







# 27. Niebüller Stadtwerkelauf 2023

## Ergebnisse Hauptlauf

| Pl.       | AK  | Snr. | Name                  | Nat.  | Jg.  | Verein                             | Runde | Runde | Zeit     |
|-----------|-----|------|-----------------------|---|------|------------------------------------|-------|-------|----------|
| Hauptlauf |     |      |                       |   |      |                                    |       |       |          |
| Männlich  |     |      |                       |   |      |                                    |       |       |          |
| 1.        | 1.  | 2    | Dethlefs, Pascal      |    | 1983 | TSV Glücksburg 09                  | 15:41 | 15:56 | 00:31:37 |
| 2.        | 1.  | 17   | Jürchott, Tobias      |    | 1994 | TriAs Flensburg e.V.               | 16:31 | 16:52 | 00:33:23 |
| 3.        | 1.  | 69   | Kuenzel, Thore        |    | 1984 | FFG Flensburger Fahrzeugbau        | 16:45 | 17:24 | 00:34:09 |
| 4.        | 2.  | 36   | Sommer, Fabian        |    | 1998 | TriAs Flensburg e.V.               | 17:25 | 17:28 | 00:34:53 |
| 5.        | 1.  | 65   | Sönksen, Heiko        |    | 1991 | SV Enge-Sande                      | 17:28 | 17:47 | 00:35:16 |
| 6.        | 2.  | 37   | Thomsen, Thorge       |    | 1987 | SV Enge-Sande                      | 17:45 | 17:58 | 00:35:43 |
| 7.        | 1.  | 98   | Hansen, Oke           |    | 1977 | Husumer Sportverein seit 1875 e.V. | 17:44 | 18:03 | 00:35:48 |
| 8.        | 3.  | 144  | Wulf, Niklas          |    | 1995 | LG Telis Finanz Regensburg         | 17:54 | 18:25 | 00:36:20 |
| 9.        | 4.  | 109  | Thomsen, Steffen      |    | 1994 | Happy Running                      | 18:18 | 18:40 | 00:36:59 |
| 10.       | 5.  | 125  | Andresen, Dominik     |    | 1994 |                                    | 18:19 | 18:42 | 00:37:01 |
| 11.       | 6.  | 70   | Iborg, Marcel         |    | 1995 | SV Enge-Sande                      | 18:20 | 19:31 | 00:37:51 |
| 12.       | 3.  | 86   | Petersen, Hauke       |    | 1984 |                                    | 19:18 | 19:43 | 00:39:02 |
| 13.       | 1.  | 38   | Kohn, Patrick         |    | 2005 | SV Enge-Sande                      | 19:24 | 20:22 | 00:39:47 |
| 14.       | 1.  | 111  | Friedrichsen, Volker  |    | 1971 | SV Enge-Sande                      | 19:53 | 20:00 | 00:39:54 |
| 15.       | 4.  | 7    | Voß, Leif-Erik        |    | 1988 | TSV Goldebek                       | 19:52 | 20:06 | 00:39:59 |
| 16.       | 5.  | 55   | Ingwersen, Tim        |    | 1988 | Sporteck Leck                      | 19:20 | 20:47 | 00:40:07 |
| 17.       | 6.  | 105  | Straßmann, Nils       |   | 1988 | TriAs Flensburg e.V.               | 20:16 | 20:41 | 00:40:58 |
| 18.       | 7.  | 100  | Dau, Björn            |  | 1985 | STV Sörup                          | 20:28 | 20:43 | 00:41:11 |
| 19.       | 1.  | 107  | Madsen, Uffe          |  | 1965 | Happy Running                      | 20:35 | 20:43 | 00:41:18 |
| 20.       | 2.  | 46   | Quehl, Marcel         |  | 1980 | TriAs Flensburg e.V.               | 20:46 | 20:47 | 00:41:34 |
| 21.       | 2.  | 94   | Bartelsen, Marco      |  | 1977 | 1. Flensburger LT                  | 20:12 | 21:29 | 00:41:41 |
| 22.       | 3.  | 26   | Teegen, Sven          |  | 1980 |                                    | 20:26 | 21:33 | 00:41:59 |
