



## 9. Kowsky Team- und Firmenlauf

31. August 2018

### Ergebnis M / W - gesamt

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

##### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name         | Vorname        | Verein / Ort                    | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|--------------|----------------|---------------------------------|--------|-------------------|----------|--------|
| 1   | 41   | 00:15:46 | Reuter       | Benjamin       | Benjamin Reuter Laptopservice   | GER-SH | M-30              | 00:15:45 | 1      |
| 2   | 518  | 00:16:05 | Frahm        | Michael        | Kleintierklinik Wasbek          | GER-SH | M-30              | 00:16:02 | 2      |
| 3   | 42   | 00:16:31 | Riebe        | Christopher    | Benjamin Reuter Laptopservice   | GER-SH | M-HK              | 00:16:28 | 1      |
| 4   | 548  | 00:16:33 | Michaeli     | Marcel Dominic | Knuth Laufmaschinen             | GER-SH | M-40              | 00:16:31 | 1      |
| 5   | 845  | 00:16:42 | Arnold       | Jan            | Theodor-Litt-Schule             | GER-SH | M-50              | 00:16:39 | 1      |
| 6   | 74   | 00:17:02 | Reinke       | Sascha         | Brockmann Recycling GmbH        | GER-SH | M-40              | 00:17:00 | 2      |
| 7   | 214  | 00:17:10 | Stock        | Marcel         | Famila                          | GER-SH | M-HK              | 00:17:07 | 2      |
| 8   | 892  | 00:17:23 | Richter      | Björn          | Theodor-Litt-Schule             | GER-SH | M-40              | 00:17:21 | 3      |
| 9   | 576  | 00:17:27 | Guhl         | Leon           | Lebenshilfewerk Neumünster GmbH | GER-SH | M-HK              | 00:17:24 | 3      |
| 10  | 659  | 00:17:35 | Schmidt      | Otto           | O.t.n Lauflabor                 | GER-SH | M-HK              | 00:17:32 | 4      |
| 11  | 983  | 00:17:38 | Jochim       | Edvard         | O.t.n Lauflabor                 | GER-SH | M-30              | 00:17:35 | 3      |
| 12  | 149  | 00:17:43 | Blunck       | Henner         | dekorat Rahmenwerkstatt         | GER-SH | M-JU18            | 00:17:41 | 1      |
| 13  | 148  | 00:17:43 | Blunck       | Fiete          | dekorat Rahmenwerkstatt         | GER-SH | M-JU20            | 00:17:35 | 1      |
| 14  | 649  | 00:17:43 | Haß          | Moritz         | O.t.n Lauflabor                 | GER-SH | M-HK              | 00:17:40 | 5      |
| 15  | 428  | 00:17:43 | Sträter      | Timo           | Imkeandj                        | GER-SH | M-35              | 00:17:38 | 1      |
| 16  | 690  | 00:17:47 | Tügel        | Christian      | Oerlikon Neumag                 | GER-SH | M-30              | 00:17:45 | 4      |
| 17  | 896  | 00:17:51 | Rusch        | Philipp        | Theodor-Litt-Schule             | GER-SH | M-JU18            | 00:17:44 | 2      |
| 18  | 665  | 00:17:52 | Weingarten   | Dr. Marco      | O.t.n Lauflabor                 | GER-SH | M-45              | 00:17:49 | 1      |
| 19  | 932  | 00:17:57 | Schnoor      | Berge          | Transcoject GmbH                | GER-SH | M-JU20            | 00:17:30 | 2      |
| 20  | 62   | 00:18:03 | Lott         | Niklas         | bk documents GmbH               | GER-SH | M-HK              | 00:17:55 | 6      |
| 21  | 857  | 00:18:09 | Clausen      | Jürgen         | Theodor-Litt-Schule             | GER-SH | M-55              | 00:18:07 | 1      |
| 22  | 577  | 00:18:13 | Hoffmann     | Matthias       | Lebenshilfewerk Neumünster GmbH | GER-SH | M-30              | 00:18:12 | 5      |
| 23  | 86   | 00:18:14 | Wiens        | Gerrit         | BSG Sparkasse Südholstein       | GER-SH | M-30              | 00:18:05 | 6      |
| 24  | 431  | 00:18:20 | Valentin     | Kay            | Imkeandj                        | GER-SH | M-35              | 00:18:14 | 2      |
| 25  | 584  | 00:18:20 | Schöllknecht | Marco          | Lebenshilfewerk Neumünster GmbH | GER-SH | M-45              | 00:18:19 | 2      |
| 26  | 949  | 00:18:29 | Bente        | Joris          | VFR Neumünster                  | GER-SH | M-JU14            | 00:18:28 | 1      |
| 27  | 458  | 00:18:30 | Boden        | Dennis         | J.A.G. Metallbau GmbH           | GER-SH | M-30              | 00:18:11 | 7      |
| 28  | 612  | 00:18:32 | Buchhorn     | Thais          | ms management                   | GER-SH | M-35              | 00:18:05 | 3      |
| 29  | 397  | 00:18:32 | Haberkorn    | Bjarne         | Holstenschule Neumünster        | GER-SH | M-JU14            | 00:18:31 | 2      |
| 30  | 398  | 00:18:40 | Hamann       | Noel           | Holstenschule Neumünster        | GER-SH | M-JU14            | 00:18:39 | 3      |
| 31  | 546  | 00:18:41 | Knuth        | Kristian       | Knuth Laufmaschinen             | GER-SH | M-HK              | 00:18:34 | 7      |
| 32  | 626  | 00:18:42 | Hoppmann     | Carsten        | netzkontor nord gmbh            | GER-SH | M-HK              | 00:18:19 | 8      |
| 33  | 388  | 00:18:44 | Höhn         | Malte          | Höhn                            | GER-SH | M-JU18            | 00:18:28 | 3      |
| 34  | 586  | 00:18:45 | Simon        | Jann Erik      | Lebenshilfewerk Neumünster GmbH | GER-SH | M-HK              | 00:18:43 | 9      |
| 35  | 784  | 00:18:46 | Erdogdu      | Abdullah       | Sporthaus Redler                | GER-SH | M-HK              | 00:18:34 | 10     |
| 36  | 274  | 00:18:46 | Rühmann      | Jan Niklas     | FIRST REISEBÜRO<br>Neumünster   | GER-SH | M-JU20            | 00:18:33 | 3      |
| 37  | 389  | 00:18:47 | Höhn         | Torge          | Höhn                            | GER-SH | M-JU16            | 00:18:31 | 1      |
| 38  | 830  | 00:18:50 | Wolfgramm    | Bjarne         | SVT-Handball MJE                | GER-SH | M-JU18            | 00:18:48 | 4      |

