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| Name | Vorname | 10.11 | 17.11 | 24.11 | 1.12 | 2.12 | 8.12 | 9.12 | 15.12 | 16.12 | 5.1 | 6.1 | 12.1 | 13.1 | 19.1 |
|------------|------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Albers | Joeg | | | | | 0:50:47 | | 1:05:51 | | | | | | | |
| Alnor | Carsten | | | | | | | | 0:31:43 | | | | 1:06:53 | | |
| Ammeter | Michael | | | 0:32:16 | 0:32:34 | | 0:31:27 | | 0:28:07 | | | | 0:29:52 | | |
| Amstutz | Michael | | | | | | | | | | 1:21:02 | | | | |
| Angsmann | Ingrid | | | 0:55:21 | | 0:56:19 | 0:56:27 | | | | 0:57:33 | | | 0:56:17 | 0:57:54 |
| Artmann | Gabriele | | 0:20:17 | 0:20:08 | | 0:22:21 | 0:20:15 | | | | 0:20:24 | 1:52:08 | 0:20:25 | | |
| Artmann | Jens | | 0:22:04 | | | 0:22:22 | | 0:24:38 | | | | 0:22:52 | | | |
| Auel | Martina | | | 0:31:28 | 0:31:01 | 0:30:51 | 0:30:26 | | | | 0:30:18 | | | | 0:31:41 |
| Auel | Benedikt | | | 0:29:38 | 0:28:25 | 0:32:06 | 0:28:19 | | | | 0:29:21 | | | | 0:31:41 |
| Bahl | Eckhard | | 0:47:28 | 0:46:34 | 0:48:14 | | | | 0:45:23 | 0:24:29 | 0:48:29 | | 0:27:46 | 0:49:40 | |
| Bahl | Luisa | | | | 0:30:40 | | | | 0:28:46 | | 0:29:10 | | 0:29:04 | 0:28:48 | |
| Balke | Carmen | | 0:35:47 | 0:33:46 | | | 0:33:14 | | | 0:31:16 | 0:32:18 | | 0:32:23 | | |
| Barlac | Abdulkadir | | | 1:59:17 | 1:51:35 | | 1:55:40 | | 1:42:30 | | | | | | |
| Bartsch | Sebastian | | | 1:54:23 | | | 1:57:01 | | 1:51:24 | | | | | | |
| Bast | Nikola | | 0:57:53 | 0:58:21 | | | | | | | 0:58:05 | | 0:58:04 | | 0:59:20 |
| Beckadolf | Wolfgang | | | 0:27:15 | | 0:27:59 | | | | 0:26:32 | | 0:28:19 | | 0:27:51 | 0:29:03 |
| Becker | Philip | | | | | | 0:53:09 | | | 0:48:32 | | | 0:52:41 | 0:55:04 | 0:50:04 |
| Becker | Nadeshda | | | 0:38:52 | | | | | | | 0:36:58 | | 0:34:52 | 0:34:53 | 0:34:59 |
| Becker | Maria | | | | | | | | | | | | | | |
| Behn | Vera | | 0:32:16 | 0:33:31 | | | | 0:35:37 | 0:31:03 | | 0:32:06 | | | | |
| Behrens | David | | 0:25:24 | 0:24:50 | | | 0:24:39 | | | | 0:24:37 | 0:24:45 | | | |
| Bettermann | Uwe | | 1:03:04 | | | | | | | | | | | | |
| Bettermann | Edgar | | | | | | | | | | | 0:34:34 | | | |
| Beuster | Udo | | | 1:10:56 | | | 1:10:40 | | 1:06:19 | 1:07:44 | 1:11:43 | | | | |
| Beverungen | Jonas | | 0:38:53 | | 0:35:32 | | | | | | 0:18:19 | | | | |
| Beverungen | David | | | | 0:21:24 | | 0:21:06 | | | | 0:19:34 | | | | |
| Biock | Wolfgang | | | | | | | | | | | | | | |
| Blume | Regina | | | | | | | | | | | | | | 2:07:38 |
| Bode | Christian | | 0:55:32 | | 0:55:16 | | | | | | | | | | |
| Bodemann | Monika | | 0:32:32 | | | | | 0:35:38 | | | 0:32:22 | | 0:33:12 | | 0:33:46 |
| Bohmhauer | Annette | 2:21:58 | | | | | | | | | | | | | |
| Bohmhauer | Robert | 2:22:01 | | 0:53:36 | 2:06:22 | | 1:52:12 | | 1:44:15 | | 1:49:01 | | 1:49:47 | | 0:56:14 |
| Borgolte | Ralf | | 0:29:59 | | 0:29:35 | | 0:28:43 | | | | 0:29:27 | | 0:27:41 | | |
| Borgolte | Corinna | | 0:30:10 | 0:30:16 | 0:30:14 | | | | 0:27:54 | | | | 0:29:42 | | |

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|-------------|------------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Brandenburg | Oliver | | 1:54:39 | | | | 1:52:50 | | 1:47:56 | | | | | | |
| Brandt | Tewes | | | | | | | | | | 0:23:29 | | | | |
| Bremer | Jörg | | 1:46:00 | 1:41:22 | 1:37:51 | | 1:41:40 | | 1:35:38 | | 0:50:32 | | | | |
| Bresler | Norbert | | | | 0:28:23 | | 0:27:46 | | 0:26:23 | 0:27:21 | | | | | |
| Brillo | Carolin | | 0:58:54 | 0:56:53 | 0:55:52 | | 0:54:23 | | | | | | | | 0:56:41 |
| Brockmann | Susanne | | 2:02:41 | 2:01:31 | 2:00:46 | | 2:01:21 | | 1:49:47 | | 1:58:22 | | | | |
| Bröker | Erwin | | | 0:52:27 | 0:50:35 | | 0:50:27 | | | | | | 0:50:55 | | 0:52:08 |
| Brömsen | Matthias | | 0:28:31 | 0:29:11 | 0:28:41 | | | | 0:27:40 | | | | 0:29:03 | | 0:30:46 |
| Brückner | Meike | | | 1:20:53 | 1:26:25 | | | 1:28:12 | | 1:20:44 | 1:22:40 | | | | |
| Brüngel | Stefan | | 0:39:55 | | | | 0:41:55 | 1:58:49 | 0:38:47 | 0:38:39 | 0:41:33 | 2:01:31 | 0:40:36 | 1:56:39 | 0:41:08 |
| Büngener | Ingo | | 0:44:14 | 0:43:46 | 0:44:09 | | 0:42:49 | | | | 0:45:58 | | | | 0:44:53 |
| Burk | Beate | | | | | | | | | | | | 0:39:24 | | |
| Büttner | Stefan | | | | | | | | | 1:02:56 | 1:03:07 | | | | |
| Caninenberg | Ute | | 1:48:26 | 1:45:09 | 1:48:44 | | 1:47:52 | | 1:42:43 | | 1:46:44 | | 1:45:04 | | |
| Ceranic | Dane | | 0:56:51 | 0:56:34 | 0:54:40 | | | | 0:53:19 | | | | 0:59:27 | | |
| Czech | Axel | | 0:20:59 | | | | | 0:21:53 | | 0:20:14 | | | 0:21:29 | 0:22:15 | 0:50:36 |
| Dan | Bettina | | 0:41:51 | 0:42:12 | 0:41:52 | | | | 0:38:47 | | 0:39:59 | | 0:39:26 | | 0:39:18 |
| Dasch | Thomas | | 0:39:10 | 0:39:26 | 0:40:02 | 0:40:58 | | | 0:36:21 | | | | | | 0:39:39 |
| Dehn | Hannelore | | | | | | | | | | | | 0:42:51 | | |
| Deppe | Guido | | | | | | | | | | | | | | |
| Dieckhoff | Jörg | | 1:05:10 | | 1:05:29 | | | | 1:02:03 | | | 1:10:37 | 1:04:57 | | |
| Dietrich | Sandra | | 1:11:30 | 1:08:55 | 1:09:24 | | | | 1:04:23 | | | | 1:10:46 | | |
| Dittrich | Rainer | | | | 1:00:09 | | | | | | | | | | |
| Dohmann | Edgar | | 0:34:17 | 0:33:42 | 0:32:55 | | 0:33:03 | | 0:31:19 | | 0:30:15 | | 0:30:24 | | |
