

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022	
Abke	Reinhard	1969	12						03:56:17	03:56:29	03:27:45	03:23:39	03:42:54	03:26:54	03:18:19	03:28:16		03:27:06	03:26:36	03:26:22			03:49:35	
Achterkamp	Rainer	1957	11	02:45:20	02:49:33	03:18:50	02:52:08	02:56:59	03:28:48	02:52:12	03:29:11	03:04:42	03:04:08	03:35:24										
Ahmann	Franz	1962	10					03:45:27	03:27:59	03:25:32	03:23:13	03:38:38	04:09:59	03:50:21	03:53:31	03:56:39	03:48:43							
Altefrohn	Stefan	1965	12					04:25:41	03:41:08		03:37:12	03:33:41		03:47:42	03:51:25	04:06:02	03:47:56	03:32:44	03:42:20			03:51:39	03:53:47	
Althoff	Hans-Herman	1956	12						03:26:25	03:14:56	03:18:39	03:33:23	03:33:08			03:36:43	03:38:20	03:43:08	03:41:01		03:50:09	03:53:37	03:54:33	
Appel	Uwe	1964	13				03:31:21	03:33:27	03:34:23	03:22:20	03:24:04	03:42:23	03:54:00			04:07:19	03:45:45	03:48:32	03:48:04	03:55:53	03:56:59			
Arlinghaus	Thomas	1980	10									03:59:34		03:44:15	03:39:24	03:30:55	03:26:33	03:27:40	03:13:34	03:13:21	03:14:04	03:13:45		
Arndt	Andreas	1960	12					05:12:13	04:15:35	05:07:09	04:30:01			04:21:38		04:13:05	04:09:35	04:04:14	04:03:18	04:04:43	04:14:20		04:19:56	
Aubart	Mario	1971	10				03:29:09	03:18:51	03:10:39	03:11:02	02:59:01	03:06:38	03:19:52			03:28:13		03:17:14		03:10:15				
Auerswald	Steffen	1967	10					03:42:45	02:55:40	02:49:50		02:52:06	02:52:22	02:48:42	03:12:20	02:49:35	02:49:49	03:23:38						
Bales	Stefan	1965	18	03:58:54		03:38:06	03:20:48	03:13:47	03:53:38	03:09:15	03:12:43	03:08:20	03:34:58		03:09:19	03:14:05	04:40:43	03:20:10	03:07:52	03:01:25	03:16:52	03:06:39	03:09:27	
Ballay	Thomas	1963	11							04:17:57	04:28:29	04:28:50	03:38:28	04:46:06	03:58:54	04:16:05	04:28:22	04:22:21		04:03:02	04:25:47			
Becker	Gudrun	1967	10							03:50:47	03:56:12	03:53:18		03:51:26	03:37:27		03:44:13	03:39:13	03:46:40	03:50:46	03:44:51			
Becker	Ludger	1964	10	03:39:48	03:32:11	03:36:14	03:28:37	03:19:28	03:17:13	03:22:06	03:29:16	03:46:33	03:52:22											
Beckmann	Dennis	1977	20	03:59:38	03:40:43	04:26:51	04:10:26	03:56:20	03:38:15	03:42:12	03:52:26	03:56:46	03:56:38	03:54:03	03:28:36	03:33:40	03:25:43	03:21:58	03:27:32	03:27:50	03:23:53	03:33:57	03:16:19	
Beckmann	Edith	1976	18		04:38:21	04:36:10	04:17:11	04:56:16	04:39:35	04:12:20	03:57:08	04:08:36	03:53:58	04:14:57	04:13:31	04:09:10	04:07:55	03:58:31	04:11:48	04:09:36	04:20:35		04:30:36	
Beckmann	Hans-Bernd	1963	15		03:13:54	03:06:44	02:59:57	02:55:54	03:08:47	03:02:05	03:06:41	03:16:18	03:20:09		03:31:47	03:29:21	03:38:17	03:51:03	03:43:57	04:35:58				
Beer	Michael	1951	18	04:26:23	04:08:57	04:14:04	03:51:54	03:46:01	04:15:25	03:54:25	03:34:19	03:49:45	04:09:35	03:57:16	04:18:16	03:54:07	03:51:25	04:22:30	04:05:14			04:34:31	04:28:55	
Bensch	Waldemar	1976	10					03:52:56	03:23:39	03:19:04	03:23:59	03:17:59	03:37:26	03:47:06	03:23:23	03:43:28					04:03:02			
Berg	Hans-Joachim	1957	11	03:32:09	03:39:53	03:53:16				03:39:41	03:44:55	03:43:52	03:45:32	03:40:29				03:51:12		03:55:32			04:12:44	
Berg	Jörg	1961	11							04:32:03		03:40:22	03:46:11	03:33:42	04:12:29	03:45:18	04:14:13	04:13:55	03:59:18	03:59:11	03:59:41			
Berndstrotmann	Karl	1957	12	02:55:49	02:51:39	02:53:48		02:53:45		02:59:10	02:55:03	03:09:26	03:02:23	03:00:04				03:13:58	03:11:38			03:16:17		
Berndt	Andreas	1969	12							03:35:03	03:20:24	02:58:35	03:22:34			03:49:42	03:07:59	03:40:01	03:34:59	03:42:05	03:32:52	03:45:42	03:56:57	
Bertling	Johannes	1967	10										04:55:31	03:56:52	03:44:56	03:49:59	03:56:04	04:04:08	04:16:23	04:18:02	04:10:22		04:28:22	
Bischof	Jürgen	1961	11	02:53:08	03:04:04	03:07:49	02:59:12		03:12:18	03:38:33	03:05:39	03:09:44	03:19:01	03:39:55	03:35:05									
Bochon	Christoph	1969	11							03:33:40	03:31:58	03:48:19	03:36:29	03:53:38				03:40:13	03:49:05	03:32:13	03:34:05	03:27:58	03:22:46	
Boelen-Theile	Claus	1966	10		05:15:10	05:35:02		04:48:07		04:47:36		04:37:43	04:38:17	04:47:47	04:52:55		04:36:57	05:22:15						
Brämer	Jürgen	1951	16	04:54:06	04:58:42	04:42:06		03:58:09	04:14:30	04:21:59	04:24:31	04:27:23	04:00:42	04:29:24	04:42:38	04:12:36	04:33:22	04:33:08	04:14:14			04:24:14		
Brathe	Georg	1970	12	03:40:28				03:33:58	03:32:46	03:13:54	03:20:51		03:41:57	03:36:23		03:27:44			03:39:12	04:18:28	04:05:16		03:53:20	
Braun	Florian	1971	10		03:44:12				03:05:40	03:12:21	03:06:10	03:29:55		03:08:05	03:11:20			03:13:22	03:21:55		03:08:28			
Breukel	Michael	1948	12		04:37:41	05:22:37	04:09:07	03:54:13	04:13:06	04:06:43	04:29:14	04:31:50		04:53:35	04:27:56	04:00:32	03:57:22							
Brinkmann	Klaus	1964	10							04:27:47	04:23:46			04:27:02	04:20:56	04:18:51	04:26:35	04:07:49	04:04:08	04:11:22	03:58:30			
Brümmer	Werner	1959	10	03:31:19	03:22:08			03:17:01	03:15:59	03:16:33	03:12:45	03:22:41	03:26:31								03:41:40	03:41:08		
Brunstoring	Doris	1957	12	04:12:40	03:51:05	04:03:29	03:40:36	03:51:21	03:40:12	04:09:04	03:37:46	03:37:37	03:53:52					04:02:12			03:51:44			
Büchner	Jörn	1971	10					02:57:50	02:55:57	02:52:48	02:56:26	02:57:43	03:32:19	03:06:53	03:24:43	03:09:39	03:11:35							
Buchterkirche	Klaus	1962	11		03:29:01	03:54:37				03:34:47	03:26:48				03:37:32	03:58:34	04:12:34		03:34:06	03:51:08	03:48:29	04:16:20		
Buer	Andreas	1966	13				04:03:51	03:58:02	03:52:01	03:51:22	03:44:32	03:58:59	03:56:10	03:59:44	03:51:34	04:15:14	03:40:52	03:58:31	03:52:33					
Bühn	Klaus	1959	15		04:25:37	04:27:38		04:20:58	03:43:10	03:56:19	03:57:17	03:58:23	03:44:28	03:50:51		04:14:13			03:59:19	04:13:15	04:12:02	04:15:15	04:24:06	
Buller	Andreas	1961	10		03:57:18	04:14:32	03:42:42	03:48:32	03:37:02	03:33:59	03:37:48	03:34:45	03:36:49	04:13:58										
Buschmann	Stefanie	1965	11		04:41:08	04:27:27	04:06:48	04:09:13	04:08:34	03:49:20	03:56:21			03:59:51	03:54:57	03:58:02	03:57:07							