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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-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-----------------------|-------------|---------------------------------|--------|-------------------|----------|--------|
| 39  | 842  | 00:18:51 | Schlotfeldt           | Michael     | Team Schlotfeldt                | GER-SH | M-45              | 00:18:40 | 3      |
| 40  | 695  | 00:18:55 | Castillo              | Rolando     | Panasonic                       | GER-SH | M-35              | 00:18:38 | 4      |
| 41  | 133  | 00:18:56 | Gehring               | Sebastian   | Danfoss Power Solutions         | GER-SH | M-35              | 00:18:46 | 5      |
| 42  | 189  | 00:18:57 | Domnick               | Klaus       | Ehler Ermer & Partner           | GER-SH | M-65              | 00:18:54 | 1      |
| 43  | 43   | 00:18:57 | Schlüter              | Martin      | Benjamin Reuter Laptopservice   | GER-SH | M-30              | 00:18:55 | 8      |
| 44  | 956  | 00:18:58 | Hansen                | Jan-Erik    | VFR Neumünster                  | GER-SH | M-JU14            | 00:18:57 | 4      |
| 45  | 355  | 00:18:59 | Ehlers                | Volker      | GOODTIRES                       | GER-SH | M-50              | 00:18:46 | 2      |
| 46  | 549  | 00:19:00 | Rohwer                | Matthias    | Knuth Laufmaschinen             | GER-SH | M-40              | 00:18:56 | 4      |
| 47  | 952  | 00:19:01 | Blöcker               | Bo          | VFR Neumünster                  | GER-SH | M-JU14            | 00:18:59 | 5      |
| 48  | 134  | 00:19:08 | Hoffmann              | Mats-Niklas | Danfoss Power Solutions         | GER-SH | M-HK              | 00:18:58 | 11     |
| 49  | 6    | 00:19:13 | Will                  | Thomas      | ALG VFL Bokel                   | GER-SH | M-45              | 00:19:10 | 4      |
| 50  | 804  | 00:19:15 | Nitschmann            | Mirko       | Stadt Neumünster                | GER-SH | M-45              | 00:19:02 | 5      |
| 51  | 770  | 00:19:17 | Berndt                | Daniel      | SH-Fitness                      | GER-SH | M-40              | 00:19:07 | 5      |
| 52  | 140  | 00:19:17 | Sancristobal y Garcia | Marco       | Danfoss Power Solutions         | GER-SH | M-40              | 00:19:14 | 6      |
| 53  | 407  | 00:19:18 | Schmikus              | Jan         | Holstenschule Neumünster        | GER-SH | M-KU12            | 00:19:16 | 1      |
| 54  | 667  | 00:19:20 | Bergmann              | Peter       | Oerlikon Neumag                 | GER-SH | M-30              | 00:19:15 | 9      |
| 55  | 587  | 00:19:23 | Stave                 | Olaf        | Lebenshilfewerk Neumünster GmbH | GER-SH | M-45              | 00:19:22 | 6      |
| 56  | 737  | 00:19:27 | Kretzschmer           | Danny       | Powerfabrik                     | GER-SH | M-30              | 00:19:20 | 10     |
| 57  | 1006 | 00:19:28 | Brockmann             | Andre       | TSV Breitenberg                 | GER-SH | M-HK              | 00:19:18 | 12     |
| 58  | 634  | 00:19:28 | Först                 | Kai         | Nortex Laufteam                 | GER-SH | M-30              | 00:19:10 | 11     |
| 59  | 968  | 00:19:28 | Ermeling              | Alex        | WKS Laufteam                    | GER-SH | M-HK              | 00:19:18 | 13     |
| 60  | 958  | 00:19:29 | Keidel                | Matteo      | VFR Neumünster                  | GER-SH | M-JU14            | 00:19:28 | 6      |
| 61  | 112  | 00:19:29 | Lehnert               | Wilfried    | Christus Centrum Neumünster     | GER-SH | M-60              | 00:19:27 | 1      |
| 62  | 953  | 00:19:31 | Boxberger             | Paul        | VFR Neumünster                  | GER-SH | M-JU14            | 00:19:29 | 7      |
| 63  | 973  | 00:19:31 | Romeikat              | Florian     | WKS Laufteam                    | GER-SH | M-HK              | 00:19:05 | 14     |
| 64  | 352  | 00:19:31 | Bark                  | Marcus      | GOODTIRES                       | GER-SH | M-50              | 00:19:28 | 3      |
| 65  | 408  | 00:19:32 | Schulze               | Lucas       | Holstenschule Neumünster        | GER-SH | M-JU14            | 00:19:31 | 8      |
| 66  | 490  | 00:19:33 | Veeramalai            | Rameshkumar | Jasmin Infotech                 | GER-SH | M-HK              | 00:19:17 | 15     |
| 67  | 742  | 00:19:34 | Müller                | Marco       | Powerfabrik                     | GER-SH | M-40              | 00:19:26 | 7      |
| 68  | 446  | 00:19:35 | Taedcke               | Marco       | Isa-Traesko GmbH                | GER-SH | M-JU20            | 00:19:09 | 4      |
| 69  | 562  | 00:19:35 | Koops                 | Christopher | Kowsky Laufteam                 | GER-SH | M-HK              | 00:18:22 | 16     |
| 70  | 686  | 00:19:38 | Reeck                 | Thomas      | Oerlikon Neumag                 | GER-SH | M-50              | 00:19:33 | 4      |
| 71  | 607  | 00:19:39 | Tamm                  | Kai-Uwe     | Mikrorun                        | GER-SH | M-55              | 00:19:37 | 2      |
| 72  | 957  | 00:19:41 | Henningsen            | Jan         | VFR Neumünster                  | GER-SH | M-JU14            | 00:19:39 | 9      |
| 73  | 543  | 00:19:43 | Arndt                 | Teemu       | Knuth Laufmaschinen             | GER-SH | M-HK              | 00:19:37 | 17     |
| 74  | 706  | 00:19:45 | Schumann              | Jörg        | Panasonic                       | GER-SH | M-40              | 00:19:40 | 8      |
| 75  | 406  | 00:19:50 | Rehder                | Daniel      | Holstenschule Neumünster        | GER-SH | M-35              | 00:19:15 | 6      |
| 76  | 820  | 00:19:53 | Lohse                 | Simon       | Purple Pegasus                  | GER-SH | M-JU18            | 00:19:36 | 5      |
| 77  | 273  | 00:19:56 | Riehemann             | Justus      | FIRST REISEBÜRO<br>Neumünster   | GER-SH | M-JU18            | 00:19:40 | 6      |
| 78  | 262  | 00:19:58 | Voigt                 | Jens        | Finanzamt Neumünster            | GER-SH | M-45              | 00:19:48 | 7      |
| 79  | 269  | 00:19:59 | Godbersen             | Tom         | FIRST REISEBÜRO<br>Neumünster   | GER-SH | M-JU18            | 00:19:45 | 7      |
| 80  | 730  | 00:20:03 | Born                  | Sönke       | Powerfabrik                     | GER-SH | M-HK              | 00:19:22 | 18     |
| 81  | 840  | 00:20:10 | Schlotfeldt           | Felix       | Team Schlotfeldt                | GER-SH | M-HK              | 00:19:58 | 19     |
| 82  | 990  | 00:20:11 | Gerths                | Pascal      | DB Werk Neumünster              | GER-SH | M-HK              | 00:20:06 | 20     |
| 83  | 309  | 00:20:22 | Johannsen             | Pit         | Gemeinschaftsschule Nortorf     | GER-SH | M-JU14            | 00:20:12 | 10     |
| 84  | 327  | 00:20:22 | Themm                 | Kjell Thore | Gemeinschaftsschule Nortorf     | GER-SH | M-JU14            | 00:20:12 | 11     |
| 85  | 210  | 00:20:23 | Glage                 | Kai         | Famila                          | GER-SH | M-45              | 00:20:19 | 8      |
| 86  | 547  | 00:20:23 | Kutzner               | Mike        | Knuth Laufmaschinen             | GER-SH | M-50              | 00:20:16 | 5      |
| 87  | 704  | 00:20:24 | Schäle                | Nils        | Panasonic                       | GER-SH | M-40              | 00:20:11 | 9      |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name        | Vorname       | Verein / Ort                         | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-------------|---------------|--------------------------------------|--------|-------------------|----------|--------|
| 88  | 1044 | 00:20:25 | Gretenkort  | Jaro          | Neumünster                           | GER-SH | M-KU12            | 00:20:23 | 2      |
| 89  | 153  | 00:20:25 | Schümann    | Torben        | dekorat Rahmenwerkstatt              | GER-SH | M-HK              | 00:20:12 | 21     |
| 90  | 841  | 00:20:27 | Schlotfeldt | Max           | Team Schlotfeldt                     | GER-SH | M-KU12            | 00:20:14 | 3      |
| 91  | 391  | 00:20:27 | Schulz      | Stefan        | Höhn                                 | GER-   | M-50              | 00:20:11 | 6      |
| 92  | 630  | 00:20:29 | Seehaus     | Daniel        | netzkontor nord gmbh                 | GER-SH | M-HK              | 00:20:07 | 22     |
| 93  | 129  | 00:20:35 | Trautmann   | Phillipp      | Christus Centrum Neumünster          | GER-SH | M-30              | 00:20:26 | 12     |
| 94  | 617  | 00:20:39 | Lenk        | Johannes      | ms management                        | GER-SH | M-30              | 00:20:11 | 13     |
| 95  | 680  | 00:20:40 | Meyer       | Frank         | Oerlikon Neumag                      | GER-SH | M-50              | 00:20:31 | 7      |
| 96  | 999  | 00:20:42 | Leplow      | Jakob         | Converse                             | GER-SH | M-JU20            | 00:20:26 | 5      |
| 97  | 606  | 00:20:47 | Tamm        | Joshua        | Mikrorun                             | GER-SH | M-JU16            | 00:20:44 | 2      |
| 98  | 427  | 00:20:47 | Mohr        | Jan-Christoph | Imkeandj                             | GER-SH | M-35              | 00:20:41 | 7      |
| 99  | 613  | 00:20:49 | Delfs       | Torben        | ms management                        | GER-SH | M-30              | 00:20:22 | 14     |
| 100 | 598  | 00:20:50 | Schwarz     | Roman         | Leserkreis Daheim/Neumünster         | GER-SH | M-55              | 00:20:41 | 3      |
| 101 | 271  | 00:20:51 | Hartleib    | Oliver        | FIRST REISEBÜRO<br>Neumünster        | GER-SH | M-45              | 00:20:35 | 9      |
| 102 | 581  | 00:20:51 | Möldner     | Paul          | Lebenshilfewerk Neumünster<br>GmbH   | GER-SH | M-HK              | 00:20:47 | 23     |
| 103 | 246  | 00:20:52 | Renger      | Stefan        | Feuerwehr Groß Kummerfeld            | GER-SH | M-30              | 00:20:31 | 15     |
| 104 | 685  | 00:20:52 | Radzanowski | Henrik        | Oerlikon Neumag                      | GER-SH | M-35              | 00:20:46 | 8      |
| 105 | 646  | 00:20:53 | Gülbay      | Enes          | O.t.n Lauflabor                      | GER-SH | M-HK              | 00:20:44 | 24     |
| 106 | 919  | 00:20:54 | Stein       | Mario         | Tietgen Haustechnik GmbH             | GER-SH | M-50              | 00:20:48 | 8      |
| 107 | 170  | 00:20:54 | Johannsen   | Melf          | Druckzentrum/DFN<br>Neumünster       | GER-SH | M-30              | 00:20:22 | 16     |
| 108 | 633  | 00:20:54 | De Veer     | Tim           | Nortex Laufteam                      | GER-SH | M-HK              | 00:20:36 | 25     |
| 109 | 555  | 00:20:54 | Klindt      | Matthis       | Koepsell Nutzfahrzeuge GmbH          | GER-SH | M-HK              | 00:20:11 | 26     |
| 110 | 143  | 00:20:56 | Weiss       | Wilfried      | Danfoss Power Solutions              | GER-SH | M-50              | 00:20:42 | 9      |
| 111 | 3    | 00:20:58 | Schuhmacher | Tim           | Ackrutat                             | GER-SH | M-HK              | 00:20:26 | 27     |
| 112 | 963  | 00:20:58 | Adam        | Norbert       | WEISSER RING e.V.<br>Außenstelle NMS | GER-SH | M-65              | 00:20:56 | 2      |
| 113 | 966  | 00:20:59 | Püschel     | Detlef        | WEISSER RING e.V.<br>Außenstelle NMS | GER-SH | M-55              | 00:20:42 | 4      |
| 114 | 689  | 00:21:02 | Thoms       | Holger        | Oerlikon Neumag                      | GER-SH | M-45              | 00:20:55 | 10     |
| 115 | 426  | 00:21:04 | Gerdes      | Reenhard      | Imkeandj                             | GER-SH | M-55              | 00:20:59 | 5      |
| 116 | 645  | 00:21:04 | Gass        | Hendrik       | O.t.n Lauflabor                      | GER-SH | M-HK              | 00:20:43 | 28     |
| 117 | 382  | 00:21:05 | Niehaus     | Björn         | Happy Feet                           | GER-SH | M-40              | 00:20:48 | 10     |
| 118 | 1043 | 00:21:05 | Wutzke      | Dirk          | LF-Wu                                | GER-SH | M-45              | 00:20:43 | 11     |
| 119 | 447  | 00:21:07 | Voß         | Benjamin      | Isa-Traesko GmbH                     | GER-SH | M-35              | 00:20:42 | 9      |
| 120 | 682  | 00:21:07 | Petersen    | Dr. Ties      | Oerlikon Neumag                      | GER-SH | M-40              | 00:20:46 | 11     |
| 121 | 434  | 00:21:08 | Bortmann    | Nick          | Isa-Traesko GmbH                     | GER-SH | M-HK              | 00:20:43 | 29     |
| 122 | 243  | 00:21:10 | Kasch       | Rainer        | Feuerwehr Groß Kummerfeld            | GER-SH | M-50              | 00:20:40 | 10     |
| 123 | 185  | 00:21:11 | Chmielewski | Tadeusz       | Edeka Nord                           | GER-SH | M-30              | 00:20:52 | 17     |
| 124 | 268  | 00:21:11 | Godbersen   | Ralph         | FIRST REISEBÜRO<br>Neumünster        | GER-SH | M-50              | 00:20:56 | 11     |
| 125 | 445  | 00:21:12 | Schubert    | Kevin         | Isa-Traesko GmbH                     | GER-SH | M-HK              | 00:20:47 | 30     |
| 126 | 816  | 00:21:14 | Frauzem     | Collin        | Purple Pegasus                       | GER-SH | M-HK              | 00:20:56 | 31     |
| 127 | 724  | 00:21:15 | Schifter    | Michael       | Polizei Neumünster                   | GER-SH | M-45              | 00:21:08 | 12     |
| 128 | 270  | 00:21:17 | Harder      | Jannis        | FIRST REISEBÜRO<br>Neumünster        | GER-SH | M-HK              | 00:21:03 | 32     |
| 129 | 891  | 00:21:22 | Rabe        | Kyrell        | Theodor-Litt-Schule                  | GER-SH | M-JU18            | 00:21:15 | 8      |
| 130 | 588  | 00:21:23 | Stave       | Torben        | Lebenshilfewerk Neumünster<br>GmbH   | GER-SH | M-45              | 00:21:19 | 13     |
| 131 | 512  | 00:21:24 | Rühs        | Gonde         | KIN GmbH                             | GER-SH | M-35              | 00:21:02 | 10     |
| 132 | 436  | 00:21:25 | Hahn        | Mark          | Isa-Traesko GmbH                     | GER-SH | M-35              | 00:20:58 | 11     |
| 133 | 625  | 00:21:25 | Wolff       | Sönke         | ms management                        | GER-SH | M-45              | 00:20:50 | 14     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name           | Vorname         | Verein / Ort                             | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|----------------|-----------------|--|--------|-------------------|----------|--------|
| 134 | 978  | 00:21:26 | Schmahl        | Steven          | Young Ladies & Friends                   | GER-   | M-40              | 00:21:13 | 12     |
| 135 | 507  | 00:21:27 | Kehl           | Torsten         | Kiek in AöR der Stadt<br>Neumünster      | GER-SH | M-45              | 00:21:05 | 15     |
| 136 | 276  | 00:21:30 | Lohmeier       | Julius-Jakob    | Freiwillige Feuerwehr<br>Tungendorf-Dorf | GER-SH | M-HK              | 00:21:21 | 33     |
| 137 | 855  | 00:21:31 | Burkardt       | Mattes          | Theodor-Litt-Schule                      | GER-SH | M-JU18            | 00:21:25 | 9      |
| 138 | 759  | 00:21:32 | Pohl           | Klaus           | Reitverein Staatshof                     | GER-SH | M-50              | 00:21:10 | 12     |
| 139 | 757  | 00:21:32 | Ernst          | Helge           | Reitverein Staatshof                     | GER-SH | M-45              | 00:21:09 | 16     |
| 140 | 124  | 00:21:33 | Thomsen        | Jan             | Christus Centrum Neumünster              | GER-SH | M-HK              | 00:20:53 | 34     |
| 141 | 557  | 00:21:33 | Koepsell       | Jannis          | Koepsell Nutzfahrzeuge GmbH              | GER-SH | M-JU14            | 00:20:51 | 12     |
| 142 | 330  | 00:21:34 | Zimmermann     | Felix           | Gemeinschaftsschule Nortorf              | GER-SH | M-KU12            | 00:21:24 | 4      |
| 143 | 864  | 00:21:38 | Goede          | Philip          | Theodor-Litt-Schule                      | GER-SH | M-JU18            | 00:20:33 | 10     |
| 144 | 240  | 00:21:39 | Hauschildt     | André           | Feuerwehr Groß Kummerfeld                | GER-SH | M-45              | 00:21:26 | 17     |
| 145 | 603  | 00:21:43 | Ecksmann       | Axel            | Mikrorun                                 | GER-SH | M-60              | 00:21:40 | 2      |
| 146 | 253  | 00:21:44 | Goriwoda       | Sven            | Finanzamt Neumünster                     | GER-SH | M-40              | 00:21:27 | 13     |
| 147 | 1041 | 00:21:45 | Westphal       | Marius-Vincent  | Gymnasium Heidberg                       | GER-SH | M-JU18            | 00:20:51 | 11     |
| 148 | 972  | 00:21:46 | Plath          | Marcel          | WKS Laufteam                             | GER-SH | M-HK              | 00:21:37 | 35     |
| 149 | 1062 | 00:21:48 | Faron          | Daniel          | Powerfabrik                              | GER-SH | M-HK              | 00:21:06 | 36     |
| 150 | 417  | 00:21:51 | Blunck         | Hagen           | Horn + Horn Laufteam                     | GER-SH | M-40              | 00:21:26 | 14     |
| 151 | 468  | 00:21:52 | Chandramohan   | Sreedhar Singh  | Jasmin Infotech                          | GER-SH | M-30              | 00:20:56 | 18     |
| 152 | 221  | 00:21:54 | Bahr           | Luca            | FC Torpedo 76 E-Jugend                   | GER-SH | M-KU12            | 00:21:25 | 5      |
| 153 | 697  | 00:21:56 | Haack          | Lars            | Panasonic                                | GER-SH | M-45              | 00:21:39 | 18     |
| 154 | 332  | 00:21:56 | Danker         | Jens            | GISMA Steckverbinder GmbH                | GER-SH | M-35              | 00:20:49 | 12     |
| 155 | 687  | 00:21:56 | Rohde          | Curt            | Oerlikon Neumag                          | GER-SH | M-55              | 00:21:47 | 6      |
| 156 | 55   | 00:21:56 | Wesselmann     | Yannik          | Best Western Hotel Prisma                | GER-SH | M-HK              | 00:20:55 | 37     |
| 157 | 1046 | 00:21:57 | Spendig        | Maximilian      | Feuerwehr Groß Kummerfeld                | GER-SH | M-HK              | 00:21:36 | 38     |
| 158 | 250  | 00:21:58 | Warlies        | Thomas          | Feuerwehr Groß Kummerfeld                | GER-SH | M-HK              | 00:21:37 | 39     |
| 159 | 544  | 00:22:01 | Bienkowski     | Andreas         | Knuth Laufmaschinen                      | GER-SH | M-HK              | 00:21:53 | 40     |
| 160 | 1003 | 00:22:02 | Bahrs          | Ole             | THERA-Trainer                            | GER-SH | M-30              | 00:21:43 | 19     |
| 161 | 2    | 00:22:02 | Cohrt          | Bjarne          | Ackrutat                                 | GER-SH | M-JU20            | 00:21:29 | 6      |
| 162 | 558  | 00:22:03 | Koepsell       | Jörg            | Koepsell Nutzfahrzeuge GmbH              | GER-SH | M-50              | 00:21:21 | 13     |
| 163 | 917  | 00:22:03 | Stein          | Alexander       | Tietgen Haustechnik GmbH                 | GER-SH | M-HK              | 00:21:57 | 41     |
| 164 | 245  | 00:22:03 | Möllhoff       | Wilhelm         | Feuerwehr Groß Kummerfeld                | GER-SH | M-55              | 00:21:42 | 7      |
| 165 | 247  | 00:22:03 | Rowbottom      | Sean            | Feuerwehr Groß Kummerfeld                | GER-SH | M-50              | 00:21:42 | 14     |
| 166 | 222  | 00:22:03 | Gärtner        | Lennard         | FC Torpedo 76 E-Jugend                   | GER-SH | M-KU10            | 00:21:35 | 1      |
| 167 | 960  | 00:22:05 | Von der Mehden | David           | VFR Neumünster                           | GER-SH | M-45              | 00:21:38 | 19     |
| 168 | 267  | 00:22:08 | Sueldo         | Frohi Osteriano | Firma ENDOMOBIL GmbH                     | GER-SH | M-30              | 00:21:16 | 20     |
| 169 | 509  | 00:22:09 | Rupnow         | Torge           | Kiek in AöR der Stadt<br>Neumünster      | GER-SH | M-45              | 00:21:42 | 20     |
| 170 | 60   | 00:22:10 | Flamboe        | Alexander       | bk documents GmbH                        | GER-SH | M-45              | 00:22:05 | 21     |
| 171 | 334  | 00:22:10 | Derjong        | Fynn            | GISMA Steckverbinder GmbH                | GER-SH | M-HK              | 00:21:03 | 42     |
| 172 | 432  | 00:22:11 | Reinke         | Liam            | Immanuel-Kant-Schule                     | GER-SH | M-JU18            | 00:22:06 | 12     |
| 173 | 942  | 00:22:12 | Stöckhardt     | Julian          | TSV Aukrug                               | GER-SH | M-30              | 00:21:52 | 21     |
| 174 | 601  | 00:22:16 | Lorenzen       | Dirk            | Matching Pairs                           | GER-SH | M-55              | 00:21:51 | 8      |
| 175 | 441  | 00:22:19 | Moritz         | Christian       | Isa-Traesko GmbH                         | GER-SH | M-50              | 00:21:53 | 15     |
| 176 | 955  | 00:22:20 | Goldmann       | Linus           | VFR Neumünster                           | GER-SH | M-JU14            | 00:22:18 | 13     |
| 177 | 384  | 00:22:21 | Lage           | Oliver          | Hartung GmbH & Co. KG                    | GER-   | M-40              | 00:22:14 | 15     |
| 178 | 621  | 00:22:21 | Quathamer      | Helmut          | ms management                            | GER-SH | M-40              | 00:21:46 | 16     |
| 179 | 77   | 00:22:25 | Jahns          | Danny           | BSG Sparkasse Südholstein                | GER-SH | M-40              | 00:21:29 | 17     |
| 180 | 774  | 00:22:26 | Rohwer         | Thies           | SH-Fitness                               | GER-SH | M-30              | 00:22:16 | 22     |
| 181 | 1036 | 00:22:27 | Senz           | David Joel      | Neumünster                               | GER-SH | M-JU14            | 00:21:52 | 14     |
| 182 | 1018 | 00:22:28 | Illgen         | Conner Joel     | Neumünster                               | GER-SH | M-KU10            | 00:22:22 | 2      |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name         | Vorname      | Verein / Ort  | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|--------------|--------------|---|--------|-------------------|----------|--------|
| 183 | 443  | 00:22:28 | Prösch       | Cüneyt       | Isa-Traesko GmbH  | GER-SH | M-35              | 00:22:14 | 13     |
| 184 | 933  | 00:22:29 | Schnoor      | Kai          | Transcoject GmbH  | GER-SH | M-50              | 00:22:17 | 16     |
| 185 | 969  | 00:22:30 | Frankiewicz  | Frank        | WKS Laufteam  | GER-SH | M-50              | 00:22:08 | 17     |
| 186 | 374  | 00:22:31 | Chipakov     | Ruslan       | Handelsgesellschaft für<br>Naturprodukte mbH Gut<br>Rosenkrantz | GER-SH | M-30              | 00:21:48 | 23     |
| 187 | 773  | 00:22:31 | Haase        | Sven         | SH-Fitness  | GER-SH | M-40              | 00:22:22 | 18     |
| 188 | 654  | 00:22:33 | Kühl         | Kevin        | O.t.n Lauflabor   | GER-SH | M-HK              | 00:22:29 | 43     |
| 189 | 929  | 00:22:34 | Lucyga       | Tony         | Transcoject GmbH  | GER-SH | M-KU10            | 00:21:45 | 3      |
| 190 | 392  | 00:22:38 | Simon        | Marc-Andre   | Höhn  | GER-   | M-HK              | 00:22:22 | 44     |
| 191 | 1048 | 00:22:38 | Braun        | Karsten      |   | GER-SH | M-50              | 00:21:59 | 18     |
| 192 | 851  | 00:22:41 | Bockmann     | Felix        | Theodor-Litt-Schule   | GER-SH | M-JU18            | 00:22:16 | 13     |
| 193 | 786  | 00:22:42 | Marr         | Dr. Jan      | Sporthaus Redler  | GER-SH | M-45              | 00:22:26 | 22     |
| 194 | 173  | 00:22:43 | Möller       | Jan          | Druckzentrum/DFN<br>Neumünster                                  | GER-SH | M-HK              | 00:22:13 | 45     |
| 195 | 553  | 00:22:45 | Ziebarth     | Christoph    | Knuth Laufmaschinen   | GER-SH | M-30              | 00:22:15 | 24     |
| 196 | 89   | 00:22:46 | Prühs        | Christopher  | C.J. Wigger KG  | GER-SH | M-HK              | 00:22:33 | 46     |
| 197 | 422  | 00:22:48 | Petersen     | Owe          | Horn + Horn Laufteam  | GER-SH | M-JU18            | 00:22:24 | 14     |
| 198 | 249  | 00:22:51 | Schröder     | Kai          | Feuerwehr Groß Kummerfeld                                       | GER-SH | M-45              | 00:22:30 | 23     |
| 199 | 647  | 00:22:53 | Habeck       | Sven         | O.t.n Lauflabor   | GER-SH | M-35              | 00:22:48 | 14     |
| 200 | 954  | 00:22:53 | Goldboom     | Mika         | VFR Neumünster  | GER-SH | M-JU14            | 00:22:51 | 15     |
| 201 | 175  | 00:22:54 | Mumm         | Arne         | Druckzentrum/DFN<br>Neumünster                                  | GER-SH | M-55              | 00:22:23 | 9      |
| 202 | 152  | 00:22:55 | Möller       | Niklas       | dekorat Rahmenwerkstatt   | GER-SH | M-HK              | 00:22:41 | 47     |
| 203 | 778  | 00:22:56 | Johna        | Claus-Rudolf | SPD - Das WIR gewinnt   | GER-SH | M-45              | 00:22:00 | 24     |
| 204 | 861  | 00:22:57 | Evers        | Marc         | Theodor-Litt-Schule   | GER-SH | M-HK              | 00:22:31 | 48     |
| 205 | 793  | 00:22:59 | Flader       | Heiko        | Stadt Neumünster  | GER-SH | M-45              | 00:21:48 | 25     |
| 206 | 76   | 00:22:59 | Cichon       | Frederik     | BSG Sparkasse Südholstein                                       | GER-SH | M-45              | 00:21:54 | 26     |
| 207 | 275  | 00:22:59 | König        | Max          | Freiwillige Feuerwehr<br>Tungendorf-Dorf                        | GER-SH | M-HK              | 00:22:50 | 49     |
| 208 | 58   | 00:22:59 | Behm         | Matthias     | bk documents GmbH   | GER-SH | M-30              | 00:22:55 | 25     |
| 209 | 620  | 00:23:00 | Ottink       | Udo          | ms management   | GER-SH | M-45              | 00:22:32 | 27     |
| 210 | 611  | 00:23:00 | Brandherm    | Horst        | ms management   | GER-SH | M-50              | 00:22:33 | 19     |
| 211 | 136  | 00:23:01 | Pejsa        | Torsten      | Danfoss Power Solutions   | GER-SH | M-30              | 00:22:44 | 26     |
| 212 | 241  | 00:23:03 | Hauschildt   | Bosse        | Feuerwehr Groß Kummerfeld                                       | GER-SH | M-HK              | 00:22:48 | 50     |
| 213 | 137  | 00:23:03 | Redmann      | Daniel       | Danfoss Power Solutions   | GER-SH | M-30              | 00:22:19 | 27     |
| 214 | 141  | 00:23:04 | Schurbohm    | Henrik       | Danfoss Power Solutions   | GER-SH | M-HK              | 00:22:37 | 51     |
| 215 | 869  | 00:23:05 | Hansen       | Jon          | Theodor-Litt-Schule   | GER-SH | M-JU18            | 00:22:57 | 15     |
| 216 | 423  | 00:23:06 | Raab         | Thomas       | Horn + Horn Laufteam  | GER-SH | M-30              | 00:22:37 | 28     |
| 217 | 1035 | 00:23:06 | Senz         | Manuel       | Neumünster  | GER-SH | M-30              | 00:23:06 | 29     |
| 218 | 728  | 00:23:07 | Albers       | Stefan       | Powerfabrik   | GER-SH | M-45              | 00:22:29 | 28     |
| 219 | 747  | 00:23:07 | Schulz       | Sascha       | Powerfabrik   | GER-SH | M-30              | 00:22:30 | 30     |
| 220 | 532  | 00:23:08 | Saß          | Danilo       | Kleintierklinik Wasbek  | GER-SH | M-30              | 00:22:34 | 31     |
| 221 | 182  | 00:23:08 | Schlesiger   | Patrik       | EDEKA Grümmi  | GER-SH | M-30              | 00:22:25 | 32     |
| 222 | 882  | 00:23:09 | Leverköhne   | Felix        | Theodor-Litt-Schule   | GER-SH | M-JU18            | 00:23:01 | 16     |
| 223 | 191  | 00:23:12 | Siems        | Stephan      | Ehler Ermer & Partner   | GER-SH | M-50              | 00:22:41 | 20     |
| 224 | 923  | 00:23:13 | Jewgenij     | Geis         | Tietjen Verfahrenstechnik<br>GmbH                               | GER-SH | M-35              | 00:22:59 | 15     |
| 225 | 800  | 00:23:15 | Kiep         | Fabian       | Stadt Neumünster  | GER-SH | M-HK              | 00:22:59 | 52     |
| 226 | 856  | 00:23:15 | Christiansen | Thore        | Theodor-Litt-Schule   | GER-SH | M-30              | 00:22:02 | 33     |
| 227 | 798  | 00:23:15 | Hoppe        | Finn         | Stadt Neumünster  | GER-SH | M-HK              | 00:23:04 | 53     |
| 228 | 792  | 00:23:18 | Falck        | Kai          | Stadt Neumünster  | GER-SH | M-50              | 00:22:52 | 21     |
| 229 | 753  | 00:23:19 | Peetz        | Torsten      | PSV Laufenten   | GER-SH | M-55              | 00:22:37 | 10     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name              | Vorname    | Verein / Ort  | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-------------------|------------|---|--------|-------------------|----------|--------|
| 230 | 1013 | 00:23:23 | Ganz              | Jörg       | Run & Fun   | GER-SH | M-75              | 00:23:17 | 1      |
| 231 | 814  | 00:23:24 | Siebken           | Marko      | SVLFG   | GER-SH | M-45              | 00:22:57 | 29     |
| 232 | 1032 | 00:23:25 | Seib              | Jörn       | Neumünster  | GER-SH | M-55              | 00:23:04 | 11     |
| 233 | 378  | 00:23:26 | Schmidt-Holländer | Philipp    | Handelsgesellschaft für<br>Naturprodukte mbH Gut<br>Rosenkrantz | GER-SH | M-HK              | 00:22:40 | 54     |
| 234 | 258  | 00:23:27 | Osbahr            | Christoph  | Finanzamt Neumünster  | GER-SH | M-30              | 00:22:50 | 34     |
| 235 | 653  | 00:23:28 | Komm              | Bernd      | O.t.n Lauflabor   | GER-SH | M-60              | 00:23:10 | 3      |
| 236 | 223  | 00:23:28 | Gärtner           | Markus     | FC Torpedo 76 E-Jugend  | GER-SH | M-50              | 00:23:00 | 22     |
| 237 | 777  | 00:23:29 | Hering            | Andreas    | SPD - Das WIR gewinnt   | GER-SH | M-45              | 00:22:33 | 30     |
| 238 | 457  | 00:23:29 | Biß               | Henning    | J.A.G. Metallbau GmbH   | GER-SH | M-30              | 00:22:44 | 35     |
| 239 | 592  | 00:23:30 | Zickermann        | Christian  | Lebenshilfewerk Neumünster<br>GmbH                              | GER-SH | M-JU16            | 00:23:26 | 3      |
| 240 | 961  | 00:23:30 | Buchweitz         | Björn      | Walther-Lehmkuhl-Schule   | GER-SH | M-45              | 00:22:19 | 31     |
| 241 | 139  | 00:23:31 | Sancristobal      | Neo        | Danfoss Power Solutions   | GER-SH | M-JU14            | 00:23:27 | 16     |
| 242 | 910  | 00:23:32 | Hannmann          | Yasin      | Tietgen Haustechnik GmbH  | GER-SH | M-HK              | 00:22:46 | 55     |
| 243 | 916  | 00:23:32 | Schwabe           | Maximilian | Tietgen Haustechnik GmbH  | GER-SH | M-HK              | 00:22:46 | 56     |
| 244 | 616  | 00:23:32 | Kühne             | Roland     | ms management   | GER-SH | M-50              | 00:23:05 | 23     |
| 245 | 404  | 00:23:36 | Lipp              | Bjarne     | Holstenschule Neumünster  | GER-SH | M-KU12            | 00:23:34 | 6      |
| 246 | 745  | 00:23:37 | Rasch             | Matthias   | Powerfabrik   | GER-SH | M-35              | 00:22:55 | 16     |
| 247 | 635  | 00:23:38 | Grabowski         | Andy       | Nortex Laufteam   | GER-SH | M-40              | 00:23:19 | 19     |
| 248 | 31   | 00:23:39 | Dunker            | Timm       | Badboys   | GER-SH | M-KU12            | 00:23:04 | 7      |
| 249 | 700  | 00:23:39 | Laatsch           | Joachim    | Panasonic   | GER-SH | M-50              | 00:23:00 | 24     |
| 250 | 948  | 00:23:39 | Bente             | Jasper     | VFR Neumünster  | GER-SH | M-KU10            | 00:23:24 | 4      |
| 251 | 836  | 00:23:40 | Barulay           | Sascha     | Team Nielsen  | GER-SH | M-JU20            | 00:22:23 | 7      |
| 252 | 738  | 00:23:40 | Lambert           | Jenrik     | Powerfabrik   | GER-SH | M-30              | 00:23:03 | 36     |
| 253 | 750  | 00:23:48 | Balster           | Thomas     | PSV Laufenten   | GER-SH | M-50              | 00:23:07 | 25     |
| 254 | 27   | 00:23:49 | Wittorf           | Max        | Assmann GmbH  | GER-SH | M-HK              | 00:23:14 | 57     |
| 255 | 936  | 00:23:50 | Voigtländer       | Jan        | Transcoject GmbH  | GER-SH | M-HK              | 00:23:42 | 58     |
| 256 | 186  | 00:23:52 | Martens           | Benjamin   | Edeka Nord  | GER-SH | M-40              | 00:23:35 | 20     |
| 257 | 477  | 00:23:53 | Kumar             | Vijayan    | Jasmin Infotech   | GER-SH | M-HK              | 00:23:13 | 59     |
| 258 | 898  | 00:23:58 | Schuer            | Henrik     | Theodor-Litt-Schule   | GER-SH | M-JU18            | 00:22:48 | 17     |
| 259 | 506  | 00:23:58 | Eisfeldt          | Jan        | Kiek in AöR der Stadt<br>Neumünster                             | GER-SH | M-40              | 00:22:36 | 21     |
| 260 | 655  | 00:23:59 | Küster            | Sören      | O.t.n Lauflabor   | GER-SH | M-KU12            | 00:23:58 | 8      |
| 261 | 890  | 00:24:03 | Pötter            | Thomas     | Theodor-Litt-Schule   | GER-SH | M-JU18            | 00:23:38 | 18     |
| 262 | 1030 | 00:24:04 | Schönbohm         | Bernd      | VFR Neumünster  | GER-SH | M-50              | 00:23:25 | 26     |
| 263 | 344  | 00:24:05 | Klenz             | Oliver     | Glasreinigung Oliver Blöcker                                    | GER-SH | M-45              | 00:23:33 | 32     |
| 264 | 843  | 00:24:06 | Ambrosi           | Peter      | Theodor-Litt-Schule   | GER-SH | M-55              | 00:23:39 | 12     |
| 265 | 110  | 00:24:07 | Lange             | Silas      | Christus Centrum Neumünster                                     | GER-SH | M-HK              | 00:23:12 | 60     |
| 266 | 863  | 00:24:07 | Friedrichs        | Jerome     | Theodor-Litt-Schule   | GER-SH | M-30              | 00:23:00 | 37     |
| 267 | 988  | 00:24:07 | Gienger           | Hjalmar    | Walther-Lehmkuhl-Schule   | GER-SH | M-30              | 00:23:36 | 38     |
| 268 | 130  | 00:24:08 | Urban             | Jens       | Christus Centrum Neumünster                                     | GER-SH | M-45              | 00:23:11 | 33     |
| 269 | 536  | 00:24:10 | von dem Bussche   | Freddy     | Kleintierklinik Wasbek  | GER-SH | M-KU10            | 00:23:35 | 5      |
| 270 | 193  | 00:24:10 | Baas              | Michael    | expert Elektrofachmärkte Nord<br>GmbH                           | GER-SH | M-50              | 00:23:42 | 27     |
| 271 | 68   | 00:24:11 | Runge             | Niclas     | bk documents GmbH   | GER-SH | M-JU20            | 00:24:03 | 8      |
| 272 | 162  | 00:24:11 | Grabowski         | Ingo       | Die Eiskalten Bofrost<br>Neumünster                             | GER-SH | M-50              | 00:23:17 | 28     |
| 273 | 676  | 00:24:12 | Maash             | Dirk       | Oerlikon Neumag   | GER-SH | M-45              | 00:23:59 | 34     |
| 274 | 373  | 00:24:17 | Brinkmann         | Laurin     | Handelsgesellschaft für<br>Naturprodukte mbH Gut<br>Rosenkrantz | GER-SH | M-HK              | 00:23:31 | 61     |
| 275 | 632  | 00:24:18 | Trespenberg       | Magnus     | netzkontor nord gmbh  | GER-SH | M-HK              | 00:23:54 | 62     |

