

Ergebnisliste Wremer Deichlauf (nach Altersklassen)

5000 Meter

| Rang | Abs | Name | Verein | Zeit | Km/h | Zeit/Km |
|--------------|-----|-------------------------|-------------------------|-------|------|---------|
| FRAUEN 20-29 | | | | | | |
| 1 | 50 | DOST, SVENJA | HYMENDORFER SV | 28:44 | 10,4 | 5:45 |
| 2 | 60 | LUTHER, SIMONE | | 29:46 | 10,1 | 5:57 |
| FRAUEN 30-34 | | | | | | |
| 1 | 40 | BROCKMANN, SVENJA | TSV NEUENWALDE | 26:39 | 11,3 | 5:20 |
| 2 | 67 | KOLLE, JESSICA | HYMENDORFER SV | 30:54 | 9,7 | 6:11 |
| 3 | 85 | CHRISTOPH, ANKE | TODTGLÜSINGER SV | 49:12 | 6,1 | 9:50 |
| FRAUEN 35-39 | | | | | | |
| 1 | 15 | VON HASSEL, DORIS | TSV WANNA | 23:12 | 12,9 | 4:38 |
| 2 | 66 | LÜDDERS, SIMONE | GUSC BREMERHAVEN | 30:47 | 9,7 | 6:09 |
| 3 | 73 | DRIEMEL, JULIA | | 32:29 | 9,2 | 6:30 |
| 4 | 78 | BARTEL, SVENJA | | 36:40 | 8,2 | 7:20 |
| FRAUEN 40-44 | | | | | | |
| 1 | 34 | FINK, ANJA | TSV NEUENWALDE | 26:15 | 11,4 | 5:15 |
| 2 | 39 | RÜSCHMANN, ULRIKE | HYMENDORFER SV | 26:38 | 11,3 | 5:20 |
| 3 | 46 | LAMMERS, ANJA | | 27:46 | 10,8 | 5:33 |
| 4 | 51 | KLINNER, GITTE | WREMEN | 28:51 | 10,4 | 5:46 |
| 5 | 68 | BÖSCH, BIANCA | TUS DORUM | 30:55 | 9,7 | 6:11 |
| 6 | 79 | PETERS, KERSTIN | | 36:42 | 8,2 | 7:20 |
| FRAUEN 45-49 | | | | | | |
| 1 | 20 | KÖPPER, ANTJE | E.I.L.E. | 23:42 | 12,7 | 4:44 |
| 2 | 38 | BÖNEKER, FRAUKE | | 26:37 | 11,3 | 5:19 |
| 3 | 41 | RODENBURG, BEATE | HSG GEESTEMÜNDE | 26:41 | 11,2 | 5:20 |
| 4 | 47 | HETMANN, ANJA | NORDWIND RUNNERS WREMEN | 27:58 | 10,7 | 5:36 |
| 5 | 52 | SCHRÖDER, KARIN | LAV BOKEL | 28:54 | 10,4 | 5:47 |
| 6 | 76 | WILLNER, RAMONA | TUS DORUM | 35:27 | 8,5 | 7:05 |
| FRAUEN 50-54 | | | | | | |
| 1 | 16 | LAUDAN, GABRIELE | TSV WORPSWEDE | 23:20 | 12,9 | 4:40 |
| 2 | 59 | BRAMMANN, ANETTE | | 29:32 | 10,2 | 5:54 |
| 3 | 64 | SCHMICK, MARTINA | GUSC BREMERHAVEN | 30:20 | 9,9 | 6:04 |
| 4 | 69 | CICHOCKI, ALEXANDRA | | 31:28 | 9,5 | 6:18 |
| 5 | 70 | LÜTKE, DORIS | HYMENDORFER SV | 31:45 | 9,4 | 6:21 |
| 6 | 72 | KLOPPENBURG, UTE | | 32:27 | 9,2 | 6:29 |
| 7 | 74 | CASSENS, EDITH | TUS WREMEN 09 | 34:05 | 8,8 | 6:49 |
| 8 | 83 | DIERS, MAJA | HEPSTEDT-BREDDORF | 42:32 | 7,1 | 8:30 |
| FRAUEN 55-59 | | | | | | |
| 1 | 55 | SANDER, KARIN | TSV NEUENWALDE | 29:06 | 10,3 | 5:49 |
| 2 | 81 | ZIER-HAUFSCHILDT, LYDIA | TSV WULSDORF | 40:20 | 7,4 | 8:04 |
| 3 | 84 | ZOEKE, MONIKA | TUS WREMEN 09 | 47:03 | 6,4 | 9:25 |
| 4 | 86 | PRIMUS, MARGRET | | 49:35 | 6,1 | 9:55 |
| FRAUEN 60-64 | | | | | | |
| 1 | 53 | SCHÜSSLER, RITA | TUS WREMEN | 28:59 | 10,4 | 5:48 |
| FRAUEN 70-74 | | | | | | |
| 1 | 82 | RUNGE, INGEBORG | | 42:05 | 7,1 | 8:25 |