Cassens	Rolf	1967	19	04:26:16	04:15:04	04:25:24	04:08:53	03:43:13	03:55:09	03:44:08	03:47:16	03:46:17	03:48:20	03:53:08	03:43:48	03:34:18	03:33:57		03:48:59	03:50:32	03:34:05	03:53:37	03:44:26	
Civka	Günter	1953	10	04:08:02									03:56:17	03:52:01	03:37:52	03:57:52	04:00:28	04:49:10	04:38:09		04:40:03	04:53:12		
Cramer	Matthias	1971	12	03:24:59	02:59:22	03:01:11	02:43:15	02:56:35	02:54:06	03:39:02	02:56:20	02:43:09	03:02:47	03:31:15								02:53:45		
Crocoll	Andreas	1968	11						04:31:33	04:03:02	03:35:30	03:21:56	03:18:41	03:33:28	03:27:48	03:32:46	03:29:54	03:39:52	04:24:03					
Dahlhaus	Winfried	1959	14	04:07:25	03:37:28		03:54:09		03:32:11	03:30:14	03:28:07		03:41:00		03:28:47	03:45:20				03:58:03	04:46:25	03:58:22	04:01:44	04:08:18
Danneberg	Jürgen	1965	12	03:52:40	04:04:46	03:43:27	03:51:11	03:27:47	03:26:36	03:27:39	03:21:08	03:28:53	03:48:35	03:55:14						03:47:03				
De Bona	Pierino	1965	10	02:47:59	02:42:54	02:35:47	02:38:06	02:43:57	02:43:46	02:44:03	02:49:24	02:49:16												
Dewald	Jürgen	1962	14	03:45:23	03:43:35	04:03:35	03:42:17	03:45:02	03:49:43	03:52:17	04:08:39	04:08:10	04:11:32	04:04:50	03:56:10	03:58:54			04:29:37					
Dicks	Christopher	1984	13					04:10:32																

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2020	Z2021	Z2022		
Eberhard	Michael	1956	12	03:25:00	03:14:07	03:19:25	03:09:15	03:12:45	03:09:22	03:14:05	03:12:46	03:16:51	03:46:08						03:23:16	03:20:00						
Effkemann	Günter	1960	18	03:23:35	03:25:59	03:29:55	03:26:54	03:27:54	03:28:25	03:53:46	03:44:54	03:54:26	04:32:00	04:18:06	04:07:23	04:13:51	04:09:45	04:47:46	04:33:55	04:31:30	05:01:21					
Egen	Bernhard	1959	10		04:00:21	03:51:44	03:45:48	04:08:10	03:43:56	04:09:10	03:53:33	04:10:45	04:22:44	04:33:36												
Eggenhaus	Margret	1948	10	04:19:20	04:12:56	04:15:43	04:06:46	04:09:45	04:14:41	04:24:55	04:11:41	04:25:51	04:35:15													
Ehrlich	Markus	1970	12		04:53:06	04:50:02			03:41:09	03:23:18	03:27:04								03:31:02	03:35:09	03:53:45	04:07:34	04:19:39	04:25:36	04:22:55	
Elbeshausen	Hans	1953	13	04:27:29	03:59:39	04:26:05	04:09:25	04:12:24	03:59:19	04:18:15	04:28:07	04:14:48	04:36:54	04:55:22	04:22:35	04:57:21										
Elsing	Andreas	1969	10		04:23:17	04:11:10	03:58:56	04:18:11	04:22:01	04:28:34	04:08:44	04:18:32							04:13:17	04:29:46						
Elsinghorst	Detlev	1972	18	03:18:00	04:35:01	03:17:58	03:00:45	03:13:58	02:57:12	03:22:41	03:19:46	02:57:26	02:59:01		02:58:31	02:59:09	02:54:17	03:11:53	03:20:39	03:13:26	03:35:47	03:04:47				
Ender	Christian	1959	13		03:50:57					03:30:24	03:32:51	03:25:35	03:34:37	03:37:38	03:34:33	03:23:30			03:27:34	03:28:22	03:42:07	03:38:49			03:58:42	
Engler	Jenny	1974	11									04:42:20														
Erdenberger	Ute	1973	13	04:49:18	04:15:48				03:49:46	03:41:48	03:56:20	03:39:58														
Ernst	Martin	1965	18	04:02:23	04:27:46	04:32:31			04:33:48	04:23:18	04:28:52	04:39:56	04:33:40	04:36:04	04:23:50	04:26:51	04:25:42	04:23:54	04:28:41	04:22:15	04:30:03	04:28:41	04:29:23			
Erthel	Annette	1957	11		05:03:46	04:53:49		04:28:37	04:42:33	04:29:53	04:27:50	04:38:23	04:32:41	04:52:16	04:20:53	04:53:04										
Falke	Bernhard	1962	15		04:07:25	04:05:49	03:48:32	04:03:49	03:53:57	03:55:44	04:18:05	04:26:58	04:24:47	04:35:58	04:41:07				04:44:07	04:46:10	04:50:06	04:46:42				
Fanslau	Tobias	1967	16		04:31:34		04:29:25	04:09:45	04:08:57	03:58:04	03:38:50	03:55:21														
Fechtrup	Christian	1961	15	04:44:10	03:52:04	03:59:18	03:42:38	03:38:39	03:47:59	03:43:27	03:31:43		03:40:44	03:37:19	03:37:10	03:52:53	03:35:09	03:55:34	03:44:32							
Feder	Uwe	1965	15				04:03:30	04:05:18	03:51:16	03:52:32	03:53:11	04:28:30	04:38:21		03:56:54	03:58:33	04:04:22	03:37:17	04:11:15	04:08:40	04:13:19	04:32:06				
Felmet	Klaus-Dieter	1962	20	04:08:14	04:19:31	04:50:45	04:06:10	04:44:43	04:27:31	04:19:00	03:50:47	04:27:03	04:28:07	05:09:21	04:36:41	04:46:42	04:47:04	05:23:25	05:12:41	04:56:35	04:59:53	05:26:13	05:21:08			
Fels	Manfred	1954	15	03:49:10	03:55:36	04:29:15	04:05:31	04:19:55	04:05:16	04:02:15	04:13:36	04:03:16	03:54:25	03:59:23	03:52:19	03:56:13			04:25:20	04:02:12						
Fernandes	Rafael	1961	20	04:40:37	05:10:34	04:27:09	04:25:46	03:54:11	03:37:45	04:41:12	03:35:19	03:51:57	05:42:55	04:30:49	04:38:25	04:28:04	04:28:36	04:39:24	04:48:34	04:39:58	04:44:11	04:59:20	04:55:36			
Feyerabend	Maria	1954	15	03:30:39		03:37:07	03:33:34	03:20:35	03:21:03	03:23:39	03:27:16	03:24:21	03:40:25	03:40:55	03:31:29	03:37:50	03:36:59	03:45:27	03:45:09							
Fischer-Behnen	Achim	1956	18	03:16:51	03:21:04	03:54:45	03:20:31	03:31:42	03:27:34	03:26:33	04:05:55	03:43:21	04:35:35		03:53:50	03:46:15			04:27:17	03:57:22	04:12:10	04:18:02	04:21:57	04:11:06		
Fliss	Hermann	1961	17	04:05:07	03:30:11	03:19:18	03:16:48	03:45:24		03:08:08	03:17:36	04:06:17	03:56:24	03:30:16	03:29:50	04:02:09	03:51:27	03:43:44	04:12:27	04:10:19	03:53:38					
Fliß	Ludger	1957	13	04:48:12	04:39:57	04:24:42	03:58:43	04:02:18	03:47:01	03:43:19	04:03:03	04:12:41	03:53:23	04:37:47	03:59:57	04:20:41										
Floer	Stefan	1972	10		04:08:38	03:59:47	03:57:48	03:29:49		03:45:12	03:20:30	03:25:48	03:59:46	03:46:51					03:53:20							
Fohrmann	Reinhard	1969	10				03:55:52	03:54:18	03:38:46	03:39:34	03:26:43		03:42:55	03:52:03	03:56:18				04:06:15	03:57:09						
Fontein	Nils	1975	10					03:35:54		03:28:59		03:23:22	03:36:13	03:44:06	03:19:22				03:22:10		03:17:19		03:26:20	03:22:06		
Franke	Frank	1976	14	03:59:05	04:24:38	03:34:43		03:40:17	03:33:03	03:28:39	04:06:54	04:06:53	04:13:29	04:33:58	03:57:43	04:06:18	04:40:21	04:38:10								
Frisse	Petra	1973	10											04:28:02	04:53:11	04:33:49	04:32:07	04:58:46	04:59:38	04:44:11	04:40:09	04:56:20	05:08:21			
