



40. Stadt- und Deichvolkslauf des TSV Winsen

01. Mai 2024

Ergebnis M / W - Gesamt

Stadtwerke Familienlauf (5 Km) Erwachsene

Stadtwerke Familienlauf M

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Altersklasse |
|-----|------|----------|------------|----------------|------|-------------------------------------|---------|---------------------|
| 1 | 1461 | 00:20:22 | Kroger | Jan-Florian | 1990 | | GER-SH | 1 |
| 2 | 1418 | 00:20:34 | Davis | Zach | 1977 | HahnerTwinsCoaching | GER-NIE | 1 |
| 3 | 108 | 00:21:07 | Lakämper | Brian Bo | 2004 | HSV Stöckte | GER-NIE | 1 |
| 4 | 24 | 00:21:22 | Bolte | Sebastian | 1994 | Sparkasse Harburg-Buxtehude | GER-NIE | 2 |
| 5 | 1446 | 00:21:38 | Giebener | Jann | 1994 | Lüneburger SV | | 3 |
| 6 | 186 | 00:22:19 | Scheel | Hannes | 1998 | Blau-Weiss Buchholz e.V | GER-NIE | 2 |
| 7 | 216 | 00:22:26 | Studt | Oliver | 1969 | Team HASPA | GER-NIE | 1 |
| 8 | 226 | 00:23:16 | Thießen | Ole | 2004 | HG Winsen | GER-NIE | 3 |
| 9 | 1443 | 00:23:23 | Koret | Julian | 1988 | TSV Winsen | | 1 |
| 10 | 1478 | 00:23:26 | Lindner | Martin | 1983 | Triabolos Hamburg e.V. | GER-HAM | 1 |
| 11 | 85 | 00:23:56 | Jentsch | Tobias | 1978 | Buchholz | GER-NIE | 2 |
| 12 | 106 | 00:23:59 | Kupper | Frank | 1964 | SG Buxtehude-Alt kloster | GER-NIE | 1 |
| 13 | 221 | 00:24:10 | Supplieth | Robert | 1982 | MTV Borstel-Sangenstedt | GER-NIE | 2 |
| 14 | 74 | 00:24:20 | Heitmann | Michael | 1985 | Mud Monkeys Mahnborg | GER-NIE | 2 |
| 15 | 116 | 00:24:30 | Lipowski | Andreas | 1968 | TSV Eintracht Hittfeld | GER-NIE | 2 |
| 16 | 1486 | 00:24:43 | Tepsanu | Christian Radu | 1985 | | | 3 |
| 17 | 254 | 00:25:08 | Wollenburg | Jörg | 1982 | HSV Stöckte | GER-NIE | 3 |
| 18 | 162 | 00:25:26 | Radloff | Maik | 1979 | B&K GmbH | GER-NIE | 3 |
| 19 | 73 | 00:26:00 | Harms | Joshua | 1996 | HSV Stöckte | GER-NIE | 4 |
| 20 | 8 | 00:26:01 | Bathel | André | 1977 | Team Butterkuchen | GER-NIE | 4 |
| 21 | 155 | 00:27:11 | Poch | Norbert | 1968 | Ratzeburger SV - Triathlon | GER-SH | 3 |
| 22 | 201 | 00:27:14 | Seffzek | André | 1969 | Team Butterkuchen | GER-NIE | 4 |
| 23 | 246 | 00:27:49 | Wilken | Timo | 1978 | HSV Stöckte | GER-NIE | 5 |
| 24 | 159 | 00:28:05 | Pries | Gunnar | 1978 | MTV Borstel-Sangenstedt | GER-NIE | 6 |
| 25 | 257 | 00:28:14 | Wutke | Thorben | 1992 | HG Winsen | GER-NIE | 4 |
| 26 | 222 | 00:28:14 | Symmank | Michael | 1995 | HG Winsen | GER-NIE | 5 |
| 27 | 135 | 00:28:37 | Möller | Jonas | 2000 | Kiel | GER-SH | 6 |
| 28 | 50 | 00:28:50 | Engel | Björn | 1978 | Winsen | GER-NIE | 7 |
| 29 | 153 | 00:28:56 | Plönnigs | Frank | 1979 | Landkreis Harburg | GER-NIE | 8 |
| 30 | 35 | 00:28:59 | Christ | Marcus | 1969 | SV Trelde-Kakenstorf von 1950 e. V. | GER-NIE | 5 |
| 31 | 92 | 00:28:59 | Kiemann | Marvin | 1998 | HG Winsen | GER-NIE | 7 |
| 32 | 245 | 00:29:03 | Wiede | Marc | 1997 | HG Winsen | GER-NIE | 8 |
| 33 | 97 | 00:29:11 | Knebel | Carsten | 1973 | TSV Adendorf | GER-NIE | 1 |

