Finkenwerder Insellauf 2024

15.06.2024 - Finkenwerder

| Ergebnisse der Damen auf der Kurzstrecke (5000 Meter) | | | | | | | 2 | 2 | 3 | 2 | 1 | 1 | 1 | 1 |
|-------------------------------------------------------|------|-------------------|--------------|----|-------|---------------------|----|----|----|------|------|------|------|-----------|
| Platz | StNr | Name | BSG | Jg | Zeit | 30 | 40 | 45 | 50 | 55 (| 60 6 | 35 7 | 70 f | 80 |
| 1 | 112 | Voß, Katharina | K&M Sport | 83 | 21:16 | | 1 | | | | | | | |
| 2 | 541 | Becker, Barbara | Polizei HH | 71 | 23:27 | | | | 1 | | | | | |
| 3 | 30 | Buchmann, Sigrid | AK Nord | 68 | 25:18 | | | | | 1 | | | | |
| 4 | | Dreier, Dagmar | TÜV-Nord | 68 | 25:29 | | | | | 2 | | | | |
| 5 | 527 | Chery, Jennyfer | Airbus | 82 | 26:58 | | 2 | | | | | | | |
| 6 | 180 | Denker, Franziska | Energie SV H | 90 | 27:03 | 1 | | | | | | | | |
| | 533 | Garcia, Melisenda | Energie SV H | 72 | 29:09 | 1. Außer Konkurrenz | | | | | | | | |
| 7 | 67 | Marthiens, Ute | Polizei HH | 52 | 29:42 | | | | | | | | 1 | |
| 8 | 465 | Scharf, Nicole | Signal Iduna | 76 | 30:57 | | | 1 | | | | | | |
| 9 | 199 | Stahlbock, Astrid | ERGOsports | 59 | 31:59 | | | | | | | 1 | | |
| 10 | 274 | Engelmann, Heike | Polizei HH | 71 | 32:27 | | | | 2 | | | | | |
| 11 | 37 | Clausen, Sylvia | ERGOsports | 40 | 35:29 | | | | | | | | | 1 |
| 12 | 537 | Boettcher, Dagmar | Haspa | 62 | 38:06 | | | | | | 1 | | | |
| 13 | 220 | McGovern, Roberta | HapagLloyd | 75 | 45:30 | | | 2 | | | | | | |
| 13 | 433 | Schäller, Lisa | HapagLloyd | 93 | 45:30 | 2 | | | | | | | | |

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| Ergeb | nisse der Damen auf der Langstre | cke (10000 Meter) | | | 2 | 4 | 4 | 3 | 2 | 1 | 1 | 1 |
|-------|----------------------------------|-------------------|----|---------|----|----|------|----|------|------|------|----|
| Platz | StNr Name | BSG | Jg | Zeit | D: | 35 | 40 4 | 45 | 50 5 | 55 (| 60 7 | 70 |
| 1 | 132 Brockmann, Christina | Airbus | 84 | 42:51 | | | 1 | | | | | |
| 2 | 539 von Laar, Sabine | nexinsure | 66 | 44:47 | | | | | | 1 | | |
| 3 | 142 Meyer, Lisa-Christin | Airbus | 99 | 45:37 | 1 | | | | | | | |
| 4 | 531 Schultz, Eva | Airbus | 84 | 46:15 | | | 2 | | | | | |
| 5 | 436 Wolf, Simone | HapagLloyd | 89 | 47:50 | | 1 | | | | | | |
| 6 | 528 Hallmann, Kirsten | Airbus | 71 | 48:24 | | | | | 1 | | | |
| 7 | 135 Garbers, Catharina | Airbus | 81 | 50:34 | | | 3 | | | | | |
| 8 | 525 Apel, Janine | Airbus | 88 | 50:54 | | 2 | | | | | | |
| 9 | 238 Rohlfs, Daniela | Laufwerk | 78 | 53:06 | | | | 1 | | | | |
| 10 | 196 Schmidt, Karen | ERGOsports | 86 | 53:28 | | 3 | | | | | | |
| 11 | 450 Carlberg, Katja | NDR | 76 | 53:44 | | | | 2 | | | | |
| 12 | 432 Sagert, Erika | HapagLloyd | 52 | 54:48 | | | | | | | | 1 |
| 13 | 191 Fönschau, Silke | ERGOsports | 62 | 54:55 | | | | | | | 1 | |
| 14 | 217 Gerloff, Anne-Mareike | HapagLloyd | 83 | 57:04 | | | 4 | | | | | |
| 15 | 489 Hinz, Stefanie | UKE | 76 | 57:21 | | | | 3 | | | | |
| 16 | 185 Regolin, Lea | Energie SV H | 98 | 1:01:34 | 2 | | | | | | | |
| 17 | 535 Köppel, Inka | HPA | 73 | 1:02:36 | | | | | 2 | | | |
| 18 | 300 Faaß, Sandra | Signal Iduna | 87 | 1:08:51 | | 4 | | | | | | |

