

Ergebnisse OSC Firmenlauf 2018

| Ergebnisse: Geschäftsführer (6KG) | | | | | |
|-----------------------------------|---------------------|----|--------|---------------------------|----------|
| Platz | Name, Vorname | | Klasse | Verein | Leistung |
| 1. | Spillner, Jörg | 1. | M50 | Deich Apotheke | 00:25:51 |
| 2. | Sieckmann, Ulf | 1. | M45 | symex GmbH & Co. KG | 00:26:46 |
| 3. | Harms, Hauke | 2. | M50 | Harms Brunnenbau GmbH | 00:27:31 |
| 4. | Klinke, Christian | 1. | M40 | Lebenshilfe Bremerhaven | 00:29:22 |
| 5. | Ritzenhoff, Peter | 3. | M50 | Hochschule Bremerhaven | 00:29:39 |
| 6. | Schattauer, Juliane | 1. | W40 | BÄKO Bremerhaven eG | 00:31:45 |
| 7. | Hillje, Beate | 1. | W55 | Lebenshilfe Bremerhaven | 00:32:54 |
| 8. | Haushahn, Sven | 2. | M45 | symex GmbH & Co. KG | 00:33:11 |
| 9. | Lang, Imke | 1. | W35 | Hochschule Bremerhaven | 00:33:31 |
| 10. | de Vries, Manfred | 1. | M55 | Bobrink GmbH | 00:33:50 |
| 11. | Nickel, Witiko | 1. | M35 | Klinikum Bremerhaven | 00:34:11 |
| 12. | Grewe, Ulrich | 4. | M50 | Deutsche See | 00:35:16 |
| 13. | Kück, Sabrina | 1. | W30 | Lebenshilfe Bremerhaven | 00:36:51 |
| 14. | Hein, Katrin | 1. | W50 | SanVersZ Nordholz | 00:37:27 |
| 15. | Hein, Babara | 2. | W50 | Joga und Du | 00:37:30 |
| 16. | Korten, Stefan | 3. | M45 | Taxi Wentzel & Korten GbR | 00:38:41 |
| 17. | Kanzmeier, Rolf | 2. | M55 | Lebenshilfe Bremerhaven | 00:39:41 |
| 18. | Hillje, Rüdiger | 3. | M55 | Lebenshilfe Bremerhaven | 00:40:32 |
| 19. | Assheuer, Jens | 2. | M40 | WindMW Service GmbH | 00:41:03 |
| 20. | Lukas, Wolfgang | 1. | M60 | Hochschule Bremerhaven | 00:42:41 |
| 21. | Hochleitner, Heike | 3. | W50 | Kiga Strandpiraten | 00:42:58 |
| 22. | Klatt, Melanie | 2. | W35 | Kiga Strandpiraten | 00:42:58 |
| 23. | Zimmermann, Ralf | 4. | M55 | Benthin | 00:45:25 |
| 24. | Beilke, Daniel | 1. | M30 | Beilke Agrar | 00:50:58 |
| 25. | Kruse, Thomas | 5. | M50 | Klinikum Bremerhaven | 00:59:25 |
| Ergebnisse: 25 | | | | | |

| Ergebnisse: Angestellte (6KA) | | | | | |
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| Platz | Name, Vorname | | Klasse | Verein | Leistung |
| 1. | Rohde, Bastian | 1. | M30 | Premium AEROTEC | 00:21:54 |
| 2. | Bannies, Holger | 1. | M50 | Fraunhofer IWES | 00:22:19 |
| 3. | Krause, Stefan | 1. | M35 | Fraunhofer IWES | 00:23:01 |
| 4. | Fokou Kenfack, Marius | 1. | M | Hochschule Bremerhaven | 00:23:16 |
| 5. | Huhn, Matthias Leonhard | 2. | M | Fraunhofer IWES | 00:24:19 |
| 6. | Lutz, Jankowsky | 2. | M50 | bremenports GmbH & Co. KG | 00:24:29 |
| 7. | Hetmann, Patrick | 3. | M | WindMW Service GmbH | 00:25:08 |
| 8. | Frey, Bernd | 3. | M50 | Klinikum Bremerhaven | 00:25:21 |
| 9. | Richter, Marvin | 4. | M | Fraunhofer IWES | 00:25:39 |
| 10. | Bodenhagen, Frank | 1. | M55 | symex GmbH & Co. KG | 00:25:40 |
| 11. | Seebeck, Sascha | 2. | M35 | symex GmbH & Co. KG | 00:25:47 |
| 12. | Nancken, David | 5. | M | Klimahaus Bremerhaven | 00:25:58 |
| 13. | Cieleck, Carsten | 1. | M40 | Deutsche See | 00:26:02 |
| 14. | Ortsief, Daniel | 6. | M | Elbe-Weser Werkstätten | 00:26:03 |
| 15. | Heidemann, Jens | 2. | M55 | Klinikum Bremerhaven | 00:26:05 |
| 16. | Pinsker, Marcus | 4. | M50 | Klinikum Bremerhaven | 00:26:05 |
| 17. | Nieger, Christoph | 3. | M35 | Klinikum Bremerhaven | 00:26:05 |
| 18. | Börger, Torsten | 7. | M | Raiffeisen Weser-Elbe eG | 00:26:08 |

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| 19. | Holtmann, Martin | 5. | M50 | Klinikum Bremerhaven | 00:26:12 |
| 20. | Hessenius, Onno | 3. | M55 | Magistrat Bremerhaven | 00:26:16 |
| 21. | Beyer, Matthias | 4. | M35 | WindMW Service GmbH | 00:26:18 |
| 22. | Martschin, Lukas | 8. | M | SV Werder Bremen | 00:26:24 |
| 23. | Luga, Christian | 2. | M30 | WindMW Service GmbH | 00:26:25 |
| 24. | Seel, Juergen | 5. | M35 | Ev. Luth Kirche Blexen | 00:26:35 |
| 25. | Siemann, Thomas | 4. | M55 | Magistrat Bremerhaven | 00:26:37 |
| 26. | Schütte, Jamie John | 3. | M30 | Elbe-Weser Werkstätten | 00:26:38 |
| 27. | Schulz, Steven | 9. | M | Elbe-Weser Werkstätten | 00:26:51 |
| 28. | Caspar, Christoph | 5. | M55 | Elbe-Weser Werkstätten | 00:26:54 |
| 29. | Thiel, Alexander | 6. | M35 | Klinikum Bremerhaven | 00:27:15 |
| 30. | Petschulat, Jan | 4. | M30 | Weser-Elbe Sparkasse | 00:27:17 |
| 31. | Fauvel, David | 5. | M30 | Weser-Elbe Sparkasse | 00:27:18 |
| 32. | Dietrich, Enno | 7. | M35 | Fraunhofer IWES | 00:27:21 |
| 33. | Dahl, Eibe | 6. | M30 | symex GmbH & Co. KG | 00:27:25 |
| 34. | Renken, Michael | 1. | M45 | Magistrat Bremerhaven | 00:27:30 |
| 35. | Krempel, Torsten | 2. | M45 | TuS Dorum | 00:27:33 |
| 36. | Voigts, Hannes | 7. | M30 | Klimahaus Bremerhaven | 00:27:37 |
| 37. | Schwarz, Juline | 1. | F | FRoSTA | 00:27:41 |
| 38. | Bagemiel, Oliver | 8. | M30 | Fraunhofer IWES | 00:27:44 |
| 39. | Kasper, Thomas | 6. | M50 | Benthin | 00:27:46 |
| 40. | Krüger, Thomas | 7. | M50 | AWO Bremerhaven | 00:27:53 |
| 41. | Kirsch, Julian | 10. | M | Fraunhofer IWES | 00:28:03 |
| 42. | Giller, Jens | 3. | M45 | WindMW Service GmbH | 00:28:07 |
| 43. | Groeneveld, Tobias | 9. | M30 | BÄKO Bremerhaven eG | 00:28:11 |
| 44. | Schlizio, Sven | 2. | M40 | Deutsche See | 00:28:13 |
| 45. | Schürch, Maja | 1. | W50 | Klinikum Bremerhaven | 00:28:14 |
| 46. | Scherer, Axel | 10. | M30 | Benthin | 00:28:24 |
| 47. | Schriever, Oliver | 8. | M35 | Frozen Fish | 00:28:33 |
| 48. | Richter, Patrick | 4. | M45 | Frozen Fish | 00:28:34 |
| 49. | Dethlof, Patrick | 11. | M30 | Klinikum Bremerhaven | 00:28:34 |
| 50. | da Silva, Toni | 5. | M45 | Frozen Fish | 00:28:40 |
| 51. | Nischler, Frank | 6. | M55 | Kita Neuemoorweg | 00:28:42 |
| 52. | Heinrich, Sabine | 2. | W50 | Deich Apotheke | 00:28:47 |
| 53. | Imholt, Tobias | 12. | M30 | WindMW Service GmbH | 00:28:53 |
| 54. | Koop, Merten | 11. | M | Elbe-Weser Werkstätten | 00:28:54 |
| 55. | Axmann, Stefan | 6. | M45 | Magistrat Bremerhaven | 00:28:55 |
| 56. | Zimmer, Klaus | 8. | M50 | Klinikum Bremerhaven | 00:29:00 |
| 57. | Flindt, Robert | 12. | M | Fraunhofer IWES | 00:29:05 |
| 58. | Siddiqui, Muhammed Omer | 13. | M | Fraunhofer IWES | 00:29:08 |
| 59. | Wieczorek, Alexandra | 2. | F | Fraunhofer IWES | 00:29:09 |
| 60. | Ohlmann, Dana | 3. | F | AWO Bremerhaven | 00:29:17 |
| 61. | Horn, Andreas | 9. | M50 | Magistrat Bremerhaven | 00:29:19 |
| 62. | Siebeck, Wolfgang | 1. | M65 | Brauns International | 00:29:25 |
| 63. | Tiedemann, Thomas | 7. | M45 | swb Bremerhaven GmbH | 00:29:25 |
| 64. | Döscher, Jennifer | 1. | W30 | Weser-Elbe Sparkasse | 00:29:26 |
| 65. | Wassermann, Lisa | 4. | F | Klinikum Bremerhaven | 00:29:30 |
| 66. | Nachtigall, Jan | 9. | M35 | Klinikum Bremerhaven | 00:29:41 |
| 67. | Halfpap, Kerstin | 1. | W35 | WindMW Service GmbH | 00:29:45 |
| 68. | Kühne, Marco | 13. | M30 | Lebenshilfe Bremerhaven | 00:29:46 |

