

# Steinburg-Cup 2008

## Ergebnisliste AK Hauptklasse & Masters

Pl.	Name Verein	Jahrg.	Itzehoe	Glückstad	Pöschendor	Brokstedt	Hohenasp	Kellinghuse	Wilster	Hohenlockste	Gesamt
<b>w</b>											
<b>Frauen</b>											
1.	Stüven, Sabrina	1983	253,4 (1:46:28,0)	-	279,4 (0:50:06,40)	265,3 (0:49:48,10)	273,7 (0:52:54,10)	256,7 (0:48:20,40)	-	247,2 (0:48:29,30)	<b>1575</b>
<b>W30</b>											
1.	Schönebeck, Susanne TSV Kremperheide	1974	276,7 (1:38:06,0)	300,0 (0:45:07,20)	300,0 (0:46:18,50)	294,8 (0:44:38,90)	295,4 (0:48:44,30)	-	300,0 (0:45:02,6)	-	<b>1766</b>
2.	Albers, Reika TS Harburg	1975	247,8 (1:48:28,0)	-	254,9 (0:54:39,40)	248,6 (0:52:44,00)	250,8 (0:57:16,90)	217,2 (0:54:50,90)	257,0 (0:52:46,5)	-	<b>1476</b>
3.	Kracht, Miriam Gut-Heil Itzehoe	1977	218,8 (1:58:52,0)	252,0 (0:53:46,10)	-	250,3 (0:52:25,70)	-	233,4 (0:52:10,60)	257,0 (0:52:46,8)	195,8 (0:56:43,20)	<b>1407</b>
4.	Schwerdtle, Anke TS Schenefeld	1975	-	221,7 (0:59:14,30)	201,9 (1:04:28,50)	199,6 (1:01:17,70)	207,2 (1:05:37,40)	(172,3) (1:02:15,60)	211,2 (1:01:02,0)	189,7 (0:57:41,40)	<b>1231</b>
<b>W35</b>											
1.	Leppert, Christine Stadt Itzehoe	1970	(206,6) (2:03:15,0)	259,1 (0:52:30,00)	267,0 (0:52:24,60)	252,3 (0:52:04,80)	255,7 (0:56:21,00)	-	252,5 (0:53:36,0)	227,3 (0:51:40,40)	<b>1513</b>
2.	Holm, Maike TS Schenefeld	1969	-	248,5 (0:54:24,00)	251,6 (0:55:15,60)	-	234,4 (1:00:25,60)	221,4 (0:54:09,80)	258,6 (0:52:30,1)	226,7 (0:51:45,50)	<b>1441</b>
3.	Elfert, Stefanie F.I.R.M.A.	1971	151,0 (2:23:14,0)	179,2 (1:06:54,50)	-	169,7 (1:06:31,80)	181,1 (1:10:37,60)	148,9 (1:06:06,50)	183,8 (1:05:58,5)	(146,1) (1:04:40,50)	<b>1013</b>
<b>W40</b>											
1.	Krause, Ute Stadtklinik Glückstadt	1966	-	285,6 (0:47:42,70)	292,9 (0:47:36,50)	-	282,8 (0:51:08,90)	268,7 (0:46:21,60)	295,1 (0:45:54,6)	266,2 (0:45:26,60)	<b>1691</b>
2.	Böhm, Helga kein Verein	1965	-	289,2 (0:47:03,80)	293,2 (0:47:33,00)	281,1 (0:47:02,70)	-	265,9 (0:46:49,50)	294,9 (0:45:56,8)	266,4 (0:45:24,50)	<b>1690</b>
3.	Meyer, Wiebke MS SWAT Hohenfelde	1964	218,9 (1:58:51,0)	254,0 (0:53:25,40)	-	243,8 (0:53:33,60)	253,5 (0:56:46,30)	229,8 (0:52:46,70)	-	226,2 (0:51:50,20)	<b>1426</b>
4.	Willgalis, Claudia BSC Nordoe	1967	(184,1) (2:11:20,0)	-	241,6 (0:57:07,40)	232,2 (0:55:35,30)	241,0 (0:59:09,60)	219,4 (0:54:29,90)	207,5 (1:01:42,0)	214,7 (0:53:41,40)	<b>1356</b>