| Dombrowski | Karl-Heinz | | 0:51:04 | 0:50:19 | | | 0:49:30 | | | | | | 0:50:12 | 0:52:47 | |
| Dörenkamp | Anton | | | 2:01:17 | | | 1:59:58 | | 1:54:04 | | 2:16:49 | | 1:58:38 | | |
| Dörffler | Christoph | | | 0:50:25 | | | 0:49:46 | | 0:46:41 | | 0:51:17 | | 0:50:13 | | |
| Dörrier | Darina | | 0:58:15 | 0:56:54 | 0:56:06 | | | | 0:54:31 | | | | | | 0:58:22 |
| Dorusch | Elke | | 0:56:32 | | 0:57:01 | | | | | | | | | | |
| Dorusch | Sabrina | | 0:54:58 | 0:53:38 | 0:53:45 | | 0:53:26 | | | | | 1:04:07 | | | |
| Drescher | Frank | | 0:28:03 | | 0:27:38 | | | | | | | | | | |
| Drescher | Katharina | | 0:31:54 | | 0:33:25 | | | | | | | | | | |
| Drese | Evi | | | | 0:35:13 | | | | | | | | | | |
| Drese | Werner | | 0:23:32 | | 0:24:07 | | | | | | 0:25:30 | | | | |

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|----------------|------------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Drese | Felix | | | 0:36:22 | 0:25:49 | | 0:33:01 | | | | 0:32:12 | | 0:33:22 | | |
| Drese | Johanna | | 0:37:52 | 0:36:20 | 0:33:59 | | | | | | 0:36:24 | | 0:33:33 | | 0:34:27 |
| Drewes-Czech | Kerstin | | 0:24:09 | | 0:24:14 | | | 0:27:08 | 0:22:54 | | | 0:25:05 | 0:24:46 | | |
| Driessen-van S | Tom | | | | | | | | | | 1:53:00 | | 1:47:11 | | |
| Drobnik | Thomas | | | 0:55:38 | 0:55:10 | | 0:56:32 | | 0:55:42 | | 0:58:07 | | 0:59:10 | | 0:58:14 |
| Dröge | Gerda | | 0:42:25 | 0:43:56 | 0:42:17 | | 0:41:59 | | | | | | | | 0:43:16 |
| Droste | Michael | | | | | | 1:50:03 | | 1:47:40 | | 1:48:48 | | 1:48:06 | | |
| Droste | Jochen | | | | 0:32:54 | | 0:32:12 | | | 0:30:52 | 0:32:33 | | 0:31:45 | | |
| Drüke | Franz | | 0:28:38 | 1:24:07 | 1:19:50 | | | | 1:11:30 | | | | 1:24:24 | 1:41:23 | 1:19:37 |
| Düker | Hans-Georg | | 0:42:47 | | 0:41:38 | | | | 0:39:50 | | 0:41:47 | | 0:41:25 | | |
| Dutsch | Gunther | | 0:58:52 | | | | | | | | | | | | |
| Ebeling | Matthias | | 0:26:22 | | | 0:27:35 | | | | | | | | | |
| Ebeling | Frank | | | | | | | | | | | | | | |
| Ebeling | Rudolf | | 0:28:02 | 0:28:31 | 0:29:23 | 0:29:11 | 0:29:06 | | | | | 0:30:25 | | | |
| Echterling | Udo | | 1:47:03 | 1:48:50 | 1:46:50 | | | | 0:51:31 | | 1:49:31 | | 1:51:26 | | 1:58:05 |
| Ehling | Andreas | | | | | | 0:33:42 | | | | | | | | |
| Elendt | Sebastian | | | | | | | | | | | | | | 0:36:02 |
| Ellendt | Sebastian | | | | | | | | | | | | 0:36:44 | | |
| Esser | Dr. Peter | | | | 1:31:59 | 0:47:01 | 1:28:49 | 1:41:11 | 1:26:27 | 1:32:33 | 1:27:09 | 1:29:44 | 1:25:55 | 1:35:55 | 1:31:11 |
| Fiehl | Karl-Heinz | | 0:26:48 | 0:26:43 | 0:27:05 | 0:27:00 | | | | | 0:27:25 | | 0:59:45 | | |
| Fischer | Bernd | | 0:58:06 | | 0:58:58 | | | | 0:54:10 | | | | | | |
| Fischer | Heike | | 1:04:48 | | 1:06:10 | | | | | | | | | | |
| Flake | Albrecht | | 1:42:12 | 1:42:23 | 1:45:22 | | | | 1:42:55 | | | | | | 1:48:05 |
| Flohrmann | Jürgen | | | 0:55:20 | | | | | | | | | | | |
| Förster | Ricarda | | 2:10:14 | | | | | | 2:07:42 | | | | 2:17:06 | | 1:11:13 |
| Foster | Thorsten | | | | | | 0:29:09 | | 0:33:27 | | | | | | |
| Foster | Cora | | 0:36:26 | | | | | | 0:33:27 | | | | | | |
| Freise | Hartmut | | 0:24:19 | 0:25:53 | 0:25:11 | | 0:25:11 | | 0:24:28 | | 0:26:11 | | 0:25:01 | | 0:25:31 |
| Freise | Dennis | | 0:21:16 | 0:21:30 | 0:22:09 | | 0:21:39 | | 0:20:49 | | 0:22:47 | | 0:22:13 | | 0:21:59 |
| Freitagsmüller | Ralf | | 1:38:16 | 1:43:18 | | | | | | | 1:43:05 | | 1:39:02 | | 1:48:33 |
| Friedrich | Kirsten | | 1:38:23 | | | | | 0:51:04 | 0:45:16 | | | 0:48:51 | | | |
| Fromme | Erich | | 1:35:59 | 1:38:47 | 1:38:18 | 0:51:16 | 1:37:49 | 0:57:02 | 1:32:49 | | 1:41:00 | | | 0:54:06 | |
| Fromme | Volker | | 0:53:12 | | 0:51:30 | 0:26:11 | 0:50:56 | | 0:50:37 | | 0:52:30 | | | 0:54:05 | |
| Frost | Sabine | | | | | | | | | | | | 0:39:23 | | |

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|-------------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Fuss | Andreas | | 1:37:15 | 1:34:48 | 0:57:25 | | | | 1:33:15 | | | | 1:36:57 | | 1:39:35 |
| Gädicke | Tobias | | | | | | | | | | | | 0:43:37 | | 0:44:47 |
| Gattermann | Malte | | 0:46:27 | 0:48:18 | | | 0:45:59 | | 0:43:24 | | | | | | 0:45:29 |
| Gebauer | Klaus Peter | 0:54:05 | 0:52:14 | 0:52:40 | | | | | 0:49:09 | | | | 0:53:15 | | |
| Geese | Rainer | | 0:48:16 | 0:47:10 | 0:49:02 | | 0:47:36 | | 0:44:05 | | | | 0:47:25 | | 0:51:49 |
| Geffert | Christine | | 1:12:18 | 1:12:27 | 1:12:06 | | | | 1:08:20 | | | 1:13:05 | | | |
| Genrich | Dr. Florian | | | 1:51:01 | 1:46:02 | | 1:44:36 | | | | | | 1:44:55 | | 1:49:17 |
| Gerling | Carsten | | | | | 1:03:23 | | | | | | | | | |
| Goening | Ingo | | | | | | | | | | | | 0:33:51 | | |
| Goldschmidt | Tobias | | | | 2:06:22 | | 0:54:56 | | | | 0:52:42 | | | | |
| Golüke | Bernd | | 1:56:11 | 1:55:03 | | | 1:53:24 | | | | | | | | |
| Golüke | Werner | 0:57:59 | 0:55:29 | 0:54:12 | 0:54:59 | | 0:53:59 | 1:04:45 | 0:52:11 | | 0:55:42 | 0:58:46 | 0:54:38 | 0:59:04 | 0:57:56 |
| Gömann | Gerd | | 0:25:33 | 0:25:27 | 0:25:37 | | | | 0:23:55 | 0:24:06 | 0:56:21 | | 2:01:50 | | 0:54:58 |
| Gömann | Silke | | | | 0:59:49 | | | | | | | | | | |
| Gömann | Tobias | | 0:41:05 | 0:40:04 | 0:40:29 | 0:40:51 | | | | 0:39:52 | 0:41:16 | 0:48:52 | 0:42:38 | 1:42:17 | |
