

1. Friesencross des MTV Hohenkirchen in Schillig am 30. Juli 2004

| Platz Ges. | St-Nr. | Name | Vorname | Verein | Jg | Zeit | AK-Platz | AKL |
|---|--------|----------------|-------------|------------------------|------|-------|----------|---------|
| Bambinilauf (400 Meter – ohne Zeitnahme) | | | | | | | | |
| 1 | 263 | Koch | Raphael | | 97 | - | | Bambini |
| 2 | 254 | Fritze | Paul | | 97 | - | | Bambini |
| 3 | 260 | Schneiderei | Hauke | | 98 | - | | Bambini |
| 4 | 267 | Stamerjohanns | Jannick | | 98 | - | | Bambini |
| 5 | 269 | Kettel | Klara | | 98 | - | | Bambini |
| 6 | 265 | Dietrich | Jeelka | MTV Hohenkirchen | 98 | - | | Bambini |
| 7 | 268 | Kettel | Sophie | | 97 | - | | Bambini |
| 8 | 261 | Barschet | Vivien | | 99 | - | | Bambini |
| 9 | 270 | Howein | Eileen | | 98 | - | | Bambini |
| 10 | 255 | Trum | Vivien | | 98 | - | | Bambini |
| 11 | 262 | Steinberg | Dennis | | 2000 | - | | Bambini |
| 12 | 256 | Schmidt | Lena | | 99 | - | | Bambini |
| 13 | 266 | Hicken | Fynn | | 99 | - | | Bambini |
| 14 | 264 | Dietrich | Jule | MTV Hohenkirchen | 99 | - | | Bambini |
| Schüler/-innen (1000 Meter) | | | | | | | | |
| 1 | 816 | Eichinger | Christian | SV Lemwerder | 89 | 03:10 | | A |
| 2 | 869 | Graf | Marcel | | 86 | 03:10 | | JA |
| 3 | 843 | Kisker | Simon | | 89 | 03:15 | | A |
| 4 | 802 | Schleume | Daniel | | 91 | 03:16 | | B |
| 5 | 844 | Meckelholt | Sven | | 89 | 03:22 | | A |
| 6 | 839 | Hörig | Bela | LG WHV | 90 | 03:31 | | A |
| 7 | 874 | Barghoorn | Patrick | | 90 | 03:32 | | A |
| 8 | 831 | Franzmeier | Anna Carina | LG WHV | 93 | 03:33 | | C |
| 9 | 867 | Keiber | Lena | TV 1891 Bürstadt e. V. | 94 | 03:42 | | C |
| 10 | 860 | Schirdewan | Jendrik | | 95 | 03:43 | | D |
| 11 | 878 | Härtelt | Nico | MTV Hohenkirchen | 90 | 03:48 | | A |
| 12 | 871 | Bertram | Jan | | 94 | 03:49 | | C |
| 13 | 820 | Tenberg | Andreas | MTV Hohenkirchen | 91 | 03:51 | | B |
| 14 | 833 | Poppe | Celina | LG WHV | 93 | 03:53 | | C |
| 15 | 842 | Kalkmann | Tobias | | 91 | 03:55 | | B |
| 16 | 857 | Gerhards | Kevin | | 94 | 03:55 | | C |
| 17 | 856 | Ferger | Sandra | | 91 | 03:57 | | B |
| 18 | 828 | Meckholt | Lars | | 92 | 03:58 | | B |
| 19 | 864 | Behrens-Focken | Gerke | MTV Hohenkirchen | 94 | 04:00 | | C |
| 20 | 835 | Hörig | Joel | LG WHV | 96 | 04:00 | | D |
| 21 | 825 | Kröger | Oliver | | 93 | 04:01 | | C |
| 22 | 832 | Oelrichs | Nicole | LG WHV | 93 | 04:02 | | C |
| 23 | 815 | Eichinger | Kathrin | SV Lemwerder | 91 | 04:06 | | B |
| 24 | 838 | Hörig | Julien | LG WHV | 94 | 04:08 | | C |
| 25 | 811 | Schneider | Philip | TTV Leideneck | 92 | 04:10 | | B |
| 26 | 877 | Harders | Ann-Kathrin | MTV Hohenkirchen | 90 | 04:11 | | A |
| 27 | 827 | Merkowski | Artem | | 91 | 04:12 | | B |
| 28 | 855 | Frie | Nele | | 93 | 04:13 | | C |
| 29 | 837 | Poppe | Lando | LG WHV | 95 | 04:14 | | D |
| 30 | 822 | Fischbach | Sven | | 89 | 04:14 | | A |
| 31 | 809 | Schneider | Moritz | TTV Leideneck | 94 | 04:15 | | C |
| 32 | 823 | Mangels | Lennart | | 92 | 04:15 | | B |
| 33 | 814 | Schleume | Sabrina | | 95 | 04:16 | | D |
| 34 | 841 | Gouase | Jean-Pierre | LG WHV | 93 | 04:16 | | C |
| 35 | 870 | Schönewolf | Sarah | | 90 | 04:17 | | A |
| 36 | 853 | Ortmann | Kevin | | 92 | 04:17 | | B |
| 37 | 847 | Haßler | Annika | | 95 | 04:18 | | D |
| 38 | 804 | Uttich | Adrian | TSV Wolfsburg | 94 | 04:18 | | C |
| 39 | 848 | Haßler | Michael | MTV Hohenkirchen | 93 | 04:18 | | C |
| 40 | 846 | Schneiderei | Ole | | 96 | 04:20 | | D |
| 41 | 836 | Horn | Cris-Manuel | LG WHV | 96 | 04:20 | | D |
| 42 | 834 | Otten | Morten | LG WHV | 97 | 04:21 | | D |

