann	Werner	VfL Suderburg	9646	03:55:20	03:57:08	153
Frenzel	Stefan	LG Braunschweig	2323	03:56:11	03:58:15	154
Helmers	Dieter	VFL Jesteburg	1840	03:56:46	03:58:21	155
Dittrich	Rainer	VFL Wolfsburg	4236	03:56:26	03:58:49	156
Bürger	Dirk	TSV Schönberg	8633	03:58:06	03:59:45	157
Zagermann	Ulf	LG Elmshorn	15033	03:55:56	04:00:06	158
Bendix	Frank	SV Boostedt	4950	03:59:40	04:00:38	159
Schwindt	Heiko	TV Oberneuland Bremen	5461	03:58:58	04:01:43	160
Lis	Reiner	Polizei-SV Eutin	10979	03:59:14	04:02:17	161
Ottke	Udo	OSC Bremerhaven	4906	04:00:54	04:02:53	162
Kühl	Horst-Werner	TSV Mildstedt	8846	04:00:28	04:02:55	163
Müller	Jörg	SFC Ottendorf	3645	03:59:04	04:02:58	164
Gustmann	Jens Jakob	Hamburger SV	7579	03:59:20	04:03:20	165
Hey	Michael	TSV Travemünde	11312	03:59:33	04:03:37	166
Duncker	Arne	LG Göttingen	626	04:04:15	04:04:40	167
Billerbeck	Jochen	SSV Süderdorf	6452	04:04:50	04:05:23	168
Stehle	Dominik	TSV Plön	15247	04:03:29	04:06:22	169
Dürbaum	Helmut	FC Neuwarmbüchen	4374	04:06:45	04:07:42	170
Schröder	Ralf	Harburger SC	12494	04:04:53	04:07:43	171
Scheibel	Uwe	ATSV Stockelsdorf	13227	04:04:43	04:08:17	172
Große-Freese	Frank	TSV Flintbek	5509	04:05:01	04:09:05	173
Schareitz	Achim	VFL Langendorf	15263	04:06:38	04:10:57	174
Wysocki	Rene	SG Tantalus Kiel	1264	04:10:39	04:11:22	175
Schramm	Martin	Barmstedter MTV	3652	04:09:35	04:11:27	176
Althoff	Carsten	Heidgrabener SV	11866	04:08:51	04:12:27	177
Weltzien	Karl-Joachim	Spiridon Oldesloe	6296	04:11:52	04:14:03	178
Hullmann	Kai	TSV Schwarzenbek	12318	04:13:11	04:15:10	179
Meier	Martin	TURA Melle	7061	04:15:14	04:16:07	180

Grube	Ulf-Marcus	VfL Luhetal	12566	04:14:40	04:16:08	181
Kiel	Christopher	Eimsbüttler TV	11825	04:12:04	04:16:36	182
Barenschee	Thomas	TSV Bienenbüttel	5890	04:17:02	04:17:43	183
Piller	Jens	Ostroher SC	14512	04:20:55	04:23:05	184
Hinrichs	Frank	SV Scharnebeck	11609	04:24:32	04:26:09	185
Junge	Sven	Bremer LA-Team	5446	04:23:48	04:26:52	186
Schmidt	Edgar	MTV Treubund Lüneburg	6522	04:25:28	04:27:13	187
Mordhorst	Claus	Kaltenkirchener TS	2100	04:24:17	04:27:30	188
Eimann	Bernd	TUS Klein Meckelsen	3995	04:27:21	04:27:45	189
Bischoff	Jörg	VfL Schwerin	11476	04:26:19	04:27:53	190
Henken	Holger	TSV Elmlohe	7229	04:23:48	04:28:26	191
Kamp	Mathias	THW Kiel	10199	04:31:26	04:32:18	192
Blaser	Torsten	Spiridon Munster	12702	04:32:43	04:33:13	193
Okunneck	Ralf	LAV Heikendorf	11582	04:31:57	04:34:06	194
Afheldt	Jens	VfL Oldesloe	10872	04:30:31	04:34:30	195
Arends	Carl-Heinz	TV Marienhefe	12086	04:31:29	04:35:01	196
Gohs	Ralf	Friedrichstädter TV	1604	04:33:58	04:35:10	197
Müller	Peter	LG Alte Salzstrasse	10241	04:33:05	04:35:33	198
Kracke	Christian	IGAS Wendland	13424	04:34:20	04:35:50	199
Machel	Gerhard	LG Post SV Uelzen	9865	04:35:01	04:37:06	200
Christiansen	Jürgen	MTSV Hohenweststedt	10003	04:35:55	04:38:45	201
Boysen	Gerd	TSV Waabs	12792	04:38:23	04:39:32	202
Roesnick	Martin-Rudolph	Blau-Weiß Buchholz	6199	04:38:33	04:42:14	203
Wolkenhauer	Sven	LG HNF Hamburg	3252	04:44:56	04:47:19	204
Arndt	Andreas	TSV De. Viöl	808	04:47:11	04:49:12	205
Lenzschau	Johannes	SC Wildeshausen	6059	05:01:05	05:02:56	206
Panthen	Hartmut	1. Flensburger LT	3687	05:04:20	05:05:39	207
Graumann	Michael	Ellerbeker TV Kiel	14106	05:06:16	05:09:15	208
Kube	Frank	SSC Hagen Ahrensburg	11729	05:07:10	05:10:18	209
Raming	Stefan	SV Quitt Ankum	5635	05:08:03	05:10:33	210
Kaufmann	Matthies	MTV Hanstedt	6167	05:12:31	05:12:55	211
Smolla	Ralf	VfB Hannover	10944	05:15:12	05:19:24	212
Benthien	Lars	TC Trittau	2197	05:39:49	05:43:08	213

Altersklasse: M40

Ladiges	Gösta	LG HNF Hamburg	451	02:32:29	02:32:32	1
Hünerberg	Andreas	TSG Bergedorf	13642	02:35:54	02:35:56	2
Gaza	Horst	LG Göttingen	494	02:37:10	02:37:14	3
Ferguen	Abdelouahab	Lehrter SV	8329	02:38:30	02:38:34	4
Hansen	Thomas	TUS Germania Schnelsen	466	02:39:28	02:39:30	5
Wons	Ulrich	LWG Wernigerode	437	02:39:41	02:39:49	6
Doerntge	Harald	LG PSV Uelzen/MTV Barum	474	02:40:12	02:40:19	7
Robbers	Dietmar	SV Sparta Werlte	7544	02:41:35	02:41:50	8
Weis	Matthias	LTC-Berlin	497	02:42:50	02:42:54	9
Götz	Volker	TSV Wietzendorf	683	02:44:24	02:44:40	10
Malik	Haroun	SCC Berlin	15625	02:45:32	02:46:10	11
Behrendt	Holger	TVV Neu Wumstorf	5972	02:46:33	02:47:38	12
Zellmer	Rainer	SG Atletico Büdelsdorf	611	02:49:07	02:49:15	13
Albrecht	Wladimir	LG Wedel Pinneberg	463	02:50:29	02:50:33	14
Hitzke	Markus	Reinickendorfer Fuchse	637	02:50:32	02:50:58	15
Sander	Christian	LG Altes Amt	6963	02:50:55	02:51:30	16
Walinski	Wilfried	LC Hansa Stuhr	910	02:54:11	02:54:18	17
Flieger	Wolfgang	Spiridon Schleswig	758	02:54:20	02:54:35	18
Heuer	Michael	LAV Hamburg-Nord	413	02:55:23	02:55:29	19
Kaderhandt	Walter	VfL Oldenburg	594	02:56:38	02:56:40	20
Behrends	Andreas	USC Kiel	468	02:56:57	02:57:09	21
Marten	Thomas	Borener SV	796	02:57:06	02:57:13	22
Knackstedt	Thomas	Delligser SC	7138	02:57:03	02:57:15	23
Wiesner	Norbert	LG Albatros Kiel	597	02:57:17	02:57:40	24
Tsert	Wolfgang	TSV Hitzacker	877	02:57:57	02:57:58	25
Heyn	Hans-Joachim	LG Hammer Park Hamburg	250	02:58:19	02:58:26	26
Lechtenfeld	Olaf	TSV Victoria Linden	615	02:58:23	02:58:40	27
Brüssow	Gerfried	SV Motor Wolgast	10921	02:58:10	02:58:43	28
Elsaßer	Ralf	LG Elmshorn	1627	02:57:51	02:58:48	29
Schwarze	Henning	TUS Syke	12761	02:58:15	02:58:54	30

Brinker	Uwe	LC Nordhorn	11144	02:58:58	02:59:40	31
Grams	Peter	SV Friedrichsort	795	02:59:44	03:00:00	32
Bauersfeld	Ulrich	SV Germania Helmstedt	10028	03:00:30	03:00:44	33
Zagorski	Bernd	PSV Buxtehude	1337	03:00:05	03:01:05	34
Diestler	Gerd Helmut	Post SV Osnabrück	521	03:01:13	03:01:23	35
Reinking	Hans-Peter	LG Itzehoe	10282	03:01:23	03:01:39	36
Lemke	Peter	SC Balje	4043	03:00:38	03:01:39	37
Kuchinke	Matthias	SV Friedrichsort	5744	03:01:30	03:01:46	38
Eichhorn	Axel	Kaltenkirchener TS	1885	03:00:53	03:02:08	39
Timmen	Martin	VFL Lönigen	757	03:02:34	03:02:40	40
Ahrendt	Karsten	LG Neumünster	15592	03:02:28	03:02:45	41
Kainz	Felix	ESV Lok Potsdam	5484	03:04:38	03:05:30	42
Zimmermann	Werner	LG Hammer Park Hamburg	382	03:05:13	03:05:57	43
Möller	Udo	Post SV Hannover	4404	03:06:17	03:06:59	44
Westerhelweg	Rainer	SV Friedrichsort	10324	03:06:50	03:07:23	45
Untiedt	Henning	TSV Lütjenburg	680	03:07:25	03:07:40	46
Gebensleben	Frank	VFB Fallersleben	5479	03:06:09	03:07:57	47
Mews	Martin	Möllner SV	281	03:07:25	03:08:12	48
Gerken	Jens	LG HNF Hamburg	1771	03:07:33	03:08:37	49
Schreiber	Rüdiger	TUS Holst. Quickborn	284	03:08:32	03:08:46	50
Sievers	Sönke	LGMTV/GutHeil Itzehoe	13515	03:10:08	03:10:32	51
Ewering	Jens	SG Tantalus Kiel	5544	03:10:36	03:11:10	52
Lopez	Manuel	TSG Nordholz	10705	03:11:44	03:12:15	53
Heinrich	Klaus	SV Adelby	3492	03:12:10	03:12:37	54
Dabelstein	Lutz-Stephan	TSV Ratekau	485	03:14:09	03:14:27	55
Traumnicht	Edgar	SV Holtland	2956	03:13:36	03:15:03	56
Neitzke	Michael	LG HNF Hamburg	13395	03:13:33	03:15:09	57
Schulz	Rene	LC Ron-Hill Berlin	4080	03:12:29	03:15:17	58
Fischbach	Michael	Barsbütteler SV	12396	03:14:52	03:15:49	59
Wulff	Reinhard	TUS Hemslingen	6274	03:14:27	03:16:06	60
Bothe	Werner	TSV Wittmar	1532	03:14:13	03:16:13	61
Hildebrand	Fritz	LG Altes Amt	14579	03:14:14	03:16:18	62
Behling	Thomas	MTV Müden/Örtze	8643	03:15:41	03:17:03	63
Burgmann	Michael	LC Hansa Stuhr	5470	03:16:54	03:17:28	64
Thomsen	Holger	LAV Husum	11616	03:17:43	03:17:51	65
Reher	Thomas	Spiridon Oldesloe	13097	03:16:38	03:18:13	66
Wenzel	Christoph	VFB Fallersleben	657	03:18:38	03:18:50	67
Weidner	Gerhard	LG Braunschweig	7470	03:18:53	03:19:35	68
Trebesch	Heiko	MTV Aurich	3901	03:18:56	03:20:25	69
Lucht	Joachim	Trias Bad Schwartau	15559	03:20:13	03:20:29	70
Spijker	Rüdiger	TSG Bergedorf	299	03:18:46	03:20:30	71
Lübbers	August	TuS Ofen	8029	03:17:38	03:20:32	72
Haslbauer	Dieter	SV Blankenese	4908	03:20:11	03:21:51	73
Lüers	Heiner	TSG Westerstede	7039	03:21:10	03:22:19	74
Hoerster	Rainer	MTV Bad Bevensen	8104	03:19:37	03:22:33	75
Reimer	Werner	MTV Vorsfelde	4291	03:20:21	03:22:50	76
Carstensen	Heinz	LG Niebüll-Süderlügum	4781	03:22:44	03:22:56	77
Glau	Renato	SG Tantalus Kiel	2216	03:20:23	03:22:59	78
Ahrens	Joachim	Eckernförder MTV	3958	03:21:49	03:23:11	79
Reimers	Jürgen	LG Kreis Verden	11699	03:22:53	03:23:13	80
Kaden	Thomas	LG HNF Hamburg	6327	03:20:48	03:23:30	81
Koch	Thomas	Bremer LA-Team	5453	03:21:39	03:23:33	82
Lutkat	Günter	LG Neumünster	3598	03:23:28	03:23:53	83
Heine	Carl	SCC Berlin	7379	03:22:17	03:24:01	84
Baumann	Manfred	TSG Bergedorf	11578	03:22:45	03:24:29	85
Bentler	Klemens	TSV Plön	7015	03:24:34	03:24:53	86
Waschke	Rolf	MTV Immensen	8112	03:23:50	03:25:09	87
Janßen	Uwe	TUS Holst. Quickborn	4642	03:23:47	03:25:19	88
Enke	Martin	Spiridon Oldesloe	3434	03:23:55	03:25:39	89
Ray	Holger	Barmstedter MTV	8482	03:25:27	03:25:41	90
Schelmat	Axel	SC Potsdam	3504	03:23:56	03:26:21	91
Thomsen	Ernst Willi	SSV Süderdorf	1816	03:26:16	03:27:08	92
Gierck	Thomas	LAV Hamburg-Nord	925	03:25:11	03:27:29	93
Assmann	Lutz	ESV Lok Neustrelitz	12595	03:26:07	03:28:20	94