**Ergebnisliste Wremer Deichlauf
(nach Altersklassen)**

5000 Meter

| Rang | Abs | Name | Verein | Zeit | Km/h | Zeit/Km |
|-------------------------|-----|--------------------|-------------------------|-------|------|---------|
| WEIBL. JUGEND -A | | | | | | |
| 1 | 48 | WENDELKEN, ILKA | | 28:25 | 10,6 | 5:41 |
| WEIBL. JUGEND -B | | | | | | |
| 1 | 14 | HETMANN, MEIKE | NORDWIND RUNNERS WREMEN | 23:03 | 13 | 4:37 |
| 2 | 71 | STEFFENS, MAREIKE | LAV BOKEL | 32:12 | 9,3 | 6:26 |
| WEIBL. SCHÜLER-B | | | | | | |
| 1 | 18 | REESE, STINA | ATS CUXHAVEN | 23:35 | 12,7 | 4:43 |
| WEIBL. SCHÜLER-C | | | | | | |
| 1 | 23 | EDEN, HANNA | LAV BOKEL | 23:50 | 12,6 | 4:46 |
| 2 | 35 | BUNJES, KEA-CELINE | LAV BOKEL | 26:18 | 11,4 | 5:16 |

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5000 Meter

| Rang | Abs | Name | Verein | Zeit | Km/h | Zeit/Km |
|---------------------|-----|-----------------------|-------------------|-------|------|---------|
| MÄNNER 30-34 | | | | | | |
| 1 | 87 | CHRISTOPH, THOMAS | TODTGLÜSINGER SV | 51:42 | 5,8 | *:20 |
| MÄNNER 35-39 | | | | | | |
| 1 | 5 | PERSSON, MARKUS | BREMERSVOERDE | 20:16 | 14,8 | 4:03 |
| 2 | 7 | BEGER, JÖRN | LAV BOKEL | 20:55 | 14,3 | 4:11 |
| 3 | 27 | MARTENS, SVEN | OSC BREMERHAVEN | 24:49 | 12,1 | 4:58 |
| 4 | 33 | SCHMIDT, REINER | LT WETTRINGEN | 25:57 | 11,6 | 5:11 |
| MÄNNER 40-44 | | | | | | |
| 1 | 2 | BRUNKHORST, HOLGER | TSR AHRENSWOHLDE | 18:23 | 16,3 | 3:41 |
| 2 | 3 | WILLIG, JÖRG | | 18:46 | 16 | 3:45 |
| 3 | 28 | THOMAS, FRANK | SFL BREMERHAVEN | 24:51 | 12,1 | 4:58 |
| 4 | 36 | KREß, MARTIN | TSV MECKESHEIM | 26:21 | 11,4 | 5:16 |
| 5 | 77 | MAHLOW, JENS | OSC BREMERHAVEN | 36:03 | 8,3 | 7:13 |
| MÄNNER 45-49 | | | | | | |
| 1 | 1 | KUPPER, FRANK | LUSANER SC | 18:21 | 16,3 | 3:40 |
| 2 | 8 | BECKMANN, GERD | TSV WANNA | 20:57 | 14,3 | 4:11 |
| 3 | 9 | RICHTER, SVEN | BREMERHAVEN | 21:37 | 13,9 | 4:19 |
| 4 | 21 | PRIGGE, HOLGER | OSC TRIATHLON | 23:45 | 12,6 | 4:45 |
| 5 | 37 | ZEHNER, RÜDIGER | TUS WREMEN 09 | 26:24 | 11,4 | 5:17 |
| 6 | 63 | SCHLUTOW, KAY | | 30:10 | 9,9 | 6:02 |
| 7 | 75 | VON FABECK, STEFAN | TUS WREMEN 09 | 34:06 | 8,8 | 6:49 |
| MÄNNER 50-54 | | | | | | |
| 1 | 25 | HÄRTEL, RÜDIGER | OSC BREMERHAVEN | 24:22 | 12,3 | 4:52 |
| 2 | 62 | STEFFENS, KLAUS-PETER | LAV BOKEL | 29:56 | 10 | 5:59 |