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| 69. | Böcker, Jörn | 3. | M40 | Hochschule Bremerhaven | 00:29:48 |
| 70. | Pilgram, Thomas | 10. | M35 | Bobrink GmbH | 00:29:53 |
| 71. | Hayen, Hayo | 11. | M35 | Nordsee Medienverbund | 00:29:56 |
| 72. | Daniel, Werle | 14. | M | Hans Biela Automobile | 00:29:57 |
| 73. | Palleske, Brigette | 2. | W30 | Fraunhofer IWES | 00:30:05 |
| 74. | Reckemeyer, Lars | 8. | M45 | Fraunhofer IWES | 00:30:05 |
| 75. | Czichon, Steffen | 12. | M35 | Fraunhofer IWES | 00:30:06 |
| 76. | Oetjen, Niels | 4. | M40 | Nordsee Medienverbund | 00:30:07 |
| 77. | Pekrun, Till | 15. | M | Elbe-Weser Werkstätten | 00:30:10 |
| 78. | Diggery, Rebekka | 2. | W35 | symex GmbH & Co. KG | 00:30:20 |
| 79. | Toetzke, Katrin | 3. | W50 | ÖVB Versicherungen | 00:30:25 |
| 80. | Meyer, Mirco | 5. | M40 | FRoSTA | 00:30:26 |
| 81. | Kastens, Oliver | 1. | W45 | FRoSTA | 00:30:27 |
| 82. | Grell, Helmut | 7. | M55 | swb Bremerhaven GmbH | 00:30:31 |
| 83. | Gaube, Hans-Jörg | 8. | M55 | Hochschule Bremerhaven | 00:30:31 |
| 84. | Kruzewicz, Jacek | 10. | M50 | Frozen Fish | 00:30:33 |
| 85. | Neuschl, Marc | 11. | M50 | Deutsche See | 00:30:34 |
| 86. | Abraham, Ralf | 12. | M50 | Elbe-Weser Werkstätten | 00:30:36 |
| 87. | Loos, Anna | 3. | W30 | Weser-Elbe Sparkasse | 00:30:37 |
| 88. | Richert, Wolfgang | 9. | M45 | symex GmbH & Co. KG | 00:30:38 |
| 89. | Dost, Sebastian | 13. | M35 | Klinikum Bremerhaven | 00:30:40 |
| 90. | Jacob, Stefan | 10. | M45 | Magistrat Bremerhaven | 00:30:41 |
| 91. | Prigge, Yannick | 16. | M | Raiffeisen Weser-Elbe eG | 00:30:42 |
| 92. | Meyer, Christian | 14. | M35 | Fraunhofer IWES | 00:30:44 |
| 93. | Huen, Julien | 6. | M40 | ttz Bremerhaven | 00:30:51 |
| 94. | Weber, Thorsten | 11. | M45 | Deutsche See | 00:30:54 |
| 95. | Heimrath, Frank | 9. | M55 | Klinikum Bremerhaven | 00:30:55 |
| 96. | Rhomberg, Hans | 10. | M55 | Magistrat Bremerhaven | 00:30:58 |
| 97. | Schröder, Nico | 14. | M30 | symex GmbH & Co. KG | 00:30:59 |
| 98. | Kaune, Stefan | 11. | M55 | Deutsche See | 00:31:03 |
| 99. | Zielke, Andreas | 12. | M45 | Hans Biela Automobile | 00:31:07 |
| 100. | Huen, Elsa | 1. | W40 | Deutsche See | 00:31:08 |
| 101. | Tietjen, Christian | 17. | M | Fraunhofer IWES | 00:31:09 |
| 102. | Unruh, Jessica | 2. | W40 | Nordsee Medienverbund | 00:31:10 |
| 103. | Post, Maike | 3. | W40 | Magistrat Bremerhaven | 00:31:14 |
| 104. | Quell, Andree | 7. | M40 | Elbe-Weser Werkstätten | 00:31:18 |
| 105. | Hartmann, Sven | 18. | M | Bobrink GmbH | 00:31:20 |
| 106. | von Hassel, Uli | 15. | M30 | Lebenshilfe Bremerhaven | 00:31:21 |
| 107. | Meyer, Kay | 15. | M35 | WindMW Service GmbH | 00:31:21 |
| 108. | Wagner, Christian | 16. | M30 | Benthin | 00:31:23 |
| 109. | Bielecki, Adam | 17. | M30 | Elbe-Weser Werkstätten | 00:31:24 |
| 110. | Heilmann-Nienburg, Daniela | 2. | W45 | EUROGATE | 00:31:31 |
| 111. | Arndt, Jens | 13. | M50 | EUROGATE | 00:31:31 |
| 112. | Coordes, Matthias | 14. | M50 | EUROGATE | 00:31:32 |
| 113. | Paulus, Sebastian | 19. | M | Magistrat Bremerhaven | 00:31:33 |
| 114. | Mühlmeister, Jörn | 8. | M40 | Uwe Kloska GmbH | 00:31:35 |
| 115. | Hert, Katrin | 4. | W30 | AWO Bremerhaven | 00:31:38 |
| 116. | Lüdders, Axel | 13. | M45 | Fahrschule Frank Martens | 00:31:40 |
| 117. | Welker-Buth, Markus | 9. | M40 | Elbe-Weser Werkstätten | 00:31:42 |
| 118. | Metten-Helbich, Dieter | 12. | M55 | Frozen Fish | 00:31:46 |

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| 119. | Path, Phil | 1. | MJ U20 | Elbe-Weser Werkstätten | 00:31:48 |
| 120. | Brandes, Harald | 13. | M55 | Benthin | 00:31:48 |
| 121. | Lars, Rutten | 20. | M | Hans Biela Automobile | 00:31:56 |
| 122. | Schaarschmidt, Sven | 14. | M45 | Deutsche See | 00:32:01 |
| 123. | Kort, Thomas | 15. | M45 | Bobrink GmbH | 00:32:12 |
| 124. | Haffner, Klaus | 16. | M45 | Elbe-Weser Werkstätten | 00:32:14 |
| 125. | Stein, Helmut | 14. | M55 | Nordsee Medienverbund | 00:32:19 |
| 126. | Schwiers, Fabian | 18. | M30 | Magistrat Bremerhaven | 00:32:20 |
| 127. | Temme, Fabian | 16. | M35 | Weser-Elbe Sparkasse | 00:32:20 |
| 128. | Stoermer, Dennis | 17. | M35 | Benthin | 00:32:20 |
| 129. | Harms, Alex | 21. | M | symex GmbH & Co. KG | 00:32:23 |
| 130. | Uelzen, Vanessa | 5. | W30 | Bobrink GmbH | 00:32:25 |
| 131. | Bittner, Sascha | 17. | M45 | Bobrink GmbH | 00:32:26 |
| 132. | Melzer, Markus | 19. | M30 | Klinikum Bremerhaven | 00:32:31 |
| 133. | Wittmar, Hans-Joachim | 1. | M60 | Klinikum Bremerhaven | 00:32:34 |
| 134. | Toker, Tolga | 18. | M35 | Bobrink GmbH | 00:32:36 |
| 135. | Reichmann, Oliver | 15. | M50 | Frozen Fish | 00:32:39 |
| 136. | Maaßen, Ralph | 18. | M45 | Benthin | 00:32:45 |
| 137. | Meyer, Joanna | 5. | F | BKM Medien GmbH und Co. KG | 00:32:46 |
| 138. | Pekrun, Kara | 6. | F | Magistrat Bremerhaven | 00:32:47 |
| 139. | Larmann, Andreas | 15. | M55 | Elbe-Weser Werkstätten | 00:32:48 |
| 140. | Meyer, Corinna | 4. | W40 | AWO Bremerhaven | 00:32:51 |
| 141. | Paul, Andreas | 16. | M55 | Klinikum Bremerhaven | 00:32:53 |
| 142. | Jagels, Ilka | 5. | W40 | Klinikum Bremerhaven | 00:32:58 |
| 143. | Fierek, Matthias | 22. | M | Benthin | 00:33:02 |
| 144. | Altenburg, Ute | 3. | W45 | Klinikum Bremerhaven | 00:33:10 |
| 145. | Fischer, Saskia Denise | 3. | W35 | FRoSTA | 00:33:11 |
| 146. | Kandsorra, Thomas | 17. | M55 | FRoSTA | 00:33:11 |
| 147. | Heigo, Sgolik | 2. | M60 | bremenports GmbH & Co. KG | 00:33:13 |
| 148. | Dössel, Britta | 4. | W50 | Frozen Fish | 00:33:14 |
| 149. | Pick, Moritz | 23. | M | Fraunhofer IWES | 00:33:20 |
| 150. | Hödt, Marcus | 16. | M50 | Benthin | 00:33:22 |
| 151. | Welter, Peter | 10. | M40 | symex GmbH & Co. KG | 00:33:23 |
| 152. | Rentzing, Petra | 5. | W50 | Benthin | 00:33:24 |
| 153. | Janßen, Claudia | 6. | W50 | Klinikum Bremerhaven | 00:33:30 |
| 154. | Harms, Ralph | 19. | M45 | Benthin | 00:33:32 |
| 155. | Clüver, Felix | 20. | M30 | Deutsche See | 00:33:33 |
| 156. | Filz, Matthias | 11. | M40 | Kück GmbH | 00:33:39 |
| 157. | Wienrich, Luis | 24. | M | EUROGATE | 00:33:40 |
| 158. | Buck, Annika | 6. | W30 | SV Werder Bremen | 00:33:44 |
| 159. | Weiß, Rafael | 17. | M50 | Nordsee Medienverbund | 00:33:47 |
| 160. | Ferrier, Britta | 4. | W45 | FRoSTA | 00:33:54 |
| 161. | Czudnochowski, Birgit | 5. | W45 | Tsv Neuhaus Oste | 00:33:55 |
| 162. | Boldt, Meike | 6. | W40 | Weser-Elbe Sparkasse | 00:33:58 |
| 163. | Strebkowski, Timo | 25. | M | Weser-Elbe Sparkasse | 00:34:00 |
| 164. | Meyer, Sabine | 7. | W40 | Elbe-Weser Werkstätten | 00:34:01 |
| 165. | Goncalo, Padinha | 20. | M45 | Hans Biela Automobile | 00:34:03 |
| 166. | Bathe, Thorsten | 26. | M | Klinikum Bremerhaven | 00:34:09 |
| 167. | Brenzel, Axel | 21. | M45 | Lebenshilfe Bremerhaven | 00:34:10 |
| 168. | Nagel, Mara | 7. | F | Frozen Fish | 00:34:12 |

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| 169. | Pahlke, Jörg | 18. | M55 | symex GmbH & Co. KG | 00:34:20 |
| 170. | Gratzmann, Lars | 12. | M40 | Nordsee Medienverbund | 00:34:22 |
| 171. | Piensi, Rik | 21. | M30 | EUROGATE | 00:34:25 |
| 172. | Beuth, Daniela | 7. | W30 | Nordsee Medienverbund | 00:34:27 |
| 173. | Lenz, Sebastian | 19. | M35 | ttz Bremerhaven | 00:34:34 |
| 174. | Janßen, Anna-Lena | 8. | F | Frozen Fish | 00:34:35 |
| 175. | Degtjarjow, Svetlana | 8. | W40 | Klimahaus Bremerhaven | 00:34:35 |
| 176. | Finger, Alix | 7. | W50 | Magistrat Bremerhaven | 00:34:36 |
| 177. | Fehner, Dennis | 20. | M35 | ttz Bremerhaven | 00:34:39 |
| 178. | Rode, Thorsten | 19. | M55 | Deutsche See | 00:34:42 |
| 179. | Nozares, Ronnel | 27. | M | Deutsche See | 00:34:45 |
| 180. | Schlesinger, Miriam | 9. | F | EUROGATE | 00:34:46 |
| 181. | Herz, Katrin | 6. | W45 | AWO Bremerhaven | 00:34:54 |
| 182. | Zeytünlü, Deniz | 28. | M | CorpuSana | 00:34:55 |
| 183. | Bullwinkel, Steffi | 4. | W35 | Benthin | 00:34:56 |
| 184. | Aigner, Marika | 10. | F | WindMW Service GmbH | 00:34:58 |
| 185. | Mädge, Birgit | 8. | W50 | Benthin | 00:34:59 |
| 186. | Wochnik, Daniela | 8. | W30 | WindMW Service GmbH | 00:35:00 |
| 187. | Lutter, Ann-Christin | 11. | F | WindMW Service GmbH | 00:35:00 |
| 188. | Rüschmann, Ulrike | 9. | W50 | Klinikum Bremerhaven | 00:35:10 |
| 189. | Hermann, Andre | 13. | M40 | Weser-Elbe Sparkasse | 00:35:13 |
| 190. | Knitter, Heiko | 14. | M40 | Jobcenter Bremerhaven | 00:35:17 |
| 191. | Zitzmann, Carmen | 12. | F | FRoSTA | 00:35:18 |
| 192. | Jürgewitz, Sarah | 13. | F | | 00:35:19 |
| 193. | Böltes, Gunnar | 22. | M45 | Klinikum Bremerhaven | 00:35:21 |
| 194. | Brader, Kerstin | 9. | W40 | Nordsee Laufschule | 00:35:23 |
| 195. | Bröker, Sabine | 7. | W45 | Klinikum Bremerhaven | 00:35:24 |
| 196. | Lohse, Bettina | 1. | W60 | Nordsee Laufschule | 00:35:25 |
| 197. | Wulff, Sebastian | 22. | M30 | Elbe-Weser Werkstätten | 00:35:32 |
| 198. | Gendrich, Anna | 14. | F | FRoSTA | 00:35:35 |
| 199. | Runge, Stefanie | 5. | W35 | Klinikum Bremerhaven | 00:35:35 |
| 200. | Tietjen, Johanna | 15. | F | Magistrat Bremerhaven | 00:35:37 |
| 201. | Awad, Walid | 2. | MJ U20 | Elbe-Weser Werkstätten | 00:35:54 |
| 202. | Fehr, Sonja | 8. | W45 | Klinikum Bremerhaven | 00:35:56 |
| 203. | Gaile, Ralf | 18. | M50 | Frozen Fish | 00:35:57 |
| 204. | Krüger, Lars | 15. | M40 | Nordsee Medienverbund | 00:36:02 |
| 205. | Krömer, Lutz | 20. | M55 | Frozen Fish | 00:36:03 |
| 206. | Larm, Nadine | 10. | W40 | Bobrink GmbH | 00:36:05 |
| 207. | Dix, Hagen | 23. | M45 | symex GmbH & Co. KG | 00:36:06 |
| 208. | Cailloud, Martina | 6. | W35 | Nordsee Medienverbund | 00:36:06 |
| 209. | Engel, Swaantje | 9. | W30 | Klinikum Bremerhaven | 00:36:12 |
| 210. | Tants, Guido | 24. | M45 | Benthin | 00:36:17 |
| 211. | Meyer, Ewa | 9. | W45 | Klinikum Bremerhaven | 00:36:18 |
| 212. | Stelling, Jürgen | 21. | M55 | Benthin | 00:36:18 |
| 213. | Lingerski, Bianca | 1. | W55 | Magistrat Bremerhaven | 00:36:21 |
| 214. | Götze, Tina | 11. | W40 | Nordsee Medienverbund | 00:36:25 |
| 215. | Link, Katja | 10. | W45 | Weser-Elbe Sparkasse | 00:36:27 |
| 216. | Hosoda, Yuka | 16. | F | Klimahaus Bremerhaven | 00:36:29 |
| 217. | Zunder, Jessica | 10. | W30 | WindMW Service GmbH | 00:36:30 |
| 218. | Nagel, Raphael | 23. | M30 | Bobrink GmbH | 00:36:31 |

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| 219. | Richter, Mike | 24. | M30 | Frozen Fish | 00:36:35 |
| 220. | Oberdieck, Tim | 25. | M45 | Sail Fit Runners | 00:36:36 |
| 221. | Heinemeyer, Jürgen | 3. | M60 | Katasteramt Wesermünde | 00:36:38 |
| 222. | Rehak, Steffen | 19. | M50 | Klimahaus Bremerhaven | 00:36:38 |
| 223. | Bagci, Anja | 2. | W55 | AWO Bremerhaven | 00:36:41 |
| 224. | von Glahn, Joshua | 29. | M | Sail Fit Runners | 00:36:42 |
| 225. | Brinkmann, Jan | 21. | M35 | Deutsche See | 00:36:43 |
| 226. | Weidemann, Nils | 25. | M30 | Fraunhofer IWES | 00:36:49 |
| 227. | Timmann, Henrik | 30. | M | Fraunhofer IWES | 00:36:50 |
| 228. | Freitag, Tilo | 22. | M35 | Hochschule Bremerhaven | 00:36:53 |
| 229. | Wirth, Florian | 31. | M | Fraunhofer IWES | 00:36:57 |
| 230. | Moldt, Sonja | 3. | W55 | Klinikum Bremerhaven | 00:37:09 |
| 231. | Otten, Rieke | 17. | F | EUROGATE | 00:37:09 |
| 232. | Distler, Nina | 7. | W35 | EUROGATE | 00:37:09 |
| 233. | Welter, Meike | 12. | W40 | symex GmbH & Co. KG | 00:37:11 |
| 234. | Kuball, Jenny | 8. | W35 | Fraunhofer IWES | 00:37:35 |
| 235. | Paradowski, Thomas | 22. | M55 | Klinikum Bremerhaven | 00:37:36 |
| 236. | Bredehorst-Paradowski, Sonja | 13. | W40 | Klinikum Bremerhaven | 00:37:36 |
| 237. | Oest, Angelika | 4. | W55 | Elbe-Weser Werkstätten | 00:37:38 |
| 238. | Preibsch-Büsing, Maike | 10. | W50 | Elbe-Weser Werkstätten | 00:37:41 |
| 239. | Haase, Bärbel | 11. | W50 | Elbe-Weser Werkstätten | 00:37:41 |
| 240. | Schröder, Kristin | 11. | W30 | WindMW Service GmbH | 00:37:43 |
| 241. | Poppe, Thomas | 20. | M50 | Frozen Fish | 00:37:45 |
| 242. | Matullat, Imke | 9. | W35 | ttz Bremerhaven | 00:38:01 |
| 243. | Anft, Torben | 16. | M40 | symex GmbH & Co. KG | 00:38:02 |
| 244. | Kloppenburger, Ute | 5. | W55 | Nordsee Laufschule | 00:38:08 |
| 245. | Lubitz, Nico | 32. | M | Lebenshilfe Bremerhaven | 00:38:11 |
| 246. | Axmann, Stefani | 14. | W40 | Magistrat Bremerhaven | 00:38:13 |
| 247. | Stürcken, Julia | 12. | W30 | Klinikum Bremerhaven | 00:38:16 |
| 248. | Lubbe, Marcel | 33. | M | Frozen Fish | 00:38:17 |
| 249. | Krempel, Michaela | 11. | W45 | TuS Dorum | 00:38:19 |
| 250. | Stokic, Mirko | 4. | M60 | Lebenshilfe Bremerhaven | 00:38:22 |
| 251. | Bilitza, Timo | 17. | M40 | Nordsee Medienverbund | 00:38:25 |
| 252. | Schulze, Sandra | 18. | F | AWO Bremerhaven | 00:38:27 |
| 253. | Schmidt, Lea | 19. | F | Lebenshilfe Bremerhaven | 00:38:29 |
| 254. | Cordes, Frank | 21. | M50 | Bobrink GmbH | 00:38:30 |
| 255. | Wiebalck, Frank | 22. | M50 | Bobrink GmbH | 00:38:31 |
| 256. | Böning, Heidrun | 6. | W55 | Magistrat Bremerhaven | 00:38:33 |
| 257. | Ameli, Mona | 13. | W30 | Klinikum Bremerhaven | 00:38:38 |
| 258. | Busse, Thomas | 26. | M45 | Uwe Kloska GmbH | 00:38:39 |
| 259. | Mehrtens, Christian | 18. | M40 | Kück GmbH | 00:38:51 |
| 260. | Mihaljica, Jacqueline | 12. | W45 | Nordsee Medienverbund | 00:39:04 |
| 261. | Jarosch, Thomas | 27. | M45 | Klinikum Bremerhaven | 00:39:10 |
| 262. | de Vries, Meike | 7. | W55 | Bobrink GmbH | 00:39:16 |
| 263. | Kabatas, Serap | 15. | W40 | Bobrink GmbH | 00:39:18 |
| 264. | Hinrichs, Silvia | 12. | W50 | Uwe Kloska GmbH | 00:39:23 |
| 265. | Hannawald, Anika | 20. | F | Magistrat Bremerhaven | 00:39:28 |
| 266. | Quaas, Rebekka | 21. | F | Weser-Elbe Sparkasse | 00:39:48 |
| 267. | Nau, Christiane | 13. | W45 | ttz Bremerhaven | 00:40:00 |
| 268. | Rosenbaum, Katharina | 14. | W45 | AWO Bremerhaven | 00:40:01 |

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| 269. | Gauer, Peter | 23. | M50 | Klinikum Bremerhaven | 00:40:09 |
| 270. | Woydack, Detmar | 24. | M50 | Deutsche See | 00:40:10 |
| 271. | Klaenfoth, Felix | 34. | M | Fraunhofer IWES | 00:40:11 |
| 272. | Paetz, Lara | 22. | F | DLRG Bremerhaven | 00:40:18 |
| 273. | Vogt, Sören | 35. | M | DLRG Bremerhaven | 00:40:18 |
| 274. | Kleinert, Joachim | 23. | M55 | BLG LOGISTICS | 00:40:24 |
| 275. | Claussen, Sebastian | 26. | M30 | BLG LOGISTICS | 00:40:25 |
| 276. | Weber, Maren | 15. | W45 | BLG LOGISTICS | 00:40:26 |
| 277. | Klußmann, Rebecka | 23. | F | Nordsee Medienverbund | 00:40:35 |
| 278. | Allers, Dirk | 27. | M30 | Deutsche See | 00:40:38 |
| 279. | Russ, Matthias | 24. | M55 | Lebenshilfe Bremerhaven | 00:40:39 |
| 280. | Heinrichs, Patrick | 23. | M35 | Benthin | 00:40:40 |
| 281. | Wiegmann, Nina | 24. | F | Nordsee Medienverbund | 00:40:40 |
| 282. | Mühlenberg, Angela | 8. | W55 | Klinikum Bremerhaven | 00:40:41 |
| 283. | Hoyer, Lena | 14. | W30 | Deutsche See | 00:40:42 |
| 284. | Wünsche, Jens | 25. | M50 | Benthin | 00:40:44 |
| 285. | Münch, Marc | 28. | M30 | Fraunhofer IWES | 00:40:47 |
| 286. | Lüdders, Angela | 9. | W55 | Nordsee Medienverbund | 00:40:48 |
| 287. | Melcher, David | 36. | M | Fraunhofer IWES | 00:40:51 |
| 288. | Wiebe, Susann | 16. | W45 | swb Bremerhaven GmbH | 00:40:56 |
| 289. | Vetter, Jürgen | 25. | M55 | swb Bremerhaven GmbH | 00:40:57 |
| 290. | Kück, Thomas | 28. | M45 | WindMW Service GmbH | 00:40:58 |
| 291. | Klawitter-Kundt, Nadine | 10. | W35 | Klinikum Bremerhaven | 00:40:59 |
| 292. | Ming, Wan | 24. | M35 | WindMW Service GmbH | 00:40:59 |
| 293. | Kotzerke, Dirk | 26. | M50 | WindMW Service GmbH | 00:41:00 |
| 294. | Hanke, Petra | 10. | W55 | Weser-Elbe Sparkasse | 00:41:05 |
| 295. | Malz, Karin | 11. | W55 | Weser-Elbe Sparkasse | 00:41:06 |
| 296. | Krusekopf, Thomas | 29. | M45 | Uwe Kloska GmbH | 00:41:09 |
| 297. | von der Reith, Corinna | 16. | W40 | Magistrat Bremerhaven | 00:41:11 |
| 298. | van Dongen, Erwin | 26. | M55 | Elbe-Weser Werkstätten | 00:41:13 |
| 299. | von der Reith, Philipp | 25. | M35 | Magistrat Bremerhaven | 00:41:15 |
| 300. | Sabrina, Paulus | 25. | F | bremenports GmbH & Co. KG | 00:41:23 |
| 301. | Roth, Alice | 17. | W45 | AWO Bremerhaven | 00:41:25 |
| 302. | Teßin, René | 37. | M | bremenports GmbH & Co. KG | 00:41:26 |
| 303. | Bausch, Sascha | 38. | M | Klinikum Bremerhaven | 00:41:30 |
| 304. | Köpke, Laura | 1. | WJ U20 | Klinikum Bremerhaven | 00:41:50 |
| 305. | Tolke, Ann-Kristin | 2. | WJ U20 | Klinikum Bremerhaven | 00:41:51 |
| 306. | Michaelsen-Gand, Karin | 12. | W55 | Klinikum Bremerhaven | 00:41:53 |
| 307. | Glaß, Nadine | 15. | W30 | Benthin | 00:42:09 |
| 308. | Kluth, Hannelore | 2. | W60 | Magistrat Bremerhaven | 00:42:16 |
| 309. | Barre, Raphaela | 13. | W50 | Lebenshilfe Bremerhaven | 00:42:19 |
| 310. | Weiser, Vanessa | 16. | W30 | Magistrat Bremerhaven | 00:42:36 |
| 311. | Kheiravi, Sara | 26. | F | Klinikum Bremerhaven | 00:42:37 |
| 312. | Christiansen, Nikola | 17. | W40 | Kiga Strandpiraten | 00:42:59 |
| 313. | Paul, Miriam | 18. | W40 | Kiga Strandpiraten | 00:43:00 |
| 314. | Schnittger, Rabea | 27. | F | Kiga Strandpiraten | 00:43:00 |
| 315. | Zierenberg, Friederike | 3. | W60 | Magistrat Bremerhaven | 00:43:10 |
| 316. | Thomas, Collande | 19. | M40 | Deutsche See | 00:43:12 |
| 317. | Krämer, Christin | 28. | F | Weser-Elbe Sparkasse | 00:43:13 |
| 318. | Göhrendt, Sven | 30. | M45 | Uwe Kloska GmbH | 00:43:16 |

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| 319. | Wiesmann, Mara | 29. | F | Bobrink GmbH | 00:43:18 |
| 320. | Guderian, Sebastian | 29. | M30 | Uwe Kloska GmbH | 00:43:20 |
| 321. | Abraham, Joshuar | 39. | M | Lebenshilfe Bremerhaven | 00:43:24 |
| 322. | Dähnenkamp, Peter | 26. | M35 | Elbe-Weser Werkstätten | 00:43:27 |
| 323. | Beste, Helga | 18. | W45 | Hochschule Bremerhaven | 00:43:38 |
| 324. | Pilarski, Wiebke | 11. | W35 | Hochschule Bremerhaven | 00:43:39 |
| 325. | David, Küster | 40. | M | Hans Biela Automobile | 00:43:41 |
| 326. | Slapa, Anja | 19. | W40 | Klinikum Bremerhaven | 00:43:44 |
| 327. | Beier, Christoph | 20. | M40 | Elbe-Weser Werkstätten | 00:43:46 |
| 328. | Geffken, Patric | 41. | M | Lebenshilfe Bremerhaven | 00:43:49 |
| 329. | Pratsch, Bernd | 2. | M65 | Lebenshilfe Bremerhaven | 00:43:53 |
| 330. | Kockmann, Andrea | 19. | W45 | Klinikum Bremerhaven | 00:44:19 |
| 331. | Hamre, Holk | 31. | M45 | Klinikum Bremerhaven | 00:44:20 |
| 332. | Schott, Claas | 32. | M45 | Hochschule Bremerhaven | 00:44:22 |
| 333. | Baumgardt, Jens | 27. | M50 | Klinikum Bremerhaven | 00:44:41 |
| 334. | Laue, Rene | 27. | M35 | Lebenshilfe Bremerhaven | 00:44:51 |
| 335. | Lenz, Christine | 17. | W30 | Weser-Elbe Sparkasse | 00:44:58 |
| 336. | Seidler, Theresa | 20. | W40 | AWO Bremerhaven | 00:45:02 |
| 337. | Ehlers, Marlene | 4. | W60 | Elbe-Weser Werkstätten | 00:45:03 |
| 338. | Yang, Shuang | 21. | W40 | WindMW Service GmbH | 00:45:07 |
| 339. | Picker, Christine | 22. | W40 | Magistrat Bremerhaven | 00:45:07 |
| 340. | Bothe, Thomas | 27. | M55 | Deutsche See | 00:45:08 |
| 341. | Schwebe, Klaas | 21. | M40 | Lebenshilfe Bremerhaven | 00:45:25 |
| 342. | Wowczyk, Matthias | 33. | M45 | Klinikum Bremerhaven | 00:45:34 |
| 343. | Winter, Mirja | 20. | W45 | Klinikum Bremerhaven | 00:45:35 |
| 344. | Bluhm, Inga | 18. | W30 | Nordsee Medienverbund | 00:45:39 |
| 345. | Gross, Mike-Kevin | 42. | M | Elbe-Weser Werkstätten | 00:45:40 |
| 346. | Herbst, Enrico | 22. | M40 | Uwe Kloska GmbH | 00:45:43 |
| 347. | Röse, Jan | 43. | M | Bobrink GmbH | 00:46:10 |
| 348. | Zeitz, Wolfgang | 28. | M55 | Deutsche See | 00:46:14 |
| 349. | Wülbern, Andreas | 23. | M40 | Benthin | 00:46:14 |
| 350. | Juschkat, Christian | 30. | M30 | Deutsche See | 00:46:19 |
| 351. | Koelen, Tanja | 30. | F | Klimahaus Bremerhaven | 00:47:16 |
| 352. | Buerfeind, Imke | 21. | W45 | Klinikum Bremerhaven | 00:47:34 |
| 353. | Toetzke, Falko | 34. | M45 | Team ERDINGER Alkoholfrei | 00:47:48 |
| 354. | Sawitzky, Kira | 31. | F | Deutsche See | 00:47:54 |
| 355. | Müller, Sandra | 12. | W35 | Bobrink GmbH | 00:48:03 |
| 356. | Tönjes, Kimberly | 32. | F | Klinikum Bremerhaven | 00:48:08 |
| 357. | Barthel, Britta | 22. | W45 | Nordsee Medienverbund | 00:48:12 |
| 358. | von Borstel, Andrea | 13. | W55 | Nordsee Medienverbund | 00:48:13 |
| 359. | Schröder, Stefanie | 33. | F | Klinikum Bremerhaven | 00:48:13 |
| 360. | Kupfer, Sven | 28. | M50 | Benthin | 00:48:14 |
| 361. | Wasner, Kevin | 44. | M | Lebenshilfe Bremerhaven | 00:48:27 |
| 362. | Brand, Lisa | 34. | F | Fraunhofer IWES | 00:48:32 |
| 363. | Schudack, Lisa Kristina | 35. | F | Fraunhofer IWES | 00:48:32 |
| 364. | Mües, Antje | 14. | W50 | Hochschule Bremerhaven | 00:48:53 |
| 365. | Sommer, Marleen | 36. | F | Elbe-Weser Werkstätten | 00:48:57 |
| 366. | Sanders, Maren | 15. | W50 | Magistrat Bremerhaven | 00:49:08 |
| 367. | Thinius, Michaela | 23. | W45 | Deutsche See | 00:49:16 |
| 368. | Haak, Stefan | 29. | M50 | Deutsche See | 00:49:19 |

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| 369. | Schnaars, Katharina | 19. | W30 | Nordsee Medienverbund | 00:49:49 |
| 370. | Morillo Gonzales, Denise | 37. | F | Deutsche See | 00:50:34 |
| 371. | Zöllner, Johanna | 38. | F | Deutsche See | 00:50:34 |
| 372. | Mangels, Sonja | 13. | W35 | Beilke Agrar | 00:50:57 |
| 373. | Köser, Malena | 39. | F | Weser-Elbe Sparkasse | 00:51:03 |
| 374. | Mazurek, Martha | 40. | F | Weser-Elbe Sparkasse | 00:51:04 |
| 375. | Schmitt, Yannic | 31. | M30 | Fraunhofer IWES | 00:51:46 |
| 376. | Englisch, Nils | 32. | M30 | Fraunhofer IWES | 00:51:46 |
| 377. | Meyer, Nico | 45. | M | Lebenshilfe Bremerhaven | 00:51:50 |
| 378. | Knoop, Sina | 41. | F | Lebenshilfe Bremerhaven | 00:51:58 |
| 379. | Schmitz, Jörg | 30. | M50 | Elbe-Weser Werkstätten | 00:52:00 |
| 380. | Kirchner, Harald | 1. | M80 | Lagerhaus Bremerhaven | 00:52:14 |
| 381. | Hoops, Heidi | 16. | W50 | Lebenshilfe Bremerhaven | 00:52:24 |
| 382. | Schlicht, Stefan | 35. | M45 | BLG LOGISTICS | 00:52:42 |
| 383. | Renken, Claudia | 24. | W45 | ttz Bremerhaven | 00:52:55 |
| 384. | Freitag, Simone | 17. | W50 | Lebenshilfe Bremerhaven | 00:53:08 |
| 385. | Hülseberg, Björn | 25. | W45 | Benthin | 00:53:12 |
| 386. | Brackmann, Timo | 46. | M | Lebenshilfe Bremerhaven | 00:53:13 |
| 387. | Rehak, Svenja | 26. | W45 | Klinikum Bremerhaven | 00:53:20 |
| 388. | Garbade, Katrin | 42. | F | Bobrink GmbH | 00:53:31 |
| 389. | Lindert, Merle | 27. | W45 | Benthin | 00:53:34 |
| 390. | Manasco, Roy | 36. | M45 | Bobrink GmbH | 00:53:35 |
| 391. | Schulze-Haake, Heike | 18. | W50 | Bobrink GmbH | 00:53:35 |
| 392. | Smidt, Christiane | 19. | W50 | Bobrink GmbH | 00:53:36 |
| 393. | Czene, Doris | 5. | W60 | Benthin | 00:53:51 |
| 394. | Kaßner, Anke | 6. | W60 | Benthin | 00:53:52 |
| 395. | Seefuß, Ann-Christin | 43. | F | Elbe-Weser Werkstätten | 00:54:06 |
| 396. | Sievers, Anita | 7. | W60 | Benthin | 00:54:11 |
| 397. | Reglin, Marlene | 1. | W70 | OSC Bremerhaven | 00:54:34 |
| 398. | Meier, Nicole | 28. | W45 | Lebenshilfe Bremerhaven | 00:54:38 |
| 399. | Engfer, Amelie | 44. | F | FRoSTA | 00:54:48 |
| 400. | Behrje, Marion | 14. | W55 | FRoSTA | 00:54:49 |
| 401. | Goy, Manuel | 28. | M35 | Elbe-Weser Werkstätten | 00:55:00 |
| 402. | Tscharntke, Sandra | 45. | F | Sail Fit Runners | 00:55:05 |
| 403. | Tscharntke, Eva | 15. | W55 | Frozen Fish | 00:55:08 |
| 404. | Freitag, Niklas | 47. | M | Lebenshilfe Bremerhaven | 00:55:40 |
| 405. | Freitag, Karsten | 31. | M50 | Lebenshilfe Bremerhaven | 00:55:41 |
| 406. | Tscheu, Angelika | 20. | W50 | Klinikum Bremerhaven | 00:56:03 |
| 407. | Wöstehoff, Petra | 21. | W50 | Lebenshilfe Bremerhaven | 00:56:04 |
| 408. | Kalmbach, Michael | 37. | M45 | Lebenshilfe Bremerhaven | 00:56:16 |
| 409. | Seefuß, Celina | 3. | WJ U20 | Elbe-Weser Werkstätten | 00:57:31 |
| 410. | Krönke, Angela | 16. | W55 | Nordsee Medienverbund | 00:57:46 |
| 411. | Kruse, Heike | 22. | W50 | Nordsee Medienverbund | 00:57:46 |
| 412. | Satzinger, Roman | 33. | M30 | Elbe-Weser Werkstätten | 00:57:54 |
| 413. | Bullmann, Torge | 48. | M | Lebenshilfe Bremerhaven | 00:58:07 |
| 414. | Mehrtens, Tim | 34. | M30 | Elbe-Weser Werkstätten | 00:58:09 |
| 415. | Finnie, Michaela | 29. | W45 | Nordsee Medienverbund | 00:58:28 |
| 416. | Martens, Katja | 30. | W45 | Benthin | 00:58:43 |
| 417. | Janßen, Jacqueline | 46. | F | Elbe-Weser Werkstätten | 00:58:44 |
| 418. | Werner, Michi | 32. | M50 | Lebenshilfe Bremerhaven | 00:59:04 |

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| 419. | Nguyen, Anhang | 29. | M35 | Elbe-Weser Werkstätten | 00:59:15 |
| 420. | Vogler, Christina | 23. | W40 | Sail Fit Runners | 00:59:31 |
| 421. | Rabanus, Ute | 23. | W50 | Sail Fit Runners | 00:59:32 |
| 422. | Beim, Michael | 38. | M45 | Lebenshilfe Bremerhaven | 00:59:33 |
| 423. | Grünwaldt, Agnes | 47. | F | Bobrink GmbH | 01:00:09 |
| 424. | Rappanier, Marcel | 35. | M30 | Bobrink GmbH | 01:00:10 |
| 425. | Wilms, Marcel | 49. | M | Elbe-Weser Werkstätten | 01:00:16 |
| 426. | Hartleb, Marc | 50. | M | Elbe-Weser Werkstätten | 01:00:18 |
| 427. | Martens, Christina | 31. | W45 | Lebenshilfe Bremerhaven | 01:01:25 |
| 428. | Dietzel, Jesse | 51. | M | Lebenshilfe Bremerhaven | 01:01:36 |
| 429. | Neese, Daniela | 24. | W40 | Benthin | 01:01:47 |
| 430. | Bal, Muazzez | 32. | W45 | Benthin | 01:01:53 |
| 431. | Salduz, Neslihan | 33. | W45 | Benthin | 01:04:20 |
| 432. | Öztorun, Alev | 25. | W40 | Benthin | 01:04:21 |
| 433. | Assefa, Mirosława | 34. | W45 | Lebenshilfe Bremerhaven | 01:05:22 |
| 434. | Stockfisch, Claudia | 48. | F | Lebenshilfe Bremerhaven | 01:05:52 |
| 435. | Link, Lena | 49. | F | Lebenshilfe Bremerhaven | 01:05:57 |
| 436. | Mahler, Sylvia | 20. | W30 | Elbe-Weser Werkstätten | 01:06:46 |
| 437. | Duchow, Christoph | 36. | M30 | Lebenshilfe Bremerhaven | 01:06:56 |
| 438. | Reisen, Detlef | 39. | M45 | Lebenshilfe Bremerhaven | 01:07:01 |
| 439. | Müller, Brigitte | 17. | W55 | Lebenshilfe Bremerhaven | 01:07:01 |
| 440. | Döscher, Veronica | 50. | F | Lebenshilfe Bremerhaven | 01:07:16 |
| 441. | Machat, Michelle | 51. | F | Lebenshilfe Bremerhaven | 01:07:21 |
| 442. | Reinke, Tobias | 52. | M | Lebenshilfe Bremerhaven | 01:07:38 |
| 443. | Hegedis, Bianca | 26. | W40 | Lebenshilfe Bremerhaven | 01:07:39 |
| 444. | Bachir, Assmat | 40. | M45 | Lebenshilfe Bremerhaven | 01:07:43 |
| 445. | Herbrand, Shy | 3. | MJ U20 | Lebenshilfe Bremerhaven | 01:09:25 |
| 446. | Dering, Timm | 24. | M40 | Lebenshilfe Bremerhaven | 01:10:00 |
| 447. | Tietjen, Karlo | 25. | M40 | Lebenshilfe Bremerhaven | 01:10:07 |
| 448. | Magaritis, Maren | 18. | W55 | Lebenshilfe Bremerhaven | 01:10:09 |
| 449. | Kuhlmey, Natascha | 52. | F | Lebenshilfe Bremerhaven | 01:10:10 |
| 450. | Paerels, Tim | 53. | M | Lebenshilfe Bremerhaven | 01:10:12 |
| 451. | Mischke, Pascal | 54. | M | Lebenshilfe Bremerhaven | 01:10:13 |
| 452. | Harand, Anke | 19. | W55 | Elbe-Weser Werkstätten | 01:10:58 |
| 453. | Simon, Julia Alexa | 53. | F | Lebenshilfe Bremerhaven | 01:11:24 |
| 454. | Seborg, Jennifer | 54. | F | Lebenshilfe Bremerhaven | 01:11:28 |
| 455. | Abdalla, Birgit | 20. | W55 | Lebenshilfe Bremerhaven | 01:11:30 |
| 456. | Lesch, Laura | 4. | WJ U20 | Lebenshilfe Bremerhaven | 01:12:28 |
| 457. | Middendorf, Christine | 55. | F | Lebenshilfe Bremerhaven | 01:12:30 |
| 458. | Middendorf, Katharina | 56. | F | Lebenshilfe Bremerhaven | 01:12:34 |
| 459. | Bolte, Vanessa | 57. | F | Lebenshilfe Bremerhaven | 01:13:43 |
| 460. | Otten, Jessica | 58. | F | Lebenshilfe Bremerhaven | 01:18:01 |
| 461. | Göpfert, Gabriele | 21. | W55 | Lebenshilfe Bremerhaven | 01:18:08 |
| 462. | Künzel, Swantie | 59. | F | Lebenshilfe Bremerhaven | 01:18:09 |
| 463. | Lipski, Wolfram | 33. | M50 | Lebenshilfe Bremerhaven | 01:19:17 |
| 464. | Füfers, Christian | 37. | M30 | Lebenshilfe Bremerhaven | 01:22:32 |
| 465. | Dardat, Peter | 3. | M65 | Lebenshilfe Bremerhaven | 01:24:01 |
| 466. | Walinski, Stefan | 26. | M40 | Lebenshilfe Bremerhaven | 01:24:19 |
| 467. | Magaritis, Michael | 34. | M50 | Lebenshilfe Bremerhaven | 01:24:21 |
| 468. | Namianowski, Lars | 27. | M40 | Lebenshilfe Bremerhaven | 01:24:30 |

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| 469. | Kohl, Jessica | 60. | F | Elbe-Weser Werkstätten | 01:24:48 |
| 470. | Vieroth, Christina | 14. | W35 | Elbe-Weser Werkstätten | 01:24:50 |
| 471. | Seefeldt, Katrin | 27. | W40 | Elbe-Weser Werkstätten | 01:24:51 |
| 472. | Spiesl, Julia | 21. | W30 | Lebenshilfe Bremerhaven | 01:29:53 |
| 473. | Brandt, Gudrun | 24. | W50 | Lebenshilfe Bremerhaven | 01:29:55 |
| 474. | Söhl, Eckard | 29. | M55 | Lebenshilfe Bremerhaven | 01:30:02 |
| 475. | Landstra, Rebecca | 61. | F | Lebenshilfe Bremerhaven | 01:30:02 |
| 476. | Albers, Sandra | 35. | W45 | Lebenshilfe Bremerhaven | 01:30:02 |
| 477. | Krüger, Markus | 28. | M40 | Nordsee Laufschnule | 01:30:04 |
| a.K. | Carroll, Kimberly | a.K. | F | Elbe-Weser Werkstätten | 02:00:00 |
| a.K. | Kanke, David | a.K. | M30 | Elbe-Weser Werkstätten | 02:00:00 |
| Ergebnisse: 479 | | | | | |

| Ergebnisse: Auszubildende (6K0) | | | | | |
|----------------------------------------|-----------------------|-----|--------|-------------------------|----------|
| Platz | Name, Vorname | | Klasse | Verein | Leistung |
| 1. | Eschenhagen, Jan | 1. | M | Hochschule Bremerhaven | 00:22:12 |
| 2. | Fokou Kenfack, Marius | 2. | M | Hochschule Bremerhaven | 00:23:16 |
| 3. | El-Chouli, Kahlil | 3. | M | Hochschule Bremerhaven | 00:23:19 |
| 4. | Hillen, Timo | 4. | M | Frozen Fish | 00:23:52 |
| 5. | Mikulska, Nils | 5. | M | Hochschule Bremerhaven | 00:25:08 |
| 6. | Panke, Fynn-Lennart | 6. | M | Benthin | 00:25:56 |
| 7. | Wätjen, Filip | 7. | M | Klimahaus Bremerhaven | 00:26:03 |
| 8. | Öztürk, Mustafa | 8. | M | Hochschule Bremerhaven | 00:26:50 |
| 9. | Holst, Marius | 9. | M | Hochschule Bremerhaven | 00:27:26 |
| 10. | Hofmann, Jonas | 10. | M | Hochschule Bremerhaven | 00:27:35 |
| 11. | Braun, Henry | 11. | M | Hochschule Bremerhaven | 00:27:36 |
| 12. | Schwarz, Christopher | 12. | M | Hochschule Bremerhaven | 00:27:41 |
| 13. | Jendrek, Lars | 13. | M | Hochschule Bremerhaven | 00:28:47 |
| 14. | Minko, Alexey | 14. | M | Kück GmbH | 00:29:05 |
| 15. | Bruns, Sandra | 1. | F | Lebenshilfe Bremerhaven | 00:29:56 |
| 16. | Lattmann, Julius | 15. | M | Hochschule Bremerhaven | 00:30:22 |
| 17. | Ennen, Onno | 16. | M | Magistrat Bremerhaven | 00:30:57 |
| 18. | Niedergesäß, Jonas | 17. | M | Hochschule Bremerhaven | 00:31:05 |
| 19. | Neugebauer, Julian | 18. | M | Hochschule Bremerhaven | 00:31:13 |
| 20. | Meyer, Lukas | 19. | M | WindMW Service GmbH | 00:31:24 |
| 21. | Stock, Anna-Maria | 2. | F | Hochschule Bremerhaven | 00:31:26 |
| 22. | Schreiber, Torge | 20. | M | Bobrink GmbH | 00:31:55 |
| 23. | Fränzel, Nico | 21. | M | Sail Fit Runners | 00:32:15 |
| 24. | Haase, Jan-Niklas | 22. | M | Lebenshilfe Bremerhaven | 00:32:36 |
| 25. | Breden, Julian | 23. | M | Hochschule Bremerhaven | 00:33:07 |
| 26. | Hader, Robert | 24. | M | Hochschule Bremerhaven | 00:33:07 |
| 27. | Laarmann, Milena | 3. | F | Frozen Fish | 00:33:15 |
| 28. | Brix, Koop | 25. | M | Hans Biela Automobile | 00:34:07 |
| 29. | Flisikowski, Dennis | 26. | M | Frozen Fish | 00:34:12 |
| 30. | Ahlers, Sandra | 4. | F | Hochschule Bremerhaven | 00:34:29 |
| 31. | Filiuk, Iana | 5. | F | Hochschule Bremerhaven | 00:34:32 |
| 32. | Steil, Tobias | 27. | M | Hochschule Bremerhaven | 00:35:55 |
| 33. | Silbernagel, Ronja | 6. | F | Klimahaus Bremerhaven | 00:36:25 |
| 34. | Dahnke, Sarafina | 7. | F | Hochschule Bremerhaven | 00:36:27 |

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|-----------------------|-------------------------|-----|--------|---------------------------|----------|
| 35. | Polack, Manuel | 28. | M | Frozen Fish | 00:36:49 |
| 36. | Stasik, Lena | 8. | F | Hochschule Bremerhaven | 00:37:07 |
| 37. | Hillmer, Celine | 9. | F | Hochschule Bremerhaven | 00:37:59 |
| 38. | Schulz, Insa | 10. | F | Hochschule Bremerhaven | 00:38:00 |
| 39. | Rohn, Anna-Lena | 11. | F | Hochschule Bremerhaven | 00:38:06 |
| 40. | Böttle, Anna | 12. | F | Klimahaus Bremerhaven | 00:38:27 |
| 41. | Liskow, Alina | 13. | F | Frozen Fish | 00:38:43 |
| 42. | Gieler, Marie | 1. | WJ U20 | Hochschule Bremerhaven | 00:39:13 |
| 43. | Delberin, Ismail | 1. | M30 | Hans Biela Automobile | 00:39:47 |
| 44. | Alex, Antje | 14. | F | Hochschule Bremerhaven | 00:40:09 |
| 45. | Löhndorf, Maite | 15. | F | Hochschule Bremerhaven | 00:40:13 |
| 46. | Gökce, Cavit | 29. | M | Bobrink GmbH | 00:40:37 |
| 47. | Lange, Josephine | 16. | F | Klinikum Bremerhaven | 00:41:10 |
| 48. | Radek, Chris | 30. | M | Klinikum Bremerhaven | 00:41:10 |
| 49. | Meiring, Victoria | 2. | WJ U20 | Hochschule Bremerhaven | 00:41:19 |
| 50. | Fenja, Zwirlein | 3. | WJ U20 | bremenports GmbH & Co. KG | 00:41:29 |
| 51. | Bause, Sandra | 17. | F | Hochschule Bremerhaven | 00:41:43 |
| 52. | Uppendahl, Mathis | 31. | M | Hochschule Bremerhaven | 00:41:45 |
| 53. | Göhrendt, Eric | 1. | MK U10 | Uwe Kloska GmbH | 00:43:16 |
| 54. | Willenbrink, Clemens | 1. | MJ U20 | Lebenshilfe Bremerhaven | 00:43:34 |
| 55. | Spinck, Bjarne | 32. | M | Bobrink GmbH | 00:43:40 |
| 56. | Hartwich, Viktoria | 1. | W30 | Hochschule Bremerhaven | 00:43:45 |
| 57. | Pingel, Sarah | 18. | F | Hochschule Bremerhaven | 00:43:46 |
| 58. | Ziegler, Finja | 19. | F | Hochschule Bremerhaven | 00:43:56 |
| 59. | Bober, Larissa | 20. | F | Benthin | 00:44:27 |
| 60. | Meldau, Katharina | 21. | F | Deutsche See | 00:44:33 |
| 61. | Schabel, Martha | 22. | F | Hochschule Bremerhaven | 00:44:55 |
| 62. | Wandscher, Annika | 23. | F | Nordsee Medienverbund | 00:45:13 |
| 63. | Reichel, Benita | 24. | F | Hochschule Bremerhaven | 00:45:23 |
| 64. | Costa de Matos, Iolanda | 2. | MJ U20 | Kück GmbH | 00:46:16 |
| 65. | Fischer, Timo | 3. | MJ U20 | Benthin | 00:50:43 |
| 66. | Beilke, Angelina | 2. | W30 | Beilke Agrar | 00:50:57 |
| 67. | Beilke, Daniel | 2. | M30 | Beilke Agrar | 00:50:58 |
| 68. | Supit, Maureen | 25. | F | Hochschule Bremerhaven | 00:52:58 |
| 69. | Behrang, Leila | 26. | F | Hochschule Bremerhaven | 00:58:29 |
| 70. | Franzkowiak, Madline | 27. | F | Lebenshilfe Bremerhaven | 01:01:27 |
| 71. | Schmidt, Janiene | 28. | F | Lebenshilfe Bremerhaven | 01:22:27 |
| 72. | Zöhlsdorf, Nils | 33. | M | Lebenshilfe Bremerhaven | 01:22:40 |
| Ergebnisse: 72 | | | | | |