

Ergebnis nach AK >> Hauptlauf 10,5 km (Einzel) <<

| Rang | SN# | Name | Verein | Jahrgang | Brutto-Zeit |
|---------------------|-----|-------------------------|---------------------------------|----------|-------------|
| Frauen | | | | | |
| 1. | 54 | Teegen, Isabell | SC Rönnau 74 | 1993 | 00:41:30 |
| 2. | 240 | Schmitz, Annina | | 1984 | 00:48:52 |
| 3. | 11 | Schachtschneider, Ja... | Und ab! | 1984 | 00:49:31 |
| 4. | 19 | Abaghyan, Sona | | 1992 | 00:50:09 |
| 5. | 58 | Suhr, Rieka | SC Rönnau 74 | 1993 | 00:50:21 |
| 6. | 126 | Solterbeck, Nora | | 1988 | 00:54:15 |
| 7. | 38 | Brendemühl, Vanessa | Segeberger Ruderclub | 1991 | 00:56:48 |
| 8. | 158 | Heinsen, Neele | Lauftreff SC Rönnau 74 | 1987 | 00:58:49 |
| Männer | | | | | |
| 1. | 111 | Michalak, Claudius | Dahlmannschule | 1984 | 00:34:22 |
| 2. | 48 | Rehberg, Stig | SC Rönnau 74 | 1992 | 00:36:24 |
| 3. | 49 | Bostelmann-Arp, Hendrik | SC Rönnau 74 | 1993 | 00:37:39 |
| 4. | 180 | Bostelmann-Arp, Jan-... | SC Rönnau 74 | 1990 | 00:42:52 |
| 5. | 57 | Nabow, Pascal | SC Rönnau 74 | 1989 | 00:44:39 |
| 6. | 65 | Bannert, Finn | | 1992 | 00:47:00 |
| 7. | 109 | Bartram, Christo | SC Rönnau 74 | 1989 | 00:47:18 |
| 8. | 12 | Schachtschneider, Uwe | Und ab! | 1984 | 00:48:15 |
| 9. | 159 | Holst, Thomas | Lauftreff SC Rönnau 74 | 1986 | 00:48:23 |
| 10. | 37 | Beecken, Frederik | Bildung durch Begeisterung e.V. | 1987 | 00:49:16 |
| 11. | 28 | Buthmann, Alexander | Team Mittelstand | 1986 | 00:49:34 |
| 12. | 227 | Hamann, Tim | | 1990 | 00:50:02 |
| 13. | 187 | Wurster, Ole | TuS Garbek Lopers | 1984 | 00:50:44 |
| 14. | 291 | Tim, Fabian | | 1989 | 00:51:26 |
| 15. | 131 | Beeck, Norman | Gummi Hamann | 1986 | 00:53:04 |
| 16. | 39 | Schramm, Philip | Berliner SC | 1993 | 00:54:40 |
| 17. | 142 | Zimmer, Christoph | VR Bank Neumünster | 1987 | 00:55:24 |
| 18. | 133 | Crochard, Marcel | Gummi Hamann | 1984 | 00:55:48 |
| 19. | 94 | Scheller, Marvin | SC Rönnau 74 | 1991 | 00:56:40 |
| 20. | 101 | Peimann, Christian | WZV | 1987 | 00:57:55 |
| 21. | 198 | Bonkowski, Nico | | 1987 | 00:57:55 |
| 22. | 137 | Hofmann, Carsten | Winnetous Lauffreunde | 1987 | 01:06:59 |
| 23. | 268 | Claußen, Marina | | 1985 | 01:09:55 |
| 24. | 130 | Behrens, Marte | Gummi Hamann | 1988 | 01:14:05 |
| Senioren M30 | | | | | |
| 1. | 168 | Muluve, Paul | Team Segeberger Kliniken Gruppe | 1979 | 00:36:30 |
| 2. | 286 | Raiber, Tim | | 1980 | 00:44:10 |
| 3. | 36 | Richter, Falk | SC Neptun Rostock | 1980 | 00:44:32 |
| 4. | 110 | Kauer, Martin | Dahlmannschule | 1979 | 00:47:07 |