| Gömann | Felix | | 0:21:21 | 0:21:24 | | | | | 0:20:49 | 0:20:56 | 0:22:38 | 0:21:31 | 0:20:52 | 1:56:38 | 0:20:39 |
| Gömann | Maja | | 0:24:36 | 0:25:16 | | | | | 0:24:25 | 0:24:43 | 0:24:31 | 0:24:43 | | | |
| Gottwald | Dirk | | | 1:20:20 | 1:11:28 | | 1:08:57 | | 1:07:03 | | | 1:08:59 | 1:08:35 | | 1:07:09 |
| Graefe | Grit | | 0:32:03 | | 0:30:12 | | 0:29:44 | | 0:28:04 | | | 0:29:48 | 0:29:10 | | 0:29:06 |
| Gregor | Heidi | 0:45:01 | | | 0:44:06 | | 0:44:44 | 0:47:56 | 0:42:05 | | 0:44:31 | | | | |
| Grießer | Hartmut | | | | 0:51:49 | | | | 0:49:46 | 0:51:16 | | | 0:54:22 | | |
| Griewel | Max | | 0:26:00 | 0:25:39 | 0:26:43 | | | 0:28:30 | 0:24:36 | 0:24:48 | | | 0:26:11 | | 0:26:50 |
| Grimm | Sandra | | | 0:48:38 | | | | 0:50:57 | | 0:44:57 | 0:48:07 | | 0:47:51 | | 0:47:26 |
| Grimme | Katrin | | 1:01:03 | 1:01:50 | 1:00:44 | | | 1:05:21 | 0:56:53 | | | | | | 1:03:12 |
| Grimme | Hannelore | 0:43:18 | 0:42:05 | 0:42:29 | 0:42:20 | 0:42:46 | 0:42:10 | 0:47:05 | 0:40:10 | | 0:42:39 | | 0:43:34 | | |
| Gronstedt | Holger | 1:45:28 | 1:39:44 | | | 1:46:52 | | 1:48:57 | 1:38:44 | | | | | | |
| Grüner | Adalbert | | | | | 0:32:09 | | | 0:25:03 | 0:24:41 | 0:26:58 | 0:26:52 | 0:25:32 | 0:27:30 | 0:26:03 |
| Grüner | Lukas | | | | | 0:28:37 | | | 0:26:09 | | | | 0:26:33 | | |
| Haase | Tobias | | 0:20:40 | 0:19:53 | 0:20:08 | | 0:19:55 | | | | 0:19:39 | | | | |
| Hake | Achim | | 1:35:07 | | | | | 1:40:54 | 1:35:00 | | 1:34:25 | | 1:33:48 | | |
| Hake | Moritz | | 0:52:47 | | | | | | | | 0:47:22 | | | | |
| Hansen | Dirk | | | | | | | | | | | | | | |
| Hansmann | Rejina | | | | | | | | | | | | 0:34:39 | | |
| Harsing | Markus | | 0:55:23 | | 0:54:05 | | 0:52:19 | | 0:50:10 | | | | 0:51:18 | | |

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|------------|-----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Hartmann | Guenther | | 0:27:54 | | 0:28:35 | 0:28:48 | | | 0:27:29 | 0:27:33 | | | | | |
| Heidrich | Doris | | 1:11:23 | 2:37:01 | | | | | | | | | | | |
| Heints | Vladislav | | | | 0:18:54 | 0:19:16 | 0:19:03 | | 0:17:58 | | 0:18:33 | | | | 1:42:10 |
| Heinze | Hardi | | 1:00:44 | 0:59:25 | 0:59:42 | | 1:00:56 | | | | 1:03:05 | | 0:59:56 | | 0:59:43 |
| Held | Niklas | | 0:42:02 | | | | | | | | | | | | |
| Helling | Michael | | | 0:28:21 | | | | | | 0:25:35 | 0:27:25 | 0:27:13 | 0:26:55 | | |
| Helmerichs | Hartwig | | | | 0:50:05 | | | | | | | | | | |
| Helmker | Detlef | | 0:46:21 | | 0:47:33 | | | | 0:43:35 | | | 0:46:33 | 0:45:05 | | 0:50:04 |
| Herder | Vanessa | | | | | | | | | | 0:54:28 | | 0:53:00 | | 0:53:51 |
| Hesse | Jörn | 1:17:35 | | | | 1:17:10 | 1:16:58 | | 1:14:21 | | 1:15:31 | | 1:16:28 | | 1:24:49 |
| Hettmann | Sascha | | 0:22:48 | 0:22:43 | 0:22:30 | | 0:22:18 | | | | | | | | 0:23:47 |
| Hielscher | Thorsten | | 0:49:23 | 0:49:19 | 0:48:52 | | | | 0:45:46 | | 0:49:16 | | 1:54:14 | | 1:54:09 |
| Hinderlich | Ehrenbert | | 0:33:31 | 0:34:18 | 0:33:50 | | 0:35:03 | | 0:32:50 | | 0:36:29 | | | | |
| Hinrichsen | Alex | | | | | | | | | | | | | | |
| Hoblitz | Andreas | | | 0:59:08 | | | 0:56:21 | | | | 0:55:45 | | | | |
| Hoblitz | Sebastian | | 1:33:37 | | | | 1:27:35 | | 1:27:23 | | | | 1:31:52 | | 1:28:35 |
| Hoffmann | Regina | | | | | | | | | | | | | | |
| Hoffmann | Andreas | | | 1:02:29 | 0:58:44 | | | | | | 0:59:58 | | | | |
| Hofmann | Wolfgang | 0:56:06 | 0:54:40 | 0:56:02 | 0:55:44 | | 0:55:39 | | | | 0:56:09 | | 0:53:59 | | |
| Hofmann | Silke | | | | 0:29:10 | | | | | | 0:27:30 | | | | |
| Hohm | Friedrich | | 1:13:03 | 1:13:30 | 1:12:36 | | 1:13:04 | | 1:09:30 | | 1:13:33 | | | | |
| Holtbrügge | Cornelia | | | 0:26:50 | | 0:26:26 | 0:25:53 | | | 0:24:52 | | | 0:26:39 | | |
| Holtbrügge | Jan | | | 0:22:18 | | 0:22:15 | 0:21:20 | | | 0:22:12 | | | 0:22:50 | | |
| Holzgreve | Hermann | | 0:50:02 | | 0:49:20 | | 0:51:39 | | 0:46:02 | | 0:50:03 | | 0:48:56 | 0:53:24 | 0:51:11 |
| Hoppe | Lukas | | 0:46:25 | 0:47:04 | 0:55:53 | | 0:45:37 | | | | | | | | 0:52:00 |
| Horstmann | Rita | | 0:27:47 | 0:29:25 | | | 0:27:36 | | 0:26:08 | | | | 0:27:59 | | 0:28:08 |
| Hülsmann | Regina | | | 0:29:18 | 0:30:20 | | | | | | 0:33:50 | | 0:30:16 | 0:31:16 | |
| Hupp | Nathalie | | | | 0:22:53 | | | | | | | | 0:21:08 | | |
| Husemann | Heiner | | | 0:26:29 | | | | 0:29:47 | | | 0:25:59 | | | | |
| Husemann | Karin | | 0:30:16 | | | | | 0:27:51 | | | | | 0:25:40 | 0:30:35 | |
| Husemann | Annika | | 0:27:35 | 0:27:03 | | | | | 0:25:52 | | 0:28:55 | | | 0:29:08 | |
| Husemann | Melissa | | 0:23:18 | 0:22:51 | | | | 0:27:02 | 0:22:25 | | 0:23:47 | | | | |
| Hüskes | Stephanie | | 0:41:52 | 0:41:30 | | | 0:41:52 | | 0:39:09 | | 0:42:05 | | | | 0:41:36 |
| Jacek | Janusz | | 1:52:44 | | 1:45:37 | | 1:49:34 | | 1:43:09 | | | | 1:46:14 | | 1:49:20 |

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| Name | Vorname | 10.11 | 17.11 | 24.11 | 1.12 | 2.12 | 8.12 | 9.12 | 15.12 | 16.12 | 5.1 | 6.1 | 12.1 | 13.1 | 19.1 |
|--------------|-----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Jäger | Rolf | 0:30:29 | | | | | | | | 0:30:41 | | | | | |
| Jago | Heike | | 0:42:02 | 0:42:21 | 0:41:43 | | | | 0:39:22 | | 0:41:51 | | 0:41:23 | | |
| Janele | Alexander | | | 0:19:58 | 0:20:15 | 1:43:32 | 0:19:57 | | 0:18:46 | 0:18:56 | 0:19:50 | 1:49:23 | 0:19:59 | | 0:20:30 |
