

Veranstaltung: 27. Mühlener Silvesterlauf

31.12.2014

Rennen: 10 km Lauf

10 km Lauf der Frauen

| Platz | Nr | LäuferIn | JG | Verein | Gesamtzeit | AK-Pl. |
|-------|-----|---------------------|------|--------------------------------|------------|--------|
| 1 | 364 | Geerken, Jana | 1991 | Vechta | 36:04.67 | 1 |
| 2 | 161 | Stark, Katharina | 1992 | TuS BW Lohne Triathlon | 36:51.95 | 2 |
| 3 | 26 | Hintze, Inga | 1981 | TuS BW Lohne Triathlon | 39:36.29 | 1 |
| 4 | 168 | Wieferig, Johanna | 1956 | LT Waldschleicher Lohne/Wigger | 42:01.74 | 1 |
| 5 | 279 | Koditek, Silvia | 1964 | LT Waldschleicher Lohne | 42:02.35 | 2 |
| 6 | 14 | Bultmann, Silvia | 1959 | OSC Damme | 42:06.12 | 3 |
| 7 | 501 | Brauer, Anja | 1965 | LT Waldschleicher Lohne | 43:12.54 | 1 |
| 8 | 175 | Hermes, Erika | 1987 | RW Visbek | 44:11.42 | 3 |
| 9 | 382 | Fangmann, Elke | 1962 | LT Waldschleicher Lohne | 44:14.56 | 4 |
| 10 | 449 | Tabeling, Martina | 1966 | Hausstette | 44:19.33 | 2 |
| 11 | 12 | Bröring, Gisela | 1955 | Vechta | 44:45.46 | 5 |
| 12 | 227 | Zerhusen, Ines | 1976 | BW Lohne | 44:59.98 | 2 |
| 13 | 428 | Haskamp, Elisabeth | 1986 | SFN Vechta | 45:14.25 | 4 |
| 14 | 23 | Hermes, Lena | 1961 | LT Visbek | 45:56.37 | 6 |
| 15 | 157 | Renze, Elke | 1972 | TuS Bersenbrück | 47:04.61 | 3 |
| 16 | 411 | Penzlin, Heike | 1967 | Steinfeld | 47:26.91 | 4 |
| 17 | 228 | Koch, Edith | 1963 | Lohne | 47:39.83 | 7 |
| 18 | 400 | Rießelmann, Claudia | 1990 | Waldschleicher Lohne | 47:41.41 | 5 |
| 19 | 146 | Gausepohl, Anja | 1969 | Gymnasium Antonianum Vechta | 47:49.84 | 5 |
| 20 | 269 | Winkel, Birgit | 1965 | LT Waldschleicher Lohne | 48:24.32 | 6 |
| 21 | 106 | Lapke, Tanja | 1974 | Laufftreff SW Osterfeine | 49:15.55 | 7 |
| 22 | 119 | Wessel, Birgit | 1965 | Vechta | 49:15.95 | 8 |
| 23 | 425 | Heitlage, Birgit | 1966 | SV HA-LA | 49:24.53 | 9 |
| 24 | 292 | Landwehr, Katharina | 1969 | Hamburg | 49:35.41 | 10 |
| 25 | 372 | Dahlkemper, Silke | 1968 | LT Waldschleicher Lohne | 49:43.65 | 11 |
| 26 | 502 | Fangmann, Stefanie | 1981 | Laufftreff Visbek | 49:44.50 | 3 |
| 27 | 284 | Perick, Ulrike | 1965 | OSC Damme | 50:04.57 | 12 |
| 28 | 440 | Middendorf, Ursula | 1967 | LT DW Hausstette | 50:05.78 | 13 |
| 29 | 117 | Bokern, Andrea | 1962 | Steinfeld | 50:36.44 | 8 |
| 30 | 230 | Hausfeld, Kathrin | 1979 | GW Mühlen | 51:00.34 | 4 |
| 31 | 58 | Peukert, Madlen | 1979 | Barnstorf | 51:09.28 | 5 |
| 32 | 182 | Evers, Monika | 1958 | OSC Damme | 51:18.98 | 9 |
| 33 | 271 | Winkel, Katharina | 1992 | Medical Hell Drivers | 51:26.34 | 6 |
| 34 | 273 | Kuhlmann, Maria | 1968 | OSC Damme | 51:27.57 | 14 |
| 35 | 475 | Heitkamp, Sonja | 1976 | Rasta Vechta | 51:49.55 | 6 |
| 36 | 211 | Albers, Maria | 1994 | BW Lohne | 51:52.07 | 7 |
| 37 | 212 | Rohe-Krebeck, Ellen | 1995 | GW Mühlen | 51:52.25 | 8 |
| 38 | 72 | Schilmöller, Ilona | 1987 | Vechta | 51:52.88 | 9 |
| 39 | 204 | Kühling, Anja | 1986 | Damme | 52:06.20 | 10 |
| 40 | 422 | Veltmann, Renate | 1961 | Mukki Latte | 52:25.84 | 10 |
| 41 | 603 | Schwarz, Alina | 1998 | Dinklage | 52:34.96 | 1 |
| 42 | 193 | Schilling, Johanna | 1958 | Lohne | 52:42.90 | 11 |
| 43 | 321 | kl. Stüve, Gertrud | 1959 | LT Waldschleicher Lohne | 52:43.31 | 12 |
| 44 | 274 | Brueggemann, Lill | 1992 | VfL Oythe | 52:54.33 | 11 |
| 45 | 85 | Uhe, Nicola | 1962 | Diepholz | 52:55.56 | 13 |