Wölm	Michael	MTV Horst	1296	03:25:49	03:28:44	95
Smidt-Begemann	Stefan	Barsbütteler SV	12398	03:26:45	03:29:11	96
Dinnebier	Bernd	SV Lok Blankenburg	5476	03:28:18	03:29:18	97
Dose	Jörg	TV Bruchhausen-Vilsen	9533	03:27:54	03:29:27	98
Schulze-Thomsen	Klaus	USC Kiel	2894	03:29:08	03:30:15	99
Bartlewski	Jörg	Gettorfer TV	4038	03:29:15	03:30:41	100
Witthohn	Martin	LAV Husum	1061	03:30:35	03:31:09	101
Hase	Gerd	Heidgrabener SV	10824	03:30:05	03:31:09	102
Besler	Andreas	Delligser SC	4732	03:29:45	03:31:18	103
Hoch	Christoph	TUS Holst. Quickborn	4643	03:30:31	03:31:20	104
Meier	Henryk	SCC Berlin	1736	03:29:37	03:31:31	105
Michalzik	Friedbert	Spiridon Oldesloe	480	03:30:48	03:31:51	106
Muß	Endrik	LG HNF Hamburg	3460	03:31:49	03:32:35	107
Wenckstern	Florian	Rissener SV	5057	03:31:30	03:32:46	108
Schick	Christian	TV Meppen	1560	03:32:31	03:33:15	109
Schatz	Michael	SCC Berlin	3459	03:32:12	03:33:20	110
Salzwedel	Gerd-Peter	ATSV Stockelsdorf	4152	03:32:19	03:33:50	111
Gill	Helmut	SV Lengerich	1487	03:33:40	03:34:05	112
Lienhoeft	Holger	JUS Fischbek	2602	03:30:21	03:34:15	113
Vahldiek	Frank	Marathon Hildesheim	3760	03:33:50	03:34:29	114
Sielaff	Steffen	LG Elmshorn	2930	03:32:28	03:34:51	115
Goertz	Helmut	MTV Vorsfelde	4292	03:32:50	03:35:20	116
Schosnig	Armin W.	SV Großhansdorf	2660	03:34:08	03:35:26	117
Maraun	Günter	TUS Barendorf	12278	03:33:06	03:35:39	118
Langen	Winfried	TV Bruchhausen-Vilsen	8681	03:34:53	03:35:51	119
Bartus	Michael	SVG Bad Gandersheim	14608	03:36:19	03:37:00	120
Adden	Martin	SV Lemwerder	12352	03:36:08	03:37:10	121
Oppermann	Mathias	LG Braunschweig	2658	03:37:19	03:37:19	122
Müller-Bonde	Bernd	Spiridon Oldesloe	8761	03:34:40	03:37:23	123
Schröder	Günther	LC Hansa Stuhr	12028	03:36:52	03:37:28	124
Schmidt	Manfred	MTV Itzehoe	10868	03:36:59	03:37:33	125
Mimkes	Dieter	TSG Hatten-Sandkrug	1832	03:36:38	03:37:35	126
Ziemens	Andreas	SG Diepholz	14039	03:37:28	03:38:10	127
Kammeier	Thorsten	Uni Triathlönw Bremen	6272	03:36:40	03:38:37	128
Pohl	Burkhard	SV Germania Helmstedt	12938	03:37:29	03:39:15	129
Rabenhorst	Jochen	Spiridon Oldesloe	11585	03:39:10	03:40:06	130
Jahn	Peter	VFL Stade	1607	03:37:19	03:40:37	131
Knupe	Hajo	LG Wilhelmshaven	8979	03:39:07	03:41:06	132
Meibohm	Reinhold	MTV Ahlerstedt	2772	03:39:37	03:41:20	133
Nieberg	Andreas	SG Freren	9000	03:40:04	03:41:24	134
Essen	Kai	Kaltenkirchener TS	3630	03:39:04	03:41:41	135
Rudat	Bernd	SUS Waldenau	998	03:40:47	03:41:41	136
Pumm	Dietmar	SV Scharnebeck	11090	03:40:52	03:42:39	137
Kornek	Ronald	1. Flensburger LT	12493	03:41:06	03:43:30	138
Lalk	Meyel	LG Ihrhove Warsingsfehn	3485	03:42:13	03:43:42	139
Niehusen	Jens	LTV Kiel-Ost	2895	03:42:07	03:44:01	140
Clausen	Jörg	TSV Lensahn	3433	03:41:59	03:44:34	141
Kruse	Herbert	MTV Itzehoe	2913	03:42:47	03:45:44	142
Kiek	Peter	TSV Klausdorf	14030	03:44:00	03:45:48	143
Kahl	Manfred	Ellerbeker TV Kiel	14007	03:42:45	03:45:48	144
Meiners	Günter	LG HNF Hamburg	2865	03:46:10	03:46:54	145
Koß	Wolfgang	MTV Wolfenbüttel	10399	03:43:58	03:47:03	146
Krieger	Thomas	LG HNF Hamburg	9911	03:44:26	03:47:10	147
Hoppe	Andreas	TS Westerhof e.V.	9004	03:44:06	03:47:19	148
Stampfus	Ronald	LG Süd Berlin	9871	03:47:04	03:47:45	149
Fähnrich	Frank	VfL Schwerin	13337	03:47:32	03:47:53	150
Grelak	Frank	TSG Bergedorf	14644	03:46:48	03:48:21	151
Teller	Ralf	LTV Kiel-Ost	8033	03:48:29	03:48:29	152
Hopfmann	Heinz	SV Emstek	10302	03:45:02	03:49:07	153
Rieckhof	Michael	LTV Kiel-Ost	2555	03:48:18	03:49:15	154
Engel	Peter	LG HNF Hamburg	3443	03:46:58	03:49:39	155
Rudolph	Andreas	LTV Kiel-Ost	11733	03:47:28	03:50:20	156
Zimmermann	Wolfgang	Kröppelshagener SV	3840	03:48:08	03:50:27	157
Oestmann	Harald	TSV Imsum	13858	03:48:46	03:51:07	158

Schumann	Peter	TUS Zetel	3440	03:49:59	03:51:12	159
Farke	Otto	TSV Tudorf	7261	03:50:21	03:51:13	160
Heinz	Kersten	SC Neubrandenburg	2256	03:49:27	03:52:18	161
Ebeling	Dierk	MTV Hersedorf	4100	03:52:23	03:53:35	162
Rixen	Carsten	TSV Bordesholm	11586	03:50:33	03:53:57	163
Gehrke	Detlef	MTV Moringen	8070	03:53:20	03:53:59	164
Lüders	Olaf	Preetzer TSV	1594	03:52:25	03:54:09	165
Butendeich	Klaus	TUS Finkenwerder	9524	03:53:09	03:54:18	166
Uhlen	Karl-Heinz	SV Lengerich	4161	03:54:08	03:54:32	167
Heide	Helmut	TSV Quellenhaupt Bornhöve	7021	03:53:16	03:54:38	168
Friese	Michael	SV Germania Helmstedt	14762	03:54:12	03:55:24	169
Siefke	Klaus	Barmstedter MTV	13158	03:53:10	03:56:44	170
Malerz	Udo	TSV Klausdorf	12652	03:53:26	03:57:25	171
Dalecki	Gerd	LTV Kiel-Ost	4320	03:55:24	03:57:52	172
Hemmerich	Hendrik	OT Bremen	5459	03:55:58	03:58:09	173
Bittner	Lutz	TUS Esingen	7213	03:55:14	03:58:11	174
Bodendieck	Klaus	TSV Winsen	7757	03:55:36	03:58:21	175
Ehlers	Wolfgang	Heider SV	1075	03:55:46	03:58:37	176
Wendt	Bernd	Kaltenkirchener TS	13469	03:56:35	03:59:03	177
Steitz	Klaus	SCC Berlin	11065	03:58:33	03:59:11	178
Steffen	Stephan	OTB Osnabrück	6346	03:56:51	03:59:14	179
Piegler	Gerald	LC Ron Hill Berlin	6634	03:57:27	03:59:16	180
Wartenberg-Busch	Michael	TSG Bergedorf	8113	03:57:53	03:59:22	181
Gerber	Ronald	Uni Triathlöwen Bremen	12420	03:58:17	03:59:54	182
Valentin	Jürgen	MTV Vorsfelde	6061	03:57:14	04:00:16	183
Geller	Uwe	SV Bliedersdorf	8740	03:58:33	04:00:36	184
Busch	Andreas	TV Scheeßel	993	03:59:35	04:00:37	185
Scholz	Rüdiger	VFL Jesteburg	3336	03:58:49	04:00:50	186
Schildt	Reinhard	VFL Stade	11622	03:59:04	04:01:17	187
Büll	Andreas	MTV Schweringen	1726	03:58:47	04:01:20	188
Schütte	Manfred	SV Friedrichsfehn	4408	03:59:17	04:01:37	189
Schick	Carsten	LG Glinde	11709	04:02:02	04:02:02	190
Otto	Michael	TSV Bornhöved	3457	04:00:37	04:02:13	191
Steege	Volker	SG Beverstedt	2551	03:57:42	04:02:16	192
Walden	Thomas	TSG Westerstede	8690	04:01:06	04:03:37	193
Lenk	Andreas	TSV Travemünde	10632	03:59:29	04:04:00	194
Schulz	Thomas	LTV Kiel-Ost	13566	04:02:00	04:04:32	195
Nickel	Peter	1. Flensburger LT	2108	04:00:43	04:04:37	196
Wüppermann	Uwe	SC Drestedt	15360	04:03:34	04:04:48	197
Wirth	Gerald	VFB Fallersleben	14130	04:01:58	04:05:25	198
Schröter	Bernd	SV Bliedersdorf	8337	04:00:54	04:05:28	199
Hansen-Jacobi	Dirk	LG Albatros Kiel	3226	04:03:20	04:06:16	200
Noak	Freddy	TUS Alfstedt	6480	04:06:21	04:06:42	201
Entrop	Alfred-Peter	IGAS Wendland	3023	04:04:54	04:07:14	202
Pope	Rolf	TURA Bremen	7965	04:05:39	04:07:42	203
Detels	Jürgen	MTV Soderstorf	3392	04:06:39	04:09:13	204
Heidemann	Dietmar	SFC Ottendorf	10247	04:08:02	04:10:00	205
Plate	Klaus	TSV Barrien	13957	04:09:55	04:10:20	206
Hentschel	Doschen	SG Eldingen	2619	04:09:37	04:11:00	207
Sander	Karsten	LG Glinde	9291	04:10:11	04:12:42	208
Köpke	Manfred	TSV Otterndorf	3156	04:10:48	04:14:02	209
Schneidereit	Siegfried	Hannover 96	4432	04:12:30	04:15:49	210
Rimkus	Ralf	TSV Gnarrenburg	5623	04:12:13	04:16:32	211
Rahe	Johannes	TV Georgsmarienhütte	9559	04:14:30	04:17:07	212
Thörner	Wolfgang	TV Georgsmarienhütte	12204	04:14:30	04:17:07	212
Ovens	Bernd	TV J. Schneverdingen	3588	04:14:44	04:17:45	214
Trockner	Bernhard	LG Wörpe	10744	04:14:01	04:18:21	215
Rieckmann	Michael	Grün-Weiß Harburg	1961	04:20:10	04:23:13	216
Geuther	Jens-Peter	Kieler TB	3195	04:21:18	04:23:22	217
Posselt	Dirk	AMTV Hamburg	2832	04:20:40	04:23:35	218
Tege	Thomas	IGAS Wendland	3328	04:23:26	04:24:49	219
Schmidt	Juergen	Raisdorfer TSV	3173	04:23:29	04:24:51	220
Thomas	Frank	TSG Bergedorf	6208	04:22:45	04:25:18	221
Kaps	Alfred	ETSV Fortuna Glückstadt	14439	04:26:19	04:27:04	222

Schättiger	Jörg	Heidgrabener SV	8335	04:25:24	04:28:57	223
Gajek	Lothar	Post Telekom Schwerin	12161	04:25:34	04:29:54	224
Nitschke	Holger	Vareler TB	11972	04:29:44	04:30:34	225
Gaida	Frank	OSC Bremerhaven	5798	04:29:26	04:30:46	226
Böttcher	Klaus	Spiridon Oldesloe	2060	04:30:39	04:31:34	227
Holst	Günter	TSV Bordesholm	13840	04:29:47	04:32:13	228
Bernhardt	Rolf	TSV Wanna	9725	04:30:55	04:32:49	229
Gehlken	Marcus	TV Oberneuland Bremen	5460	04:31:30	04:33:10	230
Kuhagen	Franz	Ahrensburger TSV	14486	04:30:58	04:34:44	231
Schmidt	Heinz-Dieter	TSV Lütjenburg	14484	04:31:39	04:35:34	232
Kirschtowski	Jens	VFL Oldesloe	3921	04:33:37	04:35:57	233
Schulz	Peter	TSV Schwerin	8344	04:33:40	04:36:25	234
Klindworth	Carsten	Post SV Buxtehude	2715	04:36:39	04:38:48	235
Essig	Jens	TSG Westerstede	10722	04:36:27	04:39:20	236
Schmid	Rainer	LG Glinde	1153	04:38:15	04:40:19	237
Appel	Thomas	LG Glinde	13392	04:40:14	04:42:04	238
Burghardt	Klaus-D.	TSV Suhlendorf	14716	04:40:38	04:45:19	239
Schön	Detlef	LG Wilhelmshaven	8367	04:42:39	04:45:26	240
Betke	Bernd	TSV Otterndorf	3475	04:44:41	04:47:15	241
Preisner	Heinrich	Harburger SC	10393	04:49:06	04:53:29	242
Koehneke	Martin	MTV Müden/Örtze	2900	04:54:23	04:56:36	243
Wand	Thomas	LG Wennigsen/Egestorf	13534	04:55:12	04:58:36	244
Passarge	Bernd	TUS Jaderberg	11124	05:00:32	05:01:57	245
Skibba	Peter	TUS Jaderberg	11175	05:00:32	05:01:57	246
Horchelhahn	Klaus	MTV Bad Pyrmont	1720	05:07:06	05:08:23	247
Schmitt	Martin	SUS Waldenau	9373	05:12:35	05:16:54	248
Hoda	Fred	LC Ron Hill Berlin	5592	05:25:45	05:28:58	249
Niehuus	Jörg	Ellerbeker TV Kiel	14104	05:51:39	05:54:37	250

Altersklasse: M45

Schulz	Gerald	Neuköllner SF	188	02:38:40	02:38:45	1
Schmidt	Detlev	SPVGG Groß Bünten	629	02:38:55	02:39:02	2
Minnich	Klaus-Dieter	SPVGG Groß Bünten	628	02:39:55	02:40:01	3
Lippelt	Uwe	LG Hammer Park Hamburg	420	02:43:37	02:43:44	4
Slawinski	Wieslaw	Harburger TB	862	02:44:45	02:45:33	5
Paulsen	Jürgen	LG Dithmarschen	595	02:46:54	02:47:19	6
Nagowizyn	Wladimir	LAV Husum	892	02:47:08	02:47:23	7
Domnick	Klaus	LG Neumünster	5806	02:48:21	02:48:33	8
Thielecke	Lutz	Velpker SV	318	02:48:38	02:48:50	9
Rennies	Bernd	OT-Bremen	578	02:49:06	02:49:26	10
Müller	Christoph	TUS Germania Schnelsen	601	02:52:50	02:53:01	11
Mascher	Karl	VFL Tegel Berlin	446	02:54:50	02:55:07	12
Ruge	Udo	VfL Oldenburg	481	02:55:10	02:55:17	13
Görner	Karl-Heinz	SV Lok Blankenburg	5477	02:55:39	02:56:45	14
Knappe	Dietmar	TSV Lütjenburg	10769	02:56:33	02:57:23	15
Hille	Matthias	ESV Lok Potsdam	5483	02:57:17	02:57:53	16
Ratunde	Hans-Heinrich	LG Elmshorn	352	02:58:00	02:58:14	17
Schmidt	Dieter	LG HNF Hamburg	5524	02:58:15	02:58:22	18
Nielebock	Karl-Ingwer	TSV Bredstedt	302	03:00:07	03:00:33	19
Brahmst	Klaus-Dieter	TSV Flintbek	12535	03:01:20	03:01:59	20
Christmann	Oliver	TUS Barendorf	581	03:03:45	03:04:13	21
Hagemann	Joachim	LG Osnabrück	3593	03:04:25	03:05:10	22
Ulbrich	Horst	LC 93 Delmenhorst	495	03:05:16	03:05:21	23
Jermis	Dieter	Eintracht Hameln	12032	03:04:55	03:05:28	24
Manz	Ingo	OT Bremen	907	03:07:10	03:07:30	25
Kreutziger	Bernd	LC Nordhorn	11162	03:07:53	03:08:36	26
Zemke	Stephan	LAV Hamburg-Nord	14992	03:08:29	03:09:05	27
Wernet	Rolf	SG Osterholzer LA	2819	03:08:59	03:09:39	28
Stahlknecht	Wolf	IGAS Wendland	12452	03:08:42	03:10:35	29
Simon	Wolfgang	MTV Heide	3975	03:10:59	03:11:15	30
Piossek	Heiko	VFL Lönigen	1427	03:12:01	03:12:14	31
Müller-Heckelmann	Günter	LTC-Berlin	5489	03:11:30	03:12:22	32
Rothe	Friedrich	SPVGG Groß Bünten	5464	03:11:21	03:13:05	33
Domanski	Detlev	Möllner SV	2999	03:11:25	03:13:31	34
Cizinski	Uwe	TUS Holtenu	1922	03:12:33	03:13:38	35

