

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022	Z2023	Z2024
Abke	Reinhard	1969	13						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	03:44:20	
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								
Altefrohne	Stefan	1965	13					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	04:03:54	
Althoff	Hans-Herman	1956	14					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	04:36:49	04:13:27	
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	11							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			03:06:51	
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		
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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					
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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	22	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	03:22:34	03:36:13
Beckmann	Edith	1976	20		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	04:54:33	04:26:36
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	19	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	04:47:16	
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	03:40:29				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					
Berndtrottmann	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				
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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	18	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		04:46:59	05:16:27	
Brathe	Georg	1970	14	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	04:11:47	04:23:17
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					
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Brinkmann	Klaus	1964	11							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			04:12:11		
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				
Brunstering	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								
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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						
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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											
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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		
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Dahlhaus	Winfried	1959	15	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	04:42:26	
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	02:52:43	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	15					04:10:32			03:56:37	03:49:36	03:21:16	03:17:23	03:23:17	03:15:33	03:29:51	03:28:45	03:28:34	03:17:45	03:38:03	03:38:43		03:47:34	04:05:02
Diepen	Dr. Ing. Peter	1949	10	04:17:29	04:01:46	04:17:37	04:07:48	04:05:00	03:57:59	03:55:33	03:59:06	04:07:21	04:13:24												
Diepenbrock	Thomas	1963	10																						

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022	Z2023	Z2024			
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												
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Elsinghorst	Detlev	1972	20	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	03:00:45	03:36:07		
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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							
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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	22	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	05:41:31	05:26:12			
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	20	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	04:23:53	04:53:33		
Fliss	Hermann	1961	18	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		04:51:34				
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			04:06:15	03:57:09								
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										
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Friss	Petra	1973	12											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	05:09:19	05:10:37			
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								
Gehltholt	Petra	1967	11								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						04:39:51		
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Gellern	Frank	1970	11	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	04:47:25		
Gerd	Matthias	1969	10	04:40:52		04:26:32	03:53:26		03:12:34	04:28:56	03:41:14	04:14:37	04:48:18					04:16:39								05:18:25		
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												
Gericke	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		03:53:51	03:42:09	03:32:10	03:39:20	03:37:46	03:39:00	03:27:31	03:30:19			
Glasbrenner	Bernhard	1962	11								04:08:41	03:56:50	03:59:15				05:13:57	04:40:40	05:09:02	04:42:34	04:51:17	04:42:27	05:05:12	05:04:20	05:13:05	05:43:45		
Gleichauf	Thorsten	1963	10															05:14:03	04:46:08	04:56:30	05:01:27	05:02:13	04:48:02	05:22:13	04:39:54	05:19:07		
Glöckner	Wolfgang	1959	21	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	05:19:07			
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	21	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	05:29:15	05:44:14			