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|----|-----|-----------------------------------|------------------------------|-------------------|----|
| 46 | 203 | Schumacher, Gabi | 1971 Lions Vechta | 53:20.76 | 15 |
| 47 | 153 | Lambrecht, Tina | 1974 GC Siegerland | 53:20.78 | 16 |
| 48 | 116 | Kuhlmann, Beate | 1962 Steinfeld | 53:31.27 | 14 |
| 49 | 4 | Völker, Birgit | 1989 Vechta | 53:48.25 | 12 |
| 50 | 431 | Muhle, Andrea | 1967 LT Visbek | 53:49.40 | 17 |
| 51 | 301 | Bürmann, Susanne | 1969 LT Waldschleicher Lohne | 54:50.86 | 18 |
| 52 | 166 | Völkerding, Michaela | 1974 Team Holdorf-Bahnhof | 55:19.27 | 19 |
| 53 | 123 | Hanke, Andrea | 1973 VfL Oythe | 55:45.21 | 20 |
| 54 | 133 | Bornhorn, Theresa | 1992 SV Falke Steinfeld | 55:52.96 | 13 |
| 55 | 356 | Bockhorst, Anke | 1987 Bünne | 55:54.98 | 14 |
| 56 | 115 | Stuntebeck, Lea | 1992 Falke Steinfeld | 55:55.16 | 15 |
| 57 | 421 | Moeller, Andrea | 1971 Neuenkirchen | 56:06.63 | 21 |
| 58 | 451 | Schuling, Annegret | 1970 Hausstetter Lauftreff | 56:20.90 | 22 |
| 59 | 323 | Nordlohne, Mechthild | 1966 Lt Waldschleicher Lohne | 56:22.67 | 23 |
| 60 | 156 | Portala, Sabine | 1966 Quakenbrück | 56:25.06 | 24 |
| 61 | 266 | Müller, Petra | 1962 Vechta | 56:44.45 | 15 |
| 62 | 121 | Burgess, Simone | 1971 TV Dinklage | 56:45.77 | 25 |
| 63 | 302 | Gluche, Claudia | 1977 LT Waldschleicher Lohne | 56:51.69 | 7 |
| 64 | 76 | Schmietendorf, Katja | 1975 Hobbläuferin | 56:51.79 | 8 |
| 65 | 255 | Dödtsmann, Aloysia | 1958 Burgläufer Dinklage | 56:54.74 | 16 |
| 66 | 256 | Dödtsmann, Sara | 1992 Burgläufer Dinklage | 56:55.22 | 16 |
| 67 | 436 | Ahrling, Kerstin | 1984 LON Vechta | 57:38.00 | 9 |
| 68 | 127 | Hentschel, Birgit | 1961 Diefiten Omas Laufen | 57:45.16 | 17 |
| 69 | 128 | König, Tatjana | 1967 Diefiten Omas Laufen | 57:45.36 | 26 |
| 70 | 252 | Wehry, Christina | 1964 - | 57:46.55 | 18 |
| 71 | 17 | Dierken, Stefanie | 1979 Dinklage | 57:47.91 | 10 |
| 72 | 184 | Freking, Marina | 1986 Lauftreff SW Osterfeine | 57:50.80 | 17 |
| 73 | 459 | Hoin, Martina | 1968 Rasta Vechta | 58:09.79 | 27 |
| 74 | 328 | Zerhusen, Leona | 1995 GW Mühlen | 58:10.71 | 18 |
| 75 | 108 | Fenker-Hoffmann, Stephanie | 1978 Diepholz | 58:13.63 | 11 |
| 76 | 234 | Vocks, Tina | 1978 SV Langenberg | 58:14.44 | 12 |
| 77 | 434 | Magerfleisch, Veronika | 1968 Lohne | 58:19.25 | 28 |
| 78 | 363 | Graff-Meichel, Claudia | 1966 Vechta | 58:19.93 | 29 |
| 79 | 507 | Kohake, Heike | 1975 Lohne | 58:28.86 | 13 |
| 80 | 520 | Gr. Holthaus, Ulrike | 1969 Kroege | 58:40.91 | 30 |
| 81 | 390 | Blömer, Petra | 1967 Burgläufer Dinklage | 58:52.42 | 31 |
| 82 | 362 | De Vos, Birgit | 1963 Vechta | 58:58.63 | 19 |
| 83 | 469 | Morthorst, Sabrina | 1990 Bakum | 58:59.95 | 19 |
| 84 | 325 | Trenkamp, Ruth | 1977 GW Mühlen | 59:19.58 | 14 |
| 85 | 606 | Arns-Bünnemeyer, Theresa | 1991 Dinklage | 59:22.11 | 20 |
| 86 | 600 | Arkenstette, Teresa | 1991 Elmelage | 59:32.58 | 21 |
| 87 | 607 | Arns-Bünnemeyer, Maria | 1963 Dinklage | 59:39.68 | 20 |
| 88 | 200 | von der Heide, Bernadette | 1962 Steinfeld | 59:40.67 | 21 |
| 89 | 398 | Eveslage, Esther | 1998 Dinklage | 59:55.02 | 2 |
| 90 | 335 | Dammann, Carolin | 1989 Lauftreff Knieweh | 1:00:01.66 | 22 |
| 91 | 391 | Tanklage, Sabine | 1971 Dinklage | 1:00:01.90 | 32 |
| 92 | 462 | Hartke, Gertrud | 1958 LT Waldschleicher Lohne | 1:00:47.96 | 22 |
| 93 | 347 | Meyer, Andrea | 1969 GW Mühlen | 1:01:01.76 | 33 |
| 94 | 330 | Böckmann, Stefanie | 1974 GW Mühlen Lauftreff | 1:01:07.98 | 34 |
| 95 | 309 | Pille, Sabrina | 1979 Mühlen | 1:01:10.31 | 15 |
| 96 | 281 | Schilling, Maria | 1954 LT Waldschleicher Lohne | 1:01:50.01 | 1 |

