



12. Kowsky Team- und Firmenlauf

13. September 2024

Kowsky-Lauf (4,5 Km)

| <u>Kowsky-Lauf</u> | | | | | | | | | |
|--------------------|-------|-------|------|----------|-----------------|---------------|------|---|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 1 | 1 | | 239 | 00:15:18 | Frahm | Dr. Michael | 1984 | Kleintierklinik Wasbek | M-40 |
| 2 | 2 | | 619 | 00:15:54 | Meier | Marcel | 1997 | LAC Lübeck | M-HK |
| 3 | 3 | | 644 | 00:16:31 | Ibrahimi | Mahdi | 2007 | Theodor-Litt-Schule | M-JU18 |
| 4 | 4 | | 343 | 00:16:50 | Johannsen | Hauke | 1977 | Lidl lohnt sich | M-45 |
| 5 | 5 | | 668 | 00:17:05 | Lübber | Finn | 1990 | LG Boostedt | M-30 |
| 6 | 6 | | 66 | 00:17:12 | Bahr | Luca | 2008 | FC Torpedo 76 | M-JU18 |
| 7 | 7 | | 291 | 00:17:13 | Hoffmann | Matthias | 1988 | Lebenshilfwerk Neumünster | M-35 |
| 8 | 8 | | 753 | 00:17:19 | Schildt | Julian | 1992 | Kein Bier vor Vier | M-30 |
| 9 | | 1 | 266 | 00:17:36 | Schulz | Johanna | 1994 | Kowsky Lauf Team | W-30 |
| 10 | 9 | | 876 | 00:17:53 | Mömmert | Sascha | 1983 | | M-40 |
| 11 | 10 | | 339 | 00:17:58 | Mohamed | Fahri | 1992 | Lidl lohnt sich | M-30 |
| 12 | 11 | | 701 | 00:18:02 | Allner | Markus | 1985 | Theodor-Litt-Schule | M-35 |
| 13 | 12 | | 411 | 00:18:09 | Hellwig | Yannick | 1996 | Stadt Neumünster | M-HK |
| 14 | 13 | | 157 | 00:18:22 | Styr | Raphael | 2008 | Gummi-Busch GmbH & Co.KG | M-JU18 |
| 15 | 14 | | 751 | 00:18:23 | Ruck | Sven | 1971 | Tri Team Neumünster | M-50 |
| 16 | 15 | | 710 | 00:18:28 | Deustua | Andres | 2007 | Kein Bier vor Vier | M-JU18 |
| 17 | 16 | | 375 | 00:18:29 | Petersen | Ties | 1975 | Oerlikon Neumag | M-45 |
| 18 | 17 | | 162 | 00:18:37 | Halster | Konstantin | 1985 | Handelsgesellschaft für Naturprodukte mbH Gut Rosenkrantz | M-35 |
| 19 | 18 | | 117 | 00:18:37 | Hosmann | Marten | 2004 | GeFa Sportleer | M-HK |
| 20 | 19 | | 735 | 00:18:43 | Lindemann | Nathan Robert | 2010 | Grund- und Gemeinschaftschule Einfeld | M-JU16 |
| 21 | 20 | | 740 | 00:18:44 | Nissen | Ron | 1991 | Polizei Neumünster | M-30 |
| 22 | 21 | | 244 | 00:18:50 | von dem Bussche | Frederick | 2010 | Kleintierklinik Wasbek | M-JU16 |
| 23 | 22 | | 134 | 00:18:54 | Zilz | Rune | 2003 | GLINDEMANN GRUPPE | M-HK |
| 24 | 23 | | 138 | 00:18:54 | Maiwald | Florian | 1995 | GLINDEMANN GRUPPE | M-HK |
| 25 | 24 | | 664 | 00:18:56 | Koopmann | Hannes | 2004 | | M-HK |
| 26 | 25 | | 360 | 00:18:58 | Friedrichsen | Timo | 1988 | Markert Group | M-35 |
| 27 | | 2 | 86 | 00:19:02 | Trapp | Trixie | 1976 | Firma Wilhelm Feldmann | W-45 |
| 28 | 26 | | 19 | 00:19:08 | Kreth | Jonas | 2005 | Bestway Deutschland GmbH | M-JU20 |
| 29 | 27 | | 766 | 00:19:10 | Wolf | Philipp | 1996 | Polizei Neumünster | M-HK |
| 30 | 28 | | 746 | 00:19:12 | Redepenning | Stefan | 1970 | Tri Team Neumünster | M-50 |
| 31 | 29 | | 361 | 00:19:13 | Trautmann | Philipp | 1985 | Markert Group | M-35 |
| 32 | 30 | | 125 | 00:19:14 | Toth | Tjorben | 2007 | GeFa Sportleer | M-JU18 |
| 33 | 31 | | 886 | 00:19:20 | Schlizio | Olaf | 1968 | LG Boostedt | M-55 |
| 34 | 32 | | 662 | 00:19:24 | Wehrspann | Tom | 1989 | | M-35 |
| 35 | 33 | | 487 | 00:19:25 | Senz | David Joel | 2006 | SWN Stadtwerke Neumünster Beteiligungen GmbH | M-JU20 |
| 36 | 34 | | 84 | 00:19:26 | Trapp | Michael | 1970 | Firma Wilhelm Feldmann | M-50 |
| 37 | 35 | | 164 | 00:19:29 | Chipakov | Ruslan | 1984 | Handelsgesellschaft für Naturprodukte mbH Gut Rosenkrantz | M-40 |

Kowsky-Lauf (4,5 Km)

| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|-------------|--------------|------|--|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 38 | 36 | | 624 | 00:19:29 | Naß | Udo | 1958 | LG Boostedt | M-65 |
| 39 | 37 | | 708 | 00:19:35 | Clausen | Jürgen | 1962 | Theodor-Litt-Schule | M-60 |
| 40 | 38 | | 364 | 00:19:37 | Pantev | Kire | 2001 | Markert Group | M-HK |
| 41 | 39 | | 118 | 00:19:38 | Laubinger | Santino Remo | 2006 | GeFa Sportleer | M-JU20 |
| 42 | 40 | | 312 | 00:19:39 | Stender | Dennis | 1996 | Legenden Bolzer | M-HK |
| 43 | 41 | | 192 | 00:19:40 | Kassem | Omar | 2008 | Iuvo | M-JU18 |
| 44 | 42 | | 391 | 00:19:44 | Müller | Marco | 1975 | Powerfabrik | M-45 |
| 45 | 43 | | 315 | 00:19:44 | Graf | Stefan | 1979 | Lichtblick Neumünster e.V. | M-45 |
| 46 | 44 | | 374 | 00:19:45 | Bergmann | Peter | 1987 | Oerlikon Neumag | M-35 |
| 47 | 45 | | 506 | 00:19:48 | Romeikat | Florian | 1994 | WKS-Laufteam | M-30 |
| 48 | | 3 | 379 | 00:19:51 | Gajewska | Kamila | 1991 | Polo Ralph Lauren | W-30 |
| 49 | 46 | | 609 | 00:19:52 | Regenstein | Michael | 1995 | Holstenhallen Neumünster GmbH | M-HK |
| 50 | 47 | | 65 | 00:19:53 | Gärtner | Lennard | 2009 | FC Torpedo 76 | M-JU16 |
| 51 | 48 | | 143 | 00:19:59 | Riemer | Pascal | 2003 | GOODTIRES | M-HK |
| 52 | 49 | | 721 | 00:20:01 | Heinen | Felix | 2010 | Grund- und Gemeinschaftschule Einfeld | M-JU16 |
| 53 | 50 | | 180 | 00:20:07 | Voss | Benny | 1981 | Isa-Traesko GmbH | M-40 |
| 54 | 51 | | 369 | 00:20:07 | Knust | Nico | 1991 | Oerlikon Neumag | M-30 |
| 55 | 52 | | 52 | 00:20:12 | Gorzolka | Henry | 2003 | EDEKA Nord | M-HK |
| 56 | | 4 | 390 | 00:20:14 | Pries | Johanna | 2000 | Posaunenchor Bokhorst | W-HK |
| 57 | 53 | | 123 | 00:20:15 | Stuck | Kolja | 2008 | GeFa Sportleer | M-JU18 |
| 58 | 54 | | 362 | 00:20:17 | Hebel | Daniel | 1980 | Markert Group | M-40 |
| 59 | 55 | | 767 | 00:20:22 | Wutzke | Dirk | 1969 | Team 357a Wandels Mountain | M-55 |
| 60 | 56 | | 888 | 00:20:27 | Schlotfeldt | Michael | 1971 | | M-50 |
| 61 | 57 | | 862 | 00:20:29 | Kitzka | Thomas | 1971 | Die Stadthelfer Neumünster | M-50 |
| 62 | 58 | | 93 | 00:20:33 | Burkhardt | Mattes | 2001 | Firma Wilhelm Feldmann | M-HK |
| 63 | 59 | | 645 | 00:20:33 | Hayes | Barry | 1989 | Transcoject GmbH | M-35 |
| 64 | 60 | | 423 | 00:20:34 | Brandt | Eike-Bendix | 2001 | Stadt Neumünster | M-HK |
| 65 | 61 | | 202 | 00:20:35 | Alsbieh | Abud | 2006 | Iuvo | M-JU20 |
| 66 | 62 | | 328 | 00:20:36 | Ehmke | Florian | 2001 | Lidl lohnt sich | M-HK |
| 67 | 63 | | 346 | 00:20:38 | Arpe | Felix | 2000 | Lidl lohnt sich | M-HK |
| 68 | 64 | | 208 | 00:20:41 | Dannath | Torben | 1981 | Iuvo | M-40 |
| 69 | | 5 | 748 | 00:20:42 | Rickmann | Thurid | 2003 | Chaos | W-HK |
| 70 | | 6 | 419 | 00:20:46 | Endejan | Birthe | 1970 | Stadt Neumünster | W-50 |
| 71 | 65 | | 512 | 00:20:47 | Makurath | Kolja | 1985 | Zekid Altholstein | M-35 |
| 72 | 66 | | 397 | 00:20:49 | Delfs | Torben | 1985 | SPD - Das MITMACHEN gewinnt | M-35 |
| 73 | 67 | | 846 | 00:20:55 | Dennert | Axel | 1966 | | M-55 |
| 74 | 68 | | 352 | 00:20:59 | Porten | Christopher | 1997 | Lidl lohnt sich | M-HK |
| 75 | 69 | | 358 | 00:21:01 | Trautmann | Tamme | 2013 | Markert Group | M-KU12 |
| 76 | 70 | | 43 | 00:21:02 | Gröblbauer | Benjamin | 1982 | DRK Betreuungsgesellschaft | M-40 |
| 77 | 71 | | 282 | 00:21:03 | Schmahl | Steven | 1976 | Kowsky Lauftreff | M-45 |
| 78 | 72 | | 306 | 00:21:04 | Samson | Lola | 2001 | Lebenshilfewerk Neumünster | M-HK |
| 79 | 73 | | 764 | 00:21:04 | Steinhorst | Karsten | 1962 | Tri Team Neumünster | M-60 |
| 80 | 74 | | 617 | 00:21:04 | Bark | Marcus | 1967 | Kramm & Jäger | M-55 |
| 81 | 75 | | 35 | 00:21:04 | Krüger | Florian | 1991 | Die Laufeulen | M-30 |
| 82 | | 7 | 492 | 00:21:05 | Voigt | Jenner | 1969 | Team Finanzamt Neumünster | W-55 |
| 83 | 76 | | 484 | 00:21:11 | Walter | Nicolas | 1986 | SWN Stadtwerke Neumünster Beteiligungen GmbH | M-35 |
| 84 | 77 | | 303 | 00:21:13 | Stave | Olaf | 1970 | Lebenshilfewerk Neumünster | M-50 |

