



Ergebnis M / W - gesamt

Hauptlauf (10000 m)

Hauptlauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------|-------------|----------------------------------|---------|-------------------|------------------|
| 1 | 151 | 00:31:11 | Sajek | Marcin | SV Mokasyn Plotly | POL | M-20 | 1 |
| 2 | 50 | 00:31:18 | Goineau | Volker | SG TSV Kronshagen / Kieler TB | FRA | M-20 | 2 |
| 3 | 193 | 00:31:43 | Twòr | Marciej | SV Mokasyn Plotly | POL | M-20 | 3 |
| 4 | 132 | 00:34:54 | Petersen | Christian | TSV Ladelund | GER-SH | M-35 | 1 |
| 5 | 165 | 00:35:09 | Schüttler | Wilhelm | TV Waldstraße Wiesbaden | GER-HES | M-55 | 1 |
| 6 | 139 | 00:35:14 | Petschat | Udo | SV Enge-Sande | GER-SH | M-40 | 1 |
| 7 | 134 | 00:35:31 | Petersen | Willi | TSV Ladelund | GER-SH | M-40 | 2 |
| 8 | 208 | 00:35:59 | Leppek | Henning | | GER-SH | M-40 | 3 |
| 9 | 141 | 00:35:59 | Plöhn | Sönke | SV Enge-Sande | GER-SH | M-30 | 1 |
| 10 | 232 | 00:36:49 | Hansen | Oke | SV Germania Breklum | GER-SH | M-30 | 2 |
| 11 | 229 | 00:37:23 | Schulze | Martin | GreyLogix GmbH | GER-SH | M-30 | 3 |
| 12 | 197 | 00:37:35 | Weinbrandt | Uwe | TSV Goldebek | GER-SH | M-45 | 1 |
| 13 | 194 | 00:37:40 | Uldynowicz | Lukasz | SV Mokasyn Plotly | POL | M-20 | 4 |
| 14 | 41 | 00:37:52 | Friedrichsen | Volker | SV Enge-Sande | GER-SH | M-35 | 2 |
| 15 | 61 | 00:38:28 | Hansen | Arne | Spiridon Schleswig | GER-SH | M-35 | 3 |
| 16 | 52 | 00:38:31 | Graage | Jörg | SV Enge-Sande | GER-SH | M-40 | 4 |
| 17 | 212 | 00:38:53 | Nahnsen | Björn | SV Enge Sande | GER-SH | M-30 | 4 |
| 18 | 148 | 00:39:07 | Riedel | Stefan | Freie Waldorfschule Flensburg | GER-SH | M-45 | 2 |
| 19 | 137 | 00:39:31 | Petersen | Thomas | Team Rad ab | GER-SH | M-40 | 5 |
| 20 | 145 | 00:39:56 | Rau | Peer-Oliver | LAV Husum | GER-SH | M-45 | 3 |
| 21 | 160 | 00:40:16 | Schirduan | Stefan | BSG Postbank | GER-HAM | M-45 | 4 |
| 22 | 88 | 00:40:39 | Kaim | Tobias | MTV Leck | GER-SH | M-30 | 5 |
| 23 | 18 | 00:40:46 | Brodersen | Günther | SV Enge-Sande | GER-SH | M-50 | 1 |
| 24 | 181 | 00:40:54 | Stoffel | Volker | Wyker Turnerbund | GER-SH | M-45 | 5 |
| 25 | 182 | 00:41:15 | Storm | Malte | TSV Mildstedt | GER-SH | M-20 | 5 |
| 26 | 185 | 00:41:20 | Südel | Gunter | Mürwiker | | M-45 | 6 |
| 27 | 59 | 00:41:38 | Hansen | Malte | SV Enge-Sande | GER-SH | M-20 | 6 |
| 28 | 105 | 00:41:42 | Lorenzen | Ove | Fri Öwingsfloose | GER-SH | M-20 | 7 |
| 29 | 121 | 00:41:51 | Niebergall | Rolf | SV Enge-Sande | GER-SH | M-45 | 7 |
| 30 | 56 | 00:41:59 | Hansen | Jörg | TSV Mildstedt | GER-SH | M-45 | 8 |
| 31 | 162 | 00:42:02 | Schmidt | Mario | TSV Westerland | GER-SH | M-40 | 6 |
| 32 | 77 | 00:42:16 | Jessel | Hans | LG STRANDLÖPER | GER-SH | M-50 | 2 |
| 33 | 117 | 00:42:17 | Möller | Martin | Herrenmoden Clausen | GER-SH | M-40 | 7 |
| 34 | 55 | 00:42:22 | Hansen | Chresten | Niebüll | GER-SH | M-30 | 6 |
| 35 | 25 | 00:42:26 | Carstensen | Hauke | SpezPiBtl 164 | GER-SH | M-40 | 8 |
| 36 | 118 | 00:42:44 | Möller | Ingo | LTV Kiel-Ost | GER-SH | M-40 | 9 |
| 37 | 125 | 00:42:48 | Nissen-Hünding | Klaus | Humptrup Bulls | GER-SH | M-50 | 3 |
| 38 | 216 | 00:42:49 | Wimmer | Peter | | | M-35 | 4 |
| 39 | 220 | 00:42:53 | Bruhn | Georg | | GER-SH | M-55 | 2 |
| 40 | 97 | 00:42:57 | Krüger | Thomas | MSV Tripoint Frankfurt (Oder) | GER-SH | M-30 | 7 |

