

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Bruttozeit | Nettozeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|----------------------------|----|-------------------------|------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Kröger, Jan-Florian | 90 | | 0:17:37 h | 0:17:37 h | 1 | M30-1 | ° | ° | 365 |
| 2 | Davis, Zach | 77 | | 0:17:38 h | 0:17:38 h | 2 | M45-1 | ° | ° | 360 |
| 3 | Wong, Denny | 86 | LBV Phönix Lübeck | 0:18:50 h | 0:18:50 h | 3 | M35-1 | ° | ° | 382 |
| 4 | Schaefer-Sell, Elliott Ray | 06 | AEG | 0:20:01 h | 0:20:01 h | 4 | MJ U18-1 | ° | ° | 395 |
| 5 | Scheel, Hannes | 98 | Blau-Weiss Buchholz e.V | 0:20:08 h | 0:20:08 h | 5 | M-1 | ° | ° | 328 |
| 6 | Ploskonski, Piotr | 65 | KBKS-RADOMSKO | 0:21:22 h | 0:21:22 h | 6 | M55-1 | ° | ° | 373 |
| 7 | Böer, Julius | 10 | | 0:21:42 h | 0:21:42 h | 7 | MJ U14-1 | ° | ° | 258 |
| 8 | Lünsmann, Jonte | 06 | AEG - Usbierkistan | 0:21:53 h | 0:21:51 h | 8 | MJ U18-2 | ° | ° | 302 |
| 9 | Behrndt, Henrik | 72 | SV Holm-Seppensen | 0:22:05 h | 0:22:04 h | 9 | M50-1 | ° | ° | 254 |
| 10 | Wagner, Toke | 75 | | 0:22:25 h | 0:22:18 h | 10 | M45-2 | ° | ° | 350 |
| 11 | Prüsmann, Hendrik | 84 | TV Welle | 0:22:50 h | 0:22:48 h | 11 | M35-2 | ° | ° | 321 |
| 12 | Scheel, Paul | 05 | Blau-Weiss Buchholz e.V | 0:23:00 h | 0:23:00 h | 12 | MJ U18-3 | ° | ° | 330 |
| 13 | Richter, Guido | 04 | Blau-Weiss Buchholz e.V | 0:23:06 h | 0:23:06 h | 13 | MJ U20-1 | ° | ° | 377 |
| 14 | Überall, Leon | 07 | | 0:23:08 h | 0:23:03 h | 14 | MJ U16-1 | ° | ° | 345 |
| 15 | Kahnert, Sean | 08 | IGS Buchholz | 0:23:31 h | 0:23:30 h | 15 | MJ U16-2 | ° | ° | 285 |
| 16 | Jentsch, Tobias | 78 | | 0:24:01 h | 0:23:59 h | 16 | M40-1 | ° | ° | 283 |
| 17 | Wyrwa, Oliver | 75 | | 0:24:07 h | 0:24:02 h | 17 | M45-3 | ° | ° | 367 |
| 18 | Brockmann, Frederik | 10 | AEG | 0:24:20 h | 0:24:19 h | 18 | MJ U14-2 | ° | ° | 261 |
| 19 | Henke, Philipp | 06 | AEG | 0:24:30 h | 0:24:27 h | 19 | MJ U18-4 | ° | ° | 280 |
| 20 | Stein, Danilo | 79 | | 0:24:37 h | 0:24:34 h | 20 | M40-2 | ° | ° | 338 |
| 21 | Kruse, Mike | 68 | | 0:24:43 h | 0:24:39 h | 21 | M50-2 | ° | ° | 383 |
| 22 | Karnus, Marc | 93 | | 0:24:44 h | 0:24:36 h | 22 | M-2 | ° | ° | 286 |
| 23 | Wiechens, Maja | 08 | AEG | 0:24:58 h | 0:24:55 h | ° | ° | 1 | WJ U16-1 | 355 |
| 24 | Deters, Jannik | 09 | AEG | 0:25:04 h | 0:24:58 h | 23 | MJ U14-3 | ° | ° | 269 |
| 25 | Duhme, Klaus-Herrmann | 59 | | 0:25:16 h | 0:25:14 h | 24 | M60-1 | ° | ° | 379 |
| 26 | Papenfuss, Lotta | 10 | AEG - Carglas 7b | 0:25:20 h | 0:25:20 h | ° | ° | 2 | WJ U14-1 | 313 |
| 27 | Abreu, John | 05 | AEG | 0:25:23 h | 0:25:22 h | 25 | MJ U18-5 | ° | ° | 251 |
| 28 | Tanger, Ingo | 70 | | 0:25:24 h | 0:25:23 h | 26 | M50-3 | ° | ° | 342 |
| 28 | Warnke, André | 81 | A.Landschoof GmbH & Cc | 0:25:24 h | 0:25:20 h | 26 | M40-3 | ° | ° | 352 |
