

Langstrecke am 09.08.2009

Ergebnisliste - Männer

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Endzeit |
|-----|-----|-------------------------|------------------------------|----|--------|---------|
| 1 | 34 | Gräter, Phillip | SC Magdeburg | 90 | mJU 1 | 24:59 |
| 2 | 82 | Gräfe, Jan | Rostock | 73 | M30 1 | 25:15 |
| 3 | 301 | Skambath, Malte | SG Lübeck | 91 | mJU 2 | 25:29 |
| 4 | 24 | Rach, Johannes | Köpenicker SV Neptun e.V. | 93 | mJA 1 | 26:16 |
| 5 | 235 | Schwarz, Carl Louis | PSV Schwerin | 95 | mJB 1 | 26:30 |
| 6 | 31 | Ernst, Stephan | HanseDom Beach Patrol AG | 89 | M20 1 | 26:44 |
| 7 | 383 | Lehne, Matthias | | 74 | M30 2 | 26:49 |
| 8 | 165 | Buschbeck, Malte | SG Wasserratten Norderstedt | 95 | mJB 2 | 27:21 |
| 9 | 105 | Jänicke, Ralf | HSG UNI Rostock | 61 | M40 1 | 27:42 |
| 10 | 354 | Beuster, Nico | Rostock | 88 | M20 2 | 27:53 |
| 11 | 142 | Münchberger, Torsten | TC UNI GRYPs | 65 | M40 2 | 28:10 |
| 12 | 377 | Grube, Lennart | SG Wasserratten Norderstedt | 93 | mJA 2 | 29:08 |
| 13 | 83 | Holz, Torsten | Rostock | 89 | M20 3 | 29:13 |
| 14 | 51 | Langner, Felix | PSV Schwerin | 91 | mJU 3 | 29:14 |
| 15 | 353 | Waitz, Uwe | Zwickau | 64 | M40 3 | 29:18 |
| 16 | 64 | Jahnke, Martin | PSV Schwerin | 90 | mJU 4 | 29:26 |
| 17 | 194 | Schmidtke, Torben | HSC Greifswald | 89 | M20 4 | 29:41 |
| 18 | 157 | Lindauer, Leopold | Rosenheim | 81 | M20 5 | 29:48 |
| 19 | 346 | Schnell, Philipp | PSV Schwerin | 94 | mJB 3 | 29:57 |
| 20 | 49 | Grambow, Detlef | TriSport Schwerin e.V. | 64 | M40 4 | 30:02 |
| 21 | 361 | Lipski, Thomas | SSV Ostring | 87 | M20 6 | 30:06 |
| 22 | 338 | Krüsemann, Horst | Hanse SC Rostock | 85 | M20 7 | 30:08 |
| 23 | 120 | Hellriegel, Ron | PTSV | 91 | mJU 5 | 30:09 |
| 24 | 309 | Buchberger, Sebastian | Darmstadt | 85 | M20 8 | 30:12 |
| 25 | 372 | Lerche, Tobias | Wismar | 77 | M30 3 | 30:14 |
| 26 | 100 | Auschek, Guido | VfL 1990 Gera | 53 | M55 1 | 30:18 |
| 27 | 146 | Bähr, Stephan | Barsbüttel | 72 | M30 4 | 30:25 |
| 28 | 118 | Habermann, Jan | PSV Schwerin, Abt. Schwimmen | 95 | mJB 4 | 30:46 |
| 29 | 250 | Großmann, Lars | PSV Schwerin | 97 | mJC 1 | 30:49 |