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|-----|------|----------|-----------------|-------------|------|--------------------------------------|---------|---------------------|
| 34 | 219 | 00:29:21 | Suhrbier | Christian | 1977 | Brackel | GER-NIE | 9 |
| 35 | 89 | 00:29:34 | Jordan | David | 1985 | Mud Monkeys Mahnborg | GER-NIE | 4 |
| 36 | 1490 | 00:29:40 | Menke | Bjorn | 1984 | MTV Pattensen | | 4 |
| 37 | 34 | 00:29:52 | Chechevishnikov | Dmitry | 1994 | Buchholz in der Nordheide | RUS | 5 |
| 38 | 1459 | 00:29:54 | Sindt | Thomas | 1984 | KRD Sicherheitstechnik | GER-NIE | 5 |
| 39 | 146 | 00:29:58 | Peter | Frank | 1971 | MTV Soltau | GER-NIE | 2 |
| 40 | 129 | 00:30:06 | Meyn | Timo | 2001 | Feuerwehr Lüneburg | GER-NIE | 9 |
| 41 | 212 | 00:30:07 | Steenack | Heiner | 1959 | TSV Eintracht Hittfeld | GER-NIE | 1 |
| 42 | 1484 | 00:30:18 | Winkler | Maximilian | 1996 | | | 10 |
| 43 | 9 | 00:30:20 | Bausch | Alexander | 1968 | Stadtwerke Winsen (Luhe) GmbH | GER-NIE | 6 |
| 44 | 172 | 00:30:23 | Ringstorff | Stefan | 1974 | Hamburg | GER-HAM | 3 |
| 45 | 227 | 00:30:33 | Thode | Michael | 1974 | Bundeswehr | GER-NIE | 4 |
| 46 | 62 | 00:30:37 | Gaser | Benni | 1979 | Hsv Stöckte | GER-NIE | 10 |
| 47 | 30 | 00:30:41 | Brock | Mathias | 1965 | Ahrensburger TSV | GER-SH | 7 |
| 48 | 127 | 00:30:43 | Meiners | Dr. Jan | 1965 | HSV Stöckte | GER-NIE | 8 |
| 49 | 6 | 00:30:45 | Auzinger | Simon | 1995 | HG Winsen | GER-NIE | 11 |
| 50 | 142 | 00:30:47 | Oertzen | Alexander | 2001 | B&K GmbH | GER-NIE | 12 |
| 51 | 163 | 00:31:03 | Rainer | Christian | 1969 | B&K GmbH | GER-NIE | 9 |
| 52 | 242 | 00:31:08 | Weiß | Reiner | 1954 | MTV Borstel-Sangenstedt | GER-NIE | 1 |
| 53 | 93 | 00:31:09 | Kiesel | Sebastian | 1985 | Seevetal | GER-NIE | 5 |