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| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|------------------------|-------------|------|--|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 85 | 78 | | 754 | 00:21:18 | Schlotfeldt | Max | 2008 | SVT Handball | M-JU18 |
| 86 | | 8 | 433 | 00:21:20 | Unsel | Nicole | 1987 | Stadt Neumünster | W-35 |
| 87 | 79 | | 201 | 00:21:24 | Diallo | Moustapha | 2008 | Iuvo | M-JU18 |
| 88 | 80 | | 108 | 00:21:25 | Beckmann | Sören | 2005 | GeFa Sportleer | M-JU20 |
| 89 | 81 | | 385 | 00:21:26 | Stock | Tino | 2005 | Posaunenchor Bokhorst | M-JU20 |
| 90 | 82 | | 3 | 00:21:26 | Ottink | Udo | 1969 | Adesso health solutions GmbH | M-55 |
| 91 | 83 | | 658 | 00:21:27 | Siefke | Henning | 1994 | Lichtblick Neumünster e.V. | M-30 |
| 92 | 84 | | 899 | 00:21:28 | Wlodarek | Karl | 2011 | | M-JU14 |
| 93 | 85 | | 416 | 00:21:30 | Gloy | Matthias | 1983 | Stadt Neumünster | M-40 |
| 94 | 86 | | 82 | 00:21:30 | Senz | Manuel | 1984 | Firma Kurepkat | M-40 |
| 95 | 87 | | 333 | 00:21:32 | Speer | Mattes | 2002 | Lidl lohnt sich | M-HK |
| 96 | 88 | | 136 | 00:21:34 | Cordes | Mattis | 2001 | GLINDEMANN GRUPPE | M-HK |
| 97 | | 9 | 92 | 00:21:35 | Feldmann | Lena | 1995 | Firma Wilhelm Feldmann | W-HK |
| 98 | | 10 | 292 | 00:21:36 | Hantzsch | Kira | 1996 | Lebenshilfewerk Neumünster | W-HK |
| 99 | 89 | | 851 | 00:21:39 | Gomez-Ortega Rodriguez | Phil | 1994 | | M-30 |
| 100 | | 11 | 278 | 00:21:40 | Michaeli | Vanessa | 1981 | Kowsky Lauftreff | W-40 |
| 101 | 90 | | 337 | 00:21:55 | Löhr | Christian | 1991 | Lidl lohnt sich | M-30 |
| 102 | 91 | | 489 | 00:21:57 | Rohwer | Kevin | 1998 | SWN Stadtwerke Neumünster Beteiligungen GmbH | M-HK |
| 103 | 92 | | 667 | 00:21:59 | Plath | Pascal | 1990 | LaZuF | M-30 |
| 104 | 93 | | 359 | 00:22:00 | Voß | Lino | 2003 | Markert Group | M-HK |
| 105 | | 12 | 623 | 00:22:01 | Schulz | Birgit | 1963 | LG Boostedt | W-60 |
| 106 | 94 | | 657 | 00:22:01 | Nebert | Luca | 2015 | TUS Nortorf | M-KU10 |
| 107 | 95 | | 428 | 00:22:04 | Wiech | Völke | 1978 | Stadt Neumünster | M-45 |
| 108 | 96 | | 212 | 00:22:06 | Kehl | Thorsten | 1972 | Kiek in! Neumünster | M-50 |
| 109 | 97 | | 485 | 00:22:06 | Liekfeldt | Freddy | 1992 | SWN Stadtwerke Neumünster Beteiligungen GmbH | M-30 |
| 110 | | 13 | 669 | 00:22:08 | Lehmann-Grube | Jovana | 1994 | LG Boostedt | W-30 |
| 111 | 98 | | 755 | 00:22:13 | Schneemann | Guido | 1974 | Tri Team Neumünster | M-50 |
| 112 | 99 | | 121 | 00:22:14 | Sina | Ersi | 2008 | GeFa Sportleer | M-JU18 |
| 113 | | 14 | 471 | 00:22:16 | Siebken | Marla | 2010 | SVT Neumünster | W-JU16 |
| 114 | 100 | | 354 | 00:22:16 | Ramm | Arne | 1978 | Lidl lohnt sich | M-45 |
| 115 | 101 | | 280 | 00:22:19 | Kayser | Ronny | 1979 | Kowsky Lauftreff | M-45 |
| 116 | 102 | | 195 | 00:22:20 | Mahmo | Ahmad | 2008 | Iuvo | M-JU18 |
| 117 | | 15 | 293 | 00:22:20 | Hantzsch | Lea | 1996 | Lebenshilfewerk Neumünster | W-HK |
| 118 | 103 | | 327 | 00:22:21 | Ponge | Kevin | 2004 | Lichtblick Neumünster e.V. | M-HK |
| 119 | 104 | | 618 | 00:22:21 | Mansfeldt | Hendrik | 1992 | Kramm & Jäger | M-30 |
| 120 | 105 | | 443 | 00:22:25 | Roggow | Andy | 1993 | Stadt Neumünster | M-30 |
| 121 | 106 | | 156 | 00:22:28 | Schmidt | Eike | 1996 | Gummi-Busch GmbH & Co.KG | M-HK |
| 122 | | 16 | 510 | 00:22:31 | Großkurth | Gesa | 1977 | Zekid Altholstein | W-45 |
| 123 | 107 | | 39 | 00:22:33 | Hesse | Bernhard | 1986 | DRK Betreuungsgesellschaft | M-35 |
| 124 | | 17 | 236 | 00:22:33 | Hohenstein | Nele | 2000 | Kleintierklinik Wasbek | W-HK |
| 125 | 108 | | 752 | 00:22:35 | Schiffer | Michael | 1972 | Polizei Neumünster | M-50 |
| 126 | 109 | | 83 | 00:22:37 | Yusin | Sergej | 1981 | Firma Kurepkat | M-40 |
| 127 | 110 | | 656 | 00:22:39 | Moradi | Hossein Ali | 2005 | Iuvo | M-JU20 |
| 128 | | 18 | 73 | 00:22:39 | Schloßbauer | Tessa | 1996 | FEK Neumünster | W-HK |
| 129 | | 19 | 762 | 00:22:44 | Steffen | Jule Marie | 1994 | Kein Bier vor Vier | W-30 |
| 130 | 111 | | 425 | 00:22:54 | Hardock | Viktor | 1987 | Stadt Neumünster | M-35 |