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| Ergebnisse der Herren auf der Kurzstrecke (5000 Meter) | | | | | | 1 | 2 | 1 | 2 | 5 | 7 | 2 | 2 | 1 | 1 |
|--------------------------------------------------------|------|-----------------------|--------------|----|-------|-----|------|----|----|----|------|----|------|-------------|-----------|
| Platz | StNr | Name | BSG | Jg | Zeit | М : | 30 4 | 40 | 50 | 55 | 60 (| 35 | 75 8 | 80 8 | 35 |
| 1 | 57 | Köndgen, David | NDR | 84 | 17:46 | | | 1 | | | | | | | |
| 2 | 152 | Krastev, Ulli | BACARDI | 69 | 20:09 | | | | | 1 | | | | | |
| 3 | 315 | Kupper, Frank | TÜV-Nord | 64 | 20:19 | | | | | | 1 | | | | |
| 4 | 42 | Tramp, Tobias | ERGOsports | 93 | 20:32 | | 1 | | | | | | | | |
| 5 | 545 | Meyer-Reim, Utz | DZ HYP | 61 | 23:53 | | | | | | 2 | | | | |
| 6 | 538 | von Laar, Heinz-Josef | nexinsure | 68 | 24:13 | | | | | 2 | | | | | |
| 7 | 497 | Schwenck, Jonatan | Haspa | 02 | 24:59 | 1 | | | | | | | | | |
| 8 | 181 | Denker, Karsten | Energie SV H | 71 | 26:28 | | | | 1 | | | | | | |
| 9 | 22 | Rittmeister, Lutz | PHILIPS | 59 | 26:37 | | | | | | | 1 | | | |
| 10 | 287 | Schirduan, Stefan | Postbank-H | 65 | 26:52 | | | | | 3 | | | | | |
| 11 | 305 | Philippi-Laur, Martin | Signal Iduna | 68 | 26:59 | | | | | 4 | | | | | |
| 12 | 329 | Waldtmann, Andreas | HPA | 63 | 28:38 | | | | | | 3 | | | | |
| 13 | 197 | Schol, Thomas | ERGOsports | 72 | 28:57 | | | | 2 | | | | | | |
| 14 | 343 | Hernandez, Vladimir | Energie SV H | 67 | 29:09 | | | | | 5 | | | | | |
| 15 | 143 | Möller, Thomas | Airbus | 63 | 29:42 | | | | | | 4 | | | | |
| 16 | 164 | Wolff, Mario | Deut.Bank | 56 | 29:59 | | | | | | | 2 | | | |
| 17 | 536 | Wulff, Helmut | HPA | 60 | 30:23 | | | | | | 5 | | | | |
| 18 | 284 | Zielinski, Dennis | Polizei HH | 92 | 31:09 | | 2 | | | | | | | | |
| 19 | 176 | Kühl, Bernd | ELBE-Sport | 46 | 31:13 | | | | | | | | 1 | | |
| 20 | 314 | Dreier, Gerhard | TÜV-Nord | 63 | 32:19 | | | | | | 6 | | | | |
| 21 | 174 | Gläser, Heinz | ELBE-Sport | 45 | 32:26 | | | | | | | | 2 | | |
| 22 | 207 | Lange, Klaus-Peter | HH Airport | 60 | 33:17 | | | | | | 7 | | | | |
| 23 | 243 | Hintz, Martin | Lufthansa | 37 | 38:11 | | | | | | | | | | 1 |
| 24 | 524 | Schwenck, Jörn | Haspa | 44 | 41:43 | | | | | | | | | 1 | |