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|-----|-----|-----------------------------|----------------------------|-------------------|----|
| 97 | 207 | Lichtenstein, Silvia | 1978 LT "Knieweh" Mühlen | 1:01:56.11 | 16 |
| 98 | 158 | Schönfeld, Lena | 1984 Oldenburg | 1:03:14.77 | 17 |
| 99 | 312 | Wagner, Barbara | 1977 GW Mühlen | 1:03:33.96 | 18 |
| 100 | 90 | Willmann, Renate | 1954 Lemförde | 1:03:56.42 | 2 |
| 101 | 104 | Voos, Kirsten | 1967 Heseper Rennschnecken | 1:05:34.14 | 35 |
| 102 | 288 | Bünnemeyer, Lena | 1991 Lohne | 1:07:46.49 | 23 |
| 103 | 331 | Völkerding, Daniela | 1973 GW Mühlen Lauftreff | 1:09:21.13 | 36 |
| 104 | 332 | Beier, Elsbeth | 1967 GW Mühlen-Lauftreff | 1:09:21.24 | 37 |
| 105 | 208 | Schröter, Conni | 1975 GW Mühlen | 1:12:37.47 | 19 |

Veranstaltung: 27. Mühlener Silvesterlauf 31.12.2014

Rennen: 10 km Lauf

10 km Lauf der Männer

| Platz | Nr | LäuferIn | JG | Verein | Gesamtzeit | AK-Pl. |
|-------|-----|-------------------------------|------|--------------------------|-----------------|--------|
| 1 | 360 | Kuhlen, Andreas | 1983 | VFL Lönigen | 31:30.49 | 1 |
| 2 | 56 | Penski, Tobias | 1982 | TuS BW Lohne Triathlon | 33:06.21 | 2 |
| 3 | 268 | Reise, Michael | 1968 | LT Kenkel | 33:34.34 | 1 |
| 4 | 314 | Oelke, Christian | 1972 | Lohne | 34:37.64 | 2 |
| 5 | 432 | Hintze, Benedikt | 1981 | BW Lohne Triathlon | 34:54.50 | 3 |
| 6 | 353 | Jaecks, Henning | 1976 | SSG Bensheim Radsport | 35:02.64 | 4 |
| 7 | 147 | Gebrehans, Mulugeta | 1993 | Lohne | 35:30.34 | 1 |
| 8 | 420 | Bröring, Andreas | 1980 | SV Kroege | 36:02.82 | 5 |
| 9 | 131 | Ronnebaum, Falco | 1989 | Segler Club Clarholz | 36:10.78 | 2 |
| 10 | 52 | Ochsenfahrt, Manfred | 1961 | TV Dinklage | 36:11.82 | 1 |
| 11 | 244 | Abeln, Hendrik | 1973 | BW Lohne | 36:20.34 | 3 |
| 12 | 113 | Lüesse, Peter | 1975 | TV Dinklage | 36:38.48 | 6 |
| 13 | 114 | Franke, Dominik | 1990 | SG Diepholz | 37:19.29 | 3 |
| 14 | 74 | Schlömer, Malte | 1994 | Volksbank Vechta eG | 37:32.30 | 4 |
| 15 | 243 | Pellenwessel, Frank | 1963 | Schemde | 38:04.67 | 2 |