Schmidt	Dieter	MTV Barnstorf	1674	03:13:14	03:15:06	36
Kiewitt	Norbert	MTV Soltau	5466	03:14:52	03:15:35	37
Wagner	Jens	LG Neumünster	10777	03:15:38	03:16:58	38
Seiler	Udo	MTV Börßum	6107	03:15:39	03:16:59	39
Gode	Heiko	ATS Buntentor Bremen	5443	03:15:49	03:17:01	40
Janssen-Dirks	Bruno	SC Drestedt	6477	03:16:34	03:17:47	41
Zeidler	Lutz	WSV Wolfenbüttel	4672	03:17:44	03:18:55	42
Rosen	Alfons	Lauffreunde Emsland	7244	03:17:55	03:19:16	43
Markowitz	Hans-Günter	Heidgrabener SV	4735	03:18:41	03:19:20	44
Ziss	Uwe	TUS Hasede	2923	03:18:51	03:19:22	45
Dedner	Manfred	LG Bremen-Nord	5440	03:17:41	03:19:51	46
Marko	Heinz	TSV Eintracht Hittfeld	4493	03:18:43	03:20:04	47
Stoltenberg	Volker	LG Dithmarschen	11956	03:18:22	03:20:05	48
Kuhlmann	Detlef	SCC Berlin	4690	03:20:06	03:20:28	49
Stroothotto	Peter	ATS Buntentor Bremen	5444	03:18:36	03:20:30	50
Finzel	Egon	TSV Glücksburg 09	3798	03:20:32	03:21:18	51
Dettmer	Claus	MTV Celle	11158	03:20:13	03:21:39	52
Lorenzen	Uwe	LG Niebüll-Süderlügum	10879	03:19:45	03:21:57	53
Haack	Hans-Jürgen	MTV Bad Bevensen	8812	03:21:48	03:23:11	54
Hoveling	Stefan	OTB Osnabrück	7435	03:22:34	03:23:23	55
Wiese	Ludger	VFL Lönningen	9503	03:22:03	03:23:27	56
Weinert	Wolf-Peter	MTV Bad Bevensen	8901	03:22:25	03:23:41	57
Rother	Heiner	SV Germania Helmstedt	10025	03:23:17	03:24:24	58
Wollesen	Jochen	LG Dithmarschen	11962	03:23:30	03:24:29	59
Gronau	Helmut	LG Elmshorn	2222	03:24:03	03:25:00	60
Heinrichs	Jörg-Achim	Sparta Langenhagen	14564	03:25:19	03:25:36	61
Platzek	Gerd	TV J. Schneverdingen	3585	03:26:14	03:26:37	62
Petersen	Marten	Germania Breklum	14352	03:24:47	03:26:39	63
Scheiermann	Johann	SV Germania Helmstedt	10033	03:26:13	03:26:44	64
Dietz	Ralf	Emder LG	4759	03:25:48	03:26:50	65
Reppold	Hans-Jürgen	SV Post Telekom Schwerin	6670	03:25:29	03:27:46	66
Kuper	Hans	Lauffreunde Emsland	3109	03:27:21	03:27:48	67
Blome	Hermann	SV Quitt Ankum	8383	03:26:40	03:27:50	68
Bebensee	Manfred	Eckernförder MTV	4968	03:26:48	03:27:51	69
Nissen	Holger	ATSV Stockelsdorf	8810	03:25:18	03:27:52	70
Kruska	Rolf	LG Braunschweig	2248	03:27:16	03:27:57	71
Morthorst	Hubert	TUS BW Lohne	13875	03:27:48	03:28:39	72
Walther	Thomas	LG Nord-West/SVP Hamburg	2103	03:26:41	03:29:10	73
Kuehnl	Roland	Dessauer SV 97	4319	03:27:26	03:29:35	74
Hagen	Frank	VFL Suderburg	9880	03:28:47	03:30:25	75
Gobert	Werner	LG HNF Hamburg	9714	03:30:01	03:30:51	76
Haldau	Hans-Erich	SC Rönau 74	11868	03:29:28	03:31:10	77
Scharf	Guenter	Bremer LA-Team	5454	03:29:14	03:31:13	78
Stein	Klaus-Dieter	TSG Bergedorf	4725	03:30:51	03:31:18	79
Reinecke	Heiner	TSV Kropp	14847	03:28:40	03:31:36	80
Moormann	Franz-Josef	OSC Damme	6864	03:30:09	03:31:39	81
Guijarro	Angel	Ellerbeker TV Kiel	3759	03:30:40	03:32:01	82
Dahlstroem	Holger	Spiridon Oldesloe	1731	03:29:33	03:32:23	83
Clausen	Peter	1. Flensburger LT	8855	03:32:04	03:32:30	84
Oellermann	Wolfgang	TSV Lütjenburg	11863	03:32:06	03:32:37	85
Kulla	Günther	VFL Stade	4235	03:32:22	03:32:39	86
Müller	Ralph	SV Adelby	2774	03:31:02	03:32:50	87
Thomas	Karl-Heinz	OSC Bremerhaven	8866	03:29:55	03:32:56	88
Kaufhold	Karl-Heinz	SV Sülfeld	8535	03:31:03	03:33:03	89
Gröschner	Gerd	Kaltenkirchener TS	3001	03:31:21	03:33:14	90
Elbeshausen	Hans-J.	SUS Waldenau	4909	03:32:28	03:34:16	91
Dringelburg	Jens	LG HNF Hamburg	3222	03:33:12	03:34:24	92
Feldmann-Jäger	Kurt	LG Neumünster	4849	03:33:59	03:34:31	93
Thiel	Erich	LG Bremen-Nord	5439	03:34:02	03:34:34	94
Kröger	Heinrich	LG Niebüll-Süderlügum	8315	03:32:38	03:34:50	95
Eulig	Jens	ATSV Stockelsdorf	10991	03:32:18	03:34:53	96
Raß	Holger	VFL Rastede	5582	03:33:46	03:35:23	97
Labitzke	Erich	Barsbütteler SV	4075	03:33:22	03:35:47	98
Böhnke	Wolfgang	Bremer LA-Team	5452	03:34:45	03:36:44	99

Höhn	Holger	SVg Pönitz	15453	03:33:47	03:36:52	100
Kimitta	Ernst-Otto	LAG Gettorf-Rieseby	12059	03:34:50	03:37:24	101
Bartholomä	Horst	SV Werder Bremen	8293	03:36:45	03:37:34	102
Engbers	Heinrich	FC Schütthorf 09	6027	03:35:57	03:37:42	103
Eichler	Armin	VFL Kloster Oesede	3332	03:36:29	03:37:49	104
Struck	Manfred	Ellerbeker TV Kiel	3596	03:36:29	03:37:50	105
Umlauf	Joachim	Preetzer TSV	4087	03:36:11	03:38:27	106
Eberle	Manfred	TSV Hittfeld	8348	03:37:12	03:39:02	107
Koller	Hans-Joachim	MTV Aurich	1372	03:36:58	03:39:14	108
Dörwald-Eickelberg	Uli	Heidgrabener SV	6425	03:36:42	03:39:35	109
Rössler	Lutz	ESV Büchen	8964	03:38:06	03:39:36	110
Matthiesen	Hartmut	Heidgrabener SV	3337	03:37:07	03:40:01	111
Rehbein	Reiner	TSV Barsinghausen	8461	03:38:54	03:40:17	112
Lübbbers	Klaus	LAV Meppen 91	4973	03:37:21	03:41:55	113
Lünnemann	Alfons	Lauffreunde Emsland	11718	03:37:31	03:42:06	114
Ahn	Heino	LGK Nord Stade	4739	03:39:47	03:42:23	115
Kaselow	Wolfgang	Polizei-SV Eutin	2370	03:42:44	03:43:05	116
Lewerenz	Karl-Heinz	VFL Lönigen	8867	03:40:50	03:43:13	117
Domachofski	Ferdinand	Spiridon Schleswig	1974	03:41:28	03:43:38	118
Wetendorf	Hans-Hermann	TSG Schönkirchen	2986	03:43:49	03:44:47	119
Fischer	Josef	TSV Sellstedt	15542	03:43:38	03:44:48	120
Bellstorf	Uwe	TSV Hitzacker	11201	03:44:58	03:45:17	121
Voß	Wolfgang	SV Blankenese	14545	03:44:18	03:45:42	122
Kronberg	Jens	ETSV Gut Heil Neumünster	1457	03:43:36	03:45:49	123
Hantel	Wolfgang	SV Ohrbeck	6978	03:45:51	03:45:59	124
Bongarts	Lutz	LG Wedel-Pinneberg	15243	03:45:13	03:46:00	125
Lohmeier	Dirk	SV Großhansdorf	15095	03:45:32	03:46:10	126
Wiese	Karl-Heinz	LTV Kiel-Ost	10424	03:46:15	03:46:31	127
Labudda	Hans-Dieter	LAV Husum	11936	03:44:50	03:46:36	128
Pietschmann	Reinhard	SFC Ottendorf	11629	03:44:27	03:46:43	129
Weiß	Reiner	LG Nordheide	1673	03:44:02	03:46:46	130
Junker	Gerd	TSV Wallenhorst	11795	03:46:34	03:46:52	131
Lutzke	Wolfgang	Spiridon Schleswig	7255	03:44:24	03:47:10	132
Kroll	Werner	LG HNF Hamburg	5112	03:44:42	03:47:26	133
Nielsen	Bernd	1. Flensburger LT	1258	03:48:06	03:48:31	134
Schmidt	Hans-Jürgen	TV J. Schneverdingen	3766	03:47:56	03:48:32	135
Weinert	Wilfried Emil	TSV Wanna	3346	03:47:08	03:49:00	136
Bullach	Dietmar	Eintracht Hildesheim	4835	03:46:25	03:49:19	137
Schaak	Reinhard	TSV Pellworm	12633	03:47:21	03:49:27	138
Amelunxen	Wolfgang	TSV Lütjenburg	1898	03:47:13	03:49:38	139
Schmidt	Norbert	ETSV GH Neumünster	14044	03:47:53	03:50:04	140
Prey	Holger	MTV Burg	8419	03:49:02	03:50:23	141
Bremer	Mathias	SFC Ottendorf	3265	03:50:44	03:50:48	142
Götz	Michael	Reinickendorfer Füchse	9687	03:49:16	03:50:53	143
Feuerhahn	Heinz-Friedrich	TS Großburgwedel	12410	03:50:08	03:51:12	144
Fricke	Gerhard	MTV Wolfenbüttel	7494	03:48:26	03:51:19	145
Ernst	Hinrich	VFL Germania Leer	4755	03:49:36	03:52:36	146
Guennigmann	Albert	VFL Stade	15058	03:52:44	03:52:47	147
Diesner	Peter	SV Veldhausen	7219	03:49:33	03:53:03	148
Leineweber	Uwe	SV Friedrichsort	5742	03:52:02	03:53:32	149
Stelzer	Immo	SC Fortuna Wellsee	8257	03:50:34	03:53:58	150
Kuusi	Heinz-Jürgen	SV Germania Helmstedt	3107	03:54:04	03:54:29	151
Günther	Wolfgang	VFL Lönigen	12640	03:55:16	03:55:49	152
Fritzenschaft	Joachim	TSV Osten	6911	03:56:16	03:56:34	153
Schueller	Wilfried	TV Jahn Wolfsburg	11650	03:53:29	03:56:35	154
Steffens	Uwe	TUS Alstedt	4457	03:54:26	03:57:05	155
Schmalfeldt	Manfred	MTV Lüneburg	7055	03:57:53	03:58:14	156
Stojanovic	Dragan	TSV Trittau	1102	03:56:54	03:58:49	157
Ostermann	Jan	TSB Flensburg	6033	03:55:01	03:58:54	158
Winter	Andreas	LG HNF Hamburg	8187	03:58:31	03:59:08	159
Espelage	Ludger	TuS Blau-Weiß Lohne	10066	03:57:06	03:59:25	160
Coenders	Martin	MTV Wolfenbüttel	13193	03:57:21	03:59:39	161
Kähler	Volker	SV Adelby	6010	03:57:53	03:59:43	162
Hahn	Bernd	MTV Itzehoe	3763	03:58:09	04:00:29	163

Bergen	Ulrich	TSG Westerstede	6260	03:57:44	04:00:34	164
Suplie	Jörg	MTV Dänischenhagen	6369	04:00:34	04:00:52	165
Reimann	Harry	LG Wesermünde	7854	03:59:15	04:01:24	166
Petersen	Arnold	MTV Leck	1370	03:59:56	04:01:34	167
Grimm	Detlef	SV Blankenese	7693	03:58:37	04:02:16	168
Schirbach	Roland	MTV Heide	6654	04:00:34	04:02:30	169
Dittrich	Peter	Emder LG	6532	04:00:28	04:02:56	170
Werner	Burkhard	TUS Neuenhaus	11773	04:02:58	04:03:18	171
Krüger	Wilfried	MTV Burg	3531	04:02:59	04:04:20	172
Kröner	Richard	TSV Böklund	13553	04:02:06	04:04:34	173
Mügge	Hilmar	LGK Verden	11043	04:05:07	04:05:23	174
Dietze	Stephan	TVV Neu Wulmstorf	4443	04:02:55	04:05:51	175
Niemann	Uwe	SC Drestedt	1651	04:03:26	04:06:07	176
Ahrens	Hans	Lehrter SV	12879	04:04:02	04:06:44	177
Standvoss	Heinrich	LC Burgwedel	1529	04:04:44	04:06:55	178
Flagge	Josef	VFB Fallersleben	5480	04:04:45	04:07:11	179
Willems	Heye	Fortuna Logabirum	8385	04:04:47	04:07:40	180
Wede	Hans-Jürgen	1. Flensburger LT	1217	04:06:59	04:07:47	181
Nischke	Karlheinz	VFL Tegel Berlin	10643	04:06:18	04:08:06	182
Huss	Jürgen	Wyker TB	6106	04:06:26	04:08:32	183
Krohn	Torsten	TUS Holst. Quickborn	1889	04:06:50	04:09:17	184
Kibbat	Reinhard	LTV Kiel-Ost	12886	04:06:55	04:11:13	185
Eggers	Peter	TV Klein Ilsede	4723	04:07:53	04:11:22	186
Behncke	Norman	SCC Berlin	8724	04:09:31	04:11:22	187
Herzfeldt	Dieter	1. Flensburger LT	11285	04:11:32	04:11:34	188
Stettin	Heiko	TUS Holst. Quickborn	1091	04:09:44	04:11:41	189
Carstens	Hartwig	TSV Glinde	12355	04:06:40	04:11:55	190
Ilse	Ulrich	DSC Dransfeld	13802	04:11:57	04:12:44	191
Boerger	Alfons	TSV Wallenhorst	15277	04:13:45	04:13:46	192
Dahms	Hans-Peter	LG Elmshorn	6526	04:11:57	04:15:04	193
Freund	Klaus-Dieter	VfL Tremsbüttel	6633	04:14:38	04:15:32	194
Hartmann	Klaus	TSV Heiligenhafen	5913	04:13:57	04:18:28	195
Kruse	Martin	LG Nienburg	12296	04:19:41	04:21:32	196
Sudmeier	Fritz	VFL Westercelle	4485	04:21:45	04:21:50	197
Zabiensky	Thomas	TSC Wellingsbüttel	8618	04:20:13	04:22:43	198
Hottas	Christian	LAV Hamburg-Nord	12812	04:22:30	04:22:50	199
Schaab	Rene	VFL Wolfsburg	8256	04:20:18	04:22:59	200
Busack	Egenhard	MTV Heide	4208	04:21:26	04:23:23	201
Thies	Michael	LAV Heikendorf	14067	04:22:32	04:24:42	202
Schieferstein	Ulrich	VFL Germania Leer	12170	04:22:36	04:24:49	203
Kames	Peter	LT Glindow	4012	04:25:19	04:25:35	204
Möbus	Wolfgang	SC Balje	14569	04:24:15	04:26:34	205
Brandt	Peter	TSV Bordesholm	11235	04:23:01	04:26:47	206
Behrmann	Heinz	LG Albatros Kiel	1235	04:31:11	04:33:43	207
Hommers	Gerhard	Fortuna Logabirum	14613	04:30:01	04:34:29	208
Berghammer	Rudolf	SV Mönkeberg	3136	04:41:43	04:42:41	209
Koopmann	Harald	TSV Plön	9922	04:42:20	04:44:42	210
Keil	Reinhard	VFL Tegel Berlin	1753	04:45:21	04:47:07	211
Kallenbach	Bert	LAV Alfeld	3017	04:47:54	04:49:30	212
Lippken	Rudolf	SC Weyhe	1662	04:47:26	04:50:20	213
Stümer	Uwe	LG Dithmarschen	11954	04:48:56	04:50:39	214
Töpfer	Norbert	SV Turbine Neubrandenburg	2848	04:51:22	04:52:20	215
Koppe	Bernd	OSC Bremerhaven	5455	04:51:20	04:54:15	216
Christiansen	Thomas	Bredstedter TSV	12070	04:52:07	04:54:15	217
Boysen	Wolfgang	1. Flensburger LT	1792	04:53:54	04:54:28	218
Müller	Hans Richard	VFL Stade	2814	04:54:27	04:57:06	219
Morawetz	Manfred	TV J. Schneverdingen	3765	05:02:51	05:05:52	220
Hoffmann	Michael	Blau-Weiß Buchholz	266	05:07:13	05:09:34	221
Dose	Jürgen	TSV Lütjenburg	2628	05:21:12	05:25:07	222
Lidicky-Krone	Rolf	Bramstedter TS	7196	05:31:31	05:36:26	223
Stielow-Seelig	Christian	SVE Fallingbostal	14668	05:36:15	05:38:18	224