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| | StNr | ler Herren auf der Langstrecke (1 Name | BSG | Jg | Zeit | 3 M | 9 35 | | | 6 1 50 5 | | | | | |
|----------|------|--------------------------------------------------|-------------------|----------|----------------|---------------|----------------|---|---|--------------------|------------|---|---|---|---|
| 1 | 500 | Dieckmann, Lukas | Laufwerk | 85 | 35:40 | | 1 | | | | | | | | |
| 2 | 288 | Huhn, Philipp | Runn Green | 88 | 37:43 | | 2 | | | | | | | | |
| 3 | 138 | Jansen, Thies | Airbus | 71 | 40:04 | | | | | 1 | | | | | |
| 4 | 251 | Küpper, Pascal | NDR | 86 | 40:19 | | 3 | | | | | | | | |
| 5 | 534 | Höhne, David | Energie SV H | 83 | 40:45 | | | 1 | | | | | | | |
| 6 | 152 | Krastev, Ulli | BACARDI | 69 | 42:04 | | | | | | 1 | | | | |
| 7 | 242 | Filippo, Matteo | Lufthansa | 87 | 42:52 | | 4 | | | | | | | | |
| 8 | | Schnell, Steffen | HapagLloyd | 87 | 42:59 | | 5 | | | | | | | | |
| 9 | 322 | Schürmann, Lukas | WTM HH | 96 | 43:04 | 1 | | | | | | | | | |
| 10 | 214 | Breitenstein, Andre | Laufladen | 67 | 43:42 | | | | | | 2 | | | | |
| 11 | | Reschke, Mark | HPA | 72 | 44:12 | | | | | 2 | | | | | |
| 12 | | Scholz, Stephan | HPA | 70 | 44:34 | | | | | _ | | | | | |
| 13 | | Fielitz, Andreas | Commerzbank | 72 | 45:00 | | | | | 4 | | | | | |
| 14 | | Albrecht, Florian | Energie SV H | 75 | 45:13 | | | | 1 | | | | | | |
| 15 | | Hensel, Jullian | PHILIPS | 85 | 45:35 | | 6 | | | | | | | | |
| 16 | | Twesten, Dennis | Stern | 83 | 45:39 | | | 2 | | | | | | | |
| 17 | | Fischer, Lars | Airbus | 99 | 45:49 | 2 | | _ | · | | · | | | | į |
| 18 | | Schirduan, Stefan | Postbank-H | 65 | 45:57 | _ | | Ċ | · | · | 3 | | | | į |
| 19 | | Geiß, Christian | ERGOsports | 63 | 46:25 | - | • | · | · | • | • | 1 | • | • | • |
| 20 | | Kuhr, Jan-Oliver | ERGOsports | 80 | 47:27 | • | • | 3 | • | • | • | • | • | • | • |
| 21 | | Plambeck, Lutz | Airbus | 61 | 47:58 | • | • | Ū | • | • | | 2 | • | • | • |
| 22 | | Reuer, Hans-Henning | OTTO | 67 | 48:07 | • | • | · | • | | 4 | - | • | • | • |
| 23 | | Schmidt, Gunter | Airbus | 61 | 48:14 | • | • | • | Ċ | | | 3 | • | • | • |
| 24 | | Trümper, Michael | Airbus | 66 | 48:31 | • | • | • | • | | _ | | • | • | • |
| 25 | | Rooseboom, Markus | DZ HYP | 65 | 48:57 | • | • | • | • | | _ | | • | • | • |
| 26 | | Behlau, Gregor | Airbus | 75 | 48:58 | • | • | • | 2 | • | 0 | • | • | • | • |
| 27 | | Krüger, Wilfried | Polizei HH | 60 | 49:14 | • | • | • | _ | • | • | 4 | • | • | • |
| 28 | | Matthias, Friedrich | WTM HH | 88 | 49:27 | • | 7 | • | • | • | • | 7 | • | • | • |
| 29 | | Gierach, Nils | Zoll | 86 | 50:54 | • | 8 | • | • | • | • | • | • | • | • |
| 30 | | Schmidt, Jürgen | DZ HYP | 54 | 51:38 | • | U | • | • | • | • | • | • | 1 | • |
| 31 | | Marquardt, Bernd | HapagLloyd | 72 | 51:48 | • | • | • | • | 5 | : | • | • | • | • |
| 32 | | Thimm, Erich | NDR | 51 | 52:58 | • | • | • | • | J | • | • | • | 2 | • |
| 33 | | Ruh, Jochen | Tchibo | 71 | 53:08 | • | • | • | • | 6 | • | • | • | _ | • |
| 34 | | Vierling, Heiko | Polizei HH | 68 | 53:14 | • | • | • | • | | 7 | • | • | • | • |
| 35 | | Meyer-Reim, Utz | DZ HYP | 61 | 53:42 | • | • | • | • | • | <u>'</u> . | 5 | • | • | • |
| 36 | | Faust, Thomas | ERGOsports | 62 | 54:04 | • | • | • | • | • | • | 6 | • | • | • |
| 37 | | Borgstädt, Tim | Airbus | 53 | 54:16 | • | • | • | • | • | • | U | • | 3 | • |
| 38 | | Manthei, Jan | Signal Iduna | 67 | 54:23 | • | • | • | • | • | 8 | • | | | • |
| 39 | | Haasenleder, Ralf | Gaden | 58 | 54:27 | • | • | • | • | | | | | • | • |
| 40 | | Ehrke, Michael | ERGOsports | 59 | 54:35 | • | • | • | • | | • | • | 2 | • | • |
| 41 | | Janssen, Christoph | Olympus | 98 | 55:25 | 3 | • | | : | | | • | | • | • |
| 42 | | Stäcker, Frank | PHILIPS | 64 | 55:57 | 3 | • | - | - | | | | | • | • |
| 43 | | Brockmann, Achim | Airbus | | 57:08 | • | • | | | | | | | | |
| 43 44 | | Dornauer, Albert | UKE | 80 67 | 57:06 57:21 | • | • | | | | | | | | |
| | | · · | | | | • | 9 | • | • | • | | • | • | • | • |
| 45 45 | | Dücker, Kevin | Signal Iduna | 89 | 57:26 | • | 9 | • | • | • | • | | • | • | • |
| 45 47 | | Leske, Dieter | Signal Iduna | 60 | 57:26 | • | • | • | • | • | | 8 | | • | • |
| 47 40 | | Baier, Alois | Olympus | 59 | 59:12 | • | • | ٠ | • | • | | | S | • | • |
| 48 | | Feldmann, Thomas | Krüss-OSH | 63 | 59:53 | • | ٠ | • | • | • | | 9 | • | • | |
| 49 50 | | Haubrich, Gerhard | PHILIPS | | 1:00:12 | • | ٠ | ٠ | | | | | | ٠ | 1 |
| 50 | | Carlberg, Tim | NDR AlbaDiakan | | 1:00:28 | • | ٠ | | 3 | | | | | ٠ | ٠ |
| 51 52 | | Nisch, Ralf | AlbeDiakon | | 1:01:41 | • | • | | | | - | _ | 4 | ٠ | • |
| 52 | | Büchel, Thomas | Holborn | | 1:02:48 | • | ٠ | ٠ | 4 | | | • | • | | • |
| 53 | | Hildebrandt, Edgard | ELBE-Sport | | 1:02:55 | • | ٠ | ٠ | ٠ | | | • | | 4 | ٠ |
| 54 | 318 | Grove, Frank | WTM HH | ОО | 1:03:58 | • | • | • | • | . 1 | U | • | • | • | • |