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| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|-----------------|----------------|------|---------------------------------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 131 | | 20 | 279 | 00:22:55 | Ehlers | Hannah | 2003 | Kowsky Lauftreff | W-HK |
| 132 | | 21 | 483 | 00:22:56 | Riemenschneider | Leony | 2011 | SVT Neumünster | W-JU14 |
| 133 | 112 | | 342 | 00:22:59 | Kaßler | Sascha | 1993 | Lidl lohnt sich | M-30 |
| 134 | 113 | | 330 | 00:22:59 | Fikowski | Max | 1995 | Lidl lohnt sich | M-HK |
| 135 | | 22 | 475 | 00:23:01 | Siebken | Stephanie | 1980 | SVT Neumünster | W-40 |
| 136 | | 23 | 440 | 00:23:02 | Schmidt | Jessica | 1988 | Stadt Neumünster | W-35 |
| 137 | 114 | | 140 | 00:23:03 | Hacker | Dominik | 1991 | GLINDEMANN GRUPPE | M-30 |
| 138 | | 24 | 242 | 00:23:05 | Werbung | Dr. Veronika | 1977 | Kleintierklinik Wasbek | W-45 |
| 139 | 115 | | 727 | 00:23:05 | Köppen | Felix | 2012 | LaGarage Runningteam | M-JU14 |
| 140 | 116 | | 176 | 00:23:06 | Studt | Stefan | 1985 | HONSEL Running Rivets | M-35 |
| 141 | 117 | | 632 | 00:23:06 | Braun | Volker | 1972 | Ludwig Hauschild Küchen storage | M-50 |
| 142 | 118 | | 396 | 00:23:08 | Johna | Claus-Rudolf | 1972 | SPD - Das MITMACHEN gewinnt | M-50 |
| 143 | 119 | | 238 | 00:23:09 | Thies | Jan Olaf | 1988 | Kleintierklinik Wasbek | M-35 |
| 144 | 120 | | 113 | 00:23:10 | Eggert | Lukas | 2004 | GeFa Sportleer | M-HK |
| 145 | 121 | | 40 | 00:23:12 | Hamidi | Ali Reza | 1993 | DRK Betreuungsgesellschaft | M-30 |
| 146 | | 25 | 642 | 00:23:14 | Gebel | Felina | 2012 | SVT Neumünster | W-JU14 |
| 147 | 122 | | 314 | 00:23:18 | Hinz | Fabian | 1996 | Legenden Bolzer | M-HK |
| 148 | 123 | | 500 | 00:23:18 | Herchenröder | Julius | 2013 | Team Kyllini Beach | M-KU12 |
| 149 | | 26 | 896 | 00:23:19 | von Randow | Nike | 2012 | LG Boostedt | W-JU14 |
| 150 | 124 | | 636 | 00:23:19 | Chandramohan | Sreedhar Singh | 1988 | PanaRunNeo | M-35 |
| 151 | 125 | | 392 | 00:23:20 | Müller | Maxim | 2011 | Powerfabrik | M-JU14 |
| 152 | 126 | | 7 | 00:23:20 | Bauer | Mark | 1996 | AFA Folien GmbH | M-HK |
| 153 | 127 | | 747 | 00:23:22 | Reinke | Liam | 2001 | Sparkasse Südholstein | M-HK |
| 154 | 128 | | 251 | 00:23:24 | Kock | Tomke | 2011 | Kleintierklinik Wasbek | M-JU14 |
| 155 | 129 | | 388 | 00:23:27 | Bartels | Anton | 2009 | Posaunenchor Bokhorst | M-JU16 |
| 156 | 130 | | 187 | 00:23:29 | Schanz | Marcel | 1996 | Iuvo | M-HK |
| 157 | 131 | | 887 | 00:23:31 | Schlotfeldt | Felix | 1996 | SVT | M-HK |
| 158 | 132 | | 23 | 00:23:33 | Dollowski | Christian | 1989 | Bestway Deutschland GmbH | M-35 |
| 159 | 133 | | 717 | 00:23:33 | Girlach | Falk | 1986 | Chaos | M-35 |
| 160 | | 27 | 639 | 00:23:35 | Biehl | Johanna | 1989 | Stadt Neumünster | W-35 |
| 161 | 134 | | 399 | 00:23:36 | Kuprat | Johannes | 1993 | SPD - Das MITMACHEN gewinnt | M-30 |
| 162 | | 28 | 447 | 00:23:36 | Teichert | Kathrin | 1977 | Stadt Neumünster | W-45 |
| 163 | 135 | | 724 | 00:23:37 | Hübner | Marcel | 1992 | LaGarage Runningteam | M-30 |
| 164 | | 29 | 372 | 00:23:38 | Löser | Martina | 1971 | Oerlikon Neumag | W-50 |
| 165 | | 30 | 155 | 00:23:38 | Labusch | Karin | 1965 | Gummi-Busch GmbH & Co.KG | W-55 |
| 166 | 136 | | 85 | 00:23:39 | Haack | Hauke | 2001 | Firma Wilhelm Feldmann | M-HK |
| 167 | 137 | | 373 | 00:23:39 | Blöcker | Martin | 1968 | Oerlikon Neumag | M-55 |
| 168 | 138 | | 20 | 00:23:44 | Druve | Herwig | 1966 | Bestway Deutschland GmbH | M-55 |
| 169 | 139 | | 653 | 00:23:49 | Safi | Wasiullah | 2000 | Iuvo | M-HK |
| 170 | | 31 | 430 | 00:23:49 | Wahl | Helene | 1997 | Stadt Neumünster | W-HK |
| 171 | 140 | | 265 | 00:23:52 | Danne | Philipp | 1994 | Kowsky Lauf Team | M-30 |
| 172 | | 32 | 68 | 00:23:55 | Jacobsen | Christina | 1999 | FEK Neumünster | W-HK |
| 173 | 141 | | 840 | 00:23:58 | Borau | Roland | 1969 | Einfeldler Laufwunder | M-55 |
| 174 | | 33 | 470 | 00:23:59 | Klug | Nica | 2011 | SVT Neumünster | W-JU14 |
| 175 | | 34 | 663 | 00:24:01 | Rieper | Nadja | 1988 | | W-35 |
| 176 | 142 | | 207 | 00:24:01 | Alasker | Samer | 2008 | Iuvo | M-JU18 |
| 177 | 143 | | 196 | 00:24:01 | Conde | Oumar | 2007 | Iuvo | M-JU18 |

Kowsky-Lauf (4,5 Km)

| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|-----------------|----------------|------|---|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 178 | 144 | | 159 | 00:24:02 | Dohrn | Oliver | 1989 | Handelsgesellschaft für Naturprodukte mbH Gut Rosenkrantz | M-35 |
| 179 | | 35 | 478 | 00:24:02 | Schnoor | Sarah | 2011 | SVT Neumünster | W-JU14 |
| 180 | | 36 | 158 | 00:24:02 | Styr | Helena | 1981 | Gummi-Busch GmbH & Co.KG | W-40 |
| 181 | 145 | | 320 | 00:24:02 | Unfug | Enno | 2012 | Lichtblick Neumünster e.V. | M-JU14 |
| 182 | 146 | | 837 | 00:24:04 | Hauschildt | Bosse | 1996 | | M-HK |
| 183 | 147 | | 756 | 00:24:04 | Schnoor | André | 1974 | LaGarage Runningteam | M-50 |
| 184 | | 37 | 262 | 00:24:04 | Ruthenbeck | Olivia | 2001 | Kleintierklinik Wasbek | W-HK |
| 185 | 148 | | 722 | 00:24:08 | Hübner | Finn | 2016 | LaGarage Runningteam | M-KU10 |
| 186 | | 38 | 203 | 00:24:09 | Albrecht | Caroline | 1977 | Iuvo | W-45 |
| 187 | 149 | | 897 | 00:24:10 | Wendland | Christian | 1980 | LiBS | M-40 |
| 188 | 150 | | 376 | 00:24:11 | Friedebold | Sönke | 1963 | Oerlikon Neumag | M-60 |
| 189 | 151 | | 666 | 00:24:12 | Kossert | Wolfgang | 1964 | LaZuF | M-60 |
| 190 | 152 | | 861 | 00:24:14 | Kipp | Olaf | 1970 | ÖDP Kreis Pinneberg / Erdinger Aktiv Team | M-50 |
| 191 | | 39 | 243 | 00:24:16 | von dem Bussche | Dr. Juliane | 1979 | Kleintierklinik Wasbek | W-45 |
| 192 | 153 | | 26 | 00:24:19 | Menge | Henrik | 1994 | Bestway Deutschland GmbH | M-30 |
| 193 | 154 | | 22 | 00:24:19 | Mietusch | Mirco | 1995 | Bestway Deutschland GmbH | M-HK |
| 194 | 155 | | 424 | 00:24:23 | Bohne | Bjarne-Vincent | 1999 | Stadt Neumünster | M-HK |
| 195 | | 40 | 864 | 00:24:23 | Knoll | Anja | 1980 | | W-40 |
| 196 | 156 | | 865 | 00:24:23 | Kornath | Carsten | 1972 | | M-50 |
| 197 | 157 | | 890 | 00:24:24 | Schroeder | Kai | 1969 | | M-55 |
| 198 | | 41 | 18 | 00:24:24 | Krüger | Paulina | 1993 | Bestway Deutschland GmbH | W-30 |
| 199 | 158 | | 495 | 00:24:25 | Buchwald | Tjark | 2006 | Team Finanzamt Neumünster | M-JU20 |
| 200 | | 42 | 13 | 00:24:25 | Ohnesseit | Martha | 2013 | Bestway Deutschland GmbH | W-KU12 |
| 201 | 159 | | 119 | 00:24:28 | Mangelsdorf | Justin | 2006 | GeFa Sportleer | M-JU20 |
| 202 | | 43 | 737 | 00:24:28 | Matthießen | Johanna | 1991 | Theodor-Litt-Schule | W-30 |
| 203 | 160 | | 437 | 00:24:29 | Gehlhaar | Timmy | 1991 | Stadt Neumünster | M-30 |
| 204 | 161 | | 67 | 00:24:30 | Gärtner | Markus | 1968 | FC Torpedo 76 | M-55 |
| 205 | | 44 | 477 | 00:24:30 | Schnoor | Lena | 2011 | SVT Neumünster | W-JU14 |
| 206 | 162 | | 165 | 00:24:30 | Dreyer | Nils | 1993 | Handelsgesellschaft für Naturprodukte mbH Gut Rosenkrantz | M-30 |
| 207 | | 45 | 252 | 00:24:31 | Dose | Diana | 1971 | Kleintierklinik Wasbek | W-50 |
| 208 | | 46 | 760 | 00:24:31 | Selent | Cindy | 1982 | Team Finanzamt Neumünster | W-40 |
| 209 | 163 | | 857 | 00:24:32 | Henke | Dennis | 1985 | | M-35 |
| 210 | | 47 | 12 | 00:24:32 | Prätorius | Laura | 1991 | Bestway Deutschland GmbH | W-30 |
| 211 | | 48 | 467 | 00:24:34 | Erich | Luise | 2008 | SVT Neumünster | W-JU18 |
| 212 | 164 | | 130 | 00:24:34 | Hinz | Jean-Pierre | 1983 | Glasreinigung Oliver Blöcker | M-40 |
| 213 | 165 | | 177 | 00:24:35 | Lange | Thorsten | 1967 | HONSEL Running Rivets | M-55 |
| 214 | 166 | | 174 | 00:24:36 | Salkowski | Timm | 1984 | HONSEL Running Rivets | M-40 |
| 215 | 167 | | 622 | 00:24:38 | Schulz | Holger | 1961 | LG Boostedt | M-60 |
| 216 | 168 | | 499 | 00:24:42 | Herchenröder | Leonard | 2011 | Team Kyllini Beach | M-JU14 |
| 217 | 169 | | 211 | 00:24:42 | Rupnow | Torge | 1971 | Kiek in! Neumünster | M-50 |
| 218 | | 49 | 854 | 00:24:42 | Hansen | Mara | 2008 | | W-JU18 |
| 219 | | 50 | 855 | 00:24:45 | Hansen | Martina | 1973 | | W-50 |
| 220 | 170 | | 616 | 00:24:46 | Kramm | Marlon | 1999 | Kramm & Jäger | M-HK |
| 221 | 171 | | 734 | 00:24:47 | Leonhardt | Mirko | 1971 | LaZuF | M-50 |
| 222 | | 51 | 6 | 00:24:48 | Ohrt | Wencke | 1989 | AFA Folien GmbH | W-35 |
| 223 | | 52 | 613 | 00:24:50 | Trachsel | Emilia | 2011 | Kleintierklinik Wasbek | W-JU14 |