| MÄNNER 55-59 | | | | | | |
| 1 | 11 | THIEL, ERICH | LT TV-SCHWANEWEDE | 21:46 | 13,8 | 4:21 |
| 2 | 17 | KÖPPER, NORBERT | E.I.L.E. | 23:34 | 12,7 | 4:43 |
| 3 | 45 | JAGIELKI, WILLY | TUS WREMEN 09 | 27:34 | 10,9 | 5:31 |
| MÄNNER 60-64 | | | | | | |
| 1 | 29 | RACKEBRANDT, VOLKER | TSV BRAMEL | 25:20 | 11,8 | 5:04 |
| 2 | 44 | OBERFELD, REINHARD | | 27:26 | 10,9 | 5:29 |
| 3 | 61 | BRAMMANN, ROLF | | 29:47 | 10,1 | 5:57 |
| MÄNNER 65-69 | | | | | | |
| 1 | 43 | PROBST, MICHAEL | ROT-WEIß-CUXHAVEN | 27:18 | 11 | 5:28 |
| 2 | 49 | MARTENS, HANS WILLI | TUS MULSUM | 28:29 | 10,5 | 5:42 |
| 3 | 54 | SCHÜSSLER, THEO | TUS WREMEN | 29:00 | 10,3 | 5:48 |
| MÄNNER 70-74 | | | | | | |
| 1 | 42 | KOLBERG, BERND | EBDC BREMEN | 26:46 | 11,2 | 5:21 |
| 2 | 56 | BRUMMERLOH, ERHARD | TSV WORPSWEDE | 29:09 | 10,3 | 5:50 |
| MÄNNER 75 ++ | | | | | | |
| 1 | 58 | FRENSER, HEINER | ATS CUXHAVEN | 29:28 | 10,2 | 5:54 |
| 2 | 80 | EWERT, WILFRIED | TV SPADEN | 37:46 | 7,9 | 7:33 |

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5000 Meter

| Rang | Abs | Name | Verein | Zeit | Km/h | Zeit/Km |
|-------------------------|-----|-------------------|-------------------------|-------|------|---------|
| MÄNNL. JUGEND -A | | | | | | |
| 1 | 4 | THOMAS, FLORIAN | SFL BHV. | 20:12 | 14,9 | 4:02 |
| 2 | 6 | ENGELMANN, VOLKER | TSV SI EVERN | 20:52 | 14,4 | 4:10 |
| 3 | 10 | LÜHRS, JANNEK | TSV BREMERVÖRDE | 21:44 | 13,8 | 4:21 |
| 4 | 19 | OLBERS, JANNIK | TV LANGEN | 23:37 | 12,7 | 4:43 |
| MÄNNL. JUGEND -B | | | | | | |
| 1 | 65 | REYELT, BASTIAN | | 30:43 | 9,8 | 6:09 |
| MÄNNL. SCHÜLER-A | | | | | | |
| 1 | 13 | SANDER, SONE | TSV NEUENWALDE | 22:47 | 13,2 | 4:33 |
| 2 | 22 | ENGELMANN, SÖREN | TSV SI EVERN | 23:48 | 12,6 | 4:46 |
| 3 | 26 | RODEKUHR, MARCEL | TSV SI EVERN | 24:42 | 12,1 | 4:56 |
| MÄNNL. SCHÜLER-B | | | | | | |
| 1 | 12 | BUNJES, KIM-JONAH | LAV BOKEL | 22:45 | 13,2 | 4:33 |
| 2 | 24 | HETMANN, MARVIN | NORDWIND RUNNERS WREMEN | 23:56 | 12,5 | 4:47 |
| 3 | 57 | EDEN, CHRISTOPHER | LAV BOKEL | 29:20 | 10,2 | 5:52 |
| MÄNNL. SCHÜLER-C | | | | | | |
| 1 | 30 | REDDIG, TRISTAN | TUS WREMEN 09 | 25:28 | 11,8 | 5:06 |
| 2 | 31 | KENTRATH, JONAS | TUS WREMEN 09 | 25:36 | 11,7 | 5:07 |
| 3 | 32 | SCHMIDT, NOAH | LT WETTRINGEN | 25:43 | 11,7 | 5:09 |

