

Gold Damen	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1950 und älter
1	Müller,	Ursel	PHILIPS	1947	66720	07:25:23	00:06:41	11	
2	Hagemann,	Anna	Rot Gelb	1947	59920	05:53:31	00:05:54	6	
3	Waller,	Renate	Airbus	1942	46190	05:15:38	00:06:50	7	
4	Neumann,	Linda	Rapid	1947	39460	04:01:28	00:06:07	6	
5	Damm,	Ursel	Siemens	1946	30400	03:15:44	00:06:26	3	
6	Jaekel,	Hannelore	DESY	1948	24420	02:39:56	00:06:33	7	
7	Hellwegen,	Heidi	ERGOsports	1940	24420	02:44:50	00:06:45	7	
8	Orlowski,	Elke	PHILIPS	1941	23320	03:11:43	00:08:13	7	
9	Rahn,	Brunhilde	Sig. Iduna	1945	21000	02:48:24	00:08:01	6	
10	Reis,	Beate	PHILIPS	1949	20820	03:03:01	00:08:47	6	

Silber Damen	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1951 -1971
1	Nentwig,	Karin	HH-Hochsch	1959	158130	12:12:08	00:04:38	24	
2	Giesen,	Britta	Airbus	1971	158130	12:24:10	00:04:42	24	
3	Mansfeld-Stiegert,	Ulrike	PHILIPS	1967	158130	13:50:08	00:05:15	24	
4	Kersten,	Ines	NDR	1962	158130	14:31:35	00:05:31	24	
5	Kamlage,	Frauke	Sig. Iduna	1956	147330	15:51:32	00:06:28	23	
6	Bastian,	Kerstin	G+J	1962	134930	12:07:34	00:05:24	21	
7	Engelbrecht,	Martina	HSH-NORDB.	1964	121480	10:01:20	00:04:57	18	
8	Wöbke,	Ingrid	IBM Klub	1955	113170	11:22:43	00:06:02	18	
9	Bühler-Becker,	Heidi	G+J	1961	96200	09:02:43	00:05:38	14	
10	Wohlens,	Regina	HH-Hochsch	1959	92320	08:22:53	00:05:27	13	

Damen	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1972 und jünger
1	Recht,	Janette	HSH-NORDB.	1981	136530	11:13:22	00:04:56	21	
2	Oestreich,	Daniela	Rot Gelb	1976	99930	09:56:02	00:05:58	15	
3	Lehmer,	Nicole	Deut.Bank	1976	92020	09:00:04	00:05:52	11	
4	Lupke,	Anne	ERGOsports	1980	86800	06:31:54	00:04:31	13	
5	Hahn,	Miriam	Sig. Iduna	1980	75430	08:09:48	00:06:30	9	
6	Roggenthien,	Sabine	JustizHH	1976	68420	06:08:06	00:05:23	7	
7	Weiß,	Meike	BACARDI	1980	60950	06:02:26	00:05:57	9	
8	Votteler,	Dorothea	G+J	1981	57500	05:28:54	00:05:43	6	
9	Störling,	Svenja	Polizei HH	1989	56520	05:16:40	00:05:36	6	
10	Meischke,	Nicole	Knossos.de	1977	52620	04:59:27	00:05:41	5	

Gold Herren	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1950 und älter
1	Schwenck,	Jörn	HSH-NORDB.	1944	158130	16:26:12	00:06:14	24	
2	Eybächer,	Michael	ELBE-Sport	1943	158130	18:13:08	00:06:55	24	
3	Kamlage,	Jens	Sig. Iduna	1943	141030	15:49:49	00:06:44	22	
4	Unterspann,	Klaus	HSH-NORDB.	1941	129800	10:50:10	00:05:01	20	
5	Gläser,	Heinz	ELBE-Sport	1945	115540	11:13:12	00:05:50	17	
6	Wichers,	Klaus	Airbus	1946	98110	10:19:19	00:06:19	12	
7	Damm,	Wolfgang	Siemens	1946	78620	06:10:51	00:04:43	8	
8	Meier-Rößler,	Jochen	BA-Nord	1944	78620	06:31:33	00:04:59	8	
9	Uhl,	Manfred	Lufthansa	1939	78620	08:00:53	00:06:07	8	
10	Glienke,	Hartmut	ELBE-Sport	1948	78620	08:34:15	00:06:32	8	

Silber Herren	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1951 -1971
1	Lambracht,	Gerald	Stern	1970	158130	10:53:37	00:04:08	24	
2	Rittmeister,	Lutz	PHILIPS	1959	158130	10:58:11	00:04:10	24	
3	Giesen,	Frank	Airbus	1970	158130	11:11:48	00:04:15	24	
4	Krastev,	Ulli	BACARDI	1969	158130	11:17:46	00:04:17	24	
5	Trümper,	Michael	Airbus	1966	158130	11:56:13	00:04:32	24	
6	Weinrich,	Konrad	PHILIPS	1959	158130	12:05:06	00:04:35	24	
7	Timm,	Thomas	PHILIPS	1958	158130	12:13:42	00:04:38	24	
8	Stäcker,	Frank	PHILIPS	1964	158130	12:41:58	00:04:49	24	
9	Klein,	Friedrich	HSH-NORDB.	1959	158130	12:56:14	00:04:55	24	
10	Haberkost,	Jens	HSH-NORDB.	1964	158130	12:57:38	00:04:55	24	
11	Nowack,	Frank	Lufthansa	1959	158130	16:34:41	00:06:17	24	

Herren	Name	Vorname	BSG	JG	Strecke	Zeit	Schnitt	Starts	1972 und jünger
1	Haar, ter	Philipp	ERGOsports	1974	158130	10:48:59	00:04:06	24	
2	Neumann,	Uwe	Fa.Blanke.	1973	158130	11:11:45	00:04:15	24	
3	Kiehl,	Thorsten	HH-Hochsch	1984	158130	11:23:52	00:04:19	24	
4	Hermans,	Christian	HH-Hochsch	1987	158130	11:29:32	00:04:22	24	
5	Knaack,	Tobias	HH-Hochsch	1975	158130	13:04:56	00:04:58	24	
6	Matzke,	Herwig	PHILIPS	1972	129430	10:11:25	00:04:43	20	
7	Gonzalez-Escribano	Carlos	Airbus	1979	96620	06:58:07	00:04:20	12	
8	Heemcke,	Alexander	NDR	1976	92510	06:00:30	00:03:54	14	
9	Schütz,	Robert	Stern	1985	87550	07:33:49	00:05:11	14	
10	Wichmann,	Oliver	Gaden	1981	84080	05:23:54	00:03:51	13	