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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-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-------------------|-----------|---|--------|-------------------|----------|--------|
| 276 | 599  | 00:24:19 | Böhrnsen          | Knut      | Matching Pairs  | GER-SH | M-50              | 00:23:55 | 29     |
| 277 | 563  | 00:24:22 | Riewaldt          | Philip    | Kowsky Laufteam   | GER-SH | M-HK              | 00:23:41 | 63     |
| 278 | 962  | 00:24:23 | Galle             | Bernd     | Walther-Lehmkuhl-Schule                                   | GER-SH | M-50              | 00:23:11 | 30     |
| 279 | 541  | 00:24:24 | Wilke             | Dominik   | Kleintierklinik Wasbek                                    | GER-SH | M-HK              | 00:23:48 | 64     |
| 280 | 828  | 00:24:25 | Schmale           | Jacob     | SVT-Handball MJE  | GER-SH | M-KU12            | 00:23:46 | 9      |
| 281 | 7    | 00:24:27 | Arndt             | Jacob     | Alten- und Pflegeheim Haus Itzstedt                       | GER-SH | M-KU12            | 00:23:43 | 10     |
| 282 | 862  | 00:24:28 | Finger            | Ray-Kevin | Theodor-Litt-Schule                                       | GER-SH | M-JU18            | 00:23:19 | 19     |
| 283 | 638  | 00:24:29 | Zickler           | Victor    | Nortex Laufteam   | GER-SH | M-30              | 00:24:09 | 39     |
| 284 | 568  | 00:24:30 | Krebs             | Malte     | Lauftreff Ruthenberger SV                                 | GER-SH | M-35              | 00:23:57 | 17     |
| 285 | 272  | 00:24:32 | Kempe             | Dirk      | FIRST REISEBÜRO Neumünster                                | GER-SH | M-45              | 00:24:16 | 35     |
| 286 | 707  | 00:24:36 | Steiner           | Oliver    | Panasonic   | GER-SH | M-50              | 00:23:21 | 31     |
| 287 | 498  | 00:24:36 | Matzen            | Holger    | Jessis Pilates Flitzer                                    | GER-SH | M-55              | 00:24:04 | 13     |
| 288 | 228  | 00:24:39 | Hansen            | Sven      | FEK Neumünster  | GER-SH | M-50              | 00:23:26 | 32     |
| 289 | 227  | 00:24:39 | Glau              | Frank     | FEK Neumünster  | GER-SH | M-50              | 00:23:26 | 33     |
| 290 | 1012 | 00:24:45 | Falkner           | Mats      | Neumünster  | GER-SH | M-KU12            | 00:24:10 | 11     |
| 291 | 381  | 00:24:46 | Giencke           | Torben    | Happy Feet  | GER-SH | M-35              | 00:24:29 | 18     |
| 292 | 1015 | 00:24:47 | Henningsen        | Andreas   | Neumünster  | GER-SH | M-45              | 00:24:21 | 36     |
| 293 | 729  | 00:24:48 | Bäumann           | Thomas    | Powerfabrik   | GER-SH | M-50              | 00:24:12 | 34     |
| 294 | 733  | 00:24:49 | Faron             | Marco     | Powerfabrik   | GER-SH | M-35              | 00:24:07 | 19     |
| 295 | 732  | 00:24:49 | Eimers            | Tom       | Powerfabrik   | GER-SH | M-HK              | 00:24:11 | 65     |
| 296 | 259  | 00:24:50 | Saß               | Martin    | Finanzamt Neumünster                                      | GER-SH | M-40              | 00:24:13 | 22     |
| 297 | 190  | 00:24:51 | Klamma            | Marcus    | Ehler Ermer & Partner                                     | GER-SH | M-45              | 00:24:19 | 37     |
| 298 | 442  | 00:24:52 | Pomreinke         | Mike      | Isa-Traesko GmbH  | GER-SH | M-45              | 00:24:24 | 38     |
| 299 | 886  | 00:24:59 | Merean            | Cihan     | Theodor-Litt-Schule                                       | GER-SH | M-JU18            | 00:23:48 | 20     |
| 300 | 1028 | 00:25:00 | Reinartz          | Björn     | Neumünster  | GER-SH | M-40              | 00:24:45 | 23     |
| 301 | 59   | 00:25:00 | Birkholz          | Jörg      | bk documents GmbH   | GER-SH | M-50              | 00:24:08 | 35     |
| 302 | 364  | 00:25:00 | Ramm              | Timo      | GOODTIRES   | GER-SH | M-JU20            | 00:24:12 | 9      |
| 303 | 425  | 00:25:04 | Tschuk            | Tobias    | Horn + Horn Laufteam                                      | GER-SH | M-45              | 00:24:36 | 39     |
| 304 | 455  | 00:25:06 | Stadelhofer       | Sebastian | Iuvo gemeinnützige GmbH                                   | GER-SH | M-35              | 00:24:07 | 20     |
| 305 | 218  | 00:25:06 | Schwenck          | Maik      | Familienzentrum St. Elisabeth                             | GER-SH | M-50              | 00:24:47 | 36     |
| 306 | 569  | 00:25:07 | Kröger            | Ralf      | Lauftreff Ruthenberger SV                                 | GER-SH | M-55              | 00:24:34 | 14     |
| 307 | 421  | 00:25:08 | Petersen          | Olaf      | Horn + Horn Laufteam                                      | GER-SH | M-50              | 00:24:40 | 37     |
| 308 | 554  | 00:25:10 | Beuck             | Jan       | Koepsell Nutzfahrzeuge GmbH                               | GER-SH | M-45              | 00:24:09 | 40     |
| 309 | 1045 | 00:25:13 | Schmidt           | Carsten   | Jessis Pilates Flitzer                                    | GER-SH | M-HK              | 00:23:56 | 66     |
| 310 | 266  | 00:25:14 | Stürwohld         | Michael   | Firma ENDOMOBIL GmbH                                      | GER-SH | M-30              | 00:24:19 | 40     |
| 311 | 967  | 00:25:15 | Eitner            | Stefan    | WKS Laufteam  | GER-SH | M-45              | 00:24:13 | 41     |
| 312 | 696  | 00:25:17 | Gangasani         | Rakesh    | Da Vinci  | GER-SH | M-35              | 00:25:03 | 21     |
| 313 | 335  | 00:25:18 | Franke            | Heiko     | GISMA Steckverbinder GmbH                                 | GER-SH | M-30              | 00:24:09 | 41     |
| 314 | 995  | 00:25:20 | Schmidt-Hölländer | Christian | Handelsgesellschaft für Naturprodukte mbH Gut Rosenkrantz | GER-SH | M-HK              | 00:24:36 | 67     |
| 315 | 461  | 00:25:23 | Kocayigit         | Nuh       | J.A.G. Metallbau GmbH                                     | GER-SH | M-30              | 00:24:39 | 42     |
| 316 | 61   | 00:25:25 | Flamboe           | Jonathan  | bk documents GmbH   | GER-SH | M-JU16            | 00:25:19 | 4      |
| 317 | 172  | 00:25:30 | Liekfeldt         | Thorsten  | Druckzentrum/DFN Neumünster                               | GER-SH | M-55              | 00:25:01 | 15     |
| 318 | 279  | 00:25:31 | Rahlf             | Nico      | Freiwillige Feuerwehr Tungendorf-Dorf                     | GER-SH | M-JU18            | 00:25:20 | 21     |
| 319 | 211  | 00:25:33 | Ruge              | Nico      | Famila  | GER-SH | M-HK              | 00:25:28 | 68     |
| 320 | 342  | 00:25:33 | Blöcker           | Oliver    | Glasreinigung Oliver Blöcker                              | GER-SH | M-45              | 00:25:01 | 42     |
| 321 | 85   | 00:25:34 | Tebel             | Rüdiger   | BSG Sparkasse Südholstein                                 | GER-SH | M-50              | 00:24:31 | 38     |
| 322 | 168  | 00:25:34 | Bahde             | Jörg      | Druckzentrum/DFN Neumünster                               | GER-SH | M-50              | 00:25:04 | 39     |

