

Ewige Bestenliste

Armeleuteberglauf - Stand 2010



Streckenrekorde

1.0 km - weiblich	3:23.4	Pia-Paula Baake	2001
1.0 km - männlich	3:18.5	Maximilian Kunert	2002
2.5 km - weiblich	10:17.2	Michelle Rößler	2010
2.5 km - männlich	9:03.0	Fabian Lippe	2008
5.0 km - weiblich	21:00.5	Antje Damrau (geb. Fleig)	2002
5.0 km - männlich	19:54.2	Gerrit Hartmann	2002
9.0 km - weiblich	38:05.5	Yvonne Brandecker (geb. Fischer)	2003
9.0 km - männlich	31:42.0	Conny Hohmann	1987

1.0 km – weiblich

3:23.4	Pia-Paula Baake	W 08	2001
3:30.1	Jessica Kopp	W 09	2001
3:31.2	Lia Scheodwell	W 10	2007
3:32.6	Sarah-Michelle Palmer	W 09	2010
3:33.2	Johanna Mack	W 08	2001
3:34.9	Isabell Friedrich	W 09	2001
3:35.7	Lisa-Marie Hopstock	W 09	2007
3:36.4	Maggie Stiller	W 09	2001
3:36.6	Carolin Westphal	W 08	2002
3:37.9	Alina Lucke	W 09	2007
3:38.7	Nicole Gerlach	W 09	2006
3:39.6	Stephanie Bartsch	W 09	2002
3:43.6	Julia Pätznik	W 07	2002
3:45.1	Josephine Meier	W 07	2007
3:48.0	Sarah Michelle Palmer	W 08	2009
3:49.0	Fabienne Lindner	W 09	2009
3:51.2	Juliane Schöckel	W 08	2002
3:52.0	Julia Leidenberger	W 08	2002
3:52.8	Alisa Wenzel	W 06	2001
3:55.2	Karoline Kresse	W 06	2001
3:57.1	Laura Reinisch	W 09	2005
3:58.6	Marie-Sophie Sosna	W 09	2010
3:59.8	Anika-Linh Mertel	W 08	2007
4:02.4	Michelle Rößler	W 09	2006
4:02.6	Melinda Mensch	W 07	2010
4:03.8	Felicitas Harnau	W 06	2001
4:03.9	Lisbeth Schenk	W 09	2006
4:08.0	Margarethe Trute	W 09	2010
4:09.7	Louise Fischer	W 09	2007
4:10.0	Paulina Danneil	W 08	2008
4:13.9	Laura Paulsen	W 08	2007
4:23.2	Frederike Schökel	W 07	2006
4:23.6	Juliana Mack	W 09	2002
4:24.8	Julia Paulsen	W 08	2007
4:30.1	Lea Brandecker	W 06	2010
4:30.3	Friederike Dalichow	W 09	2006
4:31.5	Lena Sophie Klaue	W 08	2007
4:32.0	Marie Wartmann	W 09	2008
4:33.0	Telse Wagner	W 08	2008
4:39.2	Michelle Schmidtke	W 07	2003
4:42.0	Johanna Köhler	W 08	2009
4:45.4	Sarah Hartmann	W 08	2005
4:48.3	Pauline Grundmann	W 07	2004
4:50.8	Karolin Kube	W 07	2010
4:52.1	Janna Märkisch	W 09	2010
4:54.8	Emma Sage	W 07	2006
4:59.1	Nia Hauser	W 06	2010

5:04.0	Johanna Siebmann	W 07	2008
5:24.0	Mareen Wagner	W 07	2009
5:30.0	Clara Voigt	W 08	2009
5:33.0	Annika Pfeiffer	W 07	2008
5:36.0	Lisa Kuffner	W 09	2008
5:43.0	Johanna Schiller	W 07	2008
5:47.0	Elena Schroeder	W 06	2008
5:49.0	Sarah Brüning	W 06	2008
5:53.3	Tina Geilhardt	W 07	2006
6:01.0	Julia Voigt	W 09	2008
6:24.0	Paulina Barsch	W 06	2008
6:24.0	Melissa Wölting	W 06	2008