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	22	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	03:35:48	04:57:59			
Gron	Josef	1953	19	03:00:56	02:56:32	02:59:47	03:01:22																					

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022	Z2023	Z2024		
Herbst	Jan Martin	1982	12	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				03:39:29			
Herke	Steffen	1971	13						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	03:14:59	03:23:42		
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				
Hillmann	Arnd	1968	10							03:37:07	03:36:12	03:34:19				04:28:52	04:27:25				04:30:40	03:58:59		04:21:02	04:07:50		
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	11				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	05:21:16			
Hölscher	Werner	1959	14	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			03:56:53			
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											
Hovermann	Christian	1971	11													03:56:08	04:00:00	03:48:09	03:48:38	03:45:23	03:55:11	03:51:59	04:15:09	03:54:53	03:57:25	04:18:06	
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													
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			03:35:02	03:33:45	03:40:15				
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	04:28:33	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											
Igelbrink	Hans Peter	1963	11	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											03:58:11			
Ilgner	Uwe	1969	13						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	04:40:21	
Ishida	Masafumi	1974	13						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	03:44:21	03:45:01	
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		03:27:43	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	12	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	03:46:30			
Kaiser	Daniel Sean	1962	14						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			05:26:08		
Kaiser	Peter	1955	16	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			05:19:57			04:55:46	04:26:57	04:48:11	04:25:45	04:57:31
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									
Karneth	André	1967	12	02:47:03	02:46:34		02:44:31		02:47:07				03:06:20	03:05:55	03:12:50	02:54:48				03:30:03			03:34:00		03:25:22	03:13:20	
Kasprik	Michael	1976	13							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	03:13:53			
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												
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	Erhard	1946	10					03:34:22	03:28:08	03:26:04		03:42:44	03:54:10	03:45:09	03:36:32		04:04:33					04:14:52		04:37:21			
Kemper	Sandra	1968	22	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	04:24:48	04:35:04		
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	12									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	03:49:05	03:49:09			
Klene	Andreas	1961	13		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		03:40:50			
Klimaschka	Robin	1971	12							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			03:22:51	03:23:49				
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			04:10:13	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	04:13:34	
Koch	Heike	1962	21	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									
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	05:22:17	05:32:51	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	22	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	03:32:00	03:35:33		
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	03:35:50	03:52:33	03:51:19									
Koop	Dieter	1957	12	04:22:32	04:01:04	04:17:34	03:57:25	04:21:16	04:08:10	04:04:04	04:10:14	04:30:20	04:14:11	04:14:54	04:22:44												
Kopp	Andreas	1961	22	03:55:30	04:02:03	03:43:00	03:52:57	03:41:08	03:48:20	03:48:28	03:53:58	03:57:39	04:07:38	04:20:10	04:14:36	04:26:31	04:46:48	05:22:02	04:44:24	04:48:49	04:36:10	05:06:02	05:23:07	05:36:58	05:57:37		
Kormann	Uli	1975	13																								

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022	Z2023	Z2024
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	13					04:12:02	03:52:06	03:42:49	03:41:18	03:44:17												04:23:39	
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										
Leonard Peter		1964	13	03:08:24	03:04:49	03:22:44		02:55:26	02:59:36	03:09:49		02:55:46		03:29:46		03:19:19									03:43:46
Liegmann Günter		1955	13	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									03:32:42
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							03:43:46
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						05:22:49
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	19				03:49:01	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	03:17:52	03:22:02
Loddenkötter Stefan		1965	19	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	04:09:23	03:53:18	03:40:05	03:33:44	03:33:08	03:24:15	03:52:29	03:41:34		03:41:34
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	22	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	04:15:39	04:34:53
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									
Ludwigs Peter		1959	10		04:15:05	04:01:09			04:16:30	04:02:16		04:15:01				04:06:35	04:46:56		04:39:29	04:10:38	04:39:22				