| 54 | 193 | 00:31:09 | Schröder | Hannes | 1985 | Winsen | GER-NIE | 6 |
| 55 | 247 | 00:31:18 | Willmer | Dirk | 1968 | Meereszeiten Läufer | GER-SH | 10 |
| 56 | 255 | 00:31:18 | Wulf | Hauke | 1977 | Stadtwerke Winsen (Luhe) GmbH | GER-NIE | 11 |
| 57 | 1498 | 00:31:19 | Bostelmann | Felix | 2003 | | | 13 |
| 58 | 1406 | 00:31:25 | Sahling | Tim | 1996 | Feldbinder Spezialfahrzeugwerke GmbH | GER-NIE | 14 |
| 59 | 240 | 00:31:29 | Wedemann | Torben | 1990 | IGS Seevetal | GER-NIE | 6 |
| 60 | 44 | 00:31:40 | Diringer | Nico | 2004 | HG Winsen | GER-NIE | 15 |
| 61 | 3 | 00:31:45 | Ahlbrink | Nils | 1982 | HSV Stöckte | GER-NIE | 6 |
| 62 | 1441 | 00:31:46 | Malt | Matthias | 1991 | | | 7 |
| 63 | 229 | 00:31:56 | Tödter | Oliver | 1988 | MTV Borstel-Sangenstedt | GER-NIE | 7 |
| 64 | 174 | 00:32:21 | Rödder | Dr. Kilian | 1973 | Team Butterkuchen | GER-NIE | 5 |
| 65 | 46 | 00:32:37 | Drewing | Pascal | 1998 | HG Winsen | GER-NIE | 16 |
| 66 | 43 | 00:32:38 | Diringer | Christoph | 1997 | HG Winsen | GER-NIE | 17 |
| 67 | 199 | 00:32:42 | Schwab | Christian | 1979 | Tostedt | GER-NIE | 12 |
| 68 | 49 | 00:32:45 | Ehlers | Christoffer | 1994 | Alte Stadtschule Winsen | GER-NIE | 8 |
| 69 | 37 | 00:32:49 | Cohrs | Dr. Dieter | 1962 | Winsen | GER-NIE | 2 |
| 70 | 224 | 00:32:56 | Theel | Burkhard | 1978 | IGS Seevetal | GER-NIE | 13 |
| 71 | 158 | 00:32:57 | Preuß | Hans-Georg | 1967 | Stadtwerke Winsen (Luhe) GmbH | GER-NIE | 11 |
| 72 | 139 | 00:33:01 | Neubauer | Tim | 2003 | FC St. Pauli | GER-NIE | 18 |
| 73 | 33 | 00:33:03 | Buß | Erik | 2003 | HG Winsen | GER-NIE | 19 |
| 74 | 188 | 00:33:32 | Schier | Steffen | 1985 | Dr. Loges | GER-NIE | 8 |
| 75 | 235 | 00:33:33 | Vogt | Stephan | 1954 | Soltauer Sportclub | GER-NIE | 2 |

