



## 7. Kowsky Team- und Firmenlauf

16. September 2016

### Ergebnis M / W - gesamt

#### Kowsky-Lauf ( 4,5 Km )

##### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
1	442	00:16:18	Ahmadi	Omid	Safety Villa	GER-SH	M-JU20	00:16:16	1
2	283	00:16:27	Hagedorn	Patrick	KNUTH-Laufmaschinen	GER-SH	M-HK	00:16:25	1
3	84	00:16:39	Mierendorf	Thomas	DB Team Werk Neumünster	GER-SH	M-HK	00:16:37	2
4	880	00:16:52	Krivorotov	Pavel	Lebenshilfewerk Neumünster GmbH	GER-SH	M-HK	00:16:36	3
5	630	00:16:57	Arnold	Jan	Theodor-Litt-Schule	GER-SH	M-45	00:16:56	1
6	451	00:16:59	Sharifi	Milad	Safety Villa	GER-SH	M-JU16	00:16:54	1
7	618	00:17:01	Semmler	Bjarne	Team Doppel PASS e.V.	GER-SH	M-JU18	00:16:56	1
8	702	00:17:03	Richter	Björn	Theodor-Litt-Schule	GER-SH	M-35	00:17:01	1
9	363	00:17:08	Walser	Bastian	O.t.n Laufflabor	GER-SH	M-HK	00:17:04	4
10	382	00:17:19	Czichi	Mathias	Panasonic	GER-SH	M-35	00:17:17	2
11	48	00:17:20	Kleinert	Christopher	Team Selck	GER-SH	M-HK	00:17:17	5
12	446	00:17:30	Fayazi	Rhamat	Safety Villa	GER-SH	M-JU18	00:17:28	2
13	452	00:17:45	Niazi	Zemaray	Safety Villa	GER-SH	M-JU18	00:17:40	3
14	447	00:17:46	Mohseny	Alireza	Safety Villa	GER-SH	M-JU18	00:17:44	4
15	701	00:17:47	Rantzsch	Bennet	Theodor-Litt-Schule	GER-SH	M-JU18	00:16:57	5
16	792	00:17:49	Tönnies	Morten	B Jugend TuS Nortorf	GER-SH	M-JU18	00:17:45	6
17	454	00:17:53	Didwischus	Julien	GHN Handball	GER-SH	M-HK	00:17:48	6
18	367	00:18:00	Friedebold	Tilman	Oerlikon Neumag	GER-SH	M-HK	00:17:55	7
19	613	00:18:01	Holstein	Jannis	Team Doppel PASS e.V.	GER-SH	M-JU18	00:17:50	7
20	78	00:18:07	Wagner	Marc	C. J. Wigger KG	GER-SH	M-HK	00:18:03	8
21	364	00:18:09	Weingarten	Dr. Marco	O.t.n Laufflabor	GER-SH	M-40	00:17:54	1
22	646	00:18:11	Clausen	Jürgen	Theodor-Litt-Schule	GER-SH	M-50	00:18:08	1
23	308	00:18:12	Schöllknecht	Marco	Lebenshilfewerk Neumünster GmbH	GER-SH	M-45	00:18:11	2
24	798	00:18:13	Sharifi	Mashallah	Wannagat & Steckmess	GER-SH	M-JU20	00:18:05	2
25	332	00:18:13	Buchhorn	Thais	management systems gmbh	GER-SH	M-30	00:18:02	1
26	450	00:18:13	Schnoor	Niels	Safety Villa	GER-SH	M-35	00:18:08	3
27	776	00:18:15	Behrens	Mats	B Jugend TuS Nortorf	GER-SH	M-JU16	00:18:09	2
28	738	00:18:16	Mohr	Christian	Team Thullesen	GER-SH	M-45	00:18:08	3
29	472	00:18:19	Theen	Hendrik	GHN Handball	GER-SH	M-HK	00:17:55	9
30	644	00:18:28	Buthmann	Max	Theodor-Litt-Schule	GER-SH	M-JU18	00:18:07	8
31	285	00:18:29	Rohwer	Matthias	KNUTH-Laufmaschinen	GER-SH	M-35	00:18:27	4
32	614	00:18:33	Hülsen	Kim	Team Doppel PASS e.V.	GER-SH	M-HK	00:18:22	10
33	612	00:18:33	Butenschön	Benjamin	Team Doppel PASS e.V.	GER-SH	M-HK	00:18:25	11
34	619	00:18:33	Tiger	Willy	Team Doppel PASS e.V.	GER-SH	M-35	00:18:25	5
35	115	00:18:35	Quattfasel	Mario	Finanzamt Neumünster	GER-SH	M-HK	00:17:57	12
36	977	00:18:37	Mohammadi	Amin	Safety Villa	GER-SH	M-JU20	00:18:36	3
37	445	00:18:38	Farschadi	Jafar	Safety Villa	GER-SH	M-JU16	00:18:33	3
38	684	00:18:39	Laser	Theo	Theodor-Litt-Schule	GER-SH	M-JU18	00:18:36	9
39	226	00:18:40	Reinke	Sascha	JoSaLi	GER-SH	M-40	00:18:38	2
40	876	00:18:40	Suslov	Alexander	FEK Neumünster	GER-SH	M-30	00:18:34	2

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## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
41	481	00:18:46	Ehlers	Volker	GOOD-TIRES	GER-SH	M-45	00:18:39	4
42	471	00:18:48	Schultz	Simon	GHN Handball	GER-SH	M-JU18	00:18:18	10
43	355	00:18:49	Jochim	Edvard	O.t.n Lauflabor	GER-SH	M-30	00:18:20	3
44	528	00:18:50	Kallies	Rainer	Stadt Neumünster	GER-SH	M-40	00:18:30	3
45	723	00:18:52	Tietje	Philip	Theodor-Litt-Schule	GER-SH	M-JU18	00:18:49	11
46	43	00:18:52	Wesselmann	Yannick	Prisma Runners	GER-SH	M-HK	00:18:48	13
47	229	00:18:54	Schnoor	Torben	Ackrutat	GER-SH	M-JU20	00:18:51	4
48	91	00:18:54	Schulz	Torsten	Team Doppel PASS e.V.	GER-SH	M-40	00:18:45	4
49	310	00:18:55	Stave	Olaf	Lebenshilfewerk Neumünster GmbH	GER-SH	M-40	00:18:46	5
50	516	00:18:56	Bethke	Tobias	Stadt Neumünster	GER-SH	M-HK	00:18:41	14
51	774	00:18:57	Barho	Silas	B Jugend TuS Nortorf	GER-SH	M-JU16	00:18:52	4
52	577	00:18:58	Lohse	Simon	Herbstsonne	GER-SH	M-JU16	00:18:41	5
53	230	00:19:00	Schuhmacher	Tim	Ackrutat	GER-SH	M-HK	00:18:57	15
54	286	00:19:00	Schuer	Henrik	KNUTH-Laufmaschinen	GER-SH	M-JU20	00:18:57	5
55	408	00:19:04	Petersen	Lukas	Jessis Pilates Flitzer	GER-SH	M-JU20	00:19:02	6
56	886	00:19:06	Haberkorn	Bjarne	ALG VFL Bokel	GER-SH	M-KU12	00:19:05	1
57	282	00:19:07	Anczykowski	Gunnar	KNUTH-Laufmaschinen	GER-SH	M-HK	00:19:04	16
58	225	00:19:09	Reinke	Liam	JoSaLi	GER-SH	M-JU16	00:19:05	6
59	353	00:19:11	Gass	Hendrik	O.t.n Lauflabor	GER-SH	M-HK	00:19:02	17
60	628	00:19:15	Ambrosi	Peter	Theodor-Litt-Schule	GER-SH	M-55	00:19:10	1
61	676	00:19:20	Juschus	Yannick	Theodor-Litt-Schule	GER-SH	M-JU18	00:18:39	12
62	304	00:19:22	Koch	Lukas	Lebenshilfewerk Neumünster GmbH	GER-SH	M-HK	00:19:06	18
63	821	00:19:23	Hoffmann	Mats-Niclas	Danfoss Power Solutions	GER-SH	M-HK	00:18:58	19
64	681	00:19:27	Krüger	Felix	Theodor-Litt-Schule	GER-SH	M-JU18	00:19:26	13
65	284	00:19:30	Kutzner	Mike	KNUTH-Laufmaschinen	GER-SH	M-50	00:19:26	2
66	586	00:19:30	Wöbke	John	Herbstsonne	GER-SH	M-JU16	00:19:08	7
67	574	00:19:32	Lemke	Thomas	Herbstsonne	GER-SH	M-40	00:19:12	6
68	132	00:19:33	Heyen	Roland	GemS Neumünster-Brachenfeld 7f	GER-SH	M-45	00:19:19	5
69	979	00:19:33	Noori	Toufan	Safety Villa	GER-SH	M-JU20	00:19:27	7
70	374	00:19:35	Reeck	Thomas	Oerlikon Neumag	GER-SH	M-45	00:19:29	6
71	581	00:19:40	Schmidt	Melvin	Herbstsonne	GER-SH	M-JU16	00:19:22	8
72	847	00:19:41	Aktan	Volkan	Tietjen	GER-SH	M-30	00:19:17	4
73	277	00:19:44	Bark	Markus	Klinik Klosterstraße GmbH	GER-SH	M-45	00:19:37	7
74	458	00:19:46	Hänfler	Phillipp	GHN Handball	GER-SH	M-HK	00:19:22	20
75	499	00:19:48	Delfs	Torben	SPD - Das Wir gewinnt	GER-SH	M-30	00:19:46	5
76	83	00:19:49	Gieseler	Michael	DB Team Werk Neumünster	GER-SH	M-50	00:19:44	3
77	154	00:19:51	Schmidt	Wilko	Team GummiBusch	GER-SH	M-JU20	00:19:35	8
78	82	00:19:52	Gerths	Pascal	DB Team Werk Neumünster	GER-SH	M-HK	00:19:46	21
79	96	00:19:53	Domnick	Klaus	Ehler Ermer & Partner	GER-SH	M-60	00:19:42	1
80	527	00:19:54	Jochens	Birger	Stadt Neumünster	GER-SH	M-45	00:19:49	8
81	461	00:19:57	Homborg	Niklas	GHN Handball	GER-SH	M-JU18	00:19:30	14
82	468	00:19:57	Otuo	Niklas	GHN Handball	GER-SH	M-JU20	00:19:34	9
83	510	00:19:59	Prien	Fabian	Sporthaus Redler	GER-SH	M-JU18	00:19:26	15
84	968	00:20:01	Heyen	Lukas	GER-SH	M-JU20	00:19:45	10	
85	112	00:20:02	Günther	Carsten	Finanzamt Neumünster	GER-SH	M-35	00:18:59	6
86	951	00:20:10	Bernack	Morten	GER-SH	M-HK	00:19:57	22	
87	823	00:20:11	Redmann	Daniel	Danfoss Power Solutions	GER-SH	M-HK	00:19:45	23
88	261	00:20:12	Gugel	Mike	J. O. Bau GbR	GER-SH	M-JU20	00:20:00	11
89	740	00:20:15	Feldmann	Lars	Team Thullesen	GER-SH	M-45	00:20:11	9

