

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	
Abke	Reinhard	1969	11						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	3:26:53		
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	10					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			
Althoff	Hans-Hermann	1956	10						03:26:25	03:14:56	03:18:39	03:33:23	03:33:08								3:50:09	
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	3:56:50	3:56:59	
Arndt	Andreas	1960	11					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	4:06:40	4:14:20	
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		3:10:20		
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	16	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	3:01:31	3:16:52	
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		4:04:16	4:25:47	
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	3:51:44	3:44:51		
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	18	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	3:28:42	3:23:53	
Beckmann	Edith	1976	17		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	4:10:44	4:20:35	
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	4:38:21		
Beer	Michael	1951	16	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			
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	03:35:28					
Berg	Hans-Joachim	1957	10	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		3:56:41		
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	4:00:31	3:59:41	
Berndstrotmann	Karl	1957	13	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			3:27:25	3:16:17	
Berndt	Andreas	1969	11							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	3:32:59	3:45:42	
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						
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	15	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			
Brathe	Georg	1970	11	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	03:08:05	4:20:13	4:05:16	
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		3:08:28	
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	4:13:05	3:58:30	
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							3:42:11	3:41:08	
Brunstening	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			3:51:44	
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	10		03:29:01	03:54:37			03:34:47	03:26:48					03:37:32	03:58:34	04:12:34		03:34:06	3:51:37	3:48:29	
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	13		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	4:15:11	4:12:02	
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	17	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	3:51:07	3:34:05
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							2:53:45	
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	12	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	4:48:51	3:58:22
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	12					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	3:18:05	3:38:03
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									
Dießel	Lucia	1956	10							04:40:02		04:35:29	04:35:01	04:59:51	04:24:35	04:26:05	04:30:29	05:00:58	04:34:03	4:33:32		
Dirksen	Uta	1965	14		04:29:35	04:25:45	04:15:03	04:19:28	04:06:23	04:04:37	03:45:59		04:22:00	04:12:28	03:58:36	03:59:30	04:02:17	03:57:50		4:12:03		
Dittrich	Sven	1975	11				03:28:52	03:21:34	03:30:47	03:33:27	03:17:34	03:33:06	03:10:07	03:28:22	03:07:05	03:01:33		03:08:39				
Dubberstein	Rainer	1961	18	03:50:13	03:30:28	03:35:18	03:24:23	03:13:37	03:05:24	03:04:14	03:21:49	03:07:10	03:07:35	02:58:57	02:59:07	03:04:51	03:06:00	03:07:18	03:09:04	3:11:08	3:17:09	
Düking	Jürgen	1968	13			03:15:23	03:03:54		03:03:14	03:10:43	03:06:27	03:08:48	03:14:50	03:27:11	03:12:05	03:13:20			03:16:58	3:23:45	3:32:53	
Dürmann	Sven																					

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019
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	4:26:58	4:22:55
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	17	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	3:13:38	3:35:47
Ender	Christian	1959	12		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	3:42:26	3:38:49
Erdenberger	Ute	1973	12	04:49:18	04:15:48					03:49:46	03:41:48	03:56:20	03:39:58		03:47:42	03:50:08	03:46:21		03:55:09	3:53:42	3:39:03
Ernst	Martin	1965	16	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	4:22:15	4:30:03
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	4:52:26	4:46:42
Fanslau	Tobias	1967	14		04:31:34		04:29:25	04:09:45	04:08:57	03:58:04	03:38:50	03:55:21			03:44:25	03:49:02	03:52:24	03:51:57	03:50:21	4:27:41	3:49:18
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	14				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	4:09:51	4:13:19
Felmet	Klaus-Dieter	1962	18	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	4:58:40	4:59:53
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	18	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	4:42:18	4:44:11
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	16	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	4:12:17	4:18:02	
Fliss	Hermann	1961	16	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	4:13:18	4:10:19
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	3:58:35	
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			
Fritsche	Werner	1959	18	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	4:57:58	4:52:50
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	14	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	4:24:40	4:39:13
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		
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	4:31:11	4:00:42
Glöckner	Wolfgang	1959	18	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	5:09:14	4:48:02
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	18	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	5:19:30	5:30:10
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	17	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	4:03:24	4:30:19
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					
Grewé	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	4:25:05	4:32:24
Griese	Berthold	1965	18	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	4:11:10	3:42:51
Grond	Josef	1953	16	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	3:35:55	3:30:12
Grüger	Magnus	1961	18	03:52:07	03:42:33	04:04:40	03:34:13	03:44:35	03:47:58	03:36:17	03:51:48	04:11:15	04:13:39	04:17:51	03:48:14	04:05:49	03:56:21	04:13:31	04:04:44	4:19:45	4:25:03
Grünebaum	Marcus	1978	10								03:59:21	04:00:13	04:21:39	03:59:30		03:45:40	03:28:16	03:47:10	03:26:46	3:43:54	3:53:50
Gude	Ralf	1968	10								03:33:29	03:27:31	03:32:12	03:26:06	03:19:30	03:32:17	03:42:25	03:26:50	03:31:47		3:45:41
Guelker	Harry	1968	12						04:14:35	04:07:52	04:03:44		03:58:55	03:59:42	03:56:28	04:31:46	04:01:48	04:39:12	04:28:53	4:00:19	4:33:45
Hagemann	Beate	1965	10	04:23:07	04:15:09	04:24:04	04:14:22	04:19:19	04:17:16	04:08:50	04:10:04	04:00:53	04:15:35								
Hageney	Thomas	1966	13	03:51:21	03:48:02	04:22:39	04:14:20	04:24:29	03:47:40	03:48:34	04:04:38	04:27:47	04:07:20	04:18:15	04:23:42	04:11:20					
Hakenes	Wilhelm	1961	17	04:07:34	04:10:27		03:56:00	03:58:09	03:53:31	03:48:07	03:42:02	03:55:39	04:00:12	03:41:24	03:39:09	03:58:34	03:44:29	04:07:48	04:07:52	4:21:54	4:08:08
Hallau	Frank	1972	14		04:40:06	04:29:58	03:56:20	03:48:39	03:42:37	03:35:51	03:22:40		03:49:07		03:50:16	03:49:55	03:48:5				