| 30 | 304 | Kempert, Marcel | PSV Schwerin | 94 | mJB 5 | 31:12 |
| 31 | 207 | Schröter, Stefan | SG Wasserratten Norderstedt | 73 | M30 5 | 31:23 |
| 32 | 299 | Komorowski, Thomas | Behrenhoff | 71 | M30 6 | 31:26 |
| 33 | 156 | Bauschmann, Andre | SC Empor 2000 Rostock | 95 | mJB 6 | 31:27 |
| 34 | 199 | Lange, Ole | Post Wasserball Schwerin | 88 | M20 9 | 31:31 |
| 35 | 333 | Pohl, Oliver | SSV Blau -Weiß Gersdorf | 64 | M40 5 | 31:32 |
| 36 | 308 | Proske, Tilo | Darmstadt | 73 | M30 7 | 31:35 |
| 37 | 381 | Möhrer, Raik | | 66 | M40 6 | 31:38 |
| 38 | 310 | Hub, Karsten | MSC Waren | 70 | M30 8 | 31:58 |
| 39 | 274 | Grünwald, Felix | PSV Schwerin | 95 | mJB 7 | 32:06 |
| 40 | 224 | Dittberner, Felix | SV Post Schwerin Wasserball | 82 | M20 10 | 32:17 |
| 41 | 378 | Prahl, Robert | TriSport Schwerin e.V. | 85 | M20 11 | 32:22 |
| 42 | 99 | Becker, Christian | Trisport Schwerin | 67 | M40 7 | 32:42 |
| 43 | 159 | Schäfer, Christian | FHSG Stralsund | 84 | M20 12 | 32:51 |
| 44 | 322 | Gerlang, Klaus-Dieter | USV Halle | 45 | M60 1 | 33:46 |
| 45 | 104 | Thiele, Robert | TSV Schwerin | 90 | mJU 6 | 33:51 |
| 46 | 337 | Schöttker, Klaus-Martin | Hanse SC Rostock | 71 | M30 9 | 33:52 |
| 47 | 140 | Frenz, Jasper | PSV Schwerin | 97 | mJC 2 | 33:59 |
| 48 | 347 | Müller, Danny | TriSport Schwerin e.V. | 77 | M30 10 | 34:10 |
| 49 | 6 | Warnat, Stefan | SG Wasserratten Norderstedt | 62 | M40 8 | 34:19 |
| 50 | 11 | Lamottke, Peter | SG Wasserratten Norderstedt | 59 | M50 1 | 34:26 |
| 51 | 258 | Kaßner, Matthias | Berlin | 67 | M40 9 | 34:27 |
| 52 | 352 | Cramm, Falk | Berlin | 66 | M40 10 | 34:33 |
| 53 | 222 | Pflug, Manfred | USV TU Dresden | 42 | M65 1 | 34:40 |
| 54 | 371 | Deffde, Philipp | Wismar | 89 | M20 13 | 34:42 |
| 55 | 335 | Pudschun, Ulrich | TriSport Schwerin e.V. | 67 | M40 11 | 35:02 |
| 56 | 365 | Kruse, Dennis | TriSport Schwerin e.V. | 89 | M20 14 | 35:03 |
| 57 | 113 | Hoffmann, Jens | Penzberg | 84 | M20 15 | 35:33 |
| 58 | 362 | Weber, Stefan | SSV Ostring | 73 | M30 11 | 35:43 |
| 59 | 229 | Basan, Bert | Bad Doberan | 60 | M40 12 | 35:55 |
| 60 | 303 | Bärwald, Frank | Cambs | 65 | M40 13 | 35:59 |

