

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|---------------------------|----|---------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Wilkens, Jakob | 98 | Hamburg running | 0:17:52 h | 1 | M U23-1 | ° | ° | 332 |
| 2 | Krüger, Marcel | 95 | SCI Itzehoe | 0:18:41 h | 2 | M-1 | ° | ° | 317 |
| 3 | Wilkens, Hannes | 02 | Fischer-Mohr Laufteam | 0:19:28 h | 3 | MJ U18-1 | ° | ° | 333 |
| 4 | Hoyer, Neal | 04 | Sci Itzehoe | 0:20:20 h | 4 | MJ U16-1 | ° | ° | 380 |
| 5 | Hosini, Mostafa | 98 | Bäckerei Heuer | 0:20:59 h | 5 | M U23-2 | ° | ° | 367 |
| 6 | Westphal, Timo | 80 | TSV Heiligenstedten | 0:21:10 h | 6 | M35-1 | ° | ° | 383 |
| 7 | Hoyer, Ian | 06 | SCI Itzehoe | 0:21:41 h | 7 | MJ U14-1 | ° | ° | 379 |
| 8 | Thoenes, Joscha | 97 | Stadt Brunsbüttel | 0:21:58 h | 8 | M U23-3 | ° | ° | 320 |
| 9 | Teßmer, Ingo | 74 | Itzehoe | 0:22:23 h | 9 | M40-1 | ° | ° | 346 |
| 10 | Schaller, Mats | 06 | BSC Brunsbüttel | 0:23:08 h | 10 | MJ U14-2 | ° | ° | 335 |
| 11 | Wasmundt, Stefanie Annika | 78 | SCI Itzehoe | 0:23:15 h | ° | ° | 1 | W40-1 | 385 |
| 12 | Bornhöft, Jan | 81 | Stadt Brunsbüttel | 0:23:40 h | 11 | M35-2 | ° | ° | 322 |
| 13 | Becker, Mirco | 03 | LG Dithmarscher Westküste | 0:24:25 h | 12 | MJ U16-2 | ° | ° | 326 |
| 14 | Grimm, Melina-Kristin | 03 | Brunsbüttel | 0:24:27 h | ° | ° | 2 | WJ U16-1 | 347 |
| 15 | Symank, Steffen | 66 | Alveslohe | 0:24:28 h | 13 | M50-1 | ° | ° | 353 |
| 16 | Kuhlmann, Nenita | 05 | VfB Brunsbüttel | 0:24:42 h | ° | ° | 3 | WJ U14-1 | 334 |
| 17 | Hildebrand, Janin | 82 | Team Bevegt | 0:25:20 h | ° | ° | 4 | W35-1 | 384 |
| 18 | Abraham, Britt | 87 | Breitenburg | 0:25:21 h | ° | ° | 5 | W30-1 | 386 |
| 19 | Grünig, Georg | 89 | TSV Brunsbüttel | 0:25:29 h | 14 | M-2 | ° | ° | 371 |
| 20 | Kessler, Tim | 04 | TSV Zarpen | 0:25:46 h | 15 | MJ U16-3 | ° | ° | 308 |
| 21 | Vieth, Magnus | 09 | SG Dithmarschen Süd | 0:25:58 h | 16 | MK U10-1 | ° | ° | 345 |
| 22 | Timm, Fiete | 08 | TSV Krummstedt | 0:26:11 h | 17 | MK U12-1 | ° | ° | 387 |
| 23 | Graz, Melina | 07 | TSV Brunsbüttel | 0:26:14 h | ° | ° | 6 | WK U12-1 | 377 |
| 24 | Missulis, Leon | 09 | Brunsbüttel | 0:26:25 h | 18 | MK U10-2 | ° | ° | 375 |
| 25 | Grimm, Angelina Sophie | 05 | Brunsbüttel | 0:26:26 h | ° | ° | 7 | WJ U14-2 | 349 |
| 26 | Graz, Mia Eugenia | 09 | TSV Brunsbüttel | 0:26:30 h | ° | ° | 8 | WK U10-1 | 378 |
| 27 | Jürgens, Marvin | 09 | MTV Burg | 0:26:54 h | 19 | MK U10-3 | ° | ° | 362 |
| 28 | Kessler, Maike | 02 | TSV Zarpen | 0:27:06 h | ° | ° | 9 | WJ U18-1 | 306 |
| 29 | Volkmann, Paul | 07 | TSV Büsum | 0:27:10 h | 20 | MK U12-2 | ° | ° | 310 |
| 30 | Volkmann, Anna-Marie | 09 | TSV Büsum | 0:27:12 h | ° | ° | 10 | WK U10-2 | 311 |
| 31 | Eylmann, Zoe | 06 | Bäckerei Heuer | 0:27:40 h | ° | ° | 11 | WJ U14-3 | 366 |
| 32 | Weidemann, Celin-Maja | 09 | Hospitzverein Meldorf | 0:28:02 h | ° | ° | 12 | WK U10-3 | 340 |
| 33 | Funck, Christian | 90 | Stadt Brunsbüttel | 0:28:20 h | 21 | M-3 | ° | ° | 319 |
| 34 | Hauck, Stefanie | 69 | TSV Lentföhren | 0:28:27 h | ° | ° | 13 | W45-1 | 303 |
| 35 | Priegnitz, Nele Sophie | 06 | Albersdorf | 0:28:29 h | ° | ° | 14 | WJ U14-4 | 325 |
| 36 | Priegnitz, Helge | 74 | Albersdorf | 0:28:30 h | 22 | M40-2 | ° | ° | 324 |