Altersklasse: M50

Bergner	Eberhard	ESV Lok Potsdam	653	02:42:54	02:42:58	1
Olshausen	Robert	LG Wedel Pinneberg	613	02:50:31	02:50:35	2

Crone	Reinhard	LG Osnabrück	515	02:54:30	02:54:51	3
Brücker	Uwe	Bahrenfelder SV	504	02:58:40	02:58:51	4
Rittel	Karl-Ludwig	LC 93 Delmenhorst	659	02:59:14	02:59:45	5
Wulff	Dirk	SV Süfeld	1660	03:00:50	03:01:53	6
Pohl	Horst	LG Neumünster	10778	03:04:21	03:04:41	7
Dieterich	Fritz	Spiridon Oldesloe	3922	03:05:13	03:05:18	8
Wessoly	Wolfgang	Barsbütteler SV	850	03:06:32	03:06:42	9
Einsel	Wolfgang	MTV Celle	7749	03:06:42	03:07:46	10
Walther	Hermann	IGAS Wendland	13098	03:07:26	03:08:17	11
Selz	Hartmut	LC Hansa Stuhr	912	03:08:31	03:08:47	12
Gundermann	Karl-Heinz	LC Hansa Stuhr	5469	03:08:51	03:09:05	13
Neubauer	Heinz	LC Hansa Stuhr	5467	03:10:00	03:10:46	14
Möller	Rolf	LG Dithmarschen	11960	03:10:20	03:12:03	15
Hübner	Bernd	Post SV Berlin	201	03:11:24	03:12:04	16
Hoppe	Gerhard	SG Osterholzer LA	14543	03:12:27	03:13:14	17
Sieber	Klaus	MTV Wolfenbüttel	1734	03:12:06	03:13:16	18
Schierarend	Andreas	Post SV Berlin	8860	03:13:33	03:15:06	19
Martens	Heiner	TSV Malente	10970	03:13:03	03:15:16	20
Pottkämper	Robert	LC Ron Hill Berlin	4327	03:14:11	03:16:09	21
Hummel	Thomas	LAV Hamburg-Nord	3080	03:14:07	03:16:35	22
Kaidies	Kurt	LG Braunschweig	4326	03:16:03	03:16:45	23
Feldmann	Hartmut	LAV Hamburg-Nord	3024	03:16:33	03:16:59	24
Frixe	Eberhard	VFB Fallersleben	11336	03:17:20	03:17:24	25
Heinze	Bernhard	TSG Hatten-Sandkrug	8961	03:16:56	03:17:52	26
Noga	Manfred	VT Bückebug	3134	03:16:25	03:18:30	27
Kranaster	Michael	Harburger TB	274	03:18:22	03:18:35	28
Bauer	Ulrich	Barsbütteler SV	12402	03:18:06	03:18:41	29
Gordon	Manfred	MTV Bad Bevensen	8105	03:15:48	03:18:44	30
Huber	Helmut	LC Ron Hill Berlin	4083	03:18:15	03:18:51	31
Erhard	Rudolf	MSV Hamburg	2598	03:19:27	03:19:40	32
Buhr	Johann	VfL Oldenburg	12325	03:20:42	03:20:53	33
Schissler	Paul	SV Lemwerder	785	03:20:35	03:21:00	34
Stöwer	Herbert	LG Celle Land	14576	03:18:41	03:21:08	35
Desinger	Günter	Möllner SV	2009	03:20:55	03:21:42	36
Müller	Ernst	LG Nienburg	11869	03:22:34	03:24:26	37
Croissier	Rene	TUS Holst. Quickborn	1866	03:25:58	03:26:28	38
Budweg	Rudolf	LG Wilhelmshaven	7221	03:24:13	03:26:49	39
Luft	Dieter	SCC Berlin	8115	03:25:34	03:27:24	40
Olandt	Kuno	LG Steinburg	11512	03:26:27	03:27:36	41
Ricke	Hermann	VfL Lingen	14159	03:27:37	03:27:54	42
Freiwald	Gerd	MTV/GH Itzehoe	200	03:26:44	03:29:06	43
Vomhof	Hans-Günther	MTV Wolfenbüttel	9509	03:29:09	03:29:34	44
Cordes	Godehard	LG HNF Hamburg	966	03:28:58	03:29:56	45
Gabriel	Herbert	LTV Kiel-Ost	6697	03:27:07	03:29:59	46
Schwenteck	Götz	LG Neumünster	10779	03:29:37	03:30:09	47
Huberts	Hans-Otto	TUS Hasede	7360	03:29:35	03:30:31	48
Arens	Manfred	TURA Melle	7062	03:30:41	03:30:41	49
Wiese	Frank	LG Wilhelmshaven	12997	03:30:49	03:31:20	50
Sattler	Wolfgang	VfL Germania Leer	12749	03:30:20	03:31:38	51
Knust	Rolf	LAV Alfeld	4274	03:29:13	03:31:55	52
Reindorf	Jürgen	Lübecker SC	10337	03:30:38	03:33:11	53
Seligmann	Eckart	Heidgrabener SV	11624	03:32:09	03:35:02	54
Seegers	Robert	LC Hansa Stuhr	1618	03:33:12	03:35:27	55
Groddeck	Rudi	SSC Hagen Ahrensburg	11951	03:33:14	03:35:43	56
Jaruszewski	Albert	TSV Lütjenburg	4176	03:33:27	03:35:50	57
Zieffle	Gerhard	SC Poppenbüttel	3026	03:34:57	03:36:24	58
Labadz	Christoph	VFB Fallersleben	5481	03:35:28	03:36:28	59
Henze	Wolfgang	SV Germania Helmstedt	12095	03:36:34	03:37:02	60
Riemeier	Bernd	TS Großburgwedel	3678	03:36:17	03:37:27	61
Hausschild	Hans-Wilhelm	SC Drestedt	2664	03:38:51	03:40:04	62
Derboben	Willi	TSV Eintracht Hittfeld	4486	03:38:57	03:40:15	63
Mielke	Wolfgang	TSV Plön	3691	03:40:05	03:40:55	64
Kussin	Joachim	OSC Bremerhaven	12113	03:40:12	03:41:47	65
Langlitz	Johann	SG Freren	15527	03:42:22	03:42:44	66

Stehr	Dieter	Münsterdorfer SV	11543	03:42:29	03:43:09	67
Kaack	Hans-Jürgen	Fuhlendorfer SC	2965	03:42:25	03:43:39	68
Steffen	Günter	Suchsdorfer SV	2485	03:42:01	03:43:42	69
Höpfner	Günter	AMTV Hamburg	3752	03:43:15	03:44:04	70
Thimm	Erich	LG Nord-West/SVP Hamburg	12551	03:41:52	03:44:34	71
Steuck	Thomas	SV Grün Weiß Harburg	3796	03:41:54	03:44:42	72
Mueller	Peter	MTV Jahn Schladen	11538	03:42:36	03:44:49	73
Schaffartzik	Bernhard	TG Lapeka Osterode	6950	03:43:32	03:45:48	74
Trebe	Dietrich	VFL Bad Oldesloe	6905	03:43:29	03:45:50	75
Oetken	Johannes	TUS Zetel	4887	03:45:11	03:46:24	76
Budzuhn	Peter	LG Albatros Kiel	3632	03:44:54	03:46:39	77
Schmidt-Holländer	Peter	LT MTV Heide	3257	03:44:35	03:46:56	78
Panse	Klaus	Wyker TB	6240	03:44:26	03:47:06	79
Illie	Helmut	LG Göttingen	13955	03:48:33	03:49:03	80
Müller	Wolfgang	Lübecker SC	3923	03:46:43	03:49:36	81
Grubert	Dieter	MTV Bad Bevensen	14112	03:46:47	03:49:43	82
Schefferski	Dieter	TSV Büdelsdorf	4494	03:48:07	03:49:58	83
Nölting	Hans	LG Elmshorn	3526	03:48:29	03:50:00	84
Veltrup	Hermann	TUS Haren	3111	03:50:36	03:50:42	85
Koppitz	Walter	LGN/Olympia Neumünster	1443	03:50:55	03:51:25	86
Dobbeler	Volkmar	VfL Oldenburg	4877	03:51:22	03:53:09	87
Mauritz	Klaus-Dieter	Post SV Holzminden	3957	03:51:04	03:53:19	88
Pächtnatz	Gerd	SV Ditmarsia Albersdorf	6865	03:52:58	03:53:50	89
Wolansky	Wilfried	MTV Amelinghausen LT	3656	03:53:08	03:54:19	90
Wolff	Reiner	VT Bückeburg	4041	03:52:37	03:54:37	91
Küster	Siegfried	TUS Holst. Quickborn	4706	03:52:27	03:54:40	92
Schroll	Günther	TUS Holst. Quickborn	4640	03:53:32	03:55:04	93
Bombach	Max	LAV Husum	11704	03:55:01	03:55:06	94
Trittel	Volker	VFL Lehre	12244	03:53:16	03:55:20	95
Koenig	Jörg	Post SV Buxtehude	4823	03:52:26	03:55:25	96
Mahnkopf	Hartmut	MTV Jahn Schladen	14070	03:56:27	03:56:34	97
Chomatianos	Andreas	LTV Kiel-Ost	4249	03:53:45	03:56:37	98
Muche	Kay	SV Großhansdorf	10323	03:55:45	03:57:00	99
Seutter	Rudolf	Spiridon Oldesloe	15121	03:57:23	03:57:49	100
Heide	Gerd	Spiridon Oldesloe	14183	03:56:27	03:58:01	101
Hartwig	Dieter	SV Adelby	1228	03:56:15	03:58:18	102
Doebel	Manfred	SV Gehrden	2859	03:58:09	03:58:54	103
Rode	Eckhard	SV Motor Wolgast	10918	03:56:29	03:58:55	104
Jucks	Dieter	Post SV Lehrte	10051	03:58:44	03:59:27	105
Holzmann	Armin	TSV Kronshagen	6751	03:57:44	03:59:47	106
Klebe	Werner	TSB Flensburg	15231	03:58:49	04:00:09	107
Lange	Fritz	VFL Suderburg	10794	03:58:43	04:00:41	108
Ortwig	Klaus	TV Meppen	1672	03:57:49	04:00:46	109
Timm	Wolfgang	LG Nord-West/SVP Hamburg	1000	03:58:18	04:01:01	110
Schumacher	Heinz	LG Kreis Verden	14813	03:59:27	04:01:05	111
Ley	Helmut	TSG Westerstede	12197	04:00:15	04:02:05	112
Boye	Peter	Barmstedter MTV	8547	03:59:06	04:02:06	113
Euskirchen	Uwe	Trias Bad Schwartau	4077	03:59:34	04:02:22	114
Jacobi	Manfred	SV Werder Bremen	8292	04:00:55	04:03:35	115
Hagemann	Jürgen	SCC Berlin	3416	04:03:12	04:04:10	116
Steffen	Reinhard	LGK Nord Stade	6907	04:03:20	04:05:11	117
Johannsen	Bernd	TSV Hattstedt	1363	04:04:12	04:05:36	118
Borm	Peter	VFL Suderburg	10792	04:03:46	04:05:44	119
Seifert	Karl-Heinz	Lauenburger SV	3375	04:03:37	04:06:11	120
Wittenburg	Peter	Emden LG	8875	04:04:28	04:06:25	121
Korte	Peter	SG Freren	1919	04:06:15	04:06:41	122
Abert	Alwin	TUS Alfstedt	12012	04:04:08	04:06:47	123
Spitz	Rudolf	LG Kreis Nord Stade	3837	04:02:54	04:07:22	124
Wöckener	Hartmut	SUS Darne	14473	04:03:43	04:07:48	125
Finnern	Wolfgang	MTV Oering	3790	04:06:38	04:08:07	126
Cohrt	Bernd	TSV Flintbek	3706	04:10:10	04:10:14	127
Prensena	Jozef	Barsbütteler SV	12395	04:09:18	04:10:46	128
Gruner	Wolfgang	TSV Klausdorf	8604	04:08:03	04:10:50	129
Lietzmann	Edelfried	MTV Heide	4356	04:08:57	04:10:54	130

