

04. Mai 2008

Ergebnis M / W - gesamt

Hauptlauf (10000 m)

Hauptlauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters-Klasse | Pos Altersklasse |
|-----|------|----------|------------------|----------------|---------------------------|---------|---------------|------------------|
| 1 | 149 | 00:32:14 | Sajek | Marcin | SV Mokasyn Ploty | POL | M-20 | 1 |
| 2 | 158 | 00:33:23 | Henningsen | Dirk | THW Kiel | GER-SH | M-35 | 1 |
| 3 | 258 | 00:36:23 | Lietzau | Jan | RSC Oeversee | GER-SH | M-35 | 2 |
| 4 | 263 | 00:36:26 | Friedrichsen | Volker | SV Enge-Sande | GER-SH | M-35 | 3 |
| 5 | 254 | 00:36:33 | Hansen | Arne | Spiridon Schleswig | GER-SH | M-35 | 4 |
| 6 | 146 | 00:36:59 | Lorenzen | Leif | SV Germania Breklum | GER-SH | M-30 | 1 |
| 7 | 23 | 00:37:02 | Teifke | Nils | Kiel | GER-SH | M-30 | 2 |
| 8 | 151 | 00:37:28 | Hansen | Oke | SV-Germania Breklum | GER-SH | M-30 | 3 |
| 9 | 67 | 00:37:56 | van de Bergh | Marc | Borener SV | GER-SH | M-30 | 4 |
| 10 | 247 | 00:38:07 | Schwalbe | Henrik | SV Blau Weiß Löwenstedt | GER-SH | M-JA | 1 |
| 11 | 179 | 00:38:08 | Weinbrandt | Uwe | TSV Goldebek | GER-SH | M-40 | 1 |
| 12 | 264 | 00:39:04 | Graage | Joerg | SV Enge-Sande | GER-SH | M-35 | 5 |
| 13 | 61 | 00:39:16 | Carl | Michael | Germania Breklum | GER-SH | M-JB | 1 |
| 14 | 121 | 00:39:19 | Henrich | Peter | Spiridon Schleswig | GER-SH | M-40 | 2 |
| 15 | 75 | 00:39:35 | Appel | Philipp | Eckernförder MTV | GER-SH | M-JB | 2 |
| 16 | 88 | 00:39:55 | Nienhaus | Horst | LAV Husum | GER-SH | M-40 | 3 |
| 17 | 82 | 00:40:09 | Vogelgsang | Miguel | Husum | GER-SH | M-20 | 2 |
| 18 | 89 | 00:40:10 | Paulsen | Felix | LAV Husum | GER-SH | M-20 | 3 |
| 19 | 227 | 00:40:17 | Stoffel | Volker | Wyker Turnerbund | GER-SH | M-45 | 1 |
| 20 | 232 | 00:40:24 | Nicolaisen | Ulf | NTSV-Niedorf | GER-HAM | M-45 | 2 |
| 21 | 169 | 00:40:33 | Plöhn | Sönke | TSV Fahretoft | GER-SH | M-30 | 5 |
| 22 | 229 | 00:40:39 | Paulsen | Uwe | TSV RW Niebüll Trias | GER-SH | M-40 | 4 |
| 23 | 133 | 00:40:45 | Bahnsen | Alfred | SV Frisia 03 | GER-SH | M-45 | 3 |
| 24 | 64 | 00:40:53 | Petersen | Thomas | Absolut Auto | GER-SH | M-40 | 5 |
| 25 | 167 | 00:40:53 | Thomsen | Arne | TSV Drelsdorf | GER-SH | M-35 | 6 |
| 26 | 248 | 00:41:03 | Schwalbe | Thore | SV Blau Weiß Löwenstedt | GER-SH | M-20 | 4 |
| 27 | 228 | 00:41:11 | Gründler | Ivo | Wyker Turnerbund | GER-SH | M-40 | 6 |
| 28 | 261 | 00:41:17 | Brodersen | Günther | SV Enge-Sande | GER-SH | M-50 | 1 |
| 29 | 226 | 00:41:25 | Behnke | Helmut | Wellingdorfer TV | GER-SH | M-50 | 2 |
| 30 | 81 | 00:41:37 | Nissen- Hünding | Klaus | Humptrup Bulls | GER-SH | M-50 | 3 |