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| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Endzeit |
|-----|-----|---------------------|-----------------------------|----|--------|---------|
| 61 | 13 | Schernikau, Michael | Dannenberg | 61 | M40 14 | 36:10 |
| 62 | 1 | Kurzewitz, Hartmut | SG Wasserratten Norderstedt | 57 | M50 2 | 36:17 |
| 63 | 375 | Sator, Daniel | TriSport Schwerin e.V. | 76 | M30 12 | 36:21 |
| 64 | 386 | Heßke, René | | - | - | 36:28 |
| 65 | 153 | Imling, Hagen | TSV Schwerin | 68 | M40 15 | 36:31 |
| 66 | 192 | Schommler, Sascha | TriSport Schwerin e. V. | 78 | M30 13 | 36:33 |
| 67 | 150 | Arnoldt, Marco | www.gesundheitstrainer.net | 75 | M30 14 | 36:51 |
| 68 | 225 | Dittberner, Hannes | SV Post Schwerin Wasserball | 89 | M20 16 | 37:34 |
| 69 | 16 | Kühne, Mathias | Schwerin | 59 | M50 3 | 37:56 |
| 70 | 331 | Schumacher, Erwin | MTV Dannenberg | 57 | M50 4 | 37:58 |
| 71 | 204 | Diel, Hans-Jürgen | TSV Tarp | 50 | M55 2 | 38:03 |
| 72 | 195 | Garbrecht, Marko | Tri-Sport-Schwerin | 75 | M30 15 | 38:05 |
| 73 | 53 | Musfeldt, Eckart | | 65 | M40 16 | 38:08 |
| 74 | 270 | Barwitzki, Clemens | PSV Stralsund | 93 | mJA 3 | 38:23 |
| 75 | 367 | Zobel, Frank | Vorspiel SSL Berlin e.V. | 76 | M30 16 | 38:26 |
| 76 | 122 | Wellnitz, Mirko | DRK Wasserwacht Heide | 93 | mJA 4 | 38:35 |
| 77 | 169 | Schaal, Christian | Schwerin | 74 | M30 17 | 38:42 |
| 78 | 172 | Pohle, Thomas | Berlin | 68 | M40 17 | 38:44 |
| 79 | 76 | Steffen, Dieter | Hamburg | 57 | M50 5 | 38:51 |
| 80 | 214 | Luther, Henning | TSV Schwerin | 73 | M30 18 | 38:52 |
| 81 | 305 | Kurth, Max | Schwerin | 94 | mJB 8 | 39:02 |
| 82 | 184 | Aldus, Michael | SSV Ostring 93 | 56 | M50 6 | 39:15 |
| 83 | 334 | Ockel, Rainer | TUS Aumühle | 67 | M40 18 | 39:18 |
| 84 | 197 | Pfützner, Robert | Tri-Sport Schwerin | 76 | M30 19 | 39:31 |
| 85 | 317 | Herrmann, Paul | Grabow | 93 | mJA 5 | 40:10 |
| 86 | 15 | Kociemba, Hannes | | 86 | M20 17 | 40:25 |
| 87 | 306 | Stender, Detlef | Schwerin | 61 | M40 19 | 40:33 |
| 88 | 134 | Siegemund, Frank | SV Rotation Halle | 49 | M60 2 | 40:37 |
| 89 | 9 | Köster, Rene | Stralsund | 63 | M40 20 | 40:48 |
| 90 | 219 | Kahlert, Niels | DLRG Greifswald | 95 | mJB 9 | 41:01 |
| 91 | 267 | Behling, Andre | Stralsund | 81 | M20 18 | 41:16 |
| 92 | 363 | Hurevich, Vitali | PSV Schwerin | 97 | mJC 3 | 41:34 |
| 93 | 56 | Stephan, Martin | Stralsund | 93 | mJA 6 | 41:38 |
| 94 | 328 | Wolf, Bernd | SV Freizeitpark Wittenberge | 73 | M30 20 | 41:49 |
| 95 | 66 | Dolle, Thorsten | Wunstorf | 82 | M20 19 | 42:01 |
| 96 | 89 | Wortelker, Peter | SV Poseidon Hamburg | 57 | M50 7 | 42:04 |
| 97 | 115 | assmus, jens | Schwerin | 74 | M30 21 | 42:12 |
| 98 | 5 | Remke, Michael | Stralsund | 62 | M40 21 | 42:24 |
| 99 | 284 | Richter, Gerd Georg | Raben Steinfeld | 56 | M50 8 | 42:31 |
| 100 | 44 | Kraus, Thomas | Rostock | 74 | M30 22 | 42:34 |
| 101 | 319 | Clauß, Steffen | Schwerin | 60 | M40 22 | 42:48 |
| 102 | 91 | Buße, Dirk | Schwerin | 69 | M40 23 | 42:57 |
| 103 | 171 | Prost, Thomas | PSV Stralsund | 95 | mJB 10 | 43:12 |
| 104 | 188 | Lampe, Eric | KC Lübeck | 87 | M20 20 | 43:41 |
| 105 | 253 | Lumma, Mazo | KC Lübeck | 88 | M20 21 | 43:56 |
| 106 | 48 | Litschko, Jan | PSV Schwerin | 96 | mJC 4 | 44:05 |
| 107 | 227 | Clausohm, Michael | NSSV Delphin Neubrandenburg | 57 | M50 9 | 44:10 |
| 108 | 154 | Bremer, Bernd | | 54 | M55 3 | 44:43 |
| 109 | 340 | Herrmann, Christian | Schwerin | 68 | M40 24 | 45:01 |
| 110 | 145 | Schirmer, Maik | SC Magdeburg | 66 | M40 25 | 45:12 |
| 111 | 374 | Hardtstock, Torsten | TriSport Schwerin e.V. | 68 | M40 26 | 45:14 |
| 112 | 12 | Rollwitz, Arnim | Rostock | 68 | M40 27 | 45:16 |
| 113 | 63 | Beier, Elko | Schwerin | 73 | M30 23 | 45:17 |
| 114 | 141 | niemann, joachim | Görslow | 55 | M50 10 | 45:37 |
| 115 | 364 | Manzke, Martin | Wismar | 76 | M30 24 | 45:42 |
| 116 | 247 | Trebing, Stefan | Trebing & Himstedt | 66 | M40 28 | 46:08 |
| 117 | 376 | Frey, Martin | Schwerin | 77 | M30 25 | 46:25 |
| 118 | 61 | Bodenstein, Martin | Schwerin | 65 | M40 29 | 46:57 |
| 119 | 103 | Behme, Karsten | Munster | 69 | M40 30 | 47:06 |
| 120 | 208 | Butt, Graham M. | Consrade | 55 | M50 11 | 47:07 |