| 30 | Mahneke, Michel | 07 | AEG | 0:25:37 h | 0:25:31 h | 28 | MJ U16-3 | ° | ° | 303 |
| 31 | Lilienthal, Simon | 10 | VfL Jesteburg | 0:25:39 h | 0:25:38 h | 29 | MJ U14-4 | ° | ° | 296 |
| 32 | Ehrich, Hannah | 08 | IGS Buchholz | 0:25:41 h | 0:25:38 h | ° | ° | 3 | WJ U16-2 | 370 |
| 33 | Brockmann, Björn | 78 | TSV Buchholz 08 | 0:25:46 h | 0:25:42 h | 30 | M40-4 | ° | ° | 260 |
| 34 | Steenek, Heiner | 59 | TSV Eintracht Hittfeld | 0:25:52 h | 0:25:52 h | 31 | M60-2 | ° | ° | 337 |

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|-------|------------------------------|----|-------------------------|------------------|-----------|------------|-----------|------------|-----------|-----------|
| 35 | Dreves, Amelie | 08 | TSV Eintracht Hittfeld | 0:25:53 h | 0:25:46 h | ° | ° | 4 | WJ U16-3 | 271 |
| 35 | Lipowski, Martha | 08 | TSV Eintracht Hittfeld | 0:25:53 h | 0:25:50 h | ° | ° | 4 | WJ U16-3 | 299 |
| 37 | Lipowski, Andreas | 68 | TSV Eintracht Hittfeld | 0:25:54 h | 0:25:51 h | 32 | M50-4 | ° | ° | 298 |
| 38 | Martin Sanchez Witte, Emilic | 07 | AEG | 0:26:27 h | 0:26:24 h | 33 | MJ U16-4 | ° | ° | 394 |
| 39 | Danford, Jonas | 10 | AEG - Gottes Nudeln | 0:26:39 h | 0:26:39 h | 34 | MJ U14-5 | ° | ° | 268 |
| 40 | Steinkühler, Martha | 06 | AEG - Usbierkistan | 0:26:49 h | 0:26:42 h | ° | ° | 6 | WJ U18-1 | 340 |
| 41 | Mielke, Marvin | 91 | SV Holm-Seppensen | 0:26:50 h | 0:26:42 h | 35 | M30-2 | ° | ° | 388 |
| 42 | Urayama, Hiromi | 63 | | 0:27:08 h | 0:26:59 h | ° | ° | 7 | W55-1 | 346 |
| 43 | Vahlenkamp, Thorben | 79 | | 0:27:21 h | 0:27:15 h | 36 | M40-5 | ° | ° | 347 |
| 44 | Steinbeck, Svenja | 83 | AEG - Carglas 7b | 0:27:36 h | 0:27:36 h | ° | ° | 8 | W35-1 | 339 |
| 45 | Limberg, Elina | 10 | AEG | 0:27:46 h | 0:27:41 h | ° | ° | 9 | WJ U14-2 | 297 |
| 46 | Curreli, Stefano | 77 | Blau-Weiss Buchholz e.V | 0:27:53 h | 0:27:45 h | 37 | M45-4 | ° | ° | 267 |
| 47 | Böttger-Wiedebach, Ralf | 79 | | 0:27:58 h | 0:27:47 h | 38 | M40-6 | ° | ° | 259 |
| 48 | Lühring, Marie | 09 | AEG - Carglas 7b | 0:28:28 h | 0:28:28 h | ° | ° | 10 | WJ U14-3 | 301 |
| 48 | Scheel, Heike | 65 | Blau-Weiss Buchholz e.V | 0:28:28 h | 0:28:23 h | ° | ° | 10 | W55-2 | 329 |
| 48 | Krüger, Anja | 78 | TSV Eintracht Hittfeld | 0:28:28 h | 0:28:26 h | ° | ° | 10 | W40-1 | 292 |
| 51 | Ritter, Marco | 73 | A.Landschoof GmbH & Cc | 0:28:34 h | 0:28:30 h | 39 | M45-5 | ° | ° | 324 |
| 52 | Dubral, Nikolai | 10 | AEG | 0:28:38 h | 0:28:38 h | 40 | MJ U14-6 | ° | ° | 273 |
| 53 | Karstens, Coralie | 10 | AEG - Carglas 7b | 0:28:43 h | 0:28:43 h | ° | ° | 13 | WJ U14-4 | 287 |
| 54 | Müsse, Wolfram | 53 | VfL Jesteburg | 0:28:47 h | 0:28:40 h | 41 | M65-1 | ° | ° | 309 |
| 55 | Schering, Marlena | 09 | AEG - Carglas 7b | 0:28:52 h | 0:28:52 h | ° | ° | 14 | WJ U14-5 | 331 |