| 31 | 206 | 00:41:40 | Ziriakus | Marc | TSV RW Niebuell Triathlon | GER-SH | M-30 | 6 |
| 32 | 34 | 00:41:41 | Petschat | Udo | Achtrup | GER-SH | M-40 | 7 |
| 33 | 126 | 00:42:07 | Thoröe | Jan Peter | SV Blau Weiß Löwenstedt | GER-SH | M-30 | 7 |
| 34 | 79 | 00:42:08 | Hardy | Ralph | FlaRakGrp 25 | GER-SH | M-35 | 7 |
| 35 | 94 | 00:42:15 | Hansen | Broder | Lt TSV Lindewitt | GER-SH | M-50 | 4 |
| 36 | 148 | 00:42:17 | Hansen | Hans-Christian | SV Klintum | GER-SH | M-45 | 4 |
| 37 | 194 | 00:42:18 | Hansen | Jörg | TSV Mildstedt | GER-SH | M-40 | 8 |
| 38 | 104 | 00:42:30 | Lorenzen | Ove | MTV Leck | GER-SH | M-20 | 5 |
| 39 | 118 | 00:42:48 | Molero Membrilla | Josè | Spiridon Schleswig | GER-SH | M-65 | 1 |
| 40 | 112 | 00:42:55 | Südel | Gunter | Mürwiker Werkstätten | GER-SH | M-40 | 9 |
| 41 | 71 | 00:42:57 | Magnussen | Martin | Bredstedter TSV | GER-SH | M-35 | 8 |

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Hauptlauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------------|-------------|---------------------------|--------|-------------------|------------------|
| 42 | 68 | 00:43:00 | Pedersen | Erik | Bov IF | DEN | M-55 | 1 |
| 43 | 93 | 00:43:03 | Lorenzen | Uwe | LG Niebüll-Süderlügum | GER-SH | M-50 | 5 |
| 44 | 211 | 00:43:23 | Funk | Bernd | TSV Rot-Weiß Niebüll | GER-SH | M-50 | 6 |
| 45 | 159 | 00:43:27 | Griesbach | Michael | Trias Niebüll | GER-SH | M-45 | 5 |
| 46 | 198 | 00:43:51 | Paysen | Hauke | TSV Rot-Weiß Niebüll | GER-SH | M-50 | 7 |
| 47 | 42 | 00:44:03 | Witt | John | Gluecksburg | GER-SH | M-50 | 8 |
| 48 | 183 | 00:44:04 | Sommer | Christian | TSV Ladelund | GER-SH | M-45 | 6 |
| 49 | 21 | 00:44:08 | Andresen | Martin | Großenwiehe | GER-SH | M-45 | 7 |
| 50 | 210 | 00:44:09 | Carstensen | Hauke | TSV Rot-Weiß Niebüll | GER-SH | M-35 | 9 |
| 51 | 175 | 00:44:16 | Lorenzen | Frank | TSV Goldebek | GER-SH | M-35 | 10 |
| 52 | 56 | 00:44:21 | Petersen | Hans-Thomas | Achtrup | GER-SH | M-50 | 9 |
| 53 | 191 | 00:44:25 | Bütow | Eckhard | TSV Mildstedt | GER-SH | M-55 | 2 |
| 54 | 122 | 00:44:42 | Hansen | Uwe | Spiridon Schleswig | GER-SH | M-65 | 2 |
| 55 | 252 | 00:44:54 | Bartlefsen | Sönke | SV Frisia Lindholm 03 | GER-SH | M-50 | 10 |
| 56 | 243 | 00:44:57 | Hansen | Jes-Peter | | GER-SH | M-40 | 10 |
| 57 | 139 | 00:45:05 | Jürgensen | Jörg | SV Frisia 03 | GER-SH | M-40 | 11 |
| 58 | 17 | 00:45:10 | von Hoyningen-Huene | Johannes | Niebüll | GER-SH | M-20 | 6 |
| 59 | 174 | 00:45:19 | Hansen | Reiner | TSV Goldebek | GER-SH | M-40 | 12 |
| 60 | 28 | 00:45:27 | Holle | Helmut | Flensburg | GER-SH | M-50 | 11 |
| 61 | 103 | 00:45:29 | Sibbersen | Tim | MTV Leck | GER-SH | M-30 | 8 |
| 62 | 57 | 00:45:34 | Paulsen | Mathias | Niebüll | GER-SH | M-40 | 13 |