| 5. | 104 | Neugebauer, Ralf | WZV | 1981 | 00:49:28 |
| 6. | 278 | Kasten, Alexander | | 1979 | 00:51:49 |
| 7. | 284 | Haje, Florian | | 1983 | 00:52:11 |
| 8. | 258 | Querdel, Mathias | | 1981 | 00:53:23 |
| 9. | 15 | Peplau, Steffen | Baltic Runners | 1980 | 00:57:19 |
| 10. | 226 | Dalock, René | | 1982 | 00:58:20 |
| 11. | 283 | Westädt, Patrick | Aqua Fun Bad Segeberg | 1982 | 01:01:42 |
| 12. | 148 | Franke, Thomas | Happy Running Family | 1981 | 01:05:56 |
| 13. | 32 | Lucius, Sebastian | | 1980 | 01:12:21 |
| Senioren M35 | | | | | |
| 1. | 273 | Kautz, René | | 1978 | 00:41:48 |
| 2. | 275 | Bröer, Sven | | 1976 | 00:46:48 |
| 3. | 276 | Grundmann, Jens | | 1976 | 00:47:11 |
| 4. | 3 | Neugebauer, Christian | SC Lauf Forest | 1974 | 00:48:49 |
| 5. | 246 | Sanne, Ralf | Leezener SC | 1975 | 00:51:19 |
| 6. | 184 | Molphetas, Photios | | 1976 | 00:52:05 |
| 7. | 165 | Klautke, André | Lauftreff SC Rönnau 74 | 1974 | 00:58:25 |
| 8. | 157 | Wurch, Fabian | Lauftreff SC Rönnau 74 | 1978 | 00:59:59 |
| 9. | 245 | Le Coutre, Felix | | 1975 | 01:04:00 |
| 10. | 14 | Harder, Claus-York | Team Speckmade | 1975 | 01:04:06 |
| 11. | 156 | Diecks, Lejf | Lauftreff SC Rönnau 74 | 1978 | 01:04:49 |
| 12. | 107 | Glaser, Marcel | | 1977 | 01:07:54 |
| Senioren M40 | | | | | |
| 1. | 167 | Ehret, Remo | Team Segeberger Kliniken Gruppe | 1972 | 00:43:35 |
| 2. | 176 | Gold, Frank | | 1969 | 00:45:40 |
| 3. | 195 | Oumar, Niels | Basses Blatt | 1970 | 00:46:04 |
| 4. | 122 | Campos Rodriguez, Le... | Eloecampos International | 1971 | 00:47:19 |
| 5. | 199 | Lehmann, Raphael | TSV Bornhöved | 1970 | 00:47:32 |

Ergebnis nach AK >> Hauptlauf 10,5 km (Einzel) <<

| Rang | SN# | Name | Verein | Jahrgang | Brutto-Zeit |
|------|-----|------------------------|----------------------------|----------|-------------|
| 6. | 119 | Zörner, Stefan | Team oose | 1971 | 00:47:59 |
| 7. | 147 | Timmann, Joachim | Hugo Pfohe | 1969 | 00:50:03 |
| 8. | 161 | Paust, Martin | Lauftreff SC Rönnau 74 | 1970 | 00:50:18 |
| 9. | 6 | Weilkiens, Tim | Team Oose | 1971 | 00:50:28 |
| 10. | 220 | Dalock, Sven | | 1969 | 00:51:22 |
| 11. | 206 | Stegelmann, Gerd | TSV Quellenhaupt | 1969 | 00:51:30 |
| 12. | 40 | Borgwardt, Sascha John | Siegesburger Spieleverlag | 1972 | 00:51:43 |
| 13. | 221 | Kuhn, Matthias | | 1972 | 00:52:09 |
| 14. | 18 | Piel, Karsten | Schwedenstube.de | 1971 | 00:52:13 |
| 15. | 71 | Buckmann, Kai | | 1970 | 00:52:23 |
| 16. | 209 | Braun, Wolfgang | Segeberger Zeitung | 1969 | 00:52:33 |
| 17. | 105 | Duggen, Thomas | WZV | 1973 | 00:54:16 |
| 18. | 272 | Janßen, Ulf | | 1972 | 00:54:56 |