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Ergebnisse der Damenmannschaften auf der Kurzstrecke (5000 Meter) 1 Polizei HH 1 Becker, Barbara; Marthiens, Ute; Engelmann, Heike 1:25:36 Ergebnisse der Damenmannschaften auf der Langstrecke (10000 Meter) 1 Airbus 1 Brockmann, Christina; Meyer, Lisa-Christin; Schultz, Eva 2:14:43 2 Airbus 2 Hallmann, Kirsten; Garbers, Catharina; Apel, Janine 2:29:52 3 HapagLloyd 1 Wolf, Simone; Sagert, Erika; Gerloff, Anne-Mareike 2:39:42

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Ergebnisse der Herrenmannschaften auf der Kurzstrecke (5000 Meter)

Ergebnisse der Herrenmannschaften auf der Langstrecke (10000 Meter)

| 1 Airbus | 1 | Jansen, Thies; Fischer, Lars; Plambeck, Lutz | 2:13:51 |
|----------------|---|-----------------------------------------------------|---------|
| 2 Airbus | 2 | Schmidt, Gunter; Trümper, Michael; Behlau, Gregor | 2:25:43 |
| 3 ERGOsports | 1 | Geiß, Christian; Kuhr, Jan-Oliver; Faust, Thomas | 2:27:56 |
| 4 NDR | 1 | Küpper, Pascal; Thimm, Erich; Carlberg, Tim | 2:33:45 |
| 5 DZ HYP | 1 | Rooseboom, Markus; Schmidt, Jürgen; Meyer-Reim, Utz | 2:34:17 |
| 6 WTM HH | 1 | Schürmann, Lukas; Matthias, Friedrich; Grove, Frank | 2:36:29 |
| 7 PHILIPS | 1 | Hensel, Jullian; Stäcker, Frank; Haubrich, Gerhard | 2:41:44 |
| 8 Signal Iduna | 1 | Manthei, Jan; Dücker, Kevin; Leske, Dieter | 2:49:15 |

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