Tonndorf	Thomas	SCC Berlin	4437	04:12:03	04:13:04	131
Margowski	Gregor	MTV Heide	4209	04:11:42	04:13:39	132
Göke	Helmut	1. Flensburger LT	1605	04:10:45	04:13:42	133
Cerny	Hans	AMTV Hamburg	6885	04:11:27	04:14:18	134
Ott	Hans-Hermann	LG Albatros Kiel	444	04:12:55	04:14:41	135
Boldt	Manfred	LG Uplengen	11949	04:12:58	04:15:23	136
Oye	Bodo	VFL Hess.-Oldendorf	13234	04:11:39	04:16:01	137
Niemann	Werner	VFL Luhetal	8309	04:14:59	04:16:09	138
Hell	Hans-Günter	VFL Tegel Berlin	6423	04:14:45	04:16:31	139
Morawetz	Josef	SV Adelby	400	04:13:28	04:16:43	140
Weiss	Norbert	LG Alsternord HH	7408	04:14:02	04:16:55	141
Sabbagh	Fathi	Eintracht Hildesheim	6170	04:15:36	04:18:28	142
Brückmann	Heinz-Dieter	SV Concordia Ihrhove	5005	04:16:23	04:18:55	143
Rippe	Dieter	LG Kreis Verden	12114	04:18:40	04:18:57	144
Freitag	Norbert	MTV Aurich	8601	04:16:31	04:19:24	145
Kellner	Günter	PSV Lehrte	4474	04:18:28	04:19:40	146
Groll	Hans-Peter	MTV Itzehoe	14350	04:18:11	04:19:43	147
Soltek	Siegfried	SV Sporting Lüchow	6765	04:20:23	04:21:10	148
Djurovac	Michael	Münsterdorfer SV	3671	04:20:41	04:21:18	149
Bichel	Bernd	Raisdorfer TSV	10651	04:19:32	04:22:09	150
Cornelius	Gerhard	TUS Hasloh	13579	04:17:53	04:23:04	151
Sellmeier	Hubert	TV Meppen	10986	04:22:45	04:24:47	152
Stahlberg	Hubertus	TSV Eintracht Hittfeld	10741	04:22:19	04:24:57	153
Bretschneider	Lutz	SV Germania Helmstedt	11855	04:25:21	04:27:06	154
Harmel	Dieter	DSC Dransfeld	4097	04:27:43	04:28:19	155
Heinzel	Kurt	Ellerbeker TV Kiel	14105	04:26:57	04:29:59	156
Kuschel	Rainer	SV Großhansdorf	1632	04:31:46	04:33:23	157
Steringer	Josef	TSV Wehdel	14891	04:33:13	04:33:44	158
Hostetmann	Michael	TSV Kattendorf	1446	04:32:39	04:34:33	159
Heier	Luepke	TUS Neuenhaus	1653	04:31:15	04:34:44	160
Severiens	Gerold	Fortuna Logabirum	5000	04:30:55	04:35:21	161
Heine	Joachim	IGAS Wendland	1897	04:31:41	04:36:23	162
Hoogterp	Nikolaus	TUS Jaderberg	7000	04:35:21	04:37:05	163
Vogelsang	Bernd	TUS Holtenu	3126	04:34:05	04:37:16	164
Kuhlmann	Folkert	TV Marienhefe	12117	04:35:18	04:38:53	165
Freitag	Horst	VfL Schwerin	3637	04:40:04	04:40:46	166
Menke	Bernd-Dieter	VFL Luhetal	7388	04:39:29	04:40:56	167
Scholz	Wolfgang	TSV Schafstedt	2962	04:39:31	04:41:29	168
Jensen	Heinz-Egon	TSV Lensahn	15782	04:38:06	04:41:46	169
Krumbeck	Gerhard	LTV Kiel-Ost	11656	04:39:21	04:41:53	170
Rogge	Günter	Post SV Bremen	3183	04:39:00	04:42:03	171
Trabert	Wolf	VFL Germania Leer	1087	04:40:24	04:42:18	172
Pape	Karl-Heinz	WSV Wolfenbüttel	6287	04:38:58	04:42:31	173
Hartmann	Peter	VFL Tegel Berlin	1478	04:40:47	04:42:34	174
Glinicke	Wolfgang	TUS Felde	4307	04:42:40	04:42:56	175
Klitzke	Hans-Jürgen	Spiridon Oldesloe	4166	04:42:19	04:44:43	176
Nahnsen	Klaus	Barsbütteler SV	5534	04:44:53	04:46:49	177
Guntowski	Winfried	Dessauer SV 97	4318	04:48:49	04:50:59	178
Clemen	Klaus	TUS Soltendieck	9167	04:48:53	04:53:33	179
Rehers	Hans-Werner	Osnabrücker SC	3128	04:51:00	04:53:38	180
Eichrodt	Dieter	AMTV Hamburg	7132	04:56:13	04:57:49	181
Raschewski	Joachim	TV Klein Ilsede	11903	04:57:24	05:00:54	182
Krause	Werner	VFL Bad Schwartau	2736	05:03:33	05:04:43	183

Altersklasse: M55

Schulze	Joachim	VLG 1991 Magdeburg	3932	02:51:33	02:51:58	1
Findeisen	Jürgen	Lok Potsdam	8327	02:54:54	02:55:27	2
Wundram	Heimo	TSV Lütjenburg	308	02:56:17	02:56:26	3
Lachmann	Heinz	LC Ron Hill Berlin	447	02:57:23	02:57:27	4
Halisch	Hartmut	LAV Hamburg-Nord	674	02:58:31	02:59:29	5
Schäfer	Ullrich	LG HNF Hamburg	13746	03:03:10	03:03:17	6
Hanke	Peter	MTV Jahn Schladen	551	03:06:24	03:06:28	7
Pacyna	Werner	TKJ Sarstedt	733	03:05:49	03:06:42	8
Lindner	Erik	LG Braunschweig	10899	03:10:06	03:10:15	9
Klinke	Siegfried	LG Glinde	4842	03:06:55	03:10:25	10

Bleschke	Winfried	MTV Wolfenbüttel	10753	03:11:39	03:11:50	11
Paul	Reinhard	TSV Altenbruch	573	03:12:30	03:13:00	12
Graessner	Rainer	SV Adelby	8698	03:12:36	03:13:44	13
Köhler	Gerhard-Joachim	LG Braunschweig	13275	03:13:53	03:13:53	14
Max	Wolfgang	TSV Glücksburg 09	1902	03:14:18	03:14:43	15
Erxleben	Wilfried	LG Schwülper	8000	03:14:53	03:16:03	16
Borgert	Dirk	SCC Berlin	397	03:16:19	03:16:41	17
Augat	Peter	TSV Lütjenburg	4037	03:17:12	03:17:32	18
Hügel	Hermann	MTK Bad Harzburg	1245	03:17:29	03:18:07	19
Lück	Eckhard	SV Großhansdorf	4745	03:17:41	03:18:10	20
Stelljes	Werner	TSV Gnarrenburg	8959	03:19:11	03:19:33	21
Gnasnick	Helmut	LG Neumünster	6582	03:20:10	03:20:39	22
Lüders	Bernd	MTV Ahrensböök	7464	03:19:01	03:20:50	23
Singelmann	Reinhardt	TSV Uetersen	1946	03:19:13	03:21:01	24
Jacobi	Hans-Detlef	LG Lüneburg	1635	03:22:27	03:22:54	25
Zemke	Manfred	TSV Ratekau	8013	03:24:23	03:24:36	26
Glagau	Rolf	TSV Ratekau	12331	03:24:30	03:27:05	27
Gerbaulet	Rudolf	LG Salzgitter	12773	03:26:43	03:27:38	28
Sporleder	Bernd	LC Burgwedel	8103	03:26:25	03:28:26	29
Sass	Hans-Hermann	TUS Hemdingen	1012	03:27:40	03:29:31	30
Diederichs	Ruprecht	TSV Wietzendorf	11627	03:28:47	03:29:45	31
Ullrich	Reinhard	LG Salzgitter	12772	03:31:29	03:32:22	32
Scharf	Karl-Heinz	VT Bückebug	4042	03:30:38	03:32:35	33
Kirschke	Günther	TUS Bodenteich	3545	03:31:18	03:33:00	34
Schwarz	Jörg-Heiner	LG Neumünster	8010	03:30:24	03:33:29	35
Cieszynski	Helge	TSV Eintracht Hittfeld	3053	03:32:36	03:33:54	36
Balzer	Hans-Achim	Spiridon Schleswig	6200	03:32:49	03:34:57	37
Langer	Werner	TSV Karshöfen	9936	03:36:55	03:37:11	38
Plogmann	Uwe	LG HNF Hamburg	1813	03:36:19	03:37:22	39
Petersen	Harald	LTV Kiel-Ost	8898	03:39:06	03:39:06	40
Sievers	Dieter	TSV Eintracht Hittfeld	4108	03:39:42	03:41:01	41
Finnern	Rainer	SFC Ottendorf	4155	03:40:34	03:41:19	42
Schöne	Hanns-Rainer	LC Ron-Hill Berlin	15607	03:44:04	03:45:37	43
Granzow	Wolfgang-Dieter	Barsbütteler SV	12394	03:44:48	03:45:58	44
Saulich	Gisbert	TSV Buchholz 08	2158	03:44:50	03:47:35	45
Münster	Reinhold	Barsbütteler SV	12401	03:46:47	03:47:57	46
Greinert	Hartmut	Spiridon Schleswig	7234	03:46:12	03:48:58	47
Pechascheck	Bernd	LTV Kiel-Ost	4394	03:47:20	03:49:13	48
Bormann	Robert	LG Wilhelmshaven	5474	03:50:22	03:50:31	49
Soehl	Herbert	TSV Ebersdorf	3326	03:48:16	03:50:55	50
Böttjer	Helmut	TSV Karshöfen	9937	03:51:25	03:51:40	51
Illig	Rainhard	TUS Aurich-Ost	10956	03:53:40	03:53:44	52
Jäger	Dirk-Peter	LG Kreis Verden	14812	03:52:30	03:54:03	53
Becker	Arnold	BSV Buxtehude	13283	03:55:12	03:57:36	54
Grothaus	Hubert	TV Georgsmarienhütte	14146	03:57:57	03:58:09	55
Janssen	Eilert	TV Marienhefe	12057	03:54:52	03:58:13	56
Timm	Günter	Heidgrabener SV	1942	03:57:32	03:58:41	57
Feddema	Franz	SCC Berlin	15626	03:57:32	03:59:30	58
Kitzig	Holger	Kaltenkirchener TS	1810	03:58:14	04:00:35	59
Eberhardt	Jochem	OT Bremen	5458	03:59:37	04:01:13	60
Weber	Hauke	TUS Dassendorf	10588	03:59:01	04:02:18	61
Bertram	Wolfgang	TV Georgsmarienhütte	1785	04:00:05	04:02:41	62
Persch	Rainer	Uni Triathlöwen Bremen	12058	04:01:37	04:04:37	63
Lesky	Kurt	FT Preetz	14946	04:04:31	04:04:51	64
Mai	Willibald	LG Wilhelmshaven	4967	04:05:07	04:07:24	65
Meins	Harald	Spiridon Oldesloe	3744	04:05:03	04:07:58	66
Chill	Ulrich	SV Warnemünde	13440	04:05:26	04:08:23	67
Dittkowski	Rolf	SC Fortuna Wellsee	8569	04:08:51	04:09:29	68
Hartmann	Peter	MTV Himbergen	6516	04:10:47	04:11:38	69
Schmitz	Siegfried	TUS Holtenu	2813	04:08:56	04:11:57	70
Grundmann	Karl-Heinz	TSV Salzgitter	1992	04:10:47	04:12:21	71
Mantey	Wolfgang	Lauffreunde Emsland	10211	04:14:06	04:15:41	72
Thiel	Lothar	SVG Bad Gandersheim	6643	04:17:05	04:17:44	73
Niemeck	Gerhard	Polizei-SV Eutin	14662	04:23:56	04:26:17	74

Menzel	Horst-Erich	TSV Glücksburg 09	12419	04:25:48	04:26:59	75
Bumann	Rolf	TUS Holst. Quickborn	930	04:26:33	04:27:24	76
Heisen	Jürgen	TSV Lütjenburg	12373	04:23:32	04:27:27	77
Gailus	Hans-Peter	Spiridon Oldesloe	3926	04:27:12	04:29:22	78
Hartwig	Gerd	BSV Buxtehude	1477	04:27:13	04:29:51	79
Radoll	Horst	Kaltenkirchener TS	1782	04:27:25	04:30:28	80
Erdmann	Dieter	MTV Hesedorf	4415	04:29:24	04:31:38	81
Voss	Harald	LG Süd Berlin	516	04:30:43	04:33:36	82
Wagner	Carsten	SUS Waldenau	11886	04:29:23	04:34:10	83
Baasch	Juergen	TSV Bordesholm	7929	04:37:59	04:38:42	84
Nikoleit	Manfred	LTV Kiel-Ost	13000	04:39:56	04:42:28	85
Stoffers	Herbert	LTV Kiel-Ost	2845	04:39:56	04:42:29	86
Tegeder	Reinhold	OTB Osnabrück	12460	04:40:15	04:44:21	87
Pahl	Martin	TSV Meine 09	14161	04:41:28	04:46:35	88
Bauer	Gerd	LG Dithmarschen	3970	04:48:10	04:49:02	89
Erben	Berndt	TSG Westerstede	11547	04:50:28	04:50:47	90
Hoppe	Gerald	TUS Holtenau Kiel	10000	04:56:41	04:57:15	91
Kühnle	Peter	TV Sottrum	13781	05:07:45	05:11:49	92
Randzio	Rolf	TSV Glücksburg 09	9724	05:18:33	05:21:22	93
Ehlers	Uwe	TSV Lütjenburg	10981	05:21:10	05:25:05	94

Altersklasse: M60

Poley	Dieter	MTV Wolfenbüttel	9707	03:02:30	03:02:39	1
Molero-Membrilla	Jose	Spiridon Schleswig	750	03:03:16	03:03:18	2
Frense	Horst	VfL Oldenburg	12324	03:04:07	03:04:16	3
Plessner	Kurt	TSG Bergedorf	7737	03:12:57	03:13:05	4
Beirau	Udo	TSV Wanna	6060	03:13:58	03:14:26	5
Wachsmuth	Gerd	Borener SV	14851	03:17:25	03:19:58	6
Spieker	Johann	SV Grenzl. Laarwald	4022	03:20:37	03:20:52	7
Ranta	Jürgen	LG Dithmarschen	11947	03:21:13	03:22:10	8
Ranta	Walter	LG Dithmarschen	11961	03:23:29	03:24:28	9
Schröder	Heinrich	TSV Arminia Vöhrum	4045	03:23:46	03:25:13	10
Assmann	Erich	TUS Tarmstedt	14051	03:25:29	03:27:19	11
Sager	Bernhard	VfL Oldenburg	12326	03:27:07	03:27:37	12
Neumann	Reinhold	MTV Immensen	9868	03:27:01	03:27:44	13
Nielsen	Rolf	SV Preussen Reinfeld	1002	03:28:18	03:30:41	14
Kern	Siegfried	LG Niebüll-Süderlügum	8316	03:30:45	03:31:12	15
Keensenberg	Hans	TSV Plön	6440	03:31:45	03:32:18	16
Dierks	Hans Uwe	LG Dithmarschen	11959	03:33:16	03:34:15	17
Hapke	Wolfgang	TSV Bargteheide	12089	03:35:10	03:36:34	18
Holst	Harald	LG Hammer Park Hamburg	3820	03:34:56	03:37:16	19
Guschke	Dietger	LC Stolpertruppe Berlin	3264	03:37:39	03:39:25	20
Albertsen	Uwe	1. Flensburger LT	10985	03:36:54	03:39:50	21
Kaczor	Paul	SV Germania Helmstedt	11893	03:41:33	03:42:25	22
Schlagenhoff	Dieter	Heidgrabener SV	3834	03:42:52	03:44:37	23
Probst	Helmut	LAV Hamburg-Nord	4255	03:42:08	03:44:38	24
Reimer	Peter	Barsbütteler SV	12400	03:43:38	03:44:48	25
Antoni	Günter	Post SV Buxtehude	3965	03:44:52	03:45:16	26
Kessel	Werner	FSV Sarstedt	11871	03:46:42	03:46:49	27
Jessen	Theodor	Bredstedter TSV	2654	03:44:47	03:46:50	28
Koch	Dieter	Kaltenkirchener TS	4416	03:48:46	03:49:02	29
Markus	Holger	SUS Waldenau	14754	03:48:16	03:49:11	30
Torkler	Gerhard	Rendsburger TSV	1780	03:49:43	03:50:12	31
Rieckhoff	Uwe	TSV Eintracht Hittfeld	4771	03:49:48	03:51:06	32
Krämer	Jens	MTV Lüneburg	1140	03:49:29	03:51:19	33
Boesch	Martin	TUS Alfstedt	4458	03:48:38	03:51:20	34
Fricke	Gerd	SFC Ottendorf	7088	03:51:38	03:51:49	35
Hansen	Günter	JuS Fischbek	4744	03:49:13	03:52:09	36
Meyer	Hans-Joachim	LAV Hamburg-Nord	500	03:51:04	03:52:18	37
Wiegleb	Gerhard	LAV Hamburg-Nord	8984	03:51:26	03:53:19	38
Rother	Klaus	LG Glinde	4740	03:51:41	03:54:34	39
Weber	Wolfgang	TSV Holm	6829	03:52:44	03:55:12	40
Hüser	Klaus	LG Albatros Kiel	6917	03:53:02	03:55:13	41
Görn	Hans	VFL Wolfsburg	5473	03:54:59	03:55:46	42
Wünneberg	Wolf	FT Preetz	6921	03:54:33	03:55:48	43