## Steinburg-Cup 2008

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5.	Radau, Cathrin <i>Gut Heil Itzehoe</i>	1968	237,2 (1:52:17,0)	-	257,1 (0:54:15,20)	256,4 (0:51:21,30)	-	-	273,3 (0:49:51,2)	242,5 (0:49:13,70)	<b>1266</b>
6.	Wolfsteller, Angela <i>TS Schenefeld</i>	1965	-	222,0 (0:59:11,60)	-	202,3 (1:00:49,70)	210,7 (1:04:58,10)	173,7 (1:02:01,70)	211,8 (1:00:55,4)	195,4 (0:56:46,50)	<b>1215</b>
7.	Chionidis, Kerstin <i>F.I.R.M.A.</i>	1968	179,1 (2:13:09,0)	208,7 (1:01:35,50)	183,1 (1:07:57,10)	180,7 (1:04:36,10)	181,8 (1:10:29,10)	-	196,9 (1:03:37,0)	(163,7) (1:01:51,40)	<b>1130</b>
8.	Sievers, Susanne <i>ETSV Gut Heil Itzehoe</i>	1967	192,0 (2:08:30,0)	230,9 (0:57:35,30)	235,1 (0:58:18,90)	-	224,2 (1:02:22,70)	-	-	210,7 (0:54:19,50)	<b>1092</b>

#### W45

1.	Pump, Angelika <i>F.I.R.M.A.</i>	1962	182,3 (2:12:00,0)	-	229,6 (0:59:20,50)	222,8 (0:57:15,00)	225,1 (1:02:11,80)	(181,1) (1:00:48,30)	243,2 (0:55:15,6)	215,7 (0:53:31,20)	<b>1318</b>
2.	Schöniger, Brunhilde <i>Norddeutsche Rundschau</i>	1959	157,2 (2:20:59,0)	-	-	171,9 (1:06:08,90)	177,9 (1:11:14,80)	-	175,4 (1:07:28,8)	142,7 (1:05:12,60)	<b>825</b>

#### W50

1.	Thara, Helga <i>MTV Itzehoe</i>	1956	(181,3) (2:12:20,0)	216,1 (1:00:14,80)	219,7 (1:01:10,60)	212,4 (0:59:03,30)	216,6 (1:03:49,80)	195,3 (0:58:27,90)	244,3 (0:55:04,5)	-	<b>1304</b>
2.	Lysdal, Dortha <i>TS Schenefeld</i>	1955	-	236,4 (0:56:35,70)	234,4 (0:58:27,50)	-	-	193,1 (0:58:50,00)	-	193,1 (0:57:08,80)	<b>857</b>

#### W60

1.	Zakrzewski, Hilke <i>ETSV Fortuna Glückstadt</i>	1947	(166,7) (2:17:35,0)	223,3 (0:58:56,80)	211,5 (1:02:41,70)	221,7 (0:57:26,30)	223,4 (1:02:31,40)	(194,6) (0:58:34,50)	237,8 (0:56:14,2)	208,1 (0:54:44,80)	<b>1325</b>
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##### Männer

1.	Pruter, Tim <i>Jürgen Pruter GmbH</i>	1988	(177,8) (1:52:21,0)	201,4 (0:49:34,20)	(173,1) (0:53:36,50)	229,6 (0:47:27,40)	240,6 (0:50:20,40)	252,3 (0:44:16,50)	250,4 (0:44:52,5)	256,6 (0:43:32,20)	<b>1430</b>
2.	Schulz, Andreas <i>MTV Herzhorn</i>	1979	-	216,2 (0:47:27,30)	(209,7) (0:48:24,20)	234,3 (0:46:45,60)	242,7 (0:49:59,70)	237,4 (0:46:29,20)	246,8 (0:45:24,2)	245,7 (0:45:10,00)	<b>1423</b>