| 19. | 64 | Bax, Sönke | Team Segeberger Kliniken | 1971 | 00:55:15 |
| 20. | 287 | Schütt, Stephan | | 1972 | 00:55:35 |
| 21. | 76 | May, Erik | SV Henstedt-Ulzburg | 1973 | 00:55:43 |
| 22. | 78 | Westphal, Heiko | | 1969 | 00:56:29 |
| 23. | 250 | Bullerjahn, André | Leezener SC | 1973 | 00:56:39 |
| 24. | 205 | Knüfner, Claudio | | 1969 | 00:56:57 |
| 25. | 98 | Lennartz, Tobias | Rolandläufer Bad Bramstedt | 1972 | 00:57:23 |
| 26. | 10 | Stoffers, Frank | SV Wahlstedt | 1971 | 01:06:07 |
| 27. | 277 | Pragne, Ute | | 1969 | 01:06:11 |
| 28. | 253 | Ziemann, Jörn | | 1972 | 01:06:30 |
| 29. | 95 | Kerws, Sönke | Dahlmannschule | 1969 | 01:07:02 |
| 30. | 132 | Hansen, Martin | Gummi Hamann | 1971 | 01:08:54 |
| 31. | 13 | Prieß, Heiko | Schwarzer Blitz | 1970 | 01:10:16 |
| 32. | 243 | Maaß, Harald | | 1969 | 01:11:24 |

Senioren M45

| | | | | | |
|-----|-----|-------------------------|---------------------------------|------|----------|
| 1. | 56 | Norte da Silva, Adao | SC Rönnau 74 | 1968 | 00:38:55 |
| 2. | 229 | Bünning, Ralf | | 1967 | 00:41:57 |
| 3. | 282 | Münchow, Burkhard | | 1966 | 00:44:11 |
| 4. | 23 | Dalko, Arne | Die Ärgertherapeuten | 1968 | 00:47:11 |
| 5. | 103 | Scheske, Holger | WZV | 1966 | 00:47:32 |
| 6. | 192 | Pundt, Hardy | | 1964 | 00:47:59 |
| 7. | 263 | Pape, Björn | SC Rönnau | 1965 | 00:48:04 |
| 8. | 228 | Staehr, Andreas | TSV Trittau | 1968 | 00:49:10 |
| 9. | 288 | Schottler, Holger | | 1966 | 00:49:24 |
| 10. | 79 | Christiansen, Christoph | | 1964 | 00:50:03 |
| 11. | 33 | Voss, Holger | | 1966 | 00:50:04 |
| 12. | 135 | Seiler, Stefan | | 1965 | 00:50:06 |
| 13. | 87 | Lünsmann, Thomas | Orthofit | 1968 | 00:50:12 |
| 14. | 279 | Klute, Ulrich | | 1968 | 00:51:13 |
| 15. | 236 | Ziegler, Torsten | | 1964 | 00:51:16 |
| 16. | 66 | Hertrich, Hape | LG Schmalstede | 1967 | 00:51:59 |
| 17. | 16 | Grube, Jens | Segeberger Zeitung | 1968 | 00:52:03 |
| 18. | 235 | Schulz-Cristen, Bernd | | 1964 | 00:52:04 |
| 19. | 233 | Goy, Rolf | LT SV Schmalensee | 1964 | 00:52:09 |
| 20. | 259 | Carstensen, Christia... | | 1968 | 00:52:12 |
| 21. | 239 | Stoffers, Heiko | | 1964 | 00:53:10 |
| 22. | 255 | Naguschewski, Jörg | | 1964 | 00:53:22 |
| 23. | 181 | Bostelmann-Arp, Ekke... | SC Rönnau 74 | 1964 | 00:53:52 |
| 24. | 219 | Müller-Ramcke, Chris... | | 1967 | 00:53:59 |
| 25. | 266 | Opitz, Matihias | | 1967 | 00:54:00 |
| 26. | 90 | Wüdsch, Wolfgang | VAF e.V. | 1964 | 00:54:55 |
| 27. | 1 | Wespe, Jörg | | 1965 | 00:56:06 |
| 28. | 60 | Jadzewski, Sven | | 1968 | 00:56:20 |