Fritsche	Werner	1959	19	03:22:46	03:20:23	03:40:42	03:17:10	03:14:57	03:34:22	03:28:07	03:36:39	03:33:13	04:19:25	04:13:40	04:27:29	04:32:14	04:20:44	04:41:59	04:39:03	04:55:31	04:52:50	05:25:20				
Froning	Ansgar	1965	11	03:46:22	03:29:07	03:59:14	03:17:54	03:36:09	03:19:03	03:25:29	03:41:29	03:22:12	03:48:53	04:16:26												
Führmann	Nils	1979	16	04:28:19	04:10:00	04:14:47	04:08:05		03:51:56	04:15:18		04:40:21			04:14:56	04:23:43	04:24:38	04:19:33	04:10:37	04:23:02	04:39:13	04:20:06	04:24:24			
Gassmann	Bärbel	1957	10					03:53:18	03:48:46		04:19:42	04:10:11	04:12:27	04:09:24		04:06:20	04:14:08	04:13:18	04:13:34							
Gehitomholt	Petra	1967	10									04:37:18	04:18:41	03:56:23	03:55:19	03:57:12	04:14:11	04:03:46	04:06:35	04:03:32	04:15:21					
Geißler	Hendrik	1976	10								04:14:55	04:12:49		04:05:46	03:50:06	03:37:33		03:48:02	03:35:14		03:26:34	03:37:13	03:34:34			
Gellern	Frank	1970	10	04:07:09									04:18:02		03:56:36	04:17:28		04:32:55	04:10:50	04:22:59	04:24:03	04:34:49	04:37:27			
Gergs	Dr. Ulrich	1966	13	04:52:02	04:07:16	03:42:38	03:49:12	03:48:11	03:41:48	03:39:27	03:40:15	04:15:25	03:54:29	04:47:14	04:23:32	04:22:10										
Gerick	Beate	1962	10					04:35:19	04:34:18	04:29:44	04:28:48	04:34:25	05:00:45	05:14:32	04:54:23	05:05:38	05:13:57									
Giehler	Günter	1957	17	02:49:50	02:43:01	03:11:06	02:46:23	02:52:18	02:46:29		03:03:54	03:05:50	03:06:42	03:25:38	03:31:48	03:27:33	03:38:16	03:51:04	03:54:26	04:28:49	04:00:42					
Glasbrenner	Bernhard	1962	10								04:08:41	03:56:50	03:59:15				03:53:51	03:42:09	03:32:10	03:39:20	03:37:46	03:39:00	03:27:31			
Glöckner	Wolfgang	1959	20	04:12:59	04:32:59	04:41:44	04:35:50	04:37:14	04:14:53	04:36:38	04:15:27	04:51:23	04:49:56	04:59:33	04:40:04	05:14:03	04:46:08	04:56:30	05:01:27	05:02:13	04:48:02	05:22:13	04:39:54			
Goddemeier	Heinz	1956	10	03:34:56	03:31:25	03:54:41	03:23:43	03:39:22	03:48:50	03:38:01	04:20:55	03:51:10	05:07:53													
Götz	Manfred	1950	20	03:49:48	03:16:59	03:51:07	03:14:38	03:39:47	03:39:26	03:57:03	03:53:30	03:39:15	03:52:53		04:14:03	03:53:48	03:56:04	04:37:15	05:08:55	04:45:25	05:18:26	05:30:10	05:22:41	05:23:10		
Gramann	Andreas	1966	14	03:43:17	03:47:52	03:57:53	04:02:05	03:54:36	03:52:11	04:01:52	04:07:25	04:14:32	04:30:49	04:39:46	04:37:30				04:34:16	05:06:42						
Gräwe	Detlef	1953	19	03:29:12	03:33:04	03:15:30		03:36:51	03:31:09	03:25:15	03:22:28	03:49:37	03:58:52	04:15:09	03:57:27	03:43:41	04:07:12	04:15:20	04:11:37	04:02:40	04:30:19	04:25:34	04:58:00			
Greshake	Tomas	1960	12	03:43:10	03:13:40	04:09:57	03:09:57	03:48:44		03:20:54	03:19:13	03:37:44	03:50:24	03:49:30	03:36:35			03:52:28								
Grewe	Peter	1956	14	03:55:45	03:48:49	03:57:52	04:11:52		03:45:46	03:58:23	03:49:59		04:25:41	04:16:54	03:59:16	04:10:21			05:01:13	04:24:08	04:32:24					
Griese	Berthold	1965	20	03:34:24	03:31:59	03:30:35	03:37:44	03:22:29	03:43:00	03:28:30	03:23:40	03:42:44	03:52:57	03:42:11	03:18:32	03:33:49	03:53:35	03:43:20	03:42:13	04:10:49	03:42:51	03:40:35	03:40:36			
Gronnd	Josef	1953	18	03:00:56	02:56:32	02:59:47	03:01:22		03:13:29	03:25:14	03:12:58	03:17:08	03:29:11	03:16:28	03:13:32	03:35:00	03:23:56		03:48:43	03:35:28	03:30:12	04:02:45	03:53:56			
Grüger	Magnus	1961	20	03:52:07	03:42:33	04:04:40	03:34:13	03:44:35	03:47:58																	

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022
Hampel	Marco	1973	20	04:16:52	04:11:17	03:37:16	03:29:18	03:13:43	03:00:19	02:57:32	02:52:37	03:04:56	03:19:31	03:46:51	04:22:49	04:25:04	04:41:25	05:31:18	05:19:50	04:36:51	04:23:03	04:08:52	04:33:49
Hars	Susanne	1966	13				04:13:19	04:19:19		04:02:13	03:53:05	04:01:13	04:02:27	03:34:58	03:33:01	03:40:15	03:46:39	03:44:18	04:02:50	03:50:10			
Heckl	Jens	1967	12		04:21:47	04:41:26	04:29:10	04:23:38	03:50:05	03:50:34	03:44:46	04:17:12	03:55:20	03:51:31	03:44:24				03:55:30				
Heeger	Peter	1961	13					03:22:08		03:34:41	03:22:08	03:25:51	03:21:06	03:30:22	03:29:03	03:32:56	03:22:53		03:25:41	03:34:02	03:31:54	03:51:58	03:43:02
Hein	Manfred	1960	10				03:55:14	03:58:39	04:08:13	03:45:42	03:35:03	03:48:45	03:48:02	03:48:54	03:39:00	03:46:09							
Heisterkamp	Karl	1945	20	03:56:45	04:02:02	04:23:43	04:15:20	04:11:44	03:53:15	04:10:38	04:09:08	04:17:19	04:24:09	04:21:32	04:15:09	04:41:04	04:32:50	04:55:32	04:29:21	04:52:20	04:57:59	04:52:21	04:55:52
Heitkamp	Ralph	1963	11		05:23:57	04:46:39	03:54:21	04:11:23	03:56:40	04:12:58	04:17:52	03:57:58	04:12:24	04:26:53	04:12:52								
Hensen	Gregor	1972	13	04:11:57	04:04:30	04:05:45	03:54:39	03:55:03	03:55:40	03:54:13	03:56:42	04:01:23	04:15:23	04:18:42	03:57:30	03:58:49							
Herbert	Stefan	1970	11							03:52:36	03:51:19	03:27:21	03:25:27	03:13:15	03:25:59	03:13:31	03:20:31	03:24:17	03:13:43	03:13:30			
Herbst	Jan Martin	1982	11	03:45:10	03:43:19			03:48:39	03:42:53	03:25:29		03:04:31	02:58:03	03:03:11	02:57:22	03:23:23		03:59:35		03:29:36			
Herke	Steffen	1971	11						03:22:10	03:11:42	03:08:21			03:11:40	02:59:48	03:03:10	03:29:04	03:09:00	03:14:05		03:29:36		03:15:44
Hertz	Gisela	1955	11	03:47:25	04:02:54	04:23:29	04:07:37		04:12:50	04:32:02	04:12:48	04:38:37	04:26:46		04:23:54	04:42:43							
Heuer	Barbara	1963	10						04:28:12		04:10:16	04:06:24	04:12:38	04:18:00	03:57:53	03:57:47	04:06:50		04:06:44				04:34:51
Hoffmann	Isabel	1985	10								05:24:40	05:19:20	04:10:22	03:58:58	04:49:39	05:12:16	04:58:15	05:29:18	05:36:00	05:50:35			
Hölscher	Michael	1964	10				04:22:19	04:29:23		04:32:02	03:58:46	04:07:38	03:54:07		03:58:08	04:17:27	04:04:36						05:05:34
Hölscher	Werner	1959	13	03:02:04	03:05:54	03:13:58	02:57:40		03:07:28	03:00:52		03:07:30	03:06:10	03:17:47			03:25:08	03:28:34	03:40:16		03:27:53		
