

## 12. Bokeler Sechs-Stundenlauf 2023

### Zieleinlaufliste

Platz	Start	Name	Jg.	m/w	AK	Verein	Rund	Strec	Zeit	Pace
Hauptlauf										
1.	280	Muhra, Veronika	1989	W	W30	Budo-Sport Nord	34	70.38	06:11:22	00:05:17
2.	233	Themm, Thorsten	1971	M	M50	ALG-Vfl Bokel	32	66.24	06:11:19	00:05:37
3.	263	Bilinger, Sven	1972	M	M50	Spiridon Schleswig	30	62.1	06:09:54	00:05:58
4.	316	Petersen, Mareike	1985	W	W35	Lauflotsen Haspa Marathon	30	62.1	06:12:06	00:06:00
5.	267	Büsing, Burkhard	1979	M	M40	TEA	29	60.03	06:00:15	00:06:01
6.	272	Wegert, Christof	1966	M	M55		29	60.03	06:00:42	00:06:01
7.	281	Müller, Erik	1972	M	M50	Biohof Balzburg	29	60.03	06:03:51	00:06:04
8.	245	Brade, Torben	1984	M	M35	ALG-Vfl Bokel	29	60.03	06:06:47	00:06:07
9.	294	Hube, Tino	1971	M	M50	Laufpark Stechlin	29	60.03	06:08:27	00:06:09
10.	307	Stock, Stefan	1985	M	M35	Laufwerk Hamburg	29	60.03	06:14:50	00:06:15
11.	248	Heider, Oliver	1969	M	M50	Run for the planet	29	60.03	06:17:20	00:06:18
12.	223	Baars, Björn	1980	M	M40		28	57.96	06:07:04	00:06:20
13.	213	Möller, Paul	1985	M	M35		28	57.96	06:09:57	00:06:23
14.	235	Grandt, Thorsten	1980	M	M40	FC St.Pauli v.1910 e.V., LG	28	57.96	06:13:21	00:06:27
15.	291	Jansen, Tim	1979	M	M40	STV Sörup	27	55.89	06:02:48	00:06:30
16.	285	Rathje, Matthias	1983	M	M40		27	55.89	06:09:36	00:06:37
17.	237	Mähl, Franzi	1980	W	W40		27	55.89	06:14:50	00:06:43
18.	226	Lahann, Opi Piet	1956	M	M65	BSG Schleswig-Holstein Netz	27	55.89	06:15:58	00:06:44
19.	317	Lüthke, Madeleine	1988	W	W35	triabolos e.V. Hamburg	26	53.82	06:00:28	00:06:42
20.	230	Prange, Gerrit	1979	M	M40		26	53.82	06:03:05	00:06:45
21.	206	Waitz, Henning	1976	M	M45		26	53.82	06:07:15	00:06:50
22.	297	Schott, Dirk	1972	M	M50	Team beVegt.de	26	53.82	06:08:05	00:06:51
23.	308	Pieper, Oliver	1981	M	M40		26	53.82	06:13:50	00:06:57
24.	295	Wagner, Jessica	1983	W	W40	Erdinger Active Team	26	53.82	06:14:12	00:06:58
25.	322	Schramm, Matthias	1989	M	M30		25	51.75	04:16:23	00:04:58
26.	229	Fuß, Thomas	1966	M	M55	Glückstadt	25	51.75	05:20:12	00:06:12
27.	314	Schulte, Thorsten	1982	M	M40	Rettungsdienst Kooperation in	25	51.75	06:00:32	00:06:58
28.	207	Wotschke-Knop,	1987	M	M35	Turnerschaft Harburg	25	51.75	06:01:32	00:07:00
29.	214	Runge, Gerd	1960	M	M60	LT Einfeld	25	51.75	06:03:11	00:07:02
30.	242	Kopanka, Beatrice	1964	W	W55	Spiridon-Club Bad Oldesloe	25	51.75	06:03:46	00:07:02
31.	320	Muhl, Birthe	1970	W	W50	TSV Fahrdorf	25	51.75	06:04:05	00:07:03
32.	288	Schubert, Gordon	1976	M	M45		25	51.75	06:05:03	00:07:04
33.	321	Mücke, Inge	1969	W	W50		25	51.75	06:07:03	00:07:06
34.	243	Norden, Mark	1985	M	M35	BSG Schleswig-Holstein Netz	25	51.75	06:11:10	00:07:11
35.	240	Prüß, Daniela	1975	W	W45	Borener SV	24	49.68	04:55:39	00:05:58
36.	324	Gentile, Cosmo	1950	M	M70		24	49.68	06:07:53	00:07:25
37.	306	Stief, Oliver	1969	M	M50	SG Athletico Büdelsdorf	24	49.68	06:11:03	00:07:29
38.	318	Jemlich, Silke	1988	W	W35	LG Ultralauf	24	49.68	06:14:35	00:07:33
39.	290	Findeisen, Caroline	1982	W	W40	Äsikx Backrunner Hamburg	23	47.61	06:00:27	00:07:35
40.	262	Hinz, Dorota	1971	W	W50	100 Marathon Club / Erdinger	23	47.61	06:02:31	00:07:37
41.	247	Reusch, Nico	1976	M	M45	Spiridon Schleswig	23	47.61	06:03:09	00:07:38
42.	208	Hadeler, Bernd	1967	M	M55	TSV Mehedorf/Ultrafriesen	23	47.61	06:06:29	00:07:42
43.	211	Röh, Jannis	2004	M	MJ		23	47.61	06:08:06	00:07:44
44.	244	Tedt, Wolfgang	1960	M	M60	BSG Stadtwerke Flensburg	23	47.61	06:13:54	00:07:52
45.	249	Eisele, Gabriele	1963	W	W60	100 Marathon Club / Erdinger	23	47.61	06:14:24	00:07:52
46.	202	Pretzel, Nadine	1987	W	W35	Kinderherzläufer	22	45.54	05:13:54	00:06:54
47.	311	Freese, Timo	1975	M	M45		22	45.54	06:00:40	00:07:56

