

3er-Teamwertung-Gesamt

42. Lümmellauf 19.01.2020

SSC Hagen Ahrensburg

25. Jan. 20

17:33

5 km - M

| Rang | Name, Vorname | KL | PG | PK | Einzelzeit | Mannschafts-Zeit |
|-----------|-----------------------------------|--------|------|----|------------|-------------------|
| 1 | TSV Bargteheide TRI | | | | | 00:56:25.0 |
| | Fitschen,Lasse | MJ U20 | 1. | 1. | 18:47.0 | |
| | Nissen,Oliver | MJ U18 | 2. | 1. | 18:48.8 | |
| | Ulka,Lukas | MJ U18 | 3. | 2. | 18:49.2 | |
| 2 | TSV Bargteheide Tri | | | | | 01:11:33.1 |
| | Garbers,Noah | MJ U18 | 4. | 3. | 20:16.7 | |
| | Arlt,Marc-Oliver | MJ U18 | 5. | 4. | 20:56.8 | |
| | Hempel,Thomas | M45 | 103. | 8. | 30:19.6 | |
| 3 | Spiridon-Club Bad Oldesloe | | | | | 01:13:59.1 |
| | Seehusen,Lars | MJ U20 | 10. | 2. | 22:52.1 | |
| | Torben Kusewehr, Torben | M30 | 11. | 1. | 23:03.5 | |
| | Winter,Florian | M11 | 59. | 2. | 28:03.5 | |
| 4 | TSV Bargteheide | | | | | 01:22:07.3 |
| | Olk,Björn | M40 | 30. | 2. | 25:36.0 | |
| | Abels,Reinhard | M50 | 42. | 4. | 26:39.8 | |
| | Wehnsen,Ekke | M75 | 90. | 1. | 29:51.5 | |
| 5 | Ahrensburger TSV | | | | | 01:22:09.6 |
| | Redecker,Karlheinz | M70 | 31. | 1. | 25:40.0 | |
| | Brock,Mathias | M55 | 39. | 1. | 26:24.9 | |
| | Partzsch,Emil | M11 | 95. | 3. | 30:04.7 | |
| 6 | SSC Hagen Ahrensburg | | | | | 01:22:12.8 |
| | Schneider,Phil | M14 | 26. | 2. | 25:09.3 | |
| | Schneider,Sven | M50 | 40. | 3. | 26:28.5 | |
| | Jansen, Barne | M10 | 106. | 4. | 30:35.0 | |
| 7 | GS Am Aalfang | | | | | 01:24:27.5 |
| | Gerhard,Bennet | M10 | 46. | 2. | 26:57.4 | |
| | Radzuweit,Jan | M10 | 52. | 3. | 27:19.2 | |
| | Shelton, Christopher | M40 | 96. | 5. | 30:10.9 | |
| 8 | Strander Speedkierst | | | | | 01:28:21.4 |
| | Adzovic,Leon | M15 | 12. | 2. | 23:07.8 | |
| | Petersen,Jason | M13 | 144. | 4. | 32:36.3 | |
| | Bräuer,Luca | MJ U18 | 146. | 7. | 32:37.3 | |
| 9 | Cathys Training | | | | | 01:33:03.3 |
| | Jeggel,Gunnar | M40 | 44. | 3. | 26:41.5 | |
| | Niemann,Benjamin | M35 | 140. | 5. | 32:30.3 | |
| | Brune,Ricardo | M30 | 177. | 8. | 33:51.5 | |
| 10 | GS Am Aalfang | | | | | 01:36:19.2 |
| | Wietzke, Erik | M | 101. | 2. | 30:13.8 | |
| | Wittschen,Florian | M10 | 139. | 7. | 32:25.7 | |
| | Berghoff, Maximilian | M11 | 169. | 4. | 33:39.7 | |
| 11 | HELA | | | | | 01:41:53.5 |
| | Bartsch,Heribert | M30 | 133. | 6. | 31:58.1 | |
| | Bredenkamp, Kai-Willi | M40 | 165. | 8. | 33:28.6 | |
| | Windel, Markus | M40 | 216. | 9. | 36:26.8 | |