1.0 km – männlich

3:18.5	Maximilian Kunert	M 08	2002
3:23.8	Philipp Rienecker	M 09	2003
3:25.1	Benedikt Scheffler	M 09	2007
3:26.0	Sören Meißner	M 08	2002
3:26.0	Noel Schelenz	M 09	2008
3:26.3	Fabian Lippe	M 06	2001
3:29.0	Hannes Kabel	M 09	2009
3:31.0	Thomas Neumann	M 08	2003
3:31.8	Gregor Baldovski	M 08	2001
3:32.5	Paul-Tom Blume	M 09	2007
3:33.0	Markus Niehoff	M 09	2009
3:34.9	Lucas Munzke	M 08	2007
3:36.7	Hannes Glöde	M 08	2003
3:37.5	Felix Rische	M 09	2007
3:38.0	Gustav Eilers	M 09	2009
3:38.7	Sven Eggert	M 08	2002
3:38.7	Jonathan Zimmermann	M 09	2003
3:38.7	Eric Rünzi	M 08	2007
3:40.3	Lukas Pätznik	M 06	2004
3:41.4	Ricardo Preiß	M 08	2007
3:43.2	Michel Himmler	M 09	2007
3:45.0	Niklas Pawlus	M 09	2009
3:46.0	Maximilian Werner	M 08	2008
3:46.0	Paul Günnel	M 09	2009
3:47.0	Alexander Willig	M 08	2009
3:48.9	Jakob Eyermann	M 07	2007
3:50.0	Lucas Munse	M 09	2008
3:50.3	Lukas Harmsen	M 07	2007
3:50.5	Hans Köllner	M 09	2010
3:51.0	Dustin Krebs	M 08	2003
3:54.2	Gregor Kasper	M 09	2003
3:56.3	Mathias Knigge	M 09	2004
3:56.5	Tom Zorn	M 09	2010
3:57.9	Mathis Eggert	M 05	2002
3:58.9	Martin Müller	M 08	2007
4:02.7	Paul Seyfert	M 09	2007
4:04.0	Albert Fuchs	M 07	2004
4:05.2	Elias Löder	M 06	2006
4:06.3	Lucas Bressel	M 08	2007
4:06.6	André Parkmann	M 07	
4:08.0	Hannes Niehoff	M 06	2008
4:08.7	Charos Abera	M 07	2010
4:09.0	David Schröder	M 09	2003
4:11.6	Moritz Lange	M 06	2007
4:11.9	Nils Pätzold	M 09	2007
4:13.5	Christopher Hoffmann	M 08	2007
4:15.0	Raphael Zimmermann	M 09	2006
4:15.4	Marvin Ehrt	M 06	2007
4:16.8	Maximilian Sosna	M 07	2004
4:18.1	Markus Leßmann	M 09	2007
4:19.8	Benjamin Blucher	M 10	2003
4:22.1	Tim Klaue	M 06	2007
4:24.4	Kieljahn Pieper-Emden	M 08	2003

4:25.1	Robin Sühl	M 09	2010
4:26.8	Valentin Steiger	M 05	2003
4:28.0	Almer Terzic	M 08	2005
4:32.1	Michael Rabe	M 08	2002
4:32.6	Max Blucha	M 08	2003
4:34.9	Andreas Neumann	M 06	2003
4:35.9	Fabian Schröder	M 07	2003
4:37.6	Henning Mentzel	M 09	2002
4:41.7	Lucas Liebegut	M 07	2005
4:43.6	Paul Albrecht	M 07	2005
4:44.1	Nick Schünemann	M 11	2003
4:52.0	Maurice Vico Leinweber	M 06	2008
4:54.5	Ole Wagner	K0g	2010
4:55.0	Eiun Koletokie	M 06	2008
4:57.0	Leonart Thiel	M 07	2009
4:59.0	Fabius Nadler	M 07	2009
5:04.0	Lucas Liebehut	M 08	2006
5:09.0	Julien Luca Leinweber	M 06	2008
5:09.6	Robin Stein	M 07	2004
5:10.5	Lucas Bresch	M 07	2006
5:17.1	Philipp Riemenschneider	M 07	2006
5:36.6	Florian Riemenschneider	M 06	2006
5:46.6	Marko Leßmann	M 08	2006
6:20.0	Manuel Wurkaz	???	2008
6:52.0	Marlon Ehrt	Kg.	2009

