

Ergebnisliste

Rund um den Südsee

7. Oktober 2007



Braunschweiger Männer-Turnverein von 1847

Jedermannlauf 5.000 m

Männer

| | | | | | |
|----|----|-------------------------|------|-----------------------|-------|
| 1 | 68 | Zöllner, Jan | 1984 | o. V. | 17:48 |
| 2 | 45 | Ehlers, Oliver | 1978 | LSV Tri-Team | 17:50 |
| 3 | 61 | Salthammer, Tunga | 1960 | Unisport Braunschweig | 18:17 |
| 4 | 66 | Leppla, Frank | 1964 | LG Braunschweig | 18:39 |
| 5 | 67 | Riemann, Thomas | 1957 | o. V. | 19:06 |
| 6 | 60 | Franke, Bernd | 1966 | WSV v. 1921 WF | 19:33 |
| 7 | 26 | Krüger, Horst | 1961 | o. V. | 20:14 |
| 8 | 39 | Schliephake, Michael | 1964 | SV Stöckheim | 20:28 |
| 9 | 40 | Schönfeld, Rainer | 1969 | o. V. | 21:07 |
| 10 | 57 | Jacob, Martin | 1982 | o. V. | 21:39 |
| 11 | 71 | Wiese, Sascha | 1969 | USC Braunschweig | 22:27 |
| 12 | 19 | Heberle, Manfred | 1955 | o. V. | 22:57 |
| 13 | 73 | Nowak, Manfred | 1948 | o. V. | 23:18 |
| 14 | 37 | Sevastianov, Pavel | 1957 | o. V. | 23:19 |
| 15 | 74 | Lehmann, Andreas | 1973 | o. V. | 23:36 |
| 16 | 16 | Gruppe, Karl | 1970 | o. V. | 23:51 |
| 17 | 50 | Kanne, Matthias | 1968 | o. V. | 23:56 |
| 18 | 9 | Engel, Michael | 1967 | Wiederaufbau | 23:57 |
| 19 | 52 | Bohner, Michael | 1967 | o. V. | 23:58 |
| 20 | 29 | Möhlmann, Urs | 1971 | o. V. | 24:05 |
| 21 | 43 | Stepanik, Werner | 1944 | o. V. | 24:13 |
| 22 | 33 | Reimer, Jan | 1966 | o. V. | 24:41 |
| 23 | 15 | Goral, Alfred | 1956 | o. V. | 25:02 |
| 24 | 62 | Nowak, Wolfgang | 1937 | o. V. | 25:04 |
| 25 | 1 | Bartsch, Hans-Joachim | 1958 | o. V. | 25:33 |
| 26 | 42 | Schwamberg, Manfred | 1949 | o. V. | 25:43 |
| 27 | 6 | Burgdorf, Ralf | 1960 | TSV Helmstedt | 25:45 |
| 28 | 49 | Rathmann, Thomas | 1962 | o. V. | 25:52 |
| 29 | 27 | Meier, Cord | 1954 | o. V. | 25:55 |
| 30 | 65 | Wucherpennig, Markus | 1965 | TSV Bildung Peine | 27:14 |
| 31 | 56 | Bree, Carsten | 1963 | o. V. | 27:21 |
| 32 | 64 | Wucherpennig, Georg | 1934 | o. V. | 27:53 |
| 33 | 46 | Spethmann, Hans-Joachim | 1947 | o. V. | 28:01 |
| 34 | 41 | Schwan, Klaus-Jürgen | 1958 | o. V. | 28:05 |
| 35 | 34 | Roller, Axel | 1958 | o. V. | 28:06 |
| 36 | 38 | Sivris, Theophilos | 1971 | o. V. | 28:11 |
| 37 | 2 | Blanken, Heiner | 1962 | o. V. | 28:12 |
| 38 | 28 | Miotke, Erich | 1971 | o. V. | 28:22 |
| 39 | 72 | Graef, Jürgen | 1950 | o. V. | 29:05 |
| 40 | 51 | Emel, Herrmann | 1978 | o. V. | 32:44 |

Frauen

| | | | | | |
|---|----|-------------------|------|--------------|-------|
| 1 | 3 | Brümmer, Iris | 1964 | o. V. | 22:01 |
| 2 | 30 | Portwig, Jennifer | 1977 | o. V. | 23:30 |
| 3 | 47 | Bolhuis, Christa | 1972 | o. V. | 24:57 |
| 4 | 8 | Enders, Claudia | 1967 | Wiederaufbau | 25:09 |
| 5 | 12 | Friede, Jenny | 1974 | o. V. | 25:36 |
| 6 | 23 | Isermann, Bettina | 1953 | Wiederaufbau | 25:38 |
| 7 | 76 | Schütte, Claudia | 1971 | o. V. | 26:45 |

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|----|----|------------------|------------|-------|
| 8 | 31 | Preiß, Julia | 1984 o. V. | 27:16 |
| 9 | 13 | Geising, Barbara | 1974 o. V. | 27:17 |
| 10 | 69 | Schlegl, Gisela | 1959 o. V. | 27:41 |
| 11 | 53 | Pella, Marion | 1980 o. V. | 27:42 |
| 12 | 70 | Bode, Silvia | 1958 o. V. | 27:43 |
| 13 | 63 | Runge, Karin | 1966 o. V. | 28:45 |
| 14 | 58 | Teigler, Sabine | 1961 o. V. | 28:54 |
| 15 | 59 | Sobiech, Gudrun | 1960 o. V. | 29:11 |
| 16 | 36 | Sauvigny, Ute | 1974 o. V. | 29:36 |
| 17 | 24 | Korona, Patrizia | 1982 o. V. | 29:39 |
| 18 | 17 | Hartwig, Katja | 1969 o. V. | 31:00 |
| 19 | 77 | Pleiß, Gunda | 1964 o. V. | 31:02 |

MJA

| | | | | |
|---|----|------------------|------------------------|-------|
| 1 | 55 | Sander, Benjamin | 1989 Triathlon-Team-BS | 19:26 |
|---|----|------------------|------------------------|-------|

MJB

| | | | | |
|---|----|--------------------|----------------------|-------|
| 1 | 44 | Studer, Christian | 1991 o. V. | 21:40 |
| 2 | 21 | Held, Dennis | 1991 o. V. | 23:17 |
| 3 | 20 | Heberle, Volker | 1991 LG Braunschweig | 24:07 |
| 4 | 25 | Krüger, André Eric | 1991 o. V. | 24:15 |
| 5 | 5 | Burgdorf, Felix | 1994 TSV Helmstedt | 25:31 |
| 6 | 35 | Rosenfeld, Max | 1991 o. V. | 28:46 |

WJB

| | | | | |
|---|----|-----------------|---------------------|-------|
| 1 | 32 | Rattunde, Maren | 1990 o. V. | 25:15 |
| 2 | 75 | Böhmke, Hella | 1991 RSC Hildesheim | 25:40 |

Hauptlauf 10.000 m

MHK

| | | | | |
|---|-----|--------------------|------------------------------------|-------|
| 1 | 310 | Ugorets, Leonid | 1983 o. V. | 41:26 |
| 2 | 376 | Liebsch, Marcel | 1982 LG Braunschweig | 41:31 |
| 3 | 261 | Danch, Andreas | 1979 Laufflöwen Stadt Braunschweig | 42:46 |
| 4 | 373 | Vahldiek, Mirko | 1991 MTV Schöningen | 44:25 |
| 5 | 252 | Albrecht, Florian | 1984 o. V. | 46:24 |
| 6 | 236 | Gebauhr, Julius | 1981 o. V. | 46:47 |
| 7 | 320 | Cruse, Nils | 1981 VW Bank | 49:11 |
| 8 | 223 | Meyer, Florian | 1982 o. V. | 49:33 |
| 9 | 232 | Wichmann, Matthias | 1981 o. V. | 57:13 |

M30

| | | | | |
|---|-----|------------------------|------------------------------------|-------|
| 1 | 284 | Kramme, Thomas | 1971 Laufflöwen Stadt Braunschweig | 37:14 |
| 2 | 347 | Dill, Torsten | 1969 TSV Lelm | 37:15 |
| 3 | 361 | Gronau, Igor | 1971 MTV Wolfenbüttel | 38:00 |
| 4 | 378 | Fistarol, Marcus | 1968 o. V. | 40:13 |
| 5 | 317 | Kreit, Axel | 1968 o. V. | 40:32 |
| 6 | 240 | Hauer, Markus | 1974 TSV Rothemühle | 41:37 |
| 7 | 340 | Hennecke, Hans-Joachim | 1971 Team Joachim Franz | 42:41 |
| 8 | 392 | Ludwig, Michael | 1971 SSV Diddlese | 43:18 |

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|----|---------------------------|----------------------------|-------|
| 9 | 274 Herrmann, Axel | 1972 o. V. | 44:01 |
| 10 | 206 Thumbs, Dr. Alexander | 1973 Juliusspital Würzburg | 44:40 |
| 11 | 389 Rosenkranz, Karsten | 1977 o. V. | 46:09 |
| 12 | 380 Fesske, Kai | 1975 CJD Braunschweig | 46:30 |
| 13 | 329 Genschler, Stefan | 1969 VW Bank | 47:24 |
| 14 | 367 Bohlen, Hajo | 1969 o. V. | 47:38 |
| 15 | 381 Rinkel, Michael | 1968 MTV BS | 48:17 |
| 16 | 280 Keine, Daniel | 1978 o. V. | 48:47 |
| 17 | 300 Sajfert, Oliver | 1968 o. V. | 49:04 |
| 18 | 334 Heinke, Jörg | 1970 Lessing Runners | 49:05 |
| 19 | 393 Klotz, Dirk | 1968 o. V. | 49:13 |
| 20 | 333 Traut, Sven | 1977 VW Bank | 49:37 |
| 21 | 306 Stanischweski, Uwe | 1972 MTV Vechede | 49:50 |
| 22 | 385 Müller, Stephan | 1971 MTV Wasbüttel | 49:52 |
| 23 | 337 Sobeich, Timm | 1962 Tri-Team Königslutter | 53:06 |
| 24 | 202 Kurts, Oliver | 1969 LSV WF Tri Team | 54:30 |
| 25 | 285 Linke, Stefan | 1977 o. V. | 56:03 |
| 26 | 270 Hansen, Allan | 1970 o. V. | 57:15 |
| 27 | 371 Heggemann | 1973 o. V. | 58:24 |

M40

| | | | |
|----|----------------------------|----------------------------|-------|
| 1 | 350 Heuck, Thomas | 1962 TSV Lelm | 37:13 |
| 2 | 356 Lorenz, Ralf | 1961 o. V. | 37:23 |
| 3 | 211 Beckner, Jörg | 1962 o. V. | 39:12 |
| 4 | 235 Ritter, Andreas | 1962 Unisport Braunschweig | 39:29 |
| 5 | 244 Mielzarek, Karsten | 1966 SV Germania Helmstedt | 40:02 |
| 6 | 304 Sundermann, Edgar | 1966 o. V. | 40:03 |
| 7 | 311 Vieregge, Burkhard | 1962 Stoppelhopper Goslar | 40:18 |
| 8 | 312 Wiedemann, Heiko | 1966 MTV Wolfenbüttel | 40:31 |
| 9 | 332 Janitzki, Bernd | 1964 VW Bank | 41:38 |
| 10 | 295 Pulkenat, Stefan | 1964 LT Rüniger Roadrunner | 41:47 |
| 11 | 348 Kamp, Axel | 1960 o. V. | 42:45 |
| 12 | 353 Thorsten Jahn | 1966 o. V. | 43:15 |
| 13 | 363 Sievers, Thomas | 1960 o. V. | 43:24 |
| 14 | 276 Horsters, Siegfried | 1967 o. V. | 43:37 |
| 15 | 328 Sobottka, Horst | 1965 VW Bank | 43:38 |
| 16 | 266 Gerlich, Klaus-Stephan | 1965 SSC Germania o. V. 8 | 43:40 |
| 17 | 254 Barlag, Christoph | 1966 o. V. | 43:42 |
| 18 | 326 Oberbeck, Andreas | 1964 VW Bank | 44:19 |
| 19 | 345 Barber, Gary | 1958 BFFL Braunschweig | 44:27 |
| 20 | 226 Van Cayzeele, Patricio | 1961 TSV Schapen | 44:29 |
| 21 | 396 Ulrich, Björn | 1967 o. V. | 44:50 |
| 22 | 327 Grote, Ralf | 1964 VW Bank | 45:23 |
| 23 | 269 Gulich, Joachim | 1962 Appelhagen | 45:37 |
| 24 | 369 Morgenstern, Ronni | 1961 o. V. | 45:50 |
| 25 | 248 Hasenus, Bernhard | 1958 o. V. | 45:53 |
| 26 | 241 Kaysser, Eberhard | 1959 LT BS | 46:06 |
| 27 | 394 Dehmel, Michael | 1959 o. V. | 46:44 |
| 28 | 279 Kermes, Holger | 1964 o. V. | 47:04 |
| 29 | 352 Gunder, Thiemo | 1966 o. V. | 47:11 |
| 30 | 282 Klube, Mario | 1967 o. V. | 47:13 |

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|----|------------------------|------------------------------------|-------|
| 31 | 292 Necker, Peter | 1964 FrIGS Wolfsburg | 47:17 |
| 32 | 205 Bachmann, Dr. Knut | 1965 Kolbenfresser | 47:21 |
| 33 | 325 Krinke, Christian | 1967 VW Bank | 47:40 |
| 34 | 377 Bartels, Torsten | 1965 o. V. | 47:42 |
| 35 | 366 Klages, Heiko | 1960 MTV Groß-Denkte | 47:44 |
| 36 | 359 Fritsche, Michael | 1961 o. V. | 47:46 |
| 37 | 209 Leitner, Uwe von | 1962 o. V. | 47:48 |
| 38 | 201 Vahldiek, Frank | 1961 Marathon Hildesheim | 47:59 |
| 39 | 358 Brücher, Bertold | 1959 MTV Wolfenbüttel | 48:04 |
| 40 | 390 Haberlah, Claus | 1960 o. V. | 49:20 |
| 41 | 256 Brose, Hendrik | 1966 Laufflöwen Stadt Braunschweig | 49:25 |
| 42 | 259 Brennecke, Udo | 1967 o. V. | 49:30 |
| 43 | 383 Ruddies, Wolfgang | 1959 o. V. | 49:58 |
| 44 | 222 Althoff, Axel | 1961 o. V. | 50:11 |
| 45 | 249 Jusko, Dr. Otto | 1961 o. V. | 50:32 |
| 46 | 255 Bevern, Thomas | 1965 o. V. | 51:08 |
| 47 | 387 Rohde, Thomas | 1961 o. V. | 51:12 |
| 48 | 365 Knipping, Bernd | 1959 Braunschweiger Verkehrs AG | 53:27 |
| 49 | 234 Balte, Siegfried | 1966 o. V. | 53:33 |
| 50 | 260 Brinkmann, Michael | 1964 o. V. | 53:36 |
| 51 | 365 Knipping, Bernd | 1959 Braunschweiger Verkehrs AG | 53:27 |
| 52 | 210 Jöllenbeck, Stefan | 1959 o. V. | 54:46 |
| 53 | 265 Gelhaus, Andreas | 1964 o. V. | 54:55 |
| 54 | 323 Krieg, Gerald | 1966 VW Bank | 63:53 |

M50

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|----|----------------------------|------------------------------------|-------|
| 1 | 217 Portwig, Ansgar | 1953 o. V. | 41:11 |
| 2 | 228 Schütte, Jürgen | 1956 o. V. | 41:40 |
| 3 | 354 Schwirk, Günther | 1948 o. V. | 44:09 |
| 4 | 368 Josel, Rainer | 1953 Laufteam Auerswald | 44:24 |
| 5 | 322 Helmdach, Jürgen | 1957 VW Bank | 45:25 |
| 6 | 386 Gethmann, Michael | 1952 o. V. | 45:38 |
| 7 | 335 Teigler, Klaus | 1955 o. V. | 45:41 |
| 8 | 372 Siewers, Udo | 1949 o. V. | 46:55 |
| 9 | 375 Kozelsky, Josef | 1957 o. V. | 47:09 |
| 10 | 362 Thömmes, Achim | 1957 o. V. | 48:49 |
| 11 | 357 Richter, Michael | 1956 Braunschweiger Verkehrs AG | 48:51 |
| 12 | 302 Sieverding, Hubert | 1956 o. V. | 48:56 |
| 13 | 268 Groeger, Gerhard | 1954 o. V. | 49:17 |
| 14 | 391 Karrenführer, Wilfried | 1957 MTV Börßum | 49:22 |
| 15 | 355 Pape, Michael | 1960 o. V. | 50:17 |
| 16 | 313 Winkler, Norbert | 1952 Laufflöwen Stadt Braunschweig | 51:44 |
| 17 | 299 Ruhe, Andreas | 1957 o. V. | 51:59 |
| 18 | 370 Spanier, Heiko | 1950 SV Liedingen | 52:20 |
| 19 | 263 Deptuwa, Janis | 1951 o. V. | 53:00 |
| 20 | 398 Planne, Dr. Rainer | 1951 o. V. | 53:09 |
| 21 | 251 Mester, Stefan | 1954 Wedeler TSV | 53:58 |
| 22 | 336 Volkmann, Ulrich | 1949 o. V. | 54:35 |
| 23 | 272 Heim, Horst | 1952 MTV Vechelde | 54:57 |
| 24 | 338 Linke, Lothar | 1948 Lehndorf LL | 55:46 |
| 25 | 374 Bunschuch, Uwe | 1954 o. V. | 55:47 |

| | | | |
|----|--------------------------------|------------------------------|-------|
| 26 | 253 Albrecht, Gerd | 1957 o. V. | 56:35 |
| 27 | 247 Zückert-Löttsch, Engelbert | 1953 MTV_Karate Braunschweig | 59:46 |

M60

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|----|--------------------------|----------------------------------|-------|
| 1 | 283 Kresse, Rainer | 1945 Team Waggumer Holz | 46:48 |
| 2 | 344 Kurth, Winfried | 1941 o. V. | 47:58 |
| 3 | 239 Effe, Norbert | 1941 DLR BS | 48:08 |
| 4 | 245 Lerch, Joachim | 1941 SSG Braunschweig | 49:18 |
| 5 | 364 Bareskolt, Richard | 1946 o. V. | 51:48 |
| 6 | 379 Sindermann | 1941 Waggumer Holz | 52:12 |
| 7 | 237 Schild, Gerd | 1946 o. V. | 54:14 |
| 8 | 293 Nowak, Reginald | 1947 o. V. | 55:27 |
| 9 | 301 Sauer, Horst | 1938 MTV Schandelah | 56:12 |
| 10 | 227 Neumann-Lezius, Eike | 1942 DIDOSA Wolfenbüttel | 57:01 |
| 11 | 204 Trüschel, Klaus | 1943 o. V. | 58:51 |
| 12 | 288 Marquardt, Bernd | 1943 BZ-Beginners 2o. V. o. V. 5 | 59:22 |
| 13 | 207 Haak, Hans-Henning | 1947 FC Germania Helmstedt | 70:24 |

WHK

| | | | |
|---|-------------------------|------------|-------|
| 1 | 286 Malik, Gesa | 1979 o. V. | 49:26 |
| 2 | 224 Matthes, Eva | 1982 o. V. | 51:56 |
| 3 | 397 Bremus-Löning, Dany | 1980 o. V. | 52:00 |
| 4 | 277 Jährling, Stephanie | 1982 o. V. | 53:47 |
| 5 | 273 Heinrich, Nina | 1982 o. V. | 54:51 |
| 6 | 233 Engel, Britta | 1981 o. V. | 56:36 |
| 7 | 258 Braukmeier, Sabrina | 1981 o. V. | 68:00 |
| 8 | 231 Steinborn, Jenny | 1983 o. V. | 69:09 |

W30

| | | | |
|----|-----------------------------|-----------------------------------|-------|
| 1 | 382 Brinkmann, Silke | 1968 MTV Schladen | 40:50 |
| 2 | 290 Meyer, Nicole | 1970 o. V. | 44:41 |
| 3 | 296 Rednatz, Anke | 1969 o. V. | 49:07 |
| 4 | 342 Ringel, Martina | 1977 LT Magni-Runner Braunschweig | 49:55 |
| 5 | 349 Streitz, Susanne | 1969 o. V. | 52:08 |
| 6 | 203 Delfs, Cornelia | 1977 o. V. | 53:28 |
| 7 | 351 Lohmann, Carola | 1969 MTV Seesen | 53:29 |
| 8 | 400 Bollmann Marwede, Tanja | 1975 Fr IGS Wolfsburg | 57:37 |
| 9 | 321 Wyganowska, Renata | 1974 VW Bank | 58:23 |
| 10 | 298 Rinkel, Heike | 1968 o. V. | 59:13 |
| 11 | 267 Grimmier, Bianka | 1977 o. V. | 59:35 |

W40

| | | | |
|---|---------------------------|------------------------------------|-------|
| 1 | 303 Ruhr, Simone | 1961 MTV Adenbüttel | 43:29 |
| 2 | 384 Strack, Nina | 1967 Sommertriathlon Allerbüttel | 44:21 |
| 3 | 319 Weide-Jentsch, Bianca | 1967 Spvgg Groß Bülten | 44:23 |
| 4 | 315 Wucherpfennig, Dagmar | 1965 Laufflöwen Stadt Braunschweig | 46:14 |
| 5 | 218 Brümmer, Claudia | 1964 LT BS | 47:14 |
| 6 | 208 Nawroth, Birgit | 1967 o. V. | 47:26 |

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|----|-----------------------------|--------------------------|-------|
| 7 | 229 Kyas, Ulrike | 1960 o. V. | 50:57 |
| 8 | 294 Possekel, Simone | 1966 o. V. | 51:31 |
| 9 | 360 Lustig, Katrin | 1964 o. V. | 51:33 |
| 10 | 242 Råke, Monika | 1961 o. V. | 53:04 |
| 11 | 297 Reuter, Susanne | 1960 USC BS | 54:16 |
| 12 | 307 Steinka, Katrin | 1964 o. V. | 54:47 |
| 13 | 225 Thälker-Grosche, Sigrid | 1963 o. V. | 55:00 |
| 14 | 281 Klübe, Annette | 1967 o. V. | 55:25 |
| 15 | 388 Valentini, Susan | 1963 USC Braunschweig | 55:32 |
| 16 | 219 Hintze, Hanna | 1961 DIDOSA Wolfenbüttel | 57:00 |
| 17 | 316 Costard, Silke | 1960 o. V. | 57:38 |
| 18 | 324 Schlüter, Kerstin | 1961 VW Bank | 59:16 |
| 19 | 289 Maushake, Sabine | 1961 o. V. | 59:44 |
| 20 | 246 Bednarek, Andrea | 1965 USC BS | 59:48 |
| 21 | 399 Maaß, Ulrike | 1961 Fr IGS Wolfsburg | 64:13 |

W50

| | | | |
|---|------------------------|------------------------|-------|
| 1 | 346 Dedek, Frauke | 1957 TRI-Speedys Peine | 52:40 |
| 2 | 339 Jaeger, Anita | 1953 o. V. | 53:30 |
| 3 | 262 Deptuwa, Erika | 1954 o. V. | 53:41 |
| 4 | 238 Eulerich, Karin | 1952 o. V. | 54:33 |
| 5 | 271 Heche, Birgit | 1957 o. V. | 55:55 |
| 6 | 264 Diezel, Margarete | 1950 o. V. | 56:01 |
| 7 | 257 Braukmeier, Renate | 1955 o. V. | 63:52 |
| 8 | 343 Ringel, Gabriele | 1952 o. V. | 70:25 |

W60

| | | | |
|---|----------------------|----------------------------------|-------|
| 1 | 287 Marquardt, Agnes | 1942 BZ-Beginners 2o. V. o. V. 5 | 64:58 |
|---|----------------------|----------------------------------|-------|

Schülerlauf 2.051 m

SchüA

| | | | | | |
|---|-----|---------------------|------|-----------------------|-------|
| 1 | 643 | Sobiech, Lucas | 1992 | Tri-Team Königslutter | 06:49 |
| 2 | 617 | Mathe, Raoul | 1992 | LG Braunschweig | 07:13 |
| 3 | 639 | Voegelin, Karsten | 1993 | WBG | 07:36 |
| 4 | 612 | Schliephake, Julian | 1992 | SV Stöckheim | 08:22 |
| 5 | 616 | Diezel, Robin | 1993 | o. V. | 08:31 |
| 6 | 625 | Käselau, Jann | 1993 | WBG | 08:49 |

SchüB

| | | | | | |
|----|-----|---------------------|------|--------------|-------|
| 1 | 631 | Kleist, Marcel | 1995 | WBG | 07:35 |
| 2 | 614 | Bittner, Patrick | 1994 | o. V. | 07:40 |
| 3 | 638 | Schliephake, Adrian | 1994 | WBG | 07:44 |
| 4 | 635 | Nass, Alexander | 1994 | WBG | 08:05 |
| 5 | 626 | Nesselhut, Lennart | 1994 | WBG | 08:06 |
| 6 | 610 | Schliephake, Robin | 1994 | SV Stöckheim | 08:35 |
| 7 | 637 | Schenk, Lucas | 1995 | WBG | 08:40 |
| 8 | 633 | Litzke, Domenik | 1995 | WBG | 08:41 |
| 9 | 623 | Bothe, Finn | 1995 | WBG | 08:50 |
| 10 | 622 | Bloch, Sven Niklas | 1994 | WBG | 10:52 |
| 11 | 636 | Rüstig, Pascal | 1994 | WBG | 13:30 |

SchüC

| | | | | | |
|---|-----|------------------|------|------------------|-------|
| 1 | 618 | Rossi, Dominik | 1997 | MTV Braunschweig | 08:00 |
| 2 | 615 | Brinkmann, Jan | 1997 | o. V. | 08:53 |
| 3 | 613 | Beven, Felix | 1997 | o. V. | 09:06 |
| 4 | 620 | Trost, Fabian | 1997 | o. V. | 09:07 |
| 5 | 619 | Suilmann, Manuel | 1996 | MTV Braunschweig | 09:35 |

SchüD

| | | | | | |
|---|-----|--------------------|------|-------|-------|
| 1 | 609 | Frasca, Alessandro | 1999 | o. V. | 09:12 |
| 2 | 621 | Trost, Nils | 1999 | o. V. | 09:36 |
| 3 | 606 | Wuttke, Richard | 1998 | o. V. | 11:03 |
| 4 | 604 | Haußmann, Tim | 2000 | o. V. | 11:05 |
| 5 | 651 | Bloch, Kai-Lennart | 2000 | o. V. | 13:28 |

SchüinA

| | | | | | |
|---|-----|-----------------------|------|------------------|-------|
| 1 | 645 | Salthammer, Lea | 1993 | CJD Braunschweig | 08:43 |
| 2 | 640 | Hennig, Hannah-Sophie | 1993 | WBG | 11:51 |

SchüinB

| | | | | | |
|---|-----|-------------------|------|------------------------|-------|
| 1 | 627 | Schieweck, Lisa | 1995 | WBG | 09:02 |
| 2 | 652 | Illgen, Joana | 1995 | Eintracht Braunschweig | 09:09 |
| 3 | 642 | Szot, Lucie | 1994 | Lessing Runners | 09:46 |
| 4 | 648 | Krause, Sara | 1994 | Lessing Runners | 09:59 |
| 5 | 650 | Belljen, Caroline | 1994 | Lessing Runners | 10:02 |

SchüinC

| | | | | | |
|---|-----|-------------------|------|------------------------|-------|
| 1 | 605 | Ückermann, Neele | 1997 | Eintracht Braunschweig | 08:26 |
| 2 | 607 | Wuttke, Vanessa | 1996 | o. V. | 08:37 |
| 3 | 646 | Salthammer, Klara | 1996 | o. V. | 09:08 |
| 4 | 644 | Sobiech, Carolin | 1996 | o. V. | 10:16 |
| 5 | 649 | Haußmann, Sophie | 1997 | Eintracht Braunschweig | 11:02 |

SchüinD

| | | | | | |
|---|-----|----------------------|------|------------------------|-------|
| 1 | 602 | Pannach, Sophie | 1998 | Eintracht Braunschweig | 09:34 |
| 2 | 603 | Heinichen, Henriette | 2001 | Eintracht Braunschweig | 09:49 |
| 3 | 608 | Burgdorf, Franziska | 1998 | o. V. | 10:01 |
| 4 | 647 | Dreisbach, Jelenka | 1998 | o. V. | 11:06 |

Staffellauf 5 x 2.051 m

| | | | |
|---|---|--|-------|
| 1 | Lessing Runners I | | 38:08 |
| | Schalow, Nicklas; Rapp, Chase; Maaß, Isabell; Knolle, Alexander; Wendland, Robert | | |
| 2 | Braunschweiger Verkehrs AG | | 43:43 |
| | Wischnieski, Volker; Stief, Torsten; Kannemann, Ordwin; Richter, Michael; Jacksch, Ingo | | |
| 3 | Lessing Runners II | | 45:41 |
| | Böke, Julia; Jonas, Jonas; Bennecke, Saskia; Pieruschka, Lisa; Hoffmann, Wilhelmina | | |
| 4 | Lessing Runners III | | 46:20 |
| | Wolters, Clara; Marie, Laura; Steinecke, Carmen; Jung, Daniela; Ostrowski, Marc | | |
| 5 | SV Liedingen | | 47:51 |
| | Brandes, Wiebke; Methner, Mareike; Pullwitz, Lisa; Pullwitt, Sven; Lies, Linus | | |