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Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
90	542	00:20:16	Wagner	Rene	Stadt Neumünster	GER-SH	M-30	00:20:11	6
91	36	00:20:17	Stolz	Alexander	Prisma Runners	GER-SH	M-JU20	00:20:11	12
92	845	00:20:19	Döhler	Michael	GHN Handball	GER-SH	M-45	00:20:10	10
93	836	00:20:19	Regenstein	Michael	Die Hammer-Truppe	GER-SH	M-HK	00:19:38	24
94	459	00:20:25	Haupt	Christopher	GHN Handball	GER-SH	M-HK	00:20:01	25
95	786	00:20:26	Otto	Benito	B Jugend TuS Nortorf	GER-SH	M-JU16	00:20:11	9
96	419	00:20:28	Neumann	Thore	Polizei Neumünster	GER-SH	M-30	00:19:49	7
97	418	00:20:29	Masermann	Kay	Polizei Neumünster	GER-SH	M-50	00:19:47	4
98	85	00:20:30	Omnitz	Sven	DB Team Werk Neumünster	GER-SH	M-HK	00:20:25	26
99	257	00:20:31	Burkhardt	Mattes	J. O. Bau GbR	GER-SH	M-JU16	00:19:43	10
100	881	00:20:32	Kehl	Torsten	Kiek in	GER-SH	M-40	00:20:27	7
101	394	00:20:32	Schäle	Nils	Panasonic	GER-SH	M-40	00:20:25	8
102	839	00:20:32	Weiß	Olaf W.	Team COURIER-Sport	GER-SH	M-50	00:20:20	5
103	134	00:20:32	Koopmann	Hannes	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:20:29	1
104	396	00:20:33	Schumann	Jörg	Panasonic	GER-SH	M-40	00:20:31	9
105	476	00:20:33	Wolfgramm	Bjarne	GHN Handball	GER-SH	M-JU16	00:20:30	11
106	817	00:20:34	Romeikat	Florian	WKS-Laufteam	GER-SH	M-HK	00:19:38	27
107	7	00:20:37	Hüter	Philipp	Agentur für Arbeit	GER-SH	M-HK	00:19:45	28
108	827	00:20:38	Weiss	Wilfried	Danfoss Power Solutions	GER-SH	M-50	00:20:26	6
109	635	00:20:39	Behrens	Karl	Theodor-Litt-Schule	GER-SH	M-JU18	00:20:32	16
110	611	00:20:40	Behrens	Frank	Team Doppel PASS e.V.	GER-SH	M-50	00:20:33	7
111	473	00:20:41	Tietgen	Jonas	GHN Handball	GER-SH	M-JU18	00:20:13	17
112	494	00:20:41	Jahns	Danny	Sparkasse	GER-SH	M-40	00:20:14	10
113	341	00:20:42	Wolff	Sönke	management systems gmbh	GER-SH	M-45	00:20:30	11
114	377	00:20:44	Stade	Andreas	Oerlikon Neumag	GER-SH	M-45	00:20:40	12
115	111	00:20:45	Goriwoda	Sven	Finanzamt Neumünster	GER-SH	M-35	00:20:33	7
116	44	00:20:46	Wieben	Björn Ole	Prisma Runners	GER-SH	M-JU20	00:20:40	13
117	138	00:20:46	Mannke	Dominique	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:20:43	2
118	564	00:20:48	Bornholdt	Yannik	Herbstsonne	GER-SH	M-JU16	00:20:31	12
119	533	00:20:48	Linder	Andreas	Stadt Neumünster	GER-SH	M-45	00:20:34	13
120	385	00:20:50	Haack	Lars	Panasonic	GER-SH	M-45	00:20:43	14
121	809	00:20:51	Victor	Oliver	Wasser und Verkehrs Kontor GmbH	GER-SH	M-45	00:20:06	15
122	474	00:20:52	Villwock	Jannis	GHN Handball	GER-SH	M-JU18	00:20:22	18
123	820	00:20:52	Gehrking	Sebastian	Danfoss Power Solutions	GER-SH	M-35	00:20:26	8
124	522	00:20:53	Hein	Pierre Pascal	Stadt Neumünster	GER-SH	M-HK	00:20:39	29
125	87	00:20:55	Stegelmann	Tobias	DB Team Werk Neumünster	GER-SH	M-HK	00:20:49	30
126	181	00:20:55	Borbe	Tom	Holzland Greve GmbH&Co.KG	GER-SH	M-HK	00:20:40	31
127	416	00:20:56	Gründemann	Holger	Polizei Neumünster	GER-SH	M-50	00:20:14	8
128	782	00:20:57	Engbrecht	Fabian	B Jugend TuS Nortorf	GER-SH	M-JU16	00:20:52	13
129	47	00:21:01	Blümle	Frank	Team Selck	GER-SH	M-30	00:20:59	8
130	429	00:21:03	Lorbach	Sebastian	Gartenallee	GER-SH	M-40	00:20:17	11
131	846	00:21:04	Klinger	Christopher Max	GHN Handball	GER-SH	M-JU16	00:20:39	14
132	24	00:21:07	Lischewski	Thomas	AOK NordWest -Die Gesundheitskasse-	GER-SH	M-45	00:20:31	16
133	313	00:21:13	Wunsch	Malte	Lebenshilfewerk Neumünster GmbH	GER-SH	M-JU20	00:20:56	14
134	507	00:21:17	Hamann	Yannick	Sporthaus Redler	GER-SH	M-HK	00:20:44	32
135	371	00:21:19	Meyer	Frank	Oerlikon Neumag	GER-SH	M-45	00:21:15	17
136	641	00:21:21	Brodersen	Tjark	Theodor-Litt-Schule	GER-SH	M-JU18	00:21:12	19
137	39	00:21:21	Warthold	Marcel	Prisma Runners	GER-SH	M-JU16	00:21:19	15

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
138	525	00:21:21	Hoppe	Finn	Stadt Neumünster	GER-SH	M-HK	00:21:07	33
139	664	00:21:22	Grabmann	Felix	Theodor-Litt-Schule	GER-SH	M-JU18	00:20:38	20
140	500	00:21:22	Johna	Claus-Rudolf	SPD - Das Wir gewinnt	GER-SH	M-40	00:21:14	12
141	754	00:21:22	Geis	Jewgenij	Tietjen	GER-SH	M-35	00:21:20	9
142	316	00:21:23	Huth	Gerrit	Lichtblicke	GER-SH	M-30	00:20:44	9
143	76	00:21:28	Prühs	Christopher	C. J. Wigger KG	GER-SH	M-HK	00:21:06	34
144	585	00:21:28	Wöbke	Hannes	Herbstsonne	GER-SH	M-JU16	00:21:10	16
145	124	00:21:29	Busch	Timon	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:21:26	3
146	963	00:21:30	Lichtenberg	Michel		GER-	M-JU14	00:21:17	4
147	244	00:21:33	Prösch	Cüneyt	Isa-Traesko GmbH	GER-SH	M-30	00:21:15	10
148	240	00:21:33	Dimmelmeier	Korbinian	Isa-Traesko GmbH	GER-SH	M-HK	00:21:15	35
149	32	00:21:36	Niehaus	Björn	Banters.Fitness	GER-SH	M-40	00:21:26	13
150	573	00:21:39	Lemke	Jonathan	Herbstsonne	GER-SH	M-JU18	00:21:21	21
151	75	00:21:42	Klenk	Christian	C. J. Wigger KG	GER-SH	M-45	00:21:36	18
152	834	00:21:42	Juckel	Lennart	Die Hammer-Truppe	GER-SH	M-30	00:21:01	11
153	844	00:21:43	Döhler	Jerik	GHN Handball	GER-SH	M-JU14	00:21:17	5
154	793	00:21:43	Untiedt	Urs	B Jugend TuS Nortorf	GER-SH	M-JU18	00:21:25	22
155	330	00:21:44	Wehrspann	Tom	Lööck Zerspanungstechnik GmbH	GER-	M-HK	00:20:54	36
156	50	00:21:45	Behm	Matthias	bk-documents	GER-SH	M-HK	00:21:38	37
157	576	00:21:47	Lipke	Jan	Herbstsonne	GER-SH	M-JU16	00:21:27	17
158	583	00:21:48	Tiemann	Fabio	Herbstsonne	GER-SH	M-JU16	00:21:29	18
159	579	00:21:49	Riecken	Paul	Herbstsonne	GER-SH	M-JU16	00:21:31	19
160	241	00:21:49	Heinz	Carsten	Isa-Traesko GmbH	GER-SH	M-50	00:21:30	9
161	327	00:21:50	Behling	Christopher	Lööck Zerspanungstechnik GmbH	GER-	M-30	00:21:01	12
162	378	00:21:50	Willumeit	Jens	Oerlikon Neumag	GER-SH	M-45	00:21:31	19
163	795	00:21:52	Biehl	Jörg	Walther-Lehmkuhl-Schule	GER-SH	M-50	00:21:32	10
164	370	00:21:54	Knust	Nico	Oerlikon Neumag	GER-SH	M-HK	00:21:48	38
165	336	00:21:55	Kühne	Roland	management systems gmbh	GER-SH	M-50	00:21:44	11
166	253	00:21:57	Welday	Binyam	FC Hansa	GER-SH	M-JU18	00:21:55	23
167	192	00:21:57	Üzer	Hakim	Holzland Greve GmbH&Co.KG	GER-SH	M-HK	00:21:42	39
168	865	00:21:59	Szafranski	Uwe	FEK Neumünster	GER-SH	M-45	00:21:27	20
169	780	00:22:00	Clausen	Jan-Niklas	B Jugend TuS Nortorf	GER-SH	M-JU18	00:21:48	24
170	263	00:22:00	Müllenbach	Thorsten	J. O. Bau GbR	GER-SH	M-45	00:21:11	21
171	783	00:22:00	Grönke	Willem	B Jugend TuS Nortorf	GER-SH	M-JU16	00:21:46	20
172	228	00:22:01	Corth	Bjarne	Ackrutat	GER-SH	M-JU18	00:21:57	25
173	337	00:22:01	Lehn	Eugen	management systems gmbh	GER-SH	M-40	00:21:50	14
174	745	00:22:01	Nowark	Danny	Team Thullesen	GER-SH	M-JU20	00:21:47	15
175	536	00:22:01	Podp	Tim	Stadt Neumünster	GER-SH	M-JU18	00:21:56	26
176	831	00:22:02	Kasch	Rainer	FF Groß Kummerfeld	GER-SH	M-45	00:21:14	22
177	443	00:22:02	Shafa	Arash	Safety Villa	GER-SH	M-JU16	00:21:57	21
178	193	00:22:03	Blunck	Hagen	Horn + Horn - Ingenieurbüro für Bauwesen	GER-SH	M-40	00:21:45	15
179	375	00:22:03	Rohde	Curt	Oerlikon Neumag	GER-SH	M-55	00:21:52	2
180	894	00:22:07	Fröhlich	Niklas	Theodor-Litt-Schule		M-HK	00:21:47	40
181	420	00:22:08	Puhlmann	Hartwig	Polizei Neumünster	GER-SH	M-55	00:21:27	3
182	779	00:22:08	Cakmak	Hikmet	B Jugend TuS Nortorf	GER-SH	M-JU18	00:21:56	27
183	789	00:22:08	Schmidt	Rouven	B Jugend TuS Nortorf	GER-SH	M-JU18	00:21:54	28
184	788	00:22:09	Scherbarth	Joris	B Jugend TuS Nortorf	GER-SH	M-JU18	00:22:04	29
185	299	00:22:11	Kröger	Ralf	Lauffreuth Ruthenberger SV	GER-SH	M-50	00:21:59	12