Ergebnis M / W - gesamt

Hauptlauf (10000 m)

Hauptlauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|---------------|-----------------------|--------|-------------------|------------------|
| 41 | 99 | 00:43:07 | Langfahl | Fabian | SpezPiBtl 164 | GER-SH | M-30 | 8 |
| 42 | 104 | 00:43:11 | Lorenzen | Melf | SV Enge-Sande | GER-SH | M-JB | 1 |
| 43 | 179 | 00:43:16 | Spaude | Andre | TSV RW Niebüll | GER-SH | M-30 | 9 |
| 44 | 218 | 00:43:23 | Wolter | Andreas | | GER-SH | M-30 | 10 |
| 45 | 136 | 00:43:23 | Petersen | Hans- Thomas | | | M-50 | 4 |
| 46 | 46 | 00:43:27 | Gatzmaga | Jens | Sportfreunde Bordelum | GER-SH | M-40 | 10 |
| 47 | 128 | 00:43:30 | Paysen | Hauke | TSV RW Niebüll | GER-SH | M-55 | 3 |
| 48 | 30 | 00:43:30 | Christiansen | Udo | Udo´s Fahrschule | GER-SH | M-40 | 11 |
| 49 | 227 | 00:43:59 | Danklefsen | Andreas | LAV Husum | GER-SH | M-50 | 5 |
| 50 | 23 | 00:44:02 | Bütow | Eckhard | TSV Mildstedt | GER-SH | M-55 | 4 |
| 51 | 20 | 00:44:05 | Bukowsky | Jan | Mildstedt | GER-SH | M-40 | 12 |
| 52 | 155 | 00:44:16 | Schattling | Klaus | MTV Leck | GER-SH | M-45 | 9 |
| 53 | 80 | 00:44:18 | Joensen | Rasmus J | Fars Bank | DEN | M-35 | 5 |
| 54 | 143 | 00:44:22 | Rasch | Holger | Mürwiker | | M-35 | 6 |
| 55 | 201 | 00:44:25 | Wolters | Jan | FPS | | M-35 | 7 |
| 56 | 199 | 00:44:31 | Witt | John | Glücksburg(Ostsee) | GER-SH | M-50 | 6 |
| 57 | 150 | 00:44:43 | Rönnau | Andreas | SpezPiBtl 164 | GER-SH | M-50 | 7 |
| 58 | 158 | 00:44:49 | Schella | Thomas | TSV Mildstedt | GER-SH | M-40 | 13 |
| 59 | 62 | 00:44:52 | Helmke | Hans- Hermann | Mürwiker | | M-45 | 10 |
| 60 | 103 | 00:44:54 | Lorenzen | Frank | TSV Goldebek | GER-SH | M-35 | 8 |
| 61 | 228 | 00:44:59 | Melchert | Michael | | GER-SH | M-40 | 14 |
| 62 | 221 | 00:45:09 | Deter | Peter | Zimmerei Deter | GER-SH | M-35 | 9 |
| 63 | 10 | 00:45:19 | Bartlefsen | Sönke | SV Frisia 03 | GER-SH | M-50 | 8 |
| 64 | 106 | 00:45:20 | Lorenzen | Fred | Sportzentrum Arlewatt | GER-SH | M-35 | 10 |
