

Bramfelder See-Lauf 2019

08.05.2019 - Bramfelder See

Ergebnisse der Damen auf der Kinderlauf (500 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | WK |
|--------------|-------------|-------------------|------------|-----------|-------------|-----------|
| 1 | 332 | Hauschildt, Lilly | Laufwerk | 11 | 02:50 | 1 |
| 2 | 331 | Hauschildt, Lena | Laufwerk | 14 | 03:05 | 2 |

Ergebnisse der Damen auf der Kurzstrecke (3000 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 1 | 1 | 4 | 5 | 2 | 4 | 3 | 2 | 1 |
|-------|------|-----------------------|--------------|----|-------|---|----|----|----|----|----|----|----|----|
| | | | | | | D | 30 | 35 | 45 | 50 | 55 | 60 | 65 | 75 |
| 1 | 23 | Glöde, Jutta | Lufthansa | 63 | 12:19 | . | . | . | . | . | 1 | . | . | . |
| 2 | 38 | Hoehn, Katharina | Stern | 81 | 12:44 | . | . | 1 | . | . | . | . | . | . |
| 3 | 85 | Voß, Katharina | Asklepios HH | 83 | 12:53 | . | . | 2 | . | . | . | . | . | . |
| 4 | 263 | Glaser, Steffi | OTTO | 70 | 13:50 | . | . | . | 1 | . | . | . | . | . |
| 5 | 155 | Baumann, Katja | ERGOsports | 70 | 13:52 | . | . | . | 2 | . | . | . | . | . |
| 6 | 158 | Dreller, Hilke | ERGOsports | 64 | 15:08 | . | . | . | . | . | 2 | . | . | . |
| 7 | 325 | Gloris, Sonja | TÜV-Nord | 70 | 15:24 | . | . | . | 3 | . | . | . | . | . |
| 8 | 209 | Strauchmann, Maraike | HEK | 81 | 15:38 | . | . | 3 | . | . | . | . | . | . |
| 9 | 285 | Stamm, Meike | Polizei HH | 88 | 15:54 | . | 1 | . | . | . | . | . | . | . |
| 10 | 266 | Wittmar, Anna | OTTO | 84 | 15:58 | . | . | 4 | . | . | . | . | . | . |
| 11 | 172 | Stahlbock, Astrid | ERGOsports | 59 | 16:42 | . | . | . | . | . | . | 1 | . | . |
| 12 | 153 | Wilhelm, Janine | Energie SV H | 99 | 16:47 | 1 | . | . | . | . | . | . | . | . |
| 13 | 341 | Schitnik, Claudia | HPA | 69 | 17:17 | . | . | . | . | 1 | . | . | . | . |
| 14 | 157 | Dahl, Katrin | ERGOsports | 62 | 17:36 | . | . | . | . | . | 3 | . | . | . |
| 15 | 333 | Engelmann, Heike | Zoll | 71 | 18:35 | . | . | . | 4 | . | . | . | . | . |
| 16 | 305 | Kamlage, Frauke | Signal Iduna | 56 | 18:43 | . | . | . | . | . | . | 2 | . | . |
| 17 | 77 | Buß, Dirka | AK Altona | 65 | 18:46 | . | . | . | . | 2 | . | . | . | . |
| 18 | 119 | Bartels, Petra | Deut.Bank | 53 | 19:01 | . | . | . | . | . | . | . | 1 | . |
| 19 | 156 | Clausen, Sylvia | ERGOsports | 40 | 19:11 | . | . | . | . | . | . | . | . | 1 |
| 20 | 224 | Vanthuyne, Anna-Maria | IBM Klub | 54 | 19:40 | . | . | . | . | . | . | . | 2 | . |
| 21 | 189 | Ahsbahs, Anja | Hochbahn | 60 | 19:48 | . | . | . | . | . | 4 | . | . | . |
| 22 | 175 | Wagner, Ratchaneekorn | ERGOsports | 72 | 20:08 | . | . | . | 5 | . | . | . | . | . |
| 23 | 29 | Jeschke, Annegret | PHILIPS | 55 | 25:02 | . | . | . | . | . | . | 3 | . | . |

Ergebnisse der Damen auf der Langstrecke (10000 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 |
|-------|------|------------------------|--------------|----|---------|----|-------|------------|----|----|----|----|----|----|
| 1 | 238 | von der Fecht, Solveig | Laufwerk | 75 | 45:00 | . | . | . | 1 | . | . | . | . | . |
| 2 | 104 | Krahn, Sylvia | Commerz-B. | 73 | 45:09 | . | . | . | . | 1 | . | . | . | . |
| 3 | 176 | Wolmuth, Jette | ERGOsports | 83 | 46:04 | . | . | 1 | . | . | . | . | . | . |
| 4 | 256 | Brodacka, Izabela | NDR | 72 | 46:23 | . | . | . | . | 2 | . | . | . | . |
| 5 | 330 | Barth, Sonja | Berenberg | 75 | 46:27 | . | . | . | 2 | . | . | . | . | . |
| 6 | 231 | Meischke, Nicole | Knossos.de | 77 | 48:30 | . | . | . | 3 | . | . | . | . | . |
| 7 | 195 | Reichstein, Anne | Haspa | 91 | 48:42 | 1 | . | . | . | . | . | . | . | . |
| 8 | 99 | Heinsohn, Christin | Berenberg | 68 | 49:02 | . | . | . | . | . | 1 | . | . | . |
| 9 | 317 | Felchner, Carola | wellnuss.de | 78 | 49:13 | . | . | . | 4 | . | . | . | . | . |
| 10 | 160 | Ewers, Dorit | ERGOsports | 61 | 50:28 | . | . | . | . | . | . | 1 | . | . |
| 11 | 138 | Brose, Silke | ELBE-Sport | 62 | 51:02 | . | . | . | . | . | . | 2 | . | . |
| 12 | 313 | Vollmers, Anja | Signal Iduna | 70 | 51:50 | . | . | . | . | 3 | . | . | . | . |
| 13 | 273 | Fuchs, Bettina | PHILIPS | 73 | 51:55 | . | . | . | . | 4 | . | . | . | . |
| 14 | 211 | Courtault, Britta | HSH-NORDB. | 66 | 51:57 | . | . | . | . | . | 2 | . | . | . |
| 15 | 251 | Hohenschield, Britta | Lufthansa | 64 | 51:59 | . | . | . | . | . | . | 3 | . | . |
| 16 | 84 | Neumann, Sonja | Asklepios HH | 74 | 52:01 | . | . | . | . | 5 | . | . | . | . |
| 17 | 290 | Bühler-Becker, Heidi | G+J | 61 | 52:15 | . | . | . | . | . | . | 4 | . | . |
| | 225 | Grosa, Diana | JustizHH | 79 | 52:47 | 1. | Außer | Konkurrenz | | | | | | |
| 18 | 95 | Holz, Monika | Basler | 71 | 52:51 | . | . | . | . | 6 | . | . | . | . |
| | 126 | Busboom, Hilke | EDEKA | 95 | 52:52 | 2. | Außer | Konkurrenz | | | | | | |
| 19 | 262 | Beu, Sylvie | OTTO | 74 | 53:03 | . | . | . | . | 7 | . | . | . | . |
| 20 | 20 | Kleinemeyer, Dagmar | HEK | 56 | 53:17 | . | . | . | . | . | . | . | 1 | . |
| 21 | 259 | Togler, Monika | NDR | 57 | 54:01 | . | . | . | . | . | . | . | 2 | . |
| 22 | 75 | Siepelmeier, Andrea | Airbus | 85 | 54:29 | . | 1 | . | . | . | . | . | . | . |
| 23 | 239 | Kersten, Ines | Laufwerk | 62 | 54:55 | . | . | . | . | . | . | 5 | . | . |
| 24 | 201 | Sagert, Erika | HapagLloyd | 52 | 55:00 | . | . | . | . | . | . | . | . | 1 |
| 25 | 89 | Metsalampi, Sara | BACARDI | 84 | 55:09 | . | . | 2 | . | . | . | . | . | . |
| 26 | 62 | Schliephake, Katrin | Gaden | 68 | 55:20 | . | . | . | . | . | 3 | . | . | . |
| 27 | 166 | Luderer, Britt | ERGOsports | 70 | 55:36 | . | . | . | . | 8 | . | . | . | . |
| 28 | 346 | Vogt, Gabriele | Laufwerk | 67 | 56:17 | . | . | . | . | . | 4 | . | . | . |
| 29 | 81 | Müller, Sarah | AlbeDiakon | 90 | 56:29 | 2 | . | . | . | . | . | . | . | . |
| 30 | 228 | Hauert, Leonie | Knossos.de | 84 | 56:31 | . | . | 3 | . | . | . | . | . | . |
| 31 | 116 | Eis, Marianne | DESY | 64 | 57:00 | . | . | . | . | . | . | 6 | . | . |
| 32 | 169 | Schmidt, Karen | ERGOsports | 86 | 57:41 | . | 2 | . | . | . | . | . | . | . |
| 33 | 206 | Hüttche, Stefanie | HEK | 88 | 57:56 | . | 3 | . | . | . | . | . | . | . |
| 33 | 91 | Toennis, Cathleen | BACARDI | 83 | 57:56 | . | . | 4 | . | . | . | . | . | . |
| 35 | 103 | Heimann, Nicole | Commerz-B. | 76 | 57:58 | . | . | . | 5 | . | . | . | . | . |
| 36 | 190 | Kaussler, Claudia | Hochbahn | 61 | 58:14 | . | . | . | . | . | . | 7 | . | . |
| 37 | 343 | Reiher, Nicole | HPA | 71 | 58:23 | . | . | . | . | 9 | . | . | . | . |
| 38 | 283 | Ranik, Monika | Polizei HH | 70 | 59:03 | . | . | . | . | 10 | . | . | . | . |
| 39 | 54 | Marthiens, Ute | Polizei HH | 52 | 59:04 | . | . | . | . | . | . | . | . | 2 |
| 40 | 198 | Fähnemann, Martina | HapagLloyd | 67 | 59:05 | . | . | . | . | . | 5 | . | . | . |
| 41 | 200 | Gerloff, Anne-Mareike | HapagLloyd | 83 | 59:11 | . | . | 5 | . | . | . | . | . | . |
| 42 | 342 | Förschner, Olivia | HPA | 66 | 1:00:41 | . | . | . | . | . | 6 | . | . | . |
| 43 | 100 | Rohde, Sabine | Berenberg | 59 | 1:00:55 | . | . | . | . | . | . | . | 3 | . |
| 44 | 115 | Schröter, Jaqueline | Fahrradlad | 84 | 1:01:19 | . | . | 6 | . | . | . | . | . | . |
| 45 | 308 | Pantelmann, Susann | Signal Iduna | 68 | 1:03:15 | . | . | . | . | . | 7 | . | . | . |
| 46 | 345 | Scheile-Bängsson, Barb | HPA | 68 | 1:03:38 | . | . | . | . | . | 8 | . | . | . |
| 47 | 129 | Dube, Tanja | EDEKA | 78 | 1:04:57 | . | . | . | 6 | . | . | . | . | . |
| 48 | 83 | Schlizio, Petra | AlbeDiakon | 66 | 1:05:12 | . | . | . | . | . | 9 | . | . | . |
| 49 | 309 | Reese-Theeje, Kirsten | Signal Iduna | 62 | 1:06:46 | . | . | . | . | . | . | 8 | . | . |
| 50 | 131 | Kauffeldt, Sonja | EDEKA | 91 | 1:09:31 | 3 | . | . | . | . | . | . | . | . |

Ergebnisse der Herren auf der Kinderlauf (500 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | MK |
|--------------|-------------|----------------------|------------|-----------|-------------|-----------|
| 1 | 173 | Trumm, Henri | ERGOsports | 11 | 02:20 | 1 |
| 2 | 269 | Wittmar, Simon | OTTO | 11 | 02:27 | 2 |
| 3 | 237 | von der Fecht, Jarne | Laufwerk | 13 | 02:28 | 3 |
| 4 | 268 | Wittmar, Jonas | OTTO | 14 | 03:23 | 4 |

Ergebnisse der Herren auf der Kurzstrecke (3000 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 1 | 3 | 1 | 2 | 5 | 6 | 2 | 5 | 6 | 2 | 1 | |
|-------|------|------------------------------|--------------|----|-------|---------------------|----|----|----|----|----|----|----|----|----|----|---|
| | | | | | | M | 30 | 40 | 45 | 50 | 55 | 65 | 70 | 75 | 80 | 85 | |
| 1 | 293 | Rauter, Monier | Stern | 88 | 10:32 | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 235 | Wams, Martin | Gaden | 65 | 10:54 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 3 | 276 | Matzke, Herwig | PHILIPS | 72 | 11:00 | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 4 | 326 | Kupper, Frank | TÜV-Nord | 64 | 11:24 | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 5 | 13 | Banck, Sönke | ERGOsports | 67 | 12:04 | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 6 | 47 | Tawussi, Frank | TÜV-Nord | 86 | 12:35 | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 7 | 162 | Fennen, Dr. Michael | ERGOsports | 88 | 12:49 | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 8 | 150 | Möller, Andre | Energie SV H | 72 | 12:59 | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 9 | 244 | Skwirbli, Martin | Laufwerk | 65 | 13:21 | . | . | . | . | 3 | . | . | . | . | . | . | . |
| | 143 | Gonzalez Vazquez, Jose Manue | Energie SV H | 79 | 13:56 | 1. Außer Konkurrenz | | | | | | | | | | | |
| 10 | 337 | Spijker, Andreas | Polizei HH | 61 | 14:02 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 11 | 312 | Stamm, Volker | Signal Iduna | 53 | 14:39 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 12 | 339 | Hinckeldeyn, Jörg | ERGOsports | 60 | 15:08 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 13 | 78 | Janssen, Christoph | AlbeDiakon | 98 | 15:10 | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 165 | Krause, Reinhard | ERGOsports | 44 | 15:20 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 15 | 79 | Janssen, Gregor | AlbeDiakon | 60 | 15:26 | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 16 | 87 | Henke, Peter | BACARDI | 63 | 15:44 | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 17 | 334 | Szillat, Volker | Zoll | 69 | 15:53 | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 18 | 140 | Kühl, Bernd | ELBE-Sport | 46 | 16:00 | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 19 | 208 | Münster, Reinhold | HEK | 42 | 16:25 | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 20 | 178 | Wald, Thorsten | Generali | 67 | 16:36 | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 21 | 234 | Schulz, Hans-Joachim | Gaden | 46 | 17:35 | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 22 | 280 | Schrader, Rudi | PHILIPS | 49 | 18:45 | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 23 | 221 | Kusch, Günter | IBM Klub | 45 | 19:07 | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 24 | 149 | Lutosch, Dietmar | Energie SV H | 41 | 19:20 | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 25 | 170 | Scholz, Guido | ERGOsports | 64 | 20:11 | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 26 | 168 | Radetzki, Manfred | ERGOsports | 38 | 20:54 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 27 | 250 | Hintz, Martin | Lufthansa | 37 | 21:43 | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 28 | 154 | Wolter, Friedrich | Energie SV H | 52 | 22:20 | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 29 | 107 | Schröder, Günter | Commerz-B. | 47 | 22:36 | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 30 | 306 | Kamlage, Jens | Signal Iduna | 43 | 23:44 | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 31 | 246 | Böthern, Rolf | FA HH | 43 | 24:15 | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 32 | 275 | Matthies, Hans-Joachim | PHILIPS | 30 | 24:22 | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 33 | 278 | Orlowski, Rolf | PHILIPS | 42 | 24:36 | . | . | . | . | . | . | . | . | 6 | . | . | . |

Ergebnisse der Herren auf der Langstrecke (10000 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 1 | 4 | 7 | 15 | 14 | 18 | 25 | 16 | 10 | 9 | 2 | 3 |
|-------|------|-------------------------------|--------------|----|-------|----|---|----|----|----|----|----|----|----|----|----|----|
| | | | | | | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 |
| 1 | 74 | Poyatos-Castillo, Jose Carlos | Airbus | 73 | 36:36 | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 2 | 267 | Wittmar, Johannes | OTTO | 81 | 36:58 | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 3 | 144 | Heeser, Björn | Energie SV H | 81 | 37:12 | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 4 | 323 | Ahlfeld, Carsten | TÜV-Nord | 67 | 37:19 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 5 | 243 | Rohlf, Torben | Laufwerk | 77 | 37:31 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 6 | 68 | Kiehl, Thorsten | Airbus | 84 | 38:36 | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 7 | 193 | Borlinghaus, Leif | Laufladen | 69 | 38:53 | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 8 | 88 | Krastev, Ulli | BACARDI | 69 | 39:16 | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 9 | 260 | Gniechwitz, Peter | Nordmark | 65 | 39:32 | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 10 | 132 | Kurch, Sebastian | EDEKA | 81 | 39:40 | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 11 | 324 | Bietke, Dirk | TÜV-Nord | 71 | 39:55 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 12 | 67 | Jansen, Thies | Airbus | 71 | 40:42 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 13 | 197 | Zobel, Norbert | Haspa | 67 | 40:45 | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 14 | 284 | Schmidt, Birger | Polizei HH | 84 | 40:57 | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 15 | 19 | Wilde, Tim | HapagLloyd | 85 | 41:15 | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 16 | 226 | Beckmann, Niels | Knossos.de | 74 | 41:34 | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 17 | 255 | Bahrdr, Florian | NDR | 75 | 41:41 | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 18 | 320 | Stephan, Achim | wellnuss.de | 76 | 41:46 | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 19 | 287 | Schirduan, Stefan | Postbank-H | 65 | 41:58 | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 20 | 291 | Strothmann, Philipp | G+J | 88 | 42:26 | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 21 | 232 | Orloff, Sven | Knossos.de | 81 | 42:35 | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 22 | 118 | Schulz, Torsten | DESY | 62 | 42:42 | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 23 | 319 | Jeschak, Patrick | wellnuss.de | 86 | 42:59 | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 24 | 124 | Busse, Hagen | DZ HYP | 80 | 43:00 | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 25 | 230 | Ludwig, Dirk | Knossos.de | 71 | 43:08 | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 26 | 181 | Niermann, Marco | HH Airport | 80 | 43:17 | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 27 | 196 | Scholz, Christian | Haspa | 82 | 43:24 | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 28 | 92 | Firyn, Heiko | Basler | 79 | 43:48 | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 29 | 123 | Voß, Thomas | Deut.Bank | 67 | 44:07 | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 30 | 61 | Wegmann, Dr. Gerhard | Airbus | 67 | 44:11 | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 31 | 328 | Wehowsky, Frank | TÜV-Nord | 62 | 44:17 | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 32 | 329 | Gruhn, Marcel Dennis | Commerz-B. | 79 | 44:37 | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 33 | 227 | Eisoldt, Andreas | Knossos.de | 74 | 44:47 | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 34 | 257 | Kohlmann, Carsten | NDR | 65 | 44:55 | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 35 | 141 | Meier, Ralf | ELBE-Sport | 69 | 44:56 | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 36 | 241 | Papenberg, Matthias | Laufwerk | 65 | 45:01 | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 37 | 314 | Vollmers, Laurin | Signal Iduna | 05 | 45:12 | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 45 | Vollmers, Thomas | Signal Iduna | 71 | 45:13 | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 39 | 76 | Wessel, Hans-Joachim | Airbus | 50 | 45:20 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 40 | 261 | Swoboda, Peter | Nordmark | 63 | 45:22 | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 41 | 222 | Tiedemann, Alexander | IBM Klub | 01 | 45:27 | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 42 | 219 | Sievers, Jörg | HSH-NORDB. | 65 | 45:38 | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 43 | 205 | Herrmann, Thomas | HEK | 58 | 45:43 | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 44 | 174 | Wagner, Dirk | ERGOsports | 72 | 45:49 | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 45 | 105 | Persiel, Arne | Commerz-B. | 66 | 45:51 | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 46 | 139 | Feindt, Tim | ELBE-Sport | 74 | 45:55 | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 47 | 265 | Reuer, Hans-Henning | OTTO | 67 | 45:59 | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 48 | 281 | Donig, Andreas | Polizei HH | 77 | 46:01 | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 49 | 270 | Zschätzsch, Marko | OTTO | 79 | 46:04 | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 50 | 223 | Tiedemann, Maik | IBM Klub | 67 | 46:24 | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 51 | 248 | Theile, Hartwich | FA HH | 55 | 46:26 | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 52 | 192 | Westphal, Wolfgang | Hochbahn | 54 | 46:30 | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 53 | 8 | Gehle, Friedhelm | BA-Eimsb. | 56 | 46:42 | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 54 | 207 | Lemkau, Niels | HEK | 65 | 46:55 | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 55 | 112 | Munkelt, Stephan | Dataport | 83 | 47:01 | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 56 | 125 | Schmidt, Jürgen | DZ HYP | 54 | 47:03 | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 57 | 161 | Faust, Thomas | ERGOsports | 62 | 47:07 | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 58 | 6 | Trümper, Michael | Airbus | 66 | 47:14 | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 59 | 188 | Meyhöfer, Christian | HHLA | 70 | 47:18 | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 60 | 134 | Lück, Ronald | EDEKA | 75 | 47:21 | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 60 | 136 | Ruf, Martin | EDEKA | 85 | 47:21 | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 62 | 315 | Roberts, Gregor | T-Systems | 59 | 47:23 | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 63 | 204 | Wolf, Johannes | HapagLloyd | 87 | 47:25 | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 64 | 186 | Rodrigo Y Hüls, Manuel | HW | 81 | 48:28 | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 65 | 229 | Hausmann, Malte | Knossos.de | 84 | 48:30 | . | . | . | 12 | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | Jg | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 |
|-------|------|-----------------------------|--------------|----|---------|----|------------------|----|----|----|----|----|----|----|----|----|----|
| 66 | 318 | Hansen, Jan | wellnuss.de | 74 | 48:32 | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 67 | 163 | Holt, Johannes | ERGOsports | 84 | 48:33 | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 68 | 113 | Steinfeld, Marco | Dataport | 75 | 48:54 | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 69 | 82 | Schielke, Eric | AlbeDiakon | 91 | 49:00 | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 70 | 43 | Manthei, Jan | Signal Iduna | 67 | 49:06 | . | . | . | . | . | . | 18 | . | . | . | . | . |
| 71 | 27 | Rausch, Steffen | NDR | 64 | 49:39 | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 72 | 340 | Sietz, Andreas | DAK | 68 | 49:49 | . | . | . | . | . | . | 19 | . | . | . | . | . |
| 73 | 122 | Thorborg, Nils | Deut.Bank | 64 | 49:53 | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 74 | 128 | Dube, Fernando | EDEKA | 77 | 50:00 | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 74 | 322 | Mahrendorf, Lars | TK | 79 | 50:00 | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 76 | 130 | Hillmann, Roy | EDEKA | 65 | 50:04 | . | . | . | . | . | . | 20 | . | . | . | . | . |
| 77 | 264 | Kliem, Rüdiger | OTTO | 61 | 50:25 | . | . | . | . | . | . | . | 7 | . | . | . | . |
| | 147 | Korff, Ralf | Energie SV H | 57 | 50:30 | 1. | Außer Konkurrenz | | | | | | | | | | |
| 78 | 182 | Plate, Levent | HH Airport | 72 | 50:44 | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 79 | 159 | Ehrke, Michael | ERGOsports | 59 | 50:56 | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 80 | 120 | Ehrenberg, Frank | Deut.Bank | 59 | 50:58 | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 81 | 65 | Felger, Fritz | Airbus | 59 | 51:23 | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 81 | 217 | Schwenck, Jonatan | HSH-NORDB. | 02 | 51:23 | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 81 | 258 | Togler, Klaus | NDR | 52 | 51:23 | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 84 | 66 | Graudenz, Eckart | Airbus | 44 | 51:24 | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 85 | 171 | Spijker, Rüdiger | ERGOsports | 60 | 51:32 | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 86 | 327 | Pöhler, Andre | TÜV-Nord | 75 | 51:34 | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 87 | 202 | Schubert, Ralph | HapagLloyd | 73 | 51:45 | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 88 | 216 | Schöning, Michael | HSH-NORDB. | 62 | 51:51 | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 89 | 213 | Gaebert, Günter | HSH-NORDB. | 64 | 52:01 | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 90 | 164 | Hübener, Matthias | ERGOsports | 62 | 52:09 | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 91 | 94 | Heinzinger, Manfred | Basler | 62 | 52:18 | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 92 | 96 | Kuhr, Jan-Oliver | Basler | 80 | 52:26 | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 93 | 102 | Fielitz, Andreas | Commerz-B. | 72 | 52:42 | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 94 | 73 | Paschold, Rüdiger | Airbus | 61 | 52:46 | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 95 | 191 | Scharfenberg, Stefan | Hochbahn | 77 | 52:47 | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 96 | 245 | Steuernagel, Curt | Laufwerk | 56 | 53:12 | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 97 | 72 | Parthadius, Matthias | Airbus | 67 | 53:22 | . | . | . | . | . | 21 | . | . | . | . | . | . |
| 98 | 127 | Cordes, Sven | EDEKA | 71 | 53:25 | . | . | . | . | 15 | . | . | . | . | . | . | . |
| 99 | 252 | Holz kamp-Heise, Karl-Heinz | Lufthansa | 52 | 53:36 | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 100 | 247 | Freden hagen, Harald | FA HH | 59 | 53:41 | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 101 | 299 | Hill, Michael | Still | 89 | 53:45 | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 102 | 311 | Scharf, Dietmar | Signal Iduna | 68 | 54:11 | . | . | . | . | . | 22 | . | . | . | . | . | . |
| 103 | 70 | Meyer-Johne, Ludolf | Airbus | 48 | 54:26 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 104 | 199 | Fest, Josef | HapagLloyd | 50 | 55:01 | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 105 | 86 | Handke, Christopher | BACARDI | 83 | 55:10 | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 106 | 335 | Hagemann, Uwe | HSH-NORDB. | 50 | 55:13 | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 107 | 307 | Lenfers, Wolfgang | Signal Iduna | 62 | 55:52 | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 108 | 274 | Haubrich, Gerhard | PHILIPS | 43 | 55:59 | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 109 | 279 | Rohde, Lothar | PHILIPS | 53 | 56:04 | . | . | . | . | . | . | . | . | 8 | . | . | . |
| 110 | 179 | Ehlers, Jörg | HH Airport | 65 | 56:10 | . | . | . | . | . | 23 | . | . | . | . | . | . |
| 111 | 108 | Sturmhöfel, Kai | Commerz-B. | 73 | 56:37 | . | . | . | . | 16 | . | . | . | . | . | . | . |
| 112 | 295 | Hofsommer, Steffen | Siemens | 72 | 56:42 | . | . | . | . | 17 | . | . | . | . | . | . | . |
| 113 | 272 | Dreise, Gösta | PHILIPS | 68 | 56:52 | . | . | . | . | 24 | . | . | . | . | . | . | . |
| | 338 | Neumann, Jonas | Asklepios HH | 01 | 57:06 | 2. | Außer Konkurrenz | | | | | | | | | | |
| 114 | 106 | Riegel, Danny | Commerz-B. | 73 | 57:57 | . | . | . | . | 18 | . | . | . | . | . | . | . |
| 115 | 300 | Hill, Tobias | Still | 89 | 58:16 | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 116 | 344 | Reiher, Sven | HPA | 67 | 58:23 | . | . | . | . | . | 25 | . | . | . | . | . | . |
| 117 | 63 | Wagener, Horst | Gaden | 61 | 59:09 | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 118 | 286 | Meyer, Peter | Postbank-H | 47 | 59:21 | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 119 | 117 | Georg, Jens | DESY | 78 | 59:56 | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 120 | 336 | Engel, Wolfgang | HSH-NORDB. | 54 | 1:00:37 | . | . | . | . | . | . | . | . | 9 | . | . | . |
| 121 | 347 | Wulff, Helmut | HPA | 60 | 1:03:50 | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 122 | 218 | Schwenck, Jörn | HSH-NORDB. | 44 | 1:06:33 | . | . | . | . | . | . | . | . | . | . | 3 | . |

Ergebnisse der Damenmannschaften auf der Kurzstrecke (3000 Meter)

| | | | | |
|---|------------|---|--|---------|
| 1 | ERGOsports | 1 | Baumann, Katja; Dreller, Hilke; Stahlbock, Astrid | 0:45:42 |
| 2 | ERGOsports | 2 | Dahl, Katrin; Clausen, Sylvia; Wagner, Ratchaneekorn | 0:56:55 |

Ergebnisse der Damenmannschaften auf der Langstrecke (10000 Meter)

| | | | | |
|---|--------------|---|---|---------|
| 1 | ERGOsports | 1 | Wolmuth, Jette; Ewers, Dorit; Luderer, Britt | 2:32:08 |
| 2 | Laufwerk | 1 | von der Fecht, Solveig; Kersten, Ines; Vogt, Gabriele | 2:36:12 |
| 3 | Berenberg | 1 | Barth, Sonja; Heinsohn, Christin; Rohde, Sabine | 2:36:24 |
| 4 | HapagLloyd | 1 | Sagert, Erika; Fähnemann, Martina; Gerloff, Anne-Mareike | 2:53:16 |
| 5 | Signal Iduna | 1 | Vollmers, Anja; Pantelmann, Susann; Reese-Theege, Kirsten | 3:01:51 |
| 6 | HPA | 1 | Reiher, Nicole; Förschner, Olivia; Scheile-Bängsson, Barb | 3:02:42 |

Ergebnisse der Herrenmannschaften auf der Kurzstrecke (3000 Meter)

| | | | | |
|---|--------------|---|--|---------|
| 1 | ERGOsports | 1 | Banck, Sönke; Fennen, Dr. Michael; Hinckeldeyn, Jörg | 0:40:01 |
| 2 | PHILIPS | 1 | Matzke, Herwig; Schrader, Rudi; Matthies, Hans-Joachim | 0:54:07 |
| 3 | Energie SV H | 1 | Möller, Andre; Lutosch, Dietmar; Wolter, Friedrich | 0:54:39 |
| 4 | ERGOsports | 2 | Krause, Reinhard; Scholz, Guido; Radetzki, Manfred | 0:56:25 |

Ergebnisse der Herrenmannschaften auf der Langstrecke (10000 Meter)

| | | | | |
|----|--------------|---|---|---------|
| 1 | Airbus | 1 | Poyatos-Castillo, Jose Carlos; Kiehl, Thorsten; Jansen, Thies | 1:55:54 |
| 2 | TÜV-Nord | 1 | Ahlfeld, Carsten; Bietke, Dirk; Wehowsky, Frank | 2:01:31 |
| 3 | Knossos.de | 1 | Beckmann, Niels; Orloff, Sven; Ludwig, Dirk | 2:07:17 |
| 4 | OTTO | 1 | Wittmar, Johannes; Reuer, Hans-Henning; Zschätzsch, Marko | 2:09:01 |
| 5 | wellnuss.de | 1 | Stephan, Achim; Jeschak, Patrick; Hansen, Jan | 2:13:17 |
| 6 | EDEKA | 1 | Kurch, Sebastian; Lück, Ronald; Ruf, Martin | 2:14:22 |
| 7 | Laufwerk | 1 | Rohlfs, Torben; Papenberg, Matthias; Steuernagel, Curt | 2:15:44 |
| 8 | NDR | 1 | Bahrtdt, Florian; Kohlmann, Carsten; Rausch, Steffen | 2:16:15 |
| 9 | Airbus | 2 | Wegmann, Dr. Gerhard; Wessel, Hans-Joachim; Trümper, Michael | 2:16:45 |
| 10 | Signal Iduna | 1 | Vollmers, Laurin; Vollmers, Thomas; Manthei, Jan | 2:19:31 |
| 11 | HapagLloyd | 1 | Wilde, Tim; Wolf, Johannes; Schubert, Ralph | 2:20:25 |
| 12 | ERGOsports | 1 | Wagner, Dirk; Faust, Thomas; Holt, Johannes | 2:21:29 |
| 13 | Commerz-B. | 1 | Gruhn, Marcel Dennis; Persiel, Arne; Fielitz, Andreas | 2:23:10 |
| 14 | Deut.Bank | 1 | Voß, Thomas; Thorborg, Nils; Ehrenberg, Frank | 2:24:58 |
| 15 | Basler | 1 | Firyn, Heiko; Heinzinger, Manfred; Kuhr, Jan-Oliver | 2:28:32 |
| 16 | HSH-NORDB. | 1 | Sievers, Jörg; Schwenck, Jonatan; Schöning, Michael | 2:28:52 |
| 17 | HH Airport | 1 | Niermann, Marco; Plate, Levent; Ehlers, Jörg | 2:30:11 |
| 18 | EDEKA | 2 | Dube, Fernando; Hillmann, Roy; Cordes, Sven | 2:33:29 |
| 19 | ERGOsports | 2 | Ehrke, Michael; Spijker, Rüdiger; Hübener, Matthias | 2:34:37 |
| 20 | Airbus | 3 | Felger, Fritz; Graudenz, Eckart; Paschold, Rüdiger | 2:35:33 |
| 21 | HSH-NORDB. | 2 | Gaebert, Günter; Hagemann, Uwe; Engel, Wolfgang | 2:47:51 |
| 22 | PHILIPS | 1 | Haubrich, Gerhard; Rohde, Lothar; Dreise, Gösta | 2:48:55 |