| 16 | 333 | Siemermann, Johannes | 1994 | RSG Lohne-Vechta | 38:07.55 | 5 |
| 17 | 369 | Hake, Patrick | 1989 | BW Lohne | 38:09.08 | 6 |
| 18 | 316 | Trumme, Christian | 1979 | Falke Steinfeld | 38:40.83 | 7 |
| 19 | 419 | Rawe, Nils | 1989 | RW Damme | 38:47.63 | 7 |
| 20 | 83 | Stoll, Matthias | 1976 | LT TuS Emstekerfeld | 38:48.89 | 8 |
| 21 | 3 | Bernholt, Dirk | 1975 | Damme | 38:56.33 | 9 |
| 22 | 51 | Ochsenfahrt, Dieter | 1964 | Dinklage | 39:05.90 | 3 |
| 23 | 126 | Rempe, Urs | 1975 | TuS BW Lohne Triathlon | 39:07.57 | 10 |
| 24 | 205 | Kosenkow, Paul | 1984 | Lohne | 39:09.17 | 11 |
| 25 | 183 | Fortmann, Andreas | 1976 | RW Damme | 39:23.71 | 12 |
| 26 | 129 | Meyer, René | 1990 | TuS BW Lohne Triathlon | 39:34.44 | 8 |
| 27 | 506 | Höhle, Carsten | 1972 | Lohne | 39:41.46 | 4 |
| 28 | 297 | Broemlage, Dennis | 1977 | BS Voerden | 39:46.49 | 13 |
| 29 | 238 | Schulte, Frank | 1977 | Tus-Emstekerfeld | 39:54.75 | 14 |
| 30 | 48 | Nehls, Harald | 1960 | TuS Bersenbrück | 40:02.43 | 4 |
| 31 | 186 | Kreienborg, Hans Peter | 1959 | LT Wigger | 40:03.69 | 5 |
| 32 | 152 | Kolhoff, Georg | 1962 | LT Gnadenlos | 40:14.19 | 6 |
| 33 | 33 | Jütte, Sebastian | 1983 | Medical Hell Drivers | 40:18.27 | 15 |
| 34 | 470 | Nüsse, Stefan | 1983 | TuS BW Lohne | 40:19.41 | 16 |
| 35 | 387 | Wulf, Stefan | 1977 | R.S.G. Lohne-Vechta | 40:20.47 | 17 |
| 36 | 237 | Espelage, Thomas | 1988 | TV Dinklage | 40:24.38 | 9 |
| 37 | 467 | Diephaus, Tobias | 1973 | LON Vechta | 40:33.46 | 5 |
| 38 | 87 | Wadulla, Dawid | 1982 | Laufftreff SW Osterfeine | 40:35.16 | 18 |
| 39 | 20 | Glose, Frank | 1966 | TuS Bersenbrück | 40:36.30 | 6 |
| 40 | 417 | Schlarmann, Christoph | 1989 | OSC Damme | 40:38.45 | 10 |
| 41 | 380 | Abeln, Markus | 1968 | Vechta | 40:39.66 | 7 |
| 42 | 118 | Hoping, Jürgen | 1965 | Lohne | 40:53.09 | 8 |
| 43 | 219 | Nordlohne, Tobias | 1992 | TV Dinklage | 40:56.15 | 11 |
| 44 | 245 | Dahlmann, Kevin | 1992 | TV Dinklage | 40:57.68 | 12 |
| 45 | 320 | Röhling, Christian | 1981 | BS Voerden | 41:03.98 | 19 |

