

9. Finisher Sport Regionalcup 2013

Hauptklasse & Masters

AKPI	Name	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
	Verein														
Hauptklasse & Masters															
m															
Männerhauptklasse															
1.	Schütz, Wulf ALG VfI Bokel	1974	m	-	18 (0:40:53,0)	19 (0:42:16,	19 (0:39:42,	19 (0:39:12,	19 (0:39:3	15 (0:36:0	10 (0:39:4	16 (0:40:00,0)	19 (0:41:44,0)	13 (0:45:58,	144
2.	Müller, Philipp SG Athletico Büdelsdorf	1981	m	20 (0:33:3	20 (0:39:50,0)	20 (0:40:09,	20 (0:37:06,	-	20 (0:38:3	-	20 (0:33:2	20 (0:36:43,0)	-	-	140
3.	Schnoor, Niels ALG VfI Bokel	1980	m	10 (0:46:0	-	-	17 (0:40:53,	17 (0:40:50,	18 (0:40:4	16 (0:35:5	13 (0:38:4	17 (0:39:01,0)	-	15 (0:44:23,	123
4.	Berger, Alexander LG Eidersport	1984	m	17 (0:38:5	16 (0:42:48,0)	-	18 (0:40:40,	-	-	17 (0:35:4	14 (0:38:2	18 (0:38:31,0)	18 (0:42:07,0	-	118
5.	Herzog, Reyk ALG VfI Bokel	1975	m	-	19 (0:40:04,0)	-	-	20 (0:38:17,	-	19 (0:34:4	-	-	-	16 (0:42:33,	74
6.	Blase, Danny Fockbeker Roadrunner	1988	m	-	-	-	-	-	-	18 (0:35:4	11 (0:39:3	15 (0:40:27,0)	17 (0:42:26,0)	12 (0:46:01,	73
7.	Schmook, Markus TuS Rotenhof	1977	m	9 (0:46:0	-	-	15 (0:43:54,	-	-	10 (0:39:0	8 (0:41:5	14 (0:42:06,0)	-	-	56
8.	Semkow, Alexander SG Athletico Büdelsdorf	1978	m	-	-	-	-	-	-	20 (0:34:0	17 (0:36:4	-	-	17 (0:42:02,	54
9.	Lieck, Kevin ALG VfI Bokel	1987	m	-	-	-	-	-	16 (0:52:3	-	3 (0:46:3	12 (0:50:3	14 (0:48:40,0)	8 (0:49:54,0)	53
10.	Buck, Pascal SG Athletico Büdelsdorf	1992	m	16 (0:38:5	17 (0:41:08,0)	-	-	-	-	-	-	-	-	-	33
11.	Westmann, Michael TuS Bargstedt	1977	m	14 (0:42:2	-	-	11 (0:45:00,	-	-	-	6 (0:42:2	-	-	-	31
12.	Rennekamp, Gunnar TuS Bargstedt	1978	m	-	-	-	-	18 (0:40:04,	-	-	12 (0:38:5	-	-	-	30
13.	Behrens, Florian ALG VfI Bokel	1986	m	-	-	-	-	-	-	14 (0:36:5	9 (0:40:5	-	-	-	23

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
14.	Schott, Markus FSV Friedrichsholm	1994	m	-	-	-	-	-	-	12 (0:38:2	-	10 (0:50:13,0)	-	-	22
15.	Dethlefs, Pascal JUST FOR FUN	1983	m	-	-	-	-	-	-	-	-	-	-	20 (0:36:27,	20
16.	Grotrian, Philipp Eckernförde	1995	m	-	-	-	-	-	-	-	-	-	20 (0:38:24,0	-	20
17.	Schwarzkopf, Dieter Borener SV	1987	m	-	-	-	-	-	-	-	-	-	-	19 (0:40:52,	19
18.	Wegert, Maximilian SG Athletico Büdelsdorf	1994	m	-	-	-	-	-	-	-	-	19 (0:38:07,0)	-	-	19
19.	Stalla, Dennis Borener SV	1995	m	-	-	-	-	-	-	-	19 (0:35:4	-	-	-	19
20.	Schardin, Sven Tri-Sport Lübeck e.V.	1976	m	19 (0:34:2	-	-	-	-	-	-	-	-	-	-	19
21.	Wichmann, Frank SG Athletico Büdelsdorf	1975	m	-	-	-	-	-	-	-	-	-	-	18 (0:41:20,	18
22.	Schiefelbein, Magnus ALG VfI Bokel	1979	m	18 (0:37:5	-	-	-	-	-	-	-	-	-	-	18
23.	Matzke, Chris Eckernförder MTV	1983	m	-	-	18 (0:46:03,	-	-	-	-	-	-	-	-	18
24.	Hartmann, Tim SG Athletico Büdelsdorf	1991	m	-	-	-	-	-	-	-	18 (0:36:2	-	-	-	18
25.	Kröger, Marius FC Fockbek	1997	m	-	-	-	-	-	17 (0:49:4	-	-	-	-	-	17
26.	Koch, Oliver	1979	m	-	-	17 (0:50:05,	-	-	-	-	-	-	-	-	17
27.	Wöhlk, Niels	1987	m	-	-	-	16 (0:43:37,	-	-	-	-	-	-	-	16
28.	Juhnke, Dennis Albien	1994	m	-	-	-	-	-	-	-	-	-	16 (0:42:28,0	-	16
29.	Jennerjahn, Paul TSC Wellingbüttel	1993	m	-	-	-	-	-	-	-	16 (0:37:1	-	-	-	16

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
30.	Hansen, Ulf SV Enge-Sande	1979	m	-	-	-	-	16 (0:44:13,	-	-	-	-	-	-	16
31.	Blodau, Marco VSL-Kiel	1974	m	-	-	16 (0:52:02,	-	-	-	-	-	-	-	-	16
32.	Richter, Björn Laufen gegen Leiden	1978	m	-	-	-	-	-	-	-	15 (0:38:0	-	-	-	15
33.	Reißner, Matthias Team DoppelPASS e.	1982	m	15 (0:42:0	-	-	-	-	-	-	-	-	-	-	15
34.	Plähn, Nils TSV Breiholz	1978	m	-	-	-	-	-	15 (0:57:4	-	-	-	-	-	15
35.	Höpfner, Thomas Duvenstedt	1989	m	-	-	-	-	-	-	-	-	-	15 (0:46:20,0	-	15
36.	Haß, Erik TuS Bargstedt	1990	m	-	-	-	-	15 (0:46:06,	-	-	-	-	-	-	15
37.	Grell, Robin Team Forstfuechse (1991	m	-	-	15 (0:57:10,	-	-	-	-	-	-	-	-	15
38.	Bröcker, Bjarne	1997	m	-	15 (0:47:46,0)	-	-	-	-	-	-	-	-	-	15
39.	Matthiessen, Ben MTV Heide	1984	m	-	-	-	-	-	-	-	-	-	-	14 (0:45:19,	14
40.	Wieben, Jonathan Westerröfelder SV	1997	m	-	14 (0:48:59,0)	-	-	-	-	-	-	-	-	-	14
41.	Rochow, Nils FF Bargstedt	1989	m	-	-	-	-	14 (0:48:44,	-	-	-	-	-	-	14
42.	Neben, Nikolas	1980	m	-	-	14 (0:57:57,	-	-	-	-	-	-	-	-	14
43.	Lübcke, Benjamin	1982	m	-	-	-	14 (0:44:15,	-	-	-	-	-	-	-	14
44.	Kotowski, Dirk HSG Hohn/Elsdorf	1989	m	-	-	-	-	-	14 (1:00:5	-	-	-	-	-	14
45.	Strom-Ohm, Jonathan Adventgemeinde	1988	m	-	-	-	-	-	-	13 (0:37:2	-	-	-	-	13

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
46.	Schudrowicz, Phillip Breiholz	1997	m	-	-	-	-	-	-	-	-	-	13 (0:53:53,0)	-	13
47.	Ritter, Alexander	1977	m	-	-	13 (1:19:38,	-	-	-	-	-	-	-	-	13
48.	Jörs, Mathias TuS Bargstedt	1988	m	-	-	-	-	13 (0:49:17,	-	-	-	-	-	-	13
49.	Hinrichs, Finn Thore Schule POSTHOF	1996	m	-	-	-	-	-	-	-	-	13 (0:47:15,0)	-	-	13
50.	Francksen, Kevin FT Adler Kiel	1990	m	-	-	-	13 (0:44:30,	-	-	-	-	-	-	-	13
51.	Cugmas, Thomas LG-Power-Schnecken	1974	m	-	13 (0:49:02,0)	-	-	-	-	-	-	-	-	-	13
52.	Andresen, Lars SG HSH Nordbank e. V.	1976	m	13 (0:43:4	-	-	-	-	-	-	-	-	-	-	13
53.	Ohr, Axel SSV Bredenbek	1977	m	-	-	12 (1:27:02,	-	-	-	-	-	-	-	-	12
54.	Hübner, Maik	1979	m	-	-	-	12 (0:44:30,	-	-	-	-	-	-	-	12
55.	Heinrichs, Torben SCM Nortorf	1983	m	12 (0:44:0	-	-	-	-	-	-	-	-	-	-	12
56.	Garszynski, Max	1999	m	-	-	-	-	-	-	-	-	-	12 (1:00:22,0)	-	12
57.	Butenschön, Markus TuS Bargstedt	1984	m	-	-	-	-	12 (0:51:29,	-	-	-	-	-	-	12
58.	Ladewig, Tim LG Felmer Jungs	1996	m	-	-	-	-	-	-	-	-	-	-	11 (0:49:33,	11
59.	Skusa, Dennis Albien	1998	m	-	-	-	-	-	-	-	-	-	11 (1:10:55,0)	-	11
60.	Riebe, Marvin HSG Fockbek/Nü. 1	1990	m	-	-	-	-	-	-	11 (0:38:5	-	-	-	-	11
61.	Langer, Heiko	1978	m	11 (0:44:2	-	-	-	-	-	-	-	-	-	-	11