2.5 km – weiblich

10:17.2	Michelle Rößler	W 13	2010
10:29.9	Dörte Försterling	W 13	2002
10:32.8	Lisbeth Schenk	W 13	2010
10:36.2	Lisa Marie Hopstock	W 12	2010
10:50.9	Telse Wagner	W 10	2010
11:07.7	Amela Terzic	W 12	2005
11:11.5	Marie Heymann	W 12	2005
11:12.4	Nicole Gerlach	W 10	2007
11:14.3	Anna-Antonia Roß	W 12	2003
11:25.0	Julia Pätznik	W 13	2008
11:29.5	Julia Newie	W 13	2001
11:43.4	Christin Bartsch	W 12	2002
11:51.5	Susann Lüttich	W 13	2003
11:57.4	Vanessa Köllner	W 11	2010
12:03.1	Madeleine Zettl	W 12	2001
12:05.3	Janine Mühle	W 12	2002
12:10.5	Eva Lennartz	W 13	2007
12:10.7	Evelyn Baldovski	W 13	2001
12:22.0	Lisbeth Schenk	W 12	2009
12:24.1	Jacqueline Geist	W 13	2001
12:27.4	Justine Zwehn	W 13	2003
12:28.0	Laura Reinisch	W 11	2007
12:29.3	Bettina Storch	W 11	2003
12:34.0	Katharina Siebmann	W 10	2008
12:40.0	Merit von Essen	W 10	2008
12:50.7	Jasmin Wehmann	W 14	2003
12:54.0	Alina Lucke	W 10	2008
13:14.1	Aileen Borchert	W 12	2002
13:15.2	Carolin Westphal	W 10	2004
13:23.7	Laura Rößler	W 12	2007
13:33.6	Marie-Therese Obermann	W 12	2002
13:34.9	Jessica Kopp	W 10	2002
14:05.7	Jenny Linde	W 11	2002
14:24.3	Sarah Auerswald	W 11	2002
14:42.1	Sophie Olschewski	W 10	2007
15:21.0	Anika Linh Mertel	W 10	2009
15:22.0	Anne Humke	W 13	2009
20:03.0	Marie Luise Warthmann	W 11	2009
20:04.0	Julia Voigt	W 10	2009
20:10.2	Nathalie Koczarowski	W 11	2007

2.5 km – männlich

9:03.0	Fabian Lippe	M 13	2008
9:20.3	Hannes Kabel	M 10	2010
9:29.1	Florian Lippe	M 12	2003
9:35.0	Jonas Franke	M 13	2008
9:43.7	Alexander Schmidt	M 12	2002
9:59.2	Lucian Rothe	M 12	2001
10:09.2	Daniel Schröder	M 11	2002
10:14.2	Arne Berke	M 10	2010
10:16.2	Mario Ahrends	M 11	2001
10:27.9	Sven Füchsel	M 13	2001
10:31.3	Tony Fremdling	M 11	2002
11:36.6	Dustin Krebs	M 10	2005
10:37.0	Max Röder	M 12	2003
10:44.0	Benedikt Scheffler	M 10	2008
10:46.2	Matthias Leidenberger	M 11	2002
10:53.2	Lucas Pätznik	M 10	2006
11:08.6	Paul Günnel	M 10	2010
11:11.3	Max Siering	M 11	2002
11:24.0	Maximilian Scheffler	M 13	2007
11:26.1	Julian Sage	M 11	2006
11:38.5	Manfred Steiger	M 11	2003
11:47.0	Aron Boks	M 12	2009
11:55.5	Robert Kress	M 12	2001
11:55.5	Marian Suchalla	M 11	2001
11:58.6	Christopher Albrecht	M 11	2005
11:59.0	Christopher Palmer	M 12	2002
12:03.0	Maximilian Sosna	M 11	2008
12:06.1	Philipp Rienäcker	M 10	2004
12:07.7	Roman Kahler	M 10	2006
12:11.7	Viet Duc Pham	M 11	2006
12:41.1	Manfred Mensch	M 10	2010
12:42.4	Johannes Schenk	M 11	2006
13:07.0	Jonathan Zimmermann	M 11	2005
13:11.7	Toni Stelmasczyk	M 10	2004
13:15.0	Luis Armster	M 10	2009
13:28.8	Sven Priebe	M 12	2003
13:32.7	Marcel Krahn	M 11	2003
13:34.0	Peter-Paul Tony	M 07	2003
13:43.3	Maximilian Cordoso	M 11	2006
13:51.9	Leon Wunsch	M 10	2010
14:13.5	David Schröder	M 11	2004
14:27.8	Jan Prochaska	M 09	2007
18:20.6	Marcel Gödecke	M 13	2007
20:10.1	Lukas Koczarski	M 12	2007
23:10.3	Erik Schönjan	M 11	2007

5.0 km – weiblich

21:00.5	Antje Fleig	W	2002
22:35.1	Yvonne Brandecker	W	2001
22:53.0	Kerstin Eilers	W 30	1997
24:28.0	Sybille Berke	W	1993
24:29.0	Martina Schmidt	W 13	1993
25:13.0	Janine Kröning	W 15	1989
25:21.0	Kathrin Unverzagt	W	1993
25:43.0	Frauke Rauchfuß	W	1987
26:32.4	Karin Fiedler	W 16	1989
26:35.2	Frauke Albrecht	W 40	2010
28:16.0	Marie Heymann	W 15	2008
28:36.1	Julia Newie	W 15	2003
28:46.0	Stephanie Hopstock	W 35	2008
29:22.6	Ilona Herbst	W	1992
29:28.0	Birgit Küstermann	W 35	1988
30:05.0	Cornelia Schneider	W	1987
30:10.6	Renate Kißner	W	1986
30:38.6	Jeannette Himburg	W 13	1988