| Janus | Sebastian | | | | 1:35:08 | | 1:33:29 | | 1:30:08 | 0:44:32 | 1:31:14 | 1:49:17 | 1:30:07 | | 0:44:55 |
| Jones | Gary | | | | 0:33:36 | | | 0:40:16 | 0:29:23 | | | 0:31:26 | 0:30:59 | | 0:30:38 |
| Jones | Gudrun | | 0:27:40 | 0:28:35 | | 0:27:02 | | 0:30:54 | 0:26:13 | 0:25:15 | 0:29:24 | | 0:26:34 | 0:32:23 | 0:29:42 |
| Jones | Kyle Lyam | | | | 0:33:36 | | | 0:40:15 | 0:29:22 | 0:32:29 | | 0:31:25 | 0:30:58 | 0:32:22 | 0:30:37 |
| Jones | Konnor | | 0:26:01 | 0:27:10 | | 0:26:36 | | 0:28:27 | 0:25:05 | 0:23:57 | 0:28:31 | | 0:25:15 | 0:25:36 | 0:24:51 |
| Jones | Kieran | | 0:24:16 | 0:24:04 | 0:23:58 | | | 0:27:03 | 0:22:23 | 0:23:51 | 0:23:45 | 0:26:12 | 0:24:18 | | 0:24:39 |
| Joppe | Holger | | 1:36:09 | | | 1:38:42 | | | | 1:34:33 | | 1:39:32 | 1:40:17 | | |
| Kaiser | Klaus | | | | | | | | | | | | | | 0:38:54 |
| Kaiser | Henning | | | | 0:42:29 | 1:53:13 | 0:40:58 | 1:50:04 | 0:36:53 | 0:44:53 | 0:48:58 | 0:50:01 | 0:49:37 | 0:50:04 | 0:49:14 |
| Kaiser | Levin | | | 0:44:12 | 0:42:27 | | 0:40:57 | | 0:36:52 | | 0:48:57 | | | | |
| Kaiser | Marvin | | | 0:24:27 | 0:23:20 | | 0:25:50 | | | 0:23:44 | | 0:31:14 | | | |
| Kiss | Gabi | | | | | | | | | | 1:57:20 | | | | 2:07:36 |
| Klages | Andreas | | | 0:27:38 | 0:27:44 | | | | 0:26:31 | | | | 0:27:53 | 0:28:23 | |
| Klages | Magdalena | | 0:41:40 | | 0:42:45 | | 0:42:05 | | 0:39:31 | 0:39:51 | | | | | |
| Kleffner | Werner | | | 1:41:35 | | | 1:46:56 | | 1:42:03 | | 1:43:45 | | 1:43:14 | | |
| Klefmann | Jürgen | 0:35:12 | | | | | | | | | | | | | 0:30:48 |
| Kleinod | Holger | 1:51:10 | | 1:49:21 | 1:53:35 | | 1:49:42 | | 1:42:48 | | 1:51:44 | | 1:46:57 | | 0:23:54 |
| Klink | Andreas | | | | | | 1:40:06 | | 1:31:00 | | | | 1:32:00 | 1:39:02 | 1:34:46 |
| Kloppmann | Werner | | 0:50:36 | | 0:50:31 | | | | | | | | 0:49:44 | | 0:50:32 |
| Kluckert | Daniela | | 1:01:17 | 0:59:05 | 0:59:21 | | | | 0:56:01 | | 0:58:00 | | | | |
| Klüver | Jörg | | 0:46:12 | 0:45:50 | 0:45:36 | | 0:46:07 | | 0:42:46 | | 1:39:32 | | | | |
| Knop-Volacek | Sonja | | | | | | | | | | | | | | 0:35:08 |
| Koch | Stefan | | | | 1:53:37 | | | | | | 1:47:17 | | | | |
| Koch | Alexander | | | | | | 0:52:17 | | | | | | | | |
| Köhler | Sabine | | | | | | | | | | 1:57:20 | | | | 2:07:37 |
| Kokenbrink | Helmut | | 1:53:18 | | 1:50:21 | | | | | | 1:53:29 | | | 1:50:12 | 1:55:32 |
| König | Heike | | 0:34:12 | 0:34:52 | | 0:36:29 | 0:34:13 | | 0:32:14 | | | | | | |
| Koopmann | Jan | | | 0:21:51 | 0:22:01 | 0:22:26 | 0:21:41 | 0:23:52 | | | | | 0:34:15 | | |
| Koopmann | Kevin | | | 0:33:28 | 0:34:31 | 0:36:22 | 0:33:40 | | | | | | 0:34:14 | | |
| Kopp | Andreas | | 2:07:06 | 2:03:45 | 2:02:16 | | 1:49:42 | | | | | | 2:08:03 | | 1:49:55 |
| Kopp | Heidi | 0:32:19 | 0:31:01 | 0:31:45 | 0:31:44 | | 0:31:03 | | 0:29:48 | | | | 0:33:17 | | |

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| Name | Vorname | 10.11 | 17.11 | 24.11 | 1.12 | 2.12 | 8.12 | 9.12 | 15.12 | 16.12 | 5.1 | 6.1 | 12.1 | 13.1 | 19.1 |
|----------------|---------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Kopp | Gero | 0:26:03 | | | | | | | | | | | | | 0:27:17 |
| Kopp | Leonie | 1:05:24 | 1:00:33 | 1:01:53 | 1:03:03 | | 1:03:58 | | 0:56:01 | | | | 1:01:04 | | |
| Körtner | Bernd | | 1:03:34 | | 1:04:53 | | 1:03:28 | | | | 0:31:24 | | 0:30:29 | | 1:04:29 |
| Kos | Michael | | 0:51:06 | 0:51:01 | 0:52:11 | 0:52:20 | | | | | | 0:56:31 | 1:54:15 | | 1:54:10 |
| Kösel | Melanie | | 0:30:28 | | | 0:31:29 | | | | | | | | | |
| Kossol | Jens | | 0:28:16 | 0:28:07 | 0:26:02 | | | | 0:26:00 | | | | 0:29:22 | | |
| Kossol | Justin | | 0:28:12 | 0:28:03 | | | | | 0:25:51 | | | | 0:29:19 | 0:30:32 | |
| Koyuncu | Erol | | 2:09:21 | 1:51:13 | | | | | | | | | 1:51:02 | | |
| Krebs | Sabine | | 0:30:18 | 0:30:04 | | 0:31:08 | 0:30:13 | | | | 0:31:22 | | 0:30:07 | | |
| Kreykenbohm | Wilhelm | 0:32:27 | 0:30:55 | 0:29:26 | 0:29:55 | | 0:29:07 | | | | | | 0:30:00 | | |
| Kriegel | Nils-Peter | | | 1:06:05 | | | 1:01:18 | | 0:56:03 | | 0:58:38 | | | | |
| Krömeke | Hartmut | | 1:56:12 | 1:55:04 | | | 1:53:35 | | | | 1:55:08 | | | | |
| Krull | Christian | | | 0:22:19 | 0:21:59 | | 0:22:35 | | 0:20:52 | | 0:22:33 | | | | |
| Kruse | Jonas | | 0:27:13 | 0:27:03 | | | | | | | | | 0:27:42 | | |
| Kubiak | Jutta | | | | | | | | | | | | 0:39:21 | | |
| Kumlehn | Gisela | 0:43:15 | 0:42:03 | | 0:42:19 | | 0:42:11 | 0:46:55 | 0:42:00 | | 0:42:40 | | | | |
| Kumlehn | Björn | | 0:48:15 | 0:46:50 | | | | | | | 0:47:29 | | 0:46:36 | | 0:51:48 |
| Kunz | Matthias | | | | 0:34:42 | | 0:33:09 | | | | 0:34:14 | 0:34:16 | | | 0:33:35 |
| Kunzmann | Felix | | 0:30:14 | 0:28:30 | | | | | 0:26:14 | | 0:29:23 | | | | 0:29:35 |
| Laabs | Thomas | | 0:28:45 | 0:29:13 | 0:27:40 | | 0:28:18 | | 0:26:47 | | 0:27:39 | | 0:27:15 | | 0:27:15 |
| Lange | Manuela | | 0:54:30 | 0:56:19 | | | 0:56:24 | | 0:51:57 | | 0:54:33 | | 0:53:49 | | 0:55:16 |
| Lange | Bettina | | 0:44:27 | | | | 0:44:16 | | 0:41:43 | | 0:42:09 | | 0:42:37 | | 0:46:51 |
| Lange | Kevin | | 0:56:37 | 0:55:27 | | | | | 0:51:52 | | | | 0:55:27 | | 0:57:36 |
| Lange | Margot | 0:41:36 | 0:44:27 | | 0:40:24 | | 0:39:46 | | 0:37:47 | | 0:42:12 | | 0:40:36 | | 0:39:01 |
| Langemann | Jürgen | | | | | | | | 2:27:19 | | | | | | |
| Langheim | Günther | 0:42:02 | 0:39:49 | 0:40:36 | | 0:40:56 | 0:40:35 | | | | 0:40:28 | | 1:29:45 | | |
| Langohr | Maik | | | 0:33:30 | 0:30:10 | | 0:27:35 | | | | | | 0:29:07 | | 0:27:53 |
| Laureyns | Hendrik | | 2:00:41 | 1:57:49 | | 1:02:44 | 1:57:14 | | 0:51:40 | | 1:55:55 | | | 1:53:35 | 2:00:23 |
| Leifeld | Bernhard | | 1:45:39 | 1:42:53 | 1:45:23 | | | | 1:42:56 | | 1:45:33 | | | | 1:46:01 |
| Leschik | Klaus | | 1:38:37 | | | | | | | | 0:49:27 | | 1:39:42 | | |
| Liene | Guido | | 1:59:01 | 1:56:02 | 1:55:13 | | 2:00:36 | | 0:52:32 | | 1:58:57 | | | | |
| Lindhorst | Maria-Theresa | | | 0:32:36 | | 0:31:09 | | | 0:29:03 | 0:30:16 | 0:32:01 | 0:31:49 | 0:30:04 | 1:12:42 | 0:31:43 |
| Lindhorst-Göma | Annette | | 1:07:18 | 1:06:16 | | 1:09:06 | | | | 0:30:27 | 0:33:32 | 1:20:52 | | 1:12:47 | 1:12:18 |
| Linnenberg | Norbert | | | 0:54:41 | | | 0:53:48 | | | | | | | | |

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| Name | Vorname | 10.11 | 17.11 | 24.11 | 1.12 | 2.12 | 8.12 | 9.12 | 15.12 | 16.12 | 5.1 | 6.1 | 12.1 | 13.1 | 19.1 |
|------------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Linoner | Steffen | | | | 0:26:53 | | 0:34:45 | | | | | | | | |
| Linoner | Kathrin | | | | | | 0:34:43 | | | | | | | | |
| Linoner | Finn | | | | | | | | | | | | | | |
| Lippe | Rüdiger | | | | | | | | 1:07:04 | | | | 0:55:24 | | |
| Loges | Hermann | | | | 0:44:29 | | 0:44:35 | 0:57:28 | | 0:42:03 | 0:23:20 | 0:45:43 | 0:44:17 | | 0:44:00 |
| Lönneker | Elfriede | | | | | | | | | | | | 0:35:35 | | |
| Lotze | Michael | | | | | | | | | | | | | | |
| Lowitzki | Heike | | 0:30:43 | 0:31:41 | | | | | 0:30:28 | | | | 0:31:28 | | 0:34:55 |
| Lowitzki | Maurice | | 0:30:15 | 0:31:40 | | | 0:31:19 | | 0:30:53 | | | | | | 0:34:53 |
| Ludwig | Karin | | | 1:11:42 | 1:05:25 | | | | 0:59:16 | | | | 1:02:18 | | 1:03:13 |
| Lutkenhaus | Matthias | | | | | | | | | | | | 0:47:25 | | |
| Mackeldey | Carsten | 1:44:54 | | | | | | | | | | | | | |
| Martens | Torge | | | | | | | | | | | | | | |
| Mau | Thomas | | 1:00:43 | 0:59:27 | | 0:58:45 | | 1:02:25 | 0:51:49 | | 1:03:06 | | 0:59:59 | | 0:59:46 |
| Mauritz | Klaus - Dieter | | | | 2:02:18 | | | | 2:07:44 | | | | | | |
| Mauve | Carsten | | | | 0:25:56 | | | | | | | | | | |
| Meese | Antje | | 1:10:35 | 1:09:43 | 1:10:19 | | 1:10:51 | | | | 1:09:39 | | | | 1:14:28 |
| Meier | Michael | | 0:54:46 | 1:05:50 | 0:53:45 | | 0:53:57 | | 0:50:40 | 0:44:00 | | | 0:57:24 | 0:52:15 | |
| Meier | Lars | | | 0:45:36 | 0:45:35 | | 0:45:39 | | 0:43:50 | | | | | | 0:45:04 |
| Meier | Andrea | | 0:31:03 | 0:30:28 | 0:31:31 | 0:32:12 | 0:30:34 | | | | | | | | |
| Meier | Franziska | | | 0:29:48 | 0:29:25 | | 0:28:41 | | 0:27:02 | | | | 0:28:01 | | 0:27:58 |
| Meise | Kurt | | | 0:30:01 | | | 0:30:30 | | | | | | | | |
| Meister | Michael | | 0:41:09 | 0:41:49 | 0:41:37 | 0:42:35 | 0:41:39 | | | | | | | | |
| Memis | Ihsan | | | 1:48:40 | 1:43:35 | | | | | | | | | | |
| Menke | Gabi | | | 0:55:37 | 0:54:32 | | | | 0:50:14 | | 0:53:43 | | 0:53:37 | | |
| Menne | Klaus | | 1:23:49 | | | | | | | | 1:26:30 | 1:28:43 | 1:25:37 | | 1:28:02 |
| Mense | Rainer | 0:33:52 | 0:29:30 | | 0:30:08 | 0:30:37 | 0:36:29 | | | | 0:32:38 | 0:31:49 | | 0:31:41 | |
| Mense | Raphael | 0:33:52 | 0:32:24 | | | | | | 0:34:47 | 0:31:29 | 0:36:07 | | | 0:36:23 | |
| Messal | Gudrun | | | | | | | | | | | | | | 0:35:08 |
| Meyer | Bjoern | | | 0:22:59 | | | | | | | 1:35:21 | | | | |
| Michalek | Laura | | | | 0:29:01 | | | | | | | | | | |
| Michel | Wolfgang | | | 0:26:29 | | | | | | 0:25:11 | | 0:26:41 | | | 0:26:27 |
| Micus | Dr. Thomas | 0:59:00 | 0:56:57 | 0:54:35 | | | 0:55:56 | | | | 0:55:45 | 0:28:58 | | | |
| Micus | Sandra | 0:57:25 | 0:54:47 | 0:54:48 | | | 0:53:56 | | 0:50:39 | | 0:55:03 | | | | 0:54:41 |

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| Name | Vorname | 10.11 | 17.11 | 24.11 | 1.12 | 2.12 | 8.12 | 9.12 | 15.12 | 16.12 | 5.1 | 6.1 | 12.1 | 13.1 | 19.1 |
|-------------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Mischer | Hans-Jürgen | | | | | | 0:56:22 | | | 0:54:17 | | 0:57:42 | | 0:59:44 | |
| Missing | Julia | | | | | | 0:25:13 | | 0:22:45 | | | 0:27:22 | 0:24:06 | | 0:24:53 |
| Mönkemeier | Noemia | | 0:25:53 | 0:26:19 | 0:26:28 | | 0:26:14 | | 0:24:22 | | | | | | |
| Mönnekes | Sven | | | | | | | | | | | | 0:51:10 | | |
| Morgenstern | Stefan | | | | | | | | | | 0:57:53 | | | | |
| Müller | Rainer | | 0:45:45 | 0:45:45 | | | | | 0:57:13 | | 0:46:18 | | 0:45:22 | | 0:46:02 |
| Müller | Petra | | 1:18:38 | 1:18:20 | 1:19:50 | | | | 1:11:31 | | 1:17:01 | | 1:24:23 | | 1:17:11 |
| Müller | Josef | | 2:01:52 | 1:41:45 | 1:39:53 | | | | 1:36:37 | | 1:36:36 | | 1:35:08 | | 1:37:15 |
| Müller | Gitta | | 1:04:56 | | | | | | 0:32:11 | 0:30:58 | 0:32:19 | | | 0:32:35 | 0:32:34 |
| Müller | Inge | | | 0:57:47 | | | 0:59:17 | | 0:57:12 | | 1:02:49 | | | | 1:01:38 |
| Müller | Heinz | | 0:30:44 | | 0:31:03 | | | | 0:29:27 | 0:30:58 | 0:32:20 | | | | |
| Müller | Tabea | | | | 0:51:41 | | 0:52:28 | | 0:46:50 | 0:48:11 | 0:51:39 | | 0:51:01 | | 0:48:29 |
| Müller | Johanna | | | | | | | | | | | | | | 1:01:37 |
| Müller | Jared | | | 0:48:28 | 0:45:58 | | 0:46:15 | | | | 0:47:02 | | 0:45:14 | | 0:46:52 |
| Müller-Lüke | Christa | | | 1:01:04 | 0:59:41 | | | | 0:56:02 | | | | 1:01:46 | 1:04:46 | |
| Multhaup | Anja | | 0:35:56 | 0:34:30 | | | | | 0:33:16 | | | | | | |
| Multhaup | Jens | | 0:55:10 | | | | | | | | | | | | |
| Multhoff | Elke | 2:21:57 | 0:54:37 | 0:53:35 | | 0:56:16 | 0:55:51 | | 0:51:45 | | | | | 0:55:12 | 0:56:10 |
| Nessau | Ilona | 0:32:59 | | | | | | | | | | | | | |
| Neumann | Michael | | 1:02:58 | 1:01:45 | 1:02:27 | | 1:03:40 | | | | 1:08:07 | | | | 1:06:08 |
| Neumann | Franceska | | | | | | 0:29:41 | | | | | | | | |
| Niebecker | Martina | | | | | | | | | | | | 0:39:22 | | |
| Niemann | Johannes | | 1:17:47 | 1:17:04 | 1:19:15 | 1:21:29 | | | | | 1:17:52 | | 1:17:53 | | 1:27:14 |
| Nolte | Thomas | | 0:27:56 | | | | 0:27:49 | | | | | | | | |
| Nolte | Laura | | 0:30:56 | | | | 0:31:11 | | | | | | | | |
| Oeler | Tobias | | | 0:31:04 | 0:28:39 | | 0:30:57 | | | | | | 0:26:59 | | |
| Olejnik | Sören | 0:53:41 | 0:48:36 | 0:48:57 | 0:48:11 | | 0:49:40 | 0:58:43 | | | | | | | 0:49:03 |
| Oltmann | Wolfgang | | 0:58:34 | | | | | | | | | | | | |
| Oltmann | Martina | | 0:59:52 | | | | | | | | | | | | |
| Opitz | Peter | | 1:33:52 | 1:34:19 | 1:34:39 | | 1:32:13 | | 1:31:04 | | 1:32:51 | | 1:33:09 | | 1:38:08 |
| Osterloh | Peter | | 0:47:48 | 0:47:15 | | | 0:48:19 | | 0:45:18 | | | | 0:50:15 | | 0:49:26 |
| Paswerg | Alexander | | 0:42:27 | | 0:43:33 | | | 0:46:59 | | | | | 0:44:51 | | 0:45:39 |
| Peter | Simon | | 0:49:48 | | 0:49:35 | | | | 0:21:57 | 0:45:03 | | 0:49:25 | 0:47:16 | | 0:46:41 |
| Pollmann | Simon | | 0:24:17 | | 0:22:50 | | | | 0:22:21 | 0:22:36 | 0:23:48 | | | | |

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| Name | Vorname | 10.11 | 17.11 | 24.11 | 1.12 | 2.12 | 8.12 | 9.12 | 15.12 | 16.12 | 5.1 | 6.1 | 12.1 | 13.1 | 19.1 |
|----------------|-----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Pötter | Conny | | | | | | | | | | 2:06:12 | | 0:39:24 | | |
| Queren | Rainer | | 0:35:44 | | 0:34:23 | | | | 0:31:24 | | 0:34:34 | | 0:33:53 | | 0:34:06 |
| Quest | Hubert | | | | | | | | | | 0:51:44 | 0:50:09 | 0:49:26 | 0:52:14 | 0:51:54 |
| Rabke | Meike | | | | | 0:31:05 | | | | | 0:31:07 | 0:32:20 | | | |
| Radtko | Ulrich | | 0:41:48 | | | | 0:43:59 | 0:47:15 | 0:40:02 | 0:41:19 | 0:43:10 | 1:52:09 | 1:37:18 | | |
| Raho | Stefanie | | | | 1:00:09 | | | | | | | | | | |
| Raulfs | Thorsten | | | 0:20:41 | | 0:21:33 | 0:21:16 | | 0:19:51 | 0:19:42 | | 0:22:13 | 0:48:49 | | 0:45:24 |
| Rauls | Heike | | 0:56:11 | 0:54:58 | 0:55:45 | | | 1:02:57 | 0:51:30 | | | 0:55:00 | 0:53:26 | | 0:54:58 |
| Rebitzky | Rafael | | | 0:24:13 | | | | 0:27:51 | 0:22:53 | | 0:23:30 | | 0:23:52 | | 0:23:38 |
| Rebitzky | Henri | | | 0:24:11 | | | | 0:27:50 | 0:22:53 | | 0:23:27 | | 0:23:50 | | 0:23:37 |
| Reese | Oliver | 0:55:36 | | 0:53:53 | | 0:55:54 | 0:58:41 | | 0:50:25 | | | 0:56:47 | | | 0:53:35 |
| Rehder | Mathias | | | 0:53:03 | 0:53:15 | | | | 0:57:23 | | | | | | |
| Rehr | Svenja | | 0:25:20 | 0:25:55 | 0:26:01 | | | | | | 0:25:48 | | | | 0:26:06 |
| Reker | Sandra | | | 1:59:55 | 1:53:20 | | | | | | 1:55:10 | | 1:48:16 | | 1:48:59 |
| Reuter | Anita | | 0:43:45 | 0:43:57 | 0:43:13 | | 0:43:26 | | | | 0:43:31 | | | | |
| Richter | Lars | | 1:02:12 | 1:05:21 | | 1:02:45 | | | | | | | | | |
| Ricke | Sandra | | | | | | | | | | 1:32:36 | | | | |
| Rinas | Lars | | | | | | | | 0:51:34 | | 0:54:21 | 0:57:19 | 1:46:08 | 0:55:03 | 0:51:46 |
| Rindler | Sabine | | | 0:32:16 | 0:32:33 | | 0:31:25 | | 0:27:57 | | | | 0:35:59 | | |
| Rindler | Max | | | 0:32:05 | 0:32:21 | | 0:31:05 | | 0:30:52 | | | | 0:35:59 | | |
| Rindler | Tobias | | 0:21:48 | | 0:22:15 | | 0:21:45 | | 0:21:22 | | | | 0:22:22 | | 0:22:21 |
| Risto | Barbara | | | 1:11:43 | 1:09:36 | | 1:11:10 | | 0:32:12 | | | | 1:09:40 | | 1:11:12 |
| Risto | Bernd | | 0:26:28 | 0:26:39 | 0:28:27 | | 0:28:20 | | 0:25:31 | | 0:26:47 | | 1:09:41 | | 1:11:15 |
| Robelski | Susanne | 1:01:31 | | 0:59:23 | 0:58:55 | | | 1:08:12 | 0:55:45 | | 0:59:27 | | | | 1:03:53 |
| Rogas | Siegfried | | | | 0:29:35 | | | 0:30:34 | 0:27:13 | | 0:28:34 | | 0:27:48 | | 0:28:02 |
| Roßbach | Annemarie | | | | | | | | 0:44:33 | | | | | | |
| Roth | Olaf | | | | 0:54:34 | | 0:53:43 | | 0:52:07 | 0:52:24 | | | | 0:54:23 | 0:56:35 |
| Roth | Yvonne | | | | | | | | 2:27:18 | | | | | | |
| Rühlke | Karin | | 0:45:17 | | 0:44:07 | 0:45:45 | 0:44:58 | | | | 0:47:20 | | | | |
| Rürup | Rita | | | | 0:49:30 | 0:50:45 | 0:48:49 | | 0:46:21 | 0:46:41 | 0:48:34 | | | | 0:49:39 |
| Rüsing | Cordula | | | | | | | | | | | | | 1:42:16 | |
| Rüther-Fuhrman | Gudula | | | | | | | | | | | | | | 0:35:06 |
| Rux | Nicole | | 0:50:36 | 0:50:56 | 0:51:45 | | 0:50:12 | | 0:46:43 | | | | | | |
| Rux | Matthias | | 0:26:05 | 0:25:56 | 0:26:38 | | 0:26:50 | | | | | 0:27:11 | | | |

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|--------------|--------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Saage | Ansgar | | | 1:44:05 | 1:46:27 | | | | 1:46:45 | | | | | | |
| Schaffer | Thomas | | 1:46:05 | 1:53:38 | 1:50:59 | | | | | | | | | 1:58:01 | 1:54:31 |