| 29. | 234 | Hahn, Karsten | | 1968 | 00:57:02 |
| 30. | 204 | Reitt, Christopher | | 1964 | 00:57:14 |
| 31. | 84 | Sann, Oliver | | 1968 | 00:57:26 |
| 32. | 125 | Marcinkowski, Arnd | | 1965 | 00:57:38 |
| 33. | 144 | Merkert, Kai | VR Bank Neumünster | 1965 | 00:57:56 |
| 34. | 172 | Klaffke, Michael | Team Segeberger Kliniken Gruppe | 1966 | 00:58:32 |
| 35. | 194 | Eppel, Stefan | Basses Blatt | 1967 | 00:58:32 |
| 36. | 128 | Rix, Andreas | Gummi Hamann | 1964 | 00:58:53 |
| 37. | 251 | Schreyer, Frank | TC Segeberg | 1965 | 01:01:16 |
| 38. | 171 | Eschholz, Guido | Team Segeberger Kliniken Gruppe | 1966 | 01:01:41 |
| 39. | 114 | Zingelmann, Elmar | Road Runner | 1967 | 01:04:29 |
| 40. | 8 | Krege, Carsten | Mostly Harmless | 1968 | 01:05:12 |
| 41. | 201 | Hansen, Mike | | 1968 | 01:06:04 |
| 42. | 141 | Mumm, Rainer | VR Bank Neumünster | 1964 | 01:07:25 |

Ergebnis nach AK >> Hauptlauf 10,5 km (Einzel) <<

| Rang | SN# | Name | Verein | Jahrgang | Brutto-Zeit |
|---------------------|-----|-------------------------|---------------------------------|----------|-------------|
| 43. | 238 | Kruse, Holger | | 1968 | 01:11:53 |
| 44. | 92 | Steinmetz, Axel | Plottservice Domstein GbR | 1965 | 01:17:27 |
| Senioren M50 | | | | | |
| 1. | 41 | Boller, Jörn | TC RW Wahlstedt | 1961 | 00:45:38 |
| 2. | 53 | Bambas, Bernhard | SC Rönna 74 | 1963 | 00:45:48 |
| 3. | 46 | Quetsch, Franz | Boxring Plön | 1960 | 00:47:51 |
| 4. | 96 | Bastuck, Patric | Venice Klein Rönna | 1960 | 00:48:17 |
| 5. | 155 | Poppitz, Holger | Lauftreff SC Rönna 74 | 1962 | 00:48:25 |
| 6. | 178 | Ahrendt, Karsten | LG Neumünster | 1959 | 00:48:42 |
| 7. | 169 | Bieker, Jochen | Team Segeberger Kliniken Gruppe | 1963 | 00:49:07 |
| 8. | 42 | König, Rüdiger | SC Itzehoe | 1959 | 00:49:41 |
| 9. | 182 | Laskowski, Rolf | SV Henstedt-Ulzburg | 1963 | 00:49:48 |
| 10. | 242 | Kluge, Joachim | | 1961 | 00:50:23 |
| 11. | 73 | Waschkowski, Kai-Holger | | 1963 | 00:51:09 |
| 12. | 117 | Krehl, Dr. Rainer | | 1961 | 00:51:40 |
| 13. | 106 | Ewers, Manfred | WZV | 1959 | 00:52:42 |
| 14. | 74 | Krause, Lothar | Searunners | 1963 | 00:53:19 |
| 15. | 70 | Prahl, Norbert | Segeberger Sea Runners | 1963 | 00:53:22 |
| 16. | 254 | Möller, Karsten | | 1963 | 00:53:42 |
| 17. | 223 | Reher, Thomas | | 1961 | 00:54:11 |
| 18. | 102 | Schümann, Bernd | WZV | 1961 | 00:54:24 |
| 19. | 153 | Kaiser, Thomas | | 1959 | 00:57:18 |
| 20. | 248 | Lausen, Johannes | | 1961 | 00:58:55 |
| 21. | 222 | Greßmann, Dirk | | 1963 | 00:59:21 |
| 22. | 225 | Sander, Eberhard | | 1963 | 00:59:42 |