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Kowsky-Lauf (4,5 Km)

| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|-------------|-----------------|------|---|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 224 | 172 | | 633 | 00:24:54 | Braun | Maximilian | 2008 | Ludwig Hauschild Küchen storage | M-JU18 |
| 225 | 173 | | 892 | 00:24:56 | Steiner | Oliver | 1966 | | M-55 |
| 226 | | 53 | 715 | 00:24:57 | Fischer | Meggie | 2002 | Stadtwerke Neumünster | W-HK |
| 227 | | 54 | 220 | 00:24:58 | Ludwig | Melanie | 1981 | Kita Mäusenest | W-40 |
| 228 | 174 | | 283 | 00:24:59 | Tamm | Kai-Uwe | 1959 | DRK Kreisverband | M-65 |
| 229 | 175 | | 356 | 00:25:00 | Tychsen | Laurent-Daniel | 2000 | Lidl lohnt sich | M-HK |
| 230 | 176 | | 671 | 00:25:00 | Schürmann | Dirk | 1967 | Firma Kurepkat | M-55 |
| 231 | | 55 | 81 | 00:25:00 | Flader | Daniela | 1983 | Firma Kurepkat | W-40 |
| 232 | 177 | | 363 | 00:25:01 | Holst | Kimi | 2003 | Markert Group | M-HK |
| 233 | 178 | | 418 | 00:25:01 | Falck | Kai | 1965 | Stadt Neumünster | M-55 |
| 234 | 179 | | 120 | 00:25:02 | Pohl | Oliver | 1988 | GeFa Sportleer | M-35 |
| 235 | 180 | | 111 | 00:25:03 | Bühse | Johannes | 1990 | GeFa Sportleer | M-30 |
| 236 | 181 | | 441 | 00:25:03 | Schleusner | Sebastian | 1983 | Stadt Neumünster | M-40 |
| 237 | 182 | | 445 | 00:25:03 | Nitschmann | Mirko | 1972 | Stadt Neumünster | M-50 |
| 238 | 183 | | 670 | 00:25:04 | Jesilyaprah | Atilla Enver | 2005 | Theodor-Litt-Schule | M-JU20 |
| 239 | | 56 | 341 | 00:25:04 | Kischkat | Mieke | 2000 | Lidl lohnt sich | W-HK |
| 240 | | 57 | 169 | 00:25:04 | Lietzau | Denise | 1998 | Holstenhallen Neumünster GmbH | W-HK |
| 241 | 184 | | 166 | 00:25:06 | Honnen | Christoph | 1983 | Holstenhallen Neumünster GmbH | M-40 |
| 242 | | 58 | 434 | 00:25:09 | Thomsen | Simone | 1986 | Stadt Neumünster | W-35 |
| 243 | 185 | | 146 | 00:25:10 | Ghasmi | Soleiman | 2001 | GOODTIRES | M-HK |
| 244 | | 59 | 859 | 00:25:10 | Jacobs | Yvonne | 1997 | | W-HK |
| 245 | | 60 | 714 | 00:25:12 | Fieroh | Johanna | 2008 | Holstenschule Neumünster | W-JU18 |
| 246 | | 61 | 412 | 00:25:17 | Heller | Johanna-Sophie | 1994 | Stadt Neumünster | W-30 |
| 247 | | 62 | 602 | 00:25:18 | Schlüter | Lena | 1997 | | W-HK |
| 248 | | 63 | 8 | 00:25:20 | Werntges | Julia | 1995 | AFA Folien GmbH | W-HK |
| 249 | 186 | | 408 | 00:25:22 | Jessen | Lennard | 1990 | Stadt Neumünster | M-30 |
| 250 | 187 | | 646 | 00:25:23 | Heesch | Stephan | 1976 | Transcoject GmbH | M-45 |
| 251 | 188 | | 709 | 00:25:26 | Dannmeier | Justus Johannes | 2010 | Svt | M-JU16 |
| 252 | | 64 | 71 | 00:25:27 | Schlüter | Petra | 1973 | FEK Neumünster | W-50 |
| 253 | 189 | | 161 | 00:25:27 | Pelke | Roland | 1970 | Handelsgesellschaft für Naturprodukte mbH Gut Rosenkrantz | M-50 |
| 254 | | 65 | 650 | 00:25:27 | Lauterbach | Stefanie | 1971 | Oerlikon Neumag | W-50 |
| 255 | 190 | | 135 | 00:25:29 | Eitner | Stefan | 1971 | GLINDEMANN GRUPPE | M-50 |
| 256 | 191 | | 707 | 00:25:32 | Bülck | Lars | 2007 | Klaus Groth Schule Neumünster | M-JU18 |
| 257 | | 66 | 144 | 00:25:32 | Liebner | Irina | 1978 | GOODTIRES | W-45 |
| 258 | | 67 | 608 | 00:25:33 | Kruse | Freda | 2015 | Grund- und Gemeinschaftschule Einfeld | W-KU10 |
| 259 | | 68 | 479 | 00:25:34 | Schmidt | Liah | 2011 | SVT Neumünster | W-JU14 |
| 260 | 192 | | 147 | 00:25:35 | Geerken | Michael | 1999 | GOODTIRES | M-HK |
| 261 | | 69 | 845 | 00:25:36 | Dannmeier | Jette | 2008 | | W-JU18 |
| 262 | 193 | | 355 | 00:25:36 | Rohde | Nils | 1992 | Lidl lohnt sich | M-30 |
| 263 | 194 | | 313 | 00:25:37 | Gröll | Andre | 1989 | Legenden Bolzer | M-35 |
| 264 | | 70 | 351 | 00:25:37 | Pelny | Mette | 2002 | Lidl lohnt sich | W-HK |
| 265 | | 71 | 62 | 00:25:42 | Gustmann | Aylin | 2000 | Familienzentrum St. Elisabeth | W-HK |
| 266 | 195 | | 496 | 00:25:43 | Bellgardt | Bennet | 2006 | Team Finanzamt Neumünster | M-JU20 |
| 267 | 196 | | 307 | 00:25:44 | Rudolph | Dennis | 2000 | Lebenshilfewerk Neumünster | M-HK |
| 268 | | 72 | 465 | 00:25:46 | Artl | Katrine | 2009 | SVT Neumünster | W-JU16 |
| 269 | 197 | | 868 | 00:25:48 | Krebs | Malte | 1979 | | M-45 |
| 270 | 198 | | 344 | 00:25:48 | Willnat | Kevin | 1992 | Lidl lohnt sich | M-30 |

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| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|---------------|---------------|------|---|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 271 | 199 | | 405 | 00:25:49 | Bergmann | Tobias | 1971 | Stadt Neumünster | M-50 |
| 272 | 200 | | 720 | 00:25:53 | Kostrzewa | Maximilian | 2010 | Grund- und Gemeinschaftschule Einfeld | M-JU16 |
| 273 | | 73 | 869 | 00:25:55 | Kröger | Anna | 1990 | | W-30 |
| 274 | 201 | | 635 | 00:25:55 | Rückert | Anthony | 2005 | Ludwig Hauschild Küchen storage | M-JU20 |
| 275 | 202 | | 401 | 00:25:58 | Rieckmann | Björn | 1980 | SPD - Das MITMACHEN gewinnt | M-40 |
| 276 | 203 | | 634 | 00:25:59 | Strietzel | Lukas | 2004 | Ludwig Hauschild Küchen storage | M-HK |
| 277 | | 74 | 654 | 00:26:00 | von Seitzberg | Nathalie | 1992 | Kowsky Lauf Team | W-30 |
| 278 | 204 | | 272 | 00:26:01 | Schlotgauer | Konstantin | 1995 | Kowsky Lauf Team | M-HK |
| 279 | 205 | | 131 | 00:26:06 | Baas | Michael | 1965 | Glasreinigung Oliver Blöcker | M-55 |
| 280 | | 75 | 455 | 00:26:08 | Lange | Hannah | 2011 | SVT Neumünster | W-JU14 |
| 281 | 206 | | 759 | 00:26:12 | Schubach | Knut-Henrich | 1973 | Chaos | M-50 |
| 282 | | 76 | 49 | 00:26:12 | Nissen | Jule Josephie | 1997 | EDEKA Nord | W-HK |
| 283 | | 77 | 48 | 00:26:13 | Ratjen | Katharina | 2001 | EDEKA Nord | W-HK |
| 284 | | 78 | 50 | 00:26:13 | Jantzen | Nadine | 1993 | EDEKA Nord | W-30 |
| 285 | 207 | | 47 | 00:26:15 | Schroeder | Marco | 1966 | EDEKA Nord | M-55 |
| 286 | | 79 | 640 | 00:26:16 | Brunswieck | Emma | 2012 | SVT Neumünster | W-JU14 |
| 287 | | 80 | 486 | 00:26:17 | Henning | Carina | 1988 | SWN Stadtwerke Neumünster Beteiligungen GmbH | W-35 |
| 288 | 208 | | 652 | 00:26:17 | Radosz | mathias | 1983 | Iuvo | M-40 |
| 289 | | 81 | 641 | 00:26:17 | Duske | Anna-Laura | 2012 | SVT Neumünster | W-JU14 |
| 290 | 209 | | 371 | 00:26:19 | Schulz | Jan-Henrik | 1971 | Oerlikon Neumag | M-50 |
| 291 | 210 | | 300 | 00:26:19 | Wilken | Marvin | 1998 | Lebenshilfewerk Neumünster | M-HK |
| 292 | 211 | | 338 | 00:26:20 | Lüdtke | Nicolas | 1999 | Lidl lohnt sich | M-HK |
| 293 | | 82 | 332 | 00:26:20 | Heibrock | Jule | 1994 | Lidl lohnt sich | W-30 |
| 294 | 212 | | 860 | 00:26:22 | Jacobsen | Sven | 1965 | | M-55 |
| 295 | 213 | | 4 | 00:26:26 | Quathamer | Helmut | 1976 | Adesso health solutions GmbH | M-45 |
| 296 | 214 | | 870 | 00:26:26 | Krüger | Piet | 2017 | SV Boostedt | M-KU8 |
| 297 | 215 | | 871 | 00:26:27 | Krüger | Steffen | 1983 | SV Boostedt | M-40 |
| 298 | 216 | | 91 | 00:26:30 | Bendfeldt | Liam | 2004 | Firma Wilhelm Feldmann | M-HK |
| 299 | 217 | | 175 | 00:26:33 | Rousseau | Sebastian | 1988 | HONSEL Running Rivets | M-35 |
| 300 | 218 | | 446 | 00:26:36 | Matthieu | Oliver | 1972 | Stadt Neumünster | M-50 |
| 301 | | 83 | 70 | 00:26:38 | Mohr | Jannika | 1991 | FEK Neumünster | W-30 |
| 302 | | 84 | 106 | 00:26:41 | Hahn | Annika | 1999 | Flinke Flotte | W-HK |
| 303 | | 85 | 61 | 00:26:41 | Hachmann | Andreea | 1991 | Familienzentrum St. Elisabeth | W-30 |
| 304 | 219 | | 309 | 00:26:42 | Puhatsch | Stefan | 1968 | Lebenshilfewerk Neumünster | M-55 |
| 305 | 220 | | 494 | 00:26:49 | Goriwoda | Sven | 1977 | Team Finanzamt Neumünster | M-45 |
| 306 | | 86 | 160 | 00:26:51 | Zynda | Jennifer | 1992 | Handelsgesellschaft für Naturprodukte mbH Gut Rosenkrantz | W-30 |
| 307 | | 87 | 432 | 00:26:52 | Valentin | Hannah | 2005 | Stadt Neumünster | W-JU20 |
| 308 | 221 | | 181 | 00:26:52 | Zekrya Tahri | Sayed | 2007 | Iuvo | M-JU18 |
| 309 | | 88 | 235 | 00:26:53 | Skukan | Cim | 1998 | Kleintierklinik Wasbek | W-HK |
| 310 | 222 | | 611 | 00:26:53 | Dischereit | Kilian | 1988 | Kleintierklinik Wasbek | M-35 |
| 311 | 223 | | 2 | 00:26:54 | Kühne | Roland | 1965 | Adesso health solutions GmbH | M-55 |
| 312 | | 89 | 501 | 00:26:54 | Haberkamm | Katrin | 1975 | Team Kyllini Beach | W-45 |
| 313 | | 90 | 895 | 00:26:56 | Tribbensee | Lara | 1996 | | W-HK |
| 314 | 224 | | 58 | 00:27:00 | Schwenck | Maik | 1965 | Familienzentrum St. Elisabeth | M-55 |
| 315 | | 91 | 167 | 00:27:05 | Kruse | Leentje | 1985 | Holstenhallen Neumünster GmbH | W-35 |
| 316 | | 92 | 25 | 00:27:09 | Weidekamm | Angela | 1974 | Bestway Deutschland GmbH | W-50 |