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|----|-----|----------------|-----------|------------------|----|-------|---|
| 43 | 801 | Kirch | Annika | | 92 | 04:21 | B |
| 44 | 866 | Schwarz | Anja | | 90 | 04:22 | A |
| 45 | 810 | Ahlfeld | Fabian | SG Braunschweig | 93 | 04:22 | C |
| 46 | 817 | Kirch | Kristina | | 94 | 04:22 | C |
| 47 | 858 | Hellmann | Lukas | | 91 | 04:23 | B |
| 48 | 875 | Barghoorn | Alexander | | 95 | 04:23 | D |
| 49 | 862 | Schwarz | Stefan | | 93 | 04:24 | C |
| 50 | 851 | Stegmann | Sarah | SC Melle 03 | 91 | 04:25 | B |
| 51 | 845 | Steinberg | Jessica | | 90 | 04:25 | A |
| 52 | 861 | Schürheck | Jana | | 94 | 04:26 | C |
| 53 | 829 | Kilian | Nadine | | 94 | 04:26 | C |
| 54 | 880 | Gulich | Jason | | 94 | 04:27 | C |
| 55 | 830 | Horn | Samantha | LG WHV | 97 | 04:28 | D |
| 56 | 872 | Bertram | Albin | | 95 | 04:30 | D |
| 57 | 868 | Schröder | Jaqueline | MTV Hohenkirchen | 93 | 04:34 | C |
| 58 | 808 | Schwikowski | Carolin | | 94 | 04:38 | C |
| 59 | 807 | Eberhard | Pia | | 93 | 04:39 | C |
| 60 | 879 | Gulich | Jan | | 97 | 04:39 | D |
| 61 | 805 | Reibis | David | | 93 | 04:42 | C |
| 62 | 849 | Schmidt | Felix | | 94 | 04:43 | C |
| 63 | 812 | Nowak | Anica | | 92 | 04:44 | B |
| 64 | 876 | Wiegard | Viktor | | 93 | 04:48 | C |
| 65 | 826 | Kohlhaus | Lennart | | 94 | 04:48 | C |
| 66 | 863 | Kettel | Hannah | | 95 | 04:49 | D |
| 67 | 873 | Götz | Fabian | | 97 | 04:57 | D |
| 68 | 813 | Stamereilers | Heike | | 93 | 05:00 | C |
| 69 | 803 | Nowak | Inca | | 95 | 05:01 | D |
| 70 | 806 | Reibis | Leonie | | 95 | 05:13 | D |
| 71 | 824 | Trum | Alina | | 95 | 05:15 | D |
| 72 | 821 | Kohlhaus | Linda | | 96 | 05:16 | D |
| 73 | 865 | Behrens-Focken | Wiebke | | 95 | 05:17 | D |
| 74 | 854 | Klinkebiel | Amelie | | 94 | 05:18 | C |
| 75 | 850 | Stegmann | Kevin | SC Melle 03 | 97 | 05:19 | D |
| 76 | 818 | Fischbach | Melanie | | 94 | 05:29 | C |
| 77 | 819 | Meyer | Alena | | 96 | 05:33 | D |
| 78 | 859 | Kohlhaus | Laura | | 95 | 05:39 | D |