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|-----|------|----------|-------------|--------------|------|---|---------|---------------------|
| 76 | 72 | 00:33:33 | Harendt | Thomas | 1965 | Stadtwerke Winsen (Luhe) GmbH | GER-NIE | 12 |
| 77 | 42 | 00:33:40 | Demandt | Thomas | 1962 | Stadtwerke Winsen (Luhe) GmbH | GER-NIE | 3 |
| 78 | 178 | 00:33:49 | Rosen | Heiko | 1972 | Drage | GER-NIE | 6 |
| 79 | 1427 | 00:34:03 | Pinske | Jörg | 1950 | | GER-NIE | 3 |
| 80 | 133 | 00:34:05 | Moje | Jens | 1972 | Neu Wulmstorf | GER-NIE | 7 |
| 81 | 124 | 00:34:15 | Marquardt | Thorben | 1990 | HG Winsen | GER-NIE | 9 |
| 82 | 196 | 00:34:15 | Schulze | Stephan | 1988 | HG Winsen | GER-NIE | 9 |
| 83 | 1494 | 00:34:19 | Schlumbohm | Siegfried | 1952 | Old Man Stelle | | 4 |
| 84 | 170 | 00:34:23 | Riggers | Jason | 1992 | Buchholz | GER-NIE | 10 |
| 85 | 1469 | 00:34:32 | Meinberg | Jürgen | 1962 | MTV Salzhausen | GER-NIE | 4 |
| 86 | 1447 | 00:34:34 | Medenus | Max | 1987 | | GER-NIE | 10 |
| 87 | 91 | 00:35:23 | Kaufmann | Rieko | 1967 | MTV Luhdorf-Roydorf | GER-NIE | 13 |
| 88 | 69 | 00:35:23 | Haferkorn | Thies | 1995 | Landkreis Harburg | GER-NIE | 20 |
| 89 | 4 | 00:35:31 | Anetzberger | Marco | 1980 | HSV Stöckte | GER-NIE | 7 |
| 90 | 138 | 00:35:33 | Müsse | Wolfram | 1953 | VfL Jesteburg | GER-NIE | 5 |
| 91 | 53 | 00:35:50 | Fahden | Lukas | 1993 | B&K GmbH | GER-NIE | 11 |
| 92 | 194 | 00:35:54 | Schulte | Tim | 1983 | MTV Borstel-Sangenstedt | GER-NIE | 8 |
| 93 | 1495 | 00:35:57 | Wolf | Robin | 1975 | | | 14 |
| 94 | 250 | 00:36:01 | Winning | Stefan | 1965 | IGS Seevetal | GER-NIE | 14 |
| 95 | 21 | 00:36:04 | Böer | Ralph | 1964 | Sparkasse Harburg-Buxtehude | GER-NIE | 5 |
| 96 | 136 | 00:36:05 | Mordhorst | Sven | 1963 | Aral AG, Bochum/Hamburg | GER-NIE | 6 |
| 97 | 207 | 00:36:35 | Stachowski | Florian | 1993 | Winsen | GER-NIE | 12 |
| 98 | 1445 | 00:36:49 | Würdemann | Jens | 1948 | Stolpertruppe Winsen | | 1 |
| 99 | 147 | 00:37:01 | Petersen | Lasse | 1991 | Itzehoe | GER-SH | 13 |
| 100 | 81 | 00:37:57 | Ingenhaag | Gottfried | 1961 | VfL Jesteburg | GER-NIE | 7 |
| 101 | 1492 | 00:38:01 | König | Frank | 1968 | MTV Borstel-S | | 15 |
| 102 | 52 | 00:38:20 | Erdtmann | Knut | 1962 | TuS Hohnstorf/Elbe Lauftreff | GER-NIE | 8 |
| 103 | 111 | 00:38:32 | Lakämper | Olaf | 1968 | Gymnasium Meckelfeld | GER-NIE | 16 |
| 104 | 1474 | 00:38:39 | Neff | Karl-Heinz | 1958 | LG-Holm | | 2 |
| 105 | 94 | 00:39:25 | Kirschte | Christian | 1986 | Sparkasse Harburg-Buxtehude | GER-NIE | 11 |
| 106 | 236 | 00:39:56 | von Dewitz | Jan | 1983 | HG Winsen | GER-NIE | 9 |
| 107 | 117 | 00:40:49 | Löhne | Henner | 1997 | Visselhövede | GER-NIE | 21 |
| 108 | 32 | 00:41:06 | Bunzel | Marcus | 1976 | VfL Grünhof-Tesperhude von 1909 e.V. | GER-SH | 15 |
| 109 | 67 | 00:41:07 | Gromoll | Torben | 1976 | VfL Grünhof-Tesperhude von 1909 e.V. | GER-SH | 16 |
| 110 | 190 | 00:41:16 | Schmidt | Heinz Jürgen | 1948 | Buxtehude | GER-NIE | 2 |
| 111 | 191 | 00:41:33 | Schmidt | Walter | 1939 | Stolpertruppe Winsen | GER-NIE | 1 |
| 112 | 1404 | 00:41:34 | Mulliқи | Muhamet | 1971 | Feldbinder Spezialfahrzeugwerke GmbH | GER-NIE | 8 |
| 113 | 1432 | 00:43:18 | Bargemann | Udo | 1950 | Stolpertruppe Winsen | GER-NIE | 6 |
| 114 | 237 | 00:46:10 | Vorrath | Wilhelm | 1942 | MTV Treubund Lüneburg | GER-NIE | 2 |
| 115 | 197 | 00:52:49 | Schuster | Karl-Peter | 1942 | VfL Jesteburg | GER-NIE | 3 |