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| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Endzeit |
|-----|-----|---------------------------|------------------------------|----|--------|---------|
| 121 | 182 | Leisner, Jens | Trisport Schwerin | 57 | M50 12 | 47:27 |
| 122 | 366 | Milbrodt, Steffen | Greifswald | 77 | M30 26 | 47:32 |
| 123 | 90 | Kirschnick, Wolfgang | Schwerin | 58 | M50 13 | 47:33 |
| 124 | 152 | Lackner, Frank | Uelitz | 71 | M30 27 | 47:37 |
| 125 | 114 | Kaak, Bernd | Wismar | 57 | M50 14 | 47:50 |
| 126 | 123 | Stöckel, David | DRK Wasserwacht Heide | 92 | mJA 7 | 47:54 |
| 127 | 67 | Weichbrodt, Wolfgang | DLRG HWI | 51 | M55 4 | 48:01 |
| 128 | 348 | Bauch, Birger | HSG Warnemünde | 67 | M40 31 | 48:02 |
| 129 | 237 | Reymann, Claus | TSV Schwein | 43 | M65 2 | 48:13 |
| 130 | 59 | Franck, Wolf-Rüdiger | Pro Sanitate Berlin | 44 | M65 3 | 48:32 |
| 131 | 297 | Karge, Ingo | IBM Club Leipzig | 64 | M40 32 | 48:53 |
| 131 | 298 | Karge, Maximilian | SSV Leutzsch | 95 | mJB 11 | 48:53 |
| 133 | 323 | Pekrul, Sören | TriSport Schwerin e.V. | 67 | M40 33 | 49:04 |
| 134 | 124 | Sobania, Uwe | DRK Wasserwacht Heide | 56 | M50 15 | 49:07 |
| 135 | 243 | Wache, Edge-Bert | Trebing & Himstedt | 62 | M40 34 | 49:15 |
| 136 | 18 | Villwock, Dietmar | Plau am See | 49 | M60 3 | 49:19 |
| 137 | 69 | Templin, Toralf | Lenzen | 71 | M30 28 | 49:22 |
| 138 | 265 | Schmidt, Volker | TSV Schwerin | 68 | M40 35 | 49:24 |
| 139 | 81 | Dittrich, Ole | PSV Schwerin | 96 | mJC 5 | 49:30 |
| 140 | 173 | Wedisweiler, Klaus | BSG Petermännchen Stadtrundf | 40 | M65 4 | 49:38 |
| 141 | 181 | Soltow, Falco | KC Lübeck | 86 | M20 22 | 49:46 |
| 142 | 234 | Eckhardt, Uwe | Berlin | 53 | M55 5 | 49:49 |
| 143 | 96 | Redemann, Remo | Rambin | 87 | M20 23 | 49:53 |
| 144 | 86 | Behnke, Karsten | SG Flensburg-Handewitt | 72 | M30 29 | 50:01 |
| 145 | 209 | Hoffmann, Frank | Horneburg | 64 | M40 36 | 50:41 |
| 146 | 21 | Kummer, Klaus | Schwerin | 51 | M55 6 | 51:00 |
| 147 | 233 | Hoffmann, Dr. Siegfried | Schwerin | 61 | M40 37 | 51:02 |
| 148 | 262 | Siegert, Gregor | Pinnow | 97 | mJC 6 | 51:09 |
| 149 | 106 | Junge, Michael | Crivitz | 88 | M20 24 | 51:11 |
| 150 | 390 | Sziburies, Max | PSV Schwerin | 98 | mJD 1 | 51:31 |
| 151 | 190 | Schleiermacher, Eckard | Pohrsdorf | 58 | M50 16 | 51:39 |
| 152 | 65 | Hoffmann, Hagen | Schwerin | 85 | M20 25 | 51:44 |
| 153 | 25 | Mathewes, Niklas | Boizenburg/Elbe | 65 | M40 38 | 51:48 |
| 154 | 73 | Töpfer, Luke | Wasserwacht | 99 | mJD 2 | 51:49 |
| 155 | 320 | Lossow, Jörg | Schwerin | 71 | M30 30 | 51:58 |
| 156 | 359 | Schümann, Uwe | Schwerin | 54 | M55 7 | 52:04 |
| 157 | 58 | Flügel, Helmut | | 37 | M70 1 | 52:15 |
| 158 | 200 | Kohl, Torsten | Schwerin | 72 | M30 31 | 52:23 |
| 159 | 74 | Krause, Jan | penzin | 66 | M40 39 | 52:45 |
| 160 | 149 | Stübe, Holger | Groß Brütz | 57 | M50 17 | 53:07 |
| 161 | 293 | Siegert, Peter | Pinnow | 49 | M60 4 | 53:14 |
| 162 | 93 | Gorgs, Dirk | Stralsund | 73 | M30 32 | 53:37 |
| 163 | 236 | Wagner, Ralph | Schachfreunde Schwerin | 66 | M40 40 | 53:59 |
| 164 | 392 | Deh, Dr. Roland | ESV Schwerin | 43 | M65 5 | 54:02 |
| 165 | 387 | Bahner, ? | | - | - | 54:45 |
| 166 | 174 | Raubold, Michael | Schwerin | 60 | M40 41 | 54:46 |
| 167 | 370 | Matthies, Denys | Potsdam | 87 | M20 26 | 54:58 |
| 168 | 27 | Gesper, Siegfried | Schwerin-Zippendorf | 36 | M70 2 | 55:17 |
| 169 | 121 | Zimmermann, Hubert | DRK Wasserwacht Heide | 74 | M30 33 | 55:18 |
| 170 | 244 | Kröger, Peter | Trebing & Himstedt | 81 | M20 27 | 55:46 |
| 171 | 241 | Diestel, Dirk | Ribnitz-Damgarten | 64 | M40 42 | 56:09 |
| 172 | 110 | Neugebauer, Klaus- Dieter | BSG Petermännchen Stadtrundf | 49 | M60 5 | 56:30 |
| 173 | 71 | Oltmann, Marc | Wasserwacht | 95 | mJB 12 | 56:50 |
| 174 | 373 | Matthies, Daniel | Greifswald | 88 | M20 28 | 57:00 |
| 175 | 167 | Tetzlaff, Christoph | Rostock | 85 | M20 29 | 57:03 |
| 176 | 45 | Wellsandt, Helmut | Stralsund | 45 | M60 6 | 57:15 |
| 177 | 388 | Töpfer, ? | | - | - | 57:40 |
| 178 | 39 | Schlieker, Jürgen-Martin | Seehunde Rostock | 36 | M70 3 | 58:16 |
| 179 | 391 | Sziburies, Peter | PSV Schwerin | 67 | M40 43 | 58:22 |
| 180 | 151 | Keßler, Wolfram | Schwerin | 53 | M55 8 | 58:50 |