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
186	307	00:22:11	Schöllknecht	Luca	Lebenshilfewerk Neumünster GmbH	GER-SH	M-JU16	00:22:09	22
187	49	00:22:15	Seeger	Marco	Team Selck	GER-SH	M-40	00:22:12	16
188	369	00:22:16	Kahnert	Thorsten	Oerlikon Neumag	GER-SH	M-45	00:22:10	23
189	231	00:22:17	Sonnenschein	Sam Tore	Ackrutat	GER-SH	M-JU18	00:22:15	30
190	566	00:22:18	Clasen	Nico	Herbstsonne	GER-SH	M-HK	00:21:53	41
191	726	00:22:19	Vasilyuk	Frederic	Theodor-Litt-Schule	GER-SH	M-JU18	00:21:58	31
192	967	00:22:20	Lohmeier	Julius-Jakob	FF Tungendorf-Dorf	GER-SH	M-HK	00:21:49	42
193	490	00:22:23	Ramm	Timo	GOOD-TIRES	GER-SH	M-JU18	00:22:00	32
194	478	00:22:23	Avotins	Ricards	GOOD-TIRES	GER-SH	M-HK	00:22:16	43
195	153	00:22:28	Schmidt	Arne	Team GummiBusch	GER-SH	M-JU18	00:22:05	33
196	457	00:22:29	Hänfler	Lukas	GHN Handball	GER-SH	M-HK	00:22:04	44
197	53	00:22:29	Falk	Marcus	bk-documents	GER-SH	M-HK	00:22:24	45
198	55	00:22:33	Flamboe	Alexander	bk-documents	GER-SH	M-45	00:22:28	24
199	373	00:22:35	Petersen	Ties	Oerlikon Neumag	GER-SH	M-40	00:22:03	17
200	417	00:22:36	Kohzer	Tim	Polizei Neumünster	GER-SH	M-HK	00:21:56	46
201	463	00:22:37	Loose	Corvin	GHN Handball	GER-SH	M-JU18	00:22:10	34
202	548	00:22:39	Kuhn	Andreas	Steinbach & Partner	GER-SH	M-45	00:21:45	25
203	849	00:22:41	Schnoor	Berge	Transcoject/Transcodent	GER-SH	M-JU18	00:22:16	35
204	558	00:22:41	Steckmess	Eric	Steuerbande	GER-SH	M-JU20	00:22:16	16
205	838	00:22:42	Schmuck	Arne	Team COURIER-Sport	GER-SH	M-45	00:22:32	26
206	107	00:22:43	Hauschildt	Lasse	FF Groß Kummerfeld	GER-SH	M-HK	00:21:49	47
207	501	00:22:43	Kuprat	Christopher	SPD - Das Wir gewinnt	GER-SH	M-HK	00:22:33	48
208	444	00:22:46	Azimi	Fawad	Safety Villa	GER-SH	M-JU20	00:22:41	17
209	773	00:22:46	Kallies	Yannick	TSV Quellenhaupt Bornhöved	GER-SH	M-JU14	00:22:42	6
210	470	00:22:48	Schlottfeldt	Felix	GHN Handball	GER-SH	M-HK	00:22:24	49
211	715	00:22:50	Sommer	Fynn	Theodor-Litt-Schule	GER-SH	M-JU18	00:22:33	36
212	104	00:22:51	Hauschildt	Bosse	FF Groß Kummerfeld	GER-SH	M-HK	00:22:00	50
213	86	00:22:54	Richart	Rene	DB Team Werk Neumünster	GER-SH	M-45	00:22:48	27
214	584	00:22:55	Waschkau	Jan-Niklas	Herbstsonne	GER-SH	M-JU16	00:22:37	23
215	376	00:22:56	Schmidt	Mathis	Oerlikon Neumag	GER-SH	M-HK	00:22:23	51
216	421	00:22:57	Schiffer	Michael	Polizei Neumünster	GER-SH	M-40	00:22:16	18
217	402	00:22:57	Henningsen	Jan	Jessis Pilates Flitzer	GER-SH	M-KU12	00:22:55	2
218	893	00:22:57	Baese	Marvin	VfR Neumünster	GER-SH	M-HK	00:22:03	52
219	825	00:22:58	Sancristobal y Garcia	Neo	Danfoss Power Solutions	GER-SH	M-KU12	00:22:54	3
220	867	00:22:58	Heskamp	Marco	VfR Neumünster	GER-SH	M-HK	00:22:04	53
221	824	00:22:58	Sancristobal y Garcia	Marco	Danfoss Power Solutions	GER-SH	M-40	00:22:54	19
222	812	00:22:58	Ermeling	Alexander	WKS-Laufteam	GER-SH	M-HK	00:22:02	54
223	868	00:22:58	Lawson-Body	Teyi	VfR Neumünster	GER-SH	M-HK	00:22:04	55
224	357	00:22:59	Otto	Sydney	O.t.n Lauflabor	GER-SH	M-HK	00:22:30	56
225	688	00:23:01	Lüdtke	Daniel	Theodor-Litt-Schule	GER-SH	M-JU18	00:22:40	37
226	503	00:23:02	Rieckmann	Björn	SPD - Das Wir gewinnt	GER-SH	M-35	00:22:56	10
227	866	00:23:03	Zimny	Marco	FEK Neumünster	GER-SH	M-40	00:22:33	20
228	595	00:23:05	Krabbe	Steffen	TDL Energie GmbH	GER-SH	M-40	00:22:21	21
229	878	00:23:05	Rosenkranz-Turlon	Thomas	FEK Neumünster	GER-SH	M-50	00:22:40	13
230	593	00:23:05	Gera	Stefan	TDL Energie GmbH	GER-SH	M-35	00:22:21	11
231	126	00:23:05	Ehmcke	Tjark	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU16	00:22:53	24
232	594	00:23:05	Göttsche	Marco	TDL Energie GmbH	GER-SH	M-30	00:22:20	13
233	600	00:23:05	Quambusch	Volker	TDL Energie GmbH	GER-SH	M-50	00:22:18	14
234	133	00:23:06	Johnsen	Sönke	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:23:04	7

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
235	705	00:23:06	Ringwelski	Majkel	Theodor-Litt-Schule	GER-SH	M-JU18	00:22:45	38
236	30	00:23:10	Wiechert	Tom	Assmann GmbH	GER-SH	M-HK	00:22:11	57
237	183	00:23:11	Greve	Mark	Holzland Greve GmbH&Co.KG	GER-SH	M-40	00:22:51	22
238	129	00:23:13	Grothkopp	John	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU16	00:23:05	25
239	768	00:23:16	Stöckhardt	Julian	TSV Aukrug Tischtennis	GER-SH	M-HK	00:22:25	58
240	801	00:23:16	Wannagat	Lucas	Wannagat & Steckmess	GER-SH	M-HK	00:23:05	59
241	195	00:23:18	Sachau	Lars	Horn + Horn - Ingenieurbüro für Bauwesen	GER-SH	M-30	00:23:00	14
242	778	00:23:19	Beth	Tjard	B Jugend TuS Nortorf	GER-SH	M-JU18	00:23:03	39
243	787	00:23:20	Reimers	Lukas	B Jugend TuS Nortorf	GER-SH	M-JU18	00:23:07	40
244	301	00:23:20	Buhrmester	Dennis	Lebenshilfewerk Neumünster GmbH	GER-SH	M-30	00:23:05	15
245	777	00:23:21	Behrens	Michel	B Jugend TuS Nortorf	GER-SH	M-JU18	00:23:04	41
246	273	00:23:21	Rühs	Gonde	KIN GmbH	GER-SH	M-30	00:23:08	16
247	767	00:23:22	Schnoor	Kai	Transcoject/Transcodent	GER-SH	M-50	00:22:58	15
248	980	00:23:25	Rafiee	Gholam Reza	Safety Villa	GER-SH	M-JU18	00:23:24	42
249	811	00:23:25	Eitner	Stefan	WKS-Laufteam	GER-SH	M-45	00:22:27	28
250	338	00:23:26	Ottink	Udo	management systems gmbh	GER-SH	M-45	00:23:14	29
251	808	00:23:26	Thaysen	Jens	Wasser und Verkehrs Kontor GmbH	GER-SH	M-30	00:22:41	17
252	621	00:23:27	Reißner	Matthias	Team Doppel PASS e.V.	GER-SH	M-30	00:22:34	18
253	296	00:23:27	Kayser	Ronny	Kowsky Laufteam	GER-SH	M-35	00:22:52	12
254	72	00:23:29	Gloe	Martin	C. J. Wigger KG	GER-SH	M-45	00:22:48	30
255	103	00:23:31	Hauschildt	André	FF Groß Kummerfeld	GER-SH	M-45	00:22:40	31
256	763	00:23:33	Heesch	Stephan	Transcoject/Transcodent	GER-SH	M-40	00:23:05	23
257	970	00:23:35	Henningsen	Andreas		GER-SH	M-45	00:23:08	32
258	105	00:23:41	Hauschildt	Jan	FF Groß Kummerfeld	GER-SH	M-40	00:22:50	24
259	205	00:23:41	Basse	Ulrich	IBAF Altenpflegeschule	GER-SH	M-60	00:23:02	2
260	692	00:23:42	Max	Niclas	Theodor-Litt-Schule	GER-SH	M-JU18	00:23:34	43
261	12	00:23:44	Ruschkowski	Dirk	Agentur für Arbeit	GER-SH	M-45	00:23:18	33
262	93	00:23:45	Schümann	Frank	Team Doppel PASS e.V.	GER-SH	M-50	00:23:28	16
263	729	00:23:46	Wegner	Jan	Theodor-Litt-Schule	GER-	M-JU18	00:23:16	44
264	227	00:23:46	Althaus	Jan	Ackrutat	GER-SH	M-30	00:23:43	19
265	80	00:23:46	Wind	Roland	C. J. Wigger KG	GER-SH	M-50	00:23:05	17
266	649	00:23:47	Dadrat	Brian	Theodor-Litt-Schule	GER-SH	M-JU18	00:23:39	45
267	223	00:23:48	Ziegler	Stefan	IBAF Altenpflegeschule	GER-SH	M-HK	00:23:12	60
268	835	00:23:48	Raljic	Alexander	Die Hammer-Truppe	GER-SH	M-HK	00:23:05	61
269	855	00:23:49	Hildebrandt	Torben	FEK Neumünster	GER-SH	M-30	00:23:19	20
270	703	00:23:54	Richter	Renan	Theodor-Litt-Schule	GER-SH	M-JU18	00:23:33	46
271	331	00:23:57	Brandherm	Horst	management systems gmbh	GER-SH	M-50	00:23:44	18
272	689	00:24:01	Lüth	Clemens	Theodor-Litt-Schule	GER-SH	M-JU18	00:23:21	47
273	683	00:24:01	Kuzenko	Vitali	Theodor-Litt-Schule	GER-SH	M-JU18	00:23:53	48
274	691	00:24:03	Martin	Finn-Erik	Theodor-Litt-Schule	GER-SH	M-HK	00:23:23	62
275	775	00:24:03	Bartz	Fabian	B Jugend TuS Nortorf	GER-SH	M-JU18	00:23:51	49
276	877	00:24:06	Gärtner	Lennard	Walther-Lehmkuhl-Schule	GER-SH	M-KU8	00:23:39	1
277	796	00:24:06	Gärtner	Markus	Walther-Lehmkuhl-Schule	GER-SH	M-45	00:23:39	34
278	766	00:24:07	Noll	Maximilian	Transcoject/Transcodent	GER-SH	M-HK	00:23:40	63
279	580	00:24:08	Schartner	Paul	Herbstsonne	GER-SH	M-JU16	00:23:50	26
280	530	00:24:09	Kiep	Fabian	Stadt Neumünster	GER-SH	M-HK	00:23:56	64
281	360	00:24:13	Sarnow	Marcel	O.t.n Laufflabor	GER-SH	M-JU20	00:23:44	18
282	108	00:24:13	Warlies	Thomas	FF Groß Kummerfeld	GER-SH	M-HK	00:23:19	65
283	2	00:24:17	Böckenhauer	Jürgen	Agentur für Arbeit	GER-SH	M-50	00:24:10	19