Honerpeik	Reinhard	1966	11	04:32:39	03:55:09	04:00:15	03:52:05		03:42:40	03:43:32	03:41:53	03:43:55		04:06:20	04:12:29	04:06:51							
Huelmann	Frank	1972	12	02:57:10	03:12:09	03:42:43	03:38:37		03:28:22	03:28:53	03:35:53	04:14:13	03:53:02	03:32:53	03:28:32	03:47:12							
Huerkamp	Peter	1958	10	04:19:39	04:35:39			04:28:44	04:55:51	04:33:21							05:31:38	05:37:21	05:31:12	06:02:35	05:52:45		
Huesker	Bernd	1949	13		03:50:36	03:43:43	03:20:14	03:15:31	03:53:29	03:27:42	03:06:43	03:08:57	03:26:59		03:20:45				03:35:02	03:33:45	03:40:15		
Hülsmeier	Werner	1951	12	03:55:22			04:16:13	04:07:10	04:02:03	04:36:58	04:07:38	04:06:49	04:33:09		04:22:23	04:27:03	04:22:49	05:00:35					
Huth	Thorsten	1962	15		04:23:31	04:26:13	04:29:12	04:28:45		04:28:10	04:28:52	04:28:35	04:28:35	04:12:30	04:27:34	04:28:25	04:42:20	04:29:15	04:35:43	04:41:38			
Ickert	Oliver	1967	14	03:25:03	03:10:26	03:29:01	03:51:06	03:21:33	03:45:21	03:48:45	02:55:29	02:58:35	03:27:31	03:04:20	03:09:30	03:16:09	03:09:36						
Igelbrink	Hans Peter	1963	10	02:59:08	02:51:40	03:38:23	03:51:05	04:20:49	03:07:06	03:32:57	03:12:54	02:55:46	02:57:50										
Ilgner	Uwe	1969	12						04:31:33	04:09:33	04:01:27	04:16:01			04:05:41	04:00:39	04:01:52	04:21:13	04:21:32		04:24:14	04:35:22	04:26:45
Ishida	Masafumi	1974	11						04:25:51	04:08:53		03:27:34	03:18:34		03:06:07	03:32:15	03:12:54	03:43:54		03:18:30	03:43:30	03:49:01	
Janssen	Dr. Bernhard	1960	11	05:14:21	04:27:06	04:21:11	04:16:43	04:11:15	04:01:46	04:06:22	04:10:11	04:36:56	04:28:39	04:52:35									
Jasperneite	Horst	1953	17	04:01:05	03:55:13	03:53:05	03:50:40	04:24:08	03:40:31	03:54:59	03:58:59	04:02:55	04:24:00	03:57:20	04:11:43	04:13:45	04:13:29	04:39:24	04:27:16	05:17:59			
Jermis	Dieter	1956	11	03:19:39	03:12:58	03:01:18	03:14:26	03:24:08		03:17:19	03:10:12		03:17:19	03:10:12	03:27:43	03:27:23	03:26:04		03:42:29				
Jücker-Deifuß	Christine	1968	11		03:42:14		03:33:36	03:30:37	03:27:51	03:30:29	03:37:41	03:56:05	03:56:54	03:53:10	03:57:44		04:45:27						
Junker	Gerd	1956	18	03:57:59	04:19:23	04:38:49	04:13:08	04:21:26	04:53:20	03:53:08	04:24:56	04:54:00	04:08:16	04:59:34	05:10:13	03:59:06	04:40:46	04:52:46	05:11:39	05:34:03	05:26:09		
Kähler	Enno	1965	11	04:25:43	04:08:02	03:50:49			03:28:17	03:24:47	03:42:58	03:45:00	03:34:41	03:37:21					03:32:39				03:41:29
Kaiser	Daniel Sean	1962	13						03:54:29	03:52:44	04:01:48	04:08:37	03:51:16	04:30:44	04:38:52	04:32:12	04:22:28	04:24:20	04:48:16	04:18:48		05:06:55	
Kaiser	Peter	1955	15	03:42:08	03:27:36	03:42:05	03:40:34		03:42:10	03:56:45		04:13:32	04:11:08	04:36:04	04:04:12		04:09:18		04:55:46	04:26:57	04:48:11	04:25:45	
Kampert	Martin	1965	11			05:26:48	04:35:14	04:36:26	05:04:18	04:07:35	03:54:25	04:10:31	05:03:36	05:05:03	04:39:44		05:19:57						
Kasprik	Michael	1976	12							03:27:08	03:15:19	03:31:40	03:05:59	03:03:05	03:04:17	02:59:20	03:08:34	03:22:54		02:59:23	03:11:05	03:16:54	
Kaul	Ansgar	1961	12	03:35:41	03:56:06	03:48:22	03:28:23	04:15:03	03:28:36	03:53:52	03:57:16		04:57:59	04:27:28	04:38:15		04:38:12						
Keggenhoff	Reinhold	1955	11	03:39:35	03:40:14	03:35:28	03:23:55	03:41:59		03:53:41	04:00:44	04:46:45	04:14:20	04:07:10	04:26:37								
Kemper	Sandra	1968	20	04:17:58	03:54:15	04:03:18	03:49:22	03:53:18	03:59:12	04:35:41	04:52:00	04:10:05	04:03:16	05:08:47	04:12:03	03:59:22	04:10:13	04:03:47	04:20:14	04:15:41	04:04:59	04:23:46	04:19:06
Kiemann	Ralf	1969	10						04:32:45	04:25:24	04:42:39	04:29:37	04:39:10		04:17:22		04:15:21		04:18:33	04:24:45	04:22:26		
Kiffmeier	Ulrich	1962	11			03:30:32	03:18:54	03:16:21	03:07:10	02:59:08	03:08:53	02:59:18			03:07:49		03:15:12		03:16:09	03:13:49			
Kirschsieper	Lothar	1948	20	03:27:12	03:28:25	03:41:10	03:20:27	03:29:09	03:24:55	03:20:50	03:25:53	03:27:43	03:25:51	03:58:18	03:27:28	03:31:35	03:34:55	03:54:20	03:50:39	03:56:53	03:47:46	03:51:55	04:26:50
Kisse	Stefan	1974	10									03:32:36	03:29:56	03:25:10	03:16:34	03:35:06		03:29:34	03:33:29	03:22:05	03:42:54	03:39:33	
Klene	Andreas	1961	12		03:14:05	03:51:02			03:26:53		03:18:40		03:24:10	03:48:52	03:26:43	03:26:44	03:16:15			03:19:39	03:33:25	03:25:25	
Klimaschka	Robin	1971	11							04:03:52	03:37:19	03:52:07	03:41:12	03:16:41	03:27:46	03:15:34	03:37:05	03:22:28	03:05:47				
Kloweit-Herrmann	Dr. Manfred	1939	10	04:57:22	05:08:34	05:20:52	04:55:31	05:13:07	05:03:26	05:29:13	05:36:21	05:36:21	05:38:34										
Knebelkamp	Michaela	1975	10							04:24:22	04:16:25	04:10:48	04:10:29	04:06:30	04:01:58	04:04:11	04:19:32	04:12:19		04:05:01			
Knein	Peter	1962	11	03:06:30	03:11:24	03:23:26	03:13:20	03:12:26	03:10:41	03:11:14	03:21:57				04:10:59		03:51:07			04:07:21			
Koch	Heike	1962	20	04:10:08	04:05:58	04:10:33	03:50:07	03:52:59	03:52:11	03:58:48	03:47:30	04:10:13	04:05:54	04:23:46	03:56:15	03:56:09	04:40:43	04:02:17	04:17:38	04:15:44	04:05:04	03:53:07	04:16:19
Koch	Herbert	1954	15	04:49:29	04:56:47	05:14:29	05:27:04	04:32:51	04:42:02	05:04:10			05:16:03	05:29:29	05:32:09	05:33:09	05:40:57	06:15:13					
Koch	Mark	1971	10							03:52:20	03:35:40	03:18:06	03:17:53	03:18:56	03:37:01		05:26:28	05:05:59	05:09:26	05:15:49			
Köll	Stefan	1971	20	03:53:02	03:24:41	03:08:35	03:04:47	03:34:17	03:30:00	03:24:52	03:28:36	03:14:15	03:25:05	03:24:44	03:28:01	03:28:59	02:58:49	03:30:05	03:28:17	03:17:01	03:24:21	03:29:13	03:42:02
Kolonko	Peter	1967	12		03:59:31	03:34:36	03:39:50	03:24:30	03:29:31	03:42:39			03:45:00	03:32:38	03:41:51								

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022		
Krampe	Sebastian	1984	10												03:27:20	03:05:59	03:05:51	03:11:38	03:03:14	03:04:57	03:17:17	03:28:38	03:33:22	03:27:38	