Kowsky-Lauf (4,5 Km)

| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|----------------|---------------|------|--|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 317 | | 93 | 14 | 00:27:10 | Thiebes | Annika | 1996 | Bestway Deutschland GmbH | W-HK |
| 318 | | 94 | 630 | 00:27:13 | Lohse | Christa | 1956 | LOHSE GmbH & Co. KG | W-65 |
| 319 | | 95 | 76 | 00:27:17 | Ohls | Leonie | 2000 | FEK Neumünster | W-HK |
| 320 | 225 | | 900 | 00:27:18 | Wlodarek | Michael | 1968 | | M-55 |
| 321 | 226 | | 190 | 00:27:19 | Pavelt | Jan Ole | 2007 | Iuvo | M-JU18 |
| 322 | 227 | | 393 | 00:27:21 | Dencker | Uwe | 1961 | Powerfabrik | M-60 |
| 323 | 228 | | 729 | 00:27:24 | Köppen | Max | 2010 | LaGarage Runningteam | M-JU16 |
| 324 | | 96 | 75 | 00:27:25 | Reichelt | Michelle | 1996 | FEK Neumünster | W-HK |
| 325 | | 97 | 453 | 00:27:26 | Ludwig | Annabell | 2008 | SVT Neumünster | W-JU18 |
| 326 | 229 | | 5 | 00:27:27 | Brandherm | Horst | 1964 | Adesso health solutions GmbH | M-60 |
| 327 | | 98 | 168 | 00:27:28 | Solohor | Natalja | 1984 | Holstenhallen Neumünster GmbH | W-40 |
| 328 | | 99 | 103 | 00:27:33 | Meyer | Emily | 1999 | Flinke Flotte | W-HK |
| 329 | | 100 | 270 | 00:27:35 | Aitemirova | Aizada | 1996 | Kowsky Lauf Team | W-HK |
| 330 | 230 | | 713 | 00:27:36 | Eymer | Marco | 1972 | Team 357a Wandels Mountain | M-50 |
| 331 | 231 | | 365 | 00:27:36 | Schoennagel | Jan | 1975 | Markert Group | M-45 |
| 332 | | 101 | 843 | 00:27:37 | Bülck | Saskia | 2001 | | W-HK |
| 333 | 232 | | 394 | 00:27:43 | Kroll | Rico | 1979 | SPD - Das MITMACHEN gewinnt | M-45 |
| 334 | | 102 | 498 | 00:27:50 | Wegner | Ramona | 1972 | Team Finanzamt Neumünster | W-50 |
| 335 | 233 | | 497 | 00:27:50 | Aschkar | Karim Marc | 1971 | Team Finanzamt Neumünster | M-50 |
| 336 | | 103 | 149 | 00:27:51 | Waldinger | Kim | 1995 | GOODTIRES | W-HK |
| 337 | 234 | | 874 | 00:27:51 | Lubanski | Ronny | 1975 | Rüdiger Haase GmbH | M-45 |
| 338 | | 104 | 451 | 00:27:54 | Osmanovic | Uma | 2010 | SVT Neumünster | W-JU16 |
| 339 | | 105 | 463 | 00:27:54 | Habeck | Anne-Kathrin | 2010 | SVT Neumünster | W-JU16 |
| 340 | 235 | | 172 | 00:27:54 | Kinzel | Thomas | 1985 | HONSEL Running Rivets | M-35 |
| 341 | 236 | | 132 | 00:27:55 | Blöcker | Oliver | 1969 | Glasreinigung Oliver Blöcker | M-55 |
| 342 | | 106 | 218 | 00:27:56 | Todt | Lina | 1998 | Kita Mäusenest | W-HK |
| 343 | 237 | | 276 | 00:27:56 | Fust | Torsten | 1984 | Kowsky Lauf Team | M-40 |
| 344 | | 107 | 482 | 00:27:57 | Rieper | Lotta | 2011 | SVT Neumünster | W-JU14 |
| 345 | | 108 | 460 | 00:27:57 | Krebs | Ida | 2011 | SVT Neumünster | W-JU14 |
| 346 | | 109 | 464 | 00:27:57 | Günter | Jette | 2008 | SVT Neumünster | W-JU18 |
| 347 | | 110 | 398 | 00:27:59 | Bohlen | Katja | 1984 | SPD - Das MITMACHEN gewinnt | W-40 |
| 348 | 238 | | 334 | 00:28:00 | Henningsen | Maik Leon | 2006 | Lidl lohnt sich | M-JU20 |
| 349 | 239 | | 628 | 00:28:01 | Ramo | Brusk | 2007 | LOHSE GmbH & Co. KG | M-JU18 |
| 350 | | 111 | 269 | 00:28:02 | Barwich | Nicole | 1984 | Kowsky Lauf Team | W-40 |
| 351 | 240 | | 421 | 00:28:04 | Dittebrandt | Jens | 1961 | Stadt Neumünster | M-60 |
| 352 | 241 | | 17 | 00:28:07 | Malek | Daniel | 1998 | Bestway Deutschland GmbH | M-HK |
| 353 | 242 | | 215 | 00:28:07 | Safarzade | Sam | 1992 | Kiek in! Neumünster | M-30 |
| 354 | 243 | | 704 | 00:28:08 | Beyer | Julian | 1991 | SWN Stadtwerke Neumünster Beteiligungen GmbH | M-30 |
| 355 | | 112 | 517 | 00:28:09 | Uhlmann | Melanie | 1975 | Zekid Altholstein | W-45 |
| 356 | | 113 | 450 | 00:28:09 | Paulsen | Hannah | 2008 | SVT Neumünster | W-JU18 |
| 357 | | 114 | 629 | 00:28:10 | Lüders-Schnoor | Ute | 1964 | LOHSE GmbH & Co. KG | W-60 |
| 358 | | 115 | 100 | 00:28:12 | Schlichting | Sabine | 1986 | DRK Fachklinik Hahnknüll | W-35 |
| 359 | 244 | | 435 | 00:28:13 | Köwer | Michael | 1968 | Stadt Neumünster | M-55 |
| 360 | 245 | | 763 | 00:28:18 | Steffen | Mario | 1967 | Kein Bier vor Vier | M-55 |
| 361 | | 116 | 69 | 00:28:24 | Boldt | Gina | 1998 | FEK Neumünster | W-HK |
| 362 | | 117 | 503 | 00:28:25 | Gohlisch | Lara-Christin | 1988 | Tempel Partnerschaft mbB | W-35 |
| 363 | 246 | | 665 | 00:28:25 | Schubert | Patrick | 1992 | Stadt Neumünster | M-30 |