Luig Martin		1972	22	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	03:49:12	03:58:21
Lütke Schelhowe Hermann		1950	19	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		04:44:46
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	22	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	04:54:07	04:47:29
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	16		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	03:21:45	03:27:51
Mariani Giuseppe		1965	13		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		04:38:12
Marquardt Christof		1968	12							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	03:02:11	03:05:24
Mastrogiacomi 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	12	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	22	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	03:43:38	03:40:17	03:45:56	03:48:58	03:54:34	03:58:55	04:03:40	04:14:45	04:21:42	04:29:57	04:33:20
Miklasz Volker		1968	14	03:21:55	03:07:55	03:35:22	03:05:51	03:10:37	03:07:51	03:10:41	04:23:23	04:13:04	04:11:21	04:23:04	03:57:50	03:58:35	04:05:25	04:08:01	03:45:04	03:53:15		03:49:07	04:21:58		04:45:59
Möcklinghoff Heiko		1967	13							04:23:23	04:13:04	04:11:21	04:23:04	03:57:50	03:58:35	04:05:25	04:08:01	03:45:04	03:53:15			03:49:07	04:21:58		04:45:59
Mohnberg Hans-Peter		1947	15	04:33:07		04:02:40	03:49:06	03:51:07		03:43:17	04:02:27	04:29:20	03:57:48	04:14:12	04:07:35	04:31:44	04:29:11	04:42:19	04:36:19	05:13:24					
Müllmann Thomas		1963	22	03:43:46	03:38:02	03:56:07	03:44:28	03:48:05	03:57:43	04:01:42	04:02:43	03:57:05	04:03:28	04:10:46	03:49:40	03:57:36	03:59:05	03:57:58	04:05:21	04:17:56	04:23:19	04:01:35	04:12:20	04:31:07	04:40:03
Münstermann Marcus		1974	22	04:08:02	04:15:02	04:25:05	03:37:28	03:25:04	03:30:32	03:27:08	03:57:16	03:30:51	03:37:57	03:57:30	03:43:45	03:40:30	04:13:24	03:46:26	03:47:08	04:12:10	04:23:53	04:38:31	05:17:03	05:35:45	05:43:41
Natterrodt Michael		1978	12					04:52:06	04:32:57	04:15:17	04:25:35	04:26:59	04:38:52	04:59:36	03:59:24	04:43:32	03:57:52	04:05:35	03:39:30						
Navratil Peter		1964	11	04:16:39		03:45:24					03:53:39	03:24:26		03:29:53		03:18:29	03:32:16				03:21:28		03:31:43	03:27:45	03:24:47
Nergert Gerd		1953	13				04:15:43	03:56:09	03:45:38	03:45:48	03:59:06	04:31:17			03:45:45	03:42:00	03:46:00				04:05:22	04:11:20	04:14:33	04:32:58	
Niehaus Ludger		1964	10	03:45:30	04:19:32			03:52:36	03:29:41		03:27:54	03:37:29	03:41:54	03:36:28	03:36:49	03:49:08									
Niehoff Josef		1966	15	04:07:15	04:23:17	03:57																			

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022	Z2023	Z2024	
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			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				
Radstaak	Britta	1979	10							03:39:17	03:36:26	03:38:26			03:57:57	03:37:07			03:52:00	03:57:44			03:49:44	04:11:00	03:57:45	
Radstaak	Frank	1973	10												03:57:57	03:37:06	03:13:28	03:25:31	03:27:50	03:22:46	03:12:21		03:38:40	03:22:40	03:19:08	
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	21	04:17:51	04:15:35	04:44:45	04:12:13	04:23:25	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	05:44:55	06:01:24	
Reichelt	Andreas	1957	21	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		05:20:37	05:37:12	
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	21	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		04:54:33	04:26:36	
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	12					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	03:50:05	
Rohde	Andreas	1966	15								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	04:17:41	04:38:25
Rolfes	Maria	1954	17				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	04:39:28	04:58:27
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	12		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					04:48:47	
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	18	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	03:55:35		
Sackmann	Thomas	1965	10								04:18:12	04:14:58	04:05:53		04:13:59	04:29:04	04:34:53		04:32:38		05:16:15	05:23:37	05:45:36			
Sahli	Hala	1974	17	04:31:24		04:41:39	04:20:46	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					
Sansar	Elias	1980	10											02:26:35	02:24:08			02:23:30	02:25:44	02:25:25	02:23:45	02:24:13	02:25:15	02:25:42	02:23:15	
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	19		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	04:33:04	04:47:08	
Schlarmann	Jan	1987	10								03:56:34	03:40:29		04:46:16	03:34:33	03:53:18		03:44:21		03:32:15		03:27:23	02:58:26	03:18:11	03:02:54	
Schlegel	Rudolf	1962	17	03:36:31	03:35:46	04:01:37	03:47:06		03:46:57	03:36:42	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					
Schmeinc	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						05:16:52	
Schrodt	Manfred	1952	12				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								
Schulz	Stefan	1967	10	04:40:35		05:38:28				05:05:44	04:24:03	04:17:36	04:20:41							03:47:53		03:51:08		03:54:09	03:28:46	
Schulze Lutum	Bernd	1954	12	03:01:13	03:27:51	03:26:48	03:23:51	03:52:37	03:45:41		05:05:44	04:26:26	04:16:57			04:37:12	05:03:10	04:40:24			04:52:55					