Guhl	Klaus	USC Kiel	4722	03:55:03	03:56:42	44
Ernst	Uwe	Wedeler TSV	1301	03:56:37	03:58:29	45
Freytag	Hartmut	TSV Reinbek	1941	03:57:41	03:59:51	46
Somfleth	Hein	TUS Grünendeich	6906	03:58:17	04:00:20	47
Meirich	Peter	TURA Bremen	4953	04:00:57	04:01:43	48
Binding	Bernhard	ATSV Stockelsdorf	6278	04:00:55	04:03:31	49
Schneider	Johann	THW Kiel	11594	04:01:21	04:04:35	50
Lechmann	Wolfgang	VSG Wolfsburg	8441	04:02:52	04:05:04	51
Lorbeer	Klaus	TSV Tarp	3470	04:03:10	04:05:54	52
Fleck	Heinrich	VFL Tegel Berlin	15730	04:03:48	04:05:54	53
Himstedt	Helmut	Spiridon Oldesloe	6016	04:06:57	04:07:27	54
Krause	Helmut	VFB Fallersleben	5482	04:05:30	04:07:36	55
Wölffel	Eckhard	1. Flensburger LT	2306	04:06:52	04:09:36	56
Jansen	Peter	TSV Osten	3415	04:09:14	04:12:24	57
Willms	Eduard	TSG Westerstede	11581	04:10:45	04:13:34	58
Hinrichs	Klaus	SV Scharnebeck	2641	04:10:53	04:14:03	59
Harms	Johann	TV Norden	7475	04:14:45	04:15:55	60
Bluth	Manfred	Gut-Heil Itzehoe	14556	04:16:00	04:17:18	61
Gocke	Heinrich	Ahrensburger TSV	1678	04:14:26	04:19:03	62
Lindahl	Hans-Walter	MTV Heide	3902	04:17:26	04:19:24	63
Hauke	Udo	1. Flensburger LT	14037	04:20:13	04:21:57	64
Balke	Ingo	VFL Tegel Berlin	4689	04:24:35	04:26:22	65
Mertelsmann	Detlef	TUS Holst. Quickborn	921	04:26:33	04:27:24	66
Carstens	Otto	MTV Burg	7139	04:28:56	04:30:13	67
Hartmann	Eckehard	TSG Nordholz	3278	04:28:15	04:31:28	68
Marx	Joachim	TSV Aukrug	1873	04:30:25	04:33:14	69
Heyer	Günter	LG Albatros Kiel	3076	04:31:43	04:33:43	70
Södje	Dieter	MTV Celle	1938	04:30:22	04:33:47	71
Ilsemann	Frank H.	Spiridon Schleswig	6212	04:32:49	04:34:45	72
Rödiger	Arno	TSV Eintracht Hittfeld	5463	04:36:13	04:38:15	73
Misch	Dieter	VFR Weddel	8503	04:39:33	04:43:01	74
Hoffmann	Dieter	TV Uelzen	4695	04:42:06	04:44:29	75
Jost	Karl-Heinz	TUS H/M Kiel	2850	04:47:07	04:49:31	76
Tretrop	Manfred	TSV Wanna	3956	04:48:23	04:50:53	77
Dudde	Gerhard	TSV Trittau	9441	04:48:47	04:51:37	78
Matthesius	Klaus	TUS Soltendieck	4691	04:48:54	04:53:33	79
Zeller	Werner	LAV Alfeld	4137	04:54:54	04:55:10	80
Gehrke	Lothar	LG Albatros Kiel	1616	05:01:21	05:01:58	81
Timm	Peter	AMTV Hamburg	8786	05:01:05	05:03:43	82
Meißner	Helmut	1. Flensburger LT	12104	05:05:05	05:05:39	83
Höger	Gerhard	ESV Wittenberge	384	05:11:45	05:16:17	84
Hohensee	Bernd	SFC Ottendorf	6975	05:38:05	05:40:04	85

Altersklasse: M65

Schippels	Alfred	SV Friedrichsort	8366	03:08:23	03:08:37	1
Richter	Benjamin	LG Albatros Kiel	7095	03:17:36	03:18:27	2
Pantke	Wolfgang	TSV Lütjenburg	1932	03:21:36	03:22:27	3
Jung	Helmut	Kaltenkirchener TS	4102	03:26:19	03:26:51	4
Klahr	Peter	LG Nienburg	5498	03:28:31	03:29:28	5
Schwarz	Otto	LG Nord-West/SVP Hamburg	1829	03:35:20	03:37:56	6
Hohmann	Dietrich	Borener SV	1926	03:40:42	03:41:30	7
Preisler	Horst	LAV Hamburg-Nord	1	03:41:43	03:41:55	8
Lulies	Werner	LAV Husum	14206	03:41:10	03:44:03	9
Kock	Jans	SV Holtland	2955	03:46:06	03:49:05	10
Joten	Thore	Möllner SV	3316	03:47:49	03:49:55	11
Garbs	Willi	ETSV GH Neumünster	12956	03:51:16	03:51:42	12
Geschke	Max	SV Post Telekom Schwerin	4440	03:51:38	03:52:38	13
Lorenz	Siegfried	LG Elmshorn	2756	03:51:34	03:53:24	14
Schaarschmidt	Wolfgang	SV Großhansdorf	3245	03:58:33	03:59:51	15
Raake	Berthold	Post SV Lehrte	10046	03:59:24	04:00:12	16
Barkow	Egon	TUS Alfstedt	4460	03:59:32	04:02:17	17
Reimers	Hermann	TV Marne	4172	04:12:42	04:14:16	18
Ackemann	Wilhelm	LG Kreis Verden	11541	04:13:59	04:15:41	19
Fähnrich	Reinhard	VfL Schwerin	13463	04:23:42	04:24:03	20
Behn	Karl-Wilhelm	SSV Gusborn	10720	04:31:06	04:32:09	21

Rehbock	Ernst	MTV Langwedel	2879	04:31:27	04:33:11	22
Hauser	Manfred	OSC Bremerhaven	1175	04:39:36	04:42:03	23
Karnick	Günther	TUS Holst. Quickborn	1929	04:56:13	04:58:00	24
Hansen	Gustav	LG Albatros Kiel	15864	04:58:45	05:01:28	25
Schneider	Johannes	SV Motor Wolgast	10920	05:11:41	05:14:00	26
Schlobohm	Herbert	LG HNF Hamburg	3359	05:45:11	05:47:53	27

Altersklasse: Männer

Schneegass	Christoph	SC Potsdam	191	02:29:40	02:29:54	1
Schumann	Dirk	TSV Ratekau	2211	02:30:25	02:30:31	2
Hiekmann	Thorben	LG Hammer Park Hamburg	470	02:35:45	02:35:50	3
Drößler	Thomas	LC Dosse Wittstock	237	02:36:47	02:37:03	4
Thiel	Jürgen	SV Turbine Neubrandenburg	44	02:37:34	02:37:36	5
Wiebe	Nicholas	Trias Bad Schwartau	419	02:38:58	02:39:05	6
Schlüter	Andreas	LG Kreis Nord Stade	734	02:39:04	02:39:13	7
Rotzoll	Matthias	LG Itzehoe	473	02:39:40	02:39:45	8
Bock	Christian	LG Weserbergland	315	02:41:04	02:41:10	9
Meckelburg	Magnus	Osnabrücker TB	13117	02:41:20	02:41:26	10
Rohrer	Marco	LG HNF Hamburg	14474	02:42:57	02:43:10	11
Thiessen	Mathias	LG HNF Hamburg	1710	02:45:23	02:45:37	12
Kasimir	Joachim (Jogi)	VFB Fallersleben	13286	02:46:45	02:48:23	13
Weinrich	Arne	LG Hammer Park Hamburg	329	02:49:00	02:49:59	14
Biemann	Nino	SV Turbine Neubrandenburg	14980	02:48:43	02:50:25	15
Weckman	Timo	Hannover 96	7977	02:50:36	02:50:43	16
Greve	David	LTC Berlin	10371	02:52:36	02:53:15	17
Grommisch	Björn	LG Kreis Verden	12233	02:53:40	02:54:17	18
Kroupa	Jan	Eintracht Hildesheim	713	02:56:35	02:56:42	19
Stein	Fabian	SG Tantalus Kiel	1277	02:56:54	02:57:29	20
Rupprecht	Peer-Rasmus	VFL Wingst	260	02:58:17	02:58:30	21
Hesse	Jörn	Delligser SC	4027	02:58:19	02:59:16	22
Wachsmuth	Jens	USC Kiel	8398	02:58:40	02:59:26	23
Lang	Jens	LG HNF Hamburg	401	02:58:28	02:59:29	24
Steglich	Boris	SCC Berlin	1514	02:57:19	02:59:42	25
Peupelmann	Thomas	THW Kiel	569	03:01:26	03:02:29	26
Bermes	Christian	TVV Neu Wulmstorf	715	03:02:49	03:03:00	27
Stehn	Niels-Kristen	AMTV Hamburg	6224	03:03:43	03:04:13	28
Lindigkeit	Lutz	LG Göttingen	5462	03:05:42	03:05:49	29
Harneit	Sven	SV Scharnebeck	2637	03:05:22	03:06:44	30
Kistner	Axel	USC Kiel	253	03:06:09	03:07:04	31
Albrecht	Carsten	SC Balje	14016	03:07:00	03:08:01	32
Ast	Markus	OSC Bremerhaven	9015	03:08:15	03:09:40	33
Henke	Christoph	Wyker TB	4380	03:08:07	03:09:58	34
Gerdelmann	Frank	TUS Haren	1284	03:09:50	03:10:23	35
Grasse	Dominic	LT SC Bad Münder	10286	03:08:27	03:10:50	36
Prill	Nico	TSV Altenbruch	13532	03:12:19	03:12:23	37
Tons	Gunnar	TSV Westerland	7733	03:13:06	03:14:20	38
Jonas	Heiko Peter	TUS Finkenwerder	8561	03:13:17	03:15:03	39
Straten	Tobias	LG Braunschweig	10164	03:14:38	03:15:20	40
Stübs	Andre	Rot Weiß Cuxhaven	9516	03:13:12	03:15:49	41
Göldner	Matthias	Polizei-SV Eutin	3903	03:14:17	03:16:20	42
Schwennicke	Arne	TUS Alfstedt	13249	03:16:19	03:17:36	43
Siemers	Arne	Garbsener SC	14217	03:14:57	03:17:39	44
Habich	Olaf	Tria Club Bremen	2921	03:16:47	03:18:16	45
Heineke	Matthias	AMTV Hamburg	12053	03:17:03	03:18:29	46
Hoppe	Thorsten	SG Osterholzer LA	14914	03:18:01	03:18:47	47
Deymann	Jörg	TUS Haren	13069	03:19:22	03:19:38	48
Kaschwich	Mark	USC Kiel	2012	03:17:14	03:20:06	49
Höfer	Thomas	Trias Bad Schwartau	12029	03:20:08	03:22:19	50
Witt	Björn	LG Elmshorn	1972	03:21:32	03:22:47	51
Hutzfeld	Olaf	TUS Hohwacht	3172	03:21:46	03:23:10	52
Ober	Michael	TSV Ratekau	8929	03:20:48	03:23:23	53
Giesecke	Michael	TKJ Sarstedt	1989	03:22:48	03:23:33	54
Gertler	Christoph	SV Anker Gadenstedt	10560	03:24:41	03:24:49	55
Bohnstedt	Sven	WSV Wolfenbüttel	10377	03:23:03	03:25:28	56
Lühr	Stephan	TSV Wanna	2842	03:23:15	03:25:29	57

Hengemühle	Guido	SV Haselünne	13320	03:25:26	03:25:42	58
Kurkowska	Ulf	TSV Quakenbrück	11774	03:25:02	03:27:36	59
Holst	Kim	TUS Grünendeich	13473	03:30:00	03:31:30	60
Jansen	Tim	1. Flensburger LT	8696	03:29:15	03:31:49	61
Marshall	Robert Percy	Rissener SV	13785	03:30:30	03:32:52	62
Derboben	Nils	TSV Eintracht Hittfeld	6184	03:32:08	03:32:55	63
Wenk	Matthias	Garbsener SC	14783	03:37:34	03:37:56	64
Seiffert	Lars	LTV Kiel-Ost	10716	03:41:13	03:41:28	65
Petersen	Christian	TSV Ladelund	12909	03:41:15	03:42:21	66
Polster	Frank	MTV Itzehoe	5539	03:40:28	03:42:36	67
Rothbrust	Frank	LC Hansa Stuhr	10759	03:39:50	03:43:20	68
Förster	Stefan	Oststeinbeker SV	15510	03:40:56	03:43:35	69
Tebus	Jörn	TSV Empor Göhren	14391	03:41:25	03:43:51	70
Schmidt	Jens	LFSG Haselünne	13373	03:46:18	03:47:27	71
Hesse	Philippe	TSV Buchholz 08	7506	03:45:37	03:49:49	72
Buck	Cord	TSV Bremervörde	6895	03:48:34	03:50:24	73
Köpp	Andreas-B.	PSV Braunschweig	4882	03:50:25	03:52:36	74
Gleimius	Michael	VFB Brunsbüttel	11111	03:53:31	03:55:37	75
Lütje	Hilmar	TUS HM Kiel	2907	03:55:01	03:55:53	76
Schmidt	Marco	TUS Alfstedt	4067	03:53:53	03:56:36	77
Köhn	Carsten	LG Hammer Park Hamburg	7801	03:57:09	03:59:12	78
Backhaus	Andreas	Münsterdorfer SV	13296	03:59:16	04:00:39	79
Böhlke	Stefan	Borener SV	6946	03:59:32	04:02:18	80
Weichert	Volkmar	VFL Wolfsburg	4469	04:00:14	04:02:21	81
Martensen	Björn	Bredstedter TSV	11505	03:59:26	04:02:58	82
Themm	Thorsten	LG Albatros Kiel	2858	04:03:15	04:05:21	83
Kickbusch	Sven	AMTV Hamburg	3686	04:06:59	04:07:11	84
Volkhard	Mathias	Harburger SC	9711	04:04:42	04:07:32	85
Pfeilsticker	Lars	MTV Schöningen	974	04:04:25	04:08:27	86
Hinrichs	Stephan	MTV Lüneburg	2903	04:07:14	04:10:18	87
Piwecki	Robert	TSG Bergedorf	13474	04:08:24	04:11:12	88
Pahlke	Thomas	ESV Bremerhaven	3528	04:09:25	04:11:25	89
Linnig	Sven	Hamburger SV	15525	04:10:19	04:13:08	90
Henne	Sven	Post SV Buxtehude	3291	04:10:36	04:13:22	91
Hinrichs	Ingmar	SC Kisdorf	10702	04:11:45	04:14:02	92
Spier	Oliver	LAV Hamburg-Nord	11544	04:12:54	04:15:59	93
Gläve	Matthias	LG Alte Salzstrasse	11284	04:13:32	04:15:59	94
Saturna	Sebastian	LAV Meppen 91	1705	04:14:17	04:16:05	95
Wildling	Jochen	TSV Reinbek	2676	04:14:43	04:16:11	96
Jürgens	Thorsten	LG Weserbergland	10627	04:11:48	04:16:11	97
Klein	Björn	TSG Hatten-Sandkrug	12279	04:16:25	04:16:41	98
Gast	Christian	TVV Neu Wulmstorf	8117	04:12:55	04:17:54	99
Bellmann	Hinnerk	TS Westerhof e.V.	13673	04:17:13	04:20:26	100
Lehmann	Stephan	Harburger TB	4917	04:17:15	04:20:34	101
Schulze	Sven	VFL Oldesloe	3322	04:23:48	04:26:08	102
Wilken	Holger	SV Stikellkamp	11478	04:25:23	04:27:07	103
Modzel	Günter	OSC Bremerhaven	5457	04:24:33	04:27:32	104
Ahrens	Arne	TSV Kattendorf	11242	04:24:44	04:28:57	105
Stelling	Jörg	TUS Alfstedt	13127	04:27:07	04:29:49	106
Bertram	Thomas	TV Georgsmarienhütte	11761	04:40:16	04:41:00	107
Schönfelder	Christian	Barmstedter MTV	8278	04:38:00	04:42:22	108
Andresen	Tobias	Hamburger SV	10042	04:47:03	04:48:19	109
Küpker	Andreas	SV Concordia Emsbüren	4841	05:26:23	05:27:45	110