| 23. | 174 | Bretsch, Torsten | Skate-Team Lübeck | 1960 | 01:01:24 |
| 24. | 108 | Thomsen, Lars | Segeberger Kliniken | 1961 | 01:01:24 |
| 25. | 149 | Zerlin, Thomas | TuS Garbek Löpers | 1962 | 01:04:26 |
| 26. | 20 | Mühlenberg, Andreas | Team Novapor | 1963 | 01:06:54 |
| Senioren M55 | | | | | |
| 1. | 89 | Rehberg, Ingo | Team Kondi-Uni Bayreuth | 1954 | 00:47:48 |
| 2. | 281 | Bechling, Jörg | | 1957 | 00:49:30 |
| 3. | 196 | Nabow, Joachim | | 1958 | 00:52:16 |
| 4. | 61 | Leischner, Wolfgang | FC Dornbreite | 1956 | 00:52:43 |
| 5. | 214 | Petersen, Gerhard | SC Rönna 74 | 1956 | 00:54:18 |
| 6. | 86 | Rodenbusch, Werner | LC Tonderup | 1956 | 00:55:01 |
| 7. | 68 | Neitzel, Ulrich | | 1958 | 00:55:24 |
| 8. | 191 | Mester, Axel | | 1956 | 00:57:12 |
| 9. | 237 | Schweim, Holger | MTV Segeberg | 1956 | 00:57:56 |
| 10. | 146 | Boller, Uwe | VR Bank Neumünster | 1957 | 00:57:56 |
| 11. | 264 | Rkowski, Klaus | | 1956 | 00:59:35 |
| 12. | 290 | Rabeler, Uwe | | 1956 | 01:00:52 |
| 13. | 75 | Sandbrink, Heinz | Vorwärts Glycerin | 1958 | 01:01:09 |
| 14. | 232 | Kruse, Peter | LT SV Schmalensee | 1957 | 01:04:29 |
| 15. | 215 | Lemburg, Wolfgang | | 1956 | 01:04:50 |
| 16. | 136 | Hofmann, Ronald | Winnetous Lauffreunde | 1954 | 01:06:02 |
| 17. | 45 | Westphal, Hans | Boxring Plön | 1955 | 01:06:53 |
| 18. | 7 | Bienert, Lothar | | 1958 | 01:13:07 |
| Senioren M60 | | | | | |
| 1. | 262 | Krüttgen, Joachim | Hamburger Sportclub | 1951 | 00:43:14 |
| 2. | 270 | Kröger, Franz | | 1952 | 00:53:59 |
| 3. | 177 | Heinrichs, Michael | | 1953 | 00:55:03 |
| 4. | 123 | Mattig, Horst | TSV Altenholz Lauftreff | 1952 | 00:56:23 |
| 5. | 164 | Ihrig, Stefan | Lauftreff SC Rönna 74 | 1950 | 00:57:45 |
| 6. | 150 | Krönert, Karl-Heinz | | 1952 | 00:59:05 |
| 7. | 173 | Trotzki, Johann | TuS Garbek Löpers | 1951 | 01:01:58 |
| 8. | 34 | Pofahl, Thomas | | 1952 | 01:02:24 |
| 9. | 72 | Koschek, Harald | DATEV | 1950 | 01:07:48 |
| 10. | 470 | Nitzke, Heinz | | 1949 | 01:40:26 |
| Senioren M65 | | | | | |
| 1. | 256 | Wulff, Dirk | | 1948 | 00:46:14 |
| 2. | 35 | Albrecht, Peter | Spridon Club Bad Oldesoe | 1948 | 00:48:38 |
| 3. | 5 | Schiers, Ulrich | Intenat. Maritimes Museum | 1944 | 00:52:44 |
| 4. | 154 | Sonnenstuhl, Alfred | Lauftreff SC Rönna 74 | 1947 | 00:56:03 |
| 5. | 265 | Zimer, Jürgen | | 1948 | 00:56:13 |
| 6. | 151 | Nohns, Wolfgang | SC Rönna 74 | 1946 | 00:57:09 |
| 7. | 188 | Lau, Uwe | | 1946 | 01:06:02 |
| 8. | 47 | Ludwig, Klaus | Boxring Plön | 1947 | 01:06:52 |

Ergebnis nach AK >> Hauptlauf 10,5 km (Einzel) <<

| Rang | SN# | Name | Verein | Jahrgang | Brutto-Zeit |