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Platz	Start	Name	Jg.	m/w	AK	Verein	Rund	Strec	Zeit	Pace
48.	309	Pieper, Rieke	1980	W	W40		22	45.54	06:03:35	00:08:00
49.	241	Lorenz, Beatrix	1990	W	W30	SG Athletico Büdelsdorf	22	45.54	06:08:25	00:08:06
50.	286	Hein, Janika	1991	W	W30	Die Mettläufer	22	45.54	06:16:11	00:08:16
51.	203	Moeller, Birte	1976	W	W45	Laufen in Bad Segeberg	21	43.47	04:32:38	00:06:17
52.	239	Becker, Justus	1988	M	M35		21	43.47	05:47:16	00:08:00
53.	210	Döhren, Dirk	1968	M	M55		21	43.47	05:54:52	00:08:10
54.	284	Regelin, Sönke	1989	M	M30	Die Mettläufer	21	43.47	06:04:55	00:08:24
55.	276	Struve, Sophie	1998	W	W	SG Athletico Büdelsdorf	21	43.47	06:07:36	00:08:28
56.	303	Ollech, Sven	1984	M	M35		21	43.47	06:07:46	00:08:28
57.	299	Urban, André	1983	M	M40		21	43.47	06:08:18	00:08:29
58.	293	Urban, Bernd	1954	M	M65	Frischlüftläufer	21	43.47	06:15:02	00:08:38
59.	215	Burmeister, Martin	1978	M	M45	Die Burmiebande	20	41.4	03:57:53	00:05:45
60.	200	Bertram, Frank	1959	M	M60	LT Einfeld	20	41.4	05:15:50	00:07:38
61.	260	Schmidt, Norbert	1952	M	M70	ALG-Vfl Bokel	20	41.4	05:35:49	00:08:07
62.	218	Kleesel, René	1963	M	M60	Marsch-Mallows	20	41.4	06:03:23	00:08:47
63.	269	Kühn, Martin	1997	M	M		20	41.4	06:07:51	00:08:54
64.	310	Reuter, Benjamin	1987	M	M35	SG Athletico Büdelsdorf	19	39.33	03:02:56	00:04:40
65.	282	Hahn, Anna	1981	W	W40	Biohof Balzburg	19	39.33	04:21:19	00:06:39
66.	224	Robert, Elmar	1940	M	M80		19	39.33	06:12:12	00:09:28
67.	225	Rohwer, Nils	1971	M	M50	TRI EMTV Elmshorn	18	37.26	04:16:27	00:06:53
68.	273	Matthiesen, Vivien	1980	W	W40	ALG-Vfl Bokel	18	37.26	04:36:26	00:07:26
69.	216	Beernaert, Kelly	1988	W	W35		18	37.26	06:00:11	00:09:41
70.	219	Ebinger, Cheritta	1961	W	W60	Marsch-Mallows	18	37.26	06:01:15	00:09:42
71.	268	Dr. Schwemer,	1965	M	M55	SG Athletico Büdelsdorf	17	35.19	03:55:57	00:06:43
72.	315	Haas, Jenny	1986	W	W35		17	35.19	04:33:47	00:07:47
73.	292	Urban, Angelika	1956	W	W65		16	33.12	06:02:03	00:10:56
74.	274	Trapp, Trixi	1976	W	W45	LG-Powerschnecken Kiel	15	31.05	02:47:59	00:05:25
75.	312	Bauer, Thomas	1963	M	M60		15	31.05	03:23:44	00:06:34
76.	275	Prüß, Oliver	1976	M	M45	Borener SV	15	31.05	03:59:00	00:07:42
77.	236	Osterloh, Gerhard	1973	M	M50	ALG-Vfl Bokel	15	31.05	05:13:06	00:10:06
78.	217	Detlefsen, Malte	1986	M	M35		15	31.05	06:00:08	00:11:36
79.	212	Röh, Matthias	2001	M	MJ		15	31.05	06:01:19	00:11:39
80.	252	Teske, Stefan	1981	M	M40		14	28.98	02:58:44	00:06:11
81.	201	Reese, Matthias	1966	M	M55	LTV Kiel-Ost	14	28.98	03:21:29	00:06:58
82.	279	Reinert, Jürgen	1956	M	M65	Erdinger Active Team	14	28.98	05:53:49	00:12:13
83.	221	Kröger, Sabrina	1980	W	W40	Marsch-Mallows	14	28.98	06:01:08	00:12:28
84.	220	Kleesel-Wittorf,	1981	W	W40	Marsch-Mallows	14	28.98	06:01:14	00:12:28
85.	264	Mielke, Sabine	1971	W	W50		13	26.91	05:21:46	00:11:58
86.	265	Gottfriedsen, Söde	1956	W	W65		13	26.91	05:22:30	00:12:00
87.	305	Hellberg, Ralf	1963	M	M60	Laufftreff Nortorfer Land	12	24.84	02:48:27	00:06:47
88.	301	Teege, Florian	1994	M	M		12	24.84	03:27:54	00:08:23
89.	319	Kolf, Janika	1996	W	W	SG Athletico Büdelsdorf	12	24.84	03:28:57	00:08:25
90.	254	Lübker, Rowenna	1968	W	W55		12	24.84	03:29:32	00:08:27
91.	232	Schroeder, Norbert	1952	M	M70	ALG-Vfl Bokel	12	24.84	04:58:08	00:12:01
92.	258	Lage, Marc	1993	M	M30	Team VOSS Küstenläufer	11	22.77	01:48:50	00:04:47
93.	228	Haupt, Olaf	1966	M	M55		11	22.77	02:10:31	00:05:44
94.	271	Negel, Nis	1989	M	M30	Spiridon Schleswig	11	22.77	02:15:36	00:05:58
95.	300	Hahnkamm,	1997	W	W		11	22.77	03:27:54	00:09:08