30:43.0	Jenni Rebettge	W	2008
30:57.6	Christiane Schierhorn	W 30	1989
31:00.8	Renate Hempel	W	1986
31:01.0	Susanne Ristau	W	2008
31:08.9	Brunhilde Unverzagt	W	1986
31:10.1	Katrin Grunewald	W 14	2001
31:31.3	Heidelore Kühne	W	1986
32:16.0	Kerstin Wagner	W 16	1989
32:25.3	Viola Schoenkaese	W	2000
32:29.0	Anke Peter	W 35	2008
33:41.5	Katrin Stahl	W 17	1990
33:46.1	Anna Swieder	W 15	2001
34:02.0	Heidrun Jung	W 45	1994
34:13.4	Erika Schättke	W	1986
34:45.0	Kristina Warthmann	W 35	2008
35:22.0	Alexandra Preiß	W 13	2008
36:06.2	Stefanie Fischer	W 09	1992
36:27.1	Regine Ulrich	W 15	1996
36:54.0	Andrea Max	W 45	2010
38:37.1	Isabella. Ahrens	W 45	1992
38:49.4	Cornelia Loche	W	1989
39:41.0	Karin Oppermann	W 50	1994
40:04.9	Claudia Gösche	W 12	1999
42:51.0	Alexandra Voigt	W 35	2009
46:11.6	Nicole Schumann	W 13	2003

5.0 km – männlich

19:54.2	Gerrit Hartmann	M	2002
20:02.0	Helmut Dittmann	M 40	1994
20:15.9	Sirko Brauer	M	2002
20:26.2	Florian Lippe	M	2010
20:30.0	Alexander Schmidt	MJA	2008
20:46.0	Thomas Tänzler	M	1988
20:48.0	Lutz Berndt	M 30	1994
20:56.2	Fabian Stagge	M	2010
20:56.6	DominicTheileis	M 17	2002
20:59.0	Andreas Günnel	M 30	1994
21:11.4	Andreas Himmler	M	1989
21:12.9	Kai Müller	M	1992
21:18.9	Klaus Hildebrandt	M 35	1988
21:22.0	Uwe Rauchfuß	M	1993
21:23.0	Steffen Schramm	M 17	1994
21:25.0	Ralf Schult	M	1986
21:23.5	Hagen Albrecht	M 18	2010
21:29.9	Andreas May	M 30	1990
21:40.0	Kevin Grawe	M	2000
21:40.1	Kai Kindt	M 16	2003
21:54.0	Sven Kösling	M 17	1993
21:57.9	Jens Doberitzsch	M	1992
22:05.0	Philipp Kommert	M	2006
22:06.8	Mario Geist	M 35	2000
22:21.4	Christian Klaue	M	1996
22:21.8	Christian Seyffert	M 16	2002
22:22.0	Christian Korzonnek	M 18	2010
22:27.1	Fabian Lippe	M 15	2010
22:30.0	Matthias Jaworski	M 15	1993
22:31.1	Jochen Hänsch	M 45	1989
22:33.5	Florian Bethge	M 17	2006
22:43.8	Florian Newie	M 15	2000
22:45.0	Stefan Kösling	M 15	1993
22:52.4	Sebastian Düre	M 18	2010
22:55.8	Jens Gallun	M	2002
23:07.9	Ludwig Wohner	M 30	1995
23:16.0	Marcel Gerlach	M 16	2009
23:33.0	Thomas Ränicke	M 35	1988
23:33.0	Heinrich Klensang	M 30	1996
23:44.0	Holger Krull	M 35	1989