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Stadtwerke Familienlauf W

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Altersklasse |
|-----|------|----------|---------------|-------------------|------|---|---------|---------------------|
| 1 | 243 | 00:24:49 | Wellinski | Emilia | 1986 | VfL Grünhof-Tesperhude von 1909 e.V. | GER-SH | 1 |
| 2 | 19 | 00:25:11 | Bock-Dumke | Lisa | 1995 | Winsen (Luhe) | GER-NIE | 1 |
| 3 | 230 | 00:26:13 | Topp hoff | Felia | 2004 | TSV Radbruch | GER-NIE | 2 |
| 4 | 65 | 00:26:34 | Grizmann | Jana | 2001 | TSV Winsen | GER-NIE | 3 |
| 5 | 894 | 00:26:55 | Sienknecht | Lisa | 1987 | | | 2 |
| 6 | 1455 | 00:27:04 | Völkner | Birk | 1975 | | GER-NIE | 1 |
| 7 | 115 | 00:27:05 | Liebert | Julie | 2002 | MTV Tostedt | GER-NIE | 4 |
| 8 | 86 | 00:27:08 | Jentsch | Ulrike | 1981 | Buchholz | GER-NIE | 1 |
| 9 | 109 | 00:27:22 | Lakämper | Liv | 1999 | München | GER-BAY | 5 |
| 10 | 87 | 00:27:30 | Jobmann | Julia | 1998 | TSV Stelle | GER-NIE | 6 |
| 11 | 98 | 00:27:50 | Knebel | Dr. Julia | 1977 | TSV Adendorf | GER-NIE | 2 |
| 12 | 182 | 00:28:16 | Röwer | Verena | 1981 | Team Butterkuchen | GER-NIE | 2 |
| 13 | 104 | 00:28:28 | Kosbab | Julia | 1986 | Seevetal | GER-NIE | 3 |
| 14 | 75 | 00:29:33 | Hesse | Kerstin | 1982 | Hanseschule, JFV Borstel-Luhdorf | GER-NIE | 3 |
| 15 | 122 | 00:29:49 | Maiwald | Maria Isabelle | 1990 | Blau-Weiss Buchholz e.V | GER-NIE | 1 |
| 16 | 51 | 00:30:20 | Engel | Ivonne | 1985 | Wisnen Luhe | GER-NIE | 4 |
| 17 | 239 | 00:30:22 | Wagner | Vanessa | 1983 | VfL Grünhof-Tesperhude von 1909 e.V. | GER-SH | 4 |
| 18 | 1444 | 00:30:41 | Scheidweiler | Melanie | 1978 | TSV Winsen | | 3 |
| 19 | 25 | 00:31:12 | Bolte | Susanne-Elisabeth | 1966 | Sparkasse Harburg-Buxtehude | GER-NIE | 1 |
| 20 | 105 | 00:31:13 | Krüger | Anja | 1978 | Team Hecht-Apotheke | GER-NIE | 4 |
| 21 | 244 | 00:31:17 | Werner | Kim | 1986 | Stadtwerke Winsen (Luhe) GmbH | GER-NIE | 5 |
| 22 | 45 | 00:31:18 | Dornbusch | Sabine | 1973 | Meereszeiten Läufer | GER-NIE | 1 |
| 23 | 120 | 00:32:02 | Maciolek | Hanna | 1983 | Winsen (Luhe) | GER-NIE | 5 |
| 24 | 232 | 00:32:02 | Turek | Finja | 2001 | Feuerwehr Lüneburg | GER-NIE | 7 |
| 25 | 151 | 00:32:07 | Plambeck | Monika | 1973 | HSV Stöckte | GER-NIE | 2 |
| 26 | 1454 | 00:32:07 | Calvani-Behr | Santina | 1983 | | GER-NIE | 6 |
| 27 | 234 | 00:32:07 | Uhl | Annalena | 1985 | Winsen (Luhe) | GER-NIE | 6 |
| 28 | 47 | 00:32:07 | Dreyer | Jana | 1982 | MTV Pattensen | GER-NIE | 7 |
| 29 | 173 | 00:32:21 | Röd der | Dr. Jasmin | 1974 | Team Butterkuchen | GER-NIE | 3 |
| 30 | 48 | 00:32:26 | Dürkop | Eileen | 1989 | Stelle | GER-NIE | 7 |
| 31 | 180 | 00:32:32 | Rosen | Ute | 1975 | Drage | GER-NIE | 5 |
| 32 | 18 | 00:32:47 | Bock | Andrea | 1975 | HSV Stöckte | GER-NIE | 6 |
| 33 | 1428 | 00:32:52 | Richter | Annika | 1990 | | GER-NIE | 2 |
| 34 | 258 | 00:32:56 | Zeit | Cristina | 1975 | Team Butterkuchen | GER-NIE | 7 |
| 35 | 1 | 00:32:56 | Ahlbrink | Lina | 1985 | HSV Stöckte | GER-NIE | 8 |
| 36 | 202 | 00:33:01 | Seffzek | Anja | 1976 | Team Butterkuchen | GER-NIE | 8 |
| 37 | 157 | 00:33:08 | Porth | Anne Marie | 2003 | Winsen | GER-NIE | 8 |
| 38 | 1485 | 00:33:11 | Sommerschmied | Peggy | 1977 | | | 9 |
| 39 | 149 | 00:33:18 | Pinkohs | Jenny | 1985 | Hanseschule Winsen | GER-NIE | 9 |