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
62.	Gluhm, Sebastian FF Bargstedt	1975	m	-	-	-	-	11 (0:52:53,	-	-	-	-	-	-	11
63.	Gauger, Torsten Schule POSTHOF	1978	m	-	-	-	-	-	-	-	-	11 (0:48:50,0)	-	-	11
64.	Staben, Henrik Team Lieske	1990	m	-	-	-	-	-	-	-	-	-	-	10 (0:50:04,	10
65.	Elsner, Markus TuS Bargstedt	1981	m	-	-	-	-	10 (0:54:40,	-	-	-	-	-	-	10
66.	Daude-Lagrange,	1997	m	-	-	-	10 (0:45:28,	-	-	-	-	-	-	-	10
67.	Bazooand, Moe Havetoft	1975	m	-	-	-	-	-	-	-	-	-	-	9 (0:50:07,	9
68.	Stolte, Nico	1985	m	-	-	-	9 (0:45:35,	-	-	-	-	-	-	-	9
69.	Jung, Hauke	1988	m	-	-	-	-	9 (0:55:06,	-	-	-	-	-	-	9
70.	Hagen, Vincent HSG Fockbek/Nü. 1	1993	m	-	-	-	-	-	-	9 (0:39:2	-	-	-	-	9
71.	Duggen, Andreas	1981	m	-	-	-	-	-	-	-	-	9 (0:51:52,0)	-	-	9
72.	Thomsen, Björn SCM Nortorf	1984	m	8 (0:46:2	-	-	-	-	-	-	-	-	-	-	8
73.	Junge, Finn	1988	m	-	-	-	-	8 (0:55:07,	-	-	-	-	-	-	8
74.	Freese, Malte BSG Peter Wolters	1984	m	-	-	-	8 (0:48:37,	-	-	-	-	-	-	-	8
75.	Frahm, Tobias Schauwellensittiche-Fra	1988	m	-	-	-	-	-	-	8 (0:40:0	-	-	-	-	8
76.	Fischer, Thorben Feuerwehr/Osterrönfeld	1993	m	-	-	-	-	-	-	-	-	8 (0:53:34,0)	-	-	8
77.	von der Wehl, Rene Kiel	1975	m	-	-	-	-	-	-	-	-	-	-	7 (0:51:22,	7

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
78.	Stöcken, Tom	1979	m	-	-	-	7 (0:49:13,	-	-	-	-	-	-	-	7
79.	Schulz, Torsten Team DoppelPASS e.	1976	m	7 (0:46:4	-	-	-	-	-	-	-	-	-	-	7
80.	Julga, Gerit Lütt-Ecken-Schnecken	1978	m	-	-	-	-	-	-	7 (0:40:5	-	-	-	-	7
81.	Hönig, Marc Renn oder Stirb	1979	m	-	-	-	-	-	-	-	7 (0:42:1	-	-	-	7
82.	Hense, Sebastian	1979	m	-	-	-	-	-	-	-	-	7 (1:07:10,0)	-	-	7
83.	Mühling, Marco Rendsburg	1980	m	-	-	-	-	-	-	-	-	-	-	6 (0:51:51,	6
84.	Menzel, Moritz Birtes Runner	1992	m	-	-	-	-	-	-	6 (0:41:0	-	-	-	-	6
85.	Krüger, Stefan Mobilcom-debitel-Team	1976	m	-	-	-	6 (0:49:22,	-	-	-	-	-	-	-	6
86.	Krause, Benjamin	1978	m	6 (0:49:5	-	-	-	-	-	-	-	-	-	-	6
87.	Meyer, Matthias ACO Severin Ahlmann	1987	m	-	-	-	-	-	-	-	-	-	-	5 (0:56:49,	5
88.	Zapfe, Jan	1986	m	-	-	-	5 (0:49:37,	-	-	-	-	-	-	-	5
89.	Struck, Malte SCM Nortorf	1977	m	5 (0:50:3	-	-	-	-	-	-	-	-	-	-	5
90.	Sorge, Thorsten RKiSH	1982	m	-	-	-	-	-	-	-	5 (0:42:3	-	-	-	5
91.	Bracht, Asbjörn	1977	m	-	-	-	-	-	-	5 (0:41:2	-	-	-	-	5
92.	Golldack, Henning TSV Klausdorf	1979	m	-	-	-	-	-	-	-	-	-	-	4 (0:57:30,	4
93.	Lentfer, Christian Ditmarsia Albersdorf	1988	m	-	-	-	4 (0:49:48,	-	-	-	-	-	-	-	4

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94.	Grummt, Martin	1986	m	4 (0:52:2)	-	-	-	-	-	-	-	-	-	-	4
95.	Engel, Philipp	1983	m	-	-	-	-	-	-	4 (0:41:4)	-	-	-	-	4
96.	Dedecke, Hannes	1979	m	-	-	-	-	-	-	-	4 (0:47:0)	-	-	-	4
97.	Kuttke, Matthias Morpho Cards	1986	m	-	-	-	-	-	-	-	-	-	-	3 (0:57:40,	3
98.	Valqui, Juan los panas	1976	m	-	-	-	3 (0:49:55,	-	-	-	-	-	-	-	3
99.	Sievers, Jan-Michael Action	1984	m	-	-	-	-	-	-	3 (0:41:4)	-	-	-	-	3
100.	Henschke, Gerrit Freiwillige Feuerwehr	1988	m	3 (0:53:2)	-	-	-	-	-	-	-	-	-	-	3
101.	Aldefeld, Lorenz Helene-Lange-Gymnasi	1998	m	-	-	-	2 (0:51:15,	-	-	-	-	-	-	-	2 (0:58:38,
102.	Matz, Torben Bistensee	1976	m	-	-	-	-	-	-	-	-	-	-	2 (0:58:23,	2
103.	Müller, Thomas Bredenbeker Rentiere	1987	m	-	-	-	-	-	-	-	2 (0:58:0)	-	-	-	2
104.	Hesse, Johannes LS Kräuterkraft	1976	m	-	-	-	-	-	-	2 (0:41:5)	-	-	-	-	2
105.	Heers, Christoph	1989	m	2 (0:54:0)	-	-	-	-	-	-	-	-	-	-	2
106.	Vogt, Jan sportaktiv NF	1980	m	-	-	-	-	-	-	-	-	-	-	1 (0:58:26,	1
107.	Thomsen, Martin BSG Peter Wolters	1974	m	-	-	-	1 (0:52:20,	-	-	-	-	-	-	-	1
108.	Knoll, Nico Erlenhof	1993	m	1 (0:54:0)	-	-	-	-	-	-	-	-	-	-	1
109.	Hardt, Stefan RKiSH	1974	m	-	-	-	-	-	-	-	1 (0:58:0)	-	-	-	1

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110.	Cornils, Henning HSG Fockbek/Nü. 1	1993	m	-	-	-	-	-	-	1 (0:42:0	-	-	-	-	1
Männermasterklasse I															
1.	Noak, Jens ALG VfI Bokel	1971	m	-	20 (0:41:44,0)	20 (0:43:24,	16 (0:41:11,	18 (0:42:01,	-	17 (0:36:4	15 (0:40:0	18 (0:40:49,0)	20 (0:42:17,0	11 (0:47:59,	144
2.	Wiesner, Holger Bredenbeker Renntiere	1964	m	17 (0:41:1	18 (0:42:57,0)	18 (0:45:12,	15 (0:41:15,	19 (0:41:32,	18 (0:42:1	16 (0:37:2	13 (0:40:3	17 (0:41:08,0)	-	-	138
3.	Krüger, Michael LG Eidersport	1967	m	-	16 (0:43:21,0)	-	-	-	16 (0:43:3	11 (0:38:0	10 (0:41:3	15 (0:41:22,0)	19 (0:42:37,0	17 (0:46:31,	104
4.	Fock, Eggert Wacken	1965	m	-	17 (0:43:00,0)	-	-	-	17 (0:43:0	12 (0:37:5	9 (0:41:3	12 (0:41:50,0)	17 (0:43:16,0	15 (0:47:08,	99
5.	Wolst, Carsten DLRG Rendsburg	1967	m	-	12 (0:47:57,0)	11 (0:49:24,	13 (0:45:49,	16 (0:44:55,	-	6 (0:41:4	3 (0:44:2	11 (0:43:29,0)	15 (0:46:29,0	7 (0:49:25,	91
6.	Dammann, Rolf LG Eidersport	1966	m	-	-	2 (1:00:42,	10 (0:47:13,	15 (0:45:58,	9 (0:49:5	9 (0:40:4	7 (0:42:2	13 (0:41:42,0)	14 (0:46:59,0	-	79
7.	Schneekloth, Jens Bredenbeker Renntiere	1964	m	-	11 (0:48:44,0)	9 (0:50:48,	6 (0:48:50,	14 (0:47:55,	13 (0:47:0	4 (0:42:4	2 (0:46:0	8 (0:46:25,0)	-	- (0:57:45,	67
8.	Nordmann, Olaf SG Athletico Büdelsdorf	1967	m	-	-	-	-	-	20 (0:39:5	20 (0:35:2	18 (0:38:3	-	-	-	58
9.	Hoop, Thomas LG Eidersport	1970	m	-	-	-	-	-	-	19 (0:36:1	17 (0:39:0	20 (0:38:43,0)	-	-	56
10.	Schniedertöns, Dirk VFL Ahaus	1964	m	-	-	17 (0:45:41,	-	-	15 (0:43:5	14 (0:37:3	8 (0:41:5	-	-	-	54
11.	Lühr, Stefan ALG VfI Bokel	1967	m	14 (0:43:4	15 (0:46:19,0)	15 (0:47:24,	7 (0:48:07,	-	-	-	-	-	-	-	51
12.	Pauers, Stefan Welt in Schwung Halter	1971	m	8 (0:47:1	-	-	3 (0:49:33,	13 (0:48:41,	11 (0:47:5	3 (0:42:5	-	5 (0:47:4	-	- (0:48:37,0)	43
13.	Pszolla, Karsten SG Tantalus Kiel	1968	m	-	-	-	20 (0:37:55,	-	-	-	20 (0:36:2	-	-	-	40
14.	Pleger, Bruno Meyner M.	1971	m	-	-	-	18 (0:39:55,	-	-	-	-	-	-	20 (0:43:54,	38