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
284	794	00:24:19	Wieben	Jorge	B Jugend TuS Nortorf	GER-SH	M-JU18	00:24:05	50
285	484	00:24:19	Kramm	Mathias	GOOD-TIRES	GER-SH	M-45	00:24:11	35
286	875	00:24:21	Thoms	Marcel	GHN Handball	GER-SH	M-JU20	00:23:57	19
287	95	00:24:22	Damerow	Bernd	Ehler Ermer & Partner	GER-SH	M-65	00:24:06	1
288	637	00:24:22	Beth	Jörn	Theodor-Litt-Schule	GER-SH	M-50	00:23:49	20
289	359	00:24:24	Ribbeck	Christian	O.t.n Laulfabor	GER-SH	M-HK	00:23:55	66
290	69	00:24:24	Link	Rainer	Die Eiskalten sponsored by NORTEX	GER-SH	M-45	00:23:51	36
291	502	00:24:26	Matthiesen	Frank	SPD - Das Wir gewinnt	GER-SH	M-50	00:24:18	21
292	388	00:24:27	Möllmann	Tobias	Panasonic	GER-SH	M-HK	00:24:18	67
293	800	00:24:28	Wannagat	Henning	Wannagat & Steckmess	GER-SH	M-60	00:24:19	3
294	749	00:24:29	Wehde	Jan-Niklas	Team Thullesen	GER-SH	M-HK	00:24:13	68
295	960	00:24:29	Kurepkat	Thorsten		GER-SH	M-45	00:23:40	37
296	150	00:24:31	Kägi	Oliver	Team GummiBusch	GER-SH	M-35	00:24:02	13
297	348	00:24:31	Lohmann	Otis	Mix-Team	GER-SH	M-JU16	00:23:57	27
298	890	00:24:32	König	Max	FF Tungendorf-Dorf	GER-SH	M-JU20	00:24:00	20
299	822	00:24:32	Lemanczyk	Henning	Danfoss Power Solutions	GER-SH	M-40	00:23:31	25
300	250	00:24:33	Ziemus	Mattis	Isa-Traesko GmbH	GER-SH	M-JU14	00:24:19	8
301	350	00:24:36	Tuttas	Gerhard	Mix-Team	GER-SH	M-65	00:24:16	2
302	899	00:24:37	Jürs	Dennis	Die Hammer-Truppe	GER-SH	M-30	00:23:53	21
303	588	00:24:37	Faron	Daniel	Team Hot Iron	GER-SH	M-HK	00:24:00	69
304	624	00:24:37	Weihmann	Lukas	THE WINIONS	GER-SH	M-KU12	00:23:50	4
305	151	00:24:40	Labusch	Karin	Team GummiBusch	GER-SH	M-50	00:23:52	22
306	837	00:24:41	Riesenberg	Hans-Jürgen	Team COURIER-Sport	GER-SH	M-75	00:24:27	1
307	41	00:24:48	Wesselmann	Burghard	Prisma Runners	GER-SH	M-55	00:24:31	4
308	739	00:24:48	Ewerth	Bastian	Team Thullesen	GER-SH	M-40	00:24:35	26
309	194	00:24:48	Petersen	Olaf	Horn + Horn - Ingenieurbüro für Bauwesen	GER-SH	M-45	00:24:29	38
310	77	00:24:51	Scheer	Uwe	C. J. Wigger KG	GER-SH	M-45	00:24:09	39
311	737	00:24:53	Brandt	Frank	Team Thullesen	GER-SH	M-45	00:24:41	40
312	518	00:24:55	Dittebrandt	Jens	Stadt Neumünster	GER-SH	M-55	00:24:39	5
313	8	00:24:57	Krünitz	Tibor	Agentur für Arbeit	GER-SH	M-35	00:24:13	14
314	556	00:24:57	Rüsch	Timo	Steuerbande	GER-SH	M-HK	00:24:22	70
315	407	00:25:03	Muder	Joachim	Jessis Pilates Flitzer	GER-SH	M-45	00:24:50	41
316	177	00:25:06	Siegfried	Thorben	Herbstsonne	GER-SH	M-HK	00:24:32	71
317	751	00:25:07	Doganlar	Ahmet	Tietjen	GER-SH	M-45	00:25:04	42
318	149	00:25:07	Hoffmann	Henrik	Team GummiBusch	GER-SH	M-HK	00:24:38	72
319	870	00:25:14	Steenblock	Nick	We are family	GER-SH	M-JU14	00:25:01	9
320	275	00:25:14	Stein	Matthias	KIN GmbH	GER-SH	M-50	00:25:01	23
321	56	00:25:14	Flamboe	Jonathan	bk-documents	GER-SH	M-JU14	00:25:10	10
322	752	00:25:15	Esnemez	Ahmet	Tietjen	GER-SH	M-HK	00:24:50	73
323	298	00:25:20	Krebs	Malte	Laufftreff Ruthenberger SV	GER-SH	M-35	00:24:33	15
324	598	00:25:24	Pathirana	Chaminda	TDL Energie GmbH	GER-SH	M-40	00:24:41	27
325	648	00:25:26	Córek	Levent	Theodor-Litt-Schule	GER-SH	M-JU18	00:24:28	51
326	554	00:25:34	Rasch	Nils	Steuerbande	GER-SH	M-HK	00:25:00	74
327	268	00:25:34	Eisfeldt	Jan	Kiek in	GER-SH	M-40	00:25:28	28
328	13	00:25:37	Saatkamp	Jens	Agentur für Arbeit	GER-SH	M-40	00:25:01	29
329	392	00:25:38	Rajagopal	Vinoth Raja	Panasonic	GER-SH	M-HK	00:24:39	75
330	506	00:25:38	Gatzka	Denis	Sporthaus Redler	GER-SH	M-HK	00:25:04	76
331	366	00:25:40	Friedebold	Sönke	Oerlikon Neumag	GER-SH	M-50	00:24:44	24
332	302	00:25:41	Burmeister	Mike	Lebenshilfewerk Neumünster GmbH	GER-SH	M-HK	00:25:39	77

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
333	220	00:25:43	Üzer	Mesut	IBAF Altenpflegeschule	GER-SH	M-HK	00:25:16	78
334	545	00:25:50	Bisping	Jan	Steinbach & Partner	GER-SH	M-30	00:24:54	22
335	764	00:25:53	Lucyga	Ralf	Transcoject/Transcodent	GER-SH	M-50	00:25:27	25
336	98	00:25:54	Klamma	Hendrik	Ehler Ermer & Partner	GER-SH	M-JU20	00:25:23	21
337	123	00:26:00	Bubelach	Lars	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:25:53	11
338	406	00:26:00	Lüthje	Udo	Jessis Pilates Flitzer	GER-SH	M-45	00:25:47	43
339	139	00:26:01	Meise	Dominic	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:25:54	12
340	591	00:26:02	Blumentahl	Christian	TDL Energie GmbH	GER-SH	M-50	00:25:18	26
341	179	00:26:05	Ahrens-Engel	Christian	Holzland Greve GmbH&Co.KG	GER-SH	M-45	00:25:43	44
342	753	00:26:06	Frese	Karsten	Tietjen	GER-SH	M-50	00:26:03	27
343	278	00:26:13	Eitner	Kai	Klinik Klosterstraße GmbH	GER-SH	M-40	00:25:38	30
344	356	00:26:21	Komm	Bernd	O.t.n Lauflabor	GER-SH	M-55	00:25:49	6
345	281	00:26:22	Rodrigo	Munoz-Hencke	Klinik Klosterstraße GmbH	GER-SH	M-65	00:25:43	3
346	561	00:26:22	Steckmess	Thomas	Steuerbande	GER-SH	M-40	00:25:56	31
347	655	00:26:24	Dwinger	Malte	Theodor-Litt-Schule	GER-SH	M-JU18	00:25:44	52
348	587	00:26:26	Blöcker	Oliver	Team Hot Iron	GER-SH	M-45	00:25:47	45
349	100	00:26:27	Siems	Stephan	Ehler Ermer & Partner	GER-SH	M-45	00:25:56	46
350	498	00:26:28	Tebel	Rüdiger	Sparkasse	GER-SH	M-50	00:25:50	28
351	180	00:26:31	Bleich	Kristof	Holzland Greve GmbH&Co.KG	GER-SH	M-JU20	00:26:14	22
352	334	00:26:33	Grüger	Marco	management systems gmbh	GER-SH	M-45	00:25:48	47
353	386	00:26:38	Hentschel	Olaf	Panasonic	GER-SH	M-50	00:26:31	29
354	673	00:26:39	Jarausch	Jonas	Theodor-Litt-Schule	GER-SH	M-JU18	00:26:00	53
355	25	00:26:40	Vonau	Maik	AOK NordWest -Die Gesundheitskasse-	GER-SH	M-40	00:26:04	32
356	21	00:26:40	Albers	Frank	AOK NordWest -Die Gesundheitskasse-	GER-SH	M-50	00:26:03	30
357	64	00:26:42	Wrage	Tim-Lukas	bk-documents	GER-SH	M-JU20	00:26:32	23
358	879	00:26:43	Lillie	Frank	Panasonic	GER-SH	M-45	00:26:19	48
359	389	00:26:44	Pargmann	Hans-Peter	Panasonic	GER-SH	M-60	00:26:37	4
360	57	00:26:45	Genzel	Simon	bk-documents	GER-SH	M-JU20	00:26:35	24
361	819	00:26:45	Dettmann	Florian	Danfoss Power Solutions	GER-SH	M-30	00:26:19	23
362	51	00:26:48	Birkholz	Jörg	bk-documents	GER-SH	M-45	00:26:39	49
363	433	00:26:49	Sievert	Jörg	PSV Neumünster	GER-SH	M-50	00:26:23	31
364	68	00:26:52	Korn	Matthias	Die Eiskalten sponsored by NORTEX	GER-SH	M-50	00:26:21	32
365	65	00:26:52	Bursian	Eik	Die Eiskalten sponsored by NORTEX	GER-SH	M-40	00:26:21	33
366	391	00:26:52	Plate	Wolfgang	Panasonic	GER-SH	M-45	00:26:30	50
367	728	00:26:54	Voß	Tobias	Theodor-Litt-Schule	GER-SH	M-JU18	00:26:23	54
368	411	00:26:58	Taetcke	Tjorben	Jessis Pilates Flitzer	GER-SH	M-KU12	00:26:56	5
369	730	00:26:59	Werner	Leonard	Theodor-Litt-Schule	GER-SH	M-JU18	00:26:27	55
370	954	00:27:00	Haack	Frank	Team Rock 'n Roll	GER-SH	M-45	00:26:01	51
371	110	00:27:01	Frauenstein	Marco	Finanzamt Neumünster	GER-SH	M-30	00:26:06	24
372	189	00:27:05	Sahr	Michael	Holzland Greve GmbH&Co.KG	GER-SH	M-45	00:26:46	52
373	81	00:27:10	Bohnsack	Alexander	DB Team Werk Neumünster	GER-SH	M-30	00:26:40	25
374	658	00:27:11	Frahm	Alexander	Theodor-Litt-Schule	GER-SH	M-JU18	00:27:03	56
375	957	00:27:12	Stogowski	Marcus	Team Rock 'n Roll	GER-SH	M-45	00:26:13	53
376	543	00:27:19	Warnecke	Frank	Stadt Neumünster	GER-SH	M-35	00:26:38	16
377	829	00:27:21	Harms	Matti	FF Groß Kummerfeld	GER-SH	M-JU14	00:26:54	13
378	172	00:27:26	Albrechtsen	Dennis	Herbstsonne	GER-SH	M-HK	00:26:52	79
379	67	00:27:27	Goos	Sven	Die Eiskalten sponsored by NORTEX	GER-SH	M-40	00:26:57	34