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|-----|------|----------|-------------------|--------------|------|---|---------|---------------------|
| 40 | 15 | 00:33:19 | Bernik | Alja | 1996 | Buchholz in der Nordheide | SLO | 9 |
| 41 | 249 | 00:33:27 | Winkler | Monika | 1967 | MTV Bad Bevensen | GER-NIE | 2 |
| 42 | 211 | 00:33:30 | Steenek | Hanna | 1994 | TSV Eintracht Hittfeld | GER-NIE | 3 |
| 43 | 7 | 00:33:42 | Bär | Ann Margaret | 1977 | Stelle | GER-NIE | 10 |
| 44 | 166 | 00:33:51 | Reiser | Cindy | 1976 | TSV Winsen | GER-NIE | 11 |
| 45 | 5 | 00:33:55 | Anspach-Schreiber | Christiane | 1978 | Elbdeich Runners | GER-NIE | 12 |
| 46 | 208 | 00:33:59 | Stadali | Jessica | 1979 | Stadtwerke Winsen (Luhe) GmbH | GER-NIE | 13 |
| 47 | 134 | 00:34:01 | Moje-Gandert | Astrid | 1972 | NEU WULMSTORF | GER-NIE | 4 |
| 48 | 128 | 00:34:23 | Meyer | Heike | 1986 | Elbdeich Runners | GER-NIE | 10 |
| 49 | 29 | 00:34:54 | Breuhahn | Dagmar | 1973 | Geesthacht | GER-SH | 5 |
| 50 | 23 | 00:34:54 | Böhnke | Lisa | 1991 | Wenningstedt | GER-SH | 4 |
| 51 | 22 | 00:34:55 | Böhnke | Eva | 1959 | Wenningstedt | GER-SH | 1 |
| 52 | 1453 | 00:35:21 | Trampau | Janina | 1984 | Buchholzer FC | GER-NIE | 8 |
| 53 | 110 | 00:35:38 | Lakämper | Martina | 1967 | Winsen | GER-NIE | 3 |
| 54 | 66 | 00:35:40 | Gromoll | Maren | 1975 | VfL Grünhof-Tesperhude von 1909 e.V. | GER-SH | 14 |
| 55 | 209 | 00:35:41 | Stafflage-Goes | Nicole | 1972 | Elbdeich Runners | GER-NIE | 6 |
| 56 | 177 | 00:35:49 | Rose | Ann-Kathrin | 1984 | Landkreis Harburg | GER-NIE | 9 |
| 57 | 1496 | 00:35:55 | Schankweiler | Kristin | 1983 | HSV Stöckte | | 10 |
| 58 | 96 | 00:36:05 | Klüßmann | Annalena | 1996 | Dr. Loges | GER-NIE | 10 |
| 59 | 1415 | 00:36:16 | Sellmeier | Marion | 1980 | | GER-NIE | 11 |
| 60 | 36 | 00:36:16 | Cohrs | Anna | 1977 | Team PH Germany | GER-NIE | 15 |
| 61 | 233 | 00:36:17 | Twesten | Christine | 1979 | HSV Stöckte | GER-NIE | 16 |
| 62 | 100 | 00:36:20 | Knof | Dörte | 1979 | Winsen | GER-NIE | 17 |
| 63 | 1405 | 00:36:23 | Oppermann | Carolin | 1968 | Feldbinder Spezialfahrzeugwerke GmbH | GER-NIE | 4 |
| 64 | 27 | 00:36:49 | Braun | Marie-Louise | 2000 | Kiel | GER-SH | 11 |
| 65 | 140 | 00:36:54 | Neven | Meike | 1973 | MTV Pattensen | GER-NIE | 7 |
| 66 | 77 | 00:36:58 | Hipke | Vivien | 1996 | Dr. Loges | GER-NIE | 12 |
| 67 | 90 | 00:37:01 | Kadur | Nicole | 1989 | TSV Bardowick | GER-NIE | 11 |
| 68 | 1481 | 00:37:02 | Schoone | Tanja | 1972 | | | 8 |
| 69 | 165 | 00:37:06 | Räuschel | Vanessa | 1995 | Landkreis Harburg | GER-NIE | 13 |
| 70 | 141 | 00:37:24 | Niemann | Diana | 1992 | HSV Stöckte | GER-NIE | 5 |
| 71 | 1488 | 00:37:38 | Scholz | Sonja | 1980 | | | 12 |
| 72 | 206 | 00:37:40 | Skiba | Lucie | 2001 | Lüneburg | GER-NIE | 14 |
| 73 | 213 | 00:37:41 | Steinke | Claudia | 1972 | MTV Luhdorf-Roydorf | GER-NIE | 9 |
| 74 | 143 | 00:37:45 | Oetzmann | Meike | 1985 | Landkreis Harburg | GER-NIE | 12 |
| 75 | 198 | 00:38:14 | Schwab | Beatrix | 1971 | Tostedt | GER-NIE | 10 |
| 76 | 1487 | 00:38:14 | Kleinties | Caroline | 1966 | Team haspa | | 5 |
| 77 | 160 | 00:38:35 | Prüß | Nicole | 1988 | Stadtwerke Winsen (Luhe) GmbH | GER-NIE | 13 |
| 78 | 192 | 00:38:47 | Schönhoff | Dana | 1978 | Landkreis Harburg | GER-NIE | 18 |
| 79 | 70 | 00:39:02 | Hansen | Iris | 1967 | Jesteburg | GER-NIE | 6 |
| 80 | 225 | 00:39:18 | Theel | Franziska | 1985 | IGS Seevetal | GER-NIE | 14 |