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15.	Pohlmann, Thies SG Athletico Büdelsdorf	1971	m	-	-	-	-	-	-	18 (0:36:1	-	19 (0:39:38,0)	-	-	37
16.	Schlizio, Olaf LG Neumünster	1968	m	18 (0:39:4	-	-	-	-	-	-	16 (0:39:3	-	-	-	34
17.	Baudis, Stefan Stiftung Drachensee	1965	m	-	-	-	-	-	-	15 (0:37:3	-	-	18 (0:42:46,0	-	33
18.	Fock, Dirk Wacken	1965	m	-	-	-	-	-	19 (0:40:1	13 (0:37:4	-	-	-	-	32
19.	Klegin, Gero ALG VfI Bokel	1964	m	6 (0:47:5	13 (0:47:55,0)	-	-	-	12 (0:47:4	-	-	-	-	-	31
20.	Bodenthien, Jens WVB	1968	m	-	-	-	14 (0:43:00,	-	-	7 (0:41:3	-	-	-	10 (0:48:49,	31
21.	Wegert, Christof mobilcom-debitel-team	1966	m	-	-	-	-	-	-	-	-	14 (0:41:37,0)	-	13 (0:47:26,	27
22.	Parnow, Jürgen Bredenbeker Rentiere	1965	m	-	-	5 (1:00:04,	-	10 (0:55:08,	6 (0:55:29,	-	-	1 (0:56:0	5 (0:50:4	5 (0:53:2	27 (0:54:47,0) (0:59:01,0
23.	Harder, Thorsten	1971	m	-	14 (0:47:47,0)	-	11 (0:46:49,	-	-	-	-	-	-	-	25
24.	Ninow, Jürgen ALG VfI Bokel	1965	m	16 (0:42:1	-	-	-	-	-	-	-	-	-	6 (0:49:36,	22
25.	Holstein, Thomas ALG VfI Bokel	1964	m	-	-	-	-	-	-	-	-	9 (0:46:11,0)	13 (0:47:45,0	-	22
26.	Schrum, Martin ESC	1971	m	-	-	-	17 (0:41:06,	-	-	-	-	-	-	4 (0:50:25,	21
27.	Lucht, Soenke TSV05 NMS	1964	m	-	-	-	-	11 (1:01:22,	7 (0:54:56,	-	-	3 (0:52:1	-	-	21 (0:46:2 (0:51:03,0)
28.	Kroll, Gerd Grün-Weiß Bovenau	1966	m	-	-	10 (0:50:18,	-	-	-	-	-	-	11 (0:49:38,0	-	21 (0:53:10,
29.	Mueller, Lars LG Neumünster	1967	m	20 (0:39:0	-	-	-	-	-	-	-	-	-	-	20
30.	Bauer, Henrik Bredenbeker Rentiere	1968	m	-	-	-	-	20 (0:40:55,	-	-	-	-	-	-	20

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
31.	Lohse, Ralf Landeshauptstadt Kiel	1965	m	-	-	-	-	-	-	-	-	-	-	19	19
														(0:45:05,	
32.	Stave, Olaf	1970	m	-	-	19	-	-	-	-	-	-	-	-	19
						(0:44:14,									
33.	Raith, Christian	1973	m	-	19	-	-	-	-	-	-	-	-	-	19
					(0:41:50,0)										
34.	Lietzau, Jan SSv Schafflund	1972	m	-	-	-	19	-	-	-	-	-	-	-	19
							(0:38:44,								
35.	Lentzsch, Karsten SG Tantalus Kiel	1967	m	-	-	-	-	-	-	-	19	-	-	-	19
											(0:38:0				
36.	Breidenbicher, Daniel SV Langwedel	1972	m	19	-	-	-	-	-	-	-	-	-	-	19
				(0:39:0											
37.	Jaster, Marc LG Felmer Jungs	1971	m	-	-	-	-	-	-	-	-	-	-	18	18
														(0:46:05,	
38.	Masermann, Kay	1966	m	-	-	-	-	17	-	-	-	-	-	-	17
								(0:43:46,							
39.	Wilkinson, William MTV Sankt	1965	m	-	-	-	-	-	-	-	-	-	-	16	16
														(0:47:00,	
40.	Urban, Dirk Eckernförder MTV	1964	m	-	-	16	-	-	-	-	-	-	-	-	16
						(0:46:42,									
41.	Osterloh, Gerhard ALG VfI Bokel	1973	m	-	-	-	-	-	-	-	-	16	-	-	16
												(0:41:12,0)			
42.	Mahrt, Jörg Eckernförde	1968	m	-	-	-	-	-	-	-	-	-	16	-	16
													(0:45:01,0		
43.	Grohnert, Thorsten Westerröfelder SV	1969	m	-	-	6	-	-	10	-	-	-	-	-	16
						(0:53:00,			(0:49:2	(0:44:5					
44.	Szalties, Arne LG Eidersport	1965	m	15	-	-	-	-	-	-	-	-	-	-	15
				(0:43:0											
45.	Kraack, Torsten Borener SV	1965	m	-	-	-	-	-	-	-	-	-	-	14	14
														(0:47:23,	
46.	Weingarten, Marco	1972	m	-	-	-	-	-	-	-	14	-	-	-	14
											(0:40:1				

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
47.	Weigel, Jens TSV Breiholz	1965	m	-	-	-	-	-	14 (0:46:3	-	-	-	-	-	14
48.	Reinelt, Martin	1973	m	-	-	14 (0:47:31,	-	-	-	-	-	-	-	-	14
49.	Schwemer, Oliver Osterönnfeld	1965	m	-	-	-	-	-	-	1 (0:47:2	-	12 (0:48:12,0	-	-	13
50.	Müller, Thomas Team-Erdinger-Alkoholf	1969	m	-	-	13 (0:47:46,	-	-	-	-	-	-	-	-	13
51.	Koesling, Michael Sauer - Danfoss	1967	m	13 (0:44:2	-	-	-	-	-	-	-	-	-	-	13
52.	Schneider, Matthias Felm	1966	m	-	-	-	-	-	-	-	-	-	-	12 (0:47:42,	12
53.	Weichler, Roger LG Eidersport	1967	m	-	-	12 (0:47:49,	-	-	-	-	-	-	-	-	12
54.	Pesch, Claus LG Donatus Erfstadt	1970	m	-	-	-	-	-	-	12 (0:40:3	-	-	-	-	12
55.	Lembke, Marc	1971	m	12 (0:45:3	-	-	-	-	-	-	-	-	-	-	12
56.	Holtorf, Matthias TSV Schülp	1968	m	-	-	-	-	12 (0:54:43,	-	-	-	-	-	-	12
57.	Broer, Thomas	1973	m	-	-	-	12 (0:46:46,	-	-	-	-	-	-	-	12
58.	Schmidt, Torsten	1968	m	-	-	-	8 (0:47:47,	-	-	-	-	-	-	3 (0:50:44,	11
59.	Nitschmann, Mirko Team DoppelPASS e.	1972	m	11 (0:45:5	-	-	-	-	-	-	-	-	-	-	11
60.	Lewin,Dr., Walter Tri-Team Tappendorf	1965	m	-	-	-	-	-	-	11 (0:41:0	-	-	-	-	11
61.	Weiss, Wilfried Sauer - Danfoss	1964	m	10 (0:46:3	-	-	-	-	-	-	-	-	-	-	10
62.	Voigt, Andreas Fockbeker Roadrunner	1967	m	-	-	-	-	-	-	10 (0:40:3	-	-	-	-	10

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
63.	Sell, Matthias Schinkel	1972	m	-	-	-	-	-	-	-	-	10 (0:44:13,0)	-	-	10
64.	Schneider, Thomas 1. Flensburger Lauftreff	1972	m	5 (0:48:1	-	-	5 (0:48:55,	-	-	-	-	-	-	-	10
65.	Haase, Marcus Rendsburger TSV	1971	m	-	10 (0:51:49,0)	-	-	-	-	-	-	-	-	-	10
66.	Dornheim, Ralf Duvenstedt	1970	m	-	-	-	-	-	-	-	-	-	10 (0:52:00,0)	-	10
67.	Nielsen, Andreas LG Schleswig-Fahrdorf	1968	m	-	-	-	-	-	-	-	-	-	-	9 (0:48:51,	9
68.	Ulbrich, Martin Lütt Ecken Schnecken	1971	m	-	-	-	2 (0:50:00,	-	-	1 (0:43:5	-	6 (0:48:35,0)	-	-	9
69.	Siebke, Heiko SCM Nortorf	1968	m	9 (0:47:0	-	-	-	-	-	-	-	-	-	-	9
70.	Nagatis, Hendrik	1964	m	-	9 (1:01:58,0)	-	-	-	-	-	-	-	-	-	9
71.	Misfeldt, Norbert	1966	m	-	-	-	-	-	-	-	-	-	9 (0:52:12,0)	-	9
72.	Gnoyke, Matthias Team-Erdinger-Alkoholfr	1972	m	-	-	-	-	9 (0:58:11,	-	-	-	-	-	-	9
73.	Delfs, Mirko	1967	m	-	-	-	9 (0:47:22,	-	-	-	-	-	-	-	9
74.	Claessen, Holger Felm	1965	m	-	-	-	-	-	-	-	-	-	-	8 (0:48:56,	8
75.	Weidemann, Frank	1966	m	-	-	8 (0:51:17,	-	-	-	-	-	-	-	-	8
76.	Schweinem, Ingo Owschlag	1969	m	-	-	-	-	-	-	-	-	-	8 (0:53:31,0)	-	8
77.	Holm, Hans Joachim Schülldorfs Lauftreff	1966	m	-	-	-	-	-	8 (0:51:2	-	-	-	-	-	8
78.	Hobke, Joachim HSG - Förderkreis	1967	m	-	-	-	-	-	-	8 (0:41:0	-	-	-	-	8