| 23.       | 2.  | 134  | Beta, Maik            |  | 1989 | STV Sörup                          | 20:33 | 21:33 | 00:42:06 |
| 24.       | 2.  | 145  | Thomas, Arne          |  | 1970 | TSV Drelsdorf                      | 21:20 | 21:30 | 00:42:50 |
| 25.       | 3.  | 126  | Paulsen, Christian    |  | 1972 | SV Enge-Sande                      | 21:26 | 21:48 | 00:43:14 |
| 26.       | 4.  | 142  | Wichmann, Finn Morten |  | 1979 | TriAs Flensburg e.V.               | 21:54 | 21:42 | 00:43:37 |
| 27.       | 1.  | 35   | Gbiorczyk, Ludger     |  | 1960 | Choppy Boyz                        | 21:32 | 22:21 | 00:43:53 |
| 28.       | 2.  | 5    | Petersen, Thomas      |  | 1967 | Choppy Boyz                        | 21:35 | 22:52 | 00:44:27 |
| 29.       | 1.  | 66   | Timme, Hinnerk        |  | 1955 | TSV Fahrdorf                       | 22:00 | 22:40 | 00:44:41 |
| 30.       | 8.  | 59   | Friedrichsen, Jan     |  | 1986 |                                    | 22:15 | 22:28 | 00:44:43 |
| 31.       | 2.  | 103  | Riedel, Stefan        |  | 1962 | SV Freie Waldorfschule Flensburg   | 22:18 | 22:28 | 00:44:47 |
| 32.       | 3.  | 6    | Haug, Julian          |  | 1992 |                                    | 22:06 | 23:21 | 00:45:27 |
| 33.       | 5.  | 99   | Jansen, Tim           |  | 1979 | STV Sörup                          | 23:32 | 22:10 | 00:45:42 |
| 34.       | 9.  | 110  | Magnussen, Sander     |  | 1986 | Happy Running                      | 22:22 | 23:52 | 00:46:14 |
| 35.       | 6.  | 122  | Pamberg, Christoph    |  | 1981 | Eintracht Frankfurt                | 23:27 | 23:13 | 00:46:40 |
| 36.       | 7.  | 146  | Bahnsen-Rudel, Sven   |  | 1982 |                                    | 23:01 | 23:40 | 00:46:42 |
| 37.       | 7.  | 54   | Petersen, Steffen     |  | 1994 | Sporteck Leck                      | 23:08 | 23:34 | 00:46:43 |
| 38.       | 8.  | 21   | Spaude, André         |  | 1979 | TSV Rot-Weiß Niebüll e.V.          | 22:13 | 24:39 | 00:46:52 |
| 39.       | 1.  | 16   | Mathiesen, Timo       |  | 2002 | Sv Frisia 03 Risum-Lindholm        | 22:03 | 25:00 | 00:47:03 |
| 40.       | 4.  | 140  | Nissen, Michael       |  | 1989 | 1. Flensburger LT                  | 23:25 | 23:39 | 00:47:05 |
| 41.       | 8.  | 31   | Behrens, Jannes       |  | 1999 |                                    | 23:16 | 23:50 | 00:47:07 |
| 42.       | 5.  | 50   | Negel, Nis            |  | 1989 | Spiridon Schleswig                 | 23:13 | 24:11 | 00:47:25 |
| 43.       | 4.  | 75   | Flor, Marco           |  | 1972 | spiridon Schleswig                 | 23:16 | 24:10 | 00:47:27 |
| 44.       | 9.  | 32   | Lehmann, Jerome       |  | 1998 |                                    | 23:16 | 24:13 | 00:47:30 |
| 45.       | 10. | 47   | Bastrop, Otto         |  | 1986 |                                    | 23:15 | 24:15 | 00:47:31 |
| 46.       | 3.  | 61   | Nielsen, Henning      |  | 1975 | 1. Flensburger LT                  | 23:48 | 24:29 | 00:48:17 |
| 47.       | 3.  | 77   | Sellmer, Ulrich       |  | 1968 | LG Flensburg                       | 23:56 | 24:49 | 00:48:46 |
| 48.       | 5.  | 76   | Petersen, Olaf        |  | 1970 | SV Frisia 03 Risum-Lindholm        | 24:35 | 24:17 | 00:48:52 |

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| Pl. | AK  | Snr. | Name                  | Nat.  | Jg.  | Verein                         | Runde | Runde | Zeit     |