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
380	35	00:27:30	Kinscheck	Max	Prisma Runners	GER-SH	M-HK	00:27:12	80
381	830	00:27:31	Harms	Torsten	FF Groß Kummerfeld	GER-SH	M-50	00:26:43	33
382	815	00:27:32	Minaev	Dennis	WKS-Laufteam	GER-SH	M-HK	00:26:34	81
383	17	00:27:34	Weichaus	Daniel	Agentur für Arbeit	GER-SH	M-HK	00:26:38	82
384	397	00:27:38	Selvaraj	Vignesh	Panasonic	GER-SH	M-HK	00:26:38	83
385	453	00:27:39	Didwischus	Jonas	GHN Handball	GER-SH	M-HK	00:26:41	84
386	744	00:27:43	Rekow	Dennis	Team Thullesen	GER-SH	M-35	00:27:29	17
387	496	00:27:46	Minigel	Olaf	Sparkasse	GER-SH	M-55	00:27:04	7
388	532	00:27:48	Liedtke	Michael	Stadt Neumünster	GER-SH	M-55	00:27:28	8
389	805	00:27:50	Jäger	Klaus	Wasser und Verkehrs Kontor GmbH	GER-SH	M-50	00:27:04	34
390	70	00:27:54	Block	Rüdiger	C. J. Wigger KG	GER-SH	M-40	00:27:11	35
391	234	00:27:56	Banck	Thilo	IRON-BANCK	GER-SH	M-50	00:27:21	35
392	317	00:27:59	Langer	Marcus	Lichtblicke	GER-SH	M-55	00:27:20	9
393	818	00:28:03	Stotze	Markus	WKS-Laufteam	GER-SH	M-35	00:27:06	18
394	395	00:28:07	Schetler	Denis	Panasonic	GER-SH	M-35	00:27:42	19
395	398	00:28:07	Steiner	Oliver	Panasonic	GER-SH	M-50	00:27:05	36
396	947	00:28:15	Pieper	Justin		GER-SH	M-JU16	00:27:13	28
397	188	00:28:17	Peters	Marlon	Holzland Greve GmbH&Co.KG	GER-SH	M-HK	00:27:58	85
398	623	00:28:19	Weihmann	Jan	THE WINIONS	GER-SH	M-45	00:27:33	54
399	571	00:28:23	Karayigit	Onur	Herbstsonne	GER-SH	M-JU16	00:27:59	29
400	565	00:28:24	Can	Muhammed	Herbstsonne	GER-SH	M-JU16	00:28:00	30
401	964	00:28:24	May	Bennet		GER-SH	M-JU14	00:27:59	14
402	289	00:28:25	Jurczyk	Alexander	Kowsky Laufteam	GER-SH	M-45	00:28:00	55
403	260	00:28:26	Gauger	Torsten	J. O. Bau GbR	GER-SH	M-50	00:27:38	37
404	269	00:28:26	Otte	Björn	Kiek in	GER-SH	M-35	00:28:17	20
405	88	00:28:30	Steinberg	Ringo	DB Team Werk Neumünster	GER-SH	M-35	00:27:41	21
406	755	00:28:34	Klement	Jonas	Tietjen	GER-SH	M-HK	00:28:10	86
407	761	00:28:42	Wangelin	Yannick	Tietjen	GER-SH	M-HK	00:28:19	87
408	750	00:28:44	Dettbarn	Frank	Tietjen	GER-SH	M-55	00:28:41	10
409	842	00:28:59	Harfst	Uwe	Oerlikon Neumag	GER-SH	M-45	00:28:00	56
410	351	00:29:01	Weber	Axel	Mix-Team	GER-SH	M-40	00:28:27	36
411	211	00:29:12	Nehls	Torge	IBAF Altenpflegeschule	GER-SH	M-30	00:28:32	26
412	309	00:29:12	Schwenßon	Detlef	Lebenshilfewerk Neumünster GmbH	GER-SH	M-45	00:28:55	57
413	160	00:29:13	Bologna	Ronald	Team Hahnknüll	GER-SH	M-55	00:28:21	11
414	399	00:29:16	Tripathi	Arun Pratap	Panasonic	GER-SH	M-35	00:28:16	22
415	889	00:29:17	Vonau	Connor Louis	AOK NordWest -Die Gesundheitskasse-	GER-SH	M-JU14	00:28:41	15
416	896	00:29:17	Vonau	Collin	AOK NordWest -Die Gesundheitskasse-	GER-SH	M-JU16	00:28:40	31
417	607	00:29:17	Attrot	Mathis	Team Attrot	GER-SH	M-30	00:28:50	27
418	609	00:29:17	Attrot	Winfried	Team Attrot	GER-SH	M-60	00:28:50	5
419	114	00:29:20	Müller	Jörn	Finanzamt Neumünster	GER-SH	M-35	00:28:49	23
420	721	00:29:25	Strenner	Dennis	Theodor-Litt-Schule	GER-SH	M-JU18	00:28:26	57
421	710	00:29:25	Schütz	Mark-Kevin	Theodor-Litt-Schule	GER-SH	M-JU18	00:28:25	58
422	300	00:29:26	Neuman	Marc	Laufftreff Ruthenberger SV	GER-SH	M-45	00:28:39	58
423	670	00:29:29	Hoppe	Marvin Bennet	Theodor-Litt-Schule	GER-SH	M-JU18	00:28:59	59
424	617	00:29:33	Schütt	Thorben	Team Doppel PASS e.V.	GER-SH	M-35	00:28:48	24
425	615	00:29:33	Nitschmann	Mirko	Team Doppel PASS e.V.	GER-SH	M-40	00:28:49	37
426	488	00:29:34	Nath	Daniel	GOOD-TIRES	GER-SH	M-30	00:29:12	28
427	311	00:29:39	Wähler	Michael	Lebenshilfewerk Neumünster GmbH	GER-SH	M-30	00:28:55	29

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
428	328	00:29:45	Lööck	Thorge	Lööck Zerspanungstechnik GmbH	GER-	M-40	00:28:55	38
429	349	00:29:47	Reimers	Horst	Mix-Team	GER-SH	M-65	00:29:13	4
430	128	00:29:47	Franz	Juliano	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:29:36	16
431	27	00:29:48	Lange	Jan	Assmann GmbH	GER-SH	M-45	00:28:47	59
432	142	00:29:49	Riecken	Yannick	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:29:41	17
433	643	00:29:53	Bünning	Benjamin	Theodor-Litt-Schule	GER-SH	M-30	00:29:21	30
434	9	00:29:56	Lokau	Michael	Agentur für Arbeit	GER-SH	M-35	00:29:12	25
435	707	00:30:03	Saggau	Tom	Theodor-Litt-Schule	GER-SH	M-JU18	00:29:57	60
436	949	00:30:04	Nielsen	Dirk		GER-SH	M-50	00:29:02	38
437	697	00:30:12	Otto	Heiner	Theodor-Litt-Schule	GER-SH	M-JU18	00:30:07	61
438	537	00:30:17	Richter	Jens	Stadt Neumünster	GER-SH	M-35	00:29:40	26
439	706	00:30:20	Sabahat	Noel	Theodor-Litt-Schule	GER-SH	M-JU18	00:29:22	62
440	216	00:30:21	Schulzek	Dirk	IBAF Altenpflegeschule	GER-SH	M-35	00:29:54	27
441	718	00:30:26	Steffen	Marvin	Theodor-Litt-Schule	GER-SH	M-JU18	00:29:27	63
442	266	00:30:37	Oesinghaus	Marcel	J. O. Bau GbR	GER-SH	M-HK	00:29:51	88
443	486	00:30:41	Lüthje	Ralf	GOOD-TIRES	GER-SH	M-45	00:30:19	60
444	534	00:30:50	Meier	Peter	Stadt Neumünster	GER-SH	M-45	00:30:31	61
445	197	00:30:53	Witt	Andre	Horn + Horn - Ingenieurbüro für Bauwesen	GER-SH	M-HK	00:30:32	89
446	482	00:31:02	Fürst	Andreas	GOOD-TIRES	GER-SH	M-45	00:30:39	62
447	841	00:31:21	Günther	Jörg- Michael	Klinik Klosterstrasse GmbH	GER-SH	M-45	00:30:42	63
448	422	00:31:31	Wagner	Dr. Thomas	Polizei Neumünster	GER-SH	M-55	00:30:50	12
449	526	00:31:34	Janßen	Max	Stadt Neumünster	GER-SH	M-30	00:31:17	31
450	368	00:31:37	Hecht	Udo	Oerlikon Neumag	GER-SH	M-50	00:30:39	39
451	63	00:31:48	von der Heyde	Christoph	bk-documents	GER-SH	M-50	00:31:40	40
452	852	00:32:04	Borau	Roland	FEK Neumünster	GER-SH	M-45	00:31:33	64
453	492	00:32:08	Strehlke	Erol	GOOD-TIRES	GER-SH	M-40	00:31:46	39
454	642	00:32:18	Brodersen	Uwe	Theodor-Litt-Schule	GER-SH	M-60	00:31:21	6
455	267	00:32:26	Plaumann-Bastian	Michael	J. O. Bau GbR	GER-SH	M-50	00:31:39	41
456	324	00:32:30	Wilken	Marvin	Lichtblicke	GER-SH	M-JU20	00:31:53	25
457	173	00:32:42	Brühling	Matthias	Herbstsonne	GER-SH	M-30	00:32:07	32
458	31	00:32:52	Karger	Sven	Banters.Fitness	GER-SH	M-35	00:32:16	28
459	335	00:33:01	Kieckbusch	Lars	management systems gmbh	GER-SH	M-45	00:32:14	65
460	15	00:33:05	Shakchir	Ussal	Agentur für Arbeit	GER-SH	M-HK	00:32:21	90
461	959	00:33:31	Kahnert	Marcel		GER-SH	M-HK	00:32:57	91
462	249	00:33:53	Ziemus	Elmar	Isa-Traesko GmbH	GER-SH	M-40	00:33:10	40
463	379	00:33:53	Agarwal	Abhinav	Panasonic	GER-SH	M-35	00:33:43	29
464	140	00:33:53	Meyer	Antonio	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:33:45	18
465	125	00:33:54	Conrad	Joel Pascal	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:33:46	19
466	155	00:34:04	Wolff	Christian	Team Hahnknüll	GER-SH	M-50	00:33:13	42
467	897	00:34:49	Lüthje	Yanneck	Firma Andreas Fürst	GER-SH	M-KU12	00:34:27	6
468	741	00:35:13	Kawalek	Frank	Team Thullesen	GER-SH	M-50	00:34:31	43
469	743	00:35:15	Poschau	Benjamin	Team Thullesen	GER-SH	M-30	00:34:57	33
470	20	00:35:27	Wittmaack	Deike	Agentur für Arbeit	GER-SH	M-30	00:34:40	34
471	508	00:35:32	Leplow	Elias	Sporthaus Redler	GER-SH	M-HK	00:34:49	92
472	505	00:35:32	Becker	Thilo	Sporthaus Redler	GER-SH	M-HK	00:34:50	93
473	514	00:35:33	Adrian	Timo	Stadt Neumünster	GER-SH	M-HK	00:34:54	94
474	483	00:35:55	Koplin	Rainer	GOOD-TIRES	GER-SH	M-50	00:35:32	44

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## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
475	769	00:35:58	von Tempski	Markus	TSV Aukrug Tischtennis	GER-SH	M-50	00:35:07	45
476	340	00:35:59	Wachholz	Falk	management systems gmbh	GER-SH	M-40	00:35:12	41
477	62	00:38:07	Schulz	Stefan	bk-documents	GER-SH	M-55	00:37:56	13
478	384	00:38:14	Geist	Karlheinz	Panasonic	GER-SH	M-60	00:37:50	7
479	605	00:41:04	Soch	Kai	TDL Energie GmbH	GER-SH	M-45	00:40:19	66
480	592	00:41:04	Fehrs	Daniel	TDL Energie GmbH	GER-SH	M-HK	00:40:20	95
481	196	00:42:00	Stender	Jörg	Horn + Horn - Ingenieurbüro für Bauwesen	GER-SH	M-55	00:41:40	14
482	848	00:42:09	Schiring	Timon	Transcoject/Transcodent	GER-SH	M-HK	00:41:42	96
483	141	00:45:11	Öcel	Malik	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:45:03	20
484	130	00:45:11	Hamann	Joshua	GemS Neumünster-Brachenfeld 7f	GER-SH	M-JU14	00:45:01	21