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019
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	3:13:56	3:13:30
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				4:00:22	
Herke	Steffen	1971	10						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		3:29:36
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				
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	5:38:23	5:50:35
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		3:27:53
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										
Huesker	Bernd	1949	12		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		05:31:38	05:37:21	05:31:12	6:05:01	5:52:45
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			3:35:55
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	4:37:57	4:41:38	
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	10						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		4:24:14
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	5:20:11	
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		03:10:12		03:27:43	03:27:23	03:26:04			03:42:29		
Jücker-Deifuß	Christine	1968	10		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					
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	5:36:50	5:26:09
Kähler	Enno	1965	10	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						3:32:58	
Kaiser	Daniel Sean	1962	12						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	4:20:17	
Kaiser	Peter	1955	13	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			4:58:14	4:26:57
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	10								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		2:59:23
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	18	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	4:17:34	4:04:59
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		3:16:22	3:13:49	
Kirschsieper	Lothar	1948	18	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	3:57:28	3:47:46
Klene	Andreas	1961	10		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			3:19:39
Klimaschka	Robin	1971	10							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	3:05:51		
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		4:05:01
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			4:07:21	
Koch	Heike	1962	18	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	4:17:37	4:05:04
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	5:12:04	5:15:49
Köll	Stefan	1971	18	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	3:17:12	3:24:21
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	18	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	4:50:28	4:36:10
Korobejnikov	Vladimir	1955	14	03:40:31	03:20:58	03:26:05	03:25:57	03:25:17	03:18:37		03:29:04	03:29:04	04:00:14	03:41:08	03:46:55		04:01:29	03:56:47	4:57:56	4:30:53	
Kösters	Clemens	1959	15	03:23:04	03:07:43	03:02:19	02:59:22	02:56:04	02:55:43		03:04:45	03:14:32	03:16:45	03:19:48	03:11:46		03:23:31		03:22:15	3:23:57	3:20:47
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	4:35:30	
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	5:12:04	
Kröninger	Peter	1951	18	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	5:00:13	5:09:36
Kückelmann	Rolf	1950	16	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		4:30:18	
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	3:51:55	3:56:13
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			03:35:22	03:22:02					
Lammerding	Matthias	1968	15	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	4:41:01	5:00:20
Lammerding	Ralf	1963	12						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		3:54:13

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019	
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	15	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			
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	3:39:24	3:43:15
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	3:27:41		
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	3:42:41	3:32:42	
Liegmann	Günter	1955	11	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	4:49:03		
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							4:47:58	
Löckemann	Markus	1972	15				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	3:22:18	3:04:55	
Loddenkötter	Stefan	1965	15	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	3:41:27	3:33:44	
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	11				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	4:07:52		
Lübbert	Oliver	1964	18	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	4:15:59	4:59:21	
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						
Lüig	Martin	1972	18	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	3:19:03	3:30:49	
Lütke Schelhowe	Hermann	1950	16	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	4:08:48	4:03:42	
Lütke Schute	Siegfried	1959	10				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						4:20:05	
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	18	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	4:17:22	4:51:23	
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	12		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	3:43:01	3:35:55		
Mariani	Giuseppe	1965	11			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	3:58:23	3:55:23	
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					5:48:20	
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						5:09:31	5:10:27	
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					
Michels	Manfred	1966	18	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	3:59:38	4:03:40	
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	03:22:58	03:24:18	03:35:53	03:45:17	03:18:42	03:15:24	03:18:56					
Möcklinghoff	Heiko	1967	10							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	3:54:02			
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	5:15:00		
Müllmann	Thomas	1963	18	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	4:20:14	4:23:19	
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Natterodt	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	3:40:00		
Nergert	Gerd	1953	10				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					4:05:22	
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Niehoff	Josef	1966	15	04:07:15	04:23:17	03:57:55	03:45:56	04:24:53	03:57:09	04:14:42	04:55:04	04:56:35	04:22:55	04:15:11	04:49:51	03:58:48		03:49:44			4:25:51	
Nierhoff	Kai	1976	10					03:56:20	03:33:09	03:33:26			04:18:13	04:11:42	03:55:14		03:53:36		04:24:06	4:18:21	4:11:25	
Öing	Thomas	1967	11	03:29:28	03:16:11	03:36:38	03:29:21	03:43:32		03:35:40	03:15:05		03:29:13	03:37:21		03:34:36					3:58:31	
Oldenburger	Hildegard	1965	12						04:18:28	04:03:22	03:56:30	03:54:56		03:48:26	03:45:47	03:42:02	03:42:13	03:47:51	03:42:53	3:50:24	3:48:14	
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	17		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	4:41:19	4:09:51	
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	18	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	5:23:32	4:49:36	
Peters	Werner	1963	11	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	3:48:39			
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	4:34:04		
Pflügler	Christian	1967	14		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	5:04:57	4:58:06	