Altersklasse: männliche Jugend

Otto	Malte	TSV Trittau	10805	03:20:32	03:23:26	1
Pentzek	Lennart	Rostocker Kanu - Verein	2066	03:24:02	03:26:18	2
Jarck	Jan-Hinnerk	TUS Grünendeich	6709	03:31:24	03:32:55	3
Winkelmann	Thomas	Schweriner SC	8333	03:35:00	03:35:02	4
Oltersdorf	Jan	TSV Uetersen	8224	03:35:02	03:38:04	5
Laipple	Daniel	TSG Bergedorf	13200	03:37:42	03:40:29	6
Prensena	Florian	Barsbütteler SV	12399	03:43:48	03:45:17	7
Wilken	Kay	TSC Wellingsbüttel	10637	03:56:03	03:59:15	8
Scholz	Christian	LG Nord-West/SVP Hamburg	4252	04:04:49	04:06:10	9
Jörgensen	Birger	TSV Trittau	968	04:09:04	04:10:02	10

Koppe	Roland	OSC Bremerhaven	5456	04:11:55	04:14:55	11
Altersklasse: W30						
Weßel	Katrin	SCC Berlin	F5	02:29:40	02:29:42	1
Nachtigall	Kirsten	Hamburger SV	F21	02:50:04	02:50:10	2
Wolters	Katja	LG Hammer Park Hamburg	F1641	03:05:22	03:06:21	3
Schippmann	Kathrin	VFL Oldesloe	F113	03:07:20	03:08:38	4
Pille-Steppat	Sylvia	LG HNF Hamburg	F1997	03:08:45	03:09:41	5
Kroß	Stephanie	LG HNF Hamburg	F2104	03:19:14	03:20:23	6
Dünnweber	Claudia	SCC Berlin	F2330	03:21:59	03:23:11	7
Moslehner	Silvia-Alexandra	ATSV Stockelsdorf	F303	03:30:14	03:31:19	8
Becker	Inge	Spiridon Schleswig	F294	03:34:46	03:35:51	9
Block	Heike	LG Albatros Kiel	F2595	03:38:46	03:41:09	10
Buhmann	Imke	MTV Itzehoe	F1404	03:43:39	03:43:59	11
Brunckhorst	Berit	GTV Bremerhaven	F361	03:46:10	03:46:32	12
Baumann	Linda	Eimsbüttler TV	F1541	03:46:36	03:48:21	13
Bahr	Sabine	ATSV Stockelsdorf	F2124	03:50:32	03:52:28	14
Jungjohann	Ute	1. Flensburger LT	F1122	03:57:11	03:58:00	15
Rühl	Silke	TSV Neustadt	F221	03:58:12	04:00:33	16
Hamann	Daniela	LG Neumünster	F2343	03:58:39	04:01:47	17
Meeder	Silke	MTV Heide	F864	04:05:34	04:06:42	18
Hoffmann	Doris	TuS Ofen	F1707	04:08:17	04:09:03	19
Skalischus	Grit	SFC Ottendorf	F810	04:09:34	04:11:59	20
Wrage	Carmen	SCC Berlin	F1988	04:13:41	04:15:48	21
Ottmann	Ariane	VFB Fallersleben	F2633	04:16:02	04:19:31	22
Riechmann	Meike	MTV Heide	F863	04:21:27	04:23:24	23
Lopatta	Kerstin	TSV Gestorf	F1610	04:31:58	04:33:30	24
Büürma	Petra	Fortuna Logabirum	F1208	04:33:51	04:34:58	25
Sibbert	Anja	Heidgrabener SV	F939	04:31:42	04:35:38	26
Troeger	Michaela	SCC Berlin	F1456	04:34:36	04:38:40	27
Ronge	Alexandra	Eimsbüttler TV	F2664	04:40:54	04:41:33	28
Heide	Martina	TSV Waabs	F600	04:43:04	04:44:14	29
März	Edda	LC Hansa Stuhr	F835	04:44:40	04:47:21	30
Malinowski	Susanne	LTV Kiel-Ost	F603	04:46:47	04:48:17	31
Wittek	Claudia	TUS Aurich-Ost	F720	04:49:59	04:50:27	32
Altersklasse: W35						
Peter	Corinna	SV Großhansdorf	F1892	03:07:22	03:07:54	1
Wollenberg	Ute	ESV Lok Potsdam	F272	03:12:19	03:12:51	2
Eisenschmidt	Franziska	LG HNF Hamburg	F2206	03:15:23	03:16:31	3
Lippert	Susanne	MTV Bad Pyrmont	F278	03:27:59	03:28:06	4
Karstens	Renate	SSV Süderdorf	F265	03:25:16	03:28:11	5
Tidow	Katja	ETSV GH Neumünster	F263	03:26:58	03:28:16	6
Czyborra	Peggy	Rathenower LV	F223	03:27:12	03:29:27	7
Grimm	Annette	SCC Berlin	F324	03:28:14	03:30:08	8
Arnold	Marion	TUS Holtenau Kiel	F158	03:31:41	03:32:43	9
Schreyer	Simone	TUS Holtenau Kiel	F1137	03:31:21	03:32:47	10
Lemor	Christiane	LG Itzehoe	F392	03:31:42	03:33:05	11
Koch	Cornelia	SV Haselünne	F2025	03:33:13	03:33:27	12
Wieske	Birte	TSV Zarpen	F2431	03:33:58	03:37:06	13
Seibt	Stephanie	TSV Victoria Linden	F2628	03:38:13	03:39:53	14
Knackstedt	Kathrin	Delligser SC	F363	03:38:59	03:41:31	15
Kock	Kerstin	VFL Lingen	F2220	03:40:02	03:42:12	16
Nielsen	Gunda	TSV Glücksburg 09	F316	03:42:06	03:42:55	17
Braunert	Anette	VFL Tegel Berlin	F1384	03:38:55	03:43:33	18
Gill	Gabriele	SV Lengerich	F1908	03:44:17	03:44:42	19
Erichsen	Levke Ose	LTV Kiel-Ost	F2120	03:43:46	03:46:38	20
Grünfelder	Vivica	Bahrenfelder SV	F2128	03:45:25	03:47:55	21
Hinrichsen	Ute	LG Niebüll-Süderlügum	F380	03:47:43	03:48:49	22
Möller	Regina	LG Albatros Kiel	F1211	03:46:45	03:49:06	23
Engelbrecht-Hoch	Martina	TUS Holst. Quickborn	F1086	03:48:41	03:49:29	24
Münster	Angelika	LG Itzehoe	F393	03:48:09	03:49:54	25
Vogelsang	Manuela	LG Kreis Verden	F2043	03:50:46	03:52:03	26
Schult	Barbara	TSV Wanna	F346	03:52:32	03:54:24	27
Schomerus-Weinert	Bettina	MTV Bad Bevensen	F2145	03:54:54	03:56:26	28
Janssen	Petra	TV Norden	F1595	03:54:43	03:57:31	29

Hilger	Patricia	TV Norden	F2115	03:54:43	03:57:31	29
Dwenger	Birgit	SUS Waldenau	F1158	03:54:26	03:58:10	31
Främke	Anja	MTV Himbergen	F1708	04:00:32	04:01:35	32
Kaufmann	Sylvia	TSV Barsinghausen	F1470	03:57:40	04:01:50	33
Haubenreißer	Birgitt	TSV Bokeloh	F998	04:02:19	04:02:28	34
Behn	Silvia	TUS Lüchow	F983	04:05:35	04:07:00	35
Klitzke	Bettina	Spiridon Oldesloe	F1294	04:07:29	04:07:46	36
Ziehe	Bettina	SV Scharnebeck	F1319	04:08:59	04:09:00	37
Schmidtke	Katrin	USC Kiel	F1309	04:10:23	04:12:23	38
Döring	Irke	SG Tantalus Kiel	F1565	04:11:20	04:13:19	39
Dümbgen	Renate	ATSV Stockelsdorf	F604	04:12:54	04:14:49	40
Heyen	Birgit	TSV Hesel	F892	04:14:26	04:16:21	41
Hommers	Gaby	Fortuna Logabirum	F550	04:16:21	04:20:48	42
Barg	Claudia	OSC Bremerhaven	F419	04:20:20	04:21:13	43
Berndt	Sonja	BSV Buxtehude	F1784	04:25:38	04:27:47	44
Kröger	Susanne	TUS Fintel	F995	04:27:10	04:28:57	45
Preissing	Dagmar	TSV Schönberg	F714	04:34:16	04:35:54	46
Klein	Regina	SFC Ottendorf	F2772	04:36:15	04:37:44	47
Petersen	Anke	LG Dithmarschen	F2384	04:36:58	04:38:43	48
Witt	Marina	TSV Lütjenburg	F2460	04:35:11	04:39:05	49
Henkel	Susann	Lübecker SC	F151	04:38:31	04:42:59	50
Richter	Brigitta	FC Union Ulzburg	F1626	04:40:32	04:45:36	51
Iwersen	Martina	TSV Rot Weiß Niebüll	F2643	04:45:16	04:47:52	52
Kallenbach	Christine	LAV Alfeld	F816	04:47:55	04:49:30	53
Wulff	Regina	1. Flensburger LT	F1029	05:03:48	05:07:40	54

Altersklasse: W40

Willberg	Sabine	VLG 1991 Magdeburg	F101	03:06:10	03:06:34	1
Carstensen	Anita	LG Niebüll-Süderlügum	F51	03:07:29	03:07:39	2
Maaß	Gretel	Möllner SV	F701	03:18:23	03:19:11	3
Wiethake	Kerstin	LG PSV Uelzen/MTV Barum	F30	03:19:52	03:20:17	4
Hansen	Helga	SSV Hennstedt	F172	03:20:34	03:21:32	5
Reinke	Birgit	LTV Kiel-Ost	F1987	03:26:17	03:26:33	6
Lemke	Annette	SC Balje	F195	03:26:31	03:28:25	7
Koopmann	Andrea	LTV Kiel-Ost	F175	03:28:21	03:29:06	8
Hinrichs	Karin	SC Weste	F2331	03:27:28	03:29:26	9
Hoveling	Anita	OTB Osnabrück	F119	03:29:24	03:30:12	10
Gerken	Maren	LG HNF Hamburg	F675	03:31:49	03:32:36	11
Kompter	Margot	SG Frenen	F561	03:32:49	03:33:14	12
Reindorf	Petra	Lübecker SC	F1897	03:32:11	03:33:33	13
Schosnig	Dietlinde	SV Großhansdorf	F792	03:34:07	03:35:26	14
Windhorst	Karin	LG Wilhelmshaven	F1590	03:39:01	03:41:52	15
Harms	Frieda	TUS Harburg	F794	03:39:30	03:44:06	16
Hallenberger	Ulrike	Blau-Weiß Buchholz	F2094	03:44:48	03:48:28	17
Froehling	Christine	LAV Hamburg-Nord	F2944	03:47:29	03:49:22	18
Jung	Gertrud	MTV Heide	F868	03:49:01	03:51:13	19
Steen	Rita	MTV Heide	F1409	03:49:27	03:51:33	20
Wiese	Annett	MTV Leck	F2113	03:52:22	03:54:18	21
Doczekala	Martina	Spiridon Schleswig	F1015	03:52:12	03:56:06	22
Gruner	Gisela	LC Cottbus	F2186	03:54:49	03:57:10	23
Harder-Otto	Martina	TUS Aumühle-Wohltorf	F637	03:54:38	03:57:20	24
Kossmann	Liesel	SV Scharnebeck	F306	03:56:00	03:57:48	25
Morawetz	Ute	TV J. Schneverdingen	F1033	03:54:39	03:58:08	26
Hansen	Karin	LG Neumunster	F1290	03:55:15	03:58:23	27
Eulig	Birgit	ATSV Stockelsdorf	F2320	03:57:01	03:59:37	28
Prasske	Bruni	Bahrenfelder SV	F1462	03:57:47	04:00:12	29
Schaaf	Christina	MTV Heide LT	F824	04:00:33	04:02:29	30
Liebetrau	Bärbel	TSB Flensburg	F1040	04:00:26	04:02:50	31
Rehnhof	Elisabeth	LG HNF Hamburg	F1296	04:02:45	04:04:48	32
Wenker	Gabriele	Laufclub Burgwedel	F2499	04:03:47	04:06:52	33
Müller	Cornelia	LG Albatros Kiel	F2042	04:07:33	04:09:14	34
Kerber	Beate	TuS Ebstorf	F1643	04:06:39	04:09:54	35
Reich	Bärbel	TuS Ebstorf	F1636	04:06:39	04:09:54	36
Wöhlk	Sonja	Ellerbeker TV Kiel	F2634	04:08:55	04:11:57	37
Broughall	Alison	TSV Stelle	F1371	04:09:55	04:14:04	38

Loh	Ute	Fortuna Logabirum	F1224	04:10:15	04:14:41	39
Werner	Ellen	TUS Neuenhaus	F2308	04:15:26	04:16:49	40
Urban	Sabine	LC Cottbus	F2335	04:17:14	04:19:35	41
Krüger	Petra	TUS Holtenau	F687	04:17:13	04:20:23	42
Groenwoldt	Heike	TUS Grünendeich	F2309	04:16:09	04:20:24	43
Hövermann	Hannelore	MTV Bad Bevensen	F2144	04:20:10	04:21:42	44
Heyn	Iris	LG Hammer Park Hamburg	F347	04:20:38	04:22:29	45
Frenzel	Elke	VFL Stade	F1594	04:19:35	04:22:52	46
Lutz	Maren	LG Neumünster	F685	04:24:47	04:27:02	47
Wieckhorst	Sabine	ESV Büchen	F1041	04:26:38	04:28:15	48
Clausen	Marion	Trias Flensburg	F2355	04:25:42	04:29:33	49
Wolkenhauer	Marion	LG HNF Hamburg	F1023	04:27:24	04:29:47	50
Spiller-Zill	Elke	TV Sottrum	F2705	04:29:19	04:31:25	51
Vockrodt	Angelika Ute	LG Braunschweig	F1098	04:31:28	04:31:46	52
Biermann	Katrin	SC Drestedt	F1157	04:35:33	04:35:59	53
Osbah	Claudia	Münsterdorfer SV	F1210	04:34:42	04:36:00	54
Zietsch	Britta	MTV Wolfenbüttel	F806	04:34:15	04:36:05	55
Bensien	Ute	TSG Westerstede	F988	04:32:42	04:37:24	56
Schmitt	Birgit	SUS Waldenau	F1551	04:37:22	04:41:41	57
Domeyer	Bettina	LTV Kiel-Ost	F1588	04:37:49	04:42:41	58
Kahrs	Ulrike	TUS Alfstedt	F1880	04:44:21	04:47:33	59
Hüttmann	Hella	TSB Flensburg	F1091	04:43:42	04:47:36	60
Steffens	Karin	TUS Alfstedt	F1879	04:48:28	04:51:40	61
Bittner	Hannelore	TUS Esingen	F1096	04:50:56	04:52:45	62
Mantey	Barbara	LG Itzehoe	F2760	04:56:52	05:00:02	63
Sandberg	Merete	Kaltenkirchener TS	F1052	05:00:06	05:03:39	64
Coenders	Gundula	MTV Wolfenbüttel	F1659	05:05:34	05:07:14	65
Schwanhold	Margarete	MTV Wolfenbüttel	F1658	05:05:34	05:07:14	66
Petersen	Inga	MTV Leck	F632	05:16:28	05:18:06	67
Thielebein	Sylvia	Sportfreunde List	F1138	05:18:56	05:21:37	68