23:48.3	Klaus Sievers	M 50	1997
23:50.6	Marcel Gerlach	M 14	2007
23:52.0	Ulf Sternberg	M	1987
23:53.0	Walter Milevski	M 40	1988
24:05.9	Jörg Albrecht		2005
24:07.0	Maik Fiebiger	M	1990
24:11.0	Michael Weiß	M 30	1988
24:17.5	Günther Martin	M 17	2000
24:23.7	Alexander Hartmann	M 17	2002
24:25.8	Frank Liborius	M	1986
24:33.1	Torsten Guse	M	1989
24:45.0	Torsten Tracht	M 30	1988
24:50.6	Florian Dietrich	M 14	2000
24:56.0	Roland Tietz	M 30	1989
24:56.1	Stefan Kraus	M 35	1997
24:56.5	Martin Klocke	M 16	1998
24:57.0	Gerald Klocke	M 14	1998
25:01.2	Sebastian Duve	M	2005
25:11.9	Marc Lauterbach	M 15	1995
25:13.9	Ricardo Kiefer	M 16	1987
25:21.6	Carsten Lehschow	M 17	1996
25:22.4	Hans-Hermann Bley	M 45	2002
25:23.0	Thomas Lösler	M 15	1987
25:23.2	Enrico Matysiak	M	2002
25:27.0	Thomas Conrad	M	1990
25:38.1	Bernd Fuhrmeister	M 30	1990
25:39.3	Sebastian Ritter	M	2002
25:47.1	Olaf Schmiedeck	M 30	1990
25:48.8	Fabian Ristau	M 13	2002
25:57.8	Manfred Thalmann	M 30	1989
25:57.8	Dirk Storbeck	M 30	1989
25:58.3	Philipp Meißner	M 12	2001
26:28.0	Volker Hoffmann	M	1988
26:34.4	Kai Schmiede	M 15	1996
26:39.5	Alexander Brüser	M 15	1999
26:43.7	Lutz Schindler	M 45	1995
26:56.8	Martin Kruppe	M 10	1997
26:57.0	Matthias Sühring	M 15	1999
27:06.0	Peter Unverzagt	M 50	1988
27:18.5	Michael Wallnisch	M 11	1997
27:19.8	Andreas Baum	M	1995
27:42.0	Eike Arnold	M 17	1998
27:53.2	Jan Obracaj	M 16	1997
28:13.0	Holger Loche	M	1989
28:36.0	Hartmann Jung	M 50	1994
28:52.7	Steffen Karste	M 15	1999
29:01.0	Jens Weberling	M 17	1988
29:04.8	Benjamin Broutschek	M 15	1995
29:15.8	Emanuel Isensee	M 16	1996
29:18.0	Heinz Voigt	M 35	1988
29:18.0	Peter Voigt	M 10	1988
29:26.3	H.-Jürgen Könemann	M 50	1995
29:29.0	Erich Kißner	M 45	1988
29:29.9	Arne Rebel	M 14	1999
29:33.9	Sven Priebe	M 14	2005
29:43.0	Silvio Greinke	M 14	19??
29:45.4	Maik Schmiede	M 15	19??
30:03.3	Daniel Dettmer	M 10	1998
30:04.9	Andreas Hohn	M 11	1996
30:08.1	Patriec Rothe	M 17	2006
30:17.2	K.-Heinz Römer	M 65	2001
30:22.0	Robert Köhler	M 10	2009
30:25.8	Klaus Reiche	M	1986
30:41.4	Christian Ränicke	M 17	1989
31:09.0	Werner Bergner	M 45	1987
31:55.0	Dieter Jahn	M	2007
32:20.0	Michael Hohn	M 65	2007
32:30.0	Dieter Buchheim	M 35	1988

32:43.3	Johannes Schenk	M 15	2010
33:04.7	Thomas Wilkerling	M 15	1995
33:20.1	Matthias Gläser	M 13	1999
33:20.9	Enrico Dietrich	M 13	1999
33:45.6	Florian Schierhorn	M 08	1991
34:08.3	H.-Dieter Kautz	M 45	1992
34:23.3	Daniel Wählisch	M 14	1996
34:54.2	Peter Bergfeld	M 50	1995
34:59.7	Marcel Isensee	M 14	1996
35:04.0	Herbert Quaaßdorf	M 65	2008
35:37.8	Lukas Horn	M 12	2003
35:51.2	Torsten Max	M 40	2007
36:09.8	Steffen Gummert	M 14	1996
37:17.7	Siegfried Loch		2005
37:57.0	Bernd Wiegmann	M 45	1994
38:46.1	Torsten Fichtner	M 11	1991
38:46.1	Udo Görsch	M 50	2004
38:46.9	Johannes Eichler	M 11	1994
39:30.5	Detlef Meyer	M 18	1999
40:03.0	Siegfried Schuhardt	M 75	2009
40:11.4	Jacek Hesse	M 09	2003
40:11.6	Christoph Bauermeister	M 30	2006
40:11.9	Martin Sterz	M 14	2006
41:04.3	Sebastian Kluck	M 12	
43:12.1	Stephan Weiß	M 15	2006
43:12.7	Andreas Keßling	M 45	2006
46:11.1	Lutz Hesse	M 35	2003