**Ergebnisliste Wremer Deichlauf
(nach Altersklassen)**

15800 Meter

| Rang | Abs | Name | Verein | Zeit | Km/h | Zeit/Km |
|---------------------|-----|------------------------------------|----------------------|---------|------|---------|
| FRAUEN 20-29 | | | | | | |
| 1 | 49 | MANGELS, W I E B K E | LAV BOKEL | 1:23:13 | 11,4 | 5:16 |
| FRAUEN 30-34 | | | | | | |
| 1 | 24 | MANTEL, ANGELA | | 1:14:21 | 12,8 | 4:42 |
| 2 | 83 | SCH I N D L E R, C H R I S T I N E | LAV BOKEL | 1:40:16 | 9,5 | 6:21 |
| 3 | 90 | SCHLAKE, N I N A | HYMENDORFER SV | 1:44:19 | 9,1 | 6:36 |
| FRAUEN 35-39 | | | | | | |
| 1 | 66 | FIEBIG, KIRSTIN | TRI ABOLOS HAMBURG | 1:29:52 | 10,5 | 5:41 |
| 2 | 91 | KRETZER, MANUELA | HYMENDORFER SV | 1:44:21 | 9,1 | 6:36 |
| FRAUEN 40-44 | | | | | | |
| 1 | 42 | WEBER, SABINE | LAUFEND BESSER BRHVN | 1:21:10 | 11,7 | 5:08 |
| 2 | 45 | GREWE, BIRGIT | TSV NEUENWALDE | 1:21:52 | 11,6 | 5:11 |
| 3 | 59 | ALTENBURG, UTE | TSV KÜHRSTEDT | 1:27:49 | 10,8 | 5:33 |
| 4 | 69 | KÜCK-SCHLOEBOHM, MONI KA | RW-KÖHLEN | 1:33:10 | 10,2 | 5:54 |
| 5 | 70 | SCHULT, BARBARA | TSV OTTERNDORF | 1:33:31 | 10,1 | 5:55 |
| 6 | 82 | PROST, BRIGITTE | BSG LAUFEN GAD | 1:39:48 | 9,5 | 6:19 |
| 7 | 102 | MÖLLER, NANCY | | 1:59:24 | 7,9 | 7:33 |
| FRAUEN 45-49 | | | | | | |
| 1 | 67 | MATTHÄI , SILKE | RW-KÖHLEN | 1:30:07 | 10,5 | 5:42 |
| 2 | 84 | KRAMER-GRÖHL, UTE | | 1:42:12 | 9,3 | 6:28 |
| 3 | 86 | HESSENIUS, ANDREA | TV LANGEN | 1:43:17 | 9,2 | 6:32 |
| 4 | 89 | SCHWARZER, CLAUDIA | TUS WREMEN | 1:44:11 | 9,1 | 6:36 |
| 5 | 96 | HARJES, SILKE | | 1:47:00 | 8,9 | 6:46 |
| FRAUEN 50-54 | | | | | | |
| 1 | 30 | GRÜNDING, EVA | TSV OTTERNDORF | 1:17:17 | 12,3 | 4:53 |
| 2 | 92 | BECK-JAHNKE, PETRA | | 1:45:00 | 9 | 6:39 |
| 3 | 93 | RAUBA, MONI KA | TSV LAMSTEDT | 1:46:02 | 8,9 | 6:43 |
| FRAUEN 55-59 | | | | | | |
| 1 | 80 | KAMPMANN, GABRIELE | | 1:38:27 | 9,6 | 6:14 |
| 2 | 98 | SCHUSTER, REGINA | FISCHTOWN RUNNERS | 1:49:09 | 8,7 | 6:54 |