|-----|-----|------|-----------------------|---|------|--------------------------------|-------|-------|----------|
| 49. | 11. | 102  | Ketels, Rauert        |    | 1986 |                                | 24:12 | 24:41 | 00:48:54 |
| 50. | 3.  | 60   | Dau, Thorkild         |    | 1960 | LG Kfz-Service Dau             | 24:50 | 24:19 | 00:49:09 |
| 51. | 4.  | 137  | Oldsen, Jens          |    | 1967 | SV Enge-Sande                  | 23:26 | 25:50 | 00:49:17 |
| 52. | 4.  | 106  | Rönnau, Andreas       |    | 1960 | Happy Running                  | 24:08 | 25:27 | 00:49:36 |
| 53. | 4.  | 78   | Früchtnicht, Arne     |    | 1978 | TSV Rot-Weiß Niebüll e.V.      | 24:39 | 25:15 | 00:49:54 |
| 54. | 6.  | 127  | Dohrn, Stefan         |   | 1989 | Stadtwerke Nordfriesland GmbH  | 24:14 | 26:08 | 00:50:22 |
| 55. | 9.  | 119  | Maaß, Andreas         |    | 1982 |                                | 25:55 | 25:18 | 00:51:13 |
| 56. | 7.  | 123  | Nürnberg, André       |    | 1991 |                                | 25:45 | 25:29 | 00:51:15 |
| 57. | 1.  | 48   | Carstensen, Carsten   |    | 1951 | ACNF/Team Erdinger Alkoholfrei | 25:31 | 25:46 | 00:51:17 |
| 58. | 5.  | 136  | Sener, Onur           |    | 1974 |                                | 26:00 | 25:36 | 00:51:37 |
| 59. | 6.  | 15   | Ringstorff, Christian |    | 1970 |                                | 25:39 | 27:27 | 00:53:07 |
| 60. | 10. | 141  | Richardsen, Björn     |    | 1995 |                                | 26:31 | 26:40 | 00:53:12 |
| 61. | 12. | 96   | Müller, Sebastian     |    | 1984 | TSV Stedesand                  | 25:39 | 28:00 | 00:53:39 |
| 62. | 5.  | 120  | Klint, Holger         |    | 1967 |                                | 27:01 | 27:20 | 00:54:22 |
| 63. | 13. | 51   | Hemmingsen, Allan     |    | 1987 | BOV IF                         | 26:24 | 28:07 | 00:54:32 |
| 64. | 11. | 91   | Rudolph, Thore        |    | 1996 |                                | 26:36 | 28:23 | 00:55:00 |
| 65. | 7.  | 13   | Nissen, Kevin         |    | 1971 |                                | 26:18 | 29:03 | 00:55:22 |
| 66. | 6.  | 23   | Jannsen, Ralph Urban  |    | 1966 | JFSO                           | 27:08 | 28:13 | 00:55:22 |
| 67. | 6.  | 58   | Green, Torsten        |   | 1976 | Sv Kieholm e.V.                | 27:51 | 27:59 | 00:55:51 |
| 68. | 7.  | 45   | Wolfrum, Siegfried    |  | 1964 |                                | 27:28 | 29:55 | 00:57:23 |
| 69. | 5.  | 27   | Behrendt, Ralf        |  | 1959 | Die Lahme Rentner Gang         | 28:26 | 29:24 | 00:57:50 |
| 70. | 8.  | 64   | Franck, Kersten       |  | 1971 |                                | 28:30 | 29:22 | 00:57:52 |
| 71. | 2.  | 72   | Klein, Peter          |  | 1953 |                                | 28:18 | 29:34 | 00:57:53 |
| 72. | 14. | 115  | Christiansen, Morten  |  | 1988 |                                | 29:28 | 28:25 | 00:57:53 |
| 73. | 6.  | 89   | Hegler, Michael       |  | 1961 | SV Kieholm                     | 29:22 | 29:46 | 00:59:09 |
| 74. | 15. | 117  | Browenz, Daniel       |  | 1985 |                                | 29:31 | 29:48 | 00:59:20 |
| 75. | 7.  | 131  | Rohwer, Marc          |   | 1974 | nibøl uff/danke skole          | 28:46 | 30:33 | 00:59:20 |
| 76. | 10. | 148  | Küchenmeister, Uwe    |  | 1980 |                                | 29:31 | 29:50 | 00:59:21 |