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| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|-------------|--------------|------|----------------------------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 364 | | 118 | 427 | 00:28:25 | Wohlbehagen | Anna | 1990 | Stadt Neumünster | W-30 |
| 365 | 247 | | 728 | 00:28:26 | Köppen | Levin | 1977 | LaGarage Runningteam | M-45 |
| 366 | 248 | | 504 | 00:28:26 | Schellig | Christoph | 2002 | Tempel Partnerschaft mbB | M-HK |
| 367 | | 119 | 444 | 00:28:27 | Nüssle | Katja | 1982 | Stadt Neumünster | W-40 |
| 368 | 249 | | 326 | 00:28:28 | Unfug | Ben Oke | 2007 | Lichtblick Neumünster e.V. | M-JU18 |
| 369 | | 120 | 368 | 00:28:29 | Sievert | Katja | 1974 | OCT | W-50 |
| 370 | 250 | | 124 | 00:28:31 | Thießén | Johannes | 2005 | GeFa Sportleer | M-JU20 |
| 371 | 251 | | 126 | 00:28:31 | Tucholke | Finn | 2005 | GeFa Sportleer | M-JU20 |
| 372 | | 121 | 875 | 00:28:37 | Mielke | Johanna | 1984 | | W-40 |
| 373 | 252 | | 298 | 00:28:42 | Wolf | Jan Frederik | 2004 | Lebenshilfewerk Neumünster | M-HK |
| 374 | 253 | | 631 | 00:28:43 | Yagmur | Samet | 2006 | LOHSE GmbH & Co. KG | M-JU20 |
| 375 | 254 | | 627 | 00:28:43 | Akcabey | Emirhan | 2004 | LOHSE GmbH & Co. KG | M-HK |
| 376 | 255 | | 268 | 00:28:46 | Leich | Sven | 1982 | Kowsky Lauf Team | M-40 |
| 377 | | 122 | 601 | 00:28:47 | Göttsche | Julia | 1990 | | W-30 |
| 378 | 256 | | 34 | 00:28:50 | Stafast | André | 1991 | Die Laufeulen | M-30 |
| 379 | 257 | | 889 | 00:28:51 | Schmidt | Matthias | 1971 | | M-50 |
| 380 | 258 | | 607 | 00:28:51 | Winkler | Anton | 2000 | Firma Wilhelm Feldmann | M-HK |
| 381 | | 123 | 348 | 00:28:53 | Homeister | Carola | 1994 | Lidl lohnt sich | W-30 |
| 382 | | 124 | 404 | 00:28:55 | Marker | Saskia | 1994 | Stadt Neumünster | W-30 |
| 383 | | 125 | 42 | 00:28:56 | Tihonova | Evelin | 1983 | DRK Betreuungsgesellschaft | W-40 |
| 384 | 259 | | 228 | 00:28:58 | Louwers | Wesley | 1997 | KiTa Zwergenland | M-HK |
| 385 | | 126 | 284 | 00:28:59 | Wlodarek | Karina | 1978 | DRK Kreisverband | W-45 |
| 386 | 260 | | 647 | 00:29:02 | Ernst | Andree | 1966 | Transcoject GmbH | M-55 |
| 387 | 261 | | 637 | 00:29:03 | Shaik | Zilan | 1978 | PanaRunNeo | M-45 |
| 388 | 262 | | 200 | 00:29:13 | Diuya | Shaddab | 2006 | Iuvo | M-JU20 |
| 389 | | 127 | 462 | 00:29:13 | Harloff | Marie | 2009 | SVT Neumünster | W-JU16 |
| 390 | | 128 | 274 | 00:29:14 | Klimke | Laura | 1997 | Kowsky Lauf Team | W-HK |
| 391 | | 129 | 273 | 00:29:14 | Lill | Franziska | 1997 | Kowsky Lauf Team | W-HK |
| 392 | | 130 | 340 | 00:29:16 | Köln | Michelle | 2003 | Lidl lohnt sich | W-HK |
| 393 | 263 | | 357 | 00:29:16 | Diekmann | Nils | 1994 | Lidl lohnt sich | M-30 |
| 394 | | 131 | 852 | 00:29:22 | Günther | Finja | 2010 | | W-JU16 |
| 395 | 264 | | 882 | 00:29:27 | Pollak | Dominik | 1996 | | M-HK |
| 396 | 265 | | 87 | 00:29:30 | Rausch | Michael | 1991 | Firma Wilhelm Feldmann | M-30 |
| 397 | | 132 | 655 | 00:29:33 | Schmidt | Nadine | 1977 | Kowsky Lauf Team | W-45 |
| 398 | 266 | | 660 | 00:29:34 | Plate | Wolfgang | 1968 | PanaRunNeo | M-55 |
| 399 | 267 | | 41 | 00:29:35 | Bayrak | Umut | 1994 | DRK Betreuungsgesellschaft | M-30 |
| 400 | 268 | | 16 | 00:29:40 | Ohnesseit | Malte | 1975 | Bestway Deutschland GmbH | M-45 |
| 401 | | 133 | 490 | 00:29:42 | Klein | Karen | 1955 | Team Finanzamt Neumünster | W-65 |
| 402 | | 134 | 716 | 00:29:43 | Giesecke | Lea | 2010 | LaGarage Runningteam | W-JU16 |
| 403 | | 135 | 620 | 00:29:44 | Plath | Tatjana | 1996 | LaZuF | W-HK |
| 404 | | 136 | 863 | 00:29:45 | Klassen | Tatjana | 1975 | | W-45 |
| 405 | | 137 | 480 | 00:29:45 | Rüchel | Nike | 2010 | SVT Neumünster | W-JU16 |
| 406 | | 138 | 36 | 00:29:46 | Pieper | Anna | 2000 | Die Laufeulen | W-HK |
| 407 | | 139 | 248 | 00:29:46 | Kock | Carlotta | 2009 | Kleintierklinik Wasbek | W-JU16 |
| 408 | | 140 | 448 | 00:29:47 | Grallert | Kathrin | 1993 | Stadt Neumünster | W-30 |
| 409 | 269 | | 407 | 00:29:47 | Kiep | Fabian | 1990 | Stadt Neumünster | M-30 |
| 410 | 270 | | 285 | 00:29:48 | Attrot | Mathis | 1984 | Laufen statt Sofa | M-40 |
| 411 | 271 | | 294 | 00:29:48 | Gampl | Philipp | 2005 | Lebenshilfewerk Neumünster | M-JU20 |

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Kowsky-Lauf (4,5 Km)

| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|-----------------|---------------|------|-------------------------------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 412 | 272 | | 302 | 00:29:48 | Wähler | Michael | 1982 | Lebenshilfewerk Neumünster | M-40 |
| 413 | | 141 | 288 | 00:29:55 | Chmielewski | Merle | 1988 | Laufen statt Sofa | W-35 |
| 414 | | 142 | 466 | 00:29:55 | Adalya | Ecrin | 2010 | SVT Neumünster | W-JU16 |
| 415 | | 143 | 457 | 00:29:57 | Krawutschke | Melissa | 2009 | SVT Neumünster | W-JU16 |
| 416 | | 144 | 366 | 00:29:58 | Ubert | Conny | 1959 | OCT | W-65 |
| 417 | | 145 | 213 | 00:29:59 | Steiner | Stephanie | 1975 | Kiek in! Neumünster | W-45 |
| 418 | | 146 | 45 | 00:30:00 | Thurow-Rüchel | Kerstin | 1980 | EDEKA Nord | W-40 |
| 419 | | 147 | 449 | 00:30:03 | Karakoza | Nisa | 2008 | SVT Neumünster | W-JU18 |
| 420 | | 148 | 733 | 00:30:05 | Kronberg | Ina | 1978 | Chaos | W-45 |
| 421 | | 149 | 257 | 00:30:07 | Lennartz | Eva | 1974 | Kleintierklinik Wasbek | W-50 |
| 422 | 273 | | 849 | 00:30:08 | Fieroh | Markus | 1969 | TSV Gadeland | M-55 |
| 423 | | 150 | 261 | 00:30:09 | Folster | Laureen | 2004 | Kleintierklinik Wasbek | W-HK |
| 424 | | 151 | 250 | 00:30:10 | Stübig | Lina | 2004 | Kleintierklinik Wasbek | W-HK |
| 425 | 274 | | 79 | 00:30:10 | Kurepkat | Thorsten | 1969 | Firma Kurepkat | M-55 |
| 426 | | 152 | 230 | 00:30:10 | Rost | Lea | 2003 | Kleintierklinik Wasbek | W-HK |
| 427 | | 153 | 247 | 00:30:13 | Kock | Catalina | 2015 | Kleintierklinik Wasbek | W-KU10 |
| 428 | | 154 | 11 | 00:30:13 | Lühr | Marietta | 2013 | Apotheke am Kantplatz | W-KU12 |
| 429 | | 155 | 254 | 00:30:14 | Joneleit | Insa | 2006 | Kleintierklinik Wasbek | W-JU20 |
| 430 | | 156 | 133 | 00:30:14 | Hinz | Jasmin | 1983 | Glasreinigung Oliver Blöcker | W-40 |
| 431 | | 157 | 438 | 00:30:15 | Schönberg | Selina | 1995 | Stadt Neumünster | W-HK |
| 432 | | 158 | 281 | 00:30:16 | Witt | Heike | 1956 | Kowsky Lauftreff | W-65 |
| 433 | | 159 | 10 | 00:30:16 | Lühr | Inke | 1980 | Apotheke am Kantplatz | W-40 |
| 434 | 275 | | 90 | 00:30:20 | Erps | Dennis | 1993 | Firma Wilhelm Feldmann | M-30 |
| 435 | | 160 | 456 | 00:30:27 | Wilken | Liv-Stine | 2008 | SVT Neumünster | W-JU18 |
| 436 | 276 | | 898 | 00:30:27 | Willers | Michael | 1975 | | M-45 |
| 437 | | 161 | 878 | 00:30:30 | Müller | Jessica | 1982 | | W-40 |
| 438 | 277 | | 615 | 00:30:32 | Kramm | Matthias | 1968 | Kramm & Jäger | M-55 |
| 439 | 278 | | 850 | 00:30:32 | Fischbach | Jörg | 1969 | | M-55 |
| 440 | 279 | | 891 | 00:30:33 | Schümann | Sven | 1968 | | M-55 |
| 441 | | 162 | 436 | 00:30:33 | Strahl | Birgit | 1965 | Stadt Neumünster | W-55 |
| 442 | 280 | | 170 | 00:30:43 | Zeh | Stephan | 1982 | Holstenhallen Neumünster GmbH | M-40 |
| 443 | | 163 | 109 | 00:30:48 | Benammar | Roumaissa | 2006 | GeFa Sportler | W-JU20 |
| 444 | | 164 | 299 | 00:30:49 | Warkotsch | Nicole | 1968 | Lebenshilfewerk Neumünster | W-55 |
| 445 | 281 | | 290 | 00:30:49 | Wentzel | Leevi-Fynn | 2021 | Lebenshilfewerk Neumünster | M-KU8 |
| 446 | | 165 | 301 | 00:30:50 | Bruhn | Jaqueline | 1998 | Lebenshilfewerk Neumünster | W-HK |
| 447 | | 166 | 289 | 00:30:50 | Kleen | Katja | 1969 | Lebenshilfewerk Neumünster | W-55 |
| 448 | | 167 | 310 | 00:30:51 | Pantlofsky | Kathrin | 1988 | Lebenshilfewerk Neumünster | W-35 |
| 449 | 282 | | 142 | 00:30:52 | Peters | Marco | 1989 | GOODTIRES | M-35 |
| 450 | 283 | | 387 | 00:30:54 | Jensen | Jens | 1959 | Posaunenchor Bokhorst | M-65 |
| 451 | | 168 | 386 | 00:30:55 | Jensen | Sigrid | 1958 | Posaunenchor Bokhorst | W-65 |
| 452 | 284 | | 744 | 00:30:56 | Puck | Jesse | 2007 | Theodor-Litt-Schule | M-JU18 |
| 453 | 285 | | 659 | 00:30:58 | Bock | Michael | 1970 | | M-50 |
| 454 | | 169 | 413 | 00:31:00 | Legler | Christin | 1988 | Stadt Neumünster | W-35 |
| 455 | | 170 | 221 | 00:31:04 | Omnitz | Stefanie | 1989 | Kita Mäusenest | W-35 |
| 456 | | 171 | 219 | 00:31:04 | Thurow-Meseritz | Charlotte | 2000 | Kita Mäusenest | W-HK |
| 457 | | 172 | 286 | 00:31:07 | Blue | Ursula | 1985 | Laufen statt Sofa | W-35 |
| 458 | | 173 | 287 | 00:31:09 | Fischer | Chalien Marie | 1993 | Laufen statt Sofa | W-30 |
| 459 | | 174 | 129 | 00:31:10 | Zickler | Stefanie | 2005 | GeFa Sportler | W-JU20 |