### Kowsky-Lauf W

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
1	973	00:17:22	Schulz	Johanna	Kowsky-Laufbiester	GER-SH	W-HK	00:17:20	1
2	885	00:17:37	Ehlers	Jessica	Kowsky-Laufbiester	GER-SH	W-HK	00:17:34	2
3	771	00:19:01	Bröcker	Julia	TSV Quellenhaupt Bornhöved	GER-SH	W-JU14	00:18:58	1
4	790	00:19:06	Staben	Tanja	B Jugend TuS Nortorf	GER-SH	W-JU18	00:19:02	1
5	361	00:19:53	Scheel	Xenia	O.t.n Lauflabor	GER-SH	W-JU14	00:19:44	2
6	511	00:19:55	Rüchel	Patricia	Sporthaus Redler	GER-SH	W-HK	00:19:52	3
7	883	00:20:03	Kiel	Kira	Kowsky-Laufbiester	GER-SH	W-HK	00:19:33	4
8	884	00:20:36	Schröder	Kaja	Kowsky-Laufbiester	GER-SH	W-HK	00:20:32	5
9	772	00:20:41	Dohrenbusch	Nele	TSV Quellenhaupt Bornhöved	GER-SH	W-JU14	00:20:37	3
10	276	00:20:45	Angresius	Annkathrin	Klinik Klosterstraße GmbH	GER-SH	W-JU20	00:20:07	1
11	984	00:21:13	Bremer	Fenna	SG ToLe Ole ole	GER-SH	W-JU14	00:21:03	4
12	874	00:21:26	Koopmann	Maja	GHN Handball	GER-SH	W-JU16	00:21:19	1
13	520	00:21:35	Endejan	Birthe	Stadt Neumünster	GER-SH	W-45	00:21:23	1
14	590	00:22:17	Groffmann	Silvia	Team Hot Iron	GER-SH	W-35	00:21:48	1
15	620	00:22:45	Michaeli	Nessi	Team Doppel PASS e.V.	GER-SH	W-35	00:22:35	2
16	37	00:22:50	Trapp	Janina	Prisma Runners	GER-SH	W-HK	00:22:32	6
17	466	00:22:52	Meyer	Farina	GHN Handball	GER-SH	W-JU14	00:22:45	5
18	757	00:22:53	Petera	Maike	Tietjen	GER-SH	W-30	00:22:50	1
19	509	00:23:01	Meinsen	Malena	Sporthaus Redler	GER-SH	W-HK	00:22:57	7
20	42	00:23:09	Wesselmann	Simone	Prisma Runners	GER-SH	W-45	00:22:51	2
21	413	00:23:10	Bock	Theresa	Polizei Neumünster	GER-SH	W-HK	00:22:30	8
22	552	00:23:13	Keidel	Doreen	Steuerbande	GER-SH	W-40	00:23:03	1
23	517	00:23:16	Brüggemann	Dana	Stadt Neumünster	GER-SH	W-30	00:22:21	2
24	675	00:23:17	Jensen	Linda	Theodor-Litt-Schule	GER-SH	W-JU18	00:22:50	2
25	990	00:23:19	Mehl	Wencke	SG ToLe Ole ole	GER-SH	W-JU16	00:23:09	2
26	531	00:23:19	Kunkat	Susanne	Stadt Neumünster	GER-SH	W-45	00:23:06	3
27	440	00:23:20	Kähler	Maike	RuVV Am Halloberg	GER-SH	W-JU18	00:23:08	3
28	439	00:23:21	Janke	Jil	RuVV am Halloberg	GER-SH	W-JU18	00:23:09	4
29	826	00:23:28	Trende	Claudia	Danfoss Power Solutions	GER-SH	W-45	00:23:24	4
30	169	00:23:31	Stolz	Julia	Team Hahnknüll	GER-SH	W-HK	00:22:59	9
31	704	00:23:31	Rieper	Anna	Theodor-Litt-Schule	GER-	W-30	00:22:58	3
32	853	00:23:37	Eichhorst	Frederike	FEK Neumünster	GER-SH	W-30	00:23:24	4
33	119	00:23:41	Wagner	Dorit	Finanzamt Neumünster	GER-SH	W-55	00:23:21	1

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
34	521	00:23:42	Hack	Stefanie	Stadt Neumünster	GER-SH	W-40	00:23:26	2
35	469	00:23:44	Schaffarczyk	Lilian	GHN Handball	GER-SH	W-JU14	00:23:38	6
36	485	00:23:46	Liebner	Irina	GOOD-TIRES	GER-SH	W-35	00:23:39	3
37	401	00:23:50	Henningsen	Annika	Jessis Pilates Flitzer	GER-SH	W-JU16	00:23:48	3
38	272	00:23:51	Neumann	Nadine	KIN GmbH	GER-SH	W-HK	00:23:38	10
39	895	00:23:55	Möller	Rabea	Lichtblicke	GER-SH	W-HK	00:23:20	11
40	898	00:23:55	Schloßbauer	Tessa	FEK Neumünster	GER-SH	W-HK	00:23:28	12
41	214	00:24:00	Savieliute	Gabriele	IBAF Altenpflegeschule	GER-SH	W-HK	00:23:22	13
42	409	00:24:03	Riepen	Silke	Jessis Pilates Flitzer	GER-SH	W-55	00:23:48	2
43	400	00:24:03	Bock	Birte	Jessis Pilates Flitzer	GER-SH	W-50	00:23:48	1
44	109	00:24:07	Ahrens	Carina	Finanzamt Neumünster	GER-SH	W-HK	00:23:34	14
45	656	00:24:15	Eichswald	Ekaterina	Theodor-Litt-Schule	GER-SH	W-JU18	00:24:11	5
46	117	00:24:20	Seidel	Carina	Finanzamt Neumünster	GER-SH	W-HK	00:23:27	15
47	61	00:24:22	Schulz	Ann-Kathrin	bk-documents	GER-SH	W-HK	00:24:14	16
48	122	00:24:26	Bromm	Lilly Louisa	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU14	00:24:21	7
49	33	00:24:30	Spang	Melanie	Banters.Fitness	GER-SH	W-30	00:24:19	5
50	431	00:24:34	Balster	Heike	PSV Neumünster	GER-SH	W-45	00:24:15	5
51	92	00:24:36	Schümann	Annalena	Team Doppel PASS e.V.	GER-SH	W-HK	00:24:19	17
52	807	00:24:38	Thomas	Nadja	Wasser und Verkehrs Kantor GmbH	GER-SH	W-45	00:24:27	6
53	864	00:24:54	Schimkus	Sabine	FEK Neumünster	GER-SH	W-45	00:24:22	7
54	242	00:25:00	Maupoil	Anais	Isa-Traesko GmbH	GER-SH	W-30	00:24:40	6
55	538	00:25:01	Schilf	Sabine	Stadt Neumünster	GER-SH	W-50	00:24:45	2
56	589	00:25:02	Gass	Julia	Team Hot Iron	GER-SH	W-HK	00:24:25	18
57	243	00:25:03	Michel	Juliane	Isa-Traesko GmbH	GER-SH	W-HK	00:24:43	19
58	627	00:25:04	Aktas	Cennet	Theodor-Litt-Schule	GER-SH	W-30	00:24:35	7
59	206	00:25:08	Berger	Angelika	IBAF Altenpflegeschule	GER-SH	W-HK	00:24:28	20
60	233	00:25:09	Banck	Stine	IRON-BANCK	GER-SH	W-JU16	00:24:36	4
61	762	00:25:10	Heesch	Lara	Transcoject/Transcodent	GER-SH	W-JU14	00:24:42	8
62	325	00:25:11	Hahn	Annika	Lieblingsmensch	GER-SH	W-JU18	00:24:51	6
63	467	00:25:16	Nilsson	Lea	GHN Handball	GER-SH	W-JU18	00:24:48	7
64	326	00:25:22	Meyer	Emily	Lieblingsmensch	GER-SH	W-JU18	00:25:01	8
65	971	00:25:27	Henningsen	Ulrike		GER-SH	W-40	00:25:03	3
66	719	00:25:28	Stelling	Nena	Theodor-Litt-Schule	GER-SH	W-JU18	00:25:00	9
67	802	00:25:31	Wannagat	Pia	Wannagat & Steckmess	GER-SH	W-HK	00:25:22	21
68	259	00:25:42	Dekarz	Jana	J. O. Bau GbR	GER-SH	W-45	00:24:56	8
69	994	00:25:47	Voß	Merret	SG ToLe Ole ole	GER-SH	W-JU16	00:25:37	5
70	991	00:25:50	Mohr	Merle	SG ToLe Ole ole	GER-SH	W-JU14	00:25:39	9
71	441	00:25:50	Pohlmann	Marei	RuVV Am Hallohberg	GER-SH	W-JU18	00:25:38	10
72	262	00:25:55	Gugel	Susanne	J. O. Bau GbR	GER-SH	W-50	00:25:44	3
73	625	00:26:00	Adam	Jennifer-Katharina	Theodor-Litt-Schule	GER-SH	W-JU18	00:25:57	11
74	985	00:26:00	Dreyer	Dana	SG ToLe Ole ole	GER-SH	W-JU16	00:25:46	6
75	983	00:26:01	Böker	Lilli Paulina	SG ToLe Ole ole	GER-SH	W-JU14	00:25:47	10
76	756	00:26:03	Kölln	Annette	Tietjen	GER-SH	W-40	00:26:01	4
77	610	00:26:04	Behrens	Jessie	Team Doppel PASS e.V.	GER-SH	W-HK	00:25:57	22
78	647	00:26:07	Claußen	Anna	Theodor-Litt-Schule	GER-SH	W-JU18	00:25:39	12
79	862	00:26:11	Mohr	Britt	FEK Neumünster	GER-SH	W-45	00:25:46	9
80	3	00:26:24	Czerwonka	Martina	Agentur für Arbeit	GER-SH	W-50	00:26:20	4
81	187	00:26:24	Neuberger	Elena	Holzland Greve GmbH&Co.KG	GER-SH	W-HK	00:26:03	23
82	892	00:26:32	Pries	Meike	FF Tungendorf-Dorf	GER-SH	W-HK	00:26:18	24
83	891	00:26:32	Ladewig	Reikja	FF Tungendorf-Dorf	GER-SH	W-HK	00:26:20	25