| 77. | 8.  | 88   | Vogelsang, Frithjof   |  | 1993 |                                | 32:07 | 29:14 | 01:01:22 |
| 78. | 9.  | 149  | Kleinert, Nico        |  | 1969 |                                | 30:35 | 32:49 | 01:03:25 |
| 79. | 12. | 43   | Rossen, Eyk           |  | 1996 | Laufftreff Nord                | 24:15 | 39:18 | 01:03:34 |
| 80. | 7.  | 135  | Werner, Heinz         |  | 1959 |                                | 33:14 | 32:28 | 01:05:42 |
| 81. | 8.  | 113  | Schwobe, Peter        |  | 1962 |                                | 31:12 | 35:03 | 01:06:15 |
| 82. | 9.  | 74   | Caeiro Nogueira,      |  | 1993 |                                | 33:29 | 33:27 | 01:06:56 |
| 83. | 11. | 139  | Mommsen, Gerrit       |  | 1980 |                                | 32:35 | 34:54 | 01:07:29 |
| 84. | 10. | 33   | Thomsen, Volker       |  | 1972 |                                | 33:02 | 37:28 | 01:10:30 |
| 85. | 3.  | 81   | Mochner, Ernst-Rudolf |  | 1952 |                                | 36:21 | 36:33 | 01:12:54 |

#### Weiblich

|     |    |     |                    |   |      |                                |       |       |          |
|-----|----|-----|--------------------|---|------|--------------------------------|-------|-------|----------|
| 1.  | 1. | 1   | Jachmann, Natalie  |  | 1991 | TSV Glücksburg 09              | 17:44 | 18:13 | 00:35:58 |
| 2.  | 1. | 56  | Jendryschik, Jenny |  | 1998 | LG Flensburg / TriTeam Hamburg | 17:54 | 18:24 | 00:36:19 |
| 3.  | 1. | 150 | Timm, Svea         |  | 2001 | LAC Kronshagen                 | 18:19 | 18:45 | 00:37:05 |
| 4.  | 1. | 3   | Paysen, Karen      |  | 1973 | TSV Langenhorn                 | 19:34 | 19:37 | 00:39:12 |
| 5.  | 1. | 108 | Grevsen Thomsen,   |  | 1981 | Happy Running                  | 20:37 | 20:54 | 00:41:31 |
| 6.  | 1. | 67  | Sellmer, Kirsten   |  | 1968 | LG Flensburg                   | 21:46 | 22:47 | 00:44:33 |
| 7.  | 2. | 79  | Rausch, Pia        |  | 2000 | 1. Flensburger LT              | 21:59 | 22:37 | 00:44:37 |
| 8.  | 2. | 121 | Gnegel, Maja       |  | 1989 | TuS Breckerfeld                | 22:06 | 22:33 | 00:44:39 |
| 9.  | 2. | 138 | Wünseke, Ines      |  | 1979 | STV Sörup                      | 21:53 | 22:49 | 00:44:43 |
| 10. | 3. | 97  | Marquardt, Sina    |  | 1993 |                                | 22:07 | 23:05 | 00:45:12 |
| 11. | 1. | 49  | Prüß, Daniela      |  | 1975 | Borener SV                     | 22:48 | 23:28 | 00:46:17 |
| 12. | 2. | 143 | Carstensen, Eike   |  | 1969 | SV Enge-Sande                  | 22:51 | 23:33 | 00:46:25 |

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### Ergebnisse Hauptlauf

| Pl. | AK | Snr. | Name                    | Nat.  | Jg.  | Verein                        | Runde | Runde | Zeit     |
|-----|----|------|-------------------------|---|------|-------------------------------|-------|-------|----------|
| 13. | 1. | 101  | Furda, Svetlana         |    | 1988 |                               | 23:05 | 23:31 | 00:46:36 |
| 14. | 4. | 95   | Johannsen, Leonie       |    | 1993 | SV Frisia 03                  | 23:08 | 25:35 | 00:48:43 |
| 15. | 2. | 112  | Kubon, Kathrin          |    | 1986 | TriVelos Flensburg            | 24:38 | 24:27 | 00:49:06 |
| 16. | 3. | 53   | Konrad, Johanna         |    | 1982 | MTV Leck                      | 24:37 | 24:51 | 00:49:28 |