Schuschel	Oliver	1962	14	03:40:17	03:31:58	03:41:28	03:27:29	03:25:16	03:15:13	03:14:41	03:21:12	03:25:12	03:39:26	03:32:31	03:29:51					04:06:44						
Schwefer	Ira	1970	16				03:33:03		03:18:56	03:13:22	03:22:25	03:12:13	03:12:35	03:15:31	03:11:56	03:11:46	03:16:19			03:17:39	03:28:08	03:25:29	03:22:40		03:26:33	03:32:24
Schweizer	Peter	1959	10				03:26:49			05:30:35				03:28:10	03:22:08	03:20:12	04:38:13					03:44:26	04:01:47	04:37:12	04:12:49	
Schwendenmann	Peter	1967	10							04:25:03	04:10:53				03:49:38	03:44:37	04:06:25	03:54:51			04:40:34		04:28:08	04:40:02	04:50:26	
Schwerbrock	Dirk	1963	11			04:30:18	04:21:16	03:50:54	04:06:41	03:56:52	03:41:39		04:18:16	03:52:05	04:03:29			04:05:20	03:51:59							
Segger	Jörg	1955	10	04:16:59	04:02:21	04:19:16		04:03:39	04:10:34	04:06:57	04:31:45		04:27:41							04:34:03					05:06:20	
Seppelt	Rainer	1961	10	04:23:29	04:22:30	04:24:28	04:01:28	03:59:11	04:05:33	04:17:47	04:26:32	04:25:43	04:45:47													
Sicking	Ewald	1962	11									03:47:40	03:39:19	03:50:10	03:40:59	03:55:13	04:10:08	04:42:45			04:45:32		05:24:30	05:10:35	05:48:47	
Sievers	Gerhard	1951	16	03:11:28		03:19:03	03:07:07	03:06:18	03:26:50	03:20:43	03:14:12				03:43:14	03:20:39	03:30:16	03:43:35	03:40:55	03:39:19	03:40:34	04:12:15	03:50:44			
Silvestri	Francesco	1965	11	04:04:57	03:47:30																					

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	Z2021	Z2022	Z2023	Z2024	
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	18				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	04:16:53	04:44:34	
Stutenbäumer	Martin	1964	10	03:09:17	03:07:08		02:55:17			02:49:18	02:49:57	02:49:27							02:59:31	02:58:29	03:03:38				03:03:56	
Suck	Elvira	1959	20	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	04:22:17	04:39:07		
Suck	Manfred	1956	22	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	03:52:44	04:25:51	
Suendorf	Daniel	1972	10																							
Suerland	Klaus	1957	12	03:16:20							03:01:03	03:24:55	03:10:50					05:07:43	03:48:35	03:38:24	03:52:41			03:47:05	04:18:35	
Sweers	Ralf	1963	11	04:01:51							04:19:46	04:19:32	04:37:37					04:19:09	04:15:24		04:11:00	04:30:49	04:54:46		04:47:12	04:53:05
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	22	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	03:48:40	03:55:59	
Thyen	Thomas	1972	12					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		03:57:44	
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	12											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	04:24:25	04:26:22	
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	
Van Reemst	Cees	1953	11	03:37:17				03:10:21			03:38:10	03:39:41		03:50:16		03:46:21	03:55:04		03:59:51		04:04:04			04:23:30	04:34:17	
Venhofen	Gerd	1955	10																							
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	12			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	03:59:13		
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	11	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			05:33:20	
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	14					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			05:27:20	
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	03:31:43								
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							03:59:53				
Weitkämper	Wolfgang	1960	10		04:39:18	04:14:13	03:59:37	04:22:19	03:58:43		04:25:01		04:11:43		04:25:08	05:19:49	05:23:18									
Wendker	Thomas	1967	15					03:47:28	03:39:22	03:37:13	03:38:46	03:27:58	03:22:16	03:13:32	03:11:26	03:03:44	03:07:54	03:11:36	03:13:23	03:23:42	03:49:21	03:39:29				
Wesbuer	Thomas	1966	14					03:27:31	03:16:15	03:08:08	03:09:28	03:11:29	03:19:39		03:12:41		03:17:02	03:13:07		03:25:06	03:41:20	03:32:15	03:37:51	03:40:20		
Wesche	Michael	1968	19		04:54:08	04:39:39	04:36:34	04:51:04	04:14:48	04:16:15	04:14:55	04:10:47	04:06:10	04:23:04	04:03:22	03:59:33	04:27:42	04:28:06	04:25:16	04:20:28	04:35:47	04:35:44	04:25:32			
Wesemann	Frank	1970	11			04:12:11		03:43:58	03:58:21	03:55:01	04:04:56	04:12:19	04:34:17	04:22:10	04:27:23		04:38:20									
Wichmann	Gerhild	1954	10			04:27:41	04:27:59	04:27:40	04:16:13	04:28:43	04:38:43			04:54:21	04:49:46	05:05:23	05:32:36									
Wiefermann	Heinz	1958	22	04:46:34	04:27:17	04:47:00	04:01:59	04:16:50	04:11:00	04:21:01	04:02:12	04:09:41	04:37:46	04:41:54	04:38:32	04:57:42	04:57:45	05:08:10	04:50:37	05:07:19	04:59:54	05:25:21	05:26:53	05:25:46	05:32:35	
Wieschhörster	Andreas	1970	11								03:24:58	03:35:02	03:24:08	03:35:39	03:13:19	03:19:04	03:26:22	03:23:44	03:29:31	03:43:41	03:44:31					
Wijdenes	Salvatore	1970	11				04:35:26	04:33:09	04:09:20	04:13:58	03:41:17	03:49:15	04:17:10	04:15:05	03:57:46	03:58:04	04:41:00									
Witling	Helga	1954	11		04:07:24	03:59:06	03:49:13		03:42:08		03:45:31	03:53:06	03:52:15	03:59:37	04:03:08	04:00:46	04:09:37									
Windmann	Ralf	1959	13								03:43:29	03:48:45	03:46:52	03:51:04	03:40:31	03:43:55	03:51:28	03:58:25	03:55:39	04:04:56		04:07:57	04:13:40	04:18:47		
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:																						