# Steinburg-Cup 2008

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Pl.	Name Verein	Jahrg.	Itzehoe	Glückstad	Pöschendor	Brokstedt	Hohenasp	Kellinghuse	Wilster	Hohenlockste	Gesamt
<b>M30</b>											
1.	Boll, Karsten <i>Gut Heil Itzehoe</i>	1975	185,9 (1:49:54,0)	210,2 (0:48:19,10)	205,5 (0:48:59,90)	-	-	-	238,7 (0:46:37,0)	240,9 (0:45:52,10)	<b>1081</b>
2.	de Vries, Steffen <i>ETSV Gut Heil Itzehoe</i>	1976	-	189,2 (0:51:18,00)	-	195,5 (0:52:30,20)	-	200,5 (0:51:59,20)	197,3 (0:52:48,9)	167,7 (0:56:44,10)	<b>950</b>
3.	Bracker, Michael <i>TS Schenefeld</i>	1975	220,5 (1:39:27,0)	-	230,0 (0:45:30,60)	-	-	245,4 (0:45:18,10)	-	246,3 (0:45:04,30)	<b>942</b>
<b>M35</b>											
1.	Salto, Oliver <i>TS Schenefeld</i>	1970	(273,7) (1:23:23,0)	-	277,2 (0:38:47,70)	288,5 (0:38:43,80)	291,1 (0:42:07,20)	283,6 (0:39:36,90)	292,2 (0:38:36,2)	289,6 (0:38:38,40)	<b>1722</b>
2.	Bolten-Söhren, Holger <i>SC Hohenaspe</i>	1971	212,2 (1:41:58,0)	-	231,6 (0:45:17,10)	257,8 (0:43:16,50)	261,1 (0:47:00,20)	264,4 (0:42:28,70)	264,3 (0:42:47,5)	-	<b>1491</b>
3.	Beck, Heiko <i>Tsv Heiligenstedten</i>	1971	196,9 (1:46:34,0)	206,4 (0:48:50,70)	196,2 (0:50:19,40)	206,8 (0:50:49,50)	226,5 (0:52:37,80)	(187,9) (0:53:51,20)	198,5 (0:52:38,5)	-	<b>1231</b>
4.	Bylina, Thomas	1970	193,7 (1:47:32,0)	222,1 (0:46:37,50)	-	-	-	257,6 (0:43:28,90)	-	256,9 (0:43:30,20)	<b>930</b>
<b>M40</b>											
1.	Ehlers, Andreas <i>Oase Hingstheide</i>	1966	-	253,7 (0:42:07,90)	(237,9) (0:44:23,40)	277,6 (0:40:20,60)	284,4 (0:43:12,50)	299,5 (0:37:15,10)	300,0 (0:37:26,7)	300,0 (0:37:06,40)	<b>1715</b>
2.	Fleischer, Uwe	1968	(262,1) (1:26:53,0)	275,2 (0:39:04,00)	262,2 (0:40:55,80)	290,3 (0:38:27,70)	286,8 (0:42:49,10)	282,4 (0:39:47,90)	286,4 (0:39:28,9)	-	<b>1683</b>
3.	Hauschildt, Gerd <i>TS Schenefeld</i>	1964	(246,9) (1:31:29,0)	257,2 (0:41:38,00)	-	258,6 (0:43:09,30)	275,8 (0:44:36,20)	279,7 (0:40:12,50)	281,2 (0:40:14,9)	279,4 (0:40:09,10)	<b>1631</b>
4.	Otto, Thomas <i>ETSV Fortuna Glückstadt</i>	1964	(227,6) (1:37:19,0)	(254,4) (0:42:01,90)	260,1 (0:41:14,10)	267,0 (0:41:54,20)	275,4 (0:44:40,70)	263,6 (0:42:35,40)	271,0 (0:41:46,7)	274,8 (0:40:50,80)	<b>1611</b>
5.	Leppert, Sven <i>Stadtklinik Glückstadt</i>	1967	-	206,3 (0:48:51,70)	210,1 (0:48:20,70)	234,8 (0:46:40,80)	242,2 (0:50:04,40)	-	232,9 (0:47:29,8)	238,2 (0:46:16,10)	<b>1364</b>
6.	Bonke-Möller, Ingo <i>LT.Uhrendorf</i>	1966	(191,8) (1:48:06,0)	210,4 (0:48:16,60)	209,4 (0:48:26,60)	234,1 (0:46:46,90)	238,7 (0:50:38,40)	-	221,7 (0:49:10,4)	217,4 (0:49:21,90)	<b>1331</b>

# Steinburg-Cup 2008

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7.	Pacewicz, Markus	1965	202,5 (1:44:53,0)	214,2 (0:47:44,90)	208,8 (0:48:31,60)	-	227,7 (0:52:25,60)	234,4 (0:46:56,20)	230,7 (0:47:49,0)	-	<b>1318</b>
8.	Beckmann, Thorsten <i>BSG NDR Hamburg</i>	1967	255,5 (1:28:53,0)	-	265,3 (0:40:29,00)	287,8 (0:38:49,60)	292,9 (0:41:49,50)	-	-	162,8 (0:57:27,70)	<b>1264</b>
9.	Klann, Andreas <i>Team ERDINGER</i>	1967	(168,8) (1:55:03,0)	171,6 (0:53:47,80)	-	217,5 (0:49:14,70)	224,5 (0:52:57,40)	209,7 (0:50:36,40)	218,5 (0:49:38,8)	221,5 (0:48:45,10)	<b>1263</b>
10.	Junge, Marco	1968	262,5 (1:26:47,0)	-	260,2 (0:41:12,70)	283,1 (0:39:31,10)	290,1 (0:42:16,40)	-	-	-	<b>1095</b>
11.	Ninow, Volker <i>RSC Kattenberg</i>	1968	-	-	237,5 (0:44:26,30)	-	267,7 (0:45:55,00)	-	270,1 (0:41:55,5)	273,2 (0:41:04,30)	<b>1048</b>
12.	Steffens, Jörg	1964	205,5 (1:43:58,0)	-	206,5 (0:48:51,50)	223,7 (0:48:19,10)	236,8 (0:50:57,50)	-	-	-	<b>872</b>
13.	Vietheer, Jan <i>MS SWAT Hohenfelde</i>	1965	-	214,5 (0:47:41,60)	-	218,8 (0:49:03,30)	200,6 (0:56:51,00)	-	-	235,8 (0:46:38,10)	<b>869</b>