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
79.	Benz, Ralph MTV Heide	1970	m	-	-	-	-	8 (0:58:18,	-	-	-	-	-	-	8
80.	Them, Thorsten Team DoppelPASS e.	1972	m	7 (0:47:2	-	-	-	-	-	-	-	-	-	-	7
81.	Schwemer,	1965	m	-	-	-	-	-	-	-	-	7 (0:46:48,0)	-	-	7
82.	Schudrowicz, Gerd Breiholz	1969	m	-	-	-	-	-	-	-	-	-	7 (0:53:54,0	-	7
83.	Keen, Jens TuS Bargstedt	1966	m	-	-	-	-	7 (0:58:18,	-	-	-	-	-	-	7
84.	Järv, Martin TUS H/M	1964	m	-	-	7 (0:51:36,	-	-	-	-	-	-	-	-	7
85.	Petersen, Sönke Osdorf	1969	m	-	-	-	-	-	-	-	-	-	6 (0:55:24,0	-	6
86.	Kortz, Thomas LA Viehburg	1969	m	-	-	-	-	-	-	-	6 (0:43:2	-	-	-	6
87.	Leisner, Arne Landeshauptstadt Kiel	1964	m	-	-	-	-	-	-	-	-	-	-	5 (0:49:38,	5
88.	Spindler, Rainer Software & User	1966	m	-	-	-	-	-	-	5 (0:41:4	-	-	-	-	5
89.	Peter, Thorsten	1967	m	-	-	-	-	-	-	-	5 (0:43:3	-	-	-	5
90.	Wenzlaff, Bernd	1966	m	-	-	-	4 (0:49:31,	-	-	-	-	-	-	-	4
91.	Osterholz, Matthias	1969	m	-	-	4 (1:00:29,	-	-	-	-	-	-	-	-	4
92.	Knops, Volker Nettelau	1969	m	4 (0:49:2	-	-	-	-	-	-	-	-	-	-	4
93.	Klieforth, Kai	1967	m	-	-	-	-	-	-	-	4 (0:43:4	-	-	-	4
94.	Hoppe, Torsten Feuerwehr Osterrönfeld	1971	m	-	-	-	-	-	-	-	-	4 (0:49:45,0)	-	-	4

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
95.	Hartmann, Kai Kiel	1969	m	-	-	-	-	-	-	-	-	-	4 (1:02:33,0)	-	4
96.	Viohl, Sören Grün-Weiß Bovenau	1972	m	-	-	3 (1:00:34,	-	-	-	-	-	-	-	-	3
97.	Kahler, Joachim SV Langwedel	1968	m	3 (0:49:3	-	-	-	-	-	-	-	-	-	-	3
98.	Clauß, Oliver Hamburg	1971	m	-	-	-	-	-	-	-	-	-	-	2 (0:51:08,	2
99.	Möller, Marcus	1968	m	-	-	-	-	-	-	2 (0:43:1	-	-	-	-	2
100.	Kolb, Torsten TSV Uetersen	1965	m	-	-	-	-	-	-	-	-	2 (0:54:01,0)	-	-	2
101.	Kalz, Hans-Joachim	1967	m	2 (0:49:5	-	-	-	-	-	-	-	-	-	-	2
102.	Trippel, Stefan ACO Severin Ahlmann	1964	m	-	-	-	-	-	-	-	-	-	-	1 (0:51:30,	1
103.	Witte, Tomas Welt in Schwung Halter	1969	m	-	-	-	1 (0:50:13,	-	-	-	-	-	-	-	1
104.	Schulz, Christoph	1965	m	-	-	1 (1:00:48,	-	-	-	-	-	-	-	-	1
105.	Joost, Stephan Bokelholmer SV	1968	m	1 (0:53:0	-	-	-	-	-	-	-	-	-	-	1

Männermasterklasse II

1.	Nass, Udo Tri-Team Neumünster	1958	m	19 (0:38:0	20 (0:40:19,0)	20 (0:41:23,	-	20 (0:40:34,	20 (0:38:3	20 (0:34:4	20 (0:37:4	20 (0:38:55,0)	-	20 (0:42:48,	160
2.	Jöhnk, Alf FT Eintracht Rendsburg	1962	m	-	18 (0:44:23,0)	18 (0:45:16,	20 (0:40:51,	19 (0:41:09,	19 (0:41:1	18 (0:36:5	18 (0:39:4	19 (0:39:33,0)	20 (0:41:40,0)	-	151
3.	Rau, Stefan Bredenbeker Renntiere	1963	m	18 (0:40:5	19 (0:42:12,0)	-	-	17 (0:44:13,	18 (0:42:2	17 (0:37:0	-	18 (0:41:28,0)	19 (0:43:49,0)	18 (0:48:10,	144
4.	Bantje, Thomas Welt in Schwung Halter	1962	m	16 (0:43:3	17 (0:45:46,0)	16 (0:49:38,	19 (0:44:25,	-	16 (0:44:3	13 (0:40:3	12 (0:44:2	15 (0:43:37,0)	15 (0:46:02,0)	14 (0:50:15,	128

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
5.	Schulz-Soltau, Frank Welt in Schwung Halter	1958	m	-	9 (0:53:04,0)	9 (0:54:31,	15 (0:49:21,	13 (0:49:33,	15 (0:47:2	11 (0:41:4	-	11 (0:46:17,0)	12 (0:48:18,0	9 (0:52:42,	95
6.	Randschau, Ottmar MTV Wilster	1956	m	11 (0:48:1	14 (0:49:38,0)	14 (0:51:25,	-	-	14 (0:48:0	-	9 (0:46:5	12 (0:46:07,0)	-	-	74
7.	Linke, Ulrich TSV Kappeln	1957	m	10 (0:48:4	13 (0:50:09,0)	12 (0:53:08,	14 (0:49:57,	10 (0:51:53,	-	-	2 (0:53:5	6 (0:52:11,0)	-	-	67
8.	Dr. Brouer, Bartelt Bredenbeker Renntiere	1958	m	13 (0:47:0	16 (0:48:01,0)	-	18 (0:47:12,	14 (0:48:03,	-	-	-	-	-	-	61
9.	Erichsen, Uwe SV Elsdorf	1956	m	-	-	-	16 (0:49:21,	-	13 (0:48:5	7 (0:44:4	-	-	13 (0:48:01,0	8 (0:53:33,	57
10.	Behrens, Claus-Dieter ALG VfI Bokel	1958	m	-	-	17 (0:47:43,	-	15 (0:44:48,	-	15 (0:40:0	-	-	-	-	47
11.	Eggers, Bernd ALG VfI Bokel	1958	m	6 (0:50:2	-	11 (0:53:39,	-	11 (0:50:43,	11 (0:50:1	-	-	-	-	-	39
12.	König, Rüdiger SC Itzehoe	1959	m	-	15 (0:48:06,0)	-	-	-	-	-	-	13 (0:45:29,0)	-	10 (0:52:31,	38
13.	Barz, Eugen Stiftung Drachense Kiel	1962	m	-	-	-	-	-	-	19 (0:35:4	19 (0:38:5	-	-	-	38
14.	Steen, Lothar MTV Heide	1955	m	-	-	-	-	-	17 (0:42:4	-	-	-	-	19 (0:47:20,	36
15.	Bock, Karl Willi Bredenbeker Renntiere	1961	m	4 (0:52:0	7 (0:55:00,0)	7 (0:56:04,	-	-	-	2 (0:49:0	3 (0:52:1	5 (0:52:31,0)	8 (0:54:16,0	-	36
16.	Kramm, Thomas Kowsky Lauf-Team	1962	m	17 (0:41:2	-	-	-	18 (0:42:53,	-	-	-	-	-	-	35
17.	Ketels, Olaf HaGe Kiel	1959	m	-	-	19 (0:44:49,	-	-	-	-	-	16 (0:40:1	-	-	35
18.	Jeß, Jürgen SV Elsdorf	1955	m	-	8 (0:53:44,0)	-	11 (0:51:33,	-	10 (0:50:3	4 (0:47:4	-	-	-	-	33
19.	Steinmann, Frank ALG VfI Bokel	1959	m	15 (0:44:1	-	-	-	16 (0:44:40,	-	-	-	-	-	-	31
20.	Spessart, Ralf SV Elsdorf	1962	m	-	-	-	-	-	-	14 (0:40:2	-	-	17 (0:44:43,0	-	31

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21.	Hellberg, Ralf DOE Ellerdorf	1963	m	-	-	8 (0:55:19,	-	12 (0:50:35,	-	-	4 (0:51:3	7 (0:50:11,0)	-	-	31
22.	Rudolf, Werner SG Athletico Büdelsdorf	1958	m	-	-	-	-	-	-	-	13 (0:43:2	16 (0:43:05,0)	-	-	29
23.	Lenschow, Jörg	1962	m	-	-	-	17 (0:49:20,	-	-	8 (0:44:2	-	-	-	-	25
24.	Hellmund, Günther	1959	m	-	-	-	-	-	-	6 (0:44:4	6 (0:48:4	10 (0:48:44,0)	-	-	22
25.	Reicher, Thomas Feuerwehr Osterrönfeld	1961	m	7 (0:49:5	-	-	-	-	-	-	5 (0:51:0	9 (0:49:43,0)	-	-	21
26.	Hansen, Klaus	1960	m	-	6 (0:57:00,0)	5 (0:59:13,	-	-	9 (0:56:1	-	-	-	-	-	20
27.	Abert, Achim Tri-Team Neumünster	1963	m	20 (0:37:4	-	-	-	-	-	-	-	-	-	-	20
28.	Stechmann, Peter Welt in Schwung Halter	1958	m	-	11 (0:50:32,0)	-	-	-	-	-	-	-	-	7 (0:53:51,	18
29.	Fedders, Bernd Duvenstedt	1960	m	-	-	-	-	-	-	-	-	-	18 (0:44:16,0	-	18
30.	Lehmann, Fritz Kiel	1961	m	-	-	-	-	-	-	-	-	-	-	17 (0:48:12,	17
31.	Thoms, Klaus Bovenau	1959	m	-	-	-	-	-	-	-	-	17 (0:42:29,0)	-	-	17
32.	Krause, Andreas SG Tantalus Kiel	1962	m	-	-	-	-	-	-	-	17 (0:39:5	-	-	-	17
33.	Rudies, Bernd Borener SV	1963	m	-	-	-	-	-	-	-	-	-	-	16 (0:49:56,	16
34.	Radeleff, Merten Eckernförde	1963	m	-	-	-	-	-	-	-	-	-	16 (0:45:04,0	-	16
35.	Brinkmüller-Jacob, Fockbeker Roadrunner	1962	m	-	-	-	-	-	-	16 (0:40:0	-	-	-	-	16
36.	Peters, Holger Landeshauptstadt Kiel	1961	m	-	-	-	-	-	-	-	-	-	-	15 (0:50:09,	15