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| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | | Endzeit |
| 181 | 358 | Birkhahn, Martin | Schwerin | 69 | M40 | 44 | 59:10 |
| 182 | 112 | Neugebauer, Jonas | DRK Wasserwacht Schwerin | 98 | mJD | 3 | 1:00:36 |
| 183 | 111 | Neugebauer, Frank | BSG Petermännchen Stadtrundf | 70 | M30 | 34 | 1:00:37 |
| 184 | 311 | Rhode, Nico | Schwerin | 81 | M20 | 30 | 1:00:48 |
| 185 | 217 | Burchardt, Dieter | BSG Petermännchen Stadtrundf | 50 | M55 | 9 | 1:01:37 |
| 186 | 355 | Triebe, Jenz | Stralsund | 62 | M40 | 45 | 1:01:51 |
| 187 | 55 | Karp, Stephan | Schwerin | 87 | M20 | 31 | 1:02:21 |
| 188 | 54 | Morawietz, Andreas | Schwerin | 59 | M50 | 18 | 1:02:42 |
| 189 | 345 | Lemke, Detlef | Schwerin | 64 | M40 | 46 | 1:02:49 |
| 190 | 312 | Dewitz, Frank | Schwerin | 80 | M20 | 32 | 1:04:54 |
| 191 | 313 | Köpke, Andreas | Schwerin | 77 | M30 | 35 | 1:05:01 |
| 192 | 245 | Krawielitzki, Arne | Trebing & Himstedt | 89 | M20 | 33 | 1:05:33 |
| 193 | 256 | Schulz, Peter | Stralendorf | 60 | M40 | 47 | 1:05:51 |
| 194 | 384 | Kinder, Horst | | - | - | | 1:08:39 |
| 195 | 138 | Litschko, Tino | Schwerin | 67 | M40 | 48 | 1:11:17 |
| 196 | 341 | Lück, Bodo | 5Seenlaufgruppe | 59 | M50 | 19 | 1:23:06 |
| 197 | 357 | Klein, Benjamin | Schwerin | 93 | mJA | 8 | 1:26:54 |
| 197 | 356 | Klein, Jörg | Schwerin | 64 | M40 | 49 | 1:26:54 |