| 65 | 163 | 00:45:24 | Schmiedel | Stefan | TSV Mildstedt | GER-SH | M-45 | 11 |
| 66 | 234 | 00:45:41 | Dierks | Sören | TSV Goldbek | GER-SH | M-20 | 8 |
| 67 | 11 | 00:45:51 | Baudewig | Franz-Josef | TSV Nordstrand | GER-SH | M-50 | 9 |
| 68 | 230 | 00:45:52 | Klinkert | Marc | BSG GreyLogix | GER-SH | M-35 | 11 |
| 69 | 49 | 00:45:59 | Gimm | Steffen | SV Enge-Sande | GER-SH | M-JB | 2 |
| 70 | 231 | 00:46:10 | Smala | Paul | | GER-SH | M-20 | 9 |
| 71 | 215 | 00:46:18 | Andresen | Michael | HSV 1887 | GER-SH | M-20 | 10 |
| 72 | 101 | 00:46:27 | Lorenzen | Uwe | TSV RW Niebüll | GER-SH | M-55 | 5 |
| 73 | 205 | 00:46:28 | Vogel | Bernhard | FRI Ööringsfloose | GER-SH | M-50 | 10 |
| 74 | 86 | 00:46:30 | Jürgensen | Jörg | Risum-Lindholm | GER- | M-45 | 12 |
| 75 | 28 | 00:46:31 | Carstensen | Torben | Leck | GER-SH | M-20 | 11 |
| 76 | 209 | 00:46:33 | Sonnchsen | Kai Uwe | SV Frisia 03 | GER-SH | M-45 | 13 |
| 77 | 96 | 00:47:01 | Kröning | Dieter | Lt TSV Lindewitt | GER-SH | M-60 | 1 |
| 78 | 84 | 00:47:06 | Junge | Ocke | FRI Öövingfloose | | M-45 | 14 |
| 79 | 60 | 00:47:19 | Hansen | Stefan | Viöl | GER-SH | M-40 | 15 |
| 80 | 64 | 00:47:28 | Holle | Helmut | Polizei SV Flensburg | GER-SH | M-50 | 11 |
| 81 | 233 | 00:47:43 | Clausen-Stuck | Peter | | GER-SH | M-45 | 15 |
| 82 | 213 | 00:48:02 | Knop | Thomas | | GER-SH | M-60 | 2 |
| 83 | 40 | 00:48:12 | Friedrichs | Torben | MTV Leck | GER-SH | M-JA | 1 |
| 84 | 140 | 00:48:16 | Pletsch | Hans | SZ Ohrstedt | GER-SH | M-40 | 16 |
| 85 | 184 | 00:48:20 | Strufe | Hans Jürgen | Dagebüll | GER-SH | M-50 | 12 |
| 86 | 152 | 00:48:24 | Sass | Malte | Wyk auf föhr | GER-SH | M-40 | 17 |
| 87 | 159 | 00:48:29 | Schenker | Thomas | Galmsbüll | GER-SH | M-20 | 12 |
| 88 | 93 | 00:48:32 | Klein | Reinhard | Friisk Solar GmbH | GER-SH | M-60 | 3 |
| 89 | 172 | 00:48:36 | Sellmer | Dr. Ulrich | SV Adelby | GER-SH | M-40 | 18 |
| 90 | 19 | 00:48:38 | Buchholz | Holger | Süderhackstedt | GER-SH | M-45 | 16 |
| 91 | 42 | 00:48:39 | Friesecke | Cord | Galmsbüll | GER-SH | M-40 | 19 |