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
37.	Rodenbusch, Werner LC Tønderup	1956	m	-	-	15 (0:50:57,	-	-	-	-	-	-	-	-	15
38.	Pollak, Werner LT	1956	m	-	-	-	-	-	-	-	15 (0:40:5	-	-	-	15
39.	Serwuschok, Harald LT	1959	m	-	-	-	-	-	-	-	14 (0:42:0	-	-	-	14
40.	Nolden, Michael Kiel	1962	m	-	-	-	-	-	-	-	-	-	14 (0:46:52,0	-	14
41.	Meisner, Ralf Rendsburg	1957	m	-	-	-	-	-	-	-	-	14 (0:45:19,0)	-	-	14
42.	Floors, Michael SG Westensee	1954	m	14 (0:46:2	-	-	-	-	-	-	-	-	-	-	14
43.	Schneider, Harry LG Dithmarscher	1955	m	-	-	-	-	-	-	-	-	-	-	13 (0:50:18,	13
44.	Möller, Kai Gokels	1963	m	-	-	-	13 (0:50:18,	-	-	-	-	-	-	-	13
45.	Höhne, Holger FF Westensee	1960	m	-	-	13 (0:52:27,	-	-	-	-	-	-	-	-	13
46.	Stelling, Max SSV Süderdorf	1959	m	-	-	-	-	-	-	-	-	-	-	12 (0:50:23,	12
47.	Walter, Bernd Elsdorf-Westermühlen	1960	m	-	-	-	-	-	12 (0:49:3	-	-	-	-	-	12
48.	Paraknewitz, Matthias Fockbeker Roadrunner	1959	m	-	-	-	-	-	-	12 (0:41:3	-	-	-	-	12
49.	Musahl, Helmut	1959	m	-	12 (0:50:15,0)	-	-	-	-	-	-	-	-	-	12
50.	Kroll, Stephen	1958	m	-	-	-	12 (0:51:04,	-	-	-	-	-	-	-	12
51.	Gründemann, Holger Tus Nortorf	1963	m	12 (0:47:3	-	-	-	-	-	-	-	-	-	-	12
52.	Schulze-Feldmann, Landeshauptstadt Kiel	1958	m	-	-	-	-	-	-	-	-	-	-	11 (0:52:25,	11

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
53.	Schwab, Siegbert LG NMS	1959	m	-	-	-	-	-	-	-	11 (0:44:4	-	-	-	11
54.	Jürgens, Bernd Alt Duvenstedt	1962	m	-	-	-	-	-	-	-	-	11 (0:49:49,0	-	-	11
55.	Wagenhuber, Walter Hamburg	1962	m	-	-	-	-	-	-	-	-	10 (0:50:11,0	-	-	10
56.	Schubert, Meik	1963	m	-	-	-	10 (0:54:24,	-	-	-	-	-	-	-	10
57.	Nordmann, Thies Schülper SV	1959	m	-	10 (0:51:34,0)	-	-	-	-	-	-	-	-	-	10
58.	Latzel, Uwe Birtes Runner	1960	m	-	-	-	-	-	-	10 (0:42:0	-	-	-	-	10
59.	Hufnagel, Jens	1961	m	-	-	10 (0:54:15,	-	-	-	-	-	-	-	-	10
60.	Dücker, Uli	1959	m	-	-	-	-	-	-	-	10 (0:46:4	-	-	-	10
61.	Kimitta, Ernst-Otto Rieseby	1954	m	-	-	-	-	-	-	-	-	9 (0:52:40,0	-	-	9
62.	Hammer, Paul	1956	m	-	-	-	9 (0:54:25,	-	-	-	-	-	-	-	9
63.	Gawrisch, Rüdiger TSV Vineta Audorf	1958	m	9 (0:48:4	-	-	-	-	-	-	-	-	-	-	9
64.	Frank, Peter BGM-Laufteam	1958	m	-	-	-	-	-	-	9 (0:43:4	-	-	-	-	9
65.	Clements, Ingo Hiilibillis	1960	m	-	-	-	-	9 (0:56:43,	-	-	-	-	-	-	9
66.	Thun, Peter SpVg Eidertal Molfsee	1956	m	-	-	-	-	-	-	-	8 (0:47:5	-	-	-	8
67.	Sauer, Edgar TSV Schönberg	1958	m	8 (0:48:5	-	-	-	-	-	-	-	-	-	-	8
68.	Grundheber, Heinz FC Schweich	1962	m	-	-	-	-	-	-	-	-	8 (0:49:46,0)	-	-	8

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
69.	Drews, Andreas	1960	m	-	-	-	8 (0:54:53,	-	-	-	-	-	-	-	8
70.	Winning-Meyer, Dirk Osterröhnfeld	1963	m	-	-	-	-	-	-	-	-	-	7 (1:12:28,0	-	7
71.	Lüpkes, Gerhard	1960	m	-	-	-	7 (1:02:10,	-	-	-	-	-	-	-	7
72.	Groos, Manfred Borener SV	1955	m	-	-	-	-	-	-	-	7 (0:48:2	-	-	-	7
73.	Stamig, Thomas TUS Holtenau	1962	m	-	-	-	-	-	-	-	-	-	-	6 (0:54:22,	6
74.	Höfig, Matthias Bredenbeker Renntiere	1960	m	-	-	6 (0:58:44,	-	-	-	-	-	-	-	-	6
75.	Best, Hans-Jörg LG Schleswig-Fahrdorf	1963	m	-	-	-	-	-	-	-	-	-	-	5 (0:54:44,	5
76.	Ehmke, Matthias Fockbek	1963	m	-	-	-	-	-	-	5 (0:47:2	-	-	-	-	5
77.	Cizinski, Uwe CEVENTOURS	1956	m	5 (0:51:2	-	-	-	-	-	-	-	-	-	-	5
78.	Albrecht, Bernd	1954	m	-	5 (1:01:21,0)	-	-	-	-	-	-	-	-	-	5
79.	Mees, Sönke www.42,195.de	1959	m	-	-	-	-	-	-	-	-	-	-	4 (0:54:52,	4
80.	Haß, Thomas Lohe	1963	m	-	-	-	-	-	-	-	-	4 (0:56:27,0)	-	-	4
81.	Aretz, Christof	1954	m	-	-	4 (1:00:38,	-	-	-	-	-	-	-	-	4
82.	Welle, Norbert NTSV	1959	m	-	-	-	-	-	-	-	-	-	-	3 (0:55:00,	3
83.	Slowik, Lothar FF Westensee	1954	m	-	-	3 (1:02:49,	-	-	-	-	-	-	-	-	3
84.	Mehrens, Jörn TSV Gnutz	1962	m	3 (0:52:0	-	-	-	-	-	-	-	-	-	-	3

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
85.	Drescher, Bernd TSV Erfde	1963	m	-	-	-	-	-	-	3	-	-	-	-	3
										(0:49:0					
86.	Grünberg, Kai-Uwe Schacht-Audorf	1956	m	-	-	-	-	-	-	-	-	-	-	2	2
														(0:55:09,	
87.	Techau, Jens Lauftreff Nortorf land	1959	m	2	-	-	-	-	-	-	-	-	-	-	2
				(0:54:2											
88.	Dregelies, Martin Landeshauptstadt Kiel	1960	m	-	-	-	-	-	-	-	-	-	-	1	1
														(0:55:37,	
89.	Wolff, Kurt LT Nortorfer Land	1954	m	-	-	-	-	-	-	-	1	-	-	-	1
											(0:55:3				
90.	Kühl, Lutz Software & User	1963	m	-	-	-	-	-	-	1	-	-	-	-	1
										(0:50:1				(1:02:36,	
91.	Harder, Hans-Hermann Tus Nortorf	1954	m	1	-	-	-	-	-	-	-	-	-	-	1
				(0:54:4											

Männermasterklasse III

1.	Nielson, Werner Bredenbeker Rentiere	1951	m	20	20	19	20	20	20	20	16	19	20	18	159
				(0:43:3	(0:45:43,0)	(0:47:10,	(0:43:49,	(0:43:49,	(0:43:4	(0:43:3	(0:45:5	(0:47:25,0)	(0:48:26,0)	(0:52:16,	
2.	Schmidt, Norbert Gut Heil Neumünster	1952	m	19	19	18	-	16	18	18	12	17	18	16	143
				(0:49:1	(0:50:19,0)	(0:52:52,		(0:53:31,	(0:50:4	(0:44:0	(0:49:1	(0:48:32,0)	(0:50:34,0)	(0:55:29,	
3.	Schroeder, Norbert ALG VfI Bokel	1952	m	18	17	14	18	18	17	16	-	16	16	12	136
				(0:50:3	(0:52:04,0)	(0:55:46,	(0:49:59,	(0:50:50,	(0:51:0	(0:46:3		(0:51:15,0)	(0:52:54,0)	(0:57:57,	
4.	Winter, Gerhard TSC Osterrönfeld	1942	m	-	-	-	16	14	14	15	8	15	15	11	108
							(0:53:24,	(0:53:54,	(0:54:0	(0:48:0	(0:52:4	(0:53:42,0)	(0:54:23,0)	(1:01:27,	
5.	Sump, Sigurd LG Neumünster	1940	m	16	14	8	14	-	12	13	6	-	14	7	98
				(0:55:5	(1:00:45,0)	(1:01:53,	(0:58:36,		(0:58:3	(0:53:2	(0:57:0		(0:59:25,0)	(1:07:17,	
6.	Hauschild, Gerd Neumünster	1949	m	-	-	13	-	-	16	-	13	18	19	15	94
						(0:56:51,			(0:52:2		(0:48:1	(0:48:00,0)	(0:49:52,0)	(0:55:30,	
7.	Schmude, Manfred E.ON-Hanse	1940	m	-	-	-	-	11	10	14	-	13	11	6	65
								(0:58:24,	(1:01:1	(0:52:3		(0:57:06,0)	(1:01:51,0)	(1:09:49,	
8.	Riesenberg, Gut Heil Neumünster	1941	m	-	-	-	-	17	-	-	11	-	17	17	62
								(0:52:45,			(0:50:1		(0:51:21,0)	(0:54:59,	