### M45

1.	Böge, Rico <i>TSV Lägerdorf</i>	1962	252,1 (1:29:54,0)	259,2 (0:41:20,70)	(243,3) (0:43:37,10)	265,7 (0:42:06,50)	267,6 (0:45:56,60)	252,8 (0:44:12,30)	-	261,4 (0:42:50,10)	<b>1558</b>
2.	Kröger, Rüdiger <i>LT Störlauf Itzehoe</i>	1963	202,7 (1:44:50,0)	210,8 (0:48:13,70)	215,4 (0:47:35,30)	232,7 (0:46:59,30)	-	-	246,4 (0:45:27,7)	242,8 (0:45:35,50)	<b>1350</b>
3.	Starck, Thomas	1962	263,9 (1:26:21,0)	271,4 (0:39:36,40)	264,3 (0:40:37,50)	255,4 (0:43:37,70)	279,6 (0:43:58,80)	-	-	-	<b>1334</b>
4.	Tanke, Ralph <i>Kein Verein</i>	1961	-	199,3 (0:49:51,90)	190,9 (0:51:04,10)	219,8 (0:48:54,10)	226,3 (0:52:39,90)	217,9 (0:49:23,70)	222,0 (0:49:07,6)	-	<b>1276</b>
5.	Rozov, Anatolij <i>Vattenfall</i>	1962	(157,5) (1:58:28,0)	187,3 (0:51:34,40)	179,5 (0:52:41,80)	199,7 (0:51:52,50)	207,6 (0:55:42,00)	214,1 (0:49:57,40)	224,3 (0:48:46,8)	-	<b>1212</b>
6.	Müller-Bergh, Dr. Jens <i>Flotte Fersen Tegelhorn</i>	1962	-	-	-	218,3 (0:49:07,20)	223,4 (0:53:07,80)	241,0 (0:45:57,20)	251,9 (0:44:38,7)	245,8 (0:45:09,00)	<b>1180</b>
7.	Boehm, Werner <i>TS Schenefeld</i>	1963	155,7 (1:59:00,0)	190,0 (0:51:10,60)	155,5 (0:56:06,20)	193,8 (0:52:44,80)	186,9 (0:59:03,90)	-	-	197,6 (0:52:18,10)	<b>1079</b>
8.	Barthel, Burkhard <i>TSV Lägerdorf</i>	1961	-	145,9 (0:57:27,30)	147,0 (0:57:19,10)	171,8 (0:56:00,80)	-	184,5 (0:54:21,90)	188,2 (0:54:11,3)	167,1 (0:56:49,50)	<b>1004</b>

# Steinburg-Cup 2008

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9.	Brandt, Torsten <i>TS Schenefeld</i>	1963	163,7 (1:56:36,0)	193,3 (0:50:43,30)	197,8 (0:50:05,70)	196,1 (0:52:25,00)	-	-	-	196,0 (0:52:32,50)	<b>946</b>
10.	Mumm, Udo <i>Bundeswehr</i>	1962	-	-	187,9 (0:51:29,70)	209,8 (0:50:22,60)	-	215,6 (0:49:44,40)	-	219,9 (0:48:59,10)	<b>833</b>