| 56 | Wiechens, Ben | 10 | AEG - Gottes Nudeln | 0:29:01 h | 0:29:01 h | 42 | MJ U14-7 | ° | ° | 354 |
| 57 | Thomas, Jakob | 07 | | 0:29:08 h | 0:29:02 h | 43 | MJ U16-5 | ° | ° | 344 |
| 58 | Ritter, Trixie | 78 | A.Landschoof GmbH & Cc | 0:29:13 h | 0:29:09 h | ° | ° | 15 | W40-2 | 325 |
| 58 | Paschke, Friedrike | 84 | | 0:29:13 h | 0:29:09 h | ° | ° | 15 | W35-2 | 368 |
| 60 | Schifer, Emma | 10 | VfL Bleckede | 0:29:27 h | 0:29:17 h | ° | ° | 17 | WJ U14-6 | 381 |
| 61 | Schifer, Andrej | 86 | | 0:29:30 h | 0:29:21 h | 44 | M35-3 | ° | ° | 380 |
| 62 | Reiser, Cindy | 76 | | 0:29:39 h | 0:29:35 h | ° | ° | 18 | W45-1 | 362 |
| 63 | Eisermann, Emma | 08 | AEG | 0:29:48 h | 0:29:46 h | ° | ° | 19 | WJ U16-5 | 275 |
| 64 | Chyzhuk, Olena | 87 | | 0:29:50 h | 0:29:47 h | ° | ° | 20 | W35-3 | 265 |
| 65 | Menke, Katrin | 80 | | 0:29:56 h | 0:29:50 h | ° | ° | 21 | W40-3 | 305 |
| 66 | Becker, Mirjam | 80 | | 0:30:02 h | 0:29:57 h | ° | ° | 22 | W40-4 | 253 |
| 67 | Broyer, Jasmin | 77 | | 0:30:03 h | 0:29:59 h | ° | ° | 23 | W45-2 | 374 |
| 68 | Berger, Karin | 84 | | 0:30:07 h | 0:29:43 h | ° | ° | 24 | W35-4 | 255 |

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|-------|--------------------------|----|--------------------------|------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 69 | Gerhardt, Dirk | 76 | Todtglüsinger SV Fitness | 0:30:15 h | 0:30:06 h | 45 | M45-6 | ° | ° | 277 |
| 70 | Fritsche, Horst | 46 | LG Brunsberg | 0:30:18 h | 0:30:16 h | 46 | M75-1 | ° | ° | 384 |
| 71 | Klimmek, Karina | 77 | | 0:30:20 h | 0:30:14 h | ° | ° | 25 | W45-3 | 393 |
| 72 | Weitnauer, Elisabeth | 08 | | 0:30:22 h | 0:30:16 h | ° | ° | 26 | WJ U16-6 | 353 |
| 73 | Kettner, Thomas | 55 | | 0:31:06 h | 0:31:00 h | 47 | M65-2 | ° | ° | 288 |
| 74 | Wille, Claas | 07 | AEG | 0:31:29 h | 0:31:28 h | 48 | MJ U16-6 | ° | ° | 357 |
| 75 | Hagedorn, Timo | 09 | GAK | 0:31:30 h | 0:31:27 h | 49 | MJ U14-8 | ° | ° | 371 |
| 76 | Schröder, Petra | 60 | TSV Stelle | 0:31:35 h | 0:31:29 h | ° | ° | 27 | W60-1 | 334 |
| 77 | Dieker, Ava | 09 | AEG - Gottes Nudeln | 0:31:36 h | 0:31:36 h | ° | ° | 28 | WJ U14-7 | 270 |
| 77 | Lorenscheid, Lexi | 10 | AEG - Gottes Nudeln | 0:31:36 h | 0:31:36 h | ° | ° | 28 | WJ U14-7 | 300 |
| 79 | Montens, Mareike | 83 | | 0:32:18 h | 0:32:13 h | ° | ° | 30 | W35-5 | 306 |
| 80 | Martin Sanchez, Gabriel | 71 | | 0:32:26 h | 0:32:18 h | 50 | M50-5 | ° | ° | 375 |
| 80 | Bartl, Eva | 85 | | 0:32:26 h | 0:32:17 h | ° | ° | 31 | W35-6 | 386 |
| 82 | Karstens, Adrienne | 75 | | 0:32:28 h | 0:32:27 h | ° | ° | 32 | W45-4 | 387 |
| 82 | Schering, Christiane | 84 | AEG | 0:32:28 h | 0:32:27 h | ° | ° | 32 | W35-7 | 372 |
| 84 | Schormann, Bianca | 80 | Grundschule Sprötze | 0:32:41 h | 0:32:31 h | ° | ° | 34 | W40-5 | 333 |
| 85 | Prüsmann, Janina | 83 | TV Welle | 0:32:43 h | 0:32:36 h | ° | ° | 35 | W35-8 | 322 |
