

Name	Vorname	Lange Serie	Kurze Serie	Walking	10km	15km	21,1km	6km	10km	15km	6km	10km	15km
Ahlert	Eckhard			1							01:10:00	01:48:00	
Drewer-Gutland	Sabina			1							01:04:07	02:03:18	02:46:53
Hollmann	Susanne			1							01:17:00	02:17:00	02:57:00
Jacobs	Marion			1							00:57:53	01:52:07	02:41:55
Kley	Sonja			1							00:59:02	01:55:15	02:43:26
Lowak	Sabine			1							01:18:00	02:03:00	
Oppenheimer	Erika			1							01:17:00	01:47:00	02:57:00
Ostermann	Rudi			1							00:50:02	01:32:30	02:17:01
Siegrist	Hannelore			1							00:57:53	01:52:07	02:41:55
Sprenger	Martin			1							00:45:29	01:20:04	02:03:33
Tölle	Kerstin			1							00:50:02	01:55:15	02:43:26
Abendroth-Pott	Volker		1					00:28:09	00:51:26	01:31:30			
Althoff	Bernd		1					00:28:49	00:48:17	01:17:04			
Bausch	Peter		1					00:48:00	01:31:00	01:50:00			
Bausch	Petra		1					00:48:00	01:31:00	01:50:00			
Fleer	Heiko		1					00:27:13	00:48:33	01:11:31			
Haubrock	Christina		1					00:39:27	01:09:37	01:48:25			
Haubrock	Volker		1					00:39:27	01:09:37	01:48:25			
Hollander	Antje		1					00:34:21	01:03:00	01:25:44			
Kerkmann	Jan		1					00:19:30	00:32:43	00:52:56			
Kohn	Katja		1					00:34:51					
Kruse	Christine		1					00:32:58	00:57:54				
Matioschat	Gerhard		1					00:42:21	01:23:45	02:03:40			
Matioschat	Irene		1					00:44:05	01:17:17	02:02:02			
Michaelis	Susann		1					00:40:05	01:12:00	01:42:43			
Morgenroth	Uwe		1					00:30:07	00:58:20				
Mumm	Inge		1					00:48:00	01:17:00	02:02:00			
Osimok	Johann		1					00:26:32	00:46:29	01:08:45			
Papke-Maxa	Ariane		1					00:30:14	00:46:32	01:24:03			
Schaumann	Dörte		1					00:28:23	00:47:58	01:17:04			
Schneider	Christoph		1					00:25:37	00:41:58	01:13:43			
Siebold	Kirsten		1					00:40:14					

Name	Vorname	Lange Serie	Kurze Serie	Walking	10km	15km	21,1km	6km	10km	15km	6km	10km	15km
Antweiler	Larissa	1			00:49:35	01:12:30	01:36:51						
Beer	Robin	1			00:47:30	01:06:05	01:34:47						
Dollerschell	Kerstin	1			00:55:42	01:24:42	02:27:03						
Dümmer	Manfred	1			00:50:21	01:18:58	01:54:43						
Ehrens	Maik	1			00:50:25	01:24:54	02:16:06						
Gruben	Matthäus	1			00:46:58	01:13:19	01:38:12						
Köhler	Tim	1			00:45:19	01:14:03	01:57:02						
Kruse	Raphael	1			00:45:37	01:27:48							
Lakämper	Anja	1			01:00:27	01:37:46	02:11:02						
Laubenstein	Alexandra	1			00:53:51	01:29:35	02:10:31						
Lütgert	Heiner	1			01:00:00	01:31:15	02:36:28						
Manhart	Ann-Kristin	1			00:54:16	01:26:00	01:56:00						
Meihöfer	Petra	1			00:51:45	01:21:55	02:18:11						
Neben	Diana	1			00:54:13	01:23:23	01:58:39						
Nowak	Anna Christina	1			00:50:25	01:27:01	01:50:17						
Radtke	Holger	1			00:56:36	01:32:36	01:50:17						
Rixe	Oliver	1			00:45:03	01:15:23	01:39:43						
Ruland	Michael	1			00:57:10	01:53:23	02:08:23						
Schmiedeskamp	Bernt	1			00:43:55	01:07:54	01:35:43						
Schroeder	Antje	1			00:58:06	02:01:43	02:13:24						
Schwarz	Jan	1			01:03:14	01:23:56	01:43:28						
Serafinowski	Nadine	1			00:53:59	01:28:45	01:57:27						
Thomas	Frank	1			00:57:10	01:53:23	02:08:23						
Wandelt	Stefanie				01:08:30	01:38:00	02:18:00						
Werner	Kristin	1			00:57:25	01:42:33	02:09:40						
Willuhn	Henry	1			00:37:49	01:00:56	01:25:35						
Wömpener	Petra	1			00:58:06	01:58:59	02:12:57						