

10 Km

| 10 Km | | | | | | |
|----------|--------------|--------------|---|------|------------------------------|-----------------|
| Start-Nr | Name | Vorname | G | Jg | Verein | Wohnort |
| 151 | Sanny | Mareike | w | 1987 | SCI Itzehoe | Eddelak |
| 152 | Praez | Tim | m | 1987 | | Lägerdorf |
| 153 | Rathje | Matthias | m | 1983 | | Brunsbüttel |
| 154 | Laedtke | Volker | m | 1963 | | Elmshorn |
| 155 | Suhr | André | m | 1982 | Dithmarscher Laufteam | Meldorf |
| 156 | Schulz | Tanja | w | 1976 | | Heidgraben |
| 157 | Schauwienold | Dr. Eberhard | m | 1965 | MTV Heide | Heide |
| 158 | Volkmann | Matthias | m | 1966 | TSV Büsum | Oesterwurth |
| 159 | Volkmann | Inga | w | 1979 | TSV Büsum | Oesterwurth |
| 160 | Holm | Helge | m | 1992 | LG Dithmarscher Westk | Neufeld |
| 161 | Hamann | Frank | m | 1973 | HVSH | Quickborn |
| 162 | Wilke | Stefan | m | 1982 | | Wilster |
| 163 | von Reith | Markus | m | 1980 | | Brunsbüttel |
| 164 | Riedner | Jan | m | 1973 | | Hohenaspe |
| 165 | Knabe | Meike | w | 1974 | | Krumstedt |
| 166 | Lau | Birgit | w | 1963 | TSV Brunsbüttel | Brunsbüttel |
| 167 | Siepmann | Jan | m | 1965 | TSV Weddingstedt | Weddingstedt |
| 168 | Siepmann | Patrick | m | 2002 | TSV Weddingstedt | Weddingstedt |
| 169 | Busack | Maren | w | 1960 | Sparkasse Westholsteir | Meldorf |
| 170 | Loch | Maximilian | m | 1983 | | Kronprinzenkoog |
| 171 | Popanda | Monika | w | 1987 | Tanzschule Thomas Bru | Heide |
| 172 | Calsen | Nadine | w | 1984 | | Wöhrden |
| 173 | Jungclaus | Nadja | w | 1984 | Lemmens Martial Arts Academy | Marne |
| 174 | Frank | Stefan | m | 1970 | Paintball Dithmarschen | Nindorf |
| 175 | Marohn | Ralf | m | 1960 | Covestro | Kronprinzenkoog |
| 176 | Jobs | Thomas | m | 1967 | Sasol Germany GmbH | Brunsbüttel |
| 177 | Möller | Martina | w | 1978 | Tura Meldorf | Meldorf |
| 178 | Schillings | Karin | w | 1970 | | Heide |
| 179 | Bittner | Herbert | m | 1938 | Post Sport Verein Heide | Heide |
| 180 | Delfs | Nadine | w | 1983 | Uhl Trucks Hemmingste | Heide |
| 181 | Rösch | Ines | w | 1970 | Sparkasse Westholsteir | Barlt |
| 182 | Sönnichsen | Rainer | m | 1966 | | Brunsbüttel |
| 183 | Kronberg | Jens | m | 1952 | TSV Büsum | Büsum |
| 184 | Hoffmann | Ronald | m | 1969 | ISS GmbH&Co.KG | Albersdorf |
| 185 | Fenzke | Thomas | m | 1963 | ABC Wesseln | Wesseln |
| 186 | Gatza | Kira | w | 2002 | HSG Marne/Brunsbüttel | Diekhusen |
| 187 | Möller | Hans | m | 1961 | TSV St.Peter-Ording | St.Peter-Ording |
| 188 | Ranta | Walter | m | 1940 | VfB Brunsbüttel | Brunsbüttel |
| 189 | Zydek | Jeannine | w | 1976 | DoJo Windbergen | Windbergen |
| 190 | Bauch | Alexandra | w | 1981 | SG Elbmarsch | Wilster |
| 191 | Raabe | Gaby | w | 1975 | MTV Heide | Wesselburen |
| 192 | Herzog Lucht | Gesa | w | 1967 | LG Dithmarscher Westk | Buchholz |
| 193 | Bringmann | Norman | m | 1977 | Batman | Wesselburen |
| 194 | Frisch | Jan | m | 1968 | MTV Burg | Burg |