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
84	432	00:26:35	Künnecke	Sabine	PSV Neumünster	GER-SH	W-50	00:26:18	5
85	102	00:26:38	David	Bianca	FF Groß Kummerfeld	GER-SH	W-40	00:25:45	5
86	888	00:26:40	Schuldt	Claudia	Isa-Traesko GmbH	GER-SH	W-45	00:26:20	10
87	504	00:26:40	Bahnsen	Anna	Sporthaus Redler	GER-SH	W-HK	00:26:37	26
88	806	00:26:42	Schoen	Josephine	Wasser und Verkehrs Kontor GmbH	GER-SH	W-30	00:25:58	8
89	365	00:26:44	Dobrott	Claudia	Oerlikon Neumag	GER-SH	W-40	00:26:17	6
90	856	00:26:45	Hinrichsen	Eva	FEK Neumünster	GER-SH	W-50	00:25:55	6
91	292	00:26:46	Riepen	Sarah	Kowsky Laufteam	GER-SH	W-HK	00:26:23	27
92	52	00:26:46	Birkholz	Nina	bk-documents	GER-SH	W-JU14	00:26:38	11
93	66	00:26:52	Kraft	Anja	Die Eiskalten sponsored by NORTEX	GER-SH	W-50	00:26:19	7
94	992	00:26:53	Molt	Theresa	SG ToLe Ole ole	GER-SH	W-JU14	00:26:43	12
95	152	00:26:53	Peters	Claudia	Team GummiBusch	GER-SH	W-45	00:26:05	11
96	414	00:26:59	Böttke	Finja	Polizei Neumünster	GER-SH	W-HK	00:26:21	28
97	415	00:27:00	Dultmeyer	Kira	Polizei Neumünster	GER-SH	W-HK	00:26:21	29
98	412	00:27:00	Dreilich	Constanze	Polizei Neumünster	GER-SH	W-HK	00:26:23	30
99	346	00:27:01	Voß	Kim	Pillenflitzer	GER-SH	W-JU20	00:26:17	2
100	804	00:27:02	Jäger	Birgit	Wasser und Verkehrs Kontor GmbH	GER-SH	W-45	00:26:16	12
101	956	00:27:05	Stogowski	Katharina	Team Rock´n Roll	GER-SH	W-40	00:26:07	7
102	232	00:27:12	Banck	Ida	IRON-BANCK	GER-SH	W-KU12	00:26:40	1
103	435	00:27:18	Ubert	Conny	PSV Neumünster	GER-SH	W-55	00:27:00	3
104	961	00:27:19	Lehmann	Sarah		GER-SH	W-30	00:26:38	9
105	989	00:27:22	Maas	Henriette	SG ToLe Ole ole	GER-SH	W-JU16	00:27:08	7
106	23	00:27:24	Gera	Daniela	AOK NordWest -Die Gesundheitskasse-	GER-SH	W-30	00:26:49	10
107	404	00:27:27	Klein	Karen	Jessis Pilates Flitzer	GER-SH	W-60	00:27:15	1
108	6	00:27:28	Hartmann	Yvonne	Agentur für Arbeit	GER-SH	W-40	00:26:52	8
109	953	00:27:32	Bultman	Elke		GER-SH	W-45	00:27:18	13
110	993	00:27:32	Schössow	Lisa	SG ToLe Ole ole	GER-SH	W-JU16	00:27:18	8
111	887	00:27:34	Stölting	Lea	FEK Neumünster	GER-SH	W-HK	00:27:01	31
112	873	00:27:34	Rickmann	Thurid	GHN Handball	GER-SH	W-JU14	00:27:28	13
113	952	00:27:37	Budjucky	Marion		GER-SH	W-50	00:27:23	8
114	513	00:27:41	Schulz	Inka	Sporthaus Redler	GER-SH	W-40	00:27:07	9
115	495	00:27:46	Minigel	Martina	Sparkasse	GER-SH	W-50	00:27:05	9
116	235	00:27:52	Krüger	Levke	IRON-BANCK	GER-SH	W-KU10	00:27:20	1
117	948	00:27:59	Nielsen	Julia		GER-SH	W-JU18	00:26:57	13
118	434	00:28:03	Sievert	Katja	PSV Neumünster	GER-SH	W-40	00:27:09	10
119	387	00:28:07	Lardong	Inga	Panasonic	GER-SH	W-35	00:27:43	4
120	735	00:28:07	Bergan-Thullesen	Marion	Team Thullesen	GER-SH	W-50	00:27:59	10
121	171	00:28:08	Will	Martina	Team Hahnknüll	GER-SH	W-50	00:27:59	11
122	986	00:28:08	Kaack	Jette	SG ToLe Ole ole	GER-SH	W-JU16	00:27:52	9
123	634	00:28:08	Bantle	Angelika	Theodor-Litt-Schule	GER-SH	W-55	00:27:31	4
124	546	00:28:11	Frommholz	Julia	Steinbach & Partner	GER-SH	W-35	00:27:16	5
125	529	00:28:13	Karstädt	Janine	Stadt Neumünster	GER-SH	W-HK	00:27:58	32
126	549	00:28:14	Laumer	Christien	Steinbach & Partner	GER-SH	W-JU20	00:27:17	3
127	297	00:28:15	Jass	Maren	Laufftreff Ruthenberger SV	GER-SH	W-45	00:27:28	14
128	651	00:28:19	Dibbern	Hannah	Theodor-Litt-Schule	GER-SH	W-JU18	00:28:10	14
129	622	00:28:19	Weihmann	Dorothe	THE WINIONS	GER-SH	W-40	00:27:29	11
130	515	00:28:21	Baumann	Mary-Ann	Stadt Neumünster	GER-SH	W-30	00:27:26	11
131	270	00:28:22	Wegner	Celina	Kiek in	GER-SH	W-HK	00:28:16	33
132	969	00:28:25	May	Alexandra		GER-SH	W-45	00:28:00	15

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
133	742	00:28:27	Lüders-Schnoor	Ute	Team Thullesen	GER-SH	W-50	00:27:37	12
134	858	00:28:39	Imbeck	Heike	FEK Neumünster	GER-SH	W-45	00:28:07	16
135	736	00:28:46	Biel	Inken	Team Thullesen	GER-SH	W-35	00:28:28	6
136	995	00:28:48	Wittern	Anneke	SG ToLe Ole ole	GER-SH	W-JU16	00:28:33	10
137	857	00:28:54	Hübner	Cristina	FEK Neumünster	GER-SH	W-30	00:28:23	12
138	882	00:28:56	Hansen	Laureena Paula	J. O. Bau GbR	GER-SH	W-JU14	00:28:08	14
139	871	00:28:58	Steenblock	Sonja	We are family	GER-SH	W-35	00:27:59	7
140	5	00:29:06	Gras	Davina	Agentur für Arbeit	GER-SH	W-35	00:28:22	8
141	290	00:29:08	Lill	Wiebke	Kowsky Laufteam	GER-SH	W-45	00:28:12	17
142	164	00:29:13	Bologna	Sabine	Team Hahnknüll	GER-SH	W-55	00:28:21	5
143	116	00:29:14	Ried	Ines	Finanzamt Neumünster	GER-SH	W-30	00:28:43	13
144	40	00:29:19	Warthold	Rachida	Prisma Runners	GER-SH	W-40	00:28:59	12
145	832	00:29:20	Wengrzik	Ramona	FF Groß Kummerfeld	GER-SH	W-40	00:28:32	13
146	11	00:29:26	Ploog	Iris	Agentur für Arbeit	GER-SH	W-35	00:28:39	9
147	347	00:29:31	Holtorf	Ute	Mix-Team	GER-SH	W-60	00:28:58	2
148	616	00:29:33	Nitschmann	Svenja	Team Doppel PASS e.V.	GER-SH	W-40	00:28:49	14
149	557	00:29:35	Schnoor	Annett	Steuerbande	GER-SH	W-45	00:29:31	18
150	99	00:29:39	Nawrot	Sandra	Ehler Ermer & Partner	GER-SH	W-HK	00:29:10	34
151	291	00:29:42	Mohrmann	Jutta	Kowsky Laufteam	GER-SH	W-60	00:28:52	3
152	19	00:29:44	Wetzel	Gisela	Agentur für Arbeit	GER-SH	W-50	00:29:08	13
153	135	00:29:47	Köppen	Jil	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU14	00:29:43	15
154	604	00:29:48	Sievers	Karin	TDL Energie GmbH	GER-SH	W-55	00:29:03	6
155	167	00:29:51	Schröder	Simone	Team Hahnknüll	GER-SH	W-45	00:29:00	19
156	690	00:29:53	Mahjoub	Yasmin	Theodor-Litt-Schule	GER-SH	W-JU18	00:29:21	15
157	258	00:29:54	Burkhardt	Nicole	J. O. Bau GbR	GER-SH	W-40	00:29:05	15
158	294	00:29:59	Schmidt	Nadine	Kowsky Laufteam	GER-SH	W-35	00:29:09	10
159	816	00:30:09	Reimer	Mona	WKS-Laufteam	GER-SH	W-45	00:29:12	20
160	10	00:30:09	Paulsen	Andrea	Agentur für Arbeit	GER-SH	W-50	00:29:19	14
161	464	00:30:12	Mants	Joline	GHN Handball	GER-SH	W-JU14	00:30:05	16
162	94	00:30:20	Schümann	Susanne	Team Doppel PASS e.V.	GER-SH	W-50	00:29:22	15
163	106	00:30:21	Hauschildt	Kerstin	FF Groß Kummerfeld	GER-SH	W-HK	00:29:28	35
164	29	00:30:24	O'Neill	Jennifer	Assmann GmbH	GER-SH	W-35	00:29:23	11
165	280	00:30:25	Lüz	Inna	Klinik Klosterstraße GmbH	GER-SH	W-HK	00:29:47	36
166	79	00:30:25	Wigger	Kerrin	C. J. Wigger KG	GER-SH	W-40	00:29:45	16
167	323	00:30:45	Unfug	Ines	Lichtblicke	GER-SH	W-40	00:30:10	17
168	156	00:30:48	Artmeyer	Inge	Team Hahnknüll	GER-SH	W-60	00:30:00	4
169	465	00:30:50	Meier	Joke	GHN Handball	GER-SH	W-JU14	00:30:31	17
170	254	00:30:50	Bastian	Nika Joana	J. O. Bau GbR	GER-SH	W-KU12	00:30:01	2
171	264	00:30:51	Müller	Malin	J. O. Bau GbR	GER-SH	W-JU16	00:30:04	11
172	354	00:30:54	Hartwigsen	Petra	O.t.n Lauflabor	GER-SH	W-55	00:30:24	7
173	34	00:30:55	Hopp	Kim	Prisma Runners	GER-SH	W-JU20	00:30:37	4
174	186	00:30:57	Napieralla	Mirja	Holzland Greve GmbH&Co.KG	GER-SH	W-HK	00:30:41	37
175	988	00:31:00	Lucas	Beatrice	SG ToLe Ole ole	GER-SH	W-JU16	00:30:44	12
176	982	00:31:00	Bargholz	Jamie	SG ToLe Ole ole	GER-SH	W-JU14	00:30:44	18
177	540	00:31:01	Thiel	Luba	Stadt Neumünster	GER-SH	W-35	00:30:06	12
178	352	00:31:09	Weber	Elke	Mix-Team	GER-SH	W-70	00:30:35	1
179	90	00:31:10	Schulz	Sonja	Team Doppel PASS e.V.	GER-SH	W-35	00:30:11	13
180	22	00:31:10	Blagodir	Regina	AOK NordWest -Die Gesundheitskasse-	GER-SH	W-HK	00:30:36	38
181	38	00:31:11	Trobisch	Melina	Prisma Runners	GER-SH	W-HK	00:30:53	39
182	653	00:31:13	Dobos	Ana-Maria	Theodor-Litt-Schule	GER-SH	W-JU18	00:30:51	16