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Hauptklasse & Masters

AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
9.	Bruhn, Ernst Rendsburger TSV	1935	m	15	-	-	-	10	11	-	-	-	12	10	58
				(0:56:4				(0:58:32,	(0:58:4				(1:01:07,0	(1:05:52,	
10.	Saathoff, Manfred TSV Gadeland	1952	m	-	18	-	17	-	19	-	-	-	-	-	54
					(0:51:31,0)		(0:50:12,		(0:50:2						
11.	Möller, Peter LG	1947	m	-	16	-	-	15	13	-	7	-	-	-	51
					(0:55:00,0)			(0:53:48,	(0:54:3		(0:56:4				
12.	Möller, Hans Eduard LG Ellerdorf	1947	m	-	15	-	-	12	-	-	-	14	-	-	41
					(0:57:19,0)			(0:57:03,				(0:56:45,0)			
13.	Stahl, Fred LG NMS	1951	m	-	-	-	-	-	-	-	20	-	-	20	40
											(0:41:3			(0:46:45,	
14.	Carstensen, Carsten	1951	m	-	-	-	15	-	15	-	9	-	-	-	39
							(0:53:43,		(0:52:5		(0:51:2				
15.	Mallett, Michael LG NMS	1950	m	-	-	-	-	-	-	-	18	20	-	-	38
											(0:44:0	(0:44:06,0)			
16.	Molero-Membrilla, Borener SV	1941	m	-	-	-	-	19	-	-	15	-	-	-	34
								(0:47:14,			(0:46:1				
17.	Buhmann, Otto-Erich PSV Heide	1947	m	-	-	17	-	-	-	17	-	-	-	-	34
						(0:53:35,				(0:45:1					
18.	Schmelter, Norbert Pflege Lebensnah	1951	m	-	13	6	-	-	9	-	-	-	-	-	28
					(1:07:59,0)	(1:08:51,			(1:06:0						
19.	Hillebrecht, Volker LG	1939	m	-	-	-	13	-	-	-	-	-	-	9	22
							(0:58:57,							(1:06:58,	
20.	Krüttgen, Joachim Hamburger Sportclub	1951	m	-	-	20	-	-	-	-	-	-	-	-	20
						(0:40:26,									
21.	Gremmel, Karl-Heinz TUS Holtenau	1947	m	-	-	-	-	-	-	-	-	-	-	19	19
														(0:48:26,	
22.	Martinsen, Rolf-Dieter	1949	m	-	-	-	19	-	-	-	-	-	-	-	19
							(0:49:37,								
23.	Gieb, Willi LG NMS	1952	m	-	-	-	-	-	-	-	19	-	-	-	19
											(0:43:1				
24.	Benedix, Hubert	1949	m	-	-	-	-	-	-	19	-	-	-	-	19
										(0:43:3					

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
25.	Krueger, Manfred	1947	m	17 (0:52:5	-	-	-	-	-	-	-	-	-	-	17
26.	Eisele, Joachim SV Elsdorf	1953	m	-	-	-	-	-	-	12 (0:55:0	5 (0:58:2	-	-	-	17
27.	Abib, Aliyi LG NMS	1953	m	-	-	-	-	-	-	-	17 (0:44:2	-	-	-	17
28.	Holm, Jes-Edlef	1953	m	-	-	16 (0:54:00,	-	-	-	-	-	-	-	-	16
29.	Kröger, Franz	1952	m	-	-	15 (0:55:03,	-	-	-	-	-	-	-	-	15
30.	Bastian, Sigg MTV-Wilster	1952	m	-	-	-	-	-	-	-	-	-	-	14 (0:55:38,	14
31.	Torkler, Siegfried LG	1940	m	14 (1:02:1	-	-	-	-	-	-	-	-	-	-	14
32.	Rahn, Wolfgang Kielläufer	1948	m	-	-	-	-	-	-	-	14 (0:47:0	-	-	-	14
33.	Mattig, Horst TSV Altenholz/Lauftreff	1952	m	-	-	-	-	-	-	-	-	-	-	13 (0:57:04,	13
34.	Jacobs, Egon Rickling	1941	m	-	-	-	-	-	-	-	-	-	13 (0:59:39,0	-	13
35.	Dittjen, Wilhelm PSV Union Neumünster	1943	m	-	-	-	-	13 (0:56:43,	-	-	-	-	-	-	13
36.	Ziemer, Jürgen	1948	m	-	-	12 (0:57:45,	-	-	-	-	-	-	-	-	12
37.	Venzke, Wolfgang	1943	m	-	-	11 (0:58:34,	-	-	-	-	-	-	-	-	11
38.	Thöming, Johannes LG	1936	m	-	-	-	-	-	-	11 (1:07:2	-	-	-	-	11
39.	Vetsch, Christian LC Brühl St.Gallen	1934	m	-	-	-	-	-	-	-	10 (0:50:5	-	-	-	10
40.	Krey, Ernst-Jürgen SSV Bredenbek	1949	m	-	-	10 (0:58:43,	-	-	-	-	-	-	-	-	10

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
41.	Weigel, Arno TuS Felde	1953	m	-	-	9 (1:00:23,	-	-	-	-	-	-	-	-	9
42.	Adamski, Manfred Kreischa	1950	m	-	-	-	-	-	-	-	-	-	-	8 (1:07:01,	8
43.	Schulze, Wolfgang SV Wiking Kiel	1952	m	-	-	7 (1:05:36,	-	-	-	-	-	-	-	-	7
44.	Kern, Siegfried LAV Husum	1937	m	-	-	-	-	-	-	-	4 (1:02:0	-	-	-	4

W

Frauenhauptklasse

1.	Schiefelbein, Elvira ALG VfI Bokel	1981	w	19 (0:47:5	19 (0:50:22,0)	20 (0:52:47,	-	20 (0:47:25,	19 (0:47:1	-	18 (0:46:1	19 (0:47:06,0)	-	-	134
2.	Duggen, Maike	1976	w	-	-	-	13 (0:55:16,	18 (0:53:37,	17 (0:53:0	18 (0:45:5	15 (0:49:4	17 (0:49:41,0)	19 (0:52:04,0	14 (0:56:48,	131
3.	Lieck, Julia ALG VfI Bokel	1992	w	-	-	-	-	-	18 (0:52:3	17 (0:45:5	16 (0:47:2	18 (0:49:02,0)	20 (0:50:20,0	16 (0:52:36,	105
4.	Zietan, Stefanie SG Athletico Büdelsdorf	1985	w	20 (0:40:0	-	-	20 (0:41:08,	-	-	-	20 (0:40:2	20 (0:41:49,0)	-	19 (0:48:43,	99
5.	Kraemer, Anna	1983	w	18 (0:53:3	14 (0:56:40,0)	18 (0:59:23,	9 (0:59:51,	17 (0:55:33,	-	11 (0:50:3	11 (0:53:4	-	-	-	98
6.	Pohlmann, Elke Bredenbeker Renntiere	1980	w	-	-	16 (1:00:40,	12 (0:57:15,	-	14 (0:57:4	10 (0:51:0	10 (0:54:0	16 (0:52:32,0)	18 (0:54:08,0	-	96
7.	Hameister, Katja LG-Power-Schnecken	1984	w	-	20 (0:49:02,0)	-	-	19 (0:51:36,	-	-	17 (0:46:5	-	-	-	56
8.	Jandt, Beeke SG Athletico Büdelsdorf	1983	w	-	-	-	19 (0:44:32,	-	-	-	-	-	-	18 (0:50:25,	37
9.	Hagge, Svenja Ascheffel	1982	w	-	-	-	-	-	-	15 (0:49:0	-	-	16 (0:58:34,0	-	31
10.	Schwartz, Nadin Ascheffel	1978	w	-	-	-	-	-	-	13 (0:50:1	-	-	14 (0:59:27,0	-	27

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
11.	Schneekloth, Johanna Bredenbeker Rentiere	1998	w	-	-	14 (1:02:38,	-	-	-	9 (0:51:2	-	-	-	-	23
12.	Jachmann, Natalie LG Flensburg	1991	w	-	-	-	-	-	-	-	-	-	-	20 (0:44:58,	20
13.	Hesse, Stefanie LS Kräuterkraft Team	1974	w	-	-	-	-	-	-	20 (0:41:5	-	-	-	-	20
14.	Harksen, Ulrike SG Athletico Büdelsdorf	1976	w	-	-	-	-	-	20 (0:45:1	-	-	-	-	-	20
15.	Sarkowski, Anja	1976	w	-	-	-	-	-	-	19 (0:44:5	-	-	-	-	19
16.	Bott, Andrea	1975	w	-	-	19 (0:57:58,	-	-	-	-	-	-	-	-	19
17.	Andres, Sabine Spiridon Schleswig	1979	w	-	-	-	-	-	-	-	19 (0:40:4	-	-	-	19
18.	Skock, Sarah MTV Heide	1992	w	-	-	-	18 (0:48:19,	-	-	-	-	-	-	-	18
19.	Friederich, Anja	1979	w	-	18 (0:53:11,0)	-	-	-	-	-	-	-	-	-	18
20.	Althaus, Carolin SV Neptun Kiel	1992	w	-	-	-	-	-	-	-	-	-	-	17 (0:51:45,	17
21.	Schimanski, Kathrin	1984	w	-	-	-	17 (0:49:06,	-	-	-	-	-	-	-	17
22.	Möhring, Jennifer Schacht Audorf	1988	w	-	-	-	-	-	-	-	-	-	17 (0:57:01,0	-	17
23.	Huebner, Anna Team Forstfuechse (1996	w	-	-	17 (1:00:16,	-	-	-	-	-	-	-	-	17
24.	Carter, Maike	1974	w	-	17 (0:54:10,0)	-	-	-	-	-	-	-	-	-	17
25.	Böhm, Miriam	1994	w	17 (0:55:4	-	-	-	-	-	-	-	-	-	-	17
26.	Sievert, Katja PSV Union Neumünster	1974	w	-	-	-	-	16 (0:58:21,	-	-	-	-	-	-	16