|------------------------|-----|------------------------|---------------------------|----------|-------------|
| Senioren M70 | | | | | |
| 1. | 186 | Wulf, Reiner | TuS Garbek Löpers | 1943 | 00:53:45 |
| 2. | 43 | Jacobs, Egon | LG Rickling | 1941 | 01:02:57 |
| 3. | 166 | Paust, Dieter | Laufftreff SC Rönna 74 | 1942 | 01:05:38 |
| 4. | 44 | Woroniak, Hans-Otto | LG Rickling | 1940 | 01:12:03 |
| 5. | 77 | Grabnitzki, Lothar | | 1943 | 01:21:06 |
| Seniorinnen W30 | | | | | |
| 1. | 202 | Oppermann, Davina | | 1983 | 00:54:41 |
| 2. | 267 | Ter Fehr, Claudis | | 1983 | 00:55:04 |
| 3. | 118 | Michalak, Kathrin | | 1982 | 00:56:49 |
| 4. | 244 | Fiebig, Maja | | 1979 | 00:56:55 |
| 5. | 124 | Schnoor, Janine | | 1979 | 01:02:17 |
| 6. | 115 | Eimann, Nancy | Eimann | 1982 | 01:02:29 |
| 7. | 116 | Ahlers, Tanja | | 1982 | 01:11:35 |
| 8. | 127 | Hamann, Sandra | Gummi Hamann | 1981 | 01:11:45 |
| 9. | 31 | Lucius, Kirsty | | 1983 | 01:12:21 |
| Seniorinnen W35 | | | | | |
| 1. | 200 | Oltmanns, Wimke | | 1974 | 00:50:10 |
| 2. | 280 | Geletneky, Jana | LT Lieth Paderborn | 1975 | 00:51:13 |
| 3. | 63 | Rautmann, Christiane | Team Segeberger Kliniken | 1977 | 00:54:39 |
| 4. | 193 | Luttenberger, Maren | Hamburg | 1974 | 00:54:47 |
| 5. | 139 | Wiatrok, Anna | VR Bank Neumünster | 1976 | 00:59:59 |
| Seniorinnen W40 | | | | | |
| 1. | 271 | Grube, Katrin | | 1970 | 00:46:33 |
| 2. | 121 | Delfs, Brigitte | | 1970 | 00:50:01 |
| 3. | 30 | Polonji, Caroline | Old Schmätherhä 4 | 1969 | 00:55:43 |
| 4. | 231 | Lenz, Insa | | 1971 | 00:58:25 |
| 5. | 197 | Pfeifer, Gabriela | | 1973 | 01:01:33 |
| 6. | 269 | Bombalt, Susann | | 1970 | 01:01:33 |
| 7. | 285 | Ecker, Dorit | TSV Kronshagen | 1970 | 01:01:56 |
| 8. | 93 | Osbahr, Astrid | LC Tönderup | 1970 | 01:02:18 |
| 9. | 24 | Dalko, Alexandra | Die Ärgertherapeuten | 1972 | 01:02:50 |
| Seniorinnen W45 | | | | | |
| 1. | 67 | Hertrich, Annette | LG Schmalstede | 1968 | 00:53:57 |
| 2. | 179 | Höhndorf, Christiane | Mrs. Sporty | 1966 | 00:56:33 |
| 3. | 69 | Kleinfeld, Karolin | | 1966 | 00:56:58 |
| 4. | 162 | Hirche, Sabine | Laufftreff SC Rönna 74 | 1968 | 00:57:04 |
| 5. | 189 | Mannke, Dagmar | Aqua Fun Bad Segeberg | 1968 | 00:59:32 |
| 6. | 143 | Merkert, Angelika | VR Bank Neumünster | 1967 | 01:00:10 |
| 7. | 9 | Stoffers, Ulrike | | 1968 | 01:01:55 |
| 8. | 247 | Lehmann, Doris | | 1964 | 01:04:29 |
| 9. | 88 | Prieß, Claudia | | 1967 | 01:05:12 |
| 10. | 216 | Möller, Susanne | | 1967 | 01:06:29 |
| 11. | 17 | Hussy, Ulrike | Old Schmätherhä 4 | 1967 | 01:06:45 |