Ergebnisliste Wremer Deichlauf (nach Altersklassen)

15800 Meter

| Rang | Abs | Name | Verein | Zeit | Km/h | Zeit/Km |
|---------------------|-----|---|----------------------|---------|------|---------|
| MÄNNER 20-29 | | | | | | |
| 1 | 17 | BURSCSKA, SVEN | | 1:12:14 | 13,1 | 4:34 |
| 2 | 19 | BROCKMANN, SASCHA | HIPSTEDT | 1:13:29 | 12,9 | 4:39 |
| 3 | 99 | DE OLIVEIRA LOPES SINEIRO, FABIO RENATO | ALBERT SCHWEITZER NE | 1:49:59 | 8,6 | 6:58 |
| MÄNNER 30-34 | | | | | | |
| 1 | 2 | MANGELS, DR. CHRISTIAN | TSV OTTERNDORF | 1:02:10 | 15,2 | 3:56 |
| 2 | 36 | BROCKELMANN, TOBIAS | AUTOHAUS TOBABEN | 1:19:14 | 12 | 5:01 |
| 3 | 46 | SCHLAKE, BERND | HYMENDORFER SV | 1:21:54 | 11,6 | 5:11 |
| 4 | 52 | VILLOSLADA, RAUL | | 1:24:21 | 11,2 | 5:20 |
| MÄNNER 35-39 | | | | | | |
| 1 | 27 | WERSIEN, SVEN | TSV MIDLUM | 1:15:51 | 12,5 | 4:48 |
| 2 | 33 | FREY, JÜRGEN | TSV OTTERNDORF | 1:18:22 | 12,1 | 4:58 |
| 3 | 50 | KREMPEL, TORSTEN | TUS DORUM | 1:23:19 | 11,4 | 5:16 |
| 4 | 51 | PREHN, ANDREAS | NATURAL BORN RUNNERS | 1:23:45 | 11,3 | 5:18 |
| 5 | 58 | PAHLKE, THOMAS | FISHTOWN-RUNNERS | 1:27:24 | 10,8 | 5:32 |
| 6 | 63 | MÄTHNER, JENS | | 1:29:31 | 10,6 | 5:40 |
| 7 | 95 | AHL, THOMAS | LAV BOKEL | 1:46:47 | 8,9 | 6:46 |
| 8 | 100 | KIES, BERND | ALBERT SCHWEITZER NE | 1:50:00 | 8,6 | 6:58 |
| MÄNNER 40-44 | | | | | | |
| 1 | 1 | SCHWIEEMANN, MARIO | TSV OTTERNDORF | 1:02:08 | 15,3 | 3:56 |
| 2 | 4 | BRUNKHORST, JÖRG | SV NORDENHAM | 1:06:42 | 14,2 | 4:13 |
| 3 | 6 | DIECKMANN, HEIKO | TSV OTTERNDORF | 1:07:02 | 14,1 | 4:15 |
| 4 | 9 | FUCHS, STEFAN | LT TV-SCHWANEWEDE | 1:08:17 | 13,9 | 4:19 |
| 5 | 11 | FREY, BERND | TV LOXSTEDT | 1:09:05 | 13,7 | 4:22 |
| 6 | 13 | DOCK, KLAUS | | 1:09:23 | 13,7 | 4:23 |
| 7 | 14 | CYPLIK, SVEN | | 1:09:24 | 13,7 | 4:24 |
| 8 | 21 | NIELAND, VOLKER | LT TV SCHWANEWEDE | 1:13:51 | 12,8 | 4:40 |
| 9 | 23 | LÜDDERS, WILHELM | | 1:13:55 | 12,8 | 4:41 |
| 10 | 26 | HEINS, THOMAS | DEBSTEDT | 1:14:59 | 12,6 | 4:45 |
| 11 | 34 | KAGELMANN, DETLEF | | 1:18:49 | 12 | 4:59 |
| 12 | 47 | ADICKES, RICO | | 1:22:05 | 11,5 | 5:12 |
| 13 | 56 | WILCKE, MAIK | | 1:26:23 | 11 | 5:28 |
| 14 | 61 | WEISSER, LUTZ | | 1:29:10 | 10,6 | 5:39 |
| 15 | 62 | LÜDTKE, THOMAS | | 1:29:26 | 10,6 | 5:40 |
| 16 | 64 | BOHNE, STEFAN | TUS DORUM | 1:29:33 | 10,6 | 5:40 |
| 17 | 72 | SÖHL, CLAUS | TSV ELMLOHE | 1:33:49 | 10,1 | 5:56 |
| 18 | 74 | BELLUSCI, VINCENZO | | 1:34:24 | 10 | 5:58 |
| 19 | 79 | TÖLLNER, TIM | TSG NORDHOLZ | 1:38:13 | 9,7 | 6:13 |
| 20 | 81 | REYSEN, MAIK | | 1:38:40 | 9,6 | 6:15 |