Krantz	Karsten	1968	11	04:05:07	03:57:12	03:57:40				03:53:47	04:20:52	03:59:34		04:09:17	03:55:58	04:14:45		04:28:47	04:33:52						
Kröger-Allen	Neil	1965	17	05:02:31	04:46:37	05:03:26	04:38:15	05:05:12	04:57:03	04:43:38	04:49:53	05:01:14	05:08:38	05:33:12	04:49:34	04:52:42	04:50:55	05:51:24	05:06:00	05:09:28					
Kröniger	Peter	1951	20	04:29:03	04:49:48	04:54:06	04:29:43	04:31:01	04:38:50	04:27:49	04:59:11	04:54:06	05:18:02	05:26:31	05:31:16	04:47:12	05:02:51	05:18:19	05:11:35	04:59:13	05:09:36	05:25:31	05:36:59		
Kückelmann	Rolf	1950	18	04:28:55	04:23:06	04:05:08	04:18:43	04:00:18	03:58:11	04:13:35	04:14:00	04:25:15	04:36:14	05:06:50	04:05:35	04:42:57	05:00:56	05:01:39		04:28:02		05:16:14	05:23:38		
Kuhlmann	Christoph	1966	18	03:27:51	03:30:03	03:34:14	03:16:38	03:25:19	03:46:01	03:42:21	03:52:39	04:09:59	03:59:53	03:57:12	03:47:59	04:06:29	03:43:50	03:56:58	03:52:01	03:50:46	03:56:13				
Kwiatkowski	Wilfried	1965	10	03:57:24	03:56:42	03:42:59			03:52:33		03:54:50		04:01:41	04:02:22				04:10:52	04:08:41			04:16:56			
Lagemann	Maik	1975	11	03:25:59	03:21:57	03:45:14	03:30:27			03:53:16	03:33:12	03:34:30	03:57:05	03:55:28		03:35:22	03:22:02								
Lammerding	Matthias	1968	17	04:19:40	03:46:44	04:05:39	03:56:04	03:58:12	04:34:55	03:59:47	04:27:58	05:10:04			05:23:36	04:56:58	04:45:57	05:03:38	04:38:36	05:00:20	05:25:55	05:43:39			
Lammerding	Ralf	1963	13						03:55:09	03:37:26	03:42:06	03:45:01	03:54:12	03:44:42	03:33:53	03:45:03	03:43:43	04:05:38	03:46:56		03:54:13	03:59:27			
Lammers	Bernhard	1964	13	03:33:33	03:46:24	03:48:58	03:27:00	03:44:09	04:09:01	03:53:25	04:15:15	04:28:34	04:49:49	04:07:40	04:06:32		04:28:29								
Lammers	Dieter	1969	12	03:38:33	03:48:10	03:37:05	03:34:00	04:00:07	03:57:31	04:02:02	04:17:19	04:21:59	04:12:54	04:22:33		04:28:31									
Lammers	Michael	1977	10	04:15:28	04:02:37	03:52:13	03:42:51	03:21:51	03:19:35	03:18:38	03:34:26	03:36:49	03:29:36												
Lange	Stefan	1979	16	03:46:37	04:59:50	04:39:41	04:06:33	04:49:05	04:42:33		04:14:31	04:52:30	04:21:33	05:14:40	04:37:39	04:57:36	04:53:35	05:28:13	05:17:17				05:21:29		
Laqua	Gerhard	1963	12	03:20:28	03:49:26	03:19:18		03:22:54	03:18:39	03:19:06	03:35:02	03:23:03	03:42:39	04:29:07	03:44:25	04:06:16									
Last	Markus	1976	10	03:28:02	03:18:33	03:16:48	03:17:34	03:20:10	03:12:17	03:24:14	03:19:59	03:19:44	03:42:34												
Lechtermann	Ulrich	1963	10	03:55:15	03:49:38	04:30:24	03:36:58	03:42:14	03:45:28	03:41:02	03:48:30	03:57:29	04:31:59												
Leifer	Peter	1968	13	03:33:07	03:56:06	03:46:20	03:25:05	03:59:32	03:37:35	04:19:20	03:27:23	04:15:50	04:02:46	04:02:49	04:12:54	04:33:31									
Leising	Reinhard	1965	12						04:12:02	03:52:06	03:42:49	03:41:18	03:44:17		03:31:43	03:28:42	03:28:39	03:43:00	03:58:09	03:38:59	03:43:15				
Leißing	Andreas	1964	12		03:52:08	03:36:07	03:36:05	04:25:54	02:58:59	02:55:36	02:57:53			03:08:18	03:14:29			03:29:02	03:09:45	03:27:19					
Leonard	Peter	1964	11	03:08:24	03:04:49	03:22:44		02:55:26	02:59:36	03:09:49				03:29:46		03:19:19			03:41:53	03:42:01	03:32:42				
Liegmann	Günter	1955	12	03:48:15					03:50:08	03:40:51	03:37:54		03:49:29	04:32:08	03:47:11	04:20:35	04:39:34		05:14:32	04:47:31			05:22:49		
Lindemann	Norbert	1963	15	03:08:26	02:59:53	05:02:34	02:54:18	02:57:21	02:52:19	02:56:47	02:58:07	03:07:13	03:11:09	03:13:42	03:10:50	03:08:08	03:09:14	03:23:07							
Löbbers	Daniel	1980	11	04:04:25	03:35:49	03:36:50	03:12:20	03:25:28	03:14:02	03:15:49	03:11:14		03:15:25		03:15:46				03:12:47						
Löchte	Christel	1955	10	04:01:07	04:09:17	04:14:49	04:14:16		04:23:36	04:14:12	04:10:37	04:15:40			04:38:15								04:45:31		
Löckemann	Markus	1972	17		03:49:01	03:54:41	03:54:41	03:49:49	03:38:13	03:17:07	03:22:20	03:30:54	03:36:28	03:24:19	03:38:48	03:26:58	03:31:42	03:28:23	03:22:08	03:04:55	03:18:17	03:12:58			
Loddenkötter	Stefan	1965	17	04:37:28	04:53:34	04:57:42	04:08:30	04:28:25		03:51:27		04:13:55	04:17:13		03:57:29	03:46:46	03:56:38	04:09:23	03:53:18	03:40:05	03:33:44	03:33:08	03:24:15		
Lohscheller	Ralf	1959	10	03:57:32	03:54:30	03:52:07	03:52:13	03:43:04	03:38:57	03:29:58	03:45:33	03:41:31	03:52:48												
Lübbering	Frank	1964	12						03:38:39	03:30:48	03:32:53	03:35:47	03:33:55	03:58:40	04:00:03		03:58:56	03:59:11	04:10:01	04:06:11		04:15:33			
Lübbert	Oliver	1964	20	04:09:28	03:47:00	03:30:39	03:22:28	03:14:58	03:04:46	02:58:32	02:58:19	03:07:58	04:08:21	03:16:46	03:22:42	03:40:50	03:53:06	03:59:50	04:21:14	04:15:15	04:59:21	04:24:36	04:40:25		
Lücke	Benedikt	1968	12	04:34:03	04:59:07	04:49:57	04:21:46	04:08:52	04:04:05	04:06:21	04:11:19		04:26:54	04:30:46	04:27:45	04:46:52									
Luig	Martin	1972	20	03:33:07	02:55:29	03:02:41	03:02:16	03:01:20	02:58:15	03:06:29	03:21:57	03:28:11	03:36:06	03:33:33	03:37:55	03:55:45	03:51:39	04:23:40	04:29:00	03:18:48	03:30:49	03:50:29	03:17:34		
Lütke Schelhowe	Hermann	1950	18	04:10:15	03:47:06	03:54:24	03:45:30		03:36:31	03:43:41	03:37:06	03:49:33	03:44:20	03:45:28	03:42:06	03:48:37	03:46:57		04:05:59	04:07:46	04:03:42	04:07:37	04:27:37		
Lütke Schute	Siegfried	1959	11				03:43:54	03:46:40	03:37:03	03:40:55	03:28:38	03:27:17	03:26:58	03:37:51	04:10:00						04:20:05		04:25:30		
Madry	Dr. Norbert	1954	11	03:02:21	02:59:31	03:08:36	03:18:50	03:19:01	03:11:45	03:11:41	03:22:33	03:29:07	03:28:39	03:29:46											
Mai	Christian	1965	20	04:42:56	04:06:54	03:54:07	03:48:22	03:56:21	03:46:22	03:58:40	03:51:38	03:59:11	04:44:58	04:27:31	03:57:43	03:57:32	04:14:36	04:58:00	04:13:40	04:16:06	04:51:23	04:01:49	04:29:51		
Maiwald	Holger	1970	14	03:52:19	03:40:50	03:58:10	03:13:22	03:17:16	03:09:30	03:12:03	03:57:00	03:19:20	03:33:30	04:18:14	03:56:56	04:17:17		03:59:17							