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|----|-----|-------------------------------|------|----------------------------|-----------------|----|
| 46 | 504 | Blömer, Johannes | 1962 | GW Mühlen | 41:05.11 | 7 |
| 47 | 174 | Rohnstock, Dieter | 1957 | Frisia Goldenstedt | 41:11.77 | 8 |
| 48 | 447 | Büssing, Frank | 1969 | SG Voßberg | 41:22.34 | 9 |
| 49 | 452 | Schuling, David | 1997 | Hausstetter Lauftreff | 41:22.57 | 1 |
| 50 | 172 | Möller, Mathias | 1994 | Vechta | 41:32.76 | 13 |
| 51 | 37 | Küthe, Lorenz | 1976 | TuS Bersenbrück | 41:34.45 | 20 |
| 52 | 206 | Westerwalbesloh, Tom | 1984 | TuS Dielingen | 41:40.49 | 21 |
| 53 | 471 | Gr. Holthaus, Thomas | 1967 | Kroge | 41:43.01 | 10 |
| 54 | 448 | Bokop, Franz | 1990 | Kneipp-Verein Vechta e. V. | 42:00.50 | 14 |
| 55 | 16 | Dettmer, Marius | 1996 | TuS BW Lohne Triathlon | 42:09.79 | 15 |
| 56 | 367 | Haskamp, Rainer | 1975 | BW Lohne | 42:11.46 | 22 |
| 57 | 231 | Pille, Franz-josef | 1964 | Steinfeld | 42:18.60 | 9 |
| 58 | 111 | Portala, Martin | 1963 | Quakenbrück | 42:19.67 | 10 |
| 59 | 9 | Boße, Martin | 1963 | TuS Bersenbrück | 42:30.21 | 11 |
| 60 | 22 | Hartz, Bernhard | 1964 | Vechta | 42:30.79 | 12 |
| 61 | 474 | Olberding, Bernd | 1985 | Bakum | 42:34.90 | 16 |
| 62 | 97 | Deters, Jens | 1971 | LT Waldschleicher Lohne | 42:38.36 | 11 |
| 63 | 162 | Steinkamp, Franz | 1967 | Lauftreff SW Osterfeine | 42:45.87 | 12 |
| 64 | 232 | Großmann, René | 1988 | Dresden | 42:50.60 | 17 |
| 65 | 521 | Eichhorst, Waldemar | 1980 | OSC Damme | 42:56.25 | 23 |
| 66 | 173 | Hoping, Sven | 1981 | Vechta | 42:56.69 | 24 |
| 67 | 368 | Schierbaum, Ulf | 1977 | SV Lembruch | 43:00.49 | 25 |
| 68 | 1 | Arkenberg, Bernd | 1965 | Harpendorf | 43:04.59 | 13 |
| 69 | 377 | Harms-Zerhusen, Alfred | 1967 | Waldschleicher Lohne | 43:10.91 | 14 |
| 70 | 233 | Vocks, Markus | 1975 | SV Langenberg | 43:12.17 | 26 |
| 71 | 410 | Bokern, Timo | 1998 | Brockdorf | 43:14.67 | 1 |
| 72 | 99 | Kröger, Simon | 1990 | DPSG Füchtel | 43:15.06 | 18 |
| 73 | 444 | Nowack, Stefan | 1964 | LT Waldschleicher Lohne | 43:24.69 | 13 |
| 74 | 151 | Klose, Reinhard | 1965 | Team Holdorf-Bahnhof | 43:33.32 | 15 |
| 75 | 388 | Bolles, Stefan | 1966 | LT Lauland | 43:33.53 | 16 |
| 76 | 510 | Moormann, Felix | 1989 | Holdorf | 43:38.97 | 19 |
| 77 | 453 | Schuling, Simon | 1998 | LT DW Hausstette | 43:39.13 | 2 |
| 78 | 188 | Menke, Christian | 1975 | Eintracht Frankfurt | 43:47.68 | 27 |
| 79 | 395 | Schlüter, Christof | 1965 | Burgläufer | 43:48.23 | 17 |
| 80 | 437 | Ferneding, Jan-Bernd | 1986 | LT Waldschleicher Lohne | 43:51.62 | 20 |
| 81 | 196 | Stuke, Thomas | 1973 | Lohne | 43:52.95 | 18 |
| 82 | 130 | Moormann, Manfred | 1965 | RW Damme | 43:56.63 | 19 |
| 83 | 290 | Herzog, Stefan | 1970 | BW Lohne | 44:01.17 | 20 |
| 84 | 426 | Zobel, Andreas | 1971 | OSC Damme | 44:04.48 | 21 |
| 85 | 351 | Ehrenborg, Ralf | 1989 | Kroge | 44:07.02 | 21 |
| 86 | 47 | Moormann, Günther | 1965 | LT Visbek | 44:07.57 | 22 |
| 87 | 275 | Mählmeyer, Patrick | 1991 | Lutten | 44:08.52 | 22 |
| 88 | 508 | Holzenkamp, Norbert | 1967 | Lohne | 44:09.33 | 23 |
| 89 | 195 | Schürmann, Harry | 1959 | Tauchertreff Bakum | 44:14.12 | 14 |
| 90 | 78 | Schröer, Antonius | 1961 | Vechta | 44:17.38 | 15 |
| 91 | 138 | Becker, Fabian | 1997 | FOS 11 a | 44:21.73 | 2 |
| 92 | 8 | Boning, Ralf | 1966 | Die Huntewachteln | 44:29.27 | 24 |
| 93 | 150 | Hausfeld, Andreas | 1967 | Damme | 44:31.57 | 25 |
| 94 | 202 | Tepe, Georg | 1966 | Burgläufer Dinklage | 44:32.78 | 26 |
| 95 | 313 | Wagner, Stefan | 1971 | GW Mühlen | 44:33.80 | 27 |
| 96 | 350 | Schröder, Jonathan | 1998 | VfL Oythe | 44:51.45 | 3 |