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|-----|------|----------|-------------|------------------|------|----------------------------------|---------|---------------------|
| 81 | 167 | 00:39:34 | Richter | Marlies | 1957 | Seevetal | GER-NIE | 2 |
| 82 | 218 | 00:39:39 | Suhrbier | Barbara | 1979 | Brackel | GER-NIE | 19 |
| 83 | 248 | 00:40:02 | Winkler | Anne | 2004 | Ittigen | SUI | 15 |
| 84 | 80 | 00:40:02 | Ibrom | Tina | 1980 | Landkreis Harburg | GER-NIE | 13 |
| 85 | 130 | 00:40:08 | Michalsky | Luise | 1978 | Lüneburg | GER-NIE | 20 |
| 86 | 256 | 00:40:35 | Wünschmann | Antje | 1981 | Seevetal | GER-NIE | 14 |
| 87 | 55 | 00:40:37 | Fenz | Nina | 1983 | SV Holm-Seppensen | GER-NIE | 15 |
| 88 | 253 | 00:40:47 | Wolkenhaar | Imke | 1978 | Winsen | GER-NIE | 21 |
| 89 | 26 | 00:41:39 | Boysen | Julia | 1978 | Winsen | GER-NIE | 22 |
| 90 | 78 | 00:41:54 | Höddinghaus | Kathrin Charlott | 1987 | Lüneburg | GER-NIE | 15 |
| 91 | 57 | 00:42:06 | Fortmann | Elisabeth | 1957 | TSV Stelle | GER-NIE | 3 |
| 92 | 269 | 00:42:07 | Eckhardt | Katharina | 1965 | TSV Stelle | GER-NIE | 7 |
| 93 | 31 | 00:42:21 | Bruns | Melanie | 1971 | Grundschule Stelle - Fliegenberg | GER-NIE | 11 |
| 94 | 1456 | 00:42:30 | Rademacher | Christin | 1984 | KRD Sicherheitstechnik | GER-NIE | 16 |
| 95 | 1442 | 00:43:01 | Stüwe | Helga | 1958 | | | 4 |
| 96 | 113 | 00:43:02 | Lange | Tina | 1989 | Stelle | GER-NIE | 16 |
| 97 | 123 | 00:43:18 | Malt | Julia | 1993 | Winsen | GER-NIE | 6 |
| 98 | 20 | 00:43:43 | Bodyl | Ulrike | 1965 | HSV Stöckte | GER-NIE | 8 |
| 99 | 156 | 00:44:05 | Pohle | Anne | 1993 | Winsen | GER-NIE | 7 |
| 100 | 60 | 00:58:09 | Fritsch | Nathalie | 1976 | Neu Wulmstorf | GER-NIE | 23 |

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