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Hauptlauf (10000 m)

Hauptlauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------|---------------|---------------------------|---------|-------------------|------------------|
| 92 | 122 | 00:48:40 | Nielsen | Henning | Neg Niebüll GmbH | GER-SH | M-35 | 12 |
| 93 | 21 | 00:48:40 | Bundels | Andreas | 1. Flensburger Laufftreff | GER-SH | M-45 | 17 |
| 94 | 219 | 00:48:42 | Dietzschold | Frank | | GER-SH | M-40 | 20 |
| 95 | 225 | 00:48:48 | Fedderson | Hans | FRI Öwingsfloose | GER-SH | M-55 | 6 |
| 96 | 116 | 00:48:50 | Möller | Horst | SV Enge-Sande | GER-SH | M-50 | 13 |
| 97 | 198 | 00:49:21 | Weißel | Matthias | Heide (Holst.) | GER-SH | M-40 | 21 |
| 98 | 75 | 00:49:24 | Jensen | Frank | TSV RW Niebüll | GER-SH | M-50 | 14 |
| 99 | 177 | 00:49:39 | Sievers | Jan | Frie Öwingsfloose | GER-SH | M-40 | 22 |
| 100 | 210 | 00:49:55 | Meier | Dirk | Fri Öwingsfloor | GER-SH | M-40 | 23 |
| 101 | 169 | 00:49:59 | Schwobe | Peter | SF Wüstring | GER-NIE | M-45 | 18 |
| 102 | 76 | 00:50:04 | Jensen | Sven Olaf | TSV RW Niebüll | GER-SH | M-40 | 24 |
| 103 | 82 | 00:50:06 | Johnsen | Uwe | TSV Mildstedt | GER-SH | M-55 | 7 |
| 104 | 190 | 00:50:14 | Tiedemann | Jörg | TSV RW Niebüll | GER-SH | M-45 | 19 |
| 105 | 7 | 00:50:24 | Andresen | Hans-Dietrich | TSV Fahretoft-Waygaard | GER-SH | M-50 | 15 |
| 106 | 47 | 00:50:33 | Giebelmann | Jochen | Versatel Nord GmbH | GER-SH | M-40 | 25 |
| 107 | 188 | 00:50:38 | Thomsen | Uwe | MTV Leck | GER-SH | M-40 | 26 |
| 108 | 78 | 00:50:47 | Jessen | Theodor | Bredstedter TSV | GER-SH | M-70 | 1 |
| 109 | 81 | 00:50:52 | Johannsen | Karl-Ludwig | Kiel | GER-SH | M-55 | 8 |
| 110 | 124 | 00:51:20 | Nissen | Manfred C. | Friisk Forining | GER-SH | M-55 | 9 |
| 111 | 164 | 00:51:25 | Schuster | Ekkehard | TSV RW Niebüll | GER-SH | M-65 | 1 |
| 112 | 146 | 00:51:26 | Reiß-Andresen | Thomas | TSV Lindewitt | GER-SH | M-40 | 27 |
| 113 | 200 | 00:51:27 | Wolfrum | Siegfried | Niebüll | GER-SH | M-45 | 20 |
| 114 | 65 | 00:51:29 | Hulin | Gerd | Mürwiker | | M-55 | 10 |