| 63 | 250 | 00:45:36 | Mees | Soenke | www 42,195.de | GER-SH | M-45 | 8 |
| 64 | 10 | 00:45:37 | Hansen | Stefan | Viöl | GER-SH | M-40 | 14 |
| 65 | 141 | 00:45:40 | Sönnichsen | Kai-Uwe | SV Frisia 03 | GER-SH | M-45 | 9 |
| 66 | 96 | 00:45:49 | Kröning | Dieter | Lt TSV Lindewitt | GER-SH | M-60 | 1 |
| 67 | 266 | 00:45:54 | Bundels | Andreas | 1. Flensburger Lauftreff | GER-SH | M-45 | 10 |
| 68 | 259 | 00:45:58 | Schella | Thomas | TSV Mildstedt | GER-SH | M-40 | 15 |
| 69 | 197 | 00:46:02 | Sönnichsen | Jan | TSV Rot-Weiß Niebüll | GER-SH | M-40 | 16 |
| 70 | 196 | 00:46:05 | Andresen | Bernd | TSV Rot-Weiß Niebüll | GER-SH | M-45 | 11 |
| 71 | 195 | 00:46:05 | Johnsen | Uwe | TSV Mildstedt | GER-SH | M-55 | 3 |
| 72 | 44 | 00:46:08 | Hofbauer | Benjamin | Niebüll | GER-SH | M-30 | 9 |
| 73 | 157 | 00:46:17 | Petersen | Andree | Team Physio- Handewitt | GER-SH | M-40 | 17 |
| 74 | 242 | 00:46:18 | Matthis | Karl-Heinz | | GER-SH | M-55 | 4 |
| 75 | 207 | 00:46:37 | Jappsen | Wolfgang | TSV RW Niebuell Triathlon | GER-SH | M-40 | 18 |
| 76 | 39 | 00:46:38 | Carstensen | Sönke | Viöl | GER-SH | M-40 | 19 |
| 77 | 117 | 00:46:47 | Jannsen | Ralph Urban | Scan-kunst Niebüll | GER-SH | M-40 | 20 |
| 78 | 60 | 00:47:04 | Steenbuck | Nathan | Germania Breklum | GER-SH | M-12 | 1 |
| 79 | 235 | 00:47:17 | Sellmer | Lutz | THW Kiel | GER-SH | M-45 | 12 |
| 80 | 4 | 00:47:28 | Andresen | Michael | | GER-SH | M-20 | 7 |
| 81 | 152 | 00:47:35 | Matthiesen | Heino | SZ Arlewatt | GER-SH | M-40 | 21 |
| 82 | 240 | 00:47:37 | Lembcke | Rolf | LT TSV Lindewitt | GER-SH | M-45 | 13 |
| 83 | 143 | 00:47:39 | Mathiesen | Sven | SV Frisia 03 | GER-SH | M-35 | 11 |
| 84 | 91 | 00:47:41 | Görrissen | Manfred | LAV Husum | GER-SH | M-35 | 12 |
| 85 | 163 | 00:47:41 | Brummund | Willi | TSV Doppeleiche Viöl | GER-SH | M-45 | 14 |
| 86 | 201 | 00:47:53 | Jensen | Frank | TSV Rot-Weiß Niebüll | GER-SH | M-45 | 15 |
| 87 | 33 | 00:48:03 | Hansen | Dirk | Norstedt | GER-SH | M-45 | 16 |
| 88 | 156 | 00:48:10 | Rabe | Jürgen | Team Physio- Handewitt | GER-SH | M-40 | 22 |
| 89 | 230 | 00:48:24 | Weinhonig | Philippe | | GER-SH | M-JB | 3 |
| 90 | 231 | 00:48:30 | Weinhonig | Wim | | GER-SH | M-15 | 1 |
| 91 | 18 | 00:48:34 | von Hoyningen-Huene | Peter | Niebüll | GER-SH | M-50 | 12 |
| 92 | 48 | 00:48:35 | Christiansen | Udo | Risum-Lindholm | GER-SH | M-35 | 13 |

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| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|----------------|-----------------------------------|---------|-------------------|------------------|
| 93 | 213 | 00:48:46 | Stapelfeldt | Henry | TSV Rot-Weiß Niebüll | GER-SH | M-35 | 14 |