Mangelmans	Christoph	1983	14		04:44:37	05:07:58	04:25:10			03:55:20	03:30:31	03:50:40	03:48:14			03:55:27	04:07:27	03:52:53	03:42:36	03:35:55	03:37:21	03:21:02			
Mariani	Giuseppe	1965	12			04:32:40	03:34:54	03:31:25		03:45:16	03:54:40			03:52:36	04:08:10	03:47:28				03:52:00	03:56:35	03:55:23	04:10:14		
Marquardt	Christof	1968	10								02:45:08		02:44:17	02:42:34			02:49:28	02:46:17	02:47:12	02:48:35	02:55:35	03:07:48	02:58:01		
Mastrogiacomì	Angelo	1960	13	04:23:23	04:08:57	04:50:52	04:27:00	04:17:12	04:40:45	05:27:27	04:43:12	05:22:24	05:09:24		04:57:17	05:09:21						05:48:20			
Mecking	Almut	1955	10	04:21:16	04:25:37	04:23:07		04:25:44		04:12:36	04:16:34		04:46:17	05:03:56						05:06:55	05:10:27				
Menke	Gerhard	1955	10		04:14:44	03:51:30	03:36:59	03:42:02	03:19:57	03:23:44		03:22:24			03:40:27	03:37:27	03:39:37								
Menßen	Barbara	1976	10	04:00:19		04:00:47			04:31:50					03:59:40			03:52:35	03:44:02	03:43:47	04:02:12	03:45:25	03:44:07			
Michels	Manfred	1966	20	04:25:28	04:14:36	04:22:35	03:54:24	04:08:25	03:58:18	04:06:41	04:12:50	03:57:15	03:45:54	03:45:20	03										

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022	
Ostermann	Thomas	1967	12	04:51:56	04:29:17		04:28:46	04:44:09	04:03:16	04:36:52	04:11:31	04:33:14	04:15:12			04:51:08	04:15:12	04:30:54						
Othmer	Andreas	1972	19		04:31:30	04:40:46	03:57:55	03:59:12	04:48:43	04:56:22	03:46:21	03:54:29	03:56:15	04:28:02	04:20:04	03:57:52	04:51:02	04:49:10	04:38:09	04:38:45	04:09:51	03:59:24	03:59:00	
Paschedag	Ina	1963	11		03:38:17	03:44:22	03:33:31	03:22:24	03:15:41	03:19:06	03:19:14	03:22:49	03:25:25	03:28:36		03:51:00								
Paulus	Werner	1960	10		04:09:03	04:18:05	03:35:52	03:46:32	03:26:25	03:36:38	03:20:30	03:41:24			03:43:05		03:51:22							
Pellemeier	Erik	1960	10	04:20:30	04:02:37	04:19:41	04:10:44	04:06:27	04:20:31	04:24:33	04:21:16	04:31:32	04:42:46											
Petermann	Stefan	1968	20	03:50:27	03:43:28	04:37:14	03:18:03	03:16:13	03:27:08	03:26:22	03:51:57	03:52:06	03:48:30	04:55:03	03:56:57	04:21:01	04:35:35	04:43:13	04:51:17	05:21:06	04:49:36	05:12:28	05:00:58	
Peters	Werner	1963	12	03:55:57	03:57:42		03:37:30	03:32:22	03:24:29	03:24:56	03:21:49					03:45:00		03:39:20	03:42:19	03:48:16		03:44:07		
Peters	Wolfgang	1953	10	03:40:04	03:41:37					03:45:11		03:59:29		03:58:01	03:52:34	04:04:26	04:11:20		04:09:52	04:32:00				
Pflugler	Christian	1967	16		04:21:42		04:23:15	04:23:54	04:23:04	04:44:13		04:17:36	05:14:20	04:35:16	05:08:06		05:07:41	05:33:35	05:24:43	05:03:09	04:58:06	05:08:14	04:58:52	
Philipps	Eduard	1957	14	03:59:23	03:54:10	04:17:26	03:41:22	03:51:55	03:57:02	03:43:50	03:57:00	04:04:16	03:58:29			03:52:04		04:06:04	04:35:30	03:58:51				
Pitz	Markus	1969	20	03:46:37	03:54:51	04:02:17	04:44:48	04:10:26	03:39:47	03:38:48	03:54:10	03:28:28	04:08:28	03:59:05	03:27:28	03:52:26	03:57:05	04:12:50	04:11:57	04:32:18	03:54:54	03:59:01	04:52:08	
Plath	Anian	1960	16	04:54:19	04:04:33	04:47:28	04:11:18	03:57:08	03:51:08	03:43:03	04:08:03	03:55:48	04:25:15	04:59:28	04:53:38		04:57:00	05:15:58	05:18:31	05:16:20				
Postert	Christiane	1974	10									03:46:29	03:39:40	03:40:13	03:18:45	03:12:26	03:12:25	04:10:08	03:38:31		04:09:15	04:37:47		
Potthast	Volker	1956	15	03:45:42	03:34:08	03:46:45	03:35:28	03:41:18	03:39:04	03:44:12	03:43:23	03:46:23	03:49:09	04:10:58	03:56:09	04:03:02	04:06:04	04:26:54						
Pöttker	Martin	1967	14	03:59:53	04:09:38	04:26:30	04:17:31	04:02:36	03:57:40	03:48:36	03:52:18	03:50:44	03:41:16	03:50:56	03:44:01	03:38:41						03:58:38		
Prangemeier	Ludger	1961	18	04:22:31	04:03:42	03:59:09	03:58:29	03:59:21	03:55:35	04:25:40	04:38:26	04:53:29	05:11:50	05:16:17	04:58:24	05:16:17	04:58:35	05:54:32	05:40:12	05:41:33	05:55:41			
Proske	Mario	1966	13		03:48:21	03:21:36	03:23:29			03:32:35	03:23:00	03:28:23	04:09:07	03:50:59	03:35:50	03:35:06	03:36:27	03:41:43		03:56:55				
Punge	Wolfgang	1964	11				04:11:56		03:50:25	04:05:25	03:44:35	03:55:12	04:03:18	04:11:49	04:09:46		04:06:19		04:50:29	04:47:34				
Purk	Eugen	1955	13			03:05:42	03:29:01	03:18:27	03:00:17	03:27:10	03:08:46	03:56:32	03:39:45	03:13:32	03:13:39	03:14:16			03:17:53		03:57:20			
Quattrocchi	Fulvio	1950	10								04:49:01	04:18:05	03:59:31	04:43:25	03:50:59		04:10:09	03:57:12	04:13:04	05:09:25	05:04:46			
Raschke	Ludger	1953	11	04:24:05		04:17:17		04:08:10	04:04:28	04:09:45	04:11:06	04:09:47		04:33:40	04:22:16			04:38:39	04:37:44					
Rauss	Josef	1952	17	03:43:14	03:47:05	03:54:46	03:36:28	03:38:34	03:35:54	03:33:46	03:38:26	03:41:56	04:16:10	04:16:02	04:13:25	04:11:06	04:20:07	04:26:55	04:24:04	04:28:49				
Rehers	HaWe	1947	20	04:17:51	04:15:35	04:44:45	04:12:13	04:02:36	04:57:17	04:14:28	04:12:23	05:23:05	04:58:19	05:14:48	04:48:37	05:05:16	05:17:26	04:59:16	04:58:45	04:59:46	05:29:59	05:05:24	05:28:48	
Reichelt	Andreas	1957	19	04:55:04	04:39:42	05:02:43	04:32:06	04:32:35	04:05:56	04:02:36	04:06:41	04:40:04	04:44:56	04:54:42	04:24:46	04:34:37	04:30:33	04:56:02	05:07:12	05:11:32	05:06:55	05:23:47		
Reinke	Karl	1957	12		04:03:13	04:02:53	04:05:07			03:52:49	03:45:22	03:41:48	04:09:07	04:00:31	03:41:39		03:46:53	03:58:49		04:04:08				
Reiß	Björn	1976	19	03:56:35	03:19:09	04:36:11	02:56:58	02:53:10	02:49:04	02:47:43	02:58:51	02:44:40	03:53:59	02:59:03	02:58:07	04:09:10	03:08:14	03:58:30	04:11:47	04:09:35	04:20:33	04:20:09		
Remmen	Peter	1954	14	05:03:30	04:26:40	04:24:57	04:15:54	04:19:41		04:35:12	04:47:15	04:44:01	04:43:09	04:38:16	04:27:08	04:44:12			04:54:46	05:07:13				
Richter	Marc	1980	14					03:51:12	03:47:29	03:43:40	03:28:23	03:57:01	03:55:32	04:00:01	03:35:13	03:57:57	04:08:26	04:04:48	03:53:23	04:10:55	04:29:58			
Rieder	Frank	1974	10				04:14:29	03:49:01	03:26:45				03:48:10	03:30:40	03:16:19	03:55:03	03:52:44	04:06:52					04:04:45	