9.0 km – weiblich

38:05.5	Yvonne Brandecker	W	2003
38:56.1	Sabine Fleig	W 40	2002
40:08.9	Kerstin Eilers	W 30	1998
42:40.0	Ute Auberg	W 35	2000
42:47.8	Susan Freitag	W	2002
42:54.2	Catherine Wegener	W 30	2005
43:20.7	Sybille Berke	W	1995
43:22.1	Karen Jahns	W 45	1990
45:03.0	Ruth Heise	W 55	2008
46:07.0	Ingeborg Schmidt	W 35	1993
46:18.0	Vinora Ramdor	W 40	2000
46:43.2	Christiane Schierhorn	W 40	2000
47:00.4	Irmgard Eggert	W 40	1995
49:25.1	Christine Schubert	W 50	1999
50:03.0	Bärbel Schmeiß	W 45	1996
50:17.4	Andrea Liedke	W 40	1999
50:18.2	Janette Maibaum	W	1999
50:58.0	Gitta Lindemann	W 35	1994
51:10.7	Brigitte Hennig	W 50	2001
51:14.0	Gisa Ernecke	W	1987
51:15.4	Simone Lüderitz	W 40	2003
51:28.9	Anne Scholz	W	2004
53:05.4	Carola Kommerau	W 45	2005
53:08.9	Janette Maiwald	W	2000
53:09.0	Susanne Ristau	W 50	2009
55:34.7	Hilke Boedecker	W 40	1999
57:04.4	Claudia Gösche	W 13	2000
57:30.0	Andrea Max	W 45	2008
58:56.0	Peggy Armster	W	2009
59:41.1	Petra Hohn	W 30	1995
59:53.0	Silke Genge	W 40	2009
60:58.0	Silke Stock	W 40	2007
62:25.0	Petra Mamier	W 45	2008
63:00.0	Helga Petersohn	W 50	2009
63:30.0	Sieglinde Heider	W 30	1994
64:00.0	Kristina Warthmann	W 30	2009
64:08.0	Susanne Harmsen	W 40	2007
74:25.0	Elke Heidenreich	W 45	2003

9.0 km – männlich

31:42.0	Conny Hohmann	M 30	1987
32:14.0	Ulli Wons	M 40	2000
32:35.3	Ingo Henniges	M	1990
32:36.0	Enrico Dietrich	M	2009
33:06.0	Oliver Koch	M	2008
33:18.0	Thomas Kühlmann	M	2010
33:40.0	Ulf Kersten	M	1987
33:41.5	Matthias Formella	M	1990
33:45.0	Alexander Pusch	MJA	2008
33:53.0	Peter Perrey	M 30	1997
34:09.6	Ernst Stöckmann	M	2000
34:29.3	Achim Stahl	M 40	1990
34:35.0	Friedrich Wetterling	M	2002
34:46.1	Lutz Wahn	M	1990
34:50.0	Gerald Geist	M	1987
34:50.0	Thomas Kühlmann	M	2009
35:00.2	Mark Stein	M	1986
35:07.2	Daniel Medenwald	M	2006
35:08.0	Ronald Straubel	M 30	1989
35:16.0	Klaus Rathke	M 35	1994
35:37.8	Andreas Günnel	M	1990
35:39.3	Manfred Sosnitzka	M 40	1989
35:48.0	Norbert Schleef	M 40	1988
35:50.0	Armin Förster	M 45	1987
35:51.8	Helmut Dittmann	M 40	1994
35:52.0	Emil Ansenin	M 45	1990
35:53.2	Mathias Göbel	M	2010
36:01.1	Marco Hoff	M	2006
36:01.8	Ulrich Eichler	M 35	1989
36:13.5	Thomas Baldovski	M 40	2001
36:24.6	Robert Metz	M 30	1992
36:32.2	Martin Endreß	M	2006
36:33.2	Torsten Hirschberger	M 35	2000
36:40.8	Matthias Preußler	M	1986
36:43.0	Christian Waselau	M	1995
36:45.1	Andreas Hahnel	M 40	1996
36:47.0	Ronny Radecker	M 30	2009
36:56.0	Dieter Künnemann	M 40	1989
37:00.0	Peter Hartmann	M 30	1986
37:06.1	Marcel Gronkowski	M	1999
37:16.7	Uwe Rothe	M 35	1997
37:18.0	Danilo Reiche	MJA	2008
37:24.3	Mario Geist	M 40	2006
37:32.0	Thomas Timm	M 35	1994
37:40.0	Daniel Knauer	M 30	2009
37:45.0	Hans Butenschön	M 40	1988
37:52.7	Günter Pflug	M 40	1989
37:54.0	Rüdiger Strutz	M 30	1988
37:54.2	Dieter Stary	M 40	2000
37:57.0	Göran Korzonek	M	1987
37:59.0	Horst Eue	M 35	1990
38:00.0	Dirk Aulich	M 30	1990
38:10.0	H.-Jürgen Nowag	M 40	1993
38:10.8	Peter Baum	M	1986
38:27.0	Burkhard Nemitz	M 30	1993
38:28.0	K.-Heinz Hartmann	M 45	1996
38:31.2	Sven Reinsdorf	M	2000
38:32.5	André Mack	M	2001
38:34.4	Gustav Friedrichs	M 45	1995
38:35.0	Andreas Neumann	M	1989
38:36.2	Ulf Sternberg	M 35	1996
38:43.5	Mario Heinrich	M 30	1992
38:45.0	Uwe Rauchfuß	M	1990
38:52.0	Jens Mack	M	2000
38:53.6	Frank Hursie	M 30	1996