Altersklasse: W45

Hansen	Hannegret	TSV Glücksburg 09	F87	03:11:50	03:12:35	1
Brandts	Ingeborg	MTV Leck	F125	03:12:49	03:13:15	2
Hille	Karin	ESV Lok Potsdam	F271	03:22:17	03:22:53	3
Fischer	Anne	TSG Nordholz	F114	03:21:55	03:23:22	4
Sellenschloh	Gabriele	SUS Waldenau	F194	03:26:16	03:27:22	5
Sawatz	Gerda	LG Ihrhove Warsingsfehn	F2117	03:29:01	03:29:39	6
Wildemann	Lucia	TV J. Schneverdingen	F166	03:32:13	03:32:38	7
Weisener	Elke	ESV Lok Potsdam	F273	03:32:17	03:32:53	8
Sarasa	Marion	SCC Berlin	F591	03:32:31	03:34:16	9
Rodenbeck	Brigitte	LG Braunschweig	F2920	03:35:20	03:35:33	10
Borchardt	Martina	LG PSV Uelzen/MTV Barum	F291	03:33:51	03:36:10	11
Wernet	Kerstin	SG Osterholzer LA	F349	03:35:55	03:36:36	12
Lenze	Gunda	LG PSV Uelzen/MTV Barum	F292	03:36:00	03:37:48	13
Tillmann-Wesch	Christel	LC Burgwedel	F1278	03:41:47	03:43:03	14
Koepen	Ulla	VFL Hess.-Oldendorf	F1656	03:50:33	03:51:01	15
Woltermann	Hannelore	Germania Leer	F2184	03:51:13	03:54:11	16
Czok	Angelika	SCC Berlin	F1003	03:51:29	03:54:58	17
Hager	Jutta	TURA Bremen	F997	03:54:35	03:57:16	18
Otto	Christine	Möllner SV	F233	03:55:37	03:57:43	19
Jank	Monika	TSV Barsinghausen	F1475	03:57:39	04:01:50	20
Neidhold	Christina	LG HNF Hamburg	F341	03:59:13	04:02:06	21
Wachtler	Elvira	LG Niebüll-Süderlügum	F252	04:02:05	04:05:09	22
Lang	Christel	Ellerbeker TV Kiel	F2605	04:05:39	04:07:40	23
Pechiny	Gabriele	Sportfreunde List	F1152	04:04:48	04:09:17	24
Kiske	Rosemarie	LG Alte Salzstrasse	F2592	04:06:49	04:09:21	25
Mellahn	Marie-Anne	TSG Bergedorf	F2099	04:11:51	04:12:35	26
Seifert	Birgit	LG Elmshorn	F201	04:11:57	04:15:04	27
Helwig-Müller	Bettina	TUS Bodenteich	F967	04:13:59	04:15:40	28
Groll	Christiane	MTV Itzehoe	F2779	04:15:11	04:16:44	29
Bentler	Sabine	TSV Plön	F1419	04:14:52	04:17:14	30
Schneider	Silvia	Post SV Holzminden	F2326	04:19:22	04:23:48	31
Wollesen	Gabriele	LG Dithmarschen	F2382	04:24:45	04:26:29	32
Prager	Vera	SV Großhansdorf	F2791	04:30:33	04:32:10	33

Groß	Doris	SV Großhansdorf	F1732	04:31:46	04:33:22	34
Beringer	Elke	Spiridon Oldesloe	F1014	04:29:52	04:33:37	35
Kamieth	Annegret	SC Drestedt	F1111	04:35:34	04:35:59	36
Higl	Susanne	MTV Wolfenbüttel	F805	04:34:15	04:36:05	37
Rosen	Gertrud	Lauffreunde Emsland	F1753	04:37:39	04:38:32	38
Barkmann	Petra	TV Oberneuland Bremen	F1178	04:39:39	04:41:09	39
Gröfke	Ulrike	TSV Suhlendorf	F2793	04:43:45	04:47:36	40
Bredenhöft	Sonja	TuS Ofen	F1381	04:46:44	04:48:01	41
Jürgensen	Bettina	LTV Kiel-Ost	F2585	04:59:26	05:03:46	42
Lohse	Ruth	Ellerbeker TV Kiel	F2635	05:51:38	05:54:37	43

Altersklasse: W50

Schönborn	Gerda	THW Kiel	F121	03:27:37	03:28:03	1
Kunert	Ursula	TV Oberneuland Bremen	F586	03:33:26	03:34:49	2
Oldag	Waltraut	LG Nord-West/SVP Hamburg	F2143	03:45:03	03:45:08	3
Lorenzen	Christel	TUS HM Kiel	F375	03:46:46	03:47:07	4
Neumann	Bärbel	SG Freren	F2168	03:53:32	03:55:18	5
Meyer	Erika	SC Balje	F1141	03:55:54	03:59:09	6
Ritter	Renate	SV Germania Helmstedt	F2650	03:59:05	04:00:16	7
Sickendieck	Brigitte	TSV Wallenhorst	F2630	04:04:23	04:06:51	8
Andresen	Annechien	TUS Aurich-Ost	F2471	04:06:52	04:06:56	9
Meinlschmidt	Regina	THW Kiel	F1774	04:08:05	04:11:19	10
Lange	Elke	VFL Suderburg	F2323	04:11:38	04:12:30	11
Westphal	Ulrike	TSV Eintracht Hittfeld	F589	04:10:29	04:12:44	12
Keski-Kujala-Ott	Heleena	LG Albatros Kiel	F444	04:12:55	04:14:41	13
Salchow	Traute	LC Burgwedel	F1271	04:13:51	04:16:37	14
Bischoff	Christa	VFW Oberalster	F994	04:14:52	04:17:25	15
Boehmke	Ramona	TUS Esingen	F1229	04:17:50	04:19:11	16
Dallmann	Karin	TSV Eintracht Hittfeld	F2147	04:18:13	04:20:28	17
Giese	Hildegard	AMTV Hamburg	F883	04:17:15	04:21:29	18
Dueffel	Silvia	TUS Bloherfelde	F942	04:18:00	04:22:21	19
Sinn	Gabriele	SCC Berlin	F1961	04:23:42	04:26:13	20
Gruhnwald	Elisabeth	LG Nord-West/SVP Hamburg	F594	04:26:33	04:27:24	21
Seifert	Gisela	Lauenburger SV	F949	04:28:48	04:31:22	22
Staatz	Monika	Tura Meldorf	F602	04:30:36	04:32:39	23
Bauer	Renate	LG Dithmarschen	F927	04:35:00	04:35:51	24
Junghans-Borm	Angelika	VFL Suderburg	F2322	04:37:55	04:38:48	25
Jandt	Gabriele	MTV Wolfenbüttel	F2205	04:37:34	04:39:14	26
Pfitzner	Ingrid	SV Germania Helmstedt	F1550	04:39:12	04:39:42	27
Venediger	Marion	MTV Heide	F879	04:47:11	04:48:19	28
Heiduck	Christel	LC Cottbus	F2085	04:52:25	04:54:46	29
Kreutz	Karin	TSV Aukrug	F1951	04:56:05	04:59:15	30
Dammann	Brigitte	AMTV Hamburg	F597	05:23:15	05:25:56	31

Altersklasse: W55

Rieckhoff	Elke	TSV Eintracht Hittfeld	F160	03:34:39	03:35:57	1
Lehmann	Gabriele	TSV Klausdorf	F266	03:36:21	03:36:38	2
Gutbrodt	Dietlinde	MTV Leck	F213	03:39:58	03:42:27	3
Dahl	Marianne	TS Großburgwedel	F328	03:50:13	03:50:55	4
Pennigstorff	Winnie	LG Göttingen	F2947	03:50:24	03:51:17	5
Hauke	Charlotte	1. Flensburger LT	F2608	03:51:58	03:53:42	6
Schröder	Marlis	LAV Hamburg-Nord	F200	03:52:43	03:54:46	7
Behrendorf	Bärbel	TUS HM Kiel	F2381	03:59:31	04:00:01	8
Pageler	Elke	LG Bremen-Nord	F585	04:03:39	04:04:09	9
Kosemund	Erika	LG Glinde	F2240	04:04:43	04:07:13	10
Schweer	Helga	USC Kiel	F2061	04:06:32	04:08:13	11
Darowski	Barbara	BTV 1877 Bremen	F1792	04:09:11	04:09:55	12
Heydorn	Erika	Dessauer SV 97	F2110	04:09:57	04:11:37	13
Schulz	Regine	LG Albatros Kiel	F945	04:12:26	04:14:14	14
Kusche	Bärbel	THW Kiel	F2023	04:11:31	04:14:43	15
Sommer	Inge	TSV Eintracht Hittfeld	F588	04:12:27	04:16:30	16
Meyer	Monika	TSG Nordholz	F663	04:14:01	04:16:47	17
Rödiger	Ursula	TSV Eintracht Hittfeld	F587	04:12:53	04:16:56	18
Strohmeier	Annemarie	SV Munster	F2513	04:14:57	04:17:27	19
Hörlyk	Inge	SCC Hagen	F2618	04:18:30	04:19:21	20
Kocemba	Rosemarie	TUS Holtenu	F767	04:16:46	04:19:27	21

Vollbehr	Hildegard	Spiridon Schleswig	F970	04:18:02	04:21:57	22
Nickel	Karin	TSV Stocksee	F1228	04:21:06	04:23:01	23
Tanski	Elke	BTV 1877 Bremen	F1759	04:26:49	04:27:36	24
Rother	Irene	LG Glinde	F1112	04:28:00	04:28:44	25
Mascher	Annemarie	VFL Tegel Berlin	F837	04:29:11	04:30:13	26
Pechaschek	Doris	LTV Kiel-Ost	F952	04:31:52	04:34:24	27
Schultz	Ilja	SC Drestedt	F1110	04:35:33	04:35:58	28
Kühne	Irene	LG Süd Berlin	F2487	04:36:15	04:36:23	29
Nieser	Hiltrud	VFL Tegel Berlin	F468	04:32:54	04:37:00	30
Holzhauser	Brita	TUS Holst. Quickborn	F838	04:38:47	04:41:09	31
Jens-Ernst	Barbara	Wedeler TSV	F628	04:40:32	04:42:24	32
Panwitz	Magda	Heidgrabener SV	F613	04:46:26	04:47:46	33
Gabriel	Barbara	LTV Kiel-Ost	F1358	04:47:54	04:47:55	34
Beißner	Heide-Friederike	VFL Hess.-Oldendorf	F2151	04:46:12	04:50:55	35
Carstens	Ilse	MTV Burg	F1444	04:51:05	04:52:22	36
Effmert	Felizitas	OTB Osnabrück	F2421	04:51:36	04:55:43	37
Sielaff	Waltraud	LG Elmshorn	F798	05:06:30	05:08:57	38
Dehnel	Antje	DUWO 08	F1016	05:17:33	05:21:52	39
Cociani	Senta	LG Glinde	F1400	05:19:53	05:22:34	40
Zenke	Eske	MTV Himbergen	F1944	05:25:34	05:28:21	41
Kunze	Christel	Bramfelder SV	F666	05:41:58	05:43:32	42

Altersklasse: Frauen

Zaituc	Luminita	LG Braunschweig	F19	02:28:40	02:28:43	1
Lindner	Annette	LG Braunschweig	F259	03:00:32	03:00:44	2
Bethge	Julia	LG HNF Hamburg	F332	03:01:08	03:02:08	3
Becker	Verena	THW Kiel	F86	03:02:31	03:02:57	4
Seiler	Lesley	LAV Hamburg-Nord	F112	03:19:04	03:20:15	5
Schuster	Christine	THW Kiel	F2082	03:27:52	03:29:52	6
Zastrau	Stella	LG Seesen	F179	03:29:31	03:31:47	7
Zach	Stefanie	SCC Berlin	F2730	03:31:31	03:34:28	8
Knuth	Julia	TSG Bergedorf	F1219	03:33:02	03:36:38	9
Meiser	Lea	Hamburger SV	F1187	03:37:21	03:40:19	10
Prosenjak	Claudia	LG HNF Hamburg	F2032	03:43:39	03:45:45	11
Neumann	Ramona	1. Flensburger LT	F327	03:47:33	03:48:21	12
Stange	Karen	TSG Concordia Schönkirchen	F488	03:45:54	03:50:28	13
Heinze	Nadine	LC Nordhorn	F2505	03:47:05	03:50:35	14
Hörlyk	Britta	TSV Bargtheide	F2562	03:51:29	03:52:11	15
Al-Sayyed	Rabea	IGAS Wendland	F1985	03:53:24	03:55:03	16
Priebe	Nicole	SCC Berlin	F592	03:57:13	03:59:47	17
Weber	Stephanie	OSC Bremerhaven	F1293	04:01:15	04:03:14	18
Brack	Bettina	SV Emstek	F1326	04:05:33	04:09:38	19
Oye	Catrin	VFL Hess.-Oldendorf	F1665	04:05:41	04:10:02	20
Wirsam	Vicky	AMTV Hamburg	F470	04:12:45	04:15:25	21
Last	Bettina	AMTV Hamburg	F2379	04:14:41	04:15:25	22
Mörchel	Julia	LTV Kiel-Ost	F2457	04:15:28	04:17:59	23
Born	Katja	Elmshorner MTV	F1513	04:17:15	04:20:26	24
Dallmann	Janina	TSV Eintracht Hittfeld	F2146	04:18:13	04:20:28	25
Seidel	Susanne	TSV Mildstedt	F2167	04:20:18	04:22:55	26
Meißner	Simone	TSG Hatten-Sandkrug	F2534	04:22:12	04:24:19	27
Brandt	Claudia	LG Dithmarschen	F2391	04:24:07	04:25:50	28
Heidergott	Britta	LG Ihrhove Warsingsfehn	F2429	04:25:22	04:27:06	29
Mütz	Etta-Maria	LG Ihrhove Warsingsfehn	F467	04:25:22	04:27:07	30
Janssen	Simone	TUS Aurich-Ost	F415	04:31:09	04:31:40	31
Weiss	Melanie	ATSV Stockelsdorf	F2100	04:29:11	04:31:48	32
Beier	Christina	Eimsbüttler TV	F2663	04:49:04	04:53:35	33
Podszuweit-Mansholt	Andrea	SV Stikerkamp	F411	04:58:35	05:00:19	34
Boesch	Conny	TUS Alfstedt	F1131	05:02:16	05:05:29	35
Boekhoff	Kerstin	SV Stikerkamp	F416	05:07:34	05:09:20	36
Bock	Katja	TSV Lütjenburg	F2492	05:10:48	05:14:41	37
Hass	Carolin	Eimsbüttler TV	F1406	05:14:27	05:18:20	38
Buß	Gertrud	SV Stikerkamp	F414	05:19:52	05:21:37	39
Petersen	Melanie	MTV Salzhausen	F222	05:30:26	05:33:09	40

Altersklasse: weibliche Jugend

Gruner	Ines	LC Cottbus	F2148	04:13:42	04:16:04	1
Knigge	Daniela	LG Baunatal	F2383	04:50:30	04:51:24	2