Rieger	Dr. Christoph	1961	16	04:41:11	04:42:02	04:29:38	04:16:52	04:24:36	04:43:42	04:30:18	04:34:36	04:24:59	04:39:23	04:47:03	04:38:35	05:23:57	04:48:50	05:12:19	04:39:57					
Ringbeck	Anna	1957	12	04:57:16	04:57:29	04:53:00	04:34:58	04:39:33	04:28:11	04:30:42	04:33:01	04:36:21	04:27:14			04:34:37	04:51:13							
Rogge	Ludger	1970	11				03:39:22	03:38:31	03:37:27				03:27:56			03:35:18	03:29:48	03:37:48	03:48:29		03:34:42	03:35:52	03:47:33	
Rohde	Andreas	1966	13								04:22:44		04:28:35	04:21:59	04:14:53	04:06:24	03:57:19	03:50:28	03:49:56	04:08:57	04:05:30	04:04:22	04:24:55	04:16:36
Rölfes	Maria	1954	15				03:46:49	03:57:28			04:03:14	04:28:11	04:47:34	04:58:39	04:34:29	04:23:18	04:15:14	04:51:47	04:16:04	04:56:41	04:55:37	05:00:40	04:26:00	
Rose	Norbert	1966	10								03:54:15	03:37:44	03:42:42	03:29:48	03:28:36	03:28:55			03:44:16	03:43:03	04:05:56	04:20:13		
Ruppert	Ralf	1965	11		03:09:05	03:43:54	03:02:38	03:22:17	03:18:10	03:06:03	03:21:49	03:50:50	03:46:18	03:29:42							04:21:15			
Rusche	Silvia	1962	12		04:40:25	03:55:56	03:49:38	03:33:08	03:25:57	03:27:05	03:34:41	03:46:03	03:43:48	04:10:47		03:52:04	03:44:28							
Rüther	Hanno	1969	12	03:37:11	03:45:41	03:56:47	03:40:52	03:31:30	03:48:48	03:36:35	03:57:24	03:44:53								03:57:52	04:14:55		04:57:33	
Saadani	Abdellah	1967	11	03:16:40	02:51:47	02:42:16	02:50:12	02:51:47	02:59:31				02:47:24	02:50:51			02:55:19			02:53:59	02:54:31			
Sachse	Matthias	1964	17	03:24:29	03:20:12	03:33:25			03:29:55	03:27:53		03:31:13	03:48:13	03:52:17	03:46:55	03:38:45	04:07:04	03:57:49	03:47:45	04:07:08	03:54:42	04:12:05	04:06:56	
Sahli	Hala	1974	17	04:31:24	04:41:39	04:40:26	04:06:07	03:57:33	03:51:36	03:42:56	03:55:58	04:36:27	04:00:01	03:46:51	03:57:14	04:07:46	04:01:51	04:00:04	04:11:22	04:22:35				
Schilling	Udo	1967	10	03:57:26	03:49:39	04:12:07	03:57:43	03:46:30	03:41:47	03:39:45	03:38:30	03:35:08	03:32:49											
Schlake	Reinhard	1967	17		04:16:51	04:23:33	04:08:47	03:56:39	03:58:52	04:17:45	03:59:01	04:07:57	04:13:13	04:20:16	04:08:24	04:18:18	04:37:07	04:47:17	04:29:01	04:45:32			04:47:23	
Schlegel	Rudolf	1962	17	03:36:31	03:35:46	04:01:37	03:47:06		03:46:57	03:36:42	03:55:08	03:52:49	04:13:25	04:15:55	03:53:18	03:50:11	04:03:13	04:22:53	04:19:21	04:23:07	04:09:10			
Schlütermann	Christoph	1963	10			04:44:57	04:00:24	03:48:36	03:38:06				03:48:15						04:23:16	03:46:47	03:58:46	03:49:25	04:56:32	
Schmandt	Dirk	1964	10	04:29:59	03:33:57	03:25:11	03:09:36	03:56:58					04:27:56	03:23:50			03:52:38		04:09:57	03:59:02				
Schmeinck	Andreas	1961	12			02:46:18	02:43:25	02:42:47	03:10:46	02:52:57	02:59:38	02:53:12	02:51:13				03:00:12	02:55:41	02:58:16	02:57:46				
Schrod	Manfred	1952	11				04:45:09	04:53:13	04:30:45	04:30:57	04:50:06	05:19:46	04:58:05	04:40:47	05:04:14	05:51:00	05:21:55							
Schulte-Fischedick	Dr. Rolf	1957	10	03:29:33	03:33:51		04:02:18	03:44:49	03:43:42	03:57:01	03:47:35			04:03:11	03:59:48		03:51:26							
Schulze Lutum	Bernd	1954	12	03:01:13	03:27:51	03:26:48	03:23:51	03:52:37	03:45:41			04:26:26	04:16:57			04:37:12	05:03:10	04:40:24			04:52:55			
Schumacher	Marcus	1969	12									04:19:22	04:00:11	03:53:20	03:49:42	03:53:00	03:54:39	03:41:47	03:43:42	03:44:07	03:41:36	03:38:34	03:43:12	
Schuschel	Oliver	1962	14																					

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022		
Skubschewski	Ralf	1970	14			04:04:21	03:19:57	05:19:51		03:57:51	03:12:53	03:06:22	03:07:12	03:37:51		03:26:40	03:35:12	03:31:40	03:24:46	03:24:56	03:57:20				
Sliwka	Ludger	1955	11						04:04:22	03:42:02		03:29:15	03:31:21	03:32:07	03:28:21	03:24:19	03:29:08	03:37:30	03:31:19	03:40:11					
Sobbe	Berthold	1965	13							04:32:06	03:26:32		03:38:39	03:52:24	03:38:52	03:34:14	03:44:16	04:22:22	04:04:53	04:05:26	04:03:26	03:51:26	05:22:09		
Solbach	Ulrich	1968	10		03:50:19	04:04:48		03:51:45	03:52:43	03:36:38		03:55:40	04:05:15			04:11:40	04:07:24		03:52:10						
Sommer	B.-Michael	1950	12	04:28:19	04:16:24	04:37:48	04:28:46	04:36:05	04:18:53	04:24:19	04:19:33	04:35:50	04:39:52	05:37:58	04:43:26										
Sommerkamp	Frank	1973	11			04:05:48		04:18:03	04:44:34	03:42:10		03:48:58	03:49:47	03:56:53				03:26:01	04:07:14	04:09:14	05:09:07				
Stangenberg	Dirk	1969	17	03:33:27	04:04:38	04:18:39	03:37:45	04:16:19		03:45:21	03:42:09	03:34:05	03:42:13	03:29:00	03:53:41	03:25:37	03:43:10	04:10:00	04:09:06	03:57:15	04:02:05				
Stangneth	Ingrid	1953	10	04:23:26	04:19:21	04:22:27	04:21:25	04:33:01	04:29:22	04:30:11	04:37:06		04:53:01	05:00:25											
Stapper-Müer	Joachim	1962	12	04:13:45	04:17:38	04:14:16	03:55:48	04:22:15	04:11:36	04:23:51	04:07:59	03:55:34	04:10:18		03:56:03		03:58:29								
Stegemann	Manfred	1964	14			03:55:39	03:49:46	03:31:43	03:37:48	03:23:30	03:31:58	03:31:06	03:34:11	03:43:09	03:46:08	03:40:13		03:42:04	03:51:35	03:59:08					
Stephanblome	Klaus	1964	13						04:09:23	03:47:16	03:50:03	03:47:32	04:10:29	03:46:28	03:38:08	03:47:06	03:45:08	03:53:22	04:01:07	04:15:03	03:56:25				
Strathoff	Jürgen	1958	13		04:21:13				03:27:31	03:16:16	03:10:02	03:14:31	03:22:25	03:32:08	03:24:04	03:16:02	03:26:24	03:40:46	03:27:11			03:48:21			
Strübbe	Karl-Heinz	1967	11						04:07:41			04:02:57	03:47:47	03:37:59	03:33:53	03:17:06	03:14:45	03:32:58	03:26:08	03:27:00	03:30:11				
Sturm	Martin	1966	16			04:26:01	03:51:23	03:41:12	03:37:14	03:39:33	03:42:14	03:45:28	03:41:42	03:28:05	03:32:04	03:33:13	03:53:18	03:33:25	03:34:35	03:27:43		04:10:12			
Suck	Elvira	1959	18	03:57:07	04:08:02			04:40:53	04:26:44	04:00:23	03:58:58	04:12:30	04:05:26	04:26:39	03:54:08	04:13:39	04:14:16	04:27:54	04:24:21	05:01:15	04:37:03	04:31:07	04:27:41		
