

Platz	m/w	St.Nr.	Name	Vorname	BSG	GJ	Strecke	Zeit	Schnitt	Starts	Ges.Strecke	Ges.Zeit	Ges.Schnitt	Starts
1	m	955	Timm,	Thomas	PHILIPS	1958	160360	11:17:18	00:04:13	24	481080	37:02:56	0:04:37	72
	m	939	Rittmeister,	Lutz	PHILIPS	1959	160360	11:17:53	00:04:14	24				
	w	932	Mansfeld-Stiegert,	Ulrike	PHILIPS	1967	160360	14:27:45	00:05:25	24				
2	w	410	Lupke,	Anne	ERGOsports	1980	160360	12:38:07	00:04:44	24	434550	35:42:01	0:04:56	65
	m	412	Meinke,	Frank	ERGOsports	1978	143230	12:54:54	00:05:25	21				
	w	430	Suckstorff,	Anja	ERGOsports	1969	130960	10:09:00	00:04:39	20				
3	m	1038	Hoppe,	Holger	Rot-Gelb	1971	157000	14:50:28	00:05:40	23	416320	40:21:47	0:05:49	63
	w	1043	Oestreich,	Daniela	Rot-Gelb	1976	139060	13:26:40	00:05:48	21				
	m	1050	Toborg,	Sven	Rot-Gelb	1970	120260	12:04:39	00:06:02	19				
4	m	1000	Hänjes,	Hans-Martin	Raffay	1964	160360	14:30:57	00:05:26	24	400340	37:04:42	0:05:33	56
	w	1005	Leifels,	Gabi	Raffay	1966	160360	14:50:15	00:05:33	24				
	m	994	Adolf,	Hans-Willy	Raffay	1936	79620	7:43:30	00:05:49	8				
5	w	1201	Kamlage,	Frauke	Sig. Iduna	1956	141560	13:53:05	00:05:53	21	394510	37:47:11	0:05:45	58
	m	1202	Kamlage,	Jens	Sig. Iduna	1943	141560	14:36:11	00:06:11	21				
	m	1207	Manthei,	Jan	Sig. Iduna	1967	111390	9:17:55	00:05:01	16				
6	m	356	Neumann,	Uwe	D. Telekom	1973	160360	12:56:35	00:04:51	24	379700	31:20:15	0:04:57	57
	m	1280	Kutschka,	Gregor	D. Telekom	1970	120260	9:34:49	00:04:47	18				
	w	357	Parge,	Sabine	D. Telekom	1964	99080	8:48:51	00:05:20	15				
7	m	854	Kohlmann,	Carsten	NDR	1965	160360	11:46:54	00:04:24	24	364390	31:19:55	0:05:10	54
	w	852	Kersten,	Ines	NDR	1962	137160	13:01:45	00:05:42	21				
	m	837	Beckmann,	Jörg	NDR	1934	66870	6:31:16	00:05:51	9				
8	w	575	Nentwig,	Karin	HH-Hochsch	1959	160360	11:57:26	00:04:28	24	331920	26:32:58	0:04:48	44
	m	1461	Knaack,	Tobias	HH-Hochsch	1975	110350	9:09:17	00:04:59	14				
	m	1460	Graudenz,	Eckart	HH-Hochsch	1944	61210	5:26:15	00:05:20	6				
9	m	121	Krastev,	Ulli	BACARDI	1969	160360	11:14:35	00:04:12	24	331680	26:48:25	0:04:51	49
	m	1432	Pepperrell,	Stephen	BACARDI	1958	134460	12:26:20	00:05:33	19				
	w	117	Henke,	Katrin	BACARDI	1992	36860	3:07:30	00:05:05	6				
10	m	1066	Hass,	Jochen	Stern	1966	140130	12:18:31	00:05:16	20	302010	24:27:28	0:04:52	40
	m	1095	Stangenberg,	Andreas	Stern	1960	91660	7:03:50	00:04:37	13				
	w	1090	Neudörffer,	Cordula	Stern	1971	70220	5:05:07	00:04:21	7				
11	m	1266	Kathenbach,	Martin	TÜV-Nord	1979	124430	11:08:29	00:05:22	18	300510	28:34:51	0:05:42	44
	m	1267	Kohl,	Andreas	TÜV-Nord	1961	94040	9:11:36	00:05:52	13				
	w	1276	Wolf,	Uta	TÜV-Nord	1978	82040	8:14:46	00:06:02	13				
12	m	745	Gebert,	Claus	Innovas	1975	124430	10:53:17	00:05:15	19	282260	24:19:16	0:05:10	44

	w	746 Jarren,	Sabine	Innovas	1966	89080	7:25:40	00:05:00	14				
	m	747 Laar, von	Heinz-Josef	Innovas	1968	68750	6:00:19	00:05:14	11				
13	m	1160 Sietz,	Andreas	Siemens	1968	103670	8:04:28	00:04:40	14	259190	20:23:26	0:04:43	31
	m	1162 Tokarek,	Thomas	Siemens	1959	79620	5:35:51	00:04:13	8				
	w	1133 Goebel,	Petra	Siemens	1969	75900	6:43:07	00:05:19	9				
14	m	715 Schwenc,	Jörn	HSH-NORDB.	1944	87950	8:20:28	00:05:41	13	253570	22:25:00	0:05:18	35
	w	708 Recht,	Janette	HSH-NORDB.	1981	85440	7:30:37	00:05:16	12				
	m	685 Burkhardt,	Torsten	HSH-NORDB.	1956	80180	6:33:55	00:04:55	10				
15	m	443 Gläser,	Heinz	ESW&STN	1945	93540	8:51:39	00:05:41	14	252780	23:40:07	0:05:37	30
	w	459 Westerfeld,	Sabine	ESW&STN	1966	79620	6:42:31	00:05:03	8				
	m	444 Glienke,	Hartmut	ESW&STN	1948	79620	8:05:57	00:06:06	8				
16	m	1255 Leichtweiß,	Heino	TK	1944	103240	9:38:40	00:05:36	14	251930	22:24:49	0:05:20	32
	w	1253 Hübert,	Susann	TK	1966	79420	7:10:46	00:05:25	11				
	m	1249 Dick,	Joachim	TK	1943	69270	5:35:23	00:04:51	7				
17	m	143 Rütze,	Martin	Beiersdorf	1977	94240	6:01:08	00:03:50	12	241100	17:10:21	0:04:16	32
	w	141 Reuschlein,	Katja	Beiersdorf	1978	94240	7:08:17	00:04:33	12				
	m	136 Lüders,	Christopher	Beiersdorf	1994	52620	4:00:56	00:04:35	8				
18	m	466 Heemcke,	Alexander	Feuerwehr	1976	160360	11:01:35	00:04:08	24	238590	17:36:35	0:04:26	35
	m	484 Stooß,	Gerald	Feuerwehr	1960	61170	4:46:09	00:04:41	6				
	w	461 Andag,	Gerda	Feuerwehr	1936	17060	1:48:51	00:06:23	5				
19	w	211 Bittkowski,	Ingrid	A.Springer	1955	91540	8:36:46	00:05:39	12	237810	18:11:11	0:04:35	27
	m	219 Ruckelshausen,	Olaf	A.Springer	1968	79620	5:22:40	00:04:03	8				
	m	214 Langer,	Mathias	A.Springer	1967	66650	4:11:45	00:03:47	7				
20	m	32 Hoffmeister,	Marc	Airbus	1972	97320	6:41:19	00:04:07	11	231350	19:28:51	0:05:03	26
	m	76 Wichers,	Klaus	Airbus	1946	86060	8:25:24	00:05:52	10				
	w	18 Daehn,	Birgit	Airbus	1976	47970	4:22:08	00:05:28	5				
21	m	1233 Pfaffe,	Andreas	Allianz	1962	120850	9:31:16	00:04:44	19	229820	19:22:21	0:05:03	30
	w	1230 Marcus-Simon,	Gitta	Allianz	1959	59660	5:27:50	00:05:30	6				
	m	1223 Bernhard,	Jochen	Allianz	1962	49310	4:23:15	00:05:20	5				
22	m	315 Rowedder,	Frank	Deut.Bank	1966	88980	7:24:57	00:05:00	11	226800	17:39:40	0:04:40	25
	w	309 Hennecke,	Anke	Deut.Bank	1976	70100	5:26:08	00:04:39	7				
	m	312 Keim,	Olaf	Deut.Bank	1964	67720	4:48:35	00:04:16	7				
23	m	758 Brandt,	Andreas	Gaden	1958	107740	7:53:31	00:04:24	16	226550	16:05:08	0:04:16	37
	m	775 Wichmann,	Oliver	Gaden	1981	97650	6:26:01	00:03:57	15				
	w	759 Brandt,	Rieke	Gaden	1995	21160	1:45:36	00:04:59	6				

24	m	873 Becker,	Jens-Gerrit	OTTO	1962	103340	7:10:00	00:04:10	15	226460	17:03:48	0:04:31	27
	m	878 Broscheit,	Jörn	OTTO	1966	71560	5:08:55	00:04:19	7				
	w	877 Bornmann,	Kerstin	OTTO	1967	51560	4:44:53	00:05:32	5				
25	m	743 Winter,	Jörg	IBM Klub	1970	86380	6:45:25	00:04:42	10	224530	19:23:10	0:05:11	25
	w	732 Barowsky,	Gabriela	IBM Klub	1970	86380	7:25:16	00:05:09	10				
	m	734 Dreyer,	Klaus	IBM Klub	1937	51770	5:12:29	00:06:02	5				
26	m	783 Henjes,	Carsten	Laufladen	1963	79620	5:41:38	00:04:17	8	219110	16:53:10	0:04:37	22
	w	1561 Krumbholz,	Gertje	Laufladen	1980	70220	5:22:45	00:04:36	7				
	w	1468 Rebmann,	Sybil	Laufladen	1985	69270	5:48:47	00:05:02	7				
27	m	93 Gehle,	Friedhelm	BA-Eimsb.	1956	87790	6:28:13	00:04:25	11	218970	19:26:43	0:05:20	24
	m	95 Hormann,	Klaus	BA-Eimsb.	1952	70220	6:53:46	00:05:54	7				
	w	96 Knobloch,	Erika	BA-Eimsb.	1957	60960	6:04:44	00:05:59	6				
28	m	579 Becker,	Wolfgang	Haspa	1951	82880	8:15:57	00:05:59	9	216060	19:19:51	0:05:22	23
	m	613 Wilde,	Klaus	Haspa	1958	73430	5:05:21	00:04:10	8				
	w	595 Körber,	Greta	Haspa	1936	59750	5:58:33	00:06:00	6				
29	m	798 Bach,	Rene	Lufthansa	1981	78460	4:58:12	00:03:48	8	212180	16:53:26	0:04:47	21
	m	817 Runke,	Uwe	Lufthansa	1959	71560	6:36:33	00:05:32	7				
	w	1385 Berels,	Marika	Lufthansa	1963	62160	5:18:41	00:05:08	6				
30	m	1118 Semke,	Jürgen	Zoll	1953	117990	9:46:04	00:04:58	18	207400	16:50:48	0:04:52	36
	m	1111 Boerner,	Andreas	Zoll	1965	60990	4:09:28	00:04:05	12				
	w	1116 Schiemann,	Sabine	Zoll	1952	28420	2:55:16	00:06:10	6				
31	m	229 Klindtberg,	Benno	HapagLloyd	1949	69230	6:27:13	00:05:36	7	196820	18:35:46	0:05:40	20
	w	1439 Junchen,	Angelika	HapagLloyd	1949	67720	6:44:22	00:05:58	7				
	w	234 Sagert,	Erika	HapagLloyd	1952	59870	5:24:11	00:05:25	6				
32	m	493 Carl,	Christian	Fa.Blanke.	1968	93630	6:29:30	00:04:10	12	195900	15:43:23	0:04:49	23
	m	491 Böthern,	Rolf	Fa.Blanke.	1943	79620	7:15:16	00:05:28	8				
	w	1371 Bullmann,	Claudia	Fa.Blanke.	1966	22650	1:58:37	00:05:14	3				
33	m	778 Behn,	Nils	Laufwerk	1965	67720	4:27:51	00:03:57	7	195100	13:15:01	0:04:04	20
	m	782 Hartwig,	Wolfgang	Laufwerk	1970	67720	4:39:43	00:04:08	7				
	w	794 Trukenmüller,	Rebekka	Laufwerk	1982	59660	4:07:27	00:04:09	6				
34	w	327 Kraemer,	Birgit	Deut.Ring	1964	71560	6:37:36	00:05:33	7	190680	17:39:46	0:05:33	19
	m	324 Feick,	Joachim	Deut.Ring	1961	59620	5:33:56	00:05:36	6				
	m	321 Ahrens,	Claus-Werner	Deut.Ring	1944	59500	5:28:14	00:05:31	6				
35	m	153 Rachow,	Michael	BeraCom	1956	114150	10:32:52	00:05:33	17	190680	18:02:20	0:05:41	29
	m	151 Margittai,	Stephan	BeraCom	1969	51810	4:52:14	00:05:38	5				

	w	1435 Rachow,	Sigrid	BeraCom	1960	24720	2:37:14	00:06:22	7				
36	m	1338 Wenrich,	Alexander	Volksfürs.	1966	79620	5:53:10	00:04:26	8	187090	15:14:19	0:04:53	19
	w	1320 Ahrens,	Sabine	Volksfürs.	1960	57330	5:16:23	00:05:31	6				
	m	1426 Bloens,	Marcus	Volksfürs.	1969	50140	4:04:46	00:04:53	5				
37	m	372 Danger,	Frank	EDEKA	1964	67720	4:28:53	00:03:58	7	182350	14:48:18	0:04:52	21
	m	388 Thomsen,	Dirk	EDEKA	1963	67720	5:58:33	00:05:18	7				
	w	386 Schulze,	Sabine	EDEKA	1964	46910	4:20:52	00:05:34	7				
38	w	159 Gädke,	Christin	Berenberg	1968	109790	9:02:32	00:04:56	15	181090	14:23:27	0:04:46	24
	m	157 Dannenberg,	Lars	Berenberg	1978	38450	2:35:05	00:04:02	4				
	m	169 Otto,	Michael	Berenberg	1966	32850	2:45:50	00:05:03	5				
39	m	266 Rudolph,	Florian	DESY	1980	69230	5:43:33	00:04:58	7	176780	13:26:17	0:04:34	20
	m	254 Jaekel,	Carsten	DESY	1970	67720	4:16:04	00:03:47	7				
	w	1363 Eis,	Marianne	DESY	1964	39830	3:26:40	00:05:11	6				
40	w	969 Lehmann,	Martina	Polizei HH	1980	60250	4:46:57	00:04:46	7	169990	12:55:30	0:04:34	21
	m	981 Spijker,	Andreas	Polizei HH	1961	57120	4:49:50	00:05:04	6				
	m	962 Dankers,	Heinz	Polizei HH	1960	52620	3:18:43	00:03:47	8				
41	m	645 Hundertmark,	Michael	HSU HH	1971	59620	4:06:08	00:04:08	6	168390	12:40:44	0:04:31	17
	m	646 Johannsen,	Hauke	HSU HH	1977	58670	3:45:49	00:03:51	6				
	w	650 Meißner,	Ulrike	HSU HH	1971	50100	4:48:47	00:05:46	5				
42	m	298 Heitmann,	Jörg	DAK	1959	69020	6:15:08	00:05:26	7	165540	13:42:34	0:04:58	17
	m	289 Ansen,	Hans-Jürgen	DAK	1950	58320	4:00:36	00:04:08	6				
	w	301 Reckmann,	Martina	DAK	1966	38200	3:26:50	00:05:25	4				
43	m	668 Lindner,	Patric	Holsten	1966	60960	4:12:54	00:04:09	6	162910	12:40:15	0:04:40	16
	m	677 Unterspann,	Klaus	Holsten	1941	59660	4:47:40	00:04:49	6				
	w	1573 Hoenen,	Anne	Holsten	1983	42290	3:39:41	00:05:12	4				
44	m	364 Mollenhauer,	Eric	E.ON Hanse	1965	69020	5:37:00	00:04:53	7	162840	13:42:40	0:05:03	18
	m	358 Backhaus,	Carsten	E.ON Hanse	1950	62160	5:35:35	00:05:24	6				
	w	365 Probst,	Beatrice	E.ON Hanse	1973	31660	2:30:05	00:04:44	5				
45	m	191 Krauß,	Alexander	BVI	1976	59500	5:12:14	00:05:15	6	162710	14:49:54	0:05:28	16
	m	195 Steinhagen,	Michael	BVI	1958	52640	4:40:30	00:05:20	5				
	w	196 Timm,	Doris	BVI	1951	50570	4:57:10	00:05:53	5				
46	m	274 Kafke,	Norbert	BBK	1960	88160	7:40:00	00:05:13	12	161100	14:02:33	0:05:14	26
	m	277 Levezow,	Thomas	BBK	1969	52620	3:56:56	00:04:30	8				
	w	280 Pfeiffer,	Claudia	BBK	1970	20320	2:25:37	00:07:10	6				
47	m	626 Lemkau,	Niels	HEK	1965	69230	5:37:07	00:04:52	7	158870	12:50:50	0:04:51	20

	m	629 Plümer,	Ralf	HEK	1971	69020	5:20:14	00:04:38	7				
	w	623 Keuntje,	Sabine	HEK	1971	20620	1:53:29	00:05:30	6				
48	m	563 Ziethen,	Karl-Heinz	Hochbahn	1952	52620	3:40:48	00:04:12	8	157860	13:13:20	0:05:02	24
	m	562 Westphal,	Wolfgang	Hochbahn	1954	52620	3:47:58	00:04:20	8				
	w	561 Westphal,	Brigitte	Hochbahn	1958	52620	5:44:34	00:06:33	8				
49	m	1051 Bastian,	Jens	G+J	1963	51810	3:43:42	00:04:19	5	153100	12:24:51	0:04:52	15
	w	1052 Bastian,	Kerstin	G+J	1962	51810	4:34:48	00:05:18	5				
	m	1054 Gatermann,	Marc	G+J	1971	49480	4:06:21	00:04:59	5				
50	m	524 Albrecht,	Henning	Germ.Lloyd	1972	60960	5:08:39	00:05:04	6	150970	11:21:11	0:04:31	15
	m	1609 Bajric,	Mersudin	Germ.Lloyd	1974	60700	4:06:41	00:04:04	6				
	w	1611 Borowski,	Jana	Germ.Lloyd	1988	29310	2:05:51	00:04:18	3				
51	m	286 Lang,	Hans-Georg	CPAG	1951	71560	5:42:55	00:04:48	7	145270	12:18:54	0:05:05	16
	m	1443 Lang,	Dennis G.	CPAG	1986	40740	3:12:58	00:04:44	4				
	w	1445 Lang,	Jennifer	CPAG	1982	32970	3:23:01	00:06:09	5				
52	m	1312 Schumann,	Thomas	VATTENFALL	1958	57120	4:23:27	00:04:37	6	143390	11:18:20	0:04:44	19
	m	1297 Kayser,	Oliver	VATTENFALL	1975	52620	3:38:53	00:04:10	8				
	w	1304 Reiter,	Jeanette	VATTENFALL	1966	33650	3:16:00	00:05:49	5				
53	m	726 Bohn,	Holger	HypoVerein	1964	57370	4:43:48	00:04:57	6	140520	12:22:43	0:05:17	14
	m	729 Neitzel,	Hans Georg	HypoVerein	1949	51810	5:12:05	00:06:01	5				
	w	731 Sauer,	Antje	HypoVerein	1967	31340	2:26:50	00:04:41	3				
54	m	1240 Müller,	Reinhard	Tchibo	1967	46910	3:10:54	00:04:04	7	139580	10:50:59	0:04:40	21
	w	1245 Spielvogel,	Jutta	Tchibo	1951	46910	4:08:11	00:05:17	7				
	m	1247 Tesch,	Thomas	Tchibo	1958	45760	3:31:54	00:04:38	7				
55	m	88 Zühlke,	Jürgen	AXA-Hbg	1955	52620	3:32:27	00:04:02	8	132590	10:24:11	0:04:42	20
	m	85 Schweder,	Klaus	AXA-Hbg	1962	52620	3:51:48	00:04:24	8				
	w	80 Klamp,	Brigitte	AXA-Hbg	1961	27350	2:59:56	00:06:35	4				
56	m	1018 Lorenz,	Martin	Rapid	1965	51440	3:49:00	00:04:27	5	129690	10:53:48	0:05:02	15
	m	1022 Schaefer,	Andreas	Rapid	1962	45100	3:43:20	00:04:57	5				
	w	1019 Neumann,	Linda	Rapid	1947	33150	3:21:28	00:06:05	5				
57	m	206 Schneider,	Peter	BP-Oil	1951	59710	5:55:13	00:05:57	6	124280	12:06:17	0:05:51	18
	m	201 Knigge,	Hubert	BP-Oil	1951	46910	4:27:31	00:05:42	7				
	w	205 Noetzel,	Brigitte	BP-Oil	1946	17660	1:43:33	00:05:52	5				
58	m	345 Küster,	Siegfried	Dresdner-B	1948	59830	4:34:51	00:04:36	6	123090	10:30:39	0:05:07	13
	m	349 Radlof,	Walter	Dresdner-B	1935	59660	5:39:19	00:05:41	6				
	w	1544 Schoen,	Marianne	Dresdner-B	1985	3600	0:16:29	00:04:35	1				

59	m	753 Beckmann,	Niels	Knossos.de	1974	62160	4:46:13	00:04:36	6	119840	9:26:07	0:04:43	12
	m	757 Ludwig,	Dirk	Knossos.de	1971	50820	4:01:59	00:04:46	5				
	w	1478 Eckholt,	Marion	Knossos.de	1973	6860	0:37:55	00:05:32	1				
60	m	337 Meyer-Sach,	Jan-M.	DG-HYP	1966	50260	3:29:25	00:04:10	5	119180	9:04:05	0:04:34	12
	m	336 Meyer-Reim,	Utz	DG-HYP	1961	48800	3:20:51	00:04:07	5				
	w	1618 Finnem,	Liane	DG-HYP	1966	20120	2:13:49	00:06:39	2				
61	m	183 Karsten,	Joern	BG 36	1959	51690	4:27:41	00:05:11	5	111000	9:30:03	0:05:08	11
	m	184 Machado de Lima	Agostinho	BG 36	1951	39400	3:06:09	00:04:43	4				
	w	1358 Trzebiatowsky,	Nicola	BG 36	1962	19910	1:56:13	00:05:50	2				
62	m	1553 Rechter,	Stefan	HPA	1961	39540	3:36:18	00:05:28	4	110770	9:18:10	0:05:02	14
	m	1458 Reschke,	Mark	HPA	1972	38160	2:51:25	00:04:30	5				
	w	1620 Freitag,	Caroline	HPA	1976	33070	2:50:27	00:05:09	5				
63	m	990 Meyer,	Peter	Postbank-H	1947	51770	4:36:21	00:05:20	5	109930	10:38:42	0:05:49	11
	m	989 Jendrysik,	Dieter	Postbank-H	1965	40700	4:05:27	00:06:02	4				
	w	991 Thun,	Bettina	Postbank-H	1966	17460	1:56:54	00:06:42	2				
64	m	242 Meyer,	Klaus	OrthoNord	1952	40010	3:10:50	00:04:46	6	80360	6:34:46	0:04:55	12
	m	243 Mohwinkel,	Jörg	OrthoNord	1959	26850	2:17:59	00:05:08	4				
	w	1617 Schmidt,	Vanessa	OrthoNord	1987	13500	1:05:57	00:04:53	2				
65	w	1168 Glismann,	Angela	SPK-Süd	1957	32950	3:19:30	00:06:03	5	75830	6:55:23	0:05:29	10
	m	1171 Meyer-Lomberg,	Wolfgang	SPK-Süd	1956	29520	2:35:48	00:05:17	3				
	m	1170 Johannsen,	Sönke	SPK-Süd	1970	13360	1:00:05	00:04:30	2				
66	w	Helbig,	Leana	LGWePi	1981	27810	2:00:19	00:04:20	3	54380	3:40:11	0:04:03	7
	w	Hilschenz,	Marina	LGWePi	1981	23170	1:28:27	00:03:49	3				
	m	Prochnau,	Christoph	LGWePi	1983	3400	0:11:25	00:03:21	1				