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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-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|---------------|----------------|--|--------|-------------------|----------|--------|
| 323 | 744  | 00:25:35 | Neitzel       | Nick           | Powerfabrik                              | GER-SH | M-JU14            | 00:24:52 | 17     |
| 324 | 1061 | 00:25:37 | Melzer        | Paul           | Powerfabrik                              | GER-SH | M-KU12            | 00:24:55 | 12     |
| 325 | 926  | 00:25:39 | Heesch        | Stephan        | Transcoject GmbH                         | GER-SH | M-40              | 00:24:49 | 24     |
| 326 | 94   | 00:25:39 | Dudler        | Jörn           | Christus Centrum Neumünster              | GER-SH | M-45              | 00:24:53 | 43     |
| 327 | 164  | 00:25:41 | Korn          | Matthias       | Die Eiskalten Bofrost<br>Neumünster      | GER-SH | M-50              | 00:24:53 | 40     |
| 328 | 703  | 00:25:41 | Rodloff       | Matthias       | Panasonic                                | GER-SH | M-50              | 00:25:22 | 41     |
| 329 | 486  | 00:25:42 | Suppaiah      | Muthuveerappan | Jasmin Infotech                          | GER-SH | M-HK              | 00:24:56 | 69     |
| 330 | 81   | 00:25:46 | Minigel       | Olaf           | BSG Sparkasse Südholstein                | GER-SH | M-60              | 00:24:47 | 4      |
| 331 | 790  | 00:25:46 | Dittebrandt   | Jens           | Stadt Neumünster                         | GER-SH | M-55              | 00:24:46 | 16     |
| 332 | 1022 | 00:25:48 | Kurepkat      | Thorsten       | Neumünster                               | GER-SH | M-45              | 00:25:12 | 44     |
| 333 | 144  | 00:25:48 | Affeldt       | Martin         | DEG Alles für das Dach Eg                | GER-SH | M-45              | 00:25:12 | 45     |
| 334 | 145  | 00:25:49 | Holland       | Jan            | DEG Alles für das Dach Eg                | GER-SH | M-HK              | 00:25:12 | 70     |
| 335 | 34   | 00:25:50 | Larßon        | Oliver         | Badboys                                  | GER-SH | M-40              | 00:25:07 | 25     |
| 336 | 959  | 00:25:52 | Krüger        | Ben Micha      | VFR Neumünster                           | GER-SH | M-KU12            | 00:24:57 | 13     |
| 337 | 781  | 00:25:55 | Weber         | Paul           | SPD - Das WIR gewinnt                    | GER-SH | M-HK              | 00:24:56 | 71     |
| 338 | 105  | 00:25:57 | Kohlscheen    | Finn-Lucca     | Christus Centrum Neumünster              | GER-SH | M-JU16            | 00:25:05 | 5      |
| 339 | 789  | 00:25:58 | Brinckmann    | Jochen         | Stadt Neumünster                         | GER-SH | M-60              | 00:25:17 | 5      |
| 340 | 488  | 00:26:00 | Thangaraj     | Sathishkumar   | Jasmin Infotech                          | GER-SH | M-30              | 00:24:46 | 43     |
| 341 | 277  | 00:26:01 | Lorenzen      | Jonas          | Freiwillige Feuerwehr<br>Tungendorf-Dorf | GER-SH | M-HK              | 00:25:48 | 72     |
| 342 | 403  | 00:26:05 | Lichtenberg   | Michel         | Holstenschule Neumünster                 | GER-SH | M-JU16            | 00:25:17 | 6      |
| 343 | 1059 | 00:26:07 | Brüggen       | Wolfgang       | SC Gut Heil Neumünster                   | GER-SH | M-60              | 00:26:00 | 6      |
| 344 | 922  | 00:26:08 | Frese         | Karsten        | Tietjen Verfahrenstechnik<br>GmbH        | GER-SH | M-50              | 00:25:55 | 42     |
| 345 | 188  | 00:26:12 | Damerow       | Bernd          | Ehler Ermer & Partner                    | GER-SH | M-65              | 00:25:41 | 3      |
| 346 | 65   | 00:26:13 | Richter       | Josef          | bk documents GmbH                        | GER-SH | M-JU20            | 00:26:06 | 10     |
| 347 | 780  | 00:26:15 | Rieckmann     | Björn          | SPD - Das WIR gewinnt                    | GER-SH | M-35              | 00:25:18 | 22     |
| 348 | 1034 | 00:26:20 | Selvaraj      | Vignesh        | Da Vinci Engineering GmbH                | IND    | M-30              | 00:25:22 | 44     |
| 349 | 107  | 00:26:21 | Krüger        | Ocke           | Christus Centrum Neumünster              | GER-SH | M-45              | 00:25:25 | 46     |
| 350 | 930  | 00:26:21 | Noll          | Maximilian     | Transcoject GmbH                         | GER-SH | M-HK              | 00:25:32 | 73     |
| 351 | 300  | 00:26:25 | Denoville     | Oke            | Gemeinschaftsschule Nortorf              | GER-SH | M-KU12            | 00:26:13 | 14     |
| 352 | 596  | 00:26:26 | Kremser       | Felix          | Leserkreis Daheim/Neumünster             | GER-SH | M-HK              | 00:26:15 | 74     |
| 353 | 545  | 00:26:27 | Hendrich      | Andreas        | Knuth Laufmaschinen                      | GER-SH | M-45              | 00:26:04 | 47     |
| 354 | 121  | 00:26:28 | Sievers       | Oliver         | Christus Centrum Neumünster              | GER-SH | M-45              | 00:25:31 | 48     |
| 355 | 860  | 00:26:30 | Ebeling       | Hanno          | Theodor-Litt-Schule                      | GER-SH | M-JU18            | 00:26:22 | 22     |
| 356 | 743  | 00:26:30 | Müller        | Maxim          | Powerfabrik                              | GER-SH | M-KU8             | 00:25:50 | 1      |
| 357 | 1005 | 00:26:31 | Bartz         | Peter          | Nortorf                                  | GER-SH | M-40              | 00:25:55 | 26     |
| 358 | 367  | 00:26:31 | Teske         | Maik           | GOODTIRES                                | GER-SH | M-HK              | 00:25:41 | 75     |
| 359 | 420  | 00:26:32 | Petersen      | Neel           | Horn + Horn Laufteam                     | GER-SH | M-JU16            | 00:26:07 | 7      |
| 360 | 36   | 00:26:33 | Walter        | Damian         | Badboys                                  | GER-SH | M-KU12            | 00:25:58 | 15     |
| 361 | 717  | 00:26:35 | Borchert      | Mats           | Polizei Neumünster                       | GER-SH | M-HK              | 00:26:14 | 76     |
| 362 | 310  | 00:26:35 | Klein         | Jarno Yves     | Gemeinschaftsschule Nortorf              | GER-SH | M-KU12            | 00:26:28 | 16     |
| 363 | 610  | 00:26:35 | Beicht        | Daniel         | ms management                            | GER-SH | M-HK              | 00:26:01 | 77     |
| 364 | 483  | 00:26:37 | Rajagopal     | Vinoth Raja    | Jasmin Infotech                          | GER-SH | M-30              | 00:25:47 | 45     |
| 365 | 870  | 00:26:39 | Haqpana       | Sajjad         | Theodor-Litt-Schule                      | GER-SH | M-JU18            | 00:25:33 | 23     |
| 366 | 37   | 00:26:47 | Walter        | Timo           | Badboys                                  | GER-SH | M-40              | 00:26:06 | 27     |
| 367 | 736  | 00:26:53 | Hölck         | Sascha         | Powerfabrik                              | GER-SH | M-35              | 00:26:10 | 23     |
| 368 | 410  | 00:26:54 | Seib          | Luã            | Holstenschule Neumünster                 | GER-SH | M-KU12            | 00:26:33 | 17     |
| 369 | 5    | 00:26:54 | Reifschneider | Daniel         | Agentur für Arbeit NMS                   | GER-SH | M-HK              | 00:26:24 | 78     |
| 370 | 298  | 00:26:56 | Dabelstein    | Romian         | Gemeinschaftsschule Nortorf              | GER-SH | M-KU12            | 00:26:43 | 18     |
| 371 | 895  | 00:26:57 | Rode          | Patrick        | Theodor-Litt-Schule                      | GER-SH | M-JU18            | 00:25:49 | 24     |

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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-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|------------|-----------------|-------------------------------------|--------|-------------------|----------|--------|
| 372 | 351  | 00:26:57 | Avotins    | Ricards         | GOODTIRES                           | GER-SH | M-HK              | 00:26:33 | 79     |
| 373 | 359  | 00:26:58 | Kramm      | Mathias         | GOODTIRES                           | GER-SH | M-50              | 00:26:34 | 43     |
| 374 | 608  | 00:26:58 | Winkler    | Frank           | Mikrorun                            | GER-SH | M-55              | 00:26:36 | 17     |
| 375 | 338  | 00:26:58 | Maglic     | Mirza           | GISMA Steckverbinder GmbH           | GER-SH | M-HK              | 00:25:50 | 80     |
| 376 | 343  | 00:26:58 | Blöcker    | Sven            | Glasreinigung Oliver Blöcker        | GER-SH | M-50              | 00:26:26 | 44     |
| 377 | 337  | 00:27:01 | Langenfeld | Timo            | GISMA Steckverbinder GmbH           | GER-SH | M-35              | 00:25:38 | 24     |
| 378 | 239  | 00:27:04 | Harms      | Thorsten        | Feuerwehr Groß Kummerfeld           | GER-SH | M-55              | 00:26:34 | 18     |
| 379 | 931  | 00:27:06 | Scheffler  | Hendrik         | Transcoject GmbH                    | GER-SH | M-30              | 00:26:15 | 46     |
| 380 | 304  | 00:27:06 | Glüsing    | Luca Alessandro | Gemeinschaftsschule Nortorf         | GER-SH | M-KU12            | 00:26:24 | 19     |
| 381 | 178  | 00:27:10 | Viebranz   | Ralf            | Druckzentrum/DFN<br>Neumünster      | GER-SH | M-55              | 00:26:54 | 19     |
| 382 | 826  | 00:27:11 | Neitzel    | Colin           | SVT-Handball MJE                    | GER-SH | M-KU10            | 00:26:33 | 6      |
| 383 | 925  | 00:27:13 | Cohrt      | Lennart         | Transcoject GmbH                    | GER-SH | M-HK              | 00:27:04 | 81     |
| 384 | 823  | 00:27:14 | Holdorf    | Barne           | SVT-Handball MJE                    | GER-SH | M-KU12            | 00:26:35 | 20     |
| 385 | 572  | 00:27:14 | Voß        | Dieter          | Lauffreff Ruthenberger SV           | GER-SH | M-60              | 00:26:39 | 7      |
| 386 | 832  | 00:27:15 | Wolfgramm  | Tyge            | SVT-Handball MJE                    | GER-SH | M-KU12            | 00:26:36 | 21     |
| 387 | 746  | 00:27:16 | Reinhold   | Markus          | Powerfabrik                         | GER-SH | M-35              | 00:26:34 | 25     |
| 388 | 821  | 00:27:20 | Bünning    | Samuel          | SVT-Handball MJE                    | GER-SH | M-KU10            | 00:26:41 | 7      |
| 389 | 873  | 00:27:21 | Källner    | Tom             | Theodor-Litt-Schule                 | GER-SH | M-JU18            | 00:26:11 | 25     |
| 390 | 722  | 00:27:25 | Ramm       | Torben          | Polizei Neumünster                  | GER-   | M-HK              | 00:27:13 | 82     |
| 391 | 560  | 00:27:27 | Mönig      | Jan-Ole         | Koepsell Nutzfahrzeuge GmbH         | GER-SH | M-HK              | 00:26:42 | 83     |
| 392 | 131  | 00:27:36 | Dettmann   | Florian         | Danfoss Power Solutions             | GER-SH | M-30              | 00:26:50 | 47     |
| 393 | 414  | 00:27:41 | Wittmaack  | Hjalte          | Holstenschule Neumünster            | GER-SH | M-JU16            | 00:26:54 | 8      |
| 394 | 992  | 00:27:44 | Weiß       | Frederik        | HOLSTEINISCHER COURIER              | GER-SH | M-JU14            | 00:27:21 | 18     |
| 395 | 877  | 00:27:46 | Kilic      | Dogus           | Theodor-Litt-Schule                 | GER-SH | M-JU18            | 00:26:38 | 26     |
| 396 | 701  | 00:27:49 | Lillie     | Frank           | Panasonic                           | GER-SH | M-50              | 00:27:31 | 45     |
| 397 | 909  | 00:27:50 | Basedow    | Maximilian      | Tietgen Haustechnik GmbH            | GER-SH | M-HK              | 00:27:08 | 84     |
| 398 | 361  | 00:27:50 | Lüthje     | Yanneck         | GOODTIRES                           | GER-SH | M-JU14            | 00:27:29 | 19     |
| 399 | 444  | 00:27:50 | Scholz     | Florian         | Isa-Traesko GmbH                    | GER-SH | M-50              | 00:27:23 | 46     |
| 400 | 187  | 00:27:51 | Sturde     | Michael         | Edeka Nord                          | GER-SH | M-30              | 00:27:33 | 48     |
| 401 | 639  | 00:27:52 | Bromm      | Fynn            | O.t.n Lauflabor                     | GER-SH | M-JU18            | 00:27:48 | 27     |
| 402 | 32   | 00:27:54 | Scharping  | Jonah           | Badboys                             | GER-SH | M-JU14            | 00:27:34 | 20     |
| 403 | 56   | 00:27:54 | Wesselmann | Burghard        | Best Western Hotel Prisma           | GER-SH | M-60              | 00:26:46 | 8      |
| 404 | 589  | 00:27:56 | Wähner     | Michael         | Lebenshilfewerk Neumünster<br>GmbH  | GER-SH | M-35              | 00:27:52 | 26     |
| 405 | 641  | 00:27:57 | Bromm      | Mads Jasper     | O.t.n Lauflabor                     | GER-SH | M-KU10            | 00:27:55 | 8      |
| 406 | 585  | 00:28:01 | Schwenßon  | Detlef          | Lebenshilfewerk Neumünster<br>GmbH  | GER-SH | M-45              | 00:27:57 | 49     |
| 407 | 927  | 00:28:05 | Kühn       | Georg           | Transcoject GmbH                    | GER-SH | M-55              | 00:27:15 | 20     |
| 408 | 1    | 00:28:08 | Althaus    | Jan             | Ackrutat                            | GER-SH | M-35              | 00:27:34 | 27     |
| 409 | 1011 | 00:28:08 | Dücker     | Michael         | Diakonie Altholstein                | GER-SH | M-45              | 00:27:30 | 50     |
| 410 | 469  | 00:28:09 | Chandran   | Guruprasath     | Jasmin Infotech                     | GER-SH | M-HK              | 00:27:20 | 85     |
| 411 | 915  | 00:28:10 | Schlüter   | Max             | Tietgen Haustechnik GmbH            | GER-SH | M-HK              | 00:27:18 | 86     |
| 412 | 166  | 00:28:12 | Link       | Rainer          | Die Eiskalten Bofrost<br>Neumünster | GER-SH | M-50              | 00:27:19 | 47     |
| 413 | 119  | 00:28:21 | Olszewski  | Hannes          | Christus Centrum Neumünster         | GER-SH | M-HK              | 00:27:28 | 87     |
| 414 | 897  | 00:28:29 | Schlüter   | Jan             | Theodor-Litt-Schule                 | GER-SH | M-JU18            | 00:27:17 | 28     |
| 415 | 1055 | 00:28:33 | Meyer      | Sören           | Theodor-Litt-Schule                 | GER-SH | M-JU18            | 00:27:28 | 29     |
| 416 | 768  | 00:28:40 | Harms-Biß  | Christian       | Schwalehof                          | GER-SH | M-35              | 00:27:38 | 28     |
| 417 | 1047 | 00:28:40 | Goebel     | Oliver          | Team DoppelPASS e. V.               | GER-SH | M-45              | 00:27:57 | 51     |
| 418 | 161  | 00:28:42 | Goos       | Sven            | Die Eiskalten Bofrost<br>Neumünster | GER-SH | M-40              | 00:27:49 | 28     |
| 419 | 797  | 00:28:44 | Herzog     | Alexander       | Stadt Neumünster                    | GER-SH | M-45              | 00:27:33 | 52     |

