



Name	Vorname	LAUFZEIT
Plewa	Moritz	00:17:41
Reichl	Felix	00:17:58
Mascher-Aspensjö	Norman	00:18:38
Beyer	Volker	00:18:54
Schieb	Oliver	00:19:15
Abou-Ras	Daniel	00:20:05
Koch	Reinhard	00:20:06
Sehring	Noa	00:20:28
von Lindheim	Johannes	00:20:50
Schnelle	Markus	00:21:15
Penz	Hannah	00:21:25
Winter	Philip	00:21:27
Grassmann	Henriette	00:21:28
Langfeld	Alicia	00:21:40
Grundmann	Marten	00:21:50
Suckau	Olga	00:21:54
Schwerdtfeger	David	00:22:30
Lewin	Madeleine	00:22:58
Berenfeld	Irina	00:23:02
Kruska	Nils	00:23:20
Nuckel	Sandra	00:24:05
Bandoly	Mia	00:24:50
Hevekerl	Mary	00:25:04
Herz	Josef	00:26:33
Pykhtin	Nikita	00:27:12
Hoffmann	Holger	00:27:54
Heß	Roland	00:30:42
Schneiderei	Tobias	00:34:44
Kähne	Charlotte	00:36:00
Funke	Dorothea	00:37:31



Name	Vorname	1. 5 Km	2. 5 km	10 Km
Baar	Philipp	00:16:15	00:16:04	00:32:19
Vercruysse	Filip	00:16:20	00:17:00	00:33:20
Schilff	Robin	00:17:06	00:17:59	00:35:05
Gers	Thurid	00:18:32	00:18:32	00:37:04
Gerdes	Christina	00:19:33	00:19:06	00:38:39
Fährmann	Paul	00:19:30	00:20:20	00:39:50
Hahner	Lisa	00:19:55	00:20:08	00:40:03
Kallidis	Georg	00:19:26	00:20:38	00:40:04
Töpfer	Arne	00:19:45	00:20:51	00:40:36
Braun	Reiner	00:19:55	00:20:53	00:40:48
Seibt	Daniel	leider keine Zwischenzeit		00:40:50
Kassing	Axel	00:20:34	00:20:18	00:40:52
Büchel	Daniel	00:20:19	00:20:44	00:41:03
Lampenscherf	Edgar	00:21:05	00:21:04	00:42:09
Datke	Volker	00:20:45	00:21:47	00:42:32
Becker	Manfred	00:20:45	00:21:52	00:42:37
Kabut	Waldemar	00:21:01	00:22:25	00:43:26
Eis	Michael	00:21:44	00:21:47	00:43:31
Gips	Daniel	00:21:40	00:22:20	00:44:00
Gips	Katharina	00:22:00	00:22:26	00:44:26
Weinreich	Norbert	00:21:37	00:23:06	00:44:43
Möhle	Holger	00:22:29	00:22:32	00:45:01
Colmenero Lopéz	Daniel	00:22:29	00:22:41	00:45:10
Graner	Dietmar	00:23:09	00:23:23	00:46:32
Erbag	Sinasi	00:23:02	00:23:43	00:46:45
Melchers	Bernd	00:23:07	00:23:53	00:47:00
Diab	Nahid	00:23:10	00:23:54	00:47:04
Bruckmeier	Philipp	00:22:15	00:24:52	00:47:07
Theunert	Georg	00:23:45	00:25:00	00:48:45
Dentel	Andreas	00:24:14	00:25:35	00:49:49
Dommel	Norma	00:25:10	00:25:06	00:50:16
Butt	Marcus	00:25:10	00:26:09	00:51:19
Schwenzfeier	Anja	00:24:38	00:26:55	00:51:33
Janik	Thorsten	00:25:15	00:28:04	00:53:19
Sosa Zornoza	Ana Isabel	00:26:23	00:27:11	00:53:34
Fritzemeier	Christiane	00:26:17	00:29:01	00:55:18
Osswald	René	00:26:18	00:29:39	00:55:57
Ergi	Ismet	00:28:03	00:28:50	00:56:53
Haug	Ute	00:28:28	00:28:28	00:56:56
Krauter	Ben	00:26:13	00:33:21	00:59:34
Kluge	Thomas	00:32:40	00:36:28	01:09:08