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|-----|------|-------------------------------|------|------------------------------|-----------------|----|
| 97 | 1267 | Hofmann, Malte | 1967 | Vechta | 44:55.09 | 28 |
| 98 | 405 | Stukenborg, Moritz | 2003 | VfL Oythe | 44:57.45 | 1 |
| 99 | 341 | Maier, Andreas | 1981 | SV Carum | 44:58.59 | 28 |
| 100 | 327 | Niedtfeld-Yasar, Yusuf | 1976 | Burgläufer | 45:01.39 | 29 |
| 101 | 513 | Holland, Juri | 1967 | OPAP Schützenhof | 45:07.73 | 29 |
| 102 | 2 | Asbrede, Peter | 1965 | GW Brockdorf | 45:08.92 | 30 |
| 103 | 394 | Glaw, Steffen | 1970 | LT Lauland Damme | 45:13.68 | 31 |
| 104 | 66 | Runnebohm, Jens | 1978 | Lohne | 45:14.71 | 30 |
| 105 | 67 | Runnebohm, Thorsten | 1976 | Lohne | 45:15.18 | 31 |
| 106 | 96 | Kröger, Marius | 1986 | Sprengspiels-Ahnen Paintball | 45:21.19 | 23 |
| 107 | 53 | Ostendorf, Andreas | 1969 | Vechta | 45:24.17 | 32 |
| 108 | 272 | Yüksel, Tasci | 1971 | Lohne | 45:24.53 | 33 |
| 109 | 100 | Nuxoll, Norbert | 1961 | GW Brockdorf | 45:24.58 | 16 |
| 110 | 514 | Wichmann, Marco | 1989 | GW Mühlen | 45:25.92 | 24 |
| 111 | 105 | Thole, Alexander | 1983 | Damme | 45:27.04 | 32 |
| 112 | 412 | Burgess, Ian | 1964 | Dinklage | 45:32.13 | 17 |
| 113 | 511 | Surmann, Daniel | 1986 | SV Kroge | 45:33.42 | 25 |
| 114 | 122 | Hanke, Markus | 1972 | Schwindelfuss 96 | 45:38.57 | 34 |
| 115 | 80 | Scheele, Sebastian | 1987 | Lohne | 45:39.40 | 26 |
| 116 | 317 | Beuse, Mark | 1973 | Voßbergriever | 45:42.98 | 35 |
| 117 | 225 | Horstmann, Luca | 2000 | Steinfeld | 45:46.21 | 1 |
| 118 | 307 | Fürste, Christian | 1975 | Lohne | 45:46.96 | 33 |
| 119 | 285 | Revermann, Tobias | 1972 | Damme | 45:47.66 | 36 |
| 120 | 433 | Schlotmann, Stefan | 1978 | Hausstette | 45:59.01 | 34 |
| 121 | 46 | Möller, Georg | 1959 | Volksbank Vechta eG | 45:59.23 | 18 |
| 122 | 240 | Nyhuis, Ralph | 1988 | RW Damme | 46:00.39 | 27 |
| 123 | 291 | Buß, Ralph | 1987 | TuS Blau-Weiss Lohne | 46:01.46 | 28 |
| 124 | 148 | Gr. Schlarmann, Max | 1990 | SV Holdorf | 46:02.67 | 29 |
| 125 | 354 | Lichtenstein, Andreas | 1974 | Lohne | 46:10.94 | 37 |
| 126 | 414 | Middendorf, Marco | 1982 | SW Osterfeine | 46:14.31 | 35 |
| 127 | 457 | Merk, Peter | 1976 | TuS Neuenkirchen | 46:14.45 | 36 |
| 128 | 445 | Venjakob, Dirk | 1966 | Lohne | 46:14.69 | 38 |
| 129 | 213 | Buß, Ingo | 1989 | BW Lohne | 46:15.08 | 30 |
| 130 | 170 | Grüterich, Stefan | 1968 | LON Vechta | 46:16.34 | 39 |
| 131 | 517 | Tepe, Matthias | 1967 | LON Vechta | 46:16.39 | 40 |
| 132 | 221 | Schönfeldt, Kay | 1973 | Mucki Latte | 46:25.22 | 41 |
| 133 | 98 | Deters, Ludger | 1950 | LT Waldschleicher Lohne | 46:29.32 | 1 |
| 134 | 65 | Ruholl, Dirk | 1980 | Steinfeld | 46:29.41 | 37 |
| 135 | 178 | Barhorst, Jan Bernd | 1977 | Mühlen | 46:29.92 | 38 |
| 136 | 371 | Middendorf, Uwe | 1971 | LT Waldschleicher Lohne | 46:34.34 | 42 |
| 137 | 235 | Pund, Franz | 1957 | SV Kroge | 46:34.76 | 19 |
| 138 | 373 | Bernholt, Stefan | 1976 | Damme | 46:36.16 | 39 |
| 139 | 336 | Böckmann, Ralf | 1968 | GW Mühlen | 46:38.03 | 43 |
| 140 | 296 | Plöger, Werner | 1965 | Hunteburger SV | 46:41.98 | 44 |
| 141 | 247 | Bohme, Frank | 1969 | Holdorf | 46:45.80 | 45 |
| 142 | 24 | Hermes, Ludger | 1960 | LT Visbek | 46:46.40 | 20 |
| 143 | 416 | Möllmann, Werner | 1957 | OSC Damme | 46:51.72 | 21 |
| 144 | 32 | Jex, Uwe | 1964 | LT Visbek | 46:54.05 | 22 |
| 145 | 239 | Lienesch, Jürgen | 1961 | Lehmden/ Steinfeld | 46:57.32 | 23 |
| 146 | 450 | Schuling, Jens | 1984 | Lohne | 46:58.95 | 40 |
| 147 | 602 | Bittner, Michael | 1980 | Calveslage | 47:00.42 | 41 |