Suck	Manfred	1956	20	03:57:05	04:08:03	03:47:49	03:30:31	03:58:15	03:34:12	03:28:56	03:28:10	03:33:28	03:43:57	03:43:12	03:21:58	03:39:53	03:35:53	03:49:25	03:42:28	03:47:10	03:56:55	03:49:57	03:47:38		
Suerland	Klaus	1957	10	03:16:20							03:01:03	03:24:55	03:10:50		03:08:25	03:14:15		05:07:43	03:48:35	03:38:24	03:52:41				
Tappe	Friedhelm	1957	12	04:08:03	03:56:57	04:15:33	03:54:17	03:59:08	03:53:23	03:49:11	03:40:25					04:20:34	04:17:55	04:07:41			04:08:29				
Testroet	Klaus	1966	10	03:14:07				03:25:28	03:06:35	03:03:29	03:05:34	03:07:34	03:08:07		03:08:30	03:05:14	03:09:28								
Thorbrügge	Kai	1968	10					04:49:24	04:23:08	04:24:46	04:24:03	04:57:43	05:09:03		04:41:24		04:52:18	04:44:19	04:45:14						
Thünemann	Helmut	1957	20	03:04:56	03:20:23	03:23:43	03:07:15	03:10:25	03:12:11	03:13:30	03:13:54	03:10:37	03:16:44	03:18:02	03:16:28	03:37:53	03:21:16	03:25:43	03:32:52	03:30:38	03:32:56	03:38:05	03:37:48		
Thyen	Thomas	1972	11					04:19:35		03:50:00	03:46:02	03:42:53		03:38:59	03:38:44	03:39:07	04:13:00	04:03:59			04:10:50	03:54:50			
Többen	Michael	1965	10		03:23:45	03:41:18	03:26:55	03:10:01		02:53:22	02:56:47	03:08:10	03:13:49	03:18:17	03:07:14										
Topf	Andreas	1964	13			04:06:52	03:54:28		03:43:56	03:02:01	03:37:01	03:37:45	03:43:09	03:47:44	03:36:12		03:44:01	04:12:35	03:54:12	03:52:45					
Türker	Xaver	1959	12	04:09:08	04:31:03		03:58:07		03:51:33	03:56:47	04:07:24	04:01:45	04:08:47	03:54:23	04:03:03	04:03:45	04:01:30								
Twelkemeier	Udo	1959	10	03:35:50	03:15:43	03:14:01	03:12:46	03:55:38	03:41:29	03:33:24	03:37:56	03:35:11	03:28:30												
Uetz	Rainer	1956	11	03:52:13	03:31:03	03:26:31		03:18:40	03:13:29	03:17:58	03:39:37	03:35:05	03:33:45	03:33:19				03:46:32							
Uhlig	Felix	1954	11	04:09:55	04:05:56	04:12:10	03:50:43	03:56:15	04:28:14	04:32:31	03:58:23	04:38:02	04:30:31	04:48:06											
Ullrich	Thorsten	1971	10											04:13:43	03:58:58	03:50:18	03:51:35	03:51:30	03:57:20	03:55:54	03:51:35	04:18:52	04:32:10		
van der Velde	Markus	1965	13				03:08:13	03:43:32	03:28:19	03:18:04	02:58:51	02:50:55	02:59:22	03:07:20	02:58:28	02:59:11	03:29:02	03:19:22		03:23:19					
Venhofen	Gerd	1955	10							03:47:02	03:39:14	03:43:56	03:45:07	03:46:38		03:58:38	04:08:00	04:13:33	04:35:13	03:58:40					
Venker	Margret	1947	11	03:54:19	03:59:15	04:04:33			04:01:47	04:06:39	04:09:24	04:13:49	04:25:04	04:23:11	04:25:45	04:30:01									
Venker	Paul	1947	16	03:42:23	04:02:03	03:41:34				03:56:13	03:52:06	04:01:14	04:14:52	04:07:13	04:28:30	04:17:19	04:11:36	04:22:33	04:25:14	04:29:01	04:30:19	04:57:27			
Victor	Holger	1968	11			04:33:48						03:58:23		03:51:45	03:40:58	03:36:05	03:33:38	03:51:54	04:17:22	03:53:38	03:56:28	03:54:19			
Voet	Gerald	1959	11		04:29:08	04:09:25	04:06:56	03:57:25	04:27:00	04:13:35	04:03:18	04:31:27	04:22:33		04:57:21	04:30:11									
Vogt	Wolfgang	1959	11			03:12:05			03:10:10	03:31:48	03:23:58	03:12:22			03:26:14		03:27:41		03:33:04	03:27:11	03:39:03	04:09:22			
Voigt	Torsten	1968	10	03:39:32	03:33:55	03:39:30	03:15:26						04:23:58	04:00:48	03:55:36	03:54:14	03:49:01	03:57:08							
Völker	Markus	1971	10		04:21:25	04:00:42	04:26:10	04:30:04	04:33:37	04:15:25	04:00:39	04:02:09	03:49:01	03:46:22											
Völkert	Clemens	1956	13	03:27:32	03:23:12	03:52:04	03:24:56	03:29:09	03:26:10	03:38:34	03:27:01	03:36:59	03:52:26	03:44:46							03:47:12	03:51:02			
Vollbracht	Heinrich	1939	13			03:35:53	03:14:19	03:20:54	03:14:16	03:25:49	03:21:16		03:39:23	03:45:08	03:36:08		04:20:58	04:33:15	05:09:47	04:42:55					
von der Horst	Rutger	1962	13			05:27:16	05:02:59	04:13:10		04:30:31			04:57:04	04:17:26	04:34:37	04:22:52	04:44:21		05:39:12	04:38:52	05:33:11	05:31:01			
von Haugwitz	Katharina	1965	11	04:40:46	04:25:05	04:23:51	03:53:39	03:49:06	03:55:43	03:51:20	03:54:21	03:55:13	03:54:16	04:13:37											
Wachsmann	Rainer	1965	10	03:24:28					03:43:14	03:55:41		03:33:45		03:40:54	03:53:41	03:41:54		04:14:07	04:24:20				04:35:45		
Wagner	Udo	1965	12	03:51:59	03:53:00	04:04:43	03:55:43	04:03:44	03:55:19	04:20:13	04:10:27	04:27:31	04:33:54	05:00:56	04:41:33										
Waltmans	Johannes	1963	13				04:05:09	04:55:46	04:59:36	05:10:19	04:58:49	05:56:00	05:06:28	04:53:44	04:52:37	05:07:10			04:59:42		05:30:57	05:49:28			
Warner	Stephanie	1964	13				03:41:58	03:26:46	03:18:27	03:11:37	03:13:11	03:10:55	03:13:04	03:22:24	03:17:48	03:22:11	03:28:25	03:37:07	03:31:43						
Weber	Thomas	1978	11	03:50:52	03:28:55	04:09:19			03:27:14	03:56:33	03:44:47	04:05:33	03:36:11		03:52:25	03:50:09						03:59:53			
Weitkämper	Wolfgang	1960	10		04:39:18																				

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022
Winter	Ralf	1965	18	04:14:33	03:28:31	03:43:40	03:12:28	03:04:44	03:24:15	03:37:59	03:40:22	03:47:18	03:38:21	03:48:11	03:55:48	04:34:11	04:36:08	04:44:27	04:23:51	04:25:22	05:23:44		
Wittler	Michael	1960	13	03:52:08	03:34:29	03:40:31	03:27:00	03:27:38	03:26:19	03:24:50	03:28:26	04:06:30	03:54:00			03:48:47	03:46:00	04:02:56					
Wolfrom	Peter	1949	20	03:48:58	03:46:56	03:51:24	04:02:46	03:43:04	04:30:02	04:04:50	04:06:25	04:19:29	04:21:51	04:35:03	04:38:13	04:25:46	04:20:59	04:26:33	04:18:14	04:43:08	04:40:12	05:17:28	04:57:48
Wünscher	Eckart	1954	10	04:05:37	03:48:40	03:38:36	03:35:11	03:27:43	03:28:03	03:26:11	03:28:21	04:13:43	03:36:24										
Ziemann	Markus	1966	10							03:14:10		03:15:27	03:13:49	03:13:45	03:05:03	03:14:35	03:13:18	03:14:05	03:13:56	03:14:18			
Zschesche	Christian	1965	10	03:25:27	03:25:05	03:46:12	03:13:43	03:36:43	03:57:05	04:18:56	04:45:19	04:14:42	04:35:01										
Zumdick	Reinhard	1963	14	03:19:48	03:14:22	03:13:51		03:11:03			02:59:05	03:04:36			03:15:20	03:11:30	03:12:33	03:17:36	03:16:49	03:18:22	03:13:39	03:23:43	