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Platz	Start	Name	Jg.	m/w	AK	Verein	Rund	Strec	Zeit	Pace
96.	250	Eisele, Joachim	1953	M	M70	Erdinger Active Team	11	22.77	05:05:29	00:13:25
97.	287	Ohm, Sören	1977	M	M45	SG Athletico Büdelsdorf	10	20.7	01:36:19	00:04:40
98.	227	Hacker, Holger	1950	M	M70	Lübeck 1876	10	20.7	02:45:14	00:07:59
99.	298	Urban, Kathrin	1983	W	W40		10	20.7	02:50:01	00:08:13
100.	234	Reese, Monika	1963	W	W60	LTV Kiel-Ost	10	20.7	03:33:29	00:10:19
101.	323	Stock, Rainer	1972	M	M50		9	18.63	02:07:32	00:06:51
102.	231	Haase, Frank	1967	M	M55	ALG-Vfl Bokel	9	18.63	02:45:07	00:08:52
103.	278	Müller-Reinert, Ilona	1976	W	W45	Erdinger Active Team	9	18.63	04:19:07	00:13:55
104.	277	Sator, Ralf	1966	M	M55	ALG-Vfl Bokel	8	16.56	01:58:36	00:07:10
105.	313	Andres, Sabine	1979	W	W40	Borener SV	7	14.49	01:28:50	00:06:08
106.	259	Passau, Merle	1999	W	W	Team VOSS Küstenläufer	7	14.49	01:38:54	00:06:50
107.	261	Schliefl, Bärbel	1966	W	W55	ALG-Vfl Bokel	5	10.35	02:28:44	00:14:23

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