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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-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|----------------|---------------|---|--------|-------------------|----------|--------|
| 420 | 636  | 00:28:44 | Padberg        | Steffen       | Nortex Laufteam   | GER-SH | M-35              | 00:28:26 | 29     |
| 421 | 480  | 00:28:52 | Mohan Kumar    | Kesavan       | Jasmin Infotech   | GER-SH | M-HK              | 00:27:39 | 88     |
| 422 | 822  | 00:28:52 | Gerlich        | Niklas        | SVT-Handball MJE  | GER-SH | M-KU10            | 00:28:15 | 9      |
| 423 | 63   | 00:28:59 | Marquard       | Patric        | bk documents GmbH   | GER-SH | M-50              | 00:28:04 | 48     |
| 424 | 285  | 00:29:02 | Kanneberg      | Jörg          | Gemeinschaftspraxis Kock & Dr. Herchenröder                           | GER-SH | M-55              | 00:28:09 | 21     |
| 425 | 73   | 00:29:04 | Wrage          | Tim-Lukas     | bk documents GmbH   | GER-SH | M-HK              | 00:28:10 | 89     |
| 426 | 614  | 00:29:05 | Fernandez      | Jeffrey       | ms management   | GER-SH | M-40              | 00:27:47 | 29     |
| 427 | 203  | 00:29:07 | Fabian         | Christoph     | Fachklinik Aukrug - Eine Klinik der Deutschen Rentenversicherung Nord | GER-SH | M-55              | 00:27:51 | 22     |
| 428 | 317  | 00:29:10 | Paul           | Leon Luca     | Gemeinschaftsschule Nortorf   | GER-SH | M-KU12            | 00:29:02 | 22     |
| 429 | 66   | 00:29:14 | Rohde          | Andreas       | bk documents GmbH   | GER-SH | M-40              | 00:28:19 | 30     |
| 430 | 991  | 00:29:16 | Weiß           | Olaf W.       | HOLSTEINISCHER COURIER  | GER-SH | M-50              | 00:28:54 | 49     |
| 431 | 202  | 00:29:16 | Dix            | Dr. Christian | Fachklinik Aukrug - Eine Klinik der Deutschen Rentenversicherung Nord | GER-SH | M-55              | 00:28:03 | 23     |
| 432 | 628  | 00:29:17 | Kudzus         | Michael       | netzkontor nord gmbh  | GER-SH | M-HK              | 00:28:52 | 90     |
| 433 | 825  | 00:29:17 | Mohr           | Jakob         | SVT-Handball MJE  | GER-SH | M-KU10            | 00:28:39 | 10     |
| 434 | 663  | 00:29:19 | Wallus         | Reiner        | O.t.n Lauflabor   | GER-SH | M-50              | 00:29:01 | 50     |
| 435 | 831  | 00:29:23 | Wolfgang       | Carsten       | SVT-Handball MJE  | GER-SH | M-50              | 00:28:42 | 51     |
| 436 | 45   | 00:29:27 | Burandt        | Robin         | Best Western Hotel Prisma   | GER-SH | M-JU20            | 00:28:42 | 11     |
| 437 | 994  | 00:29:27 | Ramachandran   | Rajech        | Panasonic   | GER-SH | M-35              | 00:28:36 | 30     |
| 438 | 120  | 00:29:28 | Richardon      | René          | Christus Centrum Neumünster   | GER-SH | M-30              | 00:28:32 | 49     |
| 439 | 366  | 00:29:30 | Strehlke       | Erol          | GOODTIRES   | GER-SH | M-40              | 00:29:07 | 31     |
| 440 | 296  | 00:29:39 | Brettschneider | Karl Ulrich   | Gemeinschaftsschule Nortorf   | GER-SH | M-JU14            | 00:28:57 | 21     |
| 441 | 292  | 00:29:40 | Adam           | Mikko         | Gemeinschaftsschule Nortorf   | GER-SH | M-JU14            | 00:28:57 | 22     |
| 442 | 694  | 00:29:40 | Basha          | Zilan         | Panasonic   | GER-SH | M-40              | 00:29:21 | 32     |
| 443 | 127  | 00:29:41 | Tietgen        | Lukas         | Christus Centrum Neumünster   | GER-SH | M-HK              | 00:28:50 | 91     |
| 444 | 466  | 00:29:46 | Balu           | Karthikeyan   | Jasmin Infotech   | GER-SH | M-30              | 00:28:57 | 50     |
| 445 | 336  | 00:29:48 | Getz           | Viktor        | GISMA Steckverbinder GmbH   | GER-SH | M-HK              | 00:28:39 | 92     |
| 446 | 705  | 00:29:48 | Schetler       | Denis         | Panasonic   | GER-SH | M-35              | 00:29:26 | 31     |
| 447 | 111  | 00:29:52 | Lehnert        | Simon         | Christus Centrum Neumünster   | GER-SH | M-30              | 00:28:53 | 51     |
| 448 | 257  | 00:29:53 | Müller         | Jörn          | Finanzamt Neumünster  | GER-   | M-35              | 00:28:40 | 32     |
| 449 | 132  | 00:29:59 | Drebitz        | Holger        | Danfoss Power Solutions   | GER-SH | M-65              | 00:29:45 | 4      |
| 450 | 908  | 00:30:00 | Andersen       | Christian     | Tietgen Haustechnik GmbH  | GER-SH | M-35              | 00:28:37 | 33     |
| 451 | 911  | 00:30:00 | Hartmann       | Kai           | Tietgen Haustechnik GmbH  | GER-SH | M-45              | 00:28:37 | 53     |
| 452 | 907  | 00:30:10 | Zoch           | Dennis        | Theodor-Litt-Schule   | GER-SH | M-JU18            | 00:28:55 | 30     |
| 453 | 474  | 00:30:11 | Jayaraman      | Shrinath      | Jasmin Infotech   | GER-SH | M-HK              | 00:29:06 | 93     |
| 454 | 101  | 00:30:12 | Illmann        | Daniel        | Christus Centrum Neumünster   | GER-SH | M-30              | 00:29:15 | 52     |
| 455 | 921  | 00:30:15 | Dettbarn       | Frank         | Tietjen Verfahrenstechnik GmbH  | GER-SH | M-55              | 00:30:01 | 24     |
| 456 | 83   | 00:30:20 | Ramsl          | Tim           | BSG Sparkasse Südholstein   | GER-SH | M-45              | 00:29:16 | 54     |
| 457 | 754  | 00:30:22 | Sievert        | Jörg          | PSV Laufenten   | GER-SH | M-50              | 00:29:26 | 52     |
| 458 | 28   | 00:30:32 | Dunker         | Lucca         | Badboys   | GER-SH | M-JU14            | 00:30:11 | 23     |
| 459 | 943  | 00:30:33 | von Tempski    | Markus        | TSV Aukrug  | GER-SH | M-50              | 00:30:13 | 53     |
| 460 | 29   | 00:30:36 | Dunker         | Niels         | Badboys   | GER-SH | M-35              | 00:29:54 | 34     |
| 461 | 299  | 00:30:37 | Darge          | Noah Ronny    | Gemeinschaftsschule Nortorf   | GER-SH | M-KU12            | 00:29:50 | 23     |
| 462 | 1063 | 00:30:42 | dethlefsen     | Sven          | Markert   | GER-SH | M-50              | 00:29:34 | 54     |
| 463 | 400  | 00:30:42 | Jerinic        | Andrej        | Holstenschule Neumünster  | GER-SH | M-JU16            | 00:30:30 | 9      |
| 464 | 319  | 00:30:47 | Rex            | Janek         | Gemeinschaftsschule Nortorf   | GER-SH | M-KU12            | 00:30:39 | 24     |
| 465 | 1038 | 00:30:57 | Stogowski      | Marcus        | Neumünster  | GER-SH | M-45              | 00:29:53 | 55     |
| 466 | 409  | 00:30:59 | Schulze        | Mats          | Holstenschule Neumünster  | GER-SH | M-JU16            | 00:30:47 | 10     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name               | Vorname          | Verein / Ort                        | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|--------------------|------------------|-------------------------------------|--------|-------------------|----------|--------|
| 467 | 53   | 00:31:00 | Kraski             | Nils             | Best Western Hotel Prisma           | GER-SH | M-HK              | 00:29:45 | 94     |
| 468 | 100  | 00:31:29 | Howe               | Thomas           | Christus Centrum Neumünster         | GER-SH | M-50              | 00:30:08 | 55     |
| 469 | 122  | 00:31:30 | Springhut          | André            | Christus Centrum Neumünster         | GER-SH | M-45              | 00:30:34 | 56     |
| 470 | 679  | 00:31:30 | Matthies           | André            | Oerlikon Neumag                     | GER-SH | M-35              | 00:31:21 | 35     |
| 471 | 464  | 00:31:36 | Anisetti           | Suneelkumar      | Jasmin Infotech                     | GER-SH | M-HK              | 00:30:56 | 95     |
| 472 | 570  | 00:31:37 | Neumann            | Marc             | Lauftreff Ruthenberger SV           | GER-SH | M-50              | 00:31:03 | 56     |
| 473 | 478  | 00:31:39 | Kuntimalla         | Lakshmi Rangaiah | Jasmin Infotech                     | GER-SH | M-HK              | 00:30:26 | 96     |
| 474 | 824  | 00:31:41 | Kroll              | Jonas            | SVT-Handball MJE                    | GER-SH | M-KU10            | 00:31:04 | 11     |
| 475 | 1052 | 00:31:41 | Kroll              | Rico             |                                     | GER-SH | M-35              | 00:31:02 | 36     |
| 476 | 340  | 00:31:43 | Schnaedelbach      | Hauke            | GISMA Steckverbinder GmbH           | GER-SH | M-HK              | 00:30:37 | 97     |
| 477 | 1039 | 00:31:48 | Sump               | Sigurd           | LG Neumünster                       | GER-SH | M-75              | 00:31:11 | 2      |
| 478 | 698  | 00:31:59 | Hentschel          | Olaf             | Panasonic                           | GER-SH | M-50              | 00:31:42 | 57     |
| 479 | 363  | 00:32:00 | Nath               | Daniel           | GOODTIRES                           | GER-SH | M-30              | 00:31:11 | 53     |
| 480 | 928  | 00:32:00 | Trautz             | Thilo            | Transcoject GmbH                    | GER-SH | M-HK              | 00:31:11 | 98     |
| 481 | 876  | 00:32:05 | Ketzner            | Andre            | Theodor-Litt-Schule                 | GER-SH | M-JU18            | 00:31:01 | 31     |
| 482 | 803  | 00:32:15 | Meier              | Peter            | Stadt Neumünster                    | GER-SH | M-50              | 00:31:05 | 58     |
| 483 | 912  | 00:32:15 | Horke              | Fabian           | Tietgen Haustechnik GmbH            | GER-SH | M-HK              | 00:31:22 | 99     |
| 484 | 476  | 00:32:15 | Komanduri          | Sriram           | Jasmin Infotech                     | GER-SH | M-30              | 00:31:36 | 54     |
| 485 | 325  | 00:32:21 | Stapelberg         | Tom              | Gemeinschaftsschule Nortorf         | GER-SH | M-JU14            | 00:32:21 | 24     |
| 486 | 839  | 00:32:23 | Pieper             | Rüdiger          | Team Nielsen                        | GER-SH | M-50              | 00:31:02 | 59     |
| 487 | 837  | 00:32:23 | Nielsen            | Dirk             | Team Nielsen                        | GER-SH | M-50              | 00:31:04 | 60     |
| 488 | 508  | 00:32:36 | Otte               | Dr. Björn        | Kiek in AöR der Stadt Neumünster    | GER-SH | M-40              | 00:31:19 | 33     |
| 489 | 329  | 00:32:47 | Voß                | Luca             | Gemeinschaftsschule Nortorf         | GER-SH | M-JU14            | 00:32:38 | 25     |
| 490 | 16   | 00:32:48 | Müller             | Marcus           | Alten- und Pflegeheim Haus Itzstedt | GER-SH | M-HK              | 00:32:02 | 100    |
| 491 | 224  | 00:32:51 | Bartsch            | Sebastian        | FEK Neumünster                      | GER-SH | M-35              | 00:32:04 | 37     |
| 492 | 312  | 00:33:05 | Krambeck           | Leon Lukas       | Gemeinschaftsschule Nortorf         | GER-SH | M-JU14            | 00:32:19 | 26     |
| 493 | 1033 | 00:33:11 | Selvaraj           | Suresh           |                                     | GER-SH | M-35              | 00:26:46 | 38     |
| 494 | 1019 | 00:33:14 | Illgen             | Uwe              | Neumünster                          | GER-SH | M-40              | 00:33:08 | 34     |
| 495 | 485  | 00:33:19 | Semar Ahmad Meeran | Mohamed Zubair   | Jasmin Infotech                     | GER-SH | M-HK              | 00:32:11 | 101    |
| 496 | 471  | 00:33:19 | Dhulipalla         | Prabhakar        | Jasmin Infotech                     | GER-SH | M-HK              | 00:32:38 | 102    |
| 497 | 356  | 00:33:23 | Fürst              | Andreas          | GOODTIRES                           | GER-SH | M-45              | 00:33:00 | 57     |
| 498 | 871  | 00:33:25 | Henne              | Daniel           | Theodor-Litt-Schule                 | GER-SH | M-JU18            | 00:32:14 | 32     |
| 499 | 853  | 00:33:40 | Brodersen          | Uwe              | Theodor-Litt-Schule                 | GER-SH | M-60              | 00:32:31 | 9      |
| 500 | 487  | 00:34:00 | Thangaraj          | Saranraj         | Jasmin Infotech                     | GER-SH | M-30              | 00:32:53 | 55     |
| 501 | 71   | 00:34:02 | von der Heyde      | Christoph        | bk documents GmbH                   | GER-SH | M-55              | 00:33:12 | 25     |
| 502 | 465  | 00:34:22 | Avula              | Venkata Subbaiah | Jasmin Infotech                     | GER-SH | M-30              | 00:33:42 | 56     |
| 503 | 796  | 00:34:31 | Hertel             | Robin            | Stadt Neumünster                    | GER-SH | M-30              | 00:34:19 | 57     |
| 504 | 14   | 00:34:36 | Michler            | Volker           | Alten- und Pflegeheim Haus Itzstedt | GER-SH | M-50              | 00:33:48 | 61     |
| 505 | 294  | 00:34:40 | Beck               | Dennis           | Gemeinschaftsschule Nortorf         | GER-SH | M-JU14            | 00:34:26 | 27     |
| 506 | 315  | 00:34:40 | Martens            | Finn             | Gemeinschaftsschule Nortorf         | GER-SH | M-JU14            | 00:34:27 | 28     |
| 507 | 561  | 00:34:51 | Heinze             | Julian           | Kowsky Laufteam                     | GER-SH | M-35              | 00:33:37 | 39     |
| 508 | 321  | 00:34:58 | Schäfer            | Tim Maurice      | Gemeinschaftsschule Nortorf         | GER-SH | M-JU14            | 00:34:44 | 29     |
| 509 | 95   | 00:35:56 | Dunzik             | Alex             | Christus Centrum Neumünster         | GER-SH | M-35              | 00:34:58 | 40     |
| 510 | 72   | 00:36:08 | Wang               | Kai              | bk documents GmbH                   | GER-SH | M-35              | 00:36:00 | 41     |
| 511 | 693  | 00:36:24 | Asada              | Yohei            | Panasonic                           | GER-SH | M-35              | 00:36:02 | 42     |
| 512 | 785  | 00:36:29 | Leplow             | Elias            | Sporthaus Redler                    | GER-SH | M-HK              | 00:35:30 | 103    |
| 513 | 783  | 00:36:30 | Becker             | Thilo            | Sporthaus Redler                    | GER-SH | M-35              | 00:35:30 | 43     |
| 514 | 341  | 00:36:32 | Wohlert            | Oliver           | GISMA Steckverbinder GmbH           | GER-SH | M-40              | 00:35:23 | 35     |
| 515 | 353  | 00:36:51 | Behnke             | Tobias           | GOODTIRES                           | GER-SH | M-HK              | 00:35:48 | 104    |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf M

| Pos | StNr | Gesamt   | Name      | Vorname         | Verein / Ort  | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-----------|-----------------|---|--------|-------------------|----------|--------|
| 516 | 358  | 00:36:51 | Koplin    | Rainer          | GOODTIRES   | GER-SH | M-50              | 00:36:26 | 62     |
| 517 | 46   | 00:37:10 | Duske     | Rainer          | Best Western Hotel Prisma                                       | GER-SH | M-35              | 00:35:52 | 44     |
| 518 | 879  | 00:37:13 | Klose     | Dennis          | Theodor-Litt-Schule   | GER-SH | M-JU18            | 00:35:58 | 33     |
| 519 | 379  | 00:37:25 | Sutter    | Stefan          | Handelsgesellschaft für<br>Naturprodukte mbH Gut<br>Rosenkrantz | GER-SH | M-55              | 00:36:40 | 26     |
| 520 | 1020 | 00:37:27 | Kalimuthu | Raghunath       | Neumunster  | GER-SH | M-30              | 00:31:04 | 58     |
| 521 | 482  | 00:37:30 | Prabhu    | Kuberan         | Jasmin Infotech   | GER-SH | M-30              | 00:36:22 | 59     |
| 522 | 17   | 00:37:43 | Osterholz | Thies           | Alten- und Pflegeheim Haus<br>Itzstedt                          | GER-SH | M-30              | 00:36:54 | 60     |
| 523 | 192  | 00:37:45 | Tunc      | Bahri           | Ehler Ermer & Partner   | GER-SH | M-HK              | 00:37:14 | 105    |
| 524 | 87   | 00:37:47 | Gloe      | Martin          | C.J. Wigger KG  | GER-SH | M-45              | 00:36:38 | 58     |
| 525 | 914  | 00:38:06 | Mende     | Robin           | Tietgen Haustechnik GmbH  | GER-SH | M-HK              | 00:37:13 | 106    |
| 526 | 316  | 00:38:08 | Meyer     | Nils Peter      | Gemeinschaftsschule Nortorf                                     | GER-SH | M-JU14            | 00:37:54 | 30     |
| 527 | 318  | 00:38:08 | Rahlf     | Moritz Benjamin | Gemeinschaftsschule Nortorf                                     | GER-SH | M-JU14            | 00:38:01 | 31     |
| 528 | 103  | 00:38:11 | Kaiser    | Peter           | Christus Centrum Neumünster                                     | GER-SH | M-45              | 00:37:17 | 59     |
| 529 | 815  | 00:38:37 | Wendt     | Michael         | SVLFG   | GER-SH | M-45              | 00:38:08 | 60     |
| 530 | 624  | 00:39:14 | Wachholz  | Falk            | ms management   | GER-SH | M-40              | 00:37:56 | 36     |
| 531 | 881  | 00:40:09 | Kruse     | Holmer          | Theodor-Litt-Schule   | GER-SH | M-50              | 00:38:58 | 63     |
| 532 | 475  | 00:40:54 | Jeyakodi  | Sundaramoorthy  | Jasmin Infotech   | GER-SH | M-HK              | 00:40:11 | 107    |
| 533 | 1002 | 00:42:15 | Arnold    | Jannes          | Wahlstedt   | GER-SH | M-KU8             | 00:41:01 | 2      |
| 534 | 324  | 00:42:37 | Schwarz   | Florian         | Gemeinschaftsschule Nortorf                                     | GER-SH | M-JU14            | 00:42:21 | 32     |
| 535 | 293  | 00:42:37 | Bauer     | Yannic          | Gemeinschaftsschule Nortorf                                     | GER-SH | M-JU14            | 00:42:22 | 33     |
| 536 | 18   | 00:43:43 | Tschinkel | Christian       | Alten- und Pflegeheim Haus<br>Itzstedt                          | GER-SH | M-HK              | 00:42:54 | 108    |
| 537 | 424  | 00:44:18 | Stender   | Jörg            | Horn + Horn Laufteam  | GER-SH | M-60              | 00:43:52 | 10     |