| 94 | 145 | 00:48:54 | Hansen | Klaus-Dieter | SV Germania Breklum | GER-SH | M-40 | 23 |
| 95 | 83 | 00:49:04 | Stadel | Olaf | Husumer Federball Club eV 1966 | GER-SH | M-35 | 15 |
| 96 | 246 | 00:49:09 | Oehmichen | Andreas | | GER-SH | M-50 | 13 |
| 97 | 154 | 00:49:10 | Asmussen | Claus | Team Physio- Handewitt | GER-SH | M-40 | 24 |
| 98 | 43 | 00:49:17 | Johannsen | Karl-Ludwig | Kiel | GER-SH | M-50 | 14 |
| 99 | 53 | 00:49:22 | Hansen | Björn | Schwabstedt | GER-SH | M-20 | 8 |
| 100 | 16 | 00:49:26 | Teegen | Dennis | Breklum | GER-SH | M-30 | 10 |
| 101 | 239 | 00:49:31 | Schulz | Werner | LT TSV Lindewitt | GER-SH | M-60 | 2 |
| 102 | 124 | 00:49:35 | Frahm | Lasse | SSC Hanau-Rodenbach | GER-HES | M-65 | 3 |
| 103 | 204 | 00:49:46 | Schuster | Ekkehard | TSV Rot-Weiß Niebüll | GER-SH | M-65 | 4 |
| 104 | 11 | 00:49:47 | Saß | Malte | Wyk auf Föhr | GER-SH | M-35 | 16 |
| 105 | 262 | 00:49:48 | Möller | Horst | SV Enge-Sande | GER-SH | M-50 | 15 |
| 106 | 166 | 00:50:12 | Karsten | Matthes | TSV Drelsdorf | GER-SH | M-30 | 11 |
| 107 | 249 | 00:50:39 | Petersen | Erwin | Germania Breklum | GER-SH | M-30 | 12 |
| 108 | 87 | 00:50:41 | Leese | Olaf | LAV Husum | GER-SH | M-50 | 16 |
| 109 | 40 | 00:50:44 | Triphahn | Olaf | Preetz | GER-SH | M-40 | 25 |
| 110 | 27 | 00:50:50 | Nelamischkies | Peter | Niebüll | GER-SH | M-50 | 17 |
| 111 | 176 | 00:50:51 | Hansen | Herbert | TSV Goldebek | GER-SH | M-40 | 26 |
| 112 | 190 | 00:50:58 | Albert | Dieter | TSV Mildstedt | GER-SH | M-60 | 3 |
| 113 | 32 | 00:51:05 | Neugebauer | Lars | Struckum | GER-SH | M-35 | 17 |
| 114 | 9 | 00:51:07 | Nissen | Manfred | Bargum/Beergem | GER-SH | M-55 | 5 |
| 115 | 52 | 00:51:11 | Hansen | Dirk | Niebüll | GER-SH | M-40 | 27 |
| 116 | 142 | 00:51:12 | Zahn | Freddy | SV Frisia 03 | GER-SH | M-50 | 18 |
| 117 | 80 | 00:51:16 | Martens | Andreas | Frisia Lindholm | GER-SH | M-50 | 19 |
| 118 | 170 | 00:51:17 | Andresen | Hans-Dietrich | TSV Fahretoft-Waygaard | GER-SH | M-50 | 20 |
| 119 | 125 | 00:51:25 | Joldrichsen | Ulf | SV Adelby | GER-SH | M-45 | 17 |
| 120 | 100 | 00:51:58 | Kleimen | Henry | MTV Leck | GER-SH | M-50 | 21 |
| 121 | 234 | 00:52:07 | Winter | Hans Christian | TSZ Lindenberg | GER-SH | M-50 | 22 |
| 122 | 168 | 00:52:19 | Detlefsen | Dierk | TSV Emmelsbüll | GER-SH | M-45 | 18 |
| 123 | 147 | 00:52:24 | Jensen | Andreas | SV Germania Breklum | GER-SH | M-35 | 18 |
| 124 | 35 | 00:52:25 | Tratz | Clemens | Sande | GER-SH | M-30 | 13 |
| 125 | 237 | 00:52:29 | Weich | Arne | TSV Emmelsbüll | GER-SH | M-40 | 28 |
| 126 | 72 | 00:52:42 | Neumann | Bernd | CDU Niebüll | GER-SH | M-45 | 19 |