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| Ergebnisliste - Frauen | | | | | | | |
| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | | Endzeit |
| 1 | 260 | Jordan, Franziska | Rostock | 88 | W20 | 1 | 26:15 |
| 2 | 259 | Mahn, Antje | Rostock | 89 | W20 | 2 | 26:29 |
| 3 | 102 | Ulbricht, Nicole | Rostock | 91 | wJU | 1 | 26:38 |
| 4 | 87 | Scheltz, Annike Märthe | SC Empor Rostock 2000 e.V. | 95 | wJB | 1 | 27:54 |
| 5 | 336 | Mundt, Jette | Hanse SC Rostock | 81 | W20 | 3 | 28:17 |
| 6 | 350 | Braun, Heike | Müritz-sportclub Waren | 61 | W40 | 1 | 29:47 |
| 7 | 252 | Thielmann, Anne | PSV Schwerin | 90 | wJU | 2 | 29:58 |
| 8 | 129 | Brüggemann, Sophie Isabel | PSV Schwerin | 96 | wJC | 1 | 30:10 |
| 9 | 307 | Ocik, Martina | TriSport Schwerin e.V. | 63 | W40 | 2 | 30:27 |
| 10 | 193 | Sander, Clara | SV Olympia Rostock | 95 | wJB | 2 | 30:39 |
| 11 | 132 | Salow, Nele | PSV Schwerin | 97 | wJC | 2 | 30:50 |
| 12 | 176 | Grube, Hanne | FC Voran Ohe | 88 | W20 | 4 | 31:09 |
| 13 | 183 | Aldus, Grit | SSV Ostring 93 | 90 | wJU | 3 | 31:10 |
| 14 | 318 | Großmann, Lisanne | PSV Schwerin | 95 | wJB | 3 | 31:13 |
| 15 | 57 | Volkenandt, Ulrike | BSV Medizin Marzhahn 1990 | 89 | W20 | 5 | 31:16 |
| 16 | 254 | Thielmann, Lisa | PSV Schwerin | 94 | wJB | 4 | 31:17 |
| 17 | 380 | Kühner, Lucia | Triabolos | 74 | W30 | 1 | 31:52 |
| 18 | 119 | Kamrau, Dörte | Rostock | 75 | W30 | 2 | 31:57 |
| 19 | 41 | Pflücker, Dagmar | Trisport Schwerin | 72 | W30 | 3 | 32:25 |
| 20 | 164 | Buschbeck, Dagmar | SG Wasserratten Norderstedt | 63 | W40 | 3 | 32:26 |
| 21 | 175 | Ribbe, Kim | FCÄ Voran Ohe | 80 | W20 | 6 | 32:55 |
| 22 | 360 | Hohloch, Lisza | Sukow | 95 | wJB | 5 | 33:02 |
| 23 | 179 | Seeliger, Maren | Eberswalder SV | 90 | wJU | 4 | 33:27 |
| 24 | 351 | Mohtaschemi, Petra | Berlin | 64 | W40 | 4 | 33:40 |
| 25 | 332 | Bähr, Claudia | Hamburg | 75 | W30 | 4 | 34:00 |
| 26 | 170 | WERTH, Nicola | SC Empor Rostock 2000 | 96 | wJC | 3 | 34:01 |
| 27 | 291 | Schermer, Josefine | SV Post Wasserball Schwerin | 89 | W20 | 7 | 34:13 |
| 28 | 205 | Reck, Sophia | Parchim | 96 | wJC | 4 | 34:20 |
| 29 | 379 | Nevermann, Silke | Hamburg | 69 | W40 | 5 | 34:35 |
| 30 | 302 | Skambath, Isabelle | SG Lübeck | 97 | wJC | 5 | 34:41 |
| 31 | 177 | Reske, Ann-Christin | PTSV | 88 | W20 | 8 | 34:44 |
| 32 | 42 | Prause, Andrea | Trisport Schwerin | 72 | W30 | 5 | 34:51 |
| 33 | 101 | Trost, Cornelia | VfL 1990 Gera | 65 | W40 | 6 | 36:08 |
| 34 | 95 | Hermes, Maraike | PSV Stralsund | 94 | wJB | 6 | 36:57 |
| 35 | 185 | Aldus, Ulrike | SSV Ostring 93 | 65 | W40 | 7 | 37:25 |
| 36 | 325 | Kirchgeorg, Sandra | NTSV Strand 08 | 67 | W40 | 8 | 37:31 |