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019
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	4:37:11	3:58:51	
Pitz	Markus	1969	18	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	4:34:04	3:54:54
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	5:18:40	
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					3:58:38
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	5:44:14	5:55:41
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		3:57:20	
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		4:52:30	4:47:34
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		3:57:20
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	4:31:00	
Rehers	HaWe	1947	17	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	5:02:32	5:29:59
Reichelt	Andreas	1957	18	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	5:14:04	5:06:55
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		4:06:09	
Reiß	Björn	1976	18	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	4:10:43	4:20:33
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	5:09:35	
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	4:11:39	4:29:58
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	10				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	3:36:09	
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Rolfes	Maria	1954	13				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	4:59:29	4:55:37
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						4:22:03	
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	11	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	4:15:51	
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			2:54:02	2:54:31
Sachse	Matthias	1964	15	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	4:07:28	3:54:42
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	4:12:10	4:22:35
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	16		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	4:47:19	
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	4:24:02	4:09:10
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		3:59:02
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	2:57:52	
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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	13	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		4:43:48	4:52:55
Schumacher	Marcus	1969	10									04:19:22	04:00:11	03:53:20	03:49:42	03:53:00	03:54:39	03:41:47	03:43:42	3:44:59	3:41:36
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		03:56:03			4:07:42	
Schwefer	Ira	1970	13				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	3:28:25	3:25:29
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	3:53:12	
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								
Sievers	Gerhard	1951	14	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	3:39:57	3:40:34
Silvestri	Francesco	1965	11	04:04:57	03:47:30					03:25:35	03:11:18		03:04:52	03:16:14	03:01:23	03:02:56	03:20:34	04:04:05	04:45:03		
Skornitzke	Günther	1956	14	03:31:39	03:29:15	03:41:32	03:31:56		03:38:44	03:34:01	03:41:26	03:40:53	03:45:04	04:05:08	03:44:05	03:45:49	03:50:13	04:16:41			
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	3:25:17	3:57:20
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	3:40:39	
Sobbe	Berthold	1965	11						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	4:07:01	4:03:26
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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	5:12:31	5:09:07
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	3:58:24	4:02:05
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	3:59	

NNAME	VNAME	GEBJ	AnzE	Z2002	Z2003	Z2004	Z2005	Z2006	Z2007	Z2008	Z2009	Z2010	Z2011	Z2012	Z2013	Z2014	Z2015	Z2016	Z2017	Z2018	Z2019
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	4:15:53	3:56:25
Strathoff	Jürgen	1958	12		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		
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	3:27:20	3:30:11
Sturm	Martin	1966	15				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	3:34:55	3:27:43
Suck	Elvira	1959	16	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	5:03:20	4:37:03
Suck	Manfred	1956	18	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	3:47:43	3:56:55
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	3:38:32	3:52:41
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			4:08:29
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	18	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	3:30:40	3:32:56
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				03:46:32		
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	3:53:27	
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					03:46:32			
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							
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		3:23:35	03:56:22
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	4:00:16		
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	15	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	4:31:11	4:30:19
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				
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						3:47:33	3:51:02
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	4:43:56	
von der Horst	Dr. Rutger	1962	11				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	04:26:57	5:41:09	
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							
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	12				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		5:30:57	
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	10	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					
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	13						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	3:13:40	3:23:42
Wesbuer	Thomas	1966	10						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		3:25:06
Wesche	Michael	1968	17		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	4:21:15	4:35:47
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			4:13:49
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			
Wiefertmann	Heinz	1958	18	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	5:09:47	4:59:54
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	3:44:17		3:44:31	
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				
Wilting	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	10								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	4:05:48	
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	4:26:53	5:23:44
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	18	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	4:45:20	4:40:12
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	3:14:08	3:14:18
Zschiesche	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	13	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	3:18:38	3:13:39