38:57.0	Dieter Erxleben	M 50	1988
38:59.0	Bernd Thomas	M 50	2009
39:03.0	Dirk Apel	M	1994
39:05.4	Florian Baake	M 14	2001
39:06.6	Christoph Wenzel	M 40	2000
39:08.0	Martin Wand	M	1988
39:15.0	Peter Unverzagt	M 50	1987
39:27.4	Jens Deicke	M	2000
39:28.0	Helmut Pauli	M 50	1988
39:32.7	Walter Milewski	M 40	1986
39:34.4	Uwe Wisotzki	M 35	2001
39:40.0	Gerhard Schoder	M 40	1997
39:48.1	Jens Beuger	M	1995
40:00.2	Holger Schmalz	M 40	2001
40:01.3	Holger Schmidt	M 35	2003
40:04.0	Andreas Kißner	M	1988
40:09.6	Matthias Hinze	M 30	1998
40:10.1	Steffen Kasper	M 45	2003
40:21.8	Christoph Schierhorn	M	1995
40:26.0	Mike Leisner	M 30	2008
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40:28.8	Jens Elstner	M 30	1995
40:29.0	Peter Volmer	M 40	1990
40:32.0	Michael Lippe	M 35	2008
40:34.7	Klaus Stark	M 40	1990
40:38.4	Rüdiger Zimmermann	M	1986
40:44.0	Uli Köhler	M 35	1994
40:45.7	Guido Pelz	M	1990
41:01.1	Jochen Chmilewski	M 30	2001
41:05.2	Bernd Lautenschläger	M 50	1992
41:05.2	Karl Herrmann	M 60	1992
41:05.9	Dietmar Ristau	M 40	2002
41:10.1	Eckhard Borchert	M	1986
41:11.0	Heinz Roick	M 35	1988
41:13.8	Ronald Kühnel	M 35	2002
41:16.0	Roland Jahn	M 45	2009
41:16.0	Matthias Wehrstedt	M	2009
41:17.0	Kl.-Peter Naucke	M 30	1987
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41:31.5	Willibert Fischer	M	1986
41:32.4	Dietmar Jäger	M 30	2001
41:32.8	Rainer Gerken	M	1991
41:41.0	Mario Kurz	M	1987
41:42.0	Alfons Wagner	M 45	1988
41:43.0	Holger Bittner	M	1987
41:58.0	Roland Winkler	M 50	1999
41:58.0	Martin Eckert	M	1987
42:01.0	Andreas Brenz	M 40	2008
42:03.7	Götz Rathke	M 35	1992
42:03.8	Oliver Ryll	M	2000
42:05.0	Jörg Ruschen	M	1987
42:05.2	Matthias Jaworski	M 15	1992
42:05.4	Stefan Ramme	M	2001
42:07.7	Rolf Borchers	M 45	2001
42:09.6	Manfred Neumann	M	1986
42:16.8	Torsten Schrader	M 30	2000
42:20.0	Bernd Seeger	M 40	1987
42:23.0	Frank Bresch	M 30	2008
42:23.7	Dieter Schramm	M 35	1995
42:30.0	Dirk Stenzel	M	1987
42:32.0	Martin Colditz	M 50	1987
42:33.4	Herbert Quaaßdorf	M 55	1995
42:36.2	Martin Neumann	M	1989
42:41.0	Thomas Conrad	M	1988
42:42.9	Erwin Paul	M 35	1992
42:50.3	Manfred Bock	M 55	1998
42:50.3	Marcel Gerlach	M 17	2010
42:54.6	Thorsten Wegener	M 35	2005