| 12. | 99 | Kraski, Bianca | WZV | 1967 | 01:06:53 |
| 13. | 91 | Steinmetz, Astrid | Plottservice Domstein GbR | 1965 | 01:17:27 |
| 14. | 152 | Wehner, Tina | | 1966 | 01:27:35 |
| Seniorinnen W50 | | | | | |
| 1. | 163 | Ketelsen, Christine | Laufftreff SC Rönna 74 | 1962 | 00:51:27 |
| 2. | 59 | Jadzewski-Wohlert, Uta | Segeberger Kliniken | 1963 | 00:59:59 |
| 3. | 218 | Müller-Ramcke, Martina | | 1963 | 01:01:42 |
| 4. | 100 | Henß, Birgit | WZV | 1963 | 01:05:33 |
| 5. | 80 | Christiansen, Britta | | 1963 | 01:19:52 |
| Seniorinnen W55 | | | | | |
| 1. | 62 | Leischner, Regina | FC Dornbreite | 1956 | 00:55:58 |
| 2. | 2 | Breithaupt, Christel | | 1955 | 01:03:48 |
| 3. | 160 | Wegner, Martina | Laufftreff SC Rönna 74 | 1957 | 01:16:13 |
| 4. | 468 | Schmahl, Sabine | | 1956 | 01:41:29 |
| Seniorinnen W60 | | | | | |
| 1. | 113 | Michalak, Ursula | Dahlmannschule | 1952 | 00:55:19 |
| Seniorinnen W65 | | | | | |
| 1. | 252 | Bielefeld, Renate | | 1944 | 01:34:29 |
| Seniorinnen W70 | | | | | |
| 1. | 224 | Laack, Sieglinde | | 1941 | 01:14:05 |

Ergebnis nach AK >> Hauptlauf 10,5 km (Einzel) <<

| Rang | SN# | Name | Verein | Jahrgang | Brutto-Zeit |
|-----------------------------|-----|--------------------|--------------------|----------|-------------|
| männliche Jugend U14 | | | | | |
| 1. | 210 | Fredrich, Noah | SC Rönnau 74 | 2000 | 00:42:55 |
| männliche Jugend U16 | | | | | |
| 1. | 52 | Bambas, Johannes | SC Rönnau 74 | 1998 | 00:42:03 |
| 2. | 211 | Buckmann, Fabian | SC Rönnau 74 | 1999 | 00:47:23 |
| 3. | 208 | Stegelmann, Jesper | TSV Quellenhaupt | 1998 | 00:51:30 |
| 4. | 213 | Carstens, Jonas | SC Rönnau 74 | 1998 | 00:52:14 |
| 5. | 249 | Bullerjahn, Tom | Leezener SC | 1999 | 01:01:51 |
| 6. | 261 | Gerhardus, Patrik | SC Rönnau | 1999 | 01:05:51 |
| 7. | 260 | Mund, Phillip | SC Rönnau | 1998 | 01:11:20 |
| männliche Jugend U18 | | | | | |
| 1. | 50 | Rehberg, Kjell | SC Rönnau 74 | 1997 | 00:41:30 |
| 2. | 289 | Bohn, Lasse | | 1996 | 00:44:06 |
| 3. | 230 | Frolic, Dario | Dahlmannschule | 1997 | 00:45:21 |
| 4. | 138 | Henk, Fabian | | 1997 | 00:51:16 |
| 5. | 29 | Szemkus, Torben | | 1997 | 00:51:24 |
| 6. | 82 | Christiansen, Leif | | 1997 | 01:00:35 |
| männliche Jugend U20 | | | | | |
| 1. | 55 | Flägel, René | SC Rönnau 74 | 1995 | 00:40:35 |
| 2. | 129 | Harder, Dennis | Gummi Hamann | 1995 | 01:14:35 |
| weibliche Jugend U20 | | | | | |
| 1. | 51 | Rehberg, Maya | SC Rönnau 74 | 1994 | 00:41:31 |
| 2. | 183 | Hussy, Elena | Old Schmätherhäand | 1994 | 01:02:32 |
| 3. | 83 | Christiansen, Lyn | | 1995 | 01:03:57 |