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15800 Meter

| Rang | Abs | Name | Verein | Zeit | Km/h | Zeit/Km |
|---------------------|-----|------------------------------|-----------------------------|---------|------|---------|
| MÄNNER 45-49 | | | | | | |
| 1 | 5 | ÖZTÜRK, MEHMET | FISHTOWN RUNNERS | 1:06:54 | 14,2 | 4:14 |
| 2 | 7 | BANNIES, HOLGER | LT TV-SCHWANWEDE | 1:07:10 | 14,1 | 4:15 |
| 3 | 8 | HEINS, DIRK | TSV OTTERNDORF | 1:07:19 | 14,1 | 4:16 |
| 4 | 10 | HÖCK, MICHAEL | SC HEMMOOR | 1:08:44 | 13,8 | 4:21 |
| 5 | 15 | NISCHLER, FRANK | OSC BREMERHAVEN | 1:09:59 | 13,5 | 4:26 |
| 6 | 18 | BODENHAGEN, FRANK | | 1:13:17 | 12,9 | 4:38 |
| 7 | 20 | ENGELMANN, KURT | TSV SIEVERN | 1:13:47 | 12,8 | 4:40 |
| 8 | 22 | MIKA, JOCHEN | TSV OTTERNDORF | 1:13:53 | 12,8 | 4:41 |
| 9 | 25 | HAGELWEIDE, JÖRG | VFL-WINGST | 1:14:23 | 12,7 | 4:42 |
| 10 | 29 | GÄRTNER, THOMAS | LANGEN | 1:17:15 | 12,3 | 4:53 |
| 11 | 31 | DIERKS, MICHAEL | TV LANGEN | 1:17:38 | 12,2 | 4:55 |
| 12 | 35 | HESSENIUS, ONNO | TSV WULSDORF | 1:19:07 | 12 | 5:00 |
| 13 | 41 | LAKOWSKY, STEFAN | | 1:21:00 | 11,7 | 5:08 |
| 14 | 43 | WEBER, OLAF | LAUFEND BESSER BRHVN | 1:21:11 | 11,7 | 5:08 |
| 15 | 53 | WILLE, CARSTEN | LOKOMOTIVE DUHNEN | 1:24:43 | 11,2 | 5:22 |
| 16 | 54 | BRUNKE, RALF | | 1:25:30 | 11,1 | 5:25 |
| 17 | 57 | LINKIEWICZ, HOLGER | | 1:27:09 | 10,9 | 5:31 |
| 18 | 65 | BERNHARDT, ROLF | TSV OTTERNDORF | 1:29:46 | 10,6 | 5:41 |
| 19 | 75 | HONS, JÖRN | TUS WREMEN | 1:34:43 | 10 | 5:60 |
| 20 | 78 | MÜHRING, FRANK | | 1:36:43 | 9,8 | 6:07 |
| 21 | 85 | PAUL, MICHAEL | TSV LAMSTEDT | 1:42:44 | 9,2 | 6:30 |
| MÄNNER 50-54 | | | | | | |
| 1 | 3 | HETMANN, MEIK | NORDWIND RUNNERS WREMEN | 1:02:23 | 15,2 | 3:57 |
| 2 | 12 | KRETSCHMER, REINHOLD | | 1:09:15 | 13,7 | 4:23 |