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43:06.0	Michael Weiß	M	1986
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43:11.9	Detlef Gieseler	M 35	1998
43:13.8	Steffen Seibt	M 30	2001
43:13.8	Leszek Polaski	M 55	2004
43:15.0	Klaus Digmann	M 35	1993
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43:21.1	Adrian Graf	M 30	1995
43:22.1	Detlef Ahrend	M	1990
43:25.2	Klaus Ahrens	M 45	1992
43:30.4	Kevin Sawe	M	2004
43:33.1	H.-Hermann Bley	M 45	2004
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43:40.0	Fritz Dietrich	M 45	1990
43:41.4	Wolfgang Liedke	M 35	1992
43:45.0	Harry Söll	M 50	1987
43:45.7	Thomas Preußler	M	1990
43:46.6	Hans Fleig	M 50	2006
43:48.3	Matthias Bosse	M 35	1999
43:50.0	Helmut Tischer	M	1986
43:50.6	Dirk Wigmann	M 30	2000
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43:53.0	Joerg Poerschke	M	2008
43:58.0	Matthias Pfeffer	M 35	2009
43:59.0	Peter Eilers	M 30	1987
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44:01.0	Steffen Schramm	M 16	1993
44:04.0	Thomas Wedde	M 35	2003
44:11.1	René Glaser	M 30	2006
44:13.6	Simon Schulz	M 16	1998
44:14.0	Rüdiger Hesse	M	1987
44:16.5	Jan Obracaj	M 17	1998
44:18.0	Styven Tyll	M 30	2008
44:19.5	Siegfried Lamm	M 45	2000
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44:28.8	Gerhard Eichler	M 50	1986
44:39.2	Ralf Lademacher	M 55	2007
44:46.6	Erik Lohse	M 30	2001
44:50.0	Thomas Ränicke	M 35	1992
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45:10.0	Dieter Dietrich	M 55	1994
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45:28.0	Klaus Kraft	M 45	1987
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46:11.8	Thomas Munzke	M 40	2007
46:12.5	Erich Lahsa	M 30	2000
46:30.4	Thomas Krutzsch	M 30	2003
46:36.6	Andreas Lüderitz	M 40	2003
46:44.5	Egon Dehmel	M 60	2000
46:46.4	Dieter Isigkeit	M 55	1992
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46:48.3	Dietmar Höfer	M 40	2006
46:50.2	Michael Hohn	M 35	1995
46:50.9	Bernd Magnus	M 45	2003
46:56.7	Uwe Stille	M 40	2002
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47:10.0	Heinz Voigt	M 45	1996
47:15.7	Maik Herbst	M 30	2001
47:21.6	Volker Holz	M	1989
47:22.0	Horst Am Ende	M 50	1989
47:22.0	Siegfried Beck	M	1995
47:25.3	Hagen Schubert	M 30	1990
47:29.6	Eike Arnold	M	2001
47:34.0	Dieter Jahn	M	2009
47:36.5	Werner Köllner	M 45	1986
47:38.0	Michael Holm	M 30	1988
47:45.2	Uwe Stüber	M 40	2001
47:57.0	Thomas Schramm	M	1987
48:06.0	Andreas Lindner	M 35	2009
48:07.0	Rolf Borchers	M 50	2009
48:13.5	Fritz Grünig	M 50	1986
48:13.5	Sven Völker	M	1998
48:14.9	Thomas Windel	M 40	2001
48:22.5	Burghard Janko	M	1997
48:36.0	Jörg Fechner	M	1987
48:52.5	Ingo Müller	M 45	2007
49:10.0	Sebastian Lasar	M 30	2008
49:26.7	Wilfried Dörge	M 40	1989
49:38.5	Bernd Friedrich	M 40	1995
49:46.0	Norbert Heider	M 40	1994
50:19.0	Andreas Sack	M 40	2008
50:21.0	René Meier	M 40	2008
50:23.0	Frank Mittag	M 35	2008
50:25.8	Andreas Krutzsch	M 40	2003
50:42.7	Kl.-Peter Schumann	M 50	1995
50:55.0	René Meier	M	2010
51:02.5	Matthias Gliesche	M 45	2003
51:17.0	Helmut Krause	M 55	1995
51:23.0	Dirk Möbius	M	1987
51:29.5	Micha Sagner	M	2004
51:33.0	Steffen Weise	M 40	2008
51:33.0	Jan Witkowski	M	2009
51:34.3	Kuno Böttcher	M 60	2000
51:44.0	K.-Heinz Ebener	M	1987
51:50.1	Wilfried Hofmann	M 65	2005
52:09.5	Gottfried Kruppa	M 65	2002
52:16.0	Carsten Ganske	M 30	2009
54:07.0	Ulrich Brandt	M 60	2008
54:19.1	Florian Schierhorn	M 13	1997
54:21.4	Peter Bergfeld	M 60	2003
54:34.1	Werner Krug	M	1992
55:00.0	Stefan Trute	M 35	2009
55:16.0	Marco Götting	M 30	2007
56:29.0	Ralf Körner	M 40	2008
56:41.4	Siegfried Loch	M 60	2001
59:12.2	Thomas Lages	M 30.	1992
60:02.0	Benjamin Broutschek	M 12	1996
63:00.0	Ralf Bauer	M 35	2009