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
27.	Schwarz, Jule SSV Bredenbeck	1976	w	-	-	-	-	-	-	16	-	-	-	-	16
										(0:46:0					
28.	Rosenboom, Denise	1983	w	-	-	-	16	-	-	-	-	-	-	-	16
							(0:51:48,								
29.	Reimer, Sabrina	1989	w	16	-	-	-	-	-	-	-	-	-	-	16
				(0:57:2											
30.	Krabbenhöft, Merve	1990	w	-	16	-	-	-	-	-	-	-	-	-	16
					(0:56:02,0)										
31.	Artus, Dorit Breiholz	1976	w	-	-	-	-	-	16	-	-	-	-	-	16
									(0:56:5						
32.	Wichmann, Sandra SG Athletico Büdelsdorf	1980	w	-	-	-	-	-	-	-	-	-	-	15	15
														(0:53:49,	
33.	Schlüter, Ann-Kathrin	1981	w	-	-	-	-	-	-	-	-	15	-	-	15
												(1:07:11,0)			
34.	Puetz, Jenny	1974	w	15	-	-	-	-	-	-	-	-	-	-	15
				(0:57:4											
35.	Osmani, Verence Alt Duvenstedt	1997	w	-	-	-	-	-	-	-	-	-	15	-	15
													(0:58:52,0		
36.	Kreft, Annika TuS Felde	1998	w	-	-	15	-	-	-	-	-	-	-	-	15
						(1:01:42,									
37.	Hühn, Raffaella	1978	w	-	-	-	15	-	-	-	-	-	-	-	15
							(0:53:46,								
38.	Hohnsbehn, Anika TSV Breiholz	1983	w	-	-	-	-	-	15	-	-	-	-	-	15
									(0:57:3						
39.	Doublet, Stephanie Team-Erdinger-Alkoholfr	1976	w	-	15	-	-	-	-	-	-	-	-	-	15
					(0:56:04,0)										
40.	Schulte, Dr., Katharina LTV Kiel Ost	1985	w	-	-	-	-	-	-	-	14	-	-	-	14
											(0:51:5				
41.	Möller, Svenja FSV Friedrichsholm	1995	w	-	-	-	-	-	-	14	-	-	-	-	14
										(0:50:0					
42.	Mehrens, Christiane Mobilcom-debitel-Team	1976	w	-	-	-	14	-	-	-	-	-	-	-	14
							(0:55:12,								

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Hauptklasse & Masters

AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
43.	Böhm, Larissa	1992	w	14 (0:58:4	-	-	-	-	-	-	-	-	-	-	14
44.	Sakowski, Anja ESC	1976	w	-	-	-	-	-	-	-	-	-	-	13 (0:57:07,	13
45.	Petersen, Maren	1978	w	-	-	-	-	-	-	-	13 (0:52:1	-	-	-	13
46.	Hauschildt, Sunna TuS Felde	1974	w	-	-	13 (1:04:21,	-	-	-	-	-	-	-	-	13
47.	Greim, Simone Ascheffel	1982	w	-	-	-	-	-	-	-	-	-	13 (0:59:37,0	-	13
48.	Germer, Wiebke	1978	w	-	13 (1:01:59,0)	-	-	-	-	-	-	-	-	-	13
49.	Täuber, Sina sportaktiv NF	1985	w	-	-	-	-	-	-	-	-	-	-	12 (0:58:27,	12
50.	Schütt, Jule SSV Bredenbek	1996	w	-	-	12 (1:12:04,	-	-	-	-	-	-	-	-	12
51.	Jansen, Mareike Alt Duvenstedt	1985	w	-	-	-	-	-	-	-	-	-	12 (1:01:50,0	-	12
52.	Hölck, Corinna	1986	w	-	-	-	-	-	-	12 (0:50:1	-	-	-	-	12
53.	Brauer, Claudia Borener SV	1977	w	-	-	-	-	-	-	-	12 (0:52:5	-	-	-	12
54.	Siemers, Kristin SG Athletico Büdelsdorf	1996	w	-	-	-	-	-	-	-	-	-	-	11 (0:58:48,	11
55.	Overmoyer, Katja SSV Bredenbek	1975	w	-	-	11 (1:14:43,	-	-	-	-	-	-	-	-	11
56.	Alstedt, Uta Welt in Schwung Halter	1988	w	-	-	-	11 (0:57:32,	-	-	-	-	-	-	-	11
57.	Westmann, Nicola S&G Enterprise Holding	1981	w	-	-	-	-	-	-	-	-	-	-	10 (0:59:29,	10
58.	Ohrt-Kock, Miriam SSV Bredenbek	1979	w	-	-	10 (1:27:03,	-	-	-	-	-	-	-	-	10

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
59.	Bräunert, Johanna Welt in Schwung Halter	1984	w	-	-	-	10 (0:59:17,	-	-	-	-	-	-	-	10
60.	Dibbern, Marie SG Förde Sparkasse	1985	w	-	-	-	-	-	-	-	-	-	-	9 (1:00:33,	9
61.	Berg, Claudia Vitalcoach Berg	1977	w	-	-	-	-	-	-	-	9 (0:54:2	-	-	-	9
62.	Dibbern, Dorothea SG Förde Sparkasse	1991	w	-	-	-	-	-	-	-	-	-	-	8 (1:03:17,	8
63.	Weingarten, Christina	1974	w	-	-	-	-	-	-	-	8 (0:56:5	-	-	-	8
64.	Jasper, Lara-Aline Adventgemeinde	1993	w	-	-	-	-	-	-	8 (0:53:1	-	-	-	-	8
65.	Brörken, Stephanie Welt in Schwung Halter	1989	w	-	-	-	8 (1:08:20,	-	-	-	-	-	-	-	8
66.	Barke, Julia ACO Severin Ahlmann	1974	w	-	-	-	-	-	-	-	-	-	-	7 (1:05:30,	7
67.	Stolley, Mareike FSV Friedrichsholm	1989	w	-	-	-	-	-	-	7 (0:54:0	-	-	-	-	7
68.	Rau, Malin Bredenbeker Rentiere	1990	w	-	-	-	-	-	-	-	7 (1:16:5	-	-	-	7
69.	Thomsen, Stefanie Vorfuss Rennschnecken	1980	w	-	-	-	-	-	-	-	-	-	-	6 (1:05:33,	6
70.	Stamp, Natascha FSV Friedrichsholm	1986	w	-	-	-	-	-	-	6 (0:54:4	-	-	-	-	6
71.	Meier, Anna TSV Erfde	1997	w	-	-	-	-	-	-	-	-	-	-	5 (1:06:08,	5
72.	Kühn, Christine Christine & André	1976	w	-	-	-	-	-	-	-	-	-	-	4 (1:08:10,	4
73.	Latendorf, Hilke Schleswig	1981	w	-	-	-	-	-	-	-	-	-	-	3 (1:14:25,	3
74.	Thomas, Julia Sportspaß e.V.	1982	w	-	-	-	-	-	-	-	-	-	-	2 (1:18:56,	2

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Hauptklasse & Masters

AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
75.	Thomas, Inga München	1978	w	-	-	-	-	-	-	-	-	-	-	1 (1:24:50,	1
Frauenmasterklasse I															
1.	Matz, Catrin ALG VfI Bokel	1965	w	-	19 (0:57:00,0)	18 (0:58:41,	19 (0:53:36,	18 (0:54:22,	-	17 (0:51:3	17 (0:52:1	18 (0:53:42,0)	18 (0:54:04,0	-	144
2.	Witte, Marlies Welt in Schwung Halter	1967	w	-	20 (0:50:32,0)	-	20 (0:49:03,	19 (0:50:36,	19 (0:48:3	19 (0:45:0	-	19 (0:50:02,0)	-	14 (0:56:59,	130
3.	Nordmann, Silke SG Athletico Büdelsdorf	1970	w	-	-	-	-	-	20 (0:42:3	20 (0:38:3	20 (0:43:2	-	-	-	60
4.	Lemor, Christiane	1966	w	-	-	-	-	20 (0:45:31,	-	-	-	-	-	18 (0:52:22,	38
5.	Kolkmann, Gaby Bünsdorf	1970	w	-	18 (0:57:08,0)	-	-	-	-	-	-	-	19 (0:52:18,0	-	37
6.	Holm, Gesa Schülldorf's Lauftreff	1967	w	-	17 (0:57:45,0)	-	-	-	18 (0:50:0	-	-	-	-	-	35
7.	Schäfe, Britta Güby	1965	w	-	-	-	-	-	-	-	-	-	16 (0:58:32,0	11 (1:05:14,	27
8.	Könnecke, Regina	1969	w	-	-	14 (1:09:01,	-	-	-	-	12 (1:16:5	-	-	-	26
9.	Bähr, Ulrike USC Kiel	1969	w	-	-	-	-	-	-	-	-	-	-	20 (0:50:46,	20
10.	Preußke, Sabine Welt in Schwung Halter	1968	w	-	-	-	-	-	-	-	-	20 (0:50:00,0)	-	-	20
11.	Knops, Anja	1966	w	20 (0:50:0	-	-	-	-	-	-	-	-	-	-	20
12.	Heil, Anja Eckernförde	1971	w	-	-	-	-	-	-	-	-	-	20 (0:48:27,0	-	20
13.	Goldschmidt, Johanna Hamburger Sportclub	1969	w	-	-	20 (0:46:07,	-	-	-	-	-	-	-	-	20
14.	Röwer, Dr. Tanja MTV Leck	1968	w	-	-	-	-	-	-	-	-	-	-	19 (0:50:52,	19