| 127 | 238 | 00:52:45 | Thomsen | Günter | LT TSV Lindewitt | GER-SH | M-55 | 6 |
| 128 | 1 | 00:52:50 | Sievers | Jan | | GER-SH | M-35 | 19 |
| 129 | 6 | 00:52:50 | Wolfrum | Siegfried | | GER-SH | M-40 | 29 |
| 130 | 31 | 00:53:33 | Pankratz-Falk | Christof | Bredstedt | GER-SH | M-45 | 20 |
| 131 | 25 | 00:53:35 | Callsen | Stefan | Niebüll | GER-SH | M-40 | 30 |
| 132 | 77 | 00:53:42 | Pahlke | Thomas | ETSV Weiche | GER-SH | M-40 | 31 |
| 133 | 160 | 00:54:01 | Klingebiel | Wolfgang | Trotamundos | GER-SH | M-40 | 32 |
| 134 | 224 | 00:54:15 | Hansen | Hans-Rainer | VR Bank eG Niebüll | GER-SH | M-55 | 7 |
| 135 | 5 | 00:54:22 | Schneider | Maik | | GER-SH | M-40 | 33 |
| 136 | 12 | 00:54:26 | Jüch | Detlef | Niebüll | GER-SH | M-60 | 4 |
| 137 | 7 | 00:54:30 | Thomsen | Asmus | | GER-SH | M-55 | 8 |
| 138 | 20 | 00:54:35 | Ahrens | Detlef | Weesby | GER-SH | M-45 | 21 |
| 139 | 208 | 00:54:48 | Lützen | Marco | TSV Rot-Weiß Niebüll | GER-SH | M-JA | 2 |
| 140 | 50 | 00:54:51 | Tüchsen | Ingo | Langenhorn | GER-SH | M-45 | 22 |
| 141 | 241 | 00:55:05 | Weinhonig | Jonathan | | GER-SH | M-13 | 1 |
| 142 | 116 | 00:55:07 | Mochner | Ernst - Rudolf | RV Süderlügum e.V. | GER-SH | M-55 | 9 |
| 143 | 14 | 00:55:54 | Petersen-Mrosek | Frank | Niebüll | GER-SH | M-40 | 34 |

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| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|--------------|----------------------|--------|-------------------|------------------|
| 144 | 30 | 00:56:41 | Sibbersen | Thomas | Fahretoft | GER-SH | M-35 | 20 |
| 145 | 19 | 00:56:49 | Hirsch | Roger | Leck | GER-SH | M-40 | 35 |
| 146 | 217 | 00:58:45 | Schmiedeberg | Dr. Wolfgang | TSV Tinum 66 | GER-SH | M-65 | 5 |
| 147 | 218 | 00:59:02 | Kirsten | Wolfgang | TSV Tinum 66 | GER-SH | M-65 | 6 |
| 148 | 173 | 00:59:04 | Dorsch | Peter | TSV Goldebek | GER-SH | M-40 | 36 |
| 149 | 109 | 00:59:09 | Sehl | Andreas | Mürwiker Werkstätten | GER-SH | M-40 | 37 |
| 150 | 107 | 00:59:22 | Eichhorn | Stephan | Mürwiker Werkstätten | GER-SH | M-30 | 14 |
| 151 | 214 | 00:59:41 | Jessen | Heiko | TSV Rot-Weiß Niebüll | GER-SH | M-35 | 21 |
| 152 | 69 | 00:59:56 | Liebke | Jörg | Bredstedter TSV | GER-SH | M-35 | 22 |
| 153 | 172 | 01:00:50 | Kutta | Oliver | TSV Goldebek | GER-SH | M-35 | 23 |
| 154 | 215 | 01:01:28 | Eismann | Bernd | TSV Süderlügum | GER-SH | M-50 | 23 |
| 155 | 111 | 01:03:57 | Ingwertsen | Stefan | Mürwiker Werkstätten | GER-SH | M-20 | 9 |
| 156 | 256 | 01:09:56 | Caris | Tim | | GER-SH | M-JA | 3 |

Hauptlauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|-----------|---------------------------------------|---------|-------------------|------------------|