| 17. | 5. | 87   | Hemsen, Inga            |    | 1991 | TSV Rot-Weiß Niebüll e.V.     | 23:56 | 25:53 | 00:49:49 |
| 18. | 2. | 42   | Griesbach, Lucie        |    | 2001 |                               | 24:45 | 26:02 | 00:50:47 |
| 19. | 2. | 93   | Bartelsen, Annika       |    | 1977 | 1. Flensburger LT             | 25:30 | 26:11 | 00:51:41 |
| 20. | 3. | 90   | Heine, Sonja            |    | 1972 |                               | 25:12 | 26:42 | 00:51:54 |
| 21. | 1. | 147  | Johnsen, Ebba           |    | 2006 | Fri Öwingsfloose              | 25:15 | 26:48 | 00:52:03 |
| 22. | 3. | 25   | Heimberger, Jasmin      |    | 1987 |                               | 26:24 | 25:39 | 00:52:03 |
| 23. | 6. | 68   | Offe, Dina              |    | 1989 |                               | 25:45 | 26:28 | 00:52:13 |
| 24. | 2. | 8    | Heinrich, Katrin Anna   |    | 1967 | TSV Tinum 66                  | 26:39 | 26:32 | 00:53:12 |
| 25. | 7. | 34   | Sibbersen, Nane         |    | 1991 |                               | 26:15 | 27:41 | 00:53:57 |
| 26. | 3. | 62   | Gerntholtz, Friederieke |    | 1976 | MTV Leck                      | 26:47 | 27:50 | 00:54:38 |
| 27. | 3. | 118  | Saß, Mareike            |    | 1996 |                               | 27:41 | 27:46 | 00:55:28 |
| 28. | 4. | 80   | Rother, Frauke          |    | 1972 | SV Kieholm 65                 | 27:23 | 28:37 | 00:56:00 |
| 29. | 4. | 57   | Green, Anette           |    | 1980 | Sv Kieholm e.V.               | 28:06 | 27:54 | 00:56:01 |
| 30. | 5. | 41   | Hikmat, Finja           |    | 1982 |                               | 29:01 | 28:12 | 00:57:14 |
| 31. | 4. | 44   | Wolfrum, Viktoria       |   | 1995 |                               | 27:26 | 29:55 | 00:57:21 |
| 32. | 4. | 92   | Shyman, Natalia         |  | 1984 | Well-Gym                      | 27:53 | 29:46 | 00:57:40 |
| 33. | 5. | 52   | Behrens, Charlotte      |  | 1997 |                               | 29:28 | 28:25 | 00:57:54 |
| 34. | 6. | 22   | Nissen, Hannah          |  | 1997 |                               | 29:28 | 29:10 | 00:58:39 |
| 35. | 3. | 83   | Thomsen, Sandra         |  | 1967 | TSV Dreisdorf                 | 27:45 | 31:03 | 00:58:49 |
| 36. | 4. | 20   | Dobbertin, Franziska    |  | 1977 |                               | 29:16 | 30:07 | 00:59:23 |
| 37. | 5. | 104  | Klein-Oldehus, Antje    |  | 1978 |                               | 29:17 | 30:15 | 00:59:32 |
| 38. | 6. | 128  | Jensen, Ramona          |   | 1980 | Stadtwerke Nordfriesland GmbH | 29:32 | 30:40 | 01:00:13 |
| 39. | 1. | 28   | Johannsen, Birgit       |  | 1961 |                               | 29:42 | 32:41 | 01:02:23 |
| 40. | 5. | 73   | Friedrich, Vivien       |  | 1986 |                               | 33:29 | 33:27 | 01:06:56 |
| 41. | 7. | 40   | Mommsen, Claudia        |  | 1980 |                               | 32:35 | 34:53 | 01:07:28 |
| 42. | 2. | 114  | Schwobe, Barbara        |  | 1961 |                               | 32:08 | 35:32 | 01:07:40 |
| 43. | 6. | 85   | Mochner, Swantje        |  | 1986 |                               | 33:51 | 36:42 | 01:10:34 |
| 44. | 3. | 10   | Brodersen, Sabine       |  | 1960 | -/                            | 34:56 | 37:18 | 01:12:15 |
| 45. | 6. | 132  | Rohwer-Jacobsen,        |   | 1974 | nibøl uf/danke skole          | 35:45 | 37:59 | 01:13:44 |