| 86 | Schmidt, Walter | 39 | Stolpertruppe | 0:32:52 h | 0:32:45 h | 51 | M80-1 | ° | ° | 392 |
| 87 | Bronczkowski, Crystal | 94 | | 0:33:01 h | 0:32:52 h | ° | ° | 36 | W-1 | 262 |
| 88 | Schreibvogel, Oliver | 67 | Williziet | 0:33:26 h | 0:33:16 h | 52 | M55-2 | ° | ° | 389 |
| 89 | Gerlach, Anika | 85 | | 0:33:30 h | 0:33:21 h | ° | ° | 37 | W35-9 | 390 |
| 90 | Witte, Gesine | 71 | | 0:33:31 h | 0:33:23 h | ° | ° | 38 | W50-1 | 376 |
| 91 | Staats, Regina | 66 | | 0:33:38 h | 0:33:31 h | ° | ° | 39 | W55-3 | 366 |
| 92 | Carter, Shoanna | 10 | AEG - Carglas 7b | 0:33:46 h | 0:33:46 h | ° | ° | 40 | WJ U14-9 | 263 |
| 93 | Mencke, Werner | 46 | VfL Jesteburg | 0:34:03 h | 0:33:57 h | 53 | M75-2 | ° | ° | 304 |
| 94 | Lange, Kinley | 50 | | 0:34:30 h | 0:34:20 h | 54 | M70-1 | ° | ° | 294 |
| 95 | Schween, Christiane | 60 | | 0:34:44 h | 0:34:38 h | ° | ° | 41 | W60-2 | 336 |
| 96 | Hillmann, Hannah | 09 | AEG - Gottes Nudeln | 0:35:35 h | 0:35:35 h | ° | ° | 42 | WJ U14-10 | 281 |
| 96 | Nürnberg, Emilie | 10 | AEG - Gottes Nudeln | 0:35:35 h | 0:35:35 h | ° | ° | 42 | WJ U14-10 | 310 |
| 98 | von Langermann, Anne | 90 | | 0:35:45 h | 0:35:42 h | ° | ° | 44 | W30-1 | 348 |
| 99 | Thies-Foschepoth, Sabine | 67 | | 0:36:32 h | 0:36:24 h | ° | ° | 45 | W55-4 | 391 |
| 100 | Klawitter, Kathrin | 09 | Montessori Lernwelt e.V. | 0:36:40 h | 0:36:35 h | ° | ° | 46 | WJ U14-12 | 289 |
| 100 | Ewald, Marco | 78 | | 0:36:40 h | 0:36:35 h | 55 | M40-7 | ° | ° | 378 |
| 102 | Schäfer, Christian | 06 | AEG - Usbierkistan | 0:37:50 h | 0:37:44 h | 56 | MJ U18-6 | ° | ° | 327 |

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|-------|----------------------|----|---------------------------|------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 103 | Zaki, Sarah | 87 | | 0:38:32 h | 0:38:29 h | ° | ° | 47 | W35-10 | 361 |
| 104 | Plagens, Sophie | 05 | AEG | 0:39:08 h | 0:39:07 h | ° | ° | 48 | WJ U18-2 | 318 |
| 105 | Rehkopf, Janis | 04 | AEG-Metallica on the rock | 0:40:19 h | 0:40:18 h | 57 | MJ U20-2 | ° | ° | 323 |
| 105 | Royko, Lucas | 04 | AEG-Metallica on the rock | 0:40:19 h | 0:40:19 h | 57 | MJ U20-2 | ° | ° | 326 |
| 107 | Wildemann, Anniek | 09 | AEG | 0:40:21 h | 0:40:19 h | ° | ° | 49 | WJ U14-13 | 356 |
| 108 | Poggel, Mia | 06 | AEG | 0:40:24 h | 0:40:22 h | ° | ° | 50 | WJ U18-3 | 320 |
| 109 | Thiel, Lina | 04 | AEG-Metallica on the rock | 0:40:25 h | 0:40:25 h | ° | ° | 51 | WJ U20-1 | 343 |
| 110 | Poggel, Emma | 08 | AEG | 0:41:10 h | 0:41:08 h | ° | ° | 52 | WJ U16-7 | 319 |
| 110 | Bauer, Valerie | 08 | AEG | 0:41:10 h | 0:41:08 h | ° | ° | 52 | WJ U16-7 | 385 |
| 112 | Hansen, Lena | 10 | AEG | 0:41:11 h | 0:41:11 h | ° | ° | 54 | WJ U14-14 | 279 |
| 113 | Schuster, Karl-Peter | 42 | VfL Jesteburg | 0:46:46 h | 0:46:39 h | 59 | M80-2 | ° | ° | 335 |