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|-------|-------------------------|----|------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 37 | Paulsen, Britta | 73 | Stadt Brunsbüttel | 0:29:12 h | ° | ° | 15 | W45-2 | 318 |
| 38 | Herzog, Jürgen | 53 | Brunsbüttel | 0:29:19 h | 23 | M65-1 | ° | ° | 336 |
| 39 | Westphalen, Kerrin | 94 | Stadt Brunsbüttel | 0:29:46 h | ° | ° | 16 | W-1 | 321 |
| 40 | Kesslau, Dennis | 00 | TSV Zarpen | 0:30:27 h | 24 | MJ U20-1 | ° | ° | 307 |
| 41 | Kaczmarek, Karolina | 80 | St.Pauli Runners | 0:30:42 h | ° | ° | 17 | W35-2 | 352 |
| 42 | Grimm, Jan Oliver | 09 | Brunsbüttel | 0:30:47 h | 25 | MK U10-4 | ° | ° | 348 |
| 43 | Kramer, Dennis | 77 | Schlammfuchse Bokholt-Haurec | 0:31:05 h | 26 | M40-3 | ° | ° | 376 |
| 44 | Korf, Britta | 82 | Flensburg | 0:31:07 h | ° | ° | 18 | W35-3 | 301 |
| 45 | Päsold, Leon | 06 | Fahrschule Heide-Hennstedt | 0:31:12 h | 27 | MJ U14-3 | ° | ° | 354 |
| 46 | Päsold, Andreas | 76 | Fahrschule Heide-Hennstedt | 0:31:15 h | 28 | M40-4 | ° | ° | 355 |
| 47 | Feddersen, Stefan | 65 | Welmbüttel | 0:31:24 h | 29 | M50-2 | ° | ° | 331 |
| 48 | Scheffel, Maya Emily | 10 | Tellingstedt | 0:31:25 h | ° | ° | 19 | WK U10-4 | 399 |
| 49 | Dreyer, Jorina | 90 | Osterrönfeld | 0:31:32 h | ° | ° | 20 | W-2 | 305 |
| 50 | Sohrweide, Kai | 70 | Nübel | 0:31:33 h | 30 | M45-1 | ° | ° | 358 |
| 51 | Zintl, Dustin | 02 | Friedrichskoog | 0:31:39 h | 31 | MJ U18-2 | ° | ° | 323 |
| 52 | Jäger, Ramona | 76 | TSV Eddelak | 0:31:57 h | ° | ° | 21 | W40-2 | 302 |
| 53 | Meier, Julia | 88 | Brunsbüttel | 0:31:59 h | ° | ° | 22 | W30-2 | 357 |
| 54 | Ruge, Janine | 98 | Meldorf | 0:32:30 h | ° | ° | 23 | W U23-1 | 338 |
| 55 | Ruge, Alice | 86 | Elpersbüttel | 0:32:32 h | ° | ° | 24 | W30-3 | 337 |
| 56 | Kaland, Sabine | 60 | Appen | 0:32:34 h | ° | ° | 25 | W55-1 | 373 |
| 56 | Schwenn, Doris | 62 | | 0:32:34 h | ° | ° | 25 | W55-1 | 374 |
| 58 | Raabe, Lilly Marie | 06 | MTV Heide | 0:33:00 h | ° | ° | 27 | WJ U14-5 | 343 |
| 59 | Bringmann, Ansgar | 07 | TSV Büsum | 0:33:12 h | 32 | MK U12-3 | ° | ° | 344 |
| 60 | Raabe, Jan Gerrit | 08 | MTV Heide | 0:33:16 h | 33 | MK U12-4 | ° | ° | 342 |
| 61 | Nagies, Kim Jed | 89 | Brunsbüttel | 0:33:21 h | 34 | M-4 | ° | ° | 350 |
| 62 | Pietrowski, Elwira | 77 | TSV Brunsbüttel | 0:35:13 h | ° | ° | 28 | W40-3 | 316 |
| 63 | Scheffel, Emma Julie | 12 | Tellingstedt | 0:36:11 h | ° | ° | 29 | WK U8-1 | 329 |
| 63 | Feddersen, Gesche | 63 | Welmbüttel | 0:36:11 h | ° | ° | 29 | W55-3 | 330 |
| 65 | Scheffel, Bea | 88 | Tellingstedt | 0:36:14 h | ° | ° | 31 | W30-4 | 327 |
| 66 | Westphal, Klaus | 51 | Kleve | 0:36:22 h | 35 | M65-2 | ° | ° | 382 |
| 67 | Cohen-Cossen, Christina | 69 | Hamburg | 0:36:31 h | ° | ° | 32 | W45-3 | 361 |
| 68 | Busack, Egenhard | 56 | MTV Heide | 0:36:32 h | 36 | M60-1 | ° | ° | 351 |
| 69 | Nagies, Ann Christine | 89 | Brunsbüttel | 0:37:06 h | ° | ° | 33 | W-3 | 315 |
| 70 | von Reith, Jessica | 86 | Brunsbüttel | 0:37:07 h | ° | ° | 34 | W30-5 | 314 |
| 71 | Scheppmann, Cara | 91 | Itzehoe | 0:38:13 h | ° | ° | 35 | W-4 | 339 |
| 72 | Borchers, Ilka | 67 | Koberg | 0:44:01 h | ° | ° | 36 | W50-1 | 304 |

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| 73 | Lieb, Max | 09 | TSV Brunsbüttel | 0:44:17 h | 37 | MK U10-5 | ° | ° | 370 |
| 73 | Lieb, Gesche | 71 | TSV Brunsbüttel | 0:44:17 h | ° | ° | 37 | W45-4 | 369 |