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Hauptklasse & Masters

AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
15.	Heinemann, Petra TSV Altenholz	1964	w	-	-	19 (0:50:46,	-	-	-	-	-	-	-	-	19
16.	Hansen, Sylvia SV Hollingstedt	1967	w	-	-	-	-	-	-	-	19 (0:46:2	-	-	-	19
17.	Straßburge-Pollak, LT	1964	w	-	-	-	-	-	-	-	18 (0:49:5	-	-	-	18
18.	Krahmer, Kirsten Feldkamp Runners	1973	w	-	-	-	-	-	-	18 (0:47:2	-	-	-	-	18
19.	Heitmann, Britta	1966	w	-	-	-	18 (0:54:25,	-	-	-	-	-	-	-	18
20.	Rohwer, Birgit Welt in Schwung Halter	1973	w	-	-	-	-	-	-	-	-	-	-	17 (0:53:33,	17
21.	Zander, Martina Kiel	1970	w	-	-	-	-	-	-	-	-	-	17 (0:58:12,0	-	17
22.	Thiesen, Anja LTV Kiel-Ost	1973	w	-	-	-	17 (0:55:43,	-	-	-	-	-	-	-	17
23.	Stoltenberg, Maren HSG Hamdorf/Breiholz	1966	w	-	-	-	-	-	17 (1:00:3	-	-	-	-	-	17
24.	Schubert, Annette	1971	w	-	-	17 (1:00:27,	-	-	-	-	-	-	-	-	17
25.	Dittjen, Tanja PSV Union Neumünster	1972	w	-	-	-	-	17 (0:56:26,	-	-	-	-	-	-	17
26.	Fries, Unne Handewitt	1967	w	-	-	-	-	-	-	-	-	-	-	16 (0:54:52,	16
27.	Thormählen, Susanne	1969	w	-	16 (1:02:01,0)	-	-	-	-	-	-	-	-	-	16
28.	Tams, Britta FSV Friedrichsholm	1972	w	-	-	-	-	-	-	16 (0:51:5	-	-	-	-	16
29.	Rusch, Katja TuS Felde	1969	w	-	-	16 (1:02:50,	-	-	-	-	-	-	-	-	16
30.	Mangels, Marina	1973	w	-	-	-	-	-	-	-	16 (0:53:4	-	-	-	16

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
31.	Krug, Petra	1973	w	-	-	-	16 (0:57:48,	-	-	-	-	-	-	-	16
32.	Hufnagel, Heinke SSV Mörel	1969	w	-	-	-	-	16 (0:57:08,	-	-	-	-	-	-	16
33.	Hase, Sonja HSG Hamdorf/Breiholz	1971	w	-	-	-	-	-	16 (1:09:0	-	-	-	-	-	16
34.	Gerhardy, Cornelia mobilcom-debitel-team	1969	w	-	-	-	-	-	-	-	-	-	-	15 (0:55:28,	15
35.	Wendland, Christine Kenia Runners	1969	w	-	-	-	15 (1:02:21,	-	-	-	-	-	-	-	15
36.	Rohweder, Sabine Haßmoor	1965	w	-	-	-	-	-	-	-	-	-	15 (1:12:27,0	-	15
37.	Paulsen, Britta	1970	w	-	-	15 (1:03:28,	-	-	-	-	-	-	-	-	15
38.	Pauers, Heinke TSV Owschlag	1967	w	-	15 (1:08:48,0)	-	-	-	-	-	-	-	-	-	15
39.	Matzen, Bianca Borener SV	1967	w	-	-	-	-	-	-	-	15 (1:00:0	-	-	-	15
40.	Gnoyke, Jana Team-Erdinger-Alkoholfr	1972	w	-	-	-	-	15 (0:58:14,	-	-	-	-	-	-	15
41.	Prang, Kirsten	1966	w	-	-	-	-	-	-	-	14 (1:07:4	-	-	-	14
42.	Pichler, Verena	1966	w	-	-	-	-	-	-	-	13 (1:07:4	-	-	-	13
43.	Kollmeyer, Kathrin ALG-VfL Bokel	1973	w	-	-	-	-	-	-	-	-	-	-	13 (0:57:24,	13
44.	Naß, Angela Landeshauptstadt Kiel	1971	w	-	-	-	-	-	-	-	-	-	-	12 (1:01:48,	12

Frauenmasterklasse II

1.	Bartsch, Margit SG Athletico Büdelsdorf	1954	w	20 (0:45:4	20 (0:48:09,0)	19 (0:50:14,	-	20 (0:46:46,	20 (0:50:3	20 (0:41:2	19 (0:44:4	20 (0:46:05,0)	-	-	158
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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdel	Gesamt
2.	Rau, Kerstin Bredenbeker Rentiere	1963	w	18	19 (0:50:3	-	-	-	-	19 (0:49:3	-	19 (0:50:31,0)	20 (0:54:08,0)	-	95
3.	Schmidt, Merret ALG VfI Bokel	1963	w	-	18 (1:00:43,0)	17 (1:08:36,	-	19 (0:58:42,	18 (0:58:4	-	14 (0:59:3	-	-	-	86
4.	Aretz, Angelika OTSV Laufftreff	1958	w	-	-	18 (1:02:09,	-	-	-	17 (0:49:5	15 (0:54:5	18 (0:54:36,0)	-	11 (1:01:20,	79
5.	Eisele, Gabriele SV Elsdorf	1963	w	-	-	-	-	-	19 (0:54:3	18 (0:49:3	16 (0:54:3	-	-	-	53
6.	Stechmann, Sabine Welt in Schwung Halter	1961	w	-	17 (1:02:00,0)	-	19 (1:00:23,	-	-	-	-	-	-	9 (1:07:58,	45
7.	Mohn, Susanne THW Kiel	1959	w	-	-	20 (0:49:45,	-	-	-	-	17 (0:46:0	-	-	-	37
8.	Kaack, Heike SG Athletico Büdelsdorf	1958	w	19 (0:47:2	-	-	-	-	-	-	-	-	-	17 (0:55:01,	36
9.	Ludewig, Erika LG Schleswig-Fahrdorf	1961	w	-	-	-	20 (0:53:41,	-	-	-	-	-	-	10 (1:04:06,	30
10.	Timme, Anke LG Schleswig-Fahrdorf	1954	w	-	-	-	18 (1:02:24,	-	-	-	-	-	-	7 (1:09:05,	25
11.	Nielsen, Gunda LG. Flensburg	1963	w	-	-	-	-	-	-	-	-	-	-	20 (0:49:28,	20
12.	Engel, Bettina olz	1959	w	-	-	-	-	-	-	-	20 (0:44:3	-	-	-	20
13.	Söth, Urte Rendsburg	1962	w	-	-	-	-	-	-	-	-	-	-	19 (0:52:51,	19
14.	Hohenschurz-Schmidt, Alt Duvenstedt	1959	w	-	-	-	-	-	-	-	-	-	19 (0:57:51,0)	-	19
15.	Schulze, Monika TSV Ladelund	1955	w	-	-	-	-	-	-	-	-	-	-	18 (0:53:27,	18
16.	Jacobs, Gaby Büdel	1963	w	-	-	-	-	-	-	-	-	-	18 (1:02:41,0)	-	18
17.	Goos, Birgit Borener SV	1959	w	-	-	-	-	-	-	-	18 (0:45:3	-	-	-	18

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
18.	Seyffarth, Petra	1959	w	-	-	-	17 (1:08:20,	-	-	-	-	-	-	-	17
19.	Fuhrmann, Irene TSV Breiholz	1959	w	-	-	-	-	-	17 (1:02:2	-	-	-	-	-	17
20.	Floors, Vivian SG Westensee	1958	w	17 (0:53:3	-	-	-	-	-	-	-	-	-	-	17
21.	Benz, Nanina RBC	1962	w	-	-	-	-	-	-	-	-	17 (1:00:26,0)	-	-	17
22.	Sjut, Uta MTV-Wilster	1963	w	-	-	-	-	-	-	-	-	-	-	16 (0:55:37,	16
23.	Till, Sabine SV Elsdorf	1958	w	-	-	-	-	-	-	16 (0:50:3	-	-	-	-	16
24.	Niederdellmann, RBC	1962	w	-	-	-	-	-	-	-	-	16 (1:00:28,0)	-	-	16
25.	Krohn, Dörthe TSV Vineta Audorf	1960	w	16 (0:58:5	-	-	-	-	-	-	-	-	-	-	16
26.	Jahn, Vera KMTV	1957	w	-	-	16 (1:14:43,	-	-	-	-	-	-	-	-	16
27.	Steen, Rita MTV Heide	1959	w	-	-	-	-	-	-	-	-	-	-	15 (0:57:29,	15
28.	Gawrisch, Silke TSV Vineta Audorf	1960	w	15 (1:02:1	-	-	-	-	-	-	-	-	-	-	15
29.	Dieckmann, Antje	1954	w	-	-	-	-	-	-	15 (0:51:3	-	-	-	-	15
30.	Finzel, Elke TSV Glücksburg 09	1963	w	-	-	-	-	-	-	-	-	-	-	14 (0:57:56,	14
31.	Boikat, Monika	1959	w	-	-	-	-	-	-	14 (0:53:1	-	-	-	-	14
32.	Lohse, Christa Neumünster	1956	w	-	-	-	-	-	-	-	-	-	-	13 (0:58:40,	13
33.	Andresen, Antje FSV Friedrichsholm	1961	w	-	-	-	-	-	-	13 (0:55:0	-	-	-	-	13

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AKPI	Name Verein	Jahrg.	m/w	Nort	Westerrö	Breden	Rendsb	Bargst	Breih	Fockb	Boke	Osterrö	Duven	Büdels	Gesamt
34.	Baus, Inka 1. Kieler HTC	1963	w	-	-	-	-	-	-	-	-	-	-	12 (0:59:08,	12
35.	Cizinski, Antje CEVENTOURS	1956	w	-	-	-	-	-	-	-	-	-	-	8 (1:08:45,	8
36.	Lüning, Birgit Team Schneckenjäger	1960	w	-	-	-	-	-	-	-	-	-	-	6 (1:09:22,	6

Frauenmasterklasse III

1.	Thomsen, Elke Spiridon Schleswig	1948	w	20 (0:51:1	-	20 (0:56:42,	-	20 (0:52:57,	20 (0:52:3	20 (0:46:2	20 (0:49:5	-	-	20 (0:57:32,	140
2.	Horst, Renate Eckernförder MTV	1942	w	-	-	-	-	-	-	-	-	-	-	19 (1:05:40,	19
3.	Hinz, Annette TSV Altenholz	1941	w	-	-	-	-	-	-	-	19 (0:59:0	-	-	-	19
4.	Buhmann, Erika Post SV Heide	1948	w	-	-	-	-	-	-	19 (0:52:3	-	-	-	-	19
5.	Bauer, Anna Pflege Lebensnah	1949	w	-	-	19 (1:21:09,	-	-	-	-	-	-	-	-	19

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