| 115 | 54 | 00:51:39 | Thomsen | Günter | Lt TSV Lindewitt | GER-SH | M-60 | 4 |
| 116 | 214 | 00:51:50 | Wolff | Alexander | | GER-SH | M-JA | 2 |
| 117 | 142 | 00:51:53 | Pontius | Gerd | Flensburg | GER-SH | M-45 | 21 |
| 118 | 196 | 00:52:09 | von Kügelgen | Marius | | | M-20 | 13 |
| 119 | 2 | 00:52:15 | Albert | Dieter | TSV Mildstedt | GER-SH | M-65 | 2 |
| 120 | 22 | 00:52:43 | Burmeister | Uwe Jens | Feldberggrunners | GER-SH | M-50 | 16 |
| 121 | 206 | 00:52:44 | Loesmann | Dirk | BuT | GER-SH | M-40 | 28 |
| 122 | 38 | 00:52:49 | Görrissen | Erwin | Lt TSV Lindewitt | GER-SH | M-60 | 5 |
| 123 | 26 | 00:52:55 | Carstensen | Carsten | AC-Nordfriesland e. V. | GER-SH | M-55 | 11 |
| 124 | 24 | 00:53:05 | Callsen | Stefan | Niebüll | GER-SH | M-40 | 29 |
| 125 | 235 | 00:53:25 | Stauss | Frank | | GER-SH | M-30 | 11 |
| 126 | 113 | 00:53:30 | Martens | Andreas | SV Frisia 03 | | M-55 | 12 |
| 127 | 31 | 00:53:47 | Clasen | Arne | Haselund | GER-SH | M-35 | 13 |
| 128 | 57 | 00:53:50 | Hansen | Dieter | Brekum | GER-SH | M-50 | 17 |
| 129 | 207 | 00:54:21 | Neumann | Bernd | TSV RW Niebüll | GER-SH | M-45 | 22 |
| 130 | 176 | 00:54:33 | Sibbersen | Thomas | Fahretoft | GER-SH | M-35 | 14 |
| 131 | 1 | 00:55:13 | Agerholm | Frank | 1. Flensburger Laufftreff | GER-SH | M-30 | 12 |
| 132 | 195 | 00:55:17 | Vogt | Holger | TSV RW Niebüll | | M-45 | 23 |
| 133 | 70 | 00:55:20 | Ivers | Alwin | Husum | GER-SH | M-45 | 24 |
| 134 | 211 | 00:55:22 | Marczyschewski | Heiko | | GER-SH | M-45 | 25 |
| 135 | 123 | 00:55:51 | Nissen | Kevin | TSV RW Niebüll | GER-SH | M-35 | 15 |
| 136 | 180 | 00:56:15 | Staupendahl | Kim | Flensburg | GER-SH | M-30 | 13 |
| 137 | 110 | 00:56:16 | Lützen | Marco | TSV RW Niebüll | GER-SH | M-20 | 14 |
| 138 | 83 | 00:56:37 | Jordt | Hermann | TSV RW Niebüll | | M-60 | 6 |
| 139 | 92 | 00:57:29 | Kern | Siegfried | LAV Husum | | M-70 | 2 |
| 140 | 223 | 00:58:52 | Hansen | Hans-Rainer | VR Bank eG Niebüll | GER-SH | M-55 | 13 |
| 141 | 189 | 00:58:52 | Thomsen | Asmus | Humptrup | GER-SH | M-55 | 14 |
| 142 | 175 | 00:59:23 | Senger | Carsten | TSV Stadum | GER-SH | M-45 | 26 |