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| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Endzeit |
|-----|-----|---------------------|-----------------------------|----|--------|---------|
| 37 | 198 | Bollow, Claudia | Tri-Sport Schwerin | 77 | W30 6 | 38:04 |
| 38 | 80 | Ortloff, Elke | SSV Ostring Berlin | 53 | W55 1 | 38:18 |
| 39 | 321 | Schulz, Kathrin | Müritz-sportclub Waren | 57 | W50 1 | 38:20 |
| 40 | 133 | Kranz, Renate | SvRotation Halle | 57 | W50 2 | 38:25 |
| 41 | 251 | Hermann, Stephanie | Neumünster | 85 | W20 9 | 38:38 |
| 42 | 84 | Klein, Nele | PSV Schwerin Schwimmen | 98 | wJD 1 | 39:04 |
| 43 | 77 | Rönn, Elisa | PSV & DLRG Stralsund | 90 | wJU 5 | 39:20 |
| 44 | 326 | Schneider, Cornelia | NTSV Strand 08 | 77 | W30 7 | 39:46 |
| 45 | 47 | Litschko, Barbara | TSV Schwerin | 69 | W40 9 | 40:27 |
| 46 | 79 | Ringer, Astrid | MTV Dannenberg | 67 | W40 10 | 40:31 |
| 47 | 266 | Kuhlmann, Katharina | Dabel | 80 | W20 10 | 40:50 |
| 48 | 50 | Gehlhaar, Nadine | Schwerin | 81 | W20 11 | 41:05 |
| 49 | 92 | Matzen, Bianca | Wasserfreunde- Eckernförde | 67 | W40 11 | 41:07 |
| 50 | 178 | Seeliger, Jana | Eberswalde | 76 | W30 8 | 41:11 |
| 51 | 158 | Nickel, Jette | DLRG Laage-Kronskamp | 89 | W20 12 | 41:25 |
| 52 | 220 | Kahlert, Heike | SSC Greifswald | 71 | W30 9 | 41:32 |
| 53 | 3 | Schotte, Kristina | Zimkendorf | 62 | W40 12 | 41:40 |
| 54 | 107 | Janzen, Gesa | Seehof | 66 | W40 13 | 43:01 |
| 55 | 88 | Höhne, Dr. Anke | SV Poseidon Hamburg | 70 | W30 10 | 43:10 |
| 56 | 109 | Nennmann, Monika | Laatzen | 59 | W50 3 | 43:34 |
| 57 | 2 | Behnke, Dietlind | DLRG Greifswald | 67 | W40 14 | 43:44 |
| 58 | 125 | Mangelsen, Jasmin | DRK Wasserwacht Heide | 94 | wJB 7 | 43:46 |
| 59 | 40 | Klien, Silke | Schwerin | 68 | W40 15 | 44:08 |
| 60 | 135 | Hackbarth, Marion | Parchim | 73 | W30 11 | 44:24 |
| 61 | 203 | Natzius, Sabine | Stralsund | 61 | W40 16 | 44:29 |
| 62 | 130 | Geburtig, Astrid | Schwerin | 69 | W40 17 | 44:41 |
| 63 | 196 | Kurth, Ulrike | SSV Ostring Berlin | 65 | W40 18 | 44:51 |
| 64 | 191 | Holtfoth, Margaret | Rostock | 52 | W55 2 | 45:10 |
| 65 | 116 | Diekelmann, Kerstin | SG Lübeck | 72 | W30 12 | 45:19 |
| 66 | 324 | Becker, Katrin | Schwerin | 79 | W30 13 | 46:38 |
| 67 | 382 | Vogelmann, Penka | | 81 | W20 13 | 46:43 |
| 68 | 46 | manzelmann, cordula | penzin | 61 | W40 19 | 46:50 |
| 69 | 98 | Göpfert, Anne | Schwerin | 77 | W30 14 | 46:59 |
| 70 | 246 | Trebing, Maud | Trebing & Himstedt | 66 | W40 20 | 47:10 |
| 71 | 316 | Herrmann, Luise | Grabow | 97 | wJC 6 | 47:13 |
| 72 | 97 | Heintze, Katrin | SG Lübeck | 71 | W30 15 | 47:45 |
| 73 | 62 | Bodenstein, Silvana | Schwerin | 99 | wJD 2 | 48:19 |
| 74 | 221 | Boegel, Heike | Rostock | 72 | W30 16 | 48:41 |
| 75 | 10 | Naujokat, Petra | Stralsund | 59 | W50 4 | 49:01 |
| 76 | 126 | Latza, Julia | DRK Wasserwacht Heide | 93 | wJA 1 | 49:34 |
| 77 | 342 | Grabowski, Doreen | Schwerin | 70 | W30 17 | 49:37 |
| 78 | 327 | Wolf, Andrea | Wittenberge | 71 | W30 18 | 50:00 |
| 79 | 147 | Sadykova, Saltanat | Berliner TSC | 77 | W30 19 | 50:16 |
| 80 | 136 | Letsch, Beate | Parchim | 74 | W30 20 | 50:20 |
| 81 | 242 | Wolf, Manja | Trebing & Himstedt | 73 | W30 21 | 50:30 |
| 82 | 349 | Steffen, Jennifer | Wasserwacht | 94 | wJB 8 | 50:31 |
| 83 | 85 | Klein, Anke | Schwerin | 70 | W30 22 | 50:42 |
| 84 | 131 | Winkler, Heike | Schwerin | 64 | W40 21 | 50:47 |
| 85 | 329 | Korduan, Jessica | SV Freizeitpark Wittenberge | 91 | wJU 6 | 50:52 |
| 86 | 300 | Sarcander, Kathleen | Senftenberg | 76 | W30 23 | 51:07 |
| 87 | 108 | Krause, Ina | Pinnow | 65 | W40 22 | 51:21 |
| 88 | 264 | Siegert, Andrea | Pinnow | 60 | W40 23 | 51:24 |
| 89 | 35 | Montag, Maria | Lübesse | 90 | wJU 7 | 51:26 |
| 90 | 230 | Perzel, Luise | FHSG Stralsund | 86 | W20 14 | 51:40 |
| 91 | 68 | Schulz, Petra | TSV Schwerin | 64 | W40 24 | 52:20 |
| 92 | 163 | Zech, Claudia | Wismar | 69 | W40 25 | 52:34 |
| 93 | 257 | Fischer, Julia | DLRG Laage-Kronskamp | 94 | wJB 9 | 52:47 |
| 94 | 226 | Clausohm, Katharina | SV Turbine Neubrandenburg | 61 | W40 26 | 52:56 |
| 95 | 223 | Fischer, Christine | DLRG Laage-Kronskamp | 66 | W40 27 | 53:05 |
| 96 | 202 | Doepfner, Stefanie | Stralsund | 90 | wJU 8 | 53:51 |