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|-----|-----|---------------------------------|------|---------------------------|-----------------|----|
| 148 | 423 | Jüchter, Jürgen | 1956 | Mukki Latte | 47:03.23 | 24 |
| 149 | 36 | Küthe, Andreas | 1963 | TuS Bersenbrück | 47:03.94 | 25 |
| 150 | 346 | Schröder, Timon | 2000 | TSV Quakenbrück | 47:07.66 | 2 |
| 151 | 403 | Deters, Andreas | 1970 | LT Lauland | 47:08.81 | 46 |
| 152 | 185 | Gehle, Markus | 1970 | Damme | 47:11.76 | 47 |
| 153 | 383 | Niehues, Markus | 1984 | Laufftreff SW Osterfeine | 47:13.20 | 42 |
| 154 | 337 | Thiele, Stefan | 1965 | Steinfeld | 47:18.03 | 48 |
| 155 | 25 | Hinners-Tobrägel, Stefan | 1963 | LT Waldschleicher Lohne | 47:24.59 | 26 |
| 156 | 326 | Sieveke, Walter | 1964 | Lohne | 47:24.77 | 27 |
| 157 | 378 | Iffländer, Stefan | 1992 | LT Waldschleicher Lohne | 47:25.33 | 31 |
| 158 | 361 | Nuxoll, Christian | 1991 | Dinklage | 47:30.24 | 32 |
| 159 | 359 | Schlosser, Tobias | 1987 | Dinklage | 47:32.35 | 33 |
| 160 | 424 | Gieske, Heiner | 1954 | TuS Neuenkirchen | 47:32.78 | 2 |
| 161 | 251 | Blömer, Markus | 1968 | TV Dinklage | 47:33.09 | 49 |
| 162 | 250 | Garwels, Christian | 1972 | Dinklage | 47:33.27 | 50 |
| 163 | 399 | Wigger, Thomas | 1990 | Waldschleicher | 47:38.87 | 34 |
| 164 | 176 | Bornhorst, Stefan | 1967 | TV Dinklage | 47:57.19 | 51 |
| 165 | 223 | gr. Beilage, Heiner | 1967 | Sprengpiel Runners Vechta | 47:59.95 | 52 |
| 166 | 27 | Hoelzen, Michael | 1976 | TV Lohne | 48:00.80 | 43 |
| 167 | 181 | Deters, Johannes | 1968 | Steinfeld | 48:02.10 | 53 |
| 168 | 318 | Schockemöhle, Thorsten | 1968 | Mühlen | 48:04.32 | 54 |
| 169 | 143 | Escherhaus, Maik | 1978 | SV Handorf | 48:08.94 | 44 |
| 170 | 95 | Menke-Zumbrägel, Hermann | 1958 | Steinfeld | 48:09.56 | 28 |
| 171 | 265 | Eckhoff, Andreas | 1983 | Emstek | 48:10.48 | 45 |
| 172 | 516 | Reinke, Ulrich | 1977 | Vechta | 48:15.43 | 46 |
| 173 | 164 | Tapke-Jost, Dirk | 1972 | SV Stoppelmarkt 1. Komp. | 48:15.48 | 55 |
| 174 | 349 | Schröder, Ralph | 1968 | Golfclub Vechta-Welpe | 48:16.02 | 56 |
| 175 | 515 | Scheele, Hendrik | 1977 | Lohne | 48:18.69 | 47 |
| 176 | 343 | Südkamp, Sven | 1976 | Bockrunde | 48:26.54 | 48 |
| 177 | 71 | Schildmeyer, Bernd | 1980 | Laufftreff SW Osterfeine | 48:28.88 | 49 |
| 178 | 107 | Lapke, Hans-Jürgen | 1971 | Laufftreff SW Osterfeine | 48:31.10 | 57 |
| 179 | 35 | Kreinst, Jürgen | 1971 | Laufftreff SW Osterfeine | 48:32.79 | 58 |
| 180 | 427 | Koopmann, Bert | 1963 | Steinfeld | 48:35.55 | 29 |
| 181 | 324 | Emken, Ewald | 1964 | Lohne | 48:39.69 | 30 |
| 182 | 404 | Müller, Henning | 1962 | Vechta | 48:39.83 | 31 |
| 183 | 217 | Huelsmann, Josef | 1953 | Erisia Goldenstedt | 48:41.08 | 3 |
| 184 | 407 | Blömer, Franz-Josef | 1962 | Lohne | 48:41.30 | 32 |
| 185 | 264 | Weisthoff, Wilhelm | 1962 | Lohne | 48:43.31 | 33 |
| 186 | 429 | Baumann, Thomas | 1980 | Damme | 48:45.93 | 50 |
| 187 | 190 | Möhring, Heinrich | 1961 | Laufftreff Damme | 48:50.02 | 34 |
| 188 | 509 | Bünger, Stephan | 1976 | Mühlen | 48:51.83 | 51 |
| 189 | 342 | Heitmann, Markus | 1972 | Bockrunde | 48:53.63 | 59 |
| 190 | 253 | Wehry, Lukas | 2004 | Lohne | 48:55.61 | 1 |
| 191 | 137 | Becker, Frank | 1965 | Dgeb. Starcken | 48:58.40 | 60 |
| 192 | 163 | Suding, Ansgar | 1973 | Lohne | 48:58.45 | 61 |
| 193 | 54 | Otte, Marco | 1975 | Laufftreff SW Osterfeine | 49:01.75 | 52 |
| 194 | 31 | Kruse, Jan | 1978 | Bremen | 49:01.82 | 53 |
| 195 | 406 | Becker, Moritz | 1997 | VfL Oythe | 49:04.99 | 3 |
| 196 | 68 | Schäferhoff, Alexander | 1998 | VfL Oythe | 49:05.22 | 4 |
| 197 | 180 | Brägelmann, Manfred | 1962 | Lohne | 49:09.80 | 35 |
| 198 | 57 | Peschke, Holger | 1974 | Hunteburger SV | 49:13.17 | 62 |