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name       | Vorname  | Verein / Ort                       | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|------------|----------|------------------------------------|--------|-------------------|----------|--------|
| 1   | 39   | 00:15:46 | Ehlers     | Jessika  | Benjamin Reuter Laptopservice      | GER-SH | W-HK              | 00:15:44 | 1      |
| 2   | 44   | 00:17:41 | Schmidt    | Kerstin  | Benjamin Reuter Laptopservice      | GER-SH | W-40              | 00:17:39 | 1      |
| 3   | 718  | 00:17:54 | Kiehl      | Kira     | Polizei Neumünster                 | GER-SH | W-HK              | 00:17:47 | 2      |
| 4   | 720  | 00:18:48 | Kruse      | Nike     | Polizei Neumünster                 | GER-SH | W-HK              | 00:18:41 | 3      |
| 5   | 583  | 00:19:02 | Rüchel     | Patricia | Lebenshilfewerk Neumünster<br>GmbH | GER-SH | W-HK              | 00:19:00 | 4      |
| 6   | 740  | 00:19:34 | Melzer     | Vivian   | Powerfabrik                        | GER-SH | W-40              | 00:19:27 | 2      |
| 7   | 495  | 00:20:00 | Kock       | Cerrin   | Jessis Pilates Flitzer             | GER-SH | W-HK              | 00:19:57 | 5      |
| 8   | 38   | 00:20:50 | Albrecht   | Carolin  | Benjamin Reuter Laptopservice      | GER-SH | W-35              | 00:20:46 | 1      |
| 9   | 179  | 00:21:04 | Ahmling    | Romina   | EDEKA Grümme                       | GER-SH | W-HK              | 00:20:46 | 6      |
| 10  | 1053 | 00:21:09 | Nehmann    | Jessica  | Theodor-Litt-Schule                | GER-SH | W-HK              | 00:20:42 | 7      |
| 11  | 987  | 00:21:12 | Voß        | Janin    | Reitverein Staatshof               | GER-SH | W-30              | 00:20:50 | 1      |
| 12  | 818  | 00:21:14 | Groffmann  | Silvia   | Purple Pegasus                     | GER-SH | W-40              | 00:20:57 | 3      |
| 13  | 579  | 00:21:28 | Matuszak   | Svantje  | Lebenshilfewerk Neumünster<br>GmbH | GER-SH | W-HK              | 00:21:25 | 8      |
| 14  | 758  | 00:21:32 | Malze      | Ilka     | Reitverein Staatshof               | GER-SH | W-45              | 00:21:10 | 1      |
| 15  | 716  | 00:21:38 | Bock       | Theresa  | Polizei Neumünster                 | GER-SH | W-HK              | 00:21:27 | 9      |
| 16  | 448  | 00:21:43 | Voß        | Melanie  | Isa-Traesko GmbH                   | GER-SH | W-35              | 00:21:18 | 2      |
| 17  | 674  | 00:22:03 | Lepsien    | Lena     | Oerlikon Neumag                    | GER-SH | W-30              | 00:21:58 | 2      |
| 18  | 989  | 00:22:06 | Gretenkort | Cosi     | Holstenschule Neumünster           | GER-SH | W-JU14            | 00:22:04 | 1      |
| 19  | 938  | 00:22:11 | Böttger    | Sina     | Triumph Internationl GmbH          | GER-SH | W-HK              | 00:21:51 | 10     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name            | Vorname       | Verein / Ort                         | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-----------------|---------------|--------------------------------------|--------|-------------------|----------|--------|
| 20  | 176  | 00:22:13 | Schweinsberger  | Almut         | Druckzentrum/DFN<br>Neumünster       | GER-SH | W-45              | 00:21:43 | 2      |
| 21  | 371  | 00:22:20 | Styr            | Helena        | Gummi Busch GmbH & Co KG             | GER-SH | W-35              | 00:22:16 | 3      |
| 22  | 1049 | 00:22:20 | Banck           | Ida           | Power - Trio                         | GER-SH | W-JU14            | 00:22:08 | 2      |
| 23  | 226  | 00:22:20 | Eichner         | Petra         | FEK Neumünster                       | GER-SH | W-35              | 00:22:04 | 4      |
| 24  | 1050 | 00:22:21 | Banck           | Stine         | Power - Trio                         | GER-SH | W-JU18            | 00:22:09 | 1      |
| 25  | 429  | 00:22:22 | Valentin        | Hannah        | Imkeandj                             | GER-SH | W-JU14            | 00:22:16 | 3      |
| 26  | 692  | 00:22:24 | Wortberg        | Dr. Gisa      | Oerlikon Neumag                      | GER-SH | W-30              | 00:22:16 | 3      |
| 27  | 97   | 00:22:29 | Forster         | Jolina Sophie | Christus Centrum Neumünster          | GER-SH | W-JU14            | 00:22:20 | 4      |
| 28  | 368  | 00:22:34 | Labusch         | Karin         | Gummi Busch GmbH & Co KG             | GER-SH | W-50              | 00:22:29 | 1      |
| 29  | 675  | 00:22:35 | Lohse           | Yvonne        | Oerlikon Neumag                      | GER-SH | W-40              | 00:22:32 | 4      |
| 30  | 49   | 00:22:44 | Fris            | Aureli        | Best Western Hotel Prisma            | GER-SH | W-30              | 00:21:43 | 4      |
| 31  | 167  | 00:22:48 | Meyer           | Stefanie      | Die Eiskalten Bofrost<br>Neumünster  | GER-SH | W-40              | 00:21:54 | 5      |
| 32  | 556  | 00:22:55 | Koepsell        | Birthe        | Koepsell Nutzfahrzeuge GmbH          | GER-SH | W-JU16            | 00:22:12 | 1      |
| 33  | 383  | 00:22:56 | Niehaus         | Melanie       | Happy Feet                           | GER-SH | W-35              | 00:22:39 | 5      |
| 34  | 235  | 00:22:58 | Schloßbauer     | Tessa         | FEK Neumünster                       | GER-SH | W-HK              | 00:22:26 | 11     |
| 35  | 159  | 00:23:01 | Riedel          | Manuela       | DER TRÖDELTRUPP                      | GER-SH | W-30              | 00:22:52 | 5      |
| 36  | 157  | 00:23:02 | Kraemer         | Stefanie      | DER TRÖDELTRUPP                      | GER-SH | W-30              | 00:22:53 | 6      |
| 37  | 154  | 00:23:02 | Aschkar         | Inna          | DER TRÖDELTRUPP                      | GER-SH | W-30              | 00:22:53 | 7      |
| 38  | 438  | 00:23:03 | Koblitz         | Johanna       | Isa-Traesko GmbH                     | GER-SH | W-HK              | 00:22:38 | 12     |
| 39  | 637  | 00:23:04 | Tuscheerer      | Anke          | Nortex Laufteam                      | GER-SH | W-50              | 00:22:46 | 2      |
| 40  | 1064 | 00:23:06 | Michaeli        | Nessi         | Kowsky Laufteam                      | GER-SH | W-35              | 00:22:41 | 6      |
| 41  | 142  | 00:23:07 | Trende          | Claudia       | Danfoss Power Solutions              | GER-SH | W-45              | 00:22:54 | 3      |
| 42  | 965  | 00:23:07 | Capell          | Manuela       | WEISSER RING e.V.<br>Außenstelle NMS | GER-SH | W-45              | 00:22:51 | 4      |
| 43  | 530  | 00:23:16 | Reese           | Maike         | Kleintierklinik Wasbek               | GER-SH | W-40              | 00:22:43 | 6      |
| 44  | 1051 | 00:23:21 | Kröhnke         | Tony          | Power - Trio                         | GER-SH | W-JU16            | 00:23:08 | 2      |
| 45  | 658  | 00:23:21 | Schmidt         | Britta        | O.t.n Lauflabor                      | GER-SH | W-50              | 00:22:56 | 3      |
| 46  | 180  | 00:23:22 | Brüggen         | Maike         | EDEKA Grümmi                         | GER-SH | W-50              | 00:22:37 | 4      |
| 47  | 181  | 00:23:24 | Goriwoda        | Katja         | EDEKA Grümmi                         | GER-SH | W-35              | 00:23:06 | 7      |
| 48  | 301  | 00:23:27 | Ecberger        | Alina         | Gemeinschaftsschule Nortorf          | GER-SH | W-JU14            | 00:23:17 | 5      |
| 49  | 150  | 00:23:28 | Blunck          | Nicole        | dekorat Rahmenwerkstatt              | GER-SH | W-50              | 00:23:13 | 5      |
| 50  | 333  | 00:23:33 | De Giovanni     | Kathrin       | GISMA Steckverbinder GmbH            | GER-SH | W-35              | 00:22:27 | 8      |
| 51  | 795  | 00:23:33 | Hack            | Stefanie      | Stadt Neumünster                     | GER-SH | W-45              | 00:22:45 | 5      |
| 52  | 365  | 00:23:38 | Stasko          | Julia         | GOODTIRES                            | GER-SH | W-HK              | 00:23:18 | 13     |
| 53  | 964  | 00:23:44 | Boysen          | Jeannet       | WEISSER RING e.V.<br>Außenstelle NMS | GER-SH | W-45              | 00:23:30 | 6      |
| 54  | 811  | 00:23:48 | Lemke           | Sarina        | SVLFG                                | GER-SH | W-HK              | 00:23:20 | 14     |
| 55  | 984  | 00:23:49 | Claussen        | Bianca        | O.t.n Lauflabor                      | GER-SH | W-HK              | 00:23:43 | 15     |
| 56  | 155  | 00:23:52 | Endler          | Astrid        | DER TRÖDELTRUPP                      | GER-SH | W-35              | 00:23:43 | 9      |
| 57  | 252  | 00:23:53 | Ahrens          | Carina        | Finanzamt Neumünster                 | GER-SH | W-HK              | 00:22:56 | 16     |
| 58  | 764  | 00:23:54 | Kern            | Ulla          | Schulpolizei on the Run!             | GER-SH | W-40              | 00:23:39 | 7      |
| 59  | 183  | 00:23:56 | Wentzel         | Karina        | EDEKA Grümmi                         | GER-SH | W-50              | 00:23:39 | 6      |
| 60  | 946  | 00:24:01 | Schmidt         | Malin         | Verlagskontor SH                     | GER-SH | W-30              | 00:23:24 | 8      |
| 61  | 661  | 00:24:02 | Voges           | Melina        | O.t.n Lauflabor                      | GER-SH | W-JU16            | 00:23:59 | 3      |
| 62  | 494  | 00:24:02 | Brodersen       | Michel        | Jessis Pilates Flitzer               | GER-SH | W-HK              | 00:23:32 | 17     |
| 63  | 217  | 00:24:05 | Schwartz        | Susanne       | Familienzentrum St. Elisabeth        | GER-SH | W-50              | 00:23:45 | 7      |
| 64  | 108  | 00:24:06 | Kurz            | Julia         | Christus Centrum Neumünster          | GER-SH | W-HK              | 00:23:12 | 18     |
| 65  | 369  | 00:24:11 | Peters          | Claudia       | Gummi Busch GmbH & Co KG             | GER-SH | W-50              | 00:24:06 | 8      |
| 66  | 731  | 00:24:13 | Dölker          | Sophie        | Powerfabrik                          | GER-SH | W-HK              | 00:24:04 | 19     |
| 67  | 865  | 00:24:13 | Gosch           | Katharina     | Theodor-Litt-Schule                  | GER-SH | W-35              | 00:23:56 | 10     |
| 68  | 537  | 00:24:14 | von dem Bussche | Juliane       | Kleintierklinik Wasbek               | GER-SH | W-35              | 00:23:39 | 11     |

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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-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-------------|-----------------|---|--------|-------------------|----------|--------|
| 69  | 385  | 00:24:15 | Schneck     | Janina          | Hartung GmbH & Co. KG   | GER-   | W-HK              | 00:24:07 | 20     |
| 70  | 234  | 00:24:16 | Möller      | Mareike         | FEK Neumünster  | GER-SH | W-35              | 00:23:13 | 12     |
| 71  | 600  | 00:24:19 | Cramer      | Meike           | Matching Pairs  | GER-SH | W-50              | 00:23:56 | 9      |
| 72  | 640  | 00:24:20 | Bromm       | Lilly           | O.t.n Laflabor  | GER-SH | W-JU16            | 00:24:17 | 4      |
| 73  | 713  | 00:24:23 | Schulz      | Lisa-Christin   | Peters-Reisen   | GER-SH | W-JU18            | 00:24:01 | 2      |
| 74  | 260  | 00:24:24 | Selent      | Cindy           | Finanzamt Neumünster  | GER-SH | W-35              | 00:23:52 | 13     |
| 75  | 500  | 00:24:30 | Riepen      | Silke           | Jessis Pilates Flitzer  | GER-SH | W-55              | 00:23:59 | 1      |
| 76  | 852  | 00:24:30 | Borchardt   | Lisa-Marie      | Theodor-Litt-Schule   | GER-SH | W-JU18            | 00:24:05 | 3      |
| 77  | 765  | 00:24:32 | Krüger      | Astrid          | Schulpolizei on the Run!  | GER-SH | W-45              | 00:24:17 | 7      |
| 78  | 360  | 00:24:34 | Liebner     | Irina           | GOODTIRES   | GER-SH | W-40              | 00:24:10 | 8      |
| 79  | 762  | 00:24:34 | Voß         | Letizia Maryann | Reitverein Staatshof  | GER-SH | W-JU14            | 00:24:15 | 6      |
| 80  | 350  | 00:24:39 | Ahrens      | Silke           | GOODTIRES   | GER-SH | W-50              | 00:24:18 | 10     |
| 81  | 1054 | 00:24:42 | Debus       | Lisanne         | Theodor-Litt-Schule   | GER-SH | W-JU18            | 00:24:24 | 4      |
| 82  | 207  | 00:24:46 | Müller      | Ines            | Fachklinik Aukrug - Eine Klinik<br>der Deutschen<br>Rentenversicherung Nord | GER-SH | W-40              | 00:23:29 | 9      |
| 83  | 710  | 00:24:49 | Klassen     | Tatjana         | Peters-Reisen   | GER-SH | W-40              | 00:24:25 | 10     |
| 84  | 760  | 00:24:51 | Trede       | Anika           | Reitverein Staatshof  | GER-SH | W-HK              | 00:24:32 | 21     |
| 85  | 766  | 00:24:57 | Potratz     | Tanja           | Schulpolizei on the Run!  | GER-SH | W-30              | 00:24:44 | 9      |
| 86  | 578  | 00:24:59 | Kreutzmann  | Sylvia          | Lebenshilfewerk Neumünster<br>GmbH  | GER-SH | W-45              | 00:24:55 | 8      |
| 87  | 982  | 00:25:01 | Thomas      | Nadja           | Die Spätzünder  | GER-SH | W-45              | 00:24:44 | 9      |
| 88  | 602  | 00:25:03 | Mohr        | Britt           | Matching Pairs  | GER-SH | W-50              | 00:24:39 | 11     |
| 89  | 48   | 00:25:09 | Engelmann   | Nadine          | Best Western Hotel Prisma   | GER-SH | W-35              | 00:24:24 | 14     |
| 90  | 1014 | 00:25:09 | Henningsen  | Ulrike          | Neumünster  | GER-SH | W-45              | 00:24:44 | 10     |
| 91  | 950  | 00:25:10 | Bente       | Katja           | VFR Neumünster  | GER-SH | W-40              | 00:24:55 | 11     |
| 92  | 460  | 00:25:11 | Jensen      | Lisa            | J.A.G. Metallbau GmbH   | GER-SH | W-HK              | 00:24:28 | 22     |
| 93  | 459  | 00:25:12 | Jensen      | Anna            | J.A.G. Metallbau GmbH   | GER-SH | W-HK              | 00:24:28 | 23     |
| 94  | 782  | 00:25:12 | Bahnsen     | Anna            | Sporthaus Redler  | GER-SH | W-30              | 00:24:56 | 10     |
| 95  | 817  | 00:25:13 | Gass        | Julia           | Purple Pegasus  | GER-SH | W-HK              | 00:24:31 | 24     |
| 96  | 280  | 00:25:13 | Todt        | Lina            | Freiwillige Feuerwehr<br>Tungendorf-Dorf                                    | GER-SH | W-HK              | 00:25:03 | 25     |
| 97  | 199  | 00:25:14 | Brandt      | Ann-Catrin      | Fachklinik Aukrug - Eine Klinik<br>der Deutschen<br>Rentenversicherung Nord | GER-SH | W-HK              | 00:23:57 | 26     |
| 98  | 197  | 00:25:16 | Hojdem      | Selina          | expert Elektrofachmärkte Nord<br>GmbH                                       | GER-SH | W-HK              | 00:24:49 | 27     |
| 99  | 57   | 00:25:18 | Wesselmann  | Simone          | Best Western Hotel Prisma   | GER-SH | W-50              | 00:24:17 | 12     |
| 100 | 538  | 00:25:26 | Werbung     | Veronika        | Kleintierklinik Wasbek  | GER-SH | W-40              | 00:24:50 | 12     |
| 101 | 184  | 00:25:33 | Attrot      | Merle           | Edeka Nord  | GER-SH | W-30              | 00:25:16 | 11     |
| 102 | 439  | 00:25:33 | Maupoil     | Anais           | Isa-Traesko GmbH  | GER-SH | W-35              | 00:25:07 | 15     |
| 103 | 752  | 00:25:34 | Peetz       | Birgit          | PSV Laufenten   | GER-SH | W-55              | 00:24:49 | 2      |
| 104 | 1026 | 00:25:39 | Ohrt        | Wencke          | Hohenwestedt  | GER-SH | W-HK              | 00:25:01 | 28     |
| 105 | 582  | 00:25:45 | Neuschäffer | Marika          | Lebenshilfewerk Neumünster<br>GmbH  | GER-SH | W-55              | 00:25:40 | 3      |
| 106 | 672  | 00:25:50 | Kirst       | Svenja          | Oerlikon Neumag   | GER-SH | W-HK              | 00:25:41 | 29     |
| 107 | 402  | 00:25:50 | Larßon      | Fabienne        | Holstenschule Neumünster  | GER-SH | W-KU12            | 00:25:16 | 1      |
| 108 | 297  | 00:25:55 | Burgold     | Sam Jamila      | Gemeinschaftsschule Nortorf   | GER-SH | W-JU14            | 00:25:43 | 7      |
| 109 | 496  | 00:25:55 | Krüger      | Smilla          | Jessis Pilates Flitzer  | GER-SH | W-JU16            | 00:25:45 | 5      |
| 110 | 678  | 00:25:55 | Marques     | Sofia           | Oerlikon Neumag   | GER-SH | W-40              | 00:25:47 | 13     |
| 111 | 684  | 00:25:59 | Pietsch     | Anne            | Oerlikon Neumag   | GER-SH | W-50              | 00:25:47 | 13     |
| 112 | 749  | 00:25:59 | Balster     | Heike           | PSV Laufenten   | GER-SH | W-45              | 00:25:16 | 11     |
| 113 | 1060 | 00:26:00 | Villwack    | Jana            |   | GER-SH | W-JU18            | 00:25:05 | 5      |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name          | Vorname        | Verein / Ort                                   | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|---------------|----------------|--|--------|-------------------|----------|--------|
| 114 | 278  | 00:26:00 | Pries         | Meike          | Freiwillige Feuerwehr<br>Tungendorf-Dorf       | GER-SH | W-HK              | 00:25:48 | 30     |
| 115 | 118  | 00:26:00 | Nett          | Esther         | Christus Centrum Neumünster                    | GER-SH | W-HK              | 00:25:08 | 31     |
| 116 | 320  | 00:26:00 | Ruge          | Lotta          | Gemeinschaftsschule Nortorf                    | GER-SH | W-KU12            | 00:25:02 | 2      |
| 117 | 328  | 00:26:02 | Villwock      | Inka           | Gemeinschaftsschule Nortorf                    | GER-SH | W-45              | 00:25:08 | 12     |
| 118 | 281  | 00:26:02 | Witt          | Merle-Alina    | Freiwillige Feuerwehr<br>Tungendorf-Dorf       | GER-SH | W-HK              | 00:25:51 | 32     |
| 119 | 761  | 00:26:05 | Voß           | Larissa LeeAnn | Reitverein Staatshof                           | GER-SH | W-JU16            | 00:25:46 | 6      |
| 120 | 998  | 00:26:07 | Karlovit      | Titanilla      | Converse                                       | GER-SH | W-HK              | 00:25:51 | 33     |
| 121 | 514  | 00:26:08 | Stevens       | Katharina      | KIN GmbH                                       | GER-SH | W-50              | 00:25:08 | 14     |
| 122 | 763  | 00:26:09 | Voß           | Simone         | Reitverein Staatshof                           | GER-SH | W-40              | 00:25:50 | 14     |
| 123 | 1042 | 00:26:09 | Wilczek       | Simone         | Kleinkummerfeld                                | GER-SH | W-40              | 00:25:11 | 15     |
| 124 | 609  | 00:26:10 | Zeren         | Delia          | Mikrorun                                       | GER-SH | W-35              | 00:25:48 | 16     |
| 125 | 552  | 00:26:10 | Schlüschen    | Nina-Jasmin    | Knuth Laufmaschinen                            | GER-SH | W-HK              | 00:25:40 | 34     |
| 126 | 387  | 00:26:15 | Witt          | Lara-Jasmin    | Hartung GmbH & Co. KG                          | GER-   | W-HK              | 00:26:08 | 35     |
| 127 | 573  | 00:26:16 | Ackermann     | Mona           | Lebenshilfewerk Neumünster<br>GmbH             | GER-SH | W-45              | 00:26:11 | 13     |
| 128 | 84   | 00:26:17 | Röhrig        | Eileen         | BSG Sparkasse Südholstein                      | GER-SH | W-HK              | 00:25:13 | 36     |
| 129 | 788  | 00:26:23 | Schulz        | Inka           | Sporthaus Redler                               | GER-SH | W-40              | 00:26:09 | 16     |
| 130 | 394  | 00:26:24 | Brandt        | Marion         | Holstenschule Neumünster                       | GER-SH | W-JU18            | 00:25:38 | 6      |
| 131 | 307  | 00:26:25 | Hinzmann      | Henna Carlotta | Gemeinschaftsschule Nortorf                    | GER-SH | W-KU12            | 00:26:18 | 3      |
| 132 | 263  | 00:26:26 | Buechert      | Mette Sophie   | Firma ENDOMOBIL GmbH                           | GER-SH | W-35              | 00:25:35 | 17     |
| 133 | 230  | 00:26:26 | Jochens       | Vilja          | FEK Neumünster                                 | GER-SH | W-JU18            | 00:26:20 | 7      |
| 134 | 1024 | 00:26:29 | Nevermann     | Daniela        | Neumünster                                     | GER-SH | W-40              | 00:25:29 | 17     |
| 135 | 69   | 00:26:31 | Samek         | Nadie          | bk documents GmbH                              | GER-SH | W-35              | 00:26:26 | 18     |
| 136 | 302  | 00:26:34 | Eggers        | Pia Marie      | Gemeinschaftsschule Nortorf                    | GER-SH | W-KU12            | 00:26:25 | 4      |
| 137 | 725  | 00:26:36 | Westphal      | Jana           | Polizei Neumünster                             | GER-SH | W-HK              | 00:26:16 | 37     |
| 138 | 195  | 00:26:40 | Hinz          | Jasmin         | expert Elektrofachmärkte Nord<br>GmbH          | GER-SH | W-35              | 00:26:13 | 19     |
| 139 | 237  | 00:26:41 | Würffel       | Sandra         | FEK Neumünster                                 | GER-SH | W-35              | 00:25:55 | 20     |
| 140 | 169  | 00:26:42 | Jeromin-Tegen | Sabine         | Druckzentrum/DFN<br>Neumünster                 | GER-SH | W-60              | 00:26:10 | 1      |
| 141 | 918  | 00:26:44 | Stein         | Kerstin        | Tietgen Haustechnik GmbH                       | GER-SH | W-40              | 00:25:58 | 18     |
| 142 | 559  | 00:26:48 | Koepsell      | Sabine         | Koepsell Nutzfahrzeuge GmbH                    | GER-SH | W-55              | 00:26:04 | 4      |
| 143 | 430  | 00:26:48 | Valentin      | Heike          | Imkeandj                                       | GER-SH | W-50              | 00:26:42 | 15     |
| 144 | 236  | 00:26:51 | Wendt         | Franziska      | FEK Neumünster                                 | GER-SH | W-30              | 00:26:43 | 12     |
| 145 | 711  | 00:26:52 | Krogowski     | Ute            | Peters-Reisen                                  | GER-SH | W-50              | 00:26:29 | 16     |
| 146 | 854  | 00:26:59 | Bülck         | Saskia         | Theodor-Litt-Schule                            | GER-SH | W-JU18            | 00:25:54 | 8      |
| 147 | 135  | 00:27:01 | Orewal        | Ute            | Danfoss Power Solutions                        | GER-SH | W-35              | 00:26:47 | 21     |
| 148 | 996  | 00:27:05 | Urzua         | Sandra         | Converse                                       | GER-SH | W-45              | 00:26:50 | 14     |
| 149 | 291  | 00:27:05 | Sell          | Janet          | Gemeinschaftspraxis Kock &<br>Dr. Herchenröder | GER-SH | W-45              | 00:26:14 | 15     |
| 150 | 808  | 00:27:08 | Thiessen      | Inga           | Stadt Neumünster                               | GER-SH | W-HK              | 00:25:56 | 38     |
| 151 | 435  | 00:27:12 | Cete          | Gülizar        | Isa-Traesko GmbH                               | GER-SH | W-HK              | 00:26:47 | 39     |
| 152 | 683  | 00:27:13 | Petter        | Ulla           | Oerlikon Neumag                                | GER-SH | W-55              | 00:26:26 | 5      |
| 153 | 776  | 00:27:14 | Schütt        | Denise         | SH-Fitness                                     | GER-SH | W-HK              | 00:26:15 | 40     |
| 154 | 807  | 00:27:15 | Stübs         | Melina         | Stadt Neumünster                               | GER-SH | W-HK              | 00:26:47 | 41     |
| 155 | 715  | 00:27:18 | Zaworka       | Ricarda        | Peters-Reisen                                  | GER-SH | W-45              | 00:26:55 | 16     |
| 156 | 80   | 00:27:19 | Minigel       | Martina        | BSG Sparkasse Südholstein                      | GER-SH | W-55              | 00:26:19 | 6      |
| 157 | 755  | 00:27:20 | Sievert       | Katja          | PSV Laufenten                                  | GER-SH | W-40              | 00:26:35 | 19     |
| 158 | 526  | 00:27:22 | Nielsen       | Svea           | Kleintierklinik Wasbek                         | GER-SH | W-JU20            | 00:26:50 | 1      |
| 159 | 723  | 00:27:25 | Ross          | Malena         | Polizei Neumünster                             | GER-   | W-HK              | 00:27:14 | 42     |
| 160 | 238  | 00:27:26 | David         | Bianca         | Feuerwehr Groß Kummerfeld                      | GER-SH | W-40              | 00:26:45 | 20     |