| Schaper | Ulrich | 1:54:03 | 1:52:04 | 1:48:13 | 1:46:36 | 0:32:57 | 1:47:05 | 1:58:48 | 1:40:44 | | 1:46:45 | | 0:30:47 | 1:44:34 | 0:56:15 |
| Schaper | Lhayla | | 0:34:13 | 0:33:05 | | 0:32:55 | 0:30:57 | | | | | | 0:30:46 | | |
| Schaumann | Michael | | 0:55:52 | 0:56:22 | 0:56:39 | | 0:56:54 | | | | 0:55:37 | | 0:56:00 | | |
| Scheible | Hans Michael | | | 1:43:39 | | | 1:39:12 | | | | | 1:49:16 | | | |
| Scheidemann | Larissa | | | | | | 0:52:58 | 0:44:56 | 0:45:45 | 0:49:59 | | | 0:56:01 | | |
| Scheifhacken | Dennis | | | 0:50:41 | 0:50:11 | | | 0:46:28 | | 0:48:43 | | | 0:47:01 | | |
| Schlieker | Monika | | | | | | | | | | | | 0:36:32 | | |
| Schliephake | Olaf | | 0:23:42 | 0:22:16 | 0:22:45 | 0:22:19 | 0:22:07 | 0:23:16 | 0:20:55 | 0:21:00 | | | | | 0:23:04 |
| Schliephake | Katrin | | 0:58:17 | | 0:28:26 | 0:28:12 | 0:28:07 | 0:30:05 | 0:25:32 | 0:26:03 | | | | 0:28:46 | 0:28:28 |
| Schliephake | Julia | | 0:25:48 | 0:25:37 | 0:28:04 | | 0:24:46 | 0:27:56 | | | | | | 0:25:07 | 0:24:40 |
| Schmidt | Heike | | | | | | | | | | | | 1:05:00 | | |
| Schmitz | Klaus | | | | | | | | | | 1:32:37 | | | | |
| Schmitz | Markus | | | | | | | | | | 1:48:34 | | | | |
| Schneider | Birgit | | 1:13:02 | 1:13:29 | 1:12:35 | | 1:13:04 | | 1:09:29 | | | | | | |
| Scholz | Heinrich | | 0:27:43 | | 0:28:13 | | | | 0:26:44 | | 0:29:09 | | 0:28:58 | | 1:02:40 |
| Schoppmeier | Martin | | 1:23:27 | 1:26:31 | 1:25:46 | 1:31:47 | 1:23:12 | | 0:38:32 | | 1:23:38 | 1:37:45 | 1:27:55 | 1:39:03 | 1:34:43 |
| Schrader | Irmgard | | 0:29:00 | 0:29:09 | 0:29:20 | | | | | 0:28:07 | 0:29:40 | | 0:30:17 | | |
| Schreiber | Constanze | | | 0:31:48 | 0:31:19 | | 0:30:54 | | 0:28:45 | | | | 0:31:48 | | 0:30:59 |
| Schreiber | Charlotte | | | | | | | | | | | | | | 0:36:07 |
| Schroth | Eike | | | 0:22:58 | 0:21:35 | | 0:23:29 | | 0:20:17 | | | | 0:21:58 | | |
| Schüler | Martin | | 1:10:29 | 1:08:11 | 1:06:45 | | 1:08:14 | | 1:03:15 | | 1:05:09 | | | | 1:10:28 |
| Schulze | Ulrich | | 0:59:08 | 0:28:14 | 0:27:54 | | 0:27:41 | | 0:26:44 | | 0:29:00 | | 0:28:43 | | 0:29:35 |
| Schulze | Henrike | | | | 0:24:17 | | | | | | | | | | |
| Schürzeberg | Monika | | 0:42:06 | | 0:42:18 | | | | | | | | | | |
| Schwager | Ralf | 0:29:51 | 0:29:12 | | | | | 0:31:46 | | | | | | | |
| Schwarke | Marcel | | | 1:51:57 | | | | | | | | | | | |
| Schwekendiek | Ingo | | 0:59:39 | | 0:57:48 | | | | 0:25:01 | | 0:26:09 | | | | |
| Schwiete | Maike | | 0:34:07 | 0:31:34 | | | 0:28:13 | | 0:26:12 | | 0:28:00 | | 0:27:04 | | 0:26:55 |
| Seemann | Charly | | 0:53:42 | 0:54:16 | | | | | | | | | | | |
| Siepler | Simone | | | 1:39:02 | | | | | 1:33:14 | | 1:34:40 | | 1:34:54 | | 1:36:53 |
| Siepler | Carsten | | | | 0:25:27 | | 0:25:13 | | 0:23:07 | | 0:25:52 | | | | 0:26:05 |
| Skrabanik | Manuela | | | | | | | | 1:58:49 | | | | | | |

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|-------------|----------------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Soares | Fernando | | | 0:24:07 | 0:23:29 | 0:23:11 | 0:23:29 | | | | 0:24:47 | | | | 0:24:03 |
| Soares | Luca | | | 0:20:04 | 0:20:27 | 0:20:46 | 0:20:09 | | | | 0:21:19 | | 0:19:47 | | |
| Sonntag | Birgit | | | | 0:29:26 | | | 0:32:03 | | 0:27:38 | | 0:30:59 | | 0:30:35 | |
| Spendrin | Hans - Joachim | | 1:11:50 | 1:10:48 | 1:12:04 | | | 1:15:22 | 1:06:58 | 1:09:05 | | 1:12:46 | 1:12:35 | | |
| Spoddig | Uwe | | 0:33:29 | 0:34:41 | | | | | | | | | | | |
| Steffens | Oskar | | | 0:24:01 | 0:23:23 | | 0:24:23 | | 0:21:35 | 0:21:37 | | 0:24:28 | 0:23:42 | | 0:23:25 |
| Steinbach | Thomas | | | | | | | 0:53:16 | 0:46:02 | | 0:48:55 | | 0:50:07 | | |
| Steingräber | Klaus | | 1:17:08 | | 1:15:56 | | 1:17:34 | | 1:15:06 | 1:15:20 | 1:17:27 | | | | 1:19:38 |
| Steins | Hubert | | | | 2:04:13 | | 1:53:10 | | | | | | | | |
| Stevens | Emily | | | | | | 0:27:34 | | | | | | | | |
| Stimpel | Burkhard | | 1:01:39 | 1:02:37 | 1:02:20 | 0:31:27 | 1:01:39 | | 0:27:58 | | 0:30:16 | 1:02:23 | 0:28:47 | 1:01:49 | 0:28:59 |
| Strauß | Thomas | | 0:55:45 | 0:56:07 | | | 0:26:47 | | | | | | | | |
| Streicher | Sonja | | | | | | | | | | | | 1:05:01 | | |
| Struck | Josef | | 0:39:24 | 0:39:42 | | 0:40:59 | 0:40:37 | | | 0:38:46 | | | | | 1:27:14 |
| Struck | Marianne | | | 0:57:50 | | 0:58:25 | | | | 0:25:54 | 0:57:27 | 0:59:22 | | | 0:58:11 |
| Struck | Rene | | 0:41:47 | 0:41:34 | | 0:40:57 | 0:40:36 | | 0:20:42 | | 0:39:24 | | 0:39:28 | | 0:39:37 |
| Studinski | Maike | | 0:57:40 | 0:58:04 | 0:58:04 | | | | | | 0:56:30 | | | | 0:57:05 |
| Studinski | Torben | | 0:26:20 | | 0:27:37 | | | | 0:24:19 | | 0:27:15 | | | | 0:35:03 |
| Suckut-Sue | Kerstin | | | | | | | | | | | | 2:17:07 | | |
| Tadajewski | Nadine | | 0:35:48 | 0:34:03 | 0:33:56 | | 0:31:36 | | | | 0:31:17 | | 0:30:55 | | 0:30:55 |
| Talke | Michael | | 1:46:21 | 1:46:40 | 1:44:53 | | 1:58:27 | | | 1:42:49 | 0:23:42 | | 0:50:53 | | 0:51:10 |
| Talke | Karl August | | | 0:30:18 | 0:30:35 | | 0:30:09 | | 0:29:38 | | 0:32:32 | | | | |
| Talke | Annemarie | | | | | | | | | | | | | | |
| Tanzmann | Christian | | | | | | | | | | | | 1:46:15 | | |
| Tenge | Karin | | | 0:34:01 | | | | | | | | | | | |
| Thale | Uta | | | | 1:00:01 | 1:01:17 | 1:00:52 | 1:05:50 | | | 1:03:13 | | 0:59:43 | | |