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Ergebnis M / W - gesamt

Hauptlauf (10000 m)

Hauptlauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------|------------|--------------|--------|-------------------|------------------|
| 143 | 44 | 00:59:27 | Fritzsche | Hans-Peter | Süderlügum | GER-SH | M-40 | 30 |
| 144 | 222 | 01:00:22 | Böhm | Ingo | TSV Niebüll | GER-SH | M-55 | 15 |
| 145 | 167 | 01:08:33 | Schwartz | Hanspeter | Schafflund | GER-SH | M-40 | 31 |
| 146 | 8 | 01:08:34 | Arendt | Andre | Schafflund | GER-SH | M-45 | 27 |
| 147 | 135 | 01:10:40 | Petersen | Niko | Galmsbüll | GER-SH | M-50 | 18 |

Hauptlauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------|-----------|-----------------------------|---------|-------------------|------------------|
| 1 | 217 | 00:43:44 | Hinrichsen | Ute | TSV Ladelund | GER-SH | W-45 | 1 |
| 2 | 226 | 00:44:34 | Berg | Maren | LG Schleswig-Fahrdorf | GER-SH | W-35 | 1 |
| 3 | 3 | 00:44:44 | Albertsen | Ingrid | SpezPiBtl 164 | GER-SH | W-45 | 2 |
| 4 | 29 | 00:44:57 | Carstensen | Eike | SV Enge-Sande | GER-SH | W-40 | 1 |
| 5 | 173 | 00:45:10 | Sellmer | Kirsten | LG- Weiche Adelby | GER-SH | W-40 | 2 |
| 6 | 203 | 00:46:08 | Warming | Anita | MTV Leck | GER-SH | W-50 | 1 |
| 7 | 85 | 00:47:01 | Jungjohann | Ute | 1. Flensburger Laufftreff | GER-SH | W-40 | 3 |
| 8 | 111 | 00:47:06 | Lützen- Junge | Jutta | FRI Ööwingsfloose | | W-40 | 4 |
| 9 | 166 | 00:47:12 | Schüttler | Alexa | TV Waldstraße Wiesbaden | GER-HES | W-50 | 2 |
| 10 | 138 | 00:48:03 | Petersen | Sonja | SV Frisia Risum-Lindholm 03 | GER-SH | W-40 | 5 |
| 11 | 74 | 00:48:28 | Jensen | Sabine | Wyker Turnerbund | GER-SH | W-45 | 3 |
| 12 | 120 | 00:48:43 | Nahnsen | Birte | SV Enge-Sande | GER-SH | W-35 | 2 |
| 13 | 161 | 00:48:49 | Schmidt | Bärbel | TSV Goldebek | GER-SH | W-40 | 6 |
| 14 | 4 | 00:48:58 | Andresen | Inke | Lt TSV Lindewitt | GER-SH | W-45 | 4 |
| 15 | 147 | 00:49:02 | Thomsen | Renate | Lt TSV Lindewitt | GER-SH | W-55 | 1 |
| 16 | 109 | 00:49:51 | Lützen | Ellen | | | W-40 | 7 |
| 17 | 27 | 00:50:13 | Carstensen | Ulla | TSV RW Niebuell Triathlon | GER-SH | W-45 | 5 |
| 18 | 187 | 00:51:33 | Thomsen | Elke | Spiridon Schleswig | GER-SH | W-60 | 1 |
| 19 | 32 | 00:51:54 | Dahl | Daniela | Westerland | GER-SH | W-20 | 1 |
| 20 | 36 | 00:52:10 | Ehshes | Kerstin | Husum | GER-SH | W-35 | 3 |
| 21 | 129 | 00:52:30 | Pechiny | Gabriele | Sportfreunde List | GER-SH | W-55 | 2 |
| 22 | 186 | 00:52:46 | Thomsen | Babette | MTV Leck | GER-SH | W-45 | 6 |
| 23 | 17 | 00:52:49 | Stelzer | Brigitte | Lt TSV Lindewitt | GER-SH | W-55 | 3 |
| 24 | 107 | 00:53:20 | Lorenzen | Meike | Risum - Lindholm | GER-SH | W-30 | 1 |
| 25 | 90 | 00:53:29 | Karberg | Kirsten | BBZ Niebüll | GER-SH | W-50 | 3 |
| 26 | 204 | 00:53:59 | Schmidt | Hanne | TSV RW Niebüll | GER-SH | W-JA | 1 |
| 27 | 170 | 00:54:13 | Schwobe | Barbara | SF Wüsting | GER-NIE | W-45 | 7 |
| 28 | 224 | 00:54:15 | Sievers | Mandy | | GER-SH | W-35 | 4 |
| 29 | 15 | 00:54:26 | Bölke | Silke | Risum-Lindholm | GER-SH | W-40 | 8 |
| 30 | 69 | 00:54:38 | Ivers | Beate | Husum | GER-SH | W-40 | 9 |
| 31 | 73 | 00:54:43 | Jannsen | Silke | B&T Team | GER- | W-40 | 10 |
| 32 | 67 | 00:54:43 | Ingwersen | Elisabeth | Mürwiker | | W-45 | 8 |
| 33 | 102 | 00:55:14 | Lorenzen | Ines | TSV Goldebek | GER-SH | W-30 | 2 |
| 34 | 126 | 00:55:21 | Oechsle-Schenker | Monika | Karlum | GER-SH | W-20 | 2 |
| 35 | 236 | 00:55:22 | Carstensen | Kewin | Frie Ööwingsfloose | | W-20 | 3 |
| 36 | 112 | 00:55:26 | Marczyschewski | Martina | Frie Ööwingsfloose | GER-SH | W-30 | 3 |
| 37 | 114 | 00:55:34 | Marxen | Frauke | Husum | GER-SH | W-45 | 9 |
| 38 | 237 | 00:55:35 | Ingwersen | Doris | TSV Langenhorn | GER-SH | W-50 | 4 |
| 39 | 202 | 00:55:42 | Zuppelli | Catrin | Husum | GER-SH | W-30 | 4 |
| 40 | 183 | 00:56:08 | Strecker | Andrea | 1. Flensburger Laufftreff | GER-SH | W-45 | 10 |