Gesamtanzahl der Mannschaften : 11

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5 km - W

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|-----------|-----------------------------------|--------|------|-----|------------|-------------------|
| 1 | TSV Bargteheide Tri | | | | | 01:14:37.3 |
| | Fitschen, Lena | WJ U18 | 16. | 1. | 23:59.9 | |
| | Böger, Sina | WJ U18 | 18. | 2. | 24:21.6 | |
| | Ermiling, Chantal | WJ U20 | 37. | 1. | 26:15.8 | |
| 2 | GS Am Aalfang | | | | | 01:26:05.4 |
| | Brauer, Susanne | W55 | 53. | 2. | 27:20.1 | |
| | Köppen, Lelia | W35 | 66. | 3. | 28:33.3 | |
| | Bogner, Vanessa | W30 | 97. | 3. | 30:12.0 | |
| 3 | Cathys Training | | | | | 01:33:41.4 |
| | Eßlinge, Maike | W35 | 109. | 5. | 30:39.6 | |
| | Lohmar, Wibke | W40 | 121. | 4. | 31:30.7 | |
| | Voß, Julia | W30 | 122. | 6. | 31:31.1 | |
| 4 | Spiridon-Club Bad Oldesloe | | | | | 01:35:46.5 |
| | Seehusen, Sabine | W50 | 110. | 5. | 30:42.5 | |
| | Bieler, Mary | W60 | 137. | 3. | 32:19.3 | |
| | Saddig, Annkathrin | W | 150. | 2. | 32:44.7 | |
| 5 | SSC Hagen | | | | | 01:36:55.3 |
| | Ohrdorf, Jette | WJ U18 | 127. | 3. | 31:45.3 | |
| | Müller, Kerstin | W45 | 128. | 9. | 31:45.7 | |
| | Ohrdorf, Anke | W45 | 160. | 11. | 33:24.3 | |
| 6 | Cathys Training | | | | | 01:37:11.2 |
| | Schenke, Astrid | W40 | 136. | 5. | 32:03.3 | |
| | Korffmann, Cathy | W35 | 141. | 6. | 32:31.2 | |
| | Pohl, Johanna-Sophie | WJ U20 | 145. | 5. | 32:36.7 | |
| 7 | GS Am Aalfang | | | | | 01:38:01.7 |
| | Schneider, Marlene | W10 | 135. | 1. | 32:00.0 | |
| | Mergell, Emilia | W10 | 143. | 2. | 32:35.4 | |
| | Bartram, Zoe | W10 | 162. | 3. | 33:26.3 | |
| 8 | Cathys Training | | | | | 01:40:36.5 |
| | Püttjer, Jessika | W | 147. | 1. | 32:43.3 | |
| | Penning, Birte | W40 | 176. | 6. | 33:45.4 | |
| | Koch, Anke | W50 | 178. | 11. | 34:07.8 | |
| 9 | BSG Wulksfelde | | | | | 01:40:37.2 |
| | Felcher, Amelie | WJ U20 | 71. | 4. | 28:47.7 | |
| | Piwonski, Kristina | W | 203. | 4. | 35:54.6 | |
| | Röhrßen, Lena | W | 204. | 5. | 35:54.9 | |
| 10 | OstseeRunner | | | | | 01:41:09.5 |
| | Sohnrey, Kirsten | W55 | 172. | 8. | 33:42.8 | |
| | Voß, Sabine | W55 | 173. | 9. | 33:43.2 | |
| | Holzappel, Kerstin | W50 | 174. | 10. | 33:43.5 | |
| 11 | Cathys Training | | | | | 01:43:58.5 |
| | Leithner, Melanie | W40 | 181. | 7. | 34:14.1 | |
| | Stoll, Verena | W40 | 187. | 8. | 34:45.5 | |
| | Neff, Lea | W U23 | 190. | 3. | 34:58.9 | |
| 12 | Hela | | | | | 01:44:22.7 |
| | Möller, Julia | W | 167. | 3. | 33:29.7 | |
| | von Gliszczynski, Laura | W U23 | 184. | 1. | 34:25.9 | |
| | Ruban, Jelena | W | 217. | 7. | 36:27.1 | |
| 13 | Cathys Training | | | | | 01:45:14.5 |
| | Hütker, Maren | W40 | 192. | 10. | 35:01.1 | |
| | Berlet, Allis | W50 | 193. | 12. | 35:05.2 | |

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| | | | | | |
|---------------------------|-----|------|-----|---------|-------------------|
| Büttner, Corinna | W50 | 195. | 13. | 35:08.2 | |
| 14 Cathys Training | | | | | 01:47:46.9 |
| Reichert, Janine | W35 | 196. | 10. | 35:08.7 | |
| Ruppert, Katja | W35 | 201. | 11. | 35:40.5 | |
| Jodies, Karen | W45 | 219. | 12. | 36:57.7 | |
| 15 Cathys Training | | | | | 01:59:35.4 |
| Kerger, Beate | W50 | 232. | 18. | 38:07.1 | |
| Bruß, Sonja | W40 | 237. | 14. | 39:18.4 | |
| Allner-Loeck, Gaby | W50 | 246. | 21. | 42:09.9 | |
| 16 Cathys Training | | | | | 02:09:06.6 |
| Rupprecht, Birgit | W50 | 247. | 22. | 42:10.9 | |
| Schubring, Tanja | W45 | 248. | 15. | 43:27.6 | |
| Knefel, Anke | W55 | 249. | 21. | 43:28.1 | |

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