### M50

1.	Malik, Haroun <i>Gut Heil Itzehoe</i>	1958	(272,5) (1:23:45,0)	-	276,2 (0:38:56,30)	291,6 (0:38:16,00)	291,7 (0:42:00,90)	288,9 (0:38:49,80)	292,2 (0:38:36,0)	292,5 (0:38:12,40)	<b>1733</b>
2.	Neidenberger, Karl-Heinz <i>Kein Verein</i>	1954	-	217,8 (0:47:13,50)	-	222,1 (0:48:33,60)	227,5 (0:52:27,60)	236,6 (0:46:36,40)	238,4 (0:46:39,5)	241,9 (0:45:43,40)	<b>1384</b>
3.	Praefke, Bodo <i>Münsterdorfer SV</i>	1957	-	208,1 (0:48:36,30)	205,0 (0:49:04,30)	230,6 (0:47:18,20)	234,9 (0:51:15,70)	235,1 (0:46:50,30)	-	247,4 (0:44:54,70)	<b>1361</b>
4.	Jürgens, Joachim <i>SC Hohenaspe</i>	1955	213,1 (1:41:41,0)	215,8 (0:47:30,50)	-	219,8 (0:48:53,80)	-	225,6 (0:48:15,00)	-	-	<b>1098</b>
5.	Schöniger, Gunther <i>Norddeutsche Rundschau</i>	1955	161,8 (1:57:10,0)	169,7 (0:54:04,10)	-	187,7 (0:53:39,10)	180,5 (1:00:06,30)	-	180,3 (0:55:22,0)	187,0 (0:53:52,70)	<b>1067</b>
6.	Kruse, Herbert <i>LT Störlauf Itzehoe</i>	1958	250,5 (1:30:24,0)	254,5 (0:42:00,60)	244,4 (0:43:27,90)	-	259,2 (0:47:18,80)	-	-	-	<b>1008</b>
7.	Schnöwitz, Dieter	1956	101,6 (2:15:21,0)	166,0 (0:54:35,50)	156,2 (0:56:00,60)	-	186,2 (0:59:11,00)	-	-	-	<b>610</b>

### M55

1.	Gentile, Cosmo <i>(Itzehoe)</i>	1950	(202,6) (1:44:51,0)	233,8 (0:44:57,40)	-	237,6 (0:46:16,20)	254,6 (0:48:03,30)	257,5 (0:43:30,50)	260,2 (0:43:23,7)	256,4 (0:43:34,50)	<b>1500</b>
2.	Kock, Joachim <i>TSV Lägerdorf</i>	1952	221,7 (1:39:05,0)	-	-	248,4 (0:44:39,80)	251,3 (0:48:35,70)	252,9 (0:44:11,40)	242,4 (0:46:04,3)	254,6 (0:43:50,70)	<b>1471</b>
3.	Kirschning, Jürgen <i>TSV LOLA</i>	1951	(184,2) (1:50:24,0)	200,9 (0:49:38,10)	(199,5) (0:49:51,20)	229,0 (0:47:31,90)	228,9 (0:52:13,80)	231,0 (0:47:27,10)	234,3 (0:47:16,3)	242,1 (0:45:41,40)	<b>1366</b>
4.	Schuster, Uwe <i>E.ON Kernkraft</i>	1953	183,6 (1:50:36,0)	(182,6) (0:52:14,60)	(153,2) (0:56:26,20)	201,4 (0:51:37,30)	205,2 (0:56:05,30)	213,6 (0:50:01,70)	214,1 (0:50:18,3)	223,4 (0:48:28,20)	<b>1241</b>
5.	Dieck, Hans-Dieter <i>TS Schenefeld</i>	1953	-	168,6 (0:54:13,60)	(163,4) (0:54:58,70)	174,9 (0:55:32,80)	184,8 (0:59:24,60)	169,4 (0:56:36,60)	163,8 (0:57:50,4)	185,6 (0:54:04,70)	<b>1047</b>

## Steinburg-Cup 2008

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<b>M60</b>											
1.	Kleensang, Reinhard <i>Itzehoer Versicherungen</i>	1947	198,1 (1:46:12,0)	205,1 (0:49:01,80)	202,6 (0:49:24,60)	-	230,0 (0:52:03,10)	222,9 (0:48:39,30)	226,0 (0:48:31,5)	-	<b>1284</b>
2.	Bittrich, Eckhard <i>Kein Verein</i>	1946	-	158,7 (0:55:38,00)	-	178,2 (0:55:03,70)	184,0 (0:59:33,00)	166,5 (0:57:02,40)	159,6 (0:58:27,9)	164,8 (0:57:10,10)	<b>1011</b>
<b>M65</b>											
1.	Nastaly, Manfred <i>ETSV Fortuna Glückstadt</i>	1941	(111,5) (2:12:21,0)	150,6 (0:56:47,10)	133,9 (0:59:11,20)	155,2 (0:58:28,20)	149,6 (1:05:08,00)	-	187,0 (0:54:22,1)	186,3 (0:53:58,40)	<b>962</b>
<b>M70</b>											
1.	Frank, Rolf	1937	102,8 (2:14:58,0)	191,5 (0:50:57,90)	188,3 (0:51:26,80)	217,3 (0:49:16,50)	-	205,8 (0:51:11,20)	-	132,3 (1:02:00,00)	<b>1038</b>