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| 195 | Schneider | Harry | m | 1955 | LG Dithmarscher Westk | Meldorf |
| 196 | Pfeil | Jörg | m | 1973 | TuS Krempe | Krempe |
| 197 | Hues | Diane | w | 1977 | | Diekhusen-Fahrstedt |
| 198 | Wasmund | Martin | m | 1986 | | Marne |
| 199 | Meyer | Nicole | w | 1983 | | Marne |
| 200 | Nicolaysen | Jan | m | 1985 | Sockenfeuer | Heide |
| 201 | Meyer | Torsten | m | 1968 | Motion-center Heide | Heide |
| 202 | Pawelzik | Henning | m | 1972 | Motion-center Heide | Heide |
| 203 | Beireis | Stephan | m | 1981 | Motion-center Heide | Heide |
| 204 | Piller | Jens | m | 1966 | Ostroher SC | Heide |
| 205 | Kragge | Lars | m | 1984 | ISS GmbH&Co.KG | Wilster |
| 206 | Gottermeier | Silvia | w | 1957 | Marathon-Team Ketsch | Oftersheim |
| 207 | Thaden | Marc | m | 1971 | Team RunWithFun Eddel | Eddelak |
| 208 | Jung | Gertrud | w | 1957 | Team Heide | Heide |
| 209 | Dugnus | Wolfgang | m | 1953 | | Brunsbüttel |
| 210 | Westensee | Dieter | m | 1939 | Ostroher SC | Wacken |
| 211 | Volquardsen | Volquard | m | 1957 | | Lohe-Rickelshof |
| 212 | Fock | Eggert | m | 1965 | Wacken | Wacken |
| 213 | Fock | Dirk | m | 1965 | Wacken | Wacken |
| 214 | Leppert | Sven | m | 1967 | SCI Itzehoe | Hohenlockstedt |
| 215 | Leppert | Christine | w | 1970 | SCI Itzehoe | Hohenlockstedt |
| 216 | Elfers | Dietmar | m | 1956 | TSV Büsum | Büsum |
| 217 | Pichl | Daniel | m | 1989 | | Heide |
| 218 | Laß | Gerda | w | 1942 | TSV Büsum | Epenwörden |
| 219 | Päsold | Louis | m | 2002 | Fahrschule Heide-Henn | Heide |
| 220 | Martens | Imke | w | 1971 | | Büsum |
| 221 | Kracht | Lisa Marie | w | 2001 | LG Dithmarscher Westk | Brunsbüttel |
| 222 | Skobeev | Olesja | w | 2001 | MTV Heide | Marne |
| 223 | Alisch | Jörn | m | 1958 | | Brunsbüttel |
| 224 | Gründemann | Norbert | m | 1955 | SSV Lunden | Lunden |
| 225 | Röhr | Annelie | w | 1972 | Team der WKK Heide & | Heide |
| 226 | Carstens | Inga | w | 1993 | | Wewelsfleth |
| 227 | Westphalen | Markus | m | 1971 | TSV Elpersbüttel-Eesch | Elpersbüttel |
| 228 | Kartuschewsky | Lars | m | 1983 | | Kronprinzenkoog |
| 229 | Bergfleth | Marion | w | 1968 | TSV Krumstedt | Krumstedt |
| 230 | Schuhardt | Bernd | m | 1970 | Team Zeitenjäger | Tellingstedt |
| 231 | Sonnenberg | Carolin | w | 1981 | Ostroher SC | Hemmingstedt |
| 232 | Dittmann | Marc | m | 1997 | MTV Heide | Nordhastedt |
| 233 | Stelling | Max | m | 1959 | SSV Süderdorf | Tellingstedt |
| 234 | Jochims | Ralf | m | 1964 | SSV Süderdorf | Welmbüttel |
| 235 | Ihfe | Mario | m | 1975 | Team Zeitlos | Eggstedt |
| 236 | Lorensen | Dirk | m | 1961 | | Wankendorf |
| 237 | Mohr | Britt | w | 1968 | | Wankendorf |
| 238 | Frauen | Katharina | w | 1990 | SG Elbmarsch | Eddelak |
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