

# 10. Bokler Sechs-Stundenlauf 2021

## Zieleinlaufliste

Plat	Start	Name	Jg.	m/	AK	Verein	Rund	Strec	Zeit	Pace
10. Bokler Sechs-Stunden-Lauf										
1.	4	Bies, Torben	1983	M	M35	SC Bargaenstedt	39	79.95	06:09:05	04:37
2.	21	Frahm, Tobias	1988	M	M30	Schauwellensittiche-Frahm	34	69.7	06:05:52	05:14
3.	1	Andres, Sabine	1979	W	W40	Sport-Club Itzehoe	33	67.65	06:06:26	05:24
4.	60	Opitz, Stefan	1965	M	M55	Leinetal-ultra-orga-team	32	65.6	05:46:13	05:15
5.	10	Clausen, Jürgen	1962	M	M55	Spiridon Schleswig	32	65.6	06:04:46	05:32
6.	66	Prüß, Daniela	1975	W	W45	Borener SV	32	65.6	06:06:01	05:33
7.	101	Würpel, Nico	1974	M	M45	Äsikx Backrunner Hamburg	32	65.6	06:06:51	05:34
8.	90	Tonn, Mark	1969	M	M50	TSV Schleswig	32	65.6	06:10:28	05:37
9.	13	Drissen, Guido	1973	M	M45	Zippels Läuferwelt Lübeck	31	63.55	05:58:58	05:37
10.	85	Stock, Stefan	1985	M	M35	Äsikx Backrunner Hamburg	31	63.55	06:01:11	05:39
11.	67	Ramin, Dominik	1968	M	M50	Eckernförder MTV	31	63.55	06:07:30	05:45
12.	52	Mischke, Frank	1969	M	M50	LG Albatros Kiel	29	59.45	06:01:19	06:02
13.	23	Gluhic, Mukir	1965	M	M55	Hamburg	29	59.45	06:03:32	06:04
14.	11	Dannenberg,	1962	M	M55	Dannenberg. Training	29	59.45	06:08:42	06:09
15.	39	Jansen, Tim	1979	M	M40	STV Sörup	27	55.35	06:05:36	06:32
16.	25	Greve, Beate	1970	W	W50	Dannenberg. Training	26	53.3	06:00:53	06:41
17.	17	Fangohr, Nicole	1977	W	W40	TuS Jevenstedt	26	53.3	06:01:13	06:42
18.	94	Urban, André	1983	M	M35	Lübeck	26	53.3	06:04:31	06:46
19.	22	Freese, Timo	1975	M	M45	Fockbek	26	53.3	06:07:01	06:48
20.	103	Cosmo, Gentile	1950	M	M70		26	53.3	06:16:28	06:59
21.	51	Mähl, Franziska	1980	W	W40	Äsikx Backrunner Hamburg	25	51.25	05:14:35	06:03
22.	56	Niebergall,	1965	M	M55	Eckernförder MTV	25	51.25	05:31:35	06:23
23.	61	Osterhoff, Stella	1983	W	W35		25	51.25	05:36:58	06:29
24.	50	Lorenz, Beatrix	1990	W	W30	Äsikx Backrunner Hamburg	25	51.25	06:01:11	06:57
25.	26	Grimm, Mathias	1972	M	M45	VfB Brunsbüttel	24	49.2	05:27:04	06:33
26.	3	Bertram, Frank	1959	M	M60	LT Einfeld	24	49.2	05:42:33	06:52
27.	84	Stief, Oliver	1969	M	M50	SG Athletico Büdelsdorf	24	49.2	06:08:07	07:22
28.	73	Runge, Gerd	1960	M	M60	LT Einfeld	23	47.15	05:13:48	06:33
29.	47	Lahann,	1956	M	M65	BSG Schleswig-Holstein Netz	23	47.15	05:19:15	06:40
30.	105	Schulze, Monika	1955	W	W65	Handewitter SV	23	47.15	05:53:00	07:22
31.	36	Hinz, Dorota	1971	W	W50	100 MC / Team Erdinger	23	47.15	06:13:03	07:47
32.	15	Eisele, Gabriele	1963	W	W55	100 Marathon Club	23	47.15	06:13:04	07:47
33.	91	Trapp, Trixi	1976	W	W45	LG POWER-Schnecken Kiel	22	45.1	03:55:31	05:08
34.	34	Heider, Oliver	1969	M	M50	Team Erdinger Alkoholfrei	22	45.1	04:27:40	05:50
35.	64	Pfauter, Robert	1967	M	M50	LTV Kiel-Ost	22	45.1	04:33:27	05:57
36.	6	Brade, Torben	1984	M	M35	ALG-VfL Bokel	22	45.1	04:40:00	06:06
37.	45	Kruse, Alice	1968	W	W50	Holla die Waldfeen	22	45.1	04:51:03	06:20
38.	69	Reusch, Nico	1976	M	M45	Spiridon Schleswig	22	45.1	05:40:37	07:25
39.	58	Nörregaard,	1953	M	M65	ALG-VfL Bokel	22	45.1	06:03:54	07:55
40.	28	Gröning,	1953	M	M65	Flensburg	22	45.1	06:10:26	08:04
41.	54	Müller, Thomas	1962	M	M55	Berlin	22	45.1	06:18:09	08:14
42.	7	Brott, Oliver	1970	M	M50	Spiridon Schleswig	21	43.05	03:28:47	04:45
43.	87	Surau, Katja	1994	W	W	Schülps	21	43.05	04:34:58	06:15
44.	53	Möller-Lange,	1958	M	M60	FC St. Pauli Marathon	21	43.05	05:17:49	07:14
45.	46	Lage, Marc	1993	M	M	Team VOSS Turnschuhheizer	20	41	03:28:06	05:05
46.	72	Robert, Elmar	1940	M	M80		20	41	06:11:33	09:04
47.	35	Heller, Marlene	1952	W	W65	LG Ultralauf	19	38.95	05:52:15	09:02
48.	59	Ohm, Sören	1977	M	M40	SG Athletico Büdelsdorf	17	34.85	02:38:09	04:32
49.	8	Bueno, Moises	1981	M	M40	Club Triathlon Torrox	17	34.85	02:59:56	05:09