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| 199 | 310 | Völkerding, Jürgen | 1966 | GW Mühlen | 49:15.60 | 63 |
| 200 | 389 | Barklage, Walter | 1963 | Vechta | 49:18.00 | 36 |
| 201 | 512 | Rolfes, André | 1984 | SV Kroge | 49:18.21 | 54 |
| 202 | 344 | Middelkamp, Philipp | 1991 | VfL Oythe | 49:19.67 | 35 |
| 203 | 503 | Kollhoff, Mario | 1980 | LT Visbek | 49:26.94 | 55 |
| 204 | 385 | Schlärman, Reinhold | 1955 | LT Waldschleicher Lohne | 49:30.25 | 37 |
| 205 | 39 | Landwehr, Andreas | 1960 | Lohne | 49:31.08 | 38 |
| 206 | 263 | Holzenkamp, Joachim | 1964 | Lambschein | 49:31.44 | 39 |
| 207 | 30 | Hollah, Olaf | 1965 | Vechta | 49:32.47 | 64 |
| 208 | 110 | Seelhorst, Daniel | 1976 | Lohne | 49:34.63 | 56 |
| 209 | 345 | Middelkamp, Max | 1995 | VfL Oythe | 49:39.99 | 36 |
| 210 | 455 | Heitmann, Stefan | 1973 | SV Carum | 49:42.82 | 65 |
| 211 | 194 | Schneider, Dirk | 1972 | SFN Vechta | 49:42.96 | 66 |
| 212 | 75 | Schlömer, Michael | 1962 | Visbek | 49:44.68 | 40 |
| 213 | 125 | Mönnich, Theo | 1964 | Laufftreff SW Osterfeine | 49:46.57 | 41 |
| 214 | 435 | Rake, Ludger | 1963 | Steinfeld | 49:49.11 | 42 |
| 215 | 319 | Kothe, Detlev | 1966 | Lohne | 49:54.53 | 67 |
| 216 | 29 | Eschen, Holger | 1971 | Brockdorf | 49:56.39 | 68 |
| