PL.	Name	Bestzeit	2016	2015	2014	2013	2012	2011	2010
1	Maurice Wiegelmann	05:42				05:57	**05:42**	05:46	
2	Malte Finke	05:47						05:47	
3	Oliver Näthe	06:11	06:40	**06:11**	07:51				
4	Mirko Schmitz	06:24					**06:24**		
5	Jan Isendahl	06:40		**06:40**	06:45		06:45		
6	Eckhard Schröder	06:42						**06:42**	
7	Leon Labuschagne	06:42	**06:42**						
8	Marco Samson	06:57				**06:57**		07:00	07:44
9	Christian Manske	07:04	07:15	07:57	**07:04**	08:38			
10	Lars Schmidtke	07:04	**07:04**						
12	Dirk Finke	07:18	08:13		**07:18**	08:02	07:58	08:34	
11	Marc Ilsemann	07:18					**07:18**		07:20
13	Marcus Köhler	07:20			**07:20**				
14	Julian Henrichs	07:26				**07:26**			
15	Torsten Henckel	07:29		**07:29**					
16	Boris Schlüter	07:30	07:49				**07:30**		
17	Bastian Schünke	07:31		07:56	**07:31**	08:26			
18	Marvin Föhse	07:42		**07:42**					
19	Niklas Gabriel	07:42		**07:42**					
20	Jens Gräßler	07:43	**07:43**						
21	Jan Filipiak	07:47	**07:47**						
22	Detlef Schmalgemeier	07:48				07:49	07:58	**07:48**	
23	Stefan Peene	07:53		08:48	**07:53**	08:42	08:57	08:14	09:26
24	Martin Esch	07:56		08:21	08:10	08:06		**07:56**	08:28
26	Klas Kühl	07:59		**07:59**					
25	Phillip Rotter	07:59				**07:59**			
28	Frank Kettler	08:00	08:10	08:05	**08:00**	08:19			
27	Ralf Grieg	08:00						**08:00**	09:09
29	Jörn Horstmann	08:03		08:17			08:38	**08:03**	
30	Peter Spiekermann	08:11	**08:11**						
31	Dietmar Frank	08:16				**08:16**			
32	Thorsten Berger	08:20						**08:20**	08:31
33	Torben Ormandy	08:21					**08:21**		
34	Ralf Titkemeier	08:28					09:00	**08:28**	
35	Carsten Witte	08:29	09:54	**08:29**					
36	Mario Tegeler	08:37					09:33	**08:37**	09:03
37	Yannik Piotrowski	08:39		09:56	**08:39**				
38	Richard Gering	08:40				**08:40**			
39	Tim Zöhner	08:47	09:03	**08:47**	09:17				
41	Franziska Niederleitner	08:49	09:15		**08:49**	09:18	09:36		
40	Guido Büttemeier	08:49							**08:49**
42	Dirk Schmitz	08:50					**08:50**		
44	Dirk Kemmener	08:53	**08:53**	09:14					
45	Norbert Brandt	08:56		09:00		09:23	**08:56**		
46	Thorsten Vullriede	08:58						09:10	**08:58**
47	Domenic Labahn	08:59	09:24	**08:59**					
48	Carsten Nentwig	09:09			**09:09**				
49	Holger Lindkämper	09:09	**09:09**						
50	Detlef Jockheck	09:14	12:08	09:55	09:49	09:27	**09:14**		
51	Steffen Stritzel	09:19						**09:19**	
52	Andreas Bartelheimer	09:22	10:02	**09:22**	10:20				
53	Cristian Rose	09:23		**09:23**					
54	Jens Horstmann	09:27		**09:27**					
55	Mario Schurbohm	09:31	**09:31**						
56	Mario Gehrig	09:35	09:38				**09:35**		
57	Hoger Lux	09:37					**09:37**		
58	Bernd Krüger	09:50			**09:50**				
59	Henning Stange	09:52	09:54			**09:52**	10:40		
60	Stefan Kleinschmidt	09:56						**09:56**	
61	Nadja Wohllaib	10:10				**10:10**			
62	Lars Theler	10:15				**10:15**	10:31		
63	Steffen Kohlhaas	10:19	10:36						**10:19**
64	Eike Dierks	10:21		**10:21**					
65	Holger Grieg	10:21							**10:21**
66	Marcus Kleffmann	10:25			**10:25**				
65	Werner Heuchel	10:27		10:49	11:14	10:40	**10:27**		
67	Tony Maaß	10:29					10:29		
68	Wolfram Grothe	10:31	**10:31**						
69	Marcus Kleffmann	11:01		**11:01**					
70	Stefan Möller	11:02				**11:02**			
71	Jörg Spreen	11:12							**11:12**
72	Jörg Schade	11:21							**11:21**
73	Matthias Stecktor	11:27	**11:27**						
74	Jörg Piotrowski	11:31		12:12	**11:31**				
75	Markus Haase	11:33		**11:33**					
76	Thomas Hausherr	11:34			**13:18**	11:34			
77	Frank von dem Esche	11:39		**11:39**					
78	Evelyn Pfaffendorf	11:40	12:35		12:35	12:43		**11:40**	
79	Ernst Pankratz	11:42							**11:42**
80	Oliver Lehmann	12:25	**12:25**	12:37					
81	Martina Möller	12:37				**12:37**			
82	Sophie Stegkemper	12:44		**12:44**					
83	Bianca Schmalgemeier	12:50					**12:50**		
85	Markus Haase	12:54	**12:54**						
86	Niklas Herbrechtsmeier	13:14		**13:14**					
87	Christian Möhle	13:18	**13:18**						
88	Uwe Theler	13:39					**13:39**		
89	Yvonne Claßen	13:45					**13:45**		
90	Björn David Wachtmann	14:15					**14:15**		
91	Eckhard Bäuerle	15:02							**15:02**