| Thomas | Axel | | 1:45:15 | 1:39:05 | 1:41:05 | | 1:39:34 | | | | 1:34:39 | | 1:35:02 | | 1:37:06 |
| Thomzcyk | Elke | | 0:41:53 | 0:42:21 | 0:40:54 | | | | 0:39:13 | | 0:41:14 | | 0:40:45 | | |
| Timmer | Reinhold | | 0:54:51 | 0:54:30 | | | 0:53:29 | | | 0:52:02 | 0:56:58 | | 1:55:12 | | 0:56:12 |
| Tönnies | Taribo | | | 0:25:01 | | | 0:26:04 | | 0:23:49 | | 0:24:58 | | 0:24:56 | | 0:25:42 |
| Tout | Ursula | | | | 1:40:17 | | 1:38:59 | | 1:34:40 | | 1:36:45 | | 1:35:26 | | 1:37:32 |
| Tredczyk | Hanna | | | | | | | | | | | | | 0:32:47 | |
| Trepczyk | Marie | | | 0:24:03 | 0:24:44 | | 0:24:50 | | 0:22:41 | | 0:24:52 | | 0:25:06 | 0:32:48 | |
| Trompke | Stefan | | | | | | | | | | 2:06:13 | | 1:05:03 | | |

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|-------------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Twele | Ralph | | 0:58:49 | 0:32:08 | | | | | | | | | | | |
| Ullrich | Lena | | 0:27:58 | 0:25:40 | 0:25:39 | | 0:25:09 | | 0:23:39 | | 0:29:32 | | 0:26:20 | | 0:26:18 |
| Ummen | Konstantin | | | | | | 0:44:34 | | | | | | 0:46:22 | | |
| Vandevyvere | Katia | | 0:26:34 | 0:26:24 | 0:26:31 | | 0:26:30 | | 0:25:19 | 0:25:31 | 0:26:53 | | | | 0:27:07 |
| Vauth | Hermann | | 0:46:11 | | | | | 0:52:50 | 0:44:18 | | 0:46:40 | | 0:46:34 | | |
| Versen | Dietmar | | | 0:24:47 | | | | | | | 0:24:21 | | | | 0:24:44 |
| Verzagt | Elke | | 0:41:04 | 0:41:25 | 0:40:28 | 0:40:50 | 0:40:34 | | | | 0:41:14 | | | | |
| Vierk | Daniela | | | | 0:31:27 | | 0:30:42 | | 0:29:44 | | | | | | 0:30:39 |
| Vogt | Hans-Georg | | | 0:37:43 | 0:38:02 | | 0:37:08 | | | 0:35:25 | 0:37:43 | | | | |
| Volacek | Jörg | | | | | | | | | | | | 0:36:45 | | 0:38:54 |
| Vollbrecht | Dela | | | | | | | | 0:32:42 | | | | | | |
| Voß | Reinhard | | 2:01:51 | 1:57:50 | 1:59:41 | | | | | | | | | | |
| Wagemann | Uwe | | | 0:26:22 | 0:25:52 | | | | 0:24:37 | | 0:26:45 | | 0:25:39 | | |
| Wagemann | Kea | | | 0:21:43 | 0:22:14 | | 0:23:10 | | 0:20:56 | | 0:22:21 | | | | |
| Wagemann | Jan-Erik | | | 0:19:44 | 0:19:58 | | 0:20:05 | | 0:18:53 | | 0:22:31 | | 0:20:24 | | |
| Wagemann | Rieka | | | 0:24:57 | 0:24:13 | | 0:24:32 | | 0:24:38 | | 0:26:26 | | | | |
| Wagner | Oliver | | 0:21:07 | 0:21:20 | | | 1:38:41 | | | 0:21:10 | 0:22:23 | | 1:42:20 | | 0:21:51 |
| Wagner | Amelie | | 0:31:08 | 0:31:54 | 0:31:59 | | | | | | 0:36:23 | | | | |
| Walter | Klaus | | | | | | | | | | 1:36:23 | | | | |
| Warnecke | Verena | | | | | | | | | | | | 0:34:34 | | |
| Warnecke | Alexander | | 0:55:58 | 0:57:17 | 0:58:18 | | | | | | | | | | |
| Weber | Norbert | | | 0:52:53 | 0:51:16 | | | | 0:47:18 | | 0:49:22 | | | | 0:50:43 |
| Wedekin | Maria | | | 1:14:40 | 1:15:51 | | 1:13:34 | | 1:08:56 | | 1:13:44 | | 1:13:20 | | 1:14:29 |
| Wehrmann | Wilhelm | 0:30:36 | 0:29:20 | | 0:30:16 | | 0:31:08 | | 0:29:32 | | | | 0:32:55 | | 0:32:54 |
| Weinholz | Dieter | | 1:28:13 | 1:26:33 | 1:26:03 | 1:31:45 | | | 1:22:32 | 1:25:42 | 1:25:25 | 1:37:43 | 1:27:54 | 1:44:22 | 1:31:52 |
| Weinholz | Anke | | | | | | | | | | | | | 1:41:23 | |
| Weiz | Nadja | | | | | | | | 0:44:32 | | | | | | |
| Welz | Harald | | 0:59:15 | 0:27:52 | 0:29:00 | | 0:28:36 | | 0:26:33 | | | | 0:27:58 | | 0:28:17 |
| Wendschuh | Thorsten | | | 1:49:57 | 1:50:32 | | | | 0:49:06 | | | | | | |
| Werner | Ronald | | | 1:32:18 | | | | 1:35:42 | 0:40:17 | | 1:29:52 | 1:49:06 | 1:28:13 | | 1:35:35 |
| Werner | Josefine Marie | | | | | | | | 0:22:46 | | | | 0:26:31 | | |
| Wessels | Hendrik | | 0:30:56 | 0:35:31 | 0:33:21 | | | | | | 0:34:31 | | | | |
| Widany | Marion | | | | | | | | | | | | | | 2:19:25 |
| Wienekamp | Tim | | | | | | | | 1:45:38 | | | | | | |

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|------------|-----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Wiesbrock | Kerstin | | 1:06:18 | 1:20:51 | | | | 1:28:09 | | 1:20:40 | 1:22:38 | | 1:04:59 | | |
| Wiese-Sieg | Erna | 0:45:02 | | 0:44:38 | | 0:44:45 | 0:44:45 | | 0:42:53 | | 0:44:02 | | 0:44:16 | | |
| Wilhelm | Eric | | 0:53:01 | 0:52:14 | | 0:55:40 | | | 0:51:41 | | | 1:04:32 | | | |
| Wilhelm | Larysa | | 0:59:07 | 0:58:29 | | 1:00:17 | | | | | | | | | |
| Wilhelmus | Rolf | 1:01:56 | 0:58:19 | 0:58:46 | 1:01:18 | 1:06:43 | | 1:25:12 | 0:56:14 | 1:02:57 | | | | | |
| Wilk | Frank | | | | | | | | | | | | | | 0:36:30 |
| Wilkens | Carsten | | | 1:49:14 | | | | | | | 1:52:42 | | 1:50:03 | 1:59:26 | 1:53:49 |
| Willeke | Alexandra | | | 0:58:58 | | 0:59:22 | | | | | 0:58:13 | 0:59:20 | 0:57:21 | | |
| Winter | Gerd | 0:32:33 | | 1:08:02 | 1:06:17 | | 1:06:27 | | 1:00:59 | | | 1:09:16 | | | |
| Witschorek | Volker | | 0:51:33 | 0:51:45 | 0:51:10 | | | | 0:48:05 | | 0:51:46 | | | | |
| Wolter | Kathrin | | | 2:37:00 | | | | | | | | | | | |
| Wulf | Claudia | | 0:28:37 | 0:28:40 | 0:28:19 | 0:29:03 | 0:28:08 | | | | | | | | 0:28:21 |
| Wulf | Martin | | 1:33:37 | 1:32:26 | 1:36:58 | 0:29:05 | 1:33:40 | | 1:28:12 | | | | 1:31:34 | 1:44:27 | 1:36:19 |
| Zietz | Marc | | | | | | | | | | | | | | |
| Zimmermann | Andreas | | | | | 0:27:37 | 0:27:12 | 0:29:21 | | | | 0:29:26 | | | 0:28:37 |
| Zimmermann | Alina | | | 0:26:32 | | | 0:27:01 | | | | 0:28:21 | | 0:38:08 | 0:28:33 | 0:28:24 |