| 3 | 16 | BRAUNS, UWE | OSC BREMERHAVEN | 1:10:50 | 13,4 | 4:29 |
| 4 | 38 | TIELITZ, ANDREAS | | 1:20:37 | 11,8 | 5:06 |
| 5 | 39 | KUECK, MARTIN | LAUFTREFF BORNREIHE | 1:20:40 | 11,8 | 5:06 |
| 6 | 40 | HEINEMEYER, JÜRGEN | BAD BEDERKESA TEAM ERDINGER | 1:20:49 | 11,7 | 5:07 |
| 7 | 55 | DUDEN, PETER | FISHTOWN RUNNERS | 1:25:46 | 11,1 | 5:26 |
| 8 | 60 | FRANCKENSTEIN-WILBERTS, AXEL | | 1:28:39 | 10,7 | 5:37 |
| 9 | 68 | BUSEKROS, LÜDER | SV HEPSTEDT/BREDDORF | 1:32:54 | 10,2 | 5:53 |
| MÄNNER 55-59 | | | | | | |
| 1 | 28 | MURR, ULRICH | TSV OTTERNDORF | 1:16:19 | 12,4 | 4:50 |
| 2 | 44 | BÖNEKER, CARSTEN | LOKOMOTIVE DUHNEN | 1:21:50 | 11,6 | 5:11 |
| 3 | 48 | BRANDT, GERD | | 1:23:09 | 11,4 | 5:16 |
| 4 | 71 | GISSEL, HANKE | TSV ELMLOHE-MARSCHKAMP | 1:33:48 | 10,1 | 5:56 |
| 5 | 87 | FELS, DIETER | TURA HECHTHAUSEN | 1:43:30 | 9,2 | 6:33 |
| 6 | 88 | ZIMDAHL, MICHAEL | OSC BREMERHAVEN | 1:44:07 | 9,1 | 6:35 |
| 7 | 97 | REYELT, WOLFGANG | | 1:47:58 | 8,8 | 6:50 |
| MÄNNER 60-64 | | | | | | |
| 1 | 32 | STERINGER, JOSEF | FISHTOWN RUNNERS | 1:17:49 | 12,2 | 4:56 |
| 2 | 37 | FIEBIG, UWE | TV LANGEN | 1:20:28 | 11,8 | 5:06 |
| 3 | 73 | BELLUSCI, GIACOMO | | 1:34:23 | 10 | 5:58 |
| 4 | 76 | BRUNS, CHRISTIAN | OSC BREMERHAVEN | 1:34:54 | 10 | 6:00 |
| 5 | 77 | BOCK, HANS-JOACHIM | LANGEN | 1:35:34 | 9,9 | 6:03 |

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(nach Altersklassen)

15800 Meter

| Rang | Abs | Name | Verein | Zeit | Km/h | Zeit/Km |
|---------------------|-----|---------------------|----------------|---------|------|---------|
| MÄNNER 65-69 | | | | | | |
| 1 | 94 | NEUMANN, KARL-HEINZ | LG BREMEN-NORD | 1:46:19 | 8,9 | 6:44 |
| MÄNNER 70-74 | | | | | | |
| 1 | 101 | BARGFELD, UWE | | 1:57:52 | 8 | 7:28 |
| MÄNNER 75 ++ | | | | | | |
| 1 | 103 | BRAND, WILLY | PRO VITAL | 1:59:31 | 7,9 | 7:34 |