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## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name              | Vorname        | Verein / Ort  | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|-------------------|----------------|---|--------|-------------------|----------|--------|
| 161 | 529  | 00:27:26 | Püschel           | Maren          | Kleintierklinik Wasbek  | GER-SH | W-30              | 00:26:50 | 13     |
| 162 | 390  | 00:27:29 | Müller            | Sonja          | Höhn  | GER-   | W-50              | 00:27:12 | 17     |
| 163 | 82   | 00:27:30 | Oppermann         | Miriam         | BSG Sparkasse Südholstein   | GER-SH | W-40              | 00:26:28 | 21     |
| 164 | 1010 | 00:27:31 | Dreßler           | Jane- Christin | Neumünster  | GER-SH | W-HK              | 00:27:23 | 43     |
| 165 | 719  | 00:27:32 | Kiehl             | Michaela       | Polizei Neumünster  | GER-SH | W-50              | 00:26:46 | 18     |
| 166 | 644  | 00:27:32 | Gardey            | Lina           | O.t.n Lauflabor   | GER-SH | W-HK              | 00:27:28 | 44     |
| 167 | 979  | 00:27:37 | Witt              | Heike          | Young Ladies & Friends  | GER-SH | W-60              | 00:27:26 | 2      |
| 168 | 605  | 00:27:42 | Söhrn             | Margarita      | Mikrorun  | GER-SH | W-30              | 00:27:19 | 14     |
| 169 | 497  | 00:27:42 | Leumann           | Silke          | Jessis Pilates Flitzer  | GER-SH | W-50              | 00:27:12 | 19     |
| 170 | 734  | 00:27:43 | Grage-Bäumann     | Monique        | Powerfabrik   | GER-SH | W-35              | 00:27:07 | 22     |
| 171 | 939  | 00:27:44 | Grabert           | Britta         | Triumph International GmbH  | GER-SH | W-HK              | 00:27:23 | 45     |
| 172 | 415  | 00:27:45 | Wittmaack         | Hjordis        | Holstenschule Neumünster  | GER-SH | W-KU12            | 00:26:58 | 5      |
| 173 | 847  | 00:27:47 | Baumann           | Medina         | Theodor-Litt-Schule   | GER-SH | W-JU18            | 00:26:39 | 9      |
| 174 | 265  | 00:27:56 | Kray              | Julia          | Firma ENDOMOBIL GmbH  | GER-SH | W-HK              | 00:27:02 | 46     |
| 175 | 264  | 00:27:58 | Kämmerling        | Avila          | Firma ENDOMOBIL GmbH  | GER-SH | W-35              | 00:27:06 | 23     |
| 176 | 23   | 00:27:58 | Goebel            | Maire          | Assmann GmbH  | GER-SH | W-KU10            | 00:27:17 | 1      |
| 177 | 668  | 00:28:04 | Dobrott           | Claudia        | Oerlikon Neumag   | GER-SH | W-45              | 00:27:12 | 17     |
| 178 | 171  | 00:28:06 | Liekfeldt         | Sabine         | Druckzentrum/DFN<br>Neumünster  | GER-SH | W-50              | 00:27:36 | 20     |
| 179 | 597  | 00:28:06 | Schwarz           | Rabea          | Leserkreis Daheim/Neumünster  | GER-SH | W-HK              | 00:27:56 | 47     |
| 180 | 399  | 00:28:06 | Haß               | Lea            | Holstenschule Neumünster  | GER-SH | W-JU14            | 00:28:05 | 8      |
| 181 | 24   | 00:28:08 | Hilbert           | Kathleen       | Assmann GmbH  | GER-SH | W-35              | 00:27:33 | 24     |
| 182 | 751  | 00:28:10 | Künnecke          | Sabine         | PSV Laufenten   | GER-SH | W-55              | 00:27:26 | 7      |
| 183 | 165  | 00:28:12 | Link              | Laura          | Die Eiskalten Bofrost<br>Neumünster   | GER-SH | W-HK              | 00:27:15 | 48     |
| 184 | 534  | 00:28:12 | Schultze          | Marlena        | Kleintierklinik Wasbek  | GER-SH | W-HK              | 00:27:35 | 49     |
| 185 | 233  | 00:28:12 | Mohr              | Jannika        | FEK Neumünster  | GER-SH | W-HK              | 00:27:41 | 50     |
| 186 | 712  | 00:28:17 | Schippereit       | Elisa          | Peters-Reisen   | GER-SH | W-50              | 00:27:52 | 21     |
| 187 | 650  | 00:28:17 | Kan               | Güler          | O.t.n Lauflabor   | GER-SH | W-HK              | 00:28:07 | 51     |
| 188 | 945  | 00:28:20 | Groth             | Nicole         | Verlagskontor SH  | GER-SH | W-30              | 00:27:43 | 15     |
| 189 | 565  | 00:28:21 | Schmidt           | Nadine         | Kowsky Laufteam   | GER-SH | W-40              | 00:27:52 | 22     |
| 190 | 540  | 00:28:22 | Widemann          | Inga           | Kleintierklinik Wasbek  | GER-SH | W-30              | 00:27:43 | 16     |
| 191 | 531  | 00:28:23 | Reimers           | Corinna        | Kleintierklinik Wasbek  | GER-SH | W-HK              | 00:27:44 | 52     |
| 192 | 502  | 00:28:30 | Schmuck           | Jeanette       | Jessis Pilates Flitzer  | GER-SH | W-50              | 00:27:53 | 22     |
| 193 | 501  | 00:28:34 | Schäm             | Jessica        | Jessis Pilates Flitzer  | GER-SH | W-45              | 00:28:06 | 18     |
| 194 | 947  | 00:28:35 | Wendler           | Hanna          | Verlagskontor SH  | GER-SH | W-35              | 00:27:55 | 25     |
| 195 | 232  | 00:28:35 | Kuck              | Astrid         | FEK Neumünster  | GER-SH | W-50              | 00:27:50 | 23     |
| 196 | 935  | 00:28:35 | Theede            | Celine         | Transcoject GmbH  | GER-SH | W-HK              | 00:27:46 | 53     |
| 197 | 22   | 00:28:37 | Goebel            | Eske           | Assmann GmbH  | GER-SH | W-KU10            | 00:27:56 | 2      |
| 198 | 255  | 00:28:38 | Klein             | Karen          | Finanzamt Neumünster  | GER-SH | W-60              | 00:28:01 | 3      |
| 199 | 767  | 00:28:39 | Harms-Biß         | Anina          | Schwalehof  | GER-SH | W-35              | 00:27:38 | 26     |
| 200 | 769  | 00:28:39 | Minak             | Nadine         | Schwalehof  | GER-SH | W-35              | 00:27:36 | 27     |
| 201 | 875  | 00:28:41 | Käter             | Sandra         | Theodor-Litt-Schule   | GER-SH | W-35              | 00:27:35 | 28     |
| 202 | 1007 | 00:28:41 | Dannmeier         | Saskia         | SVT   | GER-SH | W-35              | 00:27:56 | 29     |
| 203 | 499  | 00:28:42 | Overath           | Steffi         | Jessis Pilates Flitzer  | GER-SH | W-40              | 00:28:12 | 23     |
| 204 | 735  | 00:28:44 | Hachmann          | Meike          | Powerfabrik   | GER-SH | W-35              | 00:28:07 | 30     |
| 205 | 51   | 00:28:44 | Keppler           | Denise         | Best Western Hotel Prisma   | GER-SH | W-HK              | 00:27:30 | 54     |
| 206 | 980  | 00:28:47 | Düffert-Mühlstädt | Stefanie       | Die Spätzünder  | GER-SH | W-45              | 00:28:30 | 19     |
| 207 | 819  | 00:28:47 | Grubben           | Renate         | Purple Pegasus  | GER-SH | W-70              | 00:28:36 | 1      |
| 208 | 204  | 00:28:48 | Feddersen         | Dagmar         | Fachklinik Aukrug - Eine Klinik<br>der Deutschen<br>Rentenversicherung Nord | GER-SH | W-40              | 00:27:33 | 24     |
| 209 | 571  | 00:28:49 | Ranke             | Sabine         | Lauffreuth Ruthenberger SV  | GER-SH | W-45              | 00:28:14 | 20     |

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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-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|------------------|--------------------|---|--------|-------------------|----------|--------|
| 210 | 566  | 00:28:50 | Walzel           | Wiebke             | Kowsky Laufteam   | GER-SH | W-45              | 00:28:21 | 21     |
| 211 | 242  | 00:28:56 | Hauschildt       | Kerstin            | Feuerwehr Groß Kummerfeld   | GER-SH | W-30              | 00:28:16 | 17     |
| 212 | 629  | 00:28:57 | Lorbeer          | Nina               | netzkantor nord gmbh  | GER-SH | W-HK              | 00:28:34 | 55     |
| 213 | 627  | 00:28:57 | Jaeger           | Natalia            | netzkantor nord gmbh  | GER-SH | W-HK              | 00:28:32 | 56     |
| 214 | 550  | 00:28:57 | Rohwer           | Nele               | Knuth Laufmaschinen   | GER-SH | W-JU16            | 00:28:51 | 7      |
| 215 | 78   | 00:29:00 | Jahns            | Svenja             | BSG Sparkasse Südholstein   | GER-SH | W-40              | 00:28:00 | 25     |
| 216 | 594  | 00:29:00 | Ernst            | Tina               | Lehrerschaft Grundschule am Bahnhof                                   | GER-SH | W-45              | 00:28:13 | 22     |
| 217 | 503  | 00:29:07 | Schnoor          | Annett             | Jessis Pilates Flitzer  | GER-SH | W-50              | 00:28:36 | 24     |
| 218 | 906  | 00:29:11 | Wulf             | Jessica            | Theodor-Litt-Schule   | GER-SH | W-30              | 00:28:06 | 18     |
| 219 | 756  | 00:29:13 | Ubert            | Cornelia           | PSV Laufenten   | GER-SH | W-55              | 00:28:29 | 8      |
| 220 | 993  | 00:29:16 | Weiß             | Amelie             | HOLSTEINISCHER COURIER  | GER-SH | W-KU10            | 00:28:57 | 3      |
| 221 | 75   | 00:29:18 | Bauer            | Kirsten            | BSG Sparkasse Südholstein   | GER-SH | W-55              | 00:28:14 | 9      |
| 222 | 412  | 00:29:18 | Voigt            | Lisa               | Holstenschule Neumünster  | GER-SH | W-KU12            | 00:28:44 | 6      |
| 223 | 660  | 00:29:19 | Subic            | Janina             | O.t.n Lauflabor   | GER-SH | W-JU20            | 00:29:08 | 2      |
| 224 | 833  | 00:29:20 | Dabbert          | Alina              | Team Horsetrail - Reiten für Reitwege                                 | GER-   | W-HK              | 00:28:17 | 57     |
| 225 | 834  | 00:29:20 | Neumann          | Martje             | Team Horsetrail - Reiten für Reitwege                                 | GER-SH | W-35              | 00:28:18 | 31     |
| 226 | 835  | 00:29:20 | Warns            | Nadja              | Team Horsetrail - Reiten für Reitwege                                 | GER-SH | W-35              | 00:28:18 | 32     |
| 227 | 251  | 00:29:22 | Wengrzik         | Ramona             | Feuerwehr Groß Kummerfeld   | GER-SH | W-45              | 00:28:27 | 23     |
| 228 | 326  | 00:29:23 | Taqi             | Linda              | Gemeinschaftsschule Nortorf   | GER-SH | W-KU12            | 00:29:15 | 7      |
| 229 | 827  | 00:29:23 | Neitzel          | Lillie             | SVT-Handball MJE  | GER-SH | W-KU8             | 00:28:43 | 1      |
| 230 | 867  | 00:29:25 | Gruhlke          | Sarah              | Theodor-Litt-Schule   | GER-SH | W-JU18            | 00:28:18 | 10     |
| 231 | 244  | 00:29:25 | Möllhoff         | Sandra             | Feuerwehr Groß Kummerfeld   | GER-SH | W-50              | 00:28:31 | 25     |
| 232 | 450  | 00:29:30 | Koch-Kurmann     | Angela             | luvo gemeinnützige GmbH   | GER-SH | W-60              | 00:28:32 | 4      |
| 233 | 901  | 00:29:35 | Thies            | Maya               | Theodor-Litt-Schule   | GER-SH | W-JU18            | 00:28:29 | 11     |
| 234 | 163  | 00:29:44 | Hartmann         | Yvonne             | Die Eiskalten Bofrost Neumünster                                      | GER-SH | W-40              | 00:28:56 | 26     |
| 235 | 467  | 00:29:44 | Chamarti         | Harshini           | Jasmin Infotech   | GER-SH | W-HK              | 00:28:31 | 58     |
| 236 | 802  | 00:29:47 | Marker           | Saskia             | Stadt Neumünster  | GER-SH | W-HK              | 00:28:35 | 59     |
| 237 | 113  | 00:29:51 | Lehnert Martinez | Anna               | Christus Centrum Neumünster   | GER-SH | W-JU18            | 00:28:52 | 12     |
| 238 | 772  | 00:29:52 | Haase            | Janina             | SH-Fitness  | GER-SH | W-35              | 00:28:53 | 33     |
| 239 | 771  | 00:29:52 | Berndt           | Martina            | SH-Fitness  | GER-SH | W-30              | 00:28:52 | 19     |
| 240 | 741  | 00:29:53 | Müller           | Julia              | Powerfabrik   | GER-SH | W-HK              | 00:29:13 | 60     |
| 241 | 739  | 00:29:54 | Melzer           | Ida                | Powerfabrik   | GER-SH | W-KU10            | 00:29:14 | 4      |
| 242 | 970  | 00:29:55 | Heyll            | Aenne-Lina         | WKS Laufteam  | GER-SH | W-HK              | 00:28:56 | 61     |
| 243 | 225  | 00:29:58 | Blunck-Jochens   | Susann             | FEK Neumünster  | GER-SH | W-45              | 00:29:51 | 24     |
| 244 | 1037 | 00:30:02 | Stogowski        | Katharina          | Neumünster  | GER-SH | W-45              | 00:28:58 | 25     |
| 245 | 809  | 00:30:03 | von Hoff         | Anika              | Stadt Neumünster  | GER-SH | W-45              | 00:28:52 | 26     |
| 246 | 303  | 00:30:07 | Forstreuter      | Lina Sophie        | Gemeinschaftsschule Nortorf   | GER-SH | W-KU12            | 00:29:58 | 8      |
| 247 | 1040 | 00:30:08 | Weidemann        | Evelyn             | Benefit Hamburg   | GER-SH | W-60              | 00:29:37 | 5      |
| 248 | 200  | 00:30:09 | Brandt           | Melanie            | Fachklinik Aukrug - Eine Klinik der Deutschen Rentenversicherung Nord | GER-SH | W-HK              | 00:28:52 | 62     |
| 249 | 116  | 00:30:11 | Maske            | Janina             | Christus Centrum Neumünster   | GER-SH | W-HK              | 00:29:18 | 63     |
| 250 | 158  | 00:30:28 | Oswald           | Christine          | DER TRÖDELTRUPP   | GER-SH | W-50              | 00:30:16 | 26     |
| 251 | 1008 | 00:30:32 | David            | Kristin            | Neumünster  | GER-SH | W-45              | 00:29:50 | 27     |
| 252 | 944  | 00:30:33 | von Tempski      | Petra              | TSV Aukrug  | GER-SH | W-45              | 00:30:12 | 28     |
| 253 | 30   | 00:30:36 | Dunker           | Sabrina            | Badboys   | GER-SH | W-35              | 00:29:52 | 34     |
| 254 | 261  | 00:30:38 | Selent           | Sandra             | Finanzamt Neumünster  | GER-SH | W-35              | 00:30:06 | 35     |
| 255 | 727  | 00:30:39 | Adam             | Jennifer-Katharina | Powerfabrik   | GER-SH | W-HK              | 00:29:59 | 64     |
| 256 | 533  | 00:30:50 | Schidel          | Romy               | Kleintierklinik Wasbek  | GER-SH | W-JU16            | 00:30:16 | 8      |