| 1 | 255 | 00:36:13 | Tiedemann | Anke | SG TSV Kronshagen KTB | GER-SH | W-30 | 1 |
| 2 | 185 | 00:36:30 | Paysen | Karen | TSV Langenhorn | GER-SH | W-35 | 1 |
| 3 | 171 | 00:41:42 | Nielsen | Gunda | TSV Glücksburg 09 | GER-SH | W-45 | 1 |
| 4 | 187 | 00:42:17 | Oelerich | Imke | TSV Mildstedt | GER-SH | W-JA | 1 |
| 5 | 101 | 00:43:38 | Brandts | Inge | MTV Leck | GER-SH | W-55 | 1 |
| 6 | 70 | 00:44:21 | Magnussen | Dörte | Bredstedter TSV | GER-SH | W-35 | 2 |
| 7 | 244 | 00:44:26 | Richter | Iris | | GER-SH | W-35 | 3 |
| 8 | 205 | 00:45:45 | Carstensen | Ulla | TSV RW Niebuell Triathlon | GER-SH | W-45 | 2 |
| 9 | 66 | 00:45:55 | Sellmer | Kirsten | Adelbyer SV | GER-SH | W-40 | 1 |
| 10 | 84 | 00:46:41 | Hinnrichsen | Ute | Ladelund | GER-SH | W-40 | 2 |
| 11 | 260 | 00:46:46 | Carstensen | Eike | SV Enge-Sande | GER-SH | W-35 | 4 |
| 12 | 236 | 00:47:16 | Sellmer | Heidrun | MTV Leck | GER-SH | W-40 | 3 |
| 13 | 155 | 00:47:43 | Rabe | Dagmar | Team Physio- Handewitt | GER-SH | W-40 | 4 |
| 14 | 245 | 00:47:43 | Jungjohann | Ute | 1. Flensburger Lauftreff | GER-SH | W-35 | 5 |
| 15 | 95 | 00:48:10 | Kröning | Elviera | Lt TSV Lindewitt | GER-SH | W-60 | 1 |
| 16 | 223 | 00:48:31 | Briegel | Andrea | VfL Oker | GER-NIE | W-45 | 3 |
| 17 | 120 | 00:49:03 | Thomsen | Elke | Spiridon Schleswig | GER-SH | W-60 | 2 |
| 18 | 24 | 00:50:23 | Ehses | Kerstin | Husum | GER-SH | W-30 | 2 |
| 19 | 123 | 00:51:14 | Klaus | Hannelore | SSC Hanau-Rodenbach | GER-HES | W-65 | 1 |
| 20 | 161 | 00:51:42 | Albers | Reika | TS Harburg | GER-HAM | W-30 | 3 |
| 21 | 13 | 00:51:48 | Karberg | Kirsten | Langenhorn | GER-SH | W-45 | 4 |
| 22 | 85 | 00:52:03 | Thomsen | Sandra | Lauftreff Ahrenshöft TSV Dreisdorf | GER-SH | W-40 | 5 |
| 23 | 74 | 00:52:09 | Horst | Renate | Eckernförder MTV | GER-SH | W-65 | 2 |
| 24 | 225 | 00:52:42 | Hellner | Anja | VUI | GER-SH | W-35 | 6 |
| 25 | 144 | 00:52:43 | Petersen | Sonja | SV Frisia 03 | GER-SH | W-40 | 6 |
| 26 | 182 | 00:52:44 | Sommer | Katja | TSV Ladelund | GER-SH | W-JB | 1 |
| 27 | 38 | 00:52:49 | Rathsack | Bente | Risum-Lindholm | GER-SH | W-20 | 1 |
| 28 | 219 | 00:53:35 | Ewald | Colette | TSV Tinum 66 | GER-SH | W-35 | 7 |
| 29 | 257 | 00:53:35 | Jannsen | Andrea | 1. Flensburger Lauftreff | GER-SH | W-35 | 8 |
| 30 | 15 | 00:53:47 | Mrosek | Alexandra | Niebüll | GER-SH | W-35 | 9 |
| 31 | 178 | 00:53:48 | Hansen | Renate | TSV Goldebek | GER-SH | W-35 | 10 |
| 32 | 98 | 00:54:04 | Thomsen | Renate | Lt-TSV Lindewitt | GER-SH | W-55 | 2 |

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|-----|------|----------|-----------------|------------|------------------------------|---------|-------------------|------------------|