Langstrecke am 09.08.2009

Ergebnisliste - Frauen

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Endzeit |
|-----|-----|------------------------|-----------------------------|----|--------|---------|
| 97 | 148 | Bath, Annika Friderike | DLRG Schwerin | 96 | wJC 7 | 54:08 |
| 98 | 30 | Bogedein, Heidemarie | Schwerin | 40 | W65 1 | 55:05 |
| 99 | 330 | Korduan, Franziska | SV Freizeitpark Wittenberge | 95 | wJB 10 | 55:41 |
| 100 | 248 | Sievers, Manuela | Trebing & Himstedt | 82 | W20 15 | 55:44 |
| 101 | 213 | Einkopf, Felicitas | Schwerin | 39 | W70 1 | 55:45 |
| 102 | 238 | Schulze, Dörte | Neuenlübke | 65 | W40 28 | 55:55 |
| 103 | 369 | Röpert, Gisela | Klein Rogahn | 56 | W50 5 | 55:56 |
| 104 | 239 | Bohnenstengel, Antje | Ribnitz-Damgarten | 62 | W40 29 | 55:58 |
| 105 | 161 | Rosenthal, Uta | | 61 | W40 3 | 56:06 |
| 106 | 17 | Skodda, Birgit | Berlin | 44 | W65 2 | 56:10 |
| 107 | 240 | Diestel, Ulrike | Ribnitz-Damgarten | 64 | W40 31 | 56:19 |
| 108 | 52 | Richter, Gabriele | Pinnow | 53 | W55 3 | 56:27 |
| 109 | 72 | Töpfer, Franka | Stralendorf | 72 | W30 24 | 56:55 |
| 110 | 139 | Volkenandt, Lisa | Berlin | 87 | W20 16 | 57:32 |
| 111 | 155 | Glässner, Birgit | Schwerin | 59 | W50 6 | 57:43 |
| 112 | 389 | Sziburies, Heike | PSV Schwerin | 66 | W40 32 | 57:47 |
| 113 | 343 | Lünzmann, Heidi | Neu Kaliß | 56 | W50 7 | 58:25 |
| 114 | 339 | Lindig, Kerstin | Seehof | 58 | W50 8 | 58:52 |
| 115 | 232 | Hoffmann, Dr. Gabriele | Schwerin | 63 | W40 33 | 59:24 |
| 116 | 368 | Lüders, Anita | Braunschweig | 82 | W20 17 | 1:00:44 |
| 117 | 4 | Pöttsch, Anja | PSV Stralsund | 90 | wJU 9 | 1:00:56 |
| 118 | 215 | Dahl, Julia | Lübeck | 84 | W20 18 | 1:01:00 |
| 119 | 180 | Paulenz, Ellen | | - | - | 1:01:52 |
| 120 | 216 | Dahl, Katrin | Herren Steinfeld | 62 | W40 34 | 1:01:55 |
| 121 | 211 | Rieckhoff, Silka | Stralendorf | 59 | W50 9 | 1:02:00 |
| 122 | 137 | Lanfersiek, Anne | Schwerin | 84 | W20 19 | 1:02:12 |
| 123 | 231 | Hermann, Juliane | München | 87 | W20 20 | 1:02:20 |
| 124 | 212 | Franke, Petra | Schwerin | 54 | W55 4 | 1:02:28 |
| 125 | 29 | Suckow, Gerlind | Schwerin | 40 | W65 3 | 1:02:32 |
| 126 | 94 | Warning, Marion | Parum | 57 | W50 10 | 1:02:34 |
| 127 | 314 | Friedrich, Sibylle | Holthusen | 56 | W50 11 | 1:04:07 |
| 128 | 315 | Seiffert, Gabriele | Holthusen | 60 | W40 35 | 1:04:09 |
| 129 | 255 | Schulz, Bärbel | Stralendorf | 57 | W50 12 | 1:04:15 |
| 130 | 344 | Lemke, Theresia | Heiddorf | 36 | W70 2 | 1:07:28 |
| 131 | 385 | Kinder, Doris | | - | - | 1:07:58 |
| 132 | 23 | Schweins, Alrid | Schwerin | 41 | W65 4 | 1:09:56 |

Kinderschwimmen am 09.08.2009

Ergebnisliste - Männer

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Endzeit |
|-----|------|--------------------|-------------------|----|--------|---------|
| 1 | 1002 | Austinat, Till | | 00 | M 9 1 | 8:47 |
| 2 | 1005 | Bath, Aike Florian | DLRG Schwerin | 00 | M 9 2 | 11:42 |
| 3 | 1007 | Fahr, Felix | Stralsund | 98 | M10 1 | 12:35 |
| 4 | 1011 | Friese, Fabian | PSV Schwerin | 01 | M 8 1 | 12:37 |
| 5 | 1016 | Becker, Karl | Trisport Schwerin | 02 | M 7 1 | 13:47 |

Kinderschwimmen am 09.08.2009

Ergebnisliste - Frauen

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Endzeit |
|-----|------|--------------------|--------------|----|--------|---------|
| 1 | 1008 | Haberer, Elaine | Schwerin | 99 | W10 1 | 8:09 |
| 2 | 1012 | Schwarz, Charlotta | PSV Schwerin | 98 | W10 2 | 8:32 |
| 3 | 1018 | Henning, Marie | PSV Schwerin | 99 | W10 3 | 8:37 |
| 4 | 1004 | Thiele, Kathrin | TSV Schwerin | 99 | W10 4 | 9:35 |
| 5 | 1014 | Zimmermann, Marie | Wasserwacht | 00 | W 9 1 | 13:19 |
| 6 | 1013 | Zimmermann, Lisa | Wasserwacht | 00 | W 9 2 | 13:22 |
| 7 | 1017 | Hohloch, Lina | Sukow | 02 | W 7 1 | 14:03 |
| 8 | 1015 | Schwarz, Helene | Malchow | 00 | W 9 3 | 14:50 |