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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-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|---------------------|----------|---|--------|-------------------|----------|--------|
| 257 | 375  | 00:30:53 | Hoffmann            | Skrollan | Handelsgesellschaft für<br>Naturprodukte mbH Gut<br>Rosenkrantz             | GER-SH | W-HK              | 00:30:09 | 65     |
| 258 | 376  | 00:30:56 | Moritz              | Katja    | Handelsgesellschaft für<br>Naturprodukte mbH Gut<br>Rosenkrantz             | GER-SH | W-40              | 00:30:12 | 27     |
| 259 | 799  | 00:30:59 | Kellermann          | Mary-Ann | Stadt Neumünster  | GER-SH | W-35              | 00:29:49 | 36     |
| 260 | 156  | 00:31:00 | Kerl                | Birgit   | DER TRÖDELTRUPP   | GER-SH | W-65              | 00:30:48 | 1      |
| 261 | 9    | 00:31:00 | Friebel             | Stefanie | Alten- und Pflegeheim Haus<br>Itzstedt                                      | GER-SH | W-35              | 00:30:12 | 37     |
| 262 | 405  | 00:31:02 | Petersen            | Janne    | Holstenschule Neumünster  | GER-SH | W-JU14            | 00:29:56 | 9      |
| 263 | 681  | 00:31:04 | Oostenbrink-Pepping | Annegien | Oerlikon Neumag   | GER-SH | W-45              | 00:30:12 | 29     |
| 264 | 775  | 00:31:06 | Schmidt             | Nora     | SH-Fitness  | GER-SH | W-HK              | 00:30:09 | 66     |
| 265 | 622  | 00:31:06 | Rosacker            | Diana    | ms management   | GER-SH | W-40              | 00:30:31 | 28     |
| 266 | 1025 | 00:31:11 | Nitschmann          | Mia      | Team DoppelPASS e. V.   | GER-SH | W-JU14            | 00:30:05 | 10     |
| 267 | 396  | 00:31:13 | Fieroh              | Luisa    | Holstenschule Neumünster  | GER-SH | W-JU14            | 00:30:06 | 11     |
| 268 | 593  | 00:31:13 | Driendl             | Jennifer | Lehrerschaft Grundschule am<br>Bahnhof                                      | GER-SH | W-HK              | 00:30:25 | 67     |
| 269 | 493  | 00:31:20 | Brodersen           | Doris    | Jessis Pilates Flitzer  | GER-SH | W-HK              | 00:30:50 | 68     |
| 270 | 449  | 00:31:25 | Janzen              | Anna     | luvo gemeinnützige GmbH   | GER-SH | W-HK              | 00:30:27 | 69     |
| 271 | 418  | 00:31:27 | Feldmann            | Alina    | Horn + Horn Laufteam  | GER-SH | W-HK              | 00:30:59 | 70     |
| 272 | 92   | 00:31:29 | Darquennes          | Valerie  | Christus Centrum Neumünster   | GER-SH | W-45              | 00:30:09 | 30     |
| 273 | 673  | 00:31:31 | Ladehoff            | Jasmin   | Oerlikon Neumag   | GER-SH | W-35              | 00:31:13 | 38     |
| 274 | 567  | 00:31:37 | Jaß                 | Maren    | Laufftreff Ruthenberger SV  | GER-SH | W-45              | 00:31:04 | 31     |
| 275 | 981  | 00:31:39 | Oswald              | Susanne  | Die Spätzünder  | GER-SH | W-45              | 00:31:22 | 32     |
| 276 | 201  | 00:31:46 | Degtyareva          | Darya    | Fachklinik Aukrug - Eine Klinik<br>der Deutschen<br>Rentenversicherung Nord | GER-SH | W-HK              | 00:30:32 | 71     |
| 277 | 386  | 00:31:47 | Schwalbe            | Lynn     | Hartung GmbH & Co. KG   | GER-   | W-HK              | 00:30:49 | 72     |
| 278 | 453  | 00:31:47 | Neumann             | Nadine   | luvo gemeinnützige GmbH   | GER-SH | W-HK              | 00:30:49 | 73     |
| 279 | 937  | 00:32:00 | Wolfsteller         | Verena   | Transcoject GmbH  | GER-SH | W-HK              | 00:31:12 | 74     |
| 280 | 345  | 00:32:00 | Paul                | Michelle | Glasreinigung Oliver Blöcker  | GER-SH | W-HK              | 00:31:27 | 75     |
| 281 | 346  | 00:32:00 | Paul                | Natascha | Glasreinigung Oliver Blöcker  | GER-SH | W-45              | 00:31:27 | 33     |
| 282 | 126  | 00:32:01 | Tietgen             | Kirsten  | Christus Centrum Neumünster   | GER-SH | W-45              | 00:31:09 | 34     |
| 283 | 551  | 00:32:05 | Rosca-Knuth         | Ramona   | Knuth Laufmaschinen   | GER-SH | W-40              | 00:31:32 | 29     |
| 284 | 699  | 00:32:08 | Kumari              | Sonam    | Panasonic   | GER-SH | W-HK              | 00:31:17 | 76     |
| 285 | 813  | 00:32:08 | Reifschneider       | Regina   | SVLFG   | GER-SH | W-HK              | 00:31:39 | 77     |
| 286 | 177  | 00:32:11 | Stahl               | Sabine   | Druckzentrum/DFN<br>Neumünster  | GER-SH | W-55              | 00:31:39 | 10     |
| 287 | 564  | 00:32:12 | Schiling            | Anna     | Kowsky Laufteam   | GER-SH | W-HK              | 00:31:43 | 78     |
| 288 | 528  | 00:32:12 | Perlitz             | Marie    | Kleintierklinik Wasbek  | GER-SH | W-JU20            | 00:31:40 | 3      |
| 289 | 454  | 00:32:13 | Seck                | Johanna  | luvo gemeinnützige GmbH   | GER-SH | W-30              | 00:31:16 | 20     |
| 290 | 708  | 00:32:14 | Asmussen            | Singa    | Peters-Reisen   | GER-SH | W-JU20            | 00:31:50 | 4      |
| 291 | 1023 | 00:32:15 | Meier               | Joke     | Neumünster  | GER-SH | W-JU16            | 00:31:05 | 9      |
| 292 | 977  | 00:32:15 | Schmahl             | Karin    | Young Ladies & Friends  | GER-SH | W-60              | 00:32:04 | 6      |
| 293 | 838  | 00:32:23 | Nielsen             | Julia    | Team Nielsen  | GER-SH | W-JU20            | 00:31:04 | 5      |
| 294 | 642  | 00:32:29 | Buhse               | Monja    | O.t.n Laufflabor  | GER-SH | W-JU20            | 00:32:18 | 6      |
| 295 | 451  | 00:32:30 | Krupps              | Insa     | luvo gemeinnützige GmbH   | GER-SH | W-50              | 00:31:32 | 27     |
| 296 | 1027 | 00:32:41 | Omnitz              | Michelle | Hohenwestedt  | GER-SH | W-HK              | 00:32:01 | 79     |
| 297 | 858  | 00:32:42 | Danger              | Lina     | Theodor-Litt-Schule   | GER-SH | W-JU18            | 00:31:37 | 13     |
| 298 | 151  | 00:32:43 | Blunck              | Paula    | dekorat Rahmenwerkstatt   | GER-SH | W-HK              | 00:32:28 | 80     |
| 299 | 147  | 00:32:43 | Bexkens             | Nadja    | dekorat Rahmenwerkstatt   | GER-SH | W-HK              | 00:32:28 | 81     |
| 300 | 920  | 00:32:53 | Wolf                | Sabrina  | Tietgen Haustechnik GmbH  | GER-SH | W-30              | 00:32:07 | 21     |
| 301 | 96   | 00:32:54 | Dunzik              | Tabea    | Christus Centrum Neumünster   | GER-SH | W-40              | 00:31:58 | 30     |

# Ergebnis M / W - gesamt

## Kowsky-Lauf ( 4,5 Km )

### Kowsky-Lauf W

| Pos | StNr | Gesamt   | Name          | Vorname      | Verein / Ort  | Nat.   | Alters-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|---------------|--------------|---|--------|-------------------|----------|--------|
| 302 | 54   | 00:32:56 | Trobisch      | Melina       | Best Western Hotel Prisma   | GER-SH | W-HK              | 00:31:41 | 82     |
| 303 | 52   | 00:32:56 | Kirsch        | Sabrina      | Best Western Hotel Prisma   | GER-SH | W-30              | 00:31:41 | 22     |
| 304 | 975  | 00:33:01 | Grabein       | Renate       | Young Ladies & Friends  | GER-SH | W-65              | 00:32:49 | 2      |
| 305 | 290  | 00:33:09 | Schliebitz    | Kristina     | Gemeinschaftspraxis Kock & Dr. Herchenröder                           | GER-SH | W-HK              | 00:32:19 | 83     |
| 306 | 282  | 00:33:10 | Bock          | Silvana      | Gemeinschaftspraxis Kock & Dr. Herchenröder                           | GER-SH | W-40              | 00:32:18 | 31     |
| 307 | 714  | 00:33:10 | Schulz        | Martina      | Peters-Reisen   | GER-SH | W-45              | 00:32:47 | 35     |
| 308 | 1017 | 00:33:14 | Illgen        | Hanna Marlen | Neumünster  | GER-SH | W-KU10            | 00:33:08 | 5      |
| 309 | 208  | 00:33:16 | Wichmann      | Bettina      | Fachklinik Aukrug - Eine Klinik der Deutschen Rentenversicherung Nord | GER-SH | W-55              | 00:31:59 | 11     |
| 310 | 216  | 00:33:21 | Otte          | Denise       | Familienzentrum St. Elisabeth   | GER-SH | W-HK              | 00:33:00 | 84     |
| 311 | 220  | 00:33:21 | Ventker       | Alexandra    | Familienzentrum St. Elisabeth   | GER-SH | W-35              | 00:33:01 | 39     |
| 312 | 357  | 00:33:23 | Fürst         | Maria        | GOODTIRES   | GER-SH | W-JU14            | 00:33:00 | 12     |
| 313 | 254  | 00:33:36 | Hartmann      | Ariane       | Finanzamt Neumünster  | GER-SH | W-45              | 00:32:27 | 36     |
| 314 | 256  | 00:33:36 | Kreutz        | Dorit        | Finanzamt Neumünster  | GER-SH | W-40              | 00:32:29 | 32     |
| 315 | 884  | 00:33:41 | Lindemann     | Katharina    | Theodor-Litt-Schule   | GER-SH | W-JU18            | 00:32:33 | 14     |
| 316 | 437  | 00:33:48 | Hecht         | Alina        | Isa-Traesko GmbH  | GER-SH | W-HK              | 00:33:23 | 85     |
| 317 | 866  | 00:33:52 | Grube         | Grazia       | Theodor-Litt-Schule   | GER-SH | W-JU18            | 00:32:46 | 15     |
| 318 | 941  | 00:34:09 | Reck          | Sarah        | Triumph Internationl GmbH   | GER-SH | W-HK              | 00:33:48 | 86     |
| 319 | 50   | 00:34:09 | Fuchs         | Paulina      | Best Western Hotel Prisma   | GER-SH | W-30              | 00:33:07 | 23     |
| 320 | 940  | 00:34:09 | Klug          | Jenny        | Triumph Internationl GmbH   | GER-SH | W-HK              | 00:33:49 | 87     |
| 321 | 1016 | 00:34:19 | Heutmann      | Anke         | Glitzerflitzer  | GER-SH | W-50              | 00:33:18 | 28     |
| 322 | 535  | 00:34:36 | Thömmes       | Louise       | Kleintierklinik Wasbek  | GER-SH | W-30              | 00:34:01 | 24     |
| 323 | 347  | 00:34:46 | Güstrau       | Kristiane    | Glitzerflitzer  | GER-SH | W-50              | 00:33:45 | 29     |
| 324 | 160  | 00:35:15 | Kresse        | Mareike      | Die Eiskalten Bofrost Neumünster                                      | GER-SH | W-HK              | 00:34:21 | 88     |
| 325 | 516  | 00:35:19 | Brandstaedter | Juliane      | Kleintierklinik Wasbek  | GER-SH | W-HK              | 00:34:46 | 89     |
| 326 | 522  | 00:35:19 | Hinz          | Bianca       | Kleintierklinik Wasbek  | GER-SH | W-HK              | 00:34:47 | 90     |
| 327 | 974  | 00:35:19 | Grabein       | Daniela      | Young Ladies & Friends  | GER-SH | W-45              | 00:35:08 | 37     |
| 328 | 523  | 00:35:19 | Juchniewicz   | Lynn         | Kleintierklinik Wasbek  | GER-SH | W-JU20            | 00:34:47 | 7      |
| 329 | 174  | 00:35:21 | Müller        | Vanessa      | Druckzentrum/DFN Neumünster   | GER-SH | W-45              | 00:34:51 | 38     |
| 330 | 286  | 00:35:22 | Koethe        | Luisa        | Gemeinschaftspraxis Kock & Dr. Herchenröder                           | GER-SH | W-HK              | 00:34:31 | 91     |
| 331 | 67   | 00:35:25 | Rohde         | Nadine       | bk documents GmbH   | GER-SH | W-35              | 00:34:29 | 40     |
| 332 | 787  | 00:35:39 | Ruzic         | Anita        | Sporthaus Redler  | GER-SH | W-35              | 00:35:26 | 41     |
| 333 | 515  | 00:35:58 | Witt          | Kim Kenya    | KIN GmbH  | GER-SH | W-HK              | 00:34:58 | 92     |
| 334 | 288  | 00:36:01 | Marten        | Vivien       | Gemeinschaftspraxis Kock & Dr. Herchenröder                           | GER-SH | W-JU20            | 00:35:11 | 8      |
| 335 | 997  | 00:36:10 | Riedel        | Denise       | Converse  | GER-SH | W-HK              | 00:35:55 | 93     |
| 336 | 348  | 00:36:31 | Slominski     | Susann       | Glitzerflitzer  | GER-SH | W-45              | 00:35:28 | 39     |
| 337 | 349  | 00:36:31 | Zimmermann    | Hanja        | Glitzerflitzer  | GER-SH | W-45              | 00:35:28 | 40     |
| 338 | 128  | 00:36:32 | Tietgen       | Lydia        | Christus Centrum Neumünster   | GER-SH | W-JU20            | 00:35:39 | 9      |
| 339 | 794  | 00:36:45 | Fortenbacher  | Astrid       | Stadt Neumünster  | GER-SH | W-40              | 00:35:34 | 33     |
| 340 | 12   | 00:36:48 | Kuklok        | Corinna      | Alten- und Pflegeheim Haus Itzstedt                                   | GER-SH | W-35              | 00:36:04 | 42     |
| 341 | 88   | 00:37:47 | Kabus         | Ann-Kathrin  | C.J. Wigger KG  | GER-SH | W-HK              | 00:36:37 | 94     |
| 342 | 354  | 00:38:02 | Carstens      | Svenja       | GOODTIRES   | GER-SH | W-35              | 00:37:00 | 43     |
| 343 | 123  | 00:38:11 | Struve        | Cara         | Christus Centrum Neumünster   | GER-SH | W-KU12            | 00:37:17 | 9      |
| 344 | 19   | 00:38:32 | Vandrey       | Karin        | Alten- und Pflegeheim Haus Itzstedt                                   | GER-SH | W-60              | 00:37:48 | 7      |
| 345 | 229  | 00:39:42 | Hinrichsen    | Eva          | FEK Neumünster  | GER-SH | W-50              | 00:38:28 | 30     |
| 346 | 47   | 00:41:21 | Duske         | Sabrina      | Best Western Hotel Prisma   | GER-SH | W-30              | 00:40:03 | 25     |

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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-<br>Klasse | Netto    | Pos AK |
|-----|------|----------|--------------|----------------|--|--------|-------------------|----------|--------|
| 347 | 13   | 00:41:27 | Mathutat     | Nicole         | Alten- und Pflegeheim Haus<br>Itzstedt | GER-SH | W-45              | 00:40:39 | 41     |
| 348 | 986  | 00:41:30 | Sobottka     | Miraim         | Kleintierklinik Wasbek                 | GER-SH | W-30              | 00:40:57 | 26     |
| 349 | 473  | 00:42:08 | Guntupalli   | Surekha        | Jasmin Infotech                        | GER-SH | W-HK              | 00:40:55 | 95     |
| 350 | 295  | 00:42:37 | Belitz       | Angelina Julie | Gemeinschaftsschule Nortorf            | GER-SH | W-JU14            | 00:42:21 | 13     |
| 351 | 1001 | 00:42:42 | Arnold       | Katrin         | Wahlstedt                              | GER-SH | W-35              | 00:41:29 | 44     |
| 352 | 489  | 00:44:25 | Varatharajan | Uma            | Jasmin Infotech                        | GER-SH | W-35              | 00:43:13 | 45     |
| 353 | 527  | 00:44:25 | Nizibila     | Venice         | Kleintierklinik Wasbek                 | GER-SH | W-HK              | 00:43:47 | 96     |
| 354 | 971  | 00:44:28 | Kunde        | Simone         | WKS Laufteam                           | GER-SH | W-45              | 00:43:54 | 42     |
| 355 | 521  | 00:44:31 | Hermann      | Inga           | Kleintierklinik Wasbek                 | GER-SH | W-40              | 00:43:53 | 34     |
| 356 | 1056 | 00:44:32 | Ates         | Fidan          | Theodor-Litt-Schule                    | GER-SH | W-JU18            | 00:43:16 | 16     |
| 357 | 868  | 00:44:37 | Hammerich    | Sandra         | Theodor-Litt-Schule                    | GER-SH | W-JU18            | 00:43:20 | 17     |
| 358 | 846  | 00:44:37 | Bantle       | Angelika       | Theodor-Litt-Schule                    | GER-SH | W-60              | 00:43:21 | 8      |
| 359 | 20   | 00:44:47 | Wieben       | Sarah          | Alten- und Pflegeheim Haus<br>Itzstedt | GER-SH | W-HK              | 00:43:58 | 97     |
| 360 | 8    | 00:46:35 | Falk         | Jessica        | Alten- und Pflegeheim Haus<br>Itzstedt | GER-SH | W-35              | 00:45:46 | 46     |
| 361 | 15   | 00:46:35 | Michler      | Yvonne         | Alten- und Pflegeheim Haus<br>Itzstedt | GER-SH | W-40              | 00:45:47 | 35     |
| 362 | 11   | 00:46:35 | Kuklok       | Constanze      | Alten- und Pflegeheim Haus<br>Itzstedt | GER-SH | W-40              | 00:45:53 | 36     |

Einträge in der Liste: 899