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
183	159	00:31:17	Drochner	Gesa	Team Hahnknüll	GER-SH	W-35	00:30:28	14
184	279	00:31:20	Häsing	Silke	Klinik Klosterstraße GmbH	GER-SH	W-40	00:30:42	18
185	293	00:31:24	Schiling	Anna	Kowsky Laufteam	GER-SH	W-HK	00:30:34	40
186	851	00:31:24	Blunck-Jochens	Susann	FEK Neumünster	GER-SH	W-45	00:30:51	21
187	734	00:31:25	Bartz	Bianca	Team Thullesen	GER-SH	W-40	00:31:17	19
188	265	00:31:30	Müller	Marion	J. O. Bau GbR	GER-SH	W-40	00:30:44	20
189	524	00:31:34	Hingst	Corinna	Stadt Neumünster	GER-SH	W-40	00:31:18	21
190	544	00:31:34	Weissenbach	Ina	Stadt Neumünster	GER-SH	W-30	00:31:19	15
191	535	00:31:34	Merz	Manuela	Stadt Neumünster	GER-SH	W-30	00:31:19	14
192	945	00:31:45	Dürkop	Imke		GER-SH	W-50	00:31:07	16
193	560	00:31:49	Steckmess	Rebecca	Steuerbande	GER-SH	W-40	00:31:13	22
194	191	00:31:50	Stölten	Sandra	Holzland Greve GmbH&Co.KG	GER-SH	W-40	00:31:29	23
195	541	00:31:52	von Borstel	Angela	Stadt Neumünster	GER-SH	W-30	00:31:21	16
196	288	00:31:53	Havemeister	Jutta	Kowsky Laufteam	GER-SH	W-45	00:31:20	22
197	559	00:31:54	Steckmess	Lena	Steuerbande	GER-SH	W-JU18	00:31:18	17
198	717	00:31:56	Stange	Jennifer	Theodor-Litt-Schule	GER-SH	W-JU18	00:31:18	18
199	437	00:32:02	Blunck	Paula	Die RIDER-GIRLS	GER-SH	W-HK	00:31:20	41
200	987	00:32:05	Kleindienst	Melina	SG ToLe Ole ole	GER-SH	W-JU16	00:31:49	13
201	438	00:32:06	Bolln	Sina	Die RIDER-GIRLS	GER-SH	W-HK	00:31:23	42
202	962	00:32:08	Lichtenberg	Annett		GER-	W-45	00:31:09	23
203	425	00:32:08	Danker	Kristin	Gartenallee	GER-SH	W-35	00:31:16	15
204	166	00:32:10	Potratz	Jacqueline	Team Hahnknüll	GER-SH	W-HK	00:31:22	43
205	599	00:32:10	Pischke	Martina	TDL Energie GmbH	GER-SH	W-40	00:31:24	24
206	539	00:32:12	Sönksen	Regine	Stadt Neumünster	GER-SH	W-40	00:31:57	25
207	633	00:32:12	Aust	Svenja	Theodor-Litt-Schule	GER-SH	W-JU18	00:31:34	19
208	693	00:32:17	Mollenhauer	Alexandra	Theodor-Litt-Schule	GER-SH	W-JU18	00:32:15	20
209	562	00:32:18	Stockfleth	Kathrin	Steuerbande	GER-SH	W-30	00:31:43	17
210	436	00:32:19	Bexkens	Nadja	Die RIDER-GIRLS	GER-SH	W-HK	00:31:37	44
211	555	00:32:19	Rosacker	Lisa	Steuerbande	GER-SH	W-HK	00:31:45	45
212	168	00:32:23	Stölten-Hahn	Maike	Team Hahnknüll	GER-SH	W-45	00:31:31	24
213	854	00:32:23	Hassoun	Nadine	FEK Neumünster	GER-SH	W-HK	00:31:58	46
214	255	00:32:26	Bastian	Simone	J. O. Bau GbR	GER-SH	W-40	00:31:37	26
215	315	00:32:31	Härtel	Anja	Lichtblicke	GER-SH	W-30	00:31:53	18
216	322	00:32:31	Rüschmann	Anne	Lichtblicke	GER-SH	W-HK	00:31:53	47
217	456	00:32:35	Hänfler	Christina	GHN Handball	GER-SH	W-HK	00:32:09	48
218	460	00:32:35	Heeschen	Annika	GHN Handball	GER-SH	W-HK	00:32:09	49
219	668	00:32:37	Heße	Lena	Theodor-Litt-Schule	GER-SH	W-JU18	00:32:08	21
220	685	00:32:37	Levermann	Johanna	Theodor-Litt-Schule	GER-SH	W-JU18	00:32:08	22
221	863	00:32:41	Mohr	Jannika	FEK Neumünster	GER-SH	W-HK	00:32:12	50
222	344	00:32:41	Kerl	Birgit	Pillenflitzer	GER-SH	W-60	00:31:56	5
223	950	00:32:42	Dettmann	Stefanie		GER-SH	W-35	00:32:40	16
224	946	00:32:42	Schröder	Janina		GER-SH	W-30	00:32:40	19
225	178	00:32:42	Zimmermann	Laura Doreen	Herbstsonne	GER-SH	W-JU14	00:32:07	19
226	174	00:32:42	Gedwieschat	Laura-Marie	Herbstsonne	GER-SH	W-JU16	00:32:07	14
227	601	00:32:44	Renk	Grit	TDL Energie GmbH	GER-SH	W-40	00:31:59	27
228	672	00:32:44	Jahn	Celina	Theodor-Litt-Schule	GER-SH	W-JU18	00:32:26	23
229	709	00:32:44	Schulz	Carina	Theodor-Litt-Schule	GER-SH	W-JU18	00:32:35	24
230	218	00:32:50	Stiemke	Janet-Jennifer	IBAF Altenpflegeschule	GER-SH	W-HK	00:32:11	51
231	219	00:32:51	Szymik	Annemarie	IBAF Altenpflegeschule	GER-SH	W-HK	00:32:12	52
232	319	00:33:02	Neumann	Lena	Lichtblicke	GER-SH	W-HK	00:32:27	53
233	343	00:33:04	Holtorf	Sarah	Pillenflitzer	GER-SH	W-HK	00:32:20	54

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# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
234	550	00:33:13	Schymocha	Claudia	Steinbach & Partner	GER-SH	W-50	00:32:16	17
235	118	00:33:22	Selent	Sandra	Finanzamt Neumünster	GER-SH	W-35	00:32:27	17
236	74	00:33:29	Janzen	Sabrina	C. J. Wigger KG	GER-SH	W-HK	00:32:46	55
237	131	00:33:33	Hartmann	Nina	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU14	00:33:22	20
238	121	00:33:33	Besold	Natasha	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU14	00:33:23	21
239	157	00:33:42	Assmussen	Tina	Team Hahnknüll	GER-SH	W-50	00:32:52	18
240	163	00:33:42	Lux	Berit	Team Hahnknüll	GER-SH	W-45	00:32:52	25
241	237	00:33:52	Barth	Hannah	Isa-Traesko GmbH	GER-SH	W-KU8	00:33:11	1
242	4	00:34:17	Fechner	Brigitte	Agentur für Arbeit	GER-SH	W-60	00:33:24	6
243	491	00:34:18	Riecken	Jenifer	GOOD-TIRES	GER-SH	W-30	00:33:56	20
244	184	00:34:24	Grunwald	Saskia	Holzland Greve GmbH&Co.KG	GER-SH	W-35	00:34:02	18
245	161	00:34:25	Hoppe	Kerstin	Team Hahnknüll	GER-SH	W-30	00:33:34	21
246	695	00:34:36	Nefzi	Hiba	Theodor-Litt-Schule	GER-SH	W-JU18	00:33:39	25
247	631	00:34:36	Aßmus	Jennifer	Theodor-Litt-Schule	GER-SH	W-JU18	00:33:39	26
248	208	00:34:42	Bogolnicki	Celina	IBAF Altenpflegeschule	GER-SH	W-JU20	00:34:05	5
249	207	00:34:43	Bock	Simone	IBAF Altenpflegeschule	GER-SH	W-30	00:34:06	22
250	236	00:34:46	Ahrensmeier	Sonja	Isa-Traesko GmbH	GER-SH	W-40	00:34:02	28
251	850	00:34:53	Aaroe	Michaela	FEK Neumünster	GER-SH	W-40	00:34:22	29
252	708	00:35:00	Schubert	Kimberley	Theodor-Litt-Schule	GER-SH	W-JU18	00:34:38	27
253	748	00:35:14	Tietjen	Iris	Team Thullesen	GER-SH	W-50	00:34:31	19
254	28	00:35:18	Nobis	Tina	Assmann GmbH	GER-SH	W-HK	00:34:17	56
255	26	00:35:18	Frank	Michelle	Assmann GmbH	GER-SH	W-HK	00:34:17	57
256	958	00:35:32	Frauenstein	Anna-Lena		GER-SH	W-HK	00:34:53	58
257	810	00:35:32	Berg	Olga	WKS-Laufteam	GER-SH	W-35	00:34:36	19
258	201	00:35:46	Kayser	Milena	Flashdancer	GER-SH	W-HK	00:34:50	59
259	202	00:35:46	Kirsch	Katrin	Flashdancer	GER-SH	W-HK	00:34:50	60
260	200	00:35:46	Karwat	Janna	Flashdancer	GER-SH	W-HK	00:34:50	61
261	198	00:35:46	Baganz	Imke	Flashdancer	GER-SH	W-HK	00:34:50	62
262	199	00:35:47	Hochleitner	Yvonne	Flashdancer	GER-SH	W-HK	00:34:50	63
263	203	00:35:47	Petz	Julia	Flashdancer	GER-SH	W-30	00:34:51	23
264	329	00:35:56	Selck	Christine	Löock Zerspanungstechnik GmbH	GER-	W-35	00:35:06	20
265	770	00:35:57	von Tempski	Petra	TSV Aukrug Tischtennis	GER-SH	W-40	00:35:06	30
266	797	00:36:05	Holm	Luisa	Wannagat & Steckmess	GER-SH	W-HK	00:35:56	64
267	71	00:36:05	Böttger	Jasmin	C. J. Wigger KG	GER-SH	W-30	00:35:22	24
268	428	00:36:18	Lahu	Dafina	Gartenallee	GER-SH	W-JU20	00:35:24	6
269	424	00:36:18	Cengiz	Rabia	Gartenallee	GER-SH	W-JU20	00:35:24	7
270	426	00:36:19	Hansen	Sandra	Gartenallee	GER-SH	W-HK	00:35:24	65
271	430	00:36:19	Rother	Anika	Gartenallee	GER-SH	W-30	00:35:24	25
272	423	00:36:19	Buterus	Aleftina	Gartenallee	GER-SH	W-HK	00:35:26	66
273	427	00:36:19	Kohls	Jessica	Gartenallee	GER-SH	W-HK	00:35:26	67
274	46	00:36:21	Bergemann	Beate	Team Selck	GER-SH	W-45	00:36:18	26
275	480	00:36:50	Dusek	Katja	GOOD-TIRES	GER-SH	W-35	00:36:26	21
276	1	00:37:19	Baehr	Sandra	Agentur für Arbeit	GER-SH	W-35	00:36:26	22
277	489	00:37:48	Ramm	Steffi	GOOD-TIRES	GER-SH	W-HK	00:37:25	68
278	120	00:38:31	Asböck	Joall Maria	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU14	00:38:26	22
279	136	00:38:31	Lüdtke	Nora	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU14	00:38:27	23
280	137	00:38:31	Lunburg	Enya	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU14	00:38:26	24



# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

Pos	StNr	Gesamt	Name	Vorname	Verein / Ort	Nat.	Alters- Klasse	Netto	Pos AK
281	606	00:38:46	Wulf	Katrin	TDL Energie GmbH	GER-SH	W-45	00:37:59	27
282	143	00:38:57	Schenck	Anna	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU14	00:38:47	25
283	145	00:38:58	Türkmen	Dilara	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU14	00:38:47	26
284	147	00:38:59	Vogt	Celina	GemS Neumünster-Brachenfeld 7f	GER-SH	W-JU16	00:38:48	15
285	165	00:39:24	Neitzel	Dana	Team Hahnknüll	GER-SH	W-40	00:38:33	31
286	698	00:39:26	Overath	Bianca	Theodor-Litt-Schule	GER-SH	W-JU18	00:38:33	28
287	650	00:39:26	Delfs	Katharina	Theodor-Litt-Schule	GER-SH	W-JU18	00:38:33	29
288	305	00:39:59	Kühnert	Janina	Lebenshilfwerk Neumünster GmbH	GER-SH	W-HK	00:39:04	69
289	312	00:39:59	Walle	Kristin	Lebenshilfwerk Neumünster GmbH	GER-SH	W-50	00:39:04	20
290	306	00:39:59	Riedel	J. Mareike	Lebenshilfwerk Neumünster GmbH	GER-SH	W-HK	00:39:04	70
291	696	00:40:50	Novikova	Angelina	Theodor-Litt-Schule	GER-SH	W-JU18	00:40:21	30
292	602	00:45:59	Rosolowsky	Renate	TDL Energie GmbH	GER-SH	W-50	00:45:08	21

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