

Gold Damen	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1947 und älter
1	Hagemann,	Anna	Rot-Gelb	1947	79620	7:44:56	00:05:50	8	
2	Körber,	Greta	Haspa	1936	59750	5:58:33	00:06:00	6	
3	Müller,	Ursel	PHILIPS	1947	52640	5:38:07	00:06:25	5	
4	Damm,	Ursel	Siemens	1946	49310	5:02:44	00:06:08	5	
5	Clausen,	Sylvia	ERGOsports	1940	39120	3:43:43	00:05:43	6	
6	Neumann,	Linda	Rapid	1947	33150	3:21:28	00:06:05	5	
7	Köhlmoos,	Birgitt	Airbus	1942	31690	3:03:10	00:05:47	3	
8	Waller,	Renate	Airbus	1942	26190	3:04:56	00:07:04	4	
9	Dally,	Renate	Sig. Iduna	1945	24860	2:52:42	00:06:57	7	
10	Noetzel,	Brigitte	BP-Oil	1946	17660	1:43:33	00:05:52	5	

Silber Damen	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1948 -1968
1	Nentwig,	Karin	HH-Hochsch	1959	160360	11:57:26	00:04:28	24	
2	Mansfeld-Stiegert,	Ulrike	PHILIPS	1967	160360	14:27:45	00:05:25	24	
3	Leifels,	Gabi	Raffay	1966	160360	14:50:15	00:05:33	24	
4	Kamlage,	Frauke	Sig. Iduna	1956	141560	13:53:05	00:05:53	21	
5	Kersten,	Ines	NDR	1962	137160	13:01:45	00:05:42	21	
6	Gädke,	Christin	Berenberg	1968	109790	9:02:32	00:04:56	15	
7	Parge,	Sabine	D. Telekom	1964	99080	8:48:51	00:05:20	15	
8	Bittkowski,	Ingrid	A.Springer	1955	91540	8:36:46	00:05:39	12	
9	Jarren,	Sabine	Innovas	1966	89080	7:25:40	00:05:00	14	
10	Westerfeld,	Sabine	ESW&STN	1966	79620	6:42:31	00:05:03	8	

Damen	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1969 und jünger
1	Lupke,	Anne	ERGOsports	1980	160360	12:38:07	00:04:44	24	
2	Oestreich,	Daniela	Rot-Gelb	1976	139060	13:26:40	00:05:48	21	
3	Suckstorff,	Anja	ERGOsports	1969	130960	10:09:00	00:04:39	20	
4	Reuschlein,	Katja	Beiersdorf	1978	94240	7:08:17	00:04:33	12	
5	Kumst,	Anja	HOFI HH	1969	86620	9:19:16	00:06:27	10	
6	Barowsky,	Gabriela	IBM Klub	1970	86380	7:25:16	00:05:09	10	
7	Recht,	Janette	HSH-NORDB	1981	85440	7:30:37	00:05:16	12	
8	Wolf,	Uta	TÜV-Nord	1978	82040	8:14:46	00:06:02	13	
9	Goebel,	Petra	Siemens	1969	75900	6:43:07	00:05:19	9	
10	Neudörffer,	Cordula	Stern	1971	70220	5:05:07	00:04:21	7	

Gold Herren	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1947 und älter
1	Kamlage,	Jens	Sig. Iduna	1943	141560	14:36:11	00:06:11	21	
2	Leichtweiß,	Heino	TK	1944	103240	9:38:40	00:05:36	14	
3	Gläser,	Heinz	ESW&STN	1945	93540	8:51:39	00:05:41	14	
4	Schwenck,	Jörn	HSH-NORDB	1944	87950	8:20:28	00:05:41	13	
5	Wichers,	Klaus	Airbus	1946	86060	8:25:24	00:05:52	10	
6	Schulz,	Hans-Joachim	Gaden	1946	79620	5:54:01	00:04:27	8	
7	Damm,	Wolfgang	Siemens	1946	79620	6:07:08	00:04:37	8	
8	Bödeker,	Heinz	LINCAS-BT	1947	79620	6:17:53	00:04:45	8	
9	Böthern,	Rolf	Fa.Blanke.	1943	79620	7:15:16	00:05:28	8	
10	Adolf,	Hans-Willy	Raffay	1936	79620	7:43:30	00:05:49	8	

Silber Herren	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1948 -1968
1	Timm,	Thomas	PHILIPS	1958	160360	11:17:18	00:04:13	24	
2	Rittmeister,	Lutz	PHILIPS	1959	160360	11:17:53	00:04:14	24	
3	Kohlmann,	Carsten	NDR	1965	160360	11:46:54	00:04:24	24	
4	Hahn,	Ronald	PHILIPS	1967	160360	12:22:53	00:04:38	24	
5	Hänjes,	Hans-Martin	Raffay	1964	160360	14:30:57	00:05:26	24	
6	Hass,	Jochen	Stern	1966	140130	12:18:31	00:05:16	20	
7	Pepperrell,	Stephen	BACARDI	1958	134460	12:26:20	00:05:33	19	
8	Pfaffe,	Andreas	Allianz	1962	120850	9:31:16	00:04:44	19	
9	Semke,	Jürgen	Zoll	1953	117990	9:46:04	00:04:58	18	
10	Rachow,	Michael	BeraCom	1956	114150	10:32:52	00:05:33	17	

Herren	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1969 und jünger
1	Heemcke,	Alexander	Feuerwehr	1976	160360	11:01:35	00:04:08	24	
2	Bruhnke,	Eric	Medeco	1983	160360	11:12:42	00:04:12	24	
3	Krastev,	Ulli	BACARDI	1969	160360	11:14:35	00:04:12	24	
4	Neumann,	Uwe	D. Telekom	1973	160360	12:56:35	00:04:51	24	
5	Hoppe,	Holger	Rot-Gelb	1971	157000	14:50:28	00:05:40	23	
6	Meinke,	Frank	ERGOsports	1978	143230	12:54:54	00:05:25	21	
7	Gebert,	Claus	Innovas	1975	124430	10:53:17	00:05:15	19	
8	Kathenbach,	Martin	TÜV-Nord	1979	124430	11:08:29	00:05:22	18	
9	Kutschka,	Gregor	D. Telekom	1970	120260	9:34:49	00:04:47	18	
10	Toborg,	Sven	Rot-Gelb	1970	120260	12:04:39	00:06:02	19	