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Ergebnis M / W - gesamt

Hauptlauf (10000 m)

Hauptlauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|------------|----------------------------|--------|-------------------|------------------|
| 41 | 119 | 00:56:27 | Mrosek | Alexandra | Niebüll | GER-SH | W-35 | 5 |
| 42 | 51 | 00:56:57 | Görrissen | Ute | Tarp | GER-SH | W-45 | 11 |
| 43 | 191 | 00:57:04 | Tiedemann | Silke | TSV RW Niebüll | GER-SH | W-45 | 12 |
| 44 | 16 | 00:57:32 | Braren | Geesche | Ski- und Sportfreunde Nord | GER-SH | W-40 | 11 |
| 45 | 144 | 00:58:41 | Rasmussen | Svenka | | | W-35 | 6 |
| 46 | 108 | 00:58:46 | Lozynska | Oleksandra | WKN Windkraft Nord AG | UKR | W-20 | 4 |
| 47 | 34 | 01:00:39 | Dohrn | Ingrid | | | W-55 | 4 |
| 48 | 35 | 01:00:49 | Dölle | Annett | Risum-Lindholm | GER-SH | W-30 | 5 |
| 49 | 53 | 01:01:02 | Grumm | Margit | Ruderklub Flensburg | GER-SH | W-45 | 13 |
| 50 | 149 | 01:01:25 | Röhrborn | Andrea | Sportfreunde List | GER-SH | W-45 | 14 |
| 51 | 14 | 01:01:29 | Bischoff | Katrin | LTV Kiel-Ost | GER-SH | W-35 | 7 |
| 52 | 156 | 01:02:51 | Schattling | Ingrid | MTV Leck | GER-SH | W-45 | 15 |
| 53 | 63 | 01:03:18 | Hennige | Simone | Sportaktiv NF | GER-SH | W-45 | 16 |
| 54 | 48 | 01:09:39 | Gilgen | Maren | Niebüll | GER-SH | W-45 | 17 |
| 55 | 33 | 01:09:40 | Decker- Kern | Ursula | | | W-65 | 1 |
| 56 | 87 | 01:11:12 | Kähler | Güde | Mürwiker | | W-20 | 5 |

Einträge in der Liste: 203