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Kowsky-Lauf (4,5 Km)

| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|------------------|------------|------|-------------------------------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 460 | | 175 | 217 | 00:31:12 | Böttcher | Gaby | 1967 | Kita Mäusenest | W-55 |
| 461 | 286 | | 88 | 00:31:15 | Vogt | Niklas | 2003 | Firma Wilhelm Feldmann | M-HK |
| 462 | | 176 | 55 | 00:31:16 | Orlen | Bozena | 1961 | Familienzentrum St. Elisabeth | W-60 |
| 463 | | 177 | 59 | 00:31:17 | Spitza | Tatjana | 1987 | Familienzentrum St. Elisabeth | W-35 |
| 464 | 287 | | 97 | 00:31:22 | Erdmann | Dominik | 1992 | DRK Fachklinik Hahnknüll | M-30 |
| 465 | 288 | | 186 | 00:31:22 | Scheele | Morten | 1994 | Iuvo | M-30 |
| 466 | | 178 | 415 | 00:31:22 | Löhning | Gudrun | 1969 | Stadt Neumünster | W-55 |
| 467 | | 179 | 610 | 00:31:22 | Böhme | Wiebke | 1979 | Iuvo | W-45 |
| 468 | | 180 | 406 | 00:31:23 | Köhler | Carina | 1985 | Stadt Neumünster | W-35 |
| 469 | | 181 | 395 | 00:31:23 | Johna | Lisa-Marie | 2005 | SPD - Das MITMACHEN gewinnt | W-JU20 |
| 470 | 289 | | 104 | 00:31:26 | Liekfeldt | Jan | 1997 | Flinke Flotte | M-HK |
| 471 | 290 | | 46 | 00:31:30 | Selke | Björn | 1987 | EDEKA Nord | M-35 |
| 472 | | 182 | 431 | 00:31:31 | Von Hoff | Anika | 1973 | Stadt Neumünster | W-50 |
| 473 | | 183 | 105 | 00:31:32 | Horst | Karina | 1997 | Flinke Flotte | W-HK |
| 474 | | 184 | 99 | 00:31:32 | Niemann | Darina | 1999 | DRK Fachklinik Hahnknüll | W-HK |
| 475 | | 185 | 841 | 00:31:33 | Borowitschka | Sandra | 1978 | | W-45 |
| 476 | 291 | | 95 | 00:31:37 | Brandt | Fabian | 2000 | DRK Fachklinik Hahnknüll | M-HK |
| 477 | 292 | | 94 | 00:31:45 | Oldekop | Nils | 1978 | DRK Fachklinik Hahnknüll | M-45 |
| 478 | | 186 | 116 | 00:31:46 | Häfner | Finja | 2008 | GeFa Sportler | W-JU18 |
| 479 | | 187 | 725 | 00:31:47 | Hübner | Sarah | 1991 | LaGarage Runningteam | W-30 |
| 480 | | 188 | 367 | 00:31:49 | Meyer | Kerstin | 1963 | OCT | W-60 |
| 481 | | 189 | 380 | 00:31:54 | Ilazi | Remzije | 1971 | Polo Ralph Lauren | W-50 |
| 482 | | 190 | 128 | 00:31:54 | Wernecke | Lika | 2007 | GeFa Sportler | W-JU18 |
| 483 | | 191 | 459 | 00:32:00 | Klug | Taisa | 2008 | SVT Neumünster | W-JU18 |
| 484 | 293 | | 154 | 00:32:00 | Fürst | Andreas | 1969 | GOODTIRES | M-55 |
| 485 | | 192 | 468 | 00:32:08 | Carlsen-Bracker | Jette | 2011 | SVT Neumünster | W-JU14 |
| 486 | | 193 | 324 | 00:32:13 | Klandt | Lena | 1985 | Lichtblick Neumünster e.V. | W-35 |
| 487 | | 194 | 56 | 00:32:18 | Otte | Denise | 1996 | Familienzentrum St. Elisabeth | W-HK |
| 488 | | 195 | 54 | 00:32:19 | Ventker | Alexandra | 1979 | Familienzentrum St. Elisabeth | W-45 |
| 489 | | 196 | 319 | 00:32:20 | Lensch | Katharina | 1983 | Lichtblick Neumünster e.V. | W-40 |
| 490 | 294 | | 723 | 00:32:21 | Hübner | Manfred | 1960 | LaGarage Runningteam | M-60 |
| 491 | | 197 | 224 | 00:32:22 | Boll | Joyna | 1998 | KiTa Zwergenland | W-HK |
| 492 | | 198 | 191 | 00:32:22 | Koop | Jessica | 1999 | Iuvo | W-HK |
| 493 | | 199 | 231 | 00:32:23 | Berg | Annika | 1990 | Kleintierklinik Wasbek | W-30 |
| 494 | | 200 | 638 | 00:32:25 | David | Kristin | 1973 | Stadt Neumünster | W-50 |
| 495 | | 201 | 21 | 00:32:25 | Druve | Claudia | 1965 | Bestway Deutschland GmbH | W-55 |
| 496 | 295 | | 853 | 00:32:39 | Gustafsson | Uwe | 1939 | LT Neumünster - Gartenstadt | M-85 |
| 497 | | 202 | 505 | 00:32:43 | Marberg-Bollmann | Barbara | 1967 | DRK Tagesklinik | W-55 |
| 498 | | 203 | 322 | 00:32:47 | Unfug | Ines | 1972 | Lichtblick Neumünster e.V. | W-50 |
| 499 | | 204 | 719 | 00:32:50 | Grubben | Renate | 1944 | SVT Neumünster | W-80 |
| 500 | | 205 | 604 | 00:32:52 | Kähler | Anja | 1976 | BSG Sparkasse Südholstein | W-45 |
| 501 | 296 | | 603 | 00:32:52 | Hahn | Hauke | 1973 | BSG Sparkasse Südholstein | M-50 |
| 502 | 297 | | 605 | 00:32:52 | Gutschlag | Thorsten | 1961 | BSG Sparkasse Südholstein | M-60 |
| 503 | | 206 | 606 | 00:32:52 | Bauer | Kirsten | 1961 | BSG Sparkasse Südholstein | W-60 |
| 504 | 298 | | 198 | 00:33:08 | Ahmadzai | Yonus | 2007 | Iuvo | M-JU18 |
| 505 | | 207 | 612 | 00:33:08 | Trachsel | Nina | 1988 | Kleintierklinik Wasbek | W-35 |
| 506 | 299 | | 614 | 00:33:09 | Trachsel | Matthis | 2012 | Kleintierklinik Wasbek | M-JU14 |
| 507 | | 208 | 847 | 00:33:11 | Dibbern | Jil | 1984 | | W-40 |

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Kowsky-Lauf (4,5 Km)

| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|----------------|--------------------|------|-------------------------------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 508 | | 209 | 277 | 00:33:13 | Schmahl | Karin | 1955 | Kowsky Lauftreff | W-65 |
| 509 | | 210 | 318 | 00:33:15 | Schumann | Ulrike | 1970 | Lichtblick Neumünster e.V. | W-50 |
| 510 | | 211 | 308 | 00:33:18 | Adam | Jennifer-Katharina | 1995 | Lebenshilfewerk Neumünster | W-HK |
| 511 | | 212 | 474 | 00:33:18 | Köster | Lele | 2011 | SVT Neumünster | W-JU14 |
| 512 | | 213 | 473 | 00:33:18 | Sievers | Janne | 2011 | SVT Neumünster | W-JU14 |
| 513 | | 214 | 461 | 00:33:18 | Henke | Lotta | 2011 | SVT Neumünster | W-JU14 |
| 514 | | 215 | 263 | 00:33:19 | Brydun | Myroslava | 2016 | Kleintierklinik Wasbek | W-KU10 |
| 515 | 300 | | 648 | 00:33:21 | Brydun | Serhii | 1984 | Kleintierklinik Wasbek | M-40 |
| 516 | | 216 | 873 | 00:33:30 | Lohse | Katrin | 1986 | | W-35 |
| 517 | | 217 | 661 | 00:33:30 | Kowsky | Wiebke | 1970 | Kowsky Lauf Team | W-50 |
| 518 | 301 | | 182 | 00:33:30 | Almohamad | Abdulmalik | 2008 | Iuvo | M-JU18 |
| 519 | | 218 | 757 | 00:33:40 | Schnoor | Andrea | 1979 | LaGarage Runningteam | W-45 |
| 520 | 302 | | 206 | 00:33:48 | Hauptvogel | Tobias | 1985 | Iuvo | M-35 |
| 521 | 303 | | 758 | 00:33:50 | Schnoor | Linus | 2015 | LaGarage Runningteam | M-KU10 |
| 522 | | 219 | 256 | 00:33:51 | Brydun | Maria | 1990 | Kleintierklinik Wasbek | W-30 |
| 523 | | 220 | 389 | 00:33:54 | Kröhnke | Tony Johanna | 2004 | Posaunenchor Bokhorst | W-HK |
| 524 | | 221 | 442 | 00:34:00 | Schipper | Lea | 2002 | Stadt Neumünster | W-HK |
| 525 | 304 | | 703 | 00:34:08 | Besier | Pascal | 2007 | Theodor-Litt-Schule | M-JU18 |
| 526 | | 222 | 185 | 00:34:08 | Schön | Larena | 2011 | Iuvo | W-JU14 |
| 527 | 305 | | 738 | 00:34:10 | Mede | Jörg | 1974 | LaGarage Runningteam | M-50 |
| 528 | | 223 | 349 | 00:34:10 | Denker | Katrin | 1984 | Lidl lohnt sich | W-40 |
| 529 | | 224 | 350 | 00:34:11 | Paul | Cindy | 1974 | Lidl lohnt sich | W-50 |
| 530 | | 225 | 331 | 00:34:11 | Goetsch | Katharina | 1987 | Lidl lohnt sich | W-35 |
| 531 | | 226 | 72 | 00:34:19 | Blunck-Jochens | Susann | 1969 | FEK Neumünster | W-55 |
| 532 | 306 | | 409 | 00:34:26 | Hertel | Robin | 1987 | Stadt Neumünster | M-35 |
| 533 | | 227 | 64 | 00:34:28 | Melerowicz | Mariola | 1989 | Familienzentrum St. Elisabeth | W-35 |
| 534 | 307 | | 879 | 00:34:38 | Mundt | Andreas | 1963 | Ambassadors | M-60 |
| 535 | 308 | | 184 | 00:34:42 | Singh | Daniel | 2006 | Iuvo | M-JU20 |
| 536 | | 228 | 838 | 00:34:43 | Bock | Silvana | 1976 | | W-45 |
| 537 | | 229 | 884 | 00:34:43 | Rohrmoser | Ines | 1973 | | W-50 |
| 538 | | 230 | 643 | 00:34:46 | Redlefs | Jessica | 1983 | Tempel Partnerschaft mbB | W-40 |
| 539 | | 231 | 502 | 00:34:46 | Schulz | Ramona | 1980 | Tempel Partnerschaft mbB | W-40 |
| 540 | | 232 | 275 | 00:34:48 | Rahmann | Ute | 1972 | Kowsky Lauf Team | W-50 |
| 541 | 309 | | 651 | 00:35:04 | Claussen | Emilio | 1991 | Iuvo | M-30 |
| 542 | | 233 | 258 | 00:35:08 | Albers | Marlene | 1996 | Kleintierklinik Wasbek | W-HK |
| 543 | 310 | | 232 | 00:35:08 | Albers | Jannik | 1997 | Kleintierklinik Wasbek | M-HK |
| 544 | | 234 | 515 | 00:35:14 | Schneider | Anette | 1968 | Zekid Altholstein | W-55 |
| 545 | 311 | | 57 | 00:35:16 | Plewka | Thomas | 1982 | Familienzentrum St. Elisabeth | M-40 |
| 546 | | 235 | 706 | 00:35:18 | Brandt | Sonja | 1988 | Theodor-Litt-Schule | W-35 |
| 547 | 312 | | 271 | 00:35:18 | Schramke | Nico | 1997 | Kowsky Lauf Team | M-HK |
| 548 | | 236 | 858 | 00:35:20 | Huckfeldt | Andrea | 1984 | | W-40 |
| 549 | | 237 | 493 | 00:35:24 | Hartmann | Ariane | 1973 | Team Finanzamt Neumünster | W-50 |
| 550 | | 238 | 513 | 00:35:27 | Niebuhr | Lisei | 1984 | Zekid Altholstein | W-40 |
| 551 | 313 | | 516 | 00:35:28 | Schulz | Sebastian | 1979 | Zekid Altholstein | M-45 |
| 552 | | 239 | 335 | 00:35:35 | Hansen | Anna-Lena | 1993 | Lidl lohnt sich | W-30 |
| 553 | | 240 | 317 | 00:35:38 | Schönhoff | Doris | 1967 | Lichtblick Neumünster e.V. | W-55 |
| 554 | | 241 | 321 | 00:35:38 | Rahmann | Nicole | 1969 | Lichtblick Neumünster e.V. | W-55 |
| 555 | 314 | | 711 | 00:35:41 | Drebitz | Holger | 1951 | SC Gut Heil Neumünster | M-70 |

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Kowsky-Lauf (4,5 Km)

| Kowsky-Lauf | | | | | | | | | |
|--------------------|-------|-------|------|----------|----------------|------------|------|----------------------------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK |
| 556 | | 242 | 226 | 00:35:46 | Jendritzka | Antonia | 2001 | KiTa Zwergenland | W-HK |
| 557 | | 243 | 115 | 00:35:47 | Gedwieschat | Anna | 2006 | GeFa Sportleer | W-JU20 |
| 558 | | 244 | 264 | 00:35:47 | Leopold | Neele | 1997 | Kowsky Lauf Team | W-HK |
| 559 | 315 | | 439 | 00:35:48 | Schmitt | Mark | 1985 | Stadt Neumünster | M-35 |
| 560 | | 245 | 260 | 00:35:49 | Freiberg | Laura | 1999 | Kleintierklinik Wasbek | W-HK |
| 561 | | 246 | 880 | 00:35:49 | Nahrwold | Wiebke | 1949 | Lets go Lohbarbek | W-75 |
| 562 | 316 | | 30 | 00:35:58 | Marquard | Patric | 1967 | bk systems GmbH | M-55 |
| 563 | | 247 | 856 | 00:36:12 | Havemeister | Jutta | 1967 | | W-55 |
| 564 | | 248 | 137 | 00:36:22 | Lassen-Lucht | Nathalie | 1969 | GLINDEMANN GRUPPE | W-55 |
| 565 | 317 | | 384 | 00:36:29 | Kahnert | Niclas | 2005 | Polo Ralph Lauren | M-JU20 |
| 566 | | 249 | 381 | 00:36:29 | Jabs | Katarzyna | 1990 | Polo Ralph Lauren | W-30 |
| 567 | 318 | | 199 | 00:36:31 | Wendorf | Killian | 2011 | Iuvo | M-JU14 |
| 568 | 319 | | 77 | 00:36:54 | Zich | Sebastian | 2000 | Firma Kurepkat | M-HK |
| 569 | 320 | | 234 | 00:36:57 | Schwarz | Lasse | 2009 | Kleintierklinik Wasbek | M-JU16 |
| 570 | | 250 | 96 | 00:37:00 | Ehlers | Anita | 1986 | DRK Fachklinik Hahnknüll | W-35 |
| 571 | 321 | | 223 | 00:37:33 | Löffler | David | 1989 | KiTa Zwergenland | M-35 |
| 572 | | 251 | 74 | 00:37:37 | Wenzel | Petra | 1964 | FEK Neumünster | W-60 |
| 573 | | 252 | 102 | 00:37:41 | Städt | Christin | 1990 | DRK Fachklinik Hahnknüll | W-30 |
| 574 | | 253 | 98 | 00:37:45 | Klauß | Larissa | 1993 | DRK Fachklinik Hahnknüll | W-30 |
| 575 | | 254 | 227 | 00:38:03 | Rudloff | Freya | 1991 | KiTa Zwergenland | W-30 |
| 576 | 322 | | 509 | 00:38:09 | Fürstenwerth | Jan | 1985 | WKS-Laufteam | M-35 |
| 577 | 323 | | 183 | 00:38:21 | Kürten | Thomas | 1968 | Iuvo | M-55 |
| 578 | | 255 | 193 | 00:38:21 | Handschuh | Jasmin | 2009 | Iuvo | W-JU16 |
| 579 | 324 | | 877 | 00:38:32 | Müller | Frank | 1967 | | M-55 |
| 580 | | 256 | 625 | 00:38:38 | Michels | Hanna | 1994 | Lichtblicke | W-30 |
| 581 | | 257 | 626 | 00:38:38 | Prozel | Selina | 1999 | Lichtblicke | W-HK |
| 582 | 325 | | 114 | 00:38:49 | Eksi | Efe | 2006 | GeFa Sportleer | M-JU20 |
| 583 | 326 | | 80 | 00:39:38 | Kurepkat | Uwe | 1940 | Firma Kurepkat | M-80 |
| 584 | | 258 | 240 | 00:40:31 | Elster | Katherina | 1996 | Kleintierklinik Wasbek | W-HK |
| 585 | 327 | | 649 | 00:40:32 | Trachsel | Björn | 1981 | Kleintierklinik Wasbek | M-40 |
| 586 | | 259 | 38 | 00:40:47 | Najem | Nour | 1999 | DRK Betreuungsgesellschaft | W-HK |
| 587 | | 260 | 420 | 00:40:55 | Eckhardt-Bruhn | Beate | 1977 | Stadt Neumünster | W-45 |
| 588 | 328 | | 507 | 00:40:55 | Maaß | Kevin | 1994 | WKS-Laufteam | M-30 |
| 589 | | 261 | 508 | 00:40:55 | Fensch | Lea-Sophie | 1998 | WKS-Laufteam | W-HK |
| 590 | 329 | | 382 | 00:41:03 | Larato | Nino | 2001 | Polo Ralph Lauren | M-HK |
| 591 | | 262 | 249 | 00:41:06 | Hinrichsen | Dr. Sarah | 1989 | Kleintierklinik Wasbek | W-35 |
| 592 | | 263 | 761 | 00:43:38 | Slusariuc | Bianca | 2007 | Theodor-Litt-Schule | W-JU18 |
| 593 | 330 | | 702 | 00:43:38 | Barbu | Catalin | 2007 | Theodor-Litt-Schule | M-JU18 |
| 594 | | 264 | 377 | 00:43:53 | Buth | Adriana | 1970 | Polo Ralph Lauren | W-50 |
| 595 | | 265 | 259 | 00:44:38 | Kock | Katja | 1977 | Kleintierklinik Wasbek | W-45 |
| 596 | 331 | | 204 | 00:44:42 | Ghamari | Amir | 2009 | Iuvo | M-JU16 |
| 597 | 332 | | 205 | 00:44:42 | Al Abbas | Tamim | 2011 | Iuvo | M-JU14 |
| 598 | 333 | | 151 | 00:44:54 | Bilge | Marco | 1980 | GOODTIRES | M-40 |
| 599 | 334 | | 295 | 00:50:42 | Algin | Mirac | 2004 | Lebenshilfewerk Neumünster | M-HK |

Einträge in der Liste: 599