| 33 | 192 | 00:54:09 | Bütow | Monke | TSV Mildstedt | GER-SH | W-50 | 1 |
| 34 | 76 | 00:54:14 | Herzog-Appel | Ulrike | Eckernförder MTV | GER-SH | W-45 | 5 |
| 35 | 115 | 00:54:18 | Martin | Gabriele | RSV Husum | GER-SH | W-45 | 6 |
| 36 | 73 | 00:54:20 | Scholze | Andrea | CN Atlético Barcelona | GER-SH | W-40 | 7 |
| 37 | 36 | 00:54:36 | Lange | Sonja | Hattstedt | GER-SH | W-35 | 11 |
| 38 | 114 | 00:54:53 | Petersen | Anne | Reit und Fahrverein Ladelund | GER-SH | W-40 | 8 |
| 39 | 200 | 00:55:24 | Starck | Susanne | TSV Rot-Weiß Niebüll | GER-SH | W-30 | 4 |
| 40 | 106 | 00:55:56 | Ingwersten | Elisabeth | Mürwiker Werkstätten | GER-SH | W-45 | 7 |
| 41 | 138 | 00:56:30 | Karstens | Ute | SV Frisia 03 | GER-SH | W-40 | 9 |
| 42 | 233 | 00:56:33 | Nicolaisen | Maike | NTSV-Niendorf | GER-HAM | W-40 | 10 |
| 43 | 134 | 00:56:42 | Bliesmann | Tanja | SV Frisia 03 | GER-SH | W-20 | 2 |
| 44 | 220 | 00:56:50 | Matzen | Anne | TSV Westerland | GER-SH | W-55 | 3 |
| 45 | 251 | 00:56:51 | Wichmann | Andrea | 1. Flensburger Lauftreff | GER-SH | W-40 | 11 |
| 46 | 199 | 00:57:10 | Stark | Cordula | TSV Rot-Weiß Niebüll | GER-SH | W-30 | 5 |
| 47 | 212 | 00:57:21 | Griesbach | Britta | TSV Rot-Weiß Niebüll | GER-SH | W-35 | 12 |
| 48 | 184 | 00:57:43 | Bahnsen | Ines | TSV Ladelund-Achtrup | GER-SH | W-30 | 6 |
| 49 | 180 | 00:57:47 | Lorenzen | Ines | TSV Goldebek | GER-SH | W-20 | 3 |
| 50 | 177 | 00:57:50 | Hansen | Heidi | TSV Goldebek | GER-SH | W-40 | 12 |
| 51 | 137 | 00:57:59 | Kieburg | Anja | SV Frisia 03 | GER-SH | W-35 | 13 |
| 52 | 135 | 00:57:59 | Dohrn | Ingrid | SV Frisia 03 | GER-SH | W-55 | 4 |
| 53 | 136 | 00:58:14 | Winkler | Sonja | SV Frisia 03 | GER-SH | W-45 | 8 |
| 54 | 140 | 00:58:22 | Hansen | Michaela | SV Frisia 03 | GER-SH | W-30 | 7 |
| 55 | 58 | 00:59:38 | Moldenhauer | Karoline | Leck | GER-SH | W-20 | 4 |
| 56 | 92 | 00:59:48 | Wopp | Claudia | LG Albatros Kiel | GER-SH | W-30 | 8 |
| 57 | 37 | 00:59:51 | Steenbuck | Ulrike | Breklum | GER-SH | W-35 | 14 |
| 58 | 162 | 01:00:22 | von der Heyden | Claudia | TSV DAB | GER-SH | W-35 | 15 |
| 59 | 2 | 01:00:49 | Thielebein | Sylvia | | GER-SH | W-45 | 9 |
| 60 | 265 | 01:01:50 | Tiedemann | Anne-Merle | TSV RW Niebüll | GER-SH | W-JB | 2 |
| 61 | 29 | 01:01:57 | Grumm | Margit | Flensburg | GER-SH | W-45 | 10 |
| 62 | 209 | 01:02:01 | Tiedemann | Silke | TSV Rot-Weiß Niebüll | GER-SH | W-45 | 11 |
| 63 | 108 | 01:03:56 | Rowold | Birte | Mürwiker Werkstätten | GER-SH | W-20 | 5 |
| 64 | 8 | 01:04:13 | Schmidt-Tychsen | Barbara | Galmsbüll | GER-SH | W-65 | 3 |
| 65 | 3 | 01:10:23 | Rudolph | Urte | | GER-SH | W-40 | 13 |

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