Strandlauf (5 Kilometer)

| | | | | | | | |
|----|-----|-----------------|--------------|------------------------|----|-------|-----|
| 1 | 310 | Eichinger | Christian | SV Lemwerder | 89 | 18:50 | A |
| 2 | 322 | Dietrich | Matthias | MTV Hohenkirchen | 65 | 19:23 | M35 |
| 3 | 334 | Wiegink | Thomas | Tus Heidkrug | 71 | 19:36 | M30 |
| 4 | 342 | Weber-Steinhaus | John-Douglas | | 88 | 20:20 | B |
| 5 | 320 | Otten | Detlef | LG WHV | 62 | 20:26 | M40 |
| 6 | 324 | Keiber | Hein | TV 1891 Bürstadt e. V. | 60 | 20:49 | M40 |
| 7 | 321 | Rimmel | Roland | | 67 | 21:17 | M35 |
| 8 | 318 | Horn | Benjamin | LG WHV | 94 | 23:26 | C |
| 9 | 326 | Wacker | Christian | | 71 | 24:08 | M30 |
| 10 | 330 | Busma | Reinhard | MTV Hohenkirchen | 51 | 24:12 | M50 |
| 11 | 304 | Stamer-Eilers | Klaus | TUS Eversten | 61 | 24:22 | M40 |
| 12 | 314 | Kohlhaus | Hermann | MTV Obermasholt | 67 | 24:31 | M35 |
| 13 | 308 | Dietel | Mona | SV Lemwerder | 90 | 24:36 | A |
| 14 | 338 | Gassert | Clemens | | 66 | 24:47 | M35 |
| 15 | 312 | Eichinger | Anke | SV Lemwerder | 63 | 24:56 | W40 |
| 16 | 303 | Kellermann | Frank | BSG Rose | 40 | 25:14 | M40 |
| 17 | 316 | Hörig | Silvia | LG WHV | 62 | 25:16 | W40 |
| 18 | 325 | Kettel | Michael | | 64 | 25:17 | M40 |
| 19 | 302 | Reibis | Martin | | 64 | 25:37 | M40 |
| 20 | 332 | Graef | Heide | | 52 | 25:40 | W50 |
| 21 | 315 | Oelrichs | Christine | LG WHV | 90 | 26:33 | A |
| 22 | 309 | Dietel | Jörg | SV Lemwerder | 55 | 26:38 | M40 |
| 23 | 319 | Otten | Sören | LG WHV | 94 | 26:41 | C |
| 24 | 329 | Reitzner | Karin | | 56 | 27:24 | W40 |
| 25 | 339 | Wündrich | Christoph | | 49 | 27:26 | M55 |
| 26 | 328 | Deeken | Aloys | | 31 | 27:30 | M70 |
| 27 | 336 | Penz | Manfred | | 49 | 27:39 | M55 |

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|----|-----|-----------------|--------------|--------------|----|-------|-----|
| 28 | 343 | Becker | Klaus Dieter | | 47 | 27:51 | M55 |
| 29 | 340 | Weber-Steinhaus | Dieter | | 50 | 27:52 | M50 |
| 30 | 311 | Eichinger | Kathrin | SV Lemwerder | 91 | 28:32 | B |
| 31 | 327 | Oelrichs | Norbert | LG WHV | 58 | 28:33 | M45 |
| 32 | 323 | Wissel | Joachim | | 58 | 29:29 | M40 |
| 33 | 341 | Smith | Jane | | 56 | 31:24 | W45 |
| 34 | 307 | Dietel | Elvi | SV Lemwerder | 60 | 31:25 | W40 |
| 35 | 333 | Gulich | Kathrin | | 61 | 31:25 | W40 |
| 36 | 301 | Reibis | Barbara | | 65 | 34:17 | W35 |
| 37 | 335 | Schmidt | Kornelia | | 59 | 34:36 | W45 |
| 38 | 337 | Stöcker-Schwan | Ruth | | 52 | 35:59 | M50 |
| 39 | 331 | Frie-Niewind | Annegret | | 39 | 35:59 | W65 |
| 40 | 313 | Löhr-Hasenburg | Ulrike | | 69 | 37:35 | W35 |

10 Kilometer

Es wurde keine Ergebnisliste erstellt, da ein Teil der Läufer-/innen nach ca. 4 Kilometer durch einen Streckenposten fehlgeleitet wurden.

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