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Plat	Start	Name	Jg.	m/	AK	Verein	Rund	Strec	Zeit	Pace
50.	92	Urban, Bernd	1954	M	M65	Lübecker Marathon e.V.	17	34.85	04:31:27	07:46
51.	79	Schulze,	1952	M	M65	TSV Groß Rheide / 100 mc	17	34.85	05:53:18	10:06
52.	100	Witt, Michael	1967	M	M50	Kiel	16	32.8	03:35:00	06:31
53.	83	Stangl, Lisbeth	2003	W	WJ	Dannenberg. Training	16	32.8	04:11:39	07:38
54.	82	Stangl, Jirina	2003	W	WJ	Dannenberg. Training	16	32.8	04:11:39	07:38
55.	93	Urban, Angelika	1956	W	W65	Lübeck	16	32.8	05:45:29	10:29
56.	48	Lederer,	1977	W	W40	LG Ultralauf	15	30.75	02:54:53	05:39
57.	104	Petersen,	1980	M	M40	Spiridon Schleswig	15	30.75	03:11:32	06:11
58.	42	Kleesel, René	1963	M	M55	Ruck + Ruck	15	30.75	03:25:18	06:38
59.	62	Passau, Merle	1999	W	WJ	Team VOSS Turnschuhheizer	15	30.75	03:37:32	07:02
60.	20	Flicker, Melanie	1977	W	W40	Zeckenkombinat Braun Weiß	15	30.75	03:41:42	07:10
61.	5	Brade, Karsten	1977	M	M40	ALG-VfL Bokel	15	30.75	03:54:48	07:35
62.	41	Klahn, Martin	1980	M	M40		14	28.7	02:03:26	04:16
63.	75	Schmidt,	1952	M	M65	ALG-VfL Bokel	14	28.7	03:07:53	06:29
64.	33	Haupt, Olaf	1966	M	M55	Lübeck	13	26.65	02:25:39	05:24
65.	102	Stuck, Christin	1992	W	W		13	26.65	02:33:04	05:41
66.	74	Sator, Ralf	1966	M	M55	ALG-VfL Bokel	13	26.65	02:47:01	06:12
67.	68	Reese, Matthias	1966	M	M55	LTV Kiel-Ost	13	26.65	02:58:36	06:37
68.	40	Kalischke, Olivia	1992	W	W	ALG-VfL Bokel	13	26.65	03:08:37	07:00
69.	44	Klegin, Gero	1964	M	M55	ALG-VfL Bokel	13	26.65	03:29:27	07:46
70.	43	Klegin, Philipp	1997	M	M	ALG-VfL Bokel	13	26.65	03:59:33	08:53
71.	86	Stock, Marcel	1989	M	M30	Team VOSS Turnschuhheizer	12	24.6	02:06:32	05:04
72.	2	Berg, Kristin	1984	W	W35	Team VOSS Turnschuhheizer	12	24.6	02:37:36	06:19
73.	14	Eisele, Joachim	1953	M	M65	Team Erdinger Alkoholfrei	12	24.6	05:51:11	14:03
74.	97	Voss, Melanie	1972	W	W45	Team VOSS Turnschuhheizer	11	22.55	02:17:46	06:00
75.	16	Emken, Jennifer	1988	W	W30	ALG-VfL Bokel	11	22.55	02:45:32	07:12
76.	71	Riesenberg,	1941	M	M80	Gut-Heil Neumünster	10	20.5	02:32:43	07:17
77.	76	Schroeder,	1952	M	M65	ALG-VfL Bokel	10	20.5	03:11:00	09:06
78.	80	Sicars, Sascha	1990	M	M30	Polizei-Sportverein Union	10	20.5	03:27:58	09:55
79.	29	Hacker, Holger	1950	M	M70	Lübeck 1876	9	18.45	02:20:10	07:23
80.	12	Dreyer, Jorina	1990	W	W30	Team VOSS Turnschuhheizer	7	14.35	01:40:15	06:41
81.	19	Flicker, Jörn	1966	M	M55	Zeckenkombinat Braun Weiß	5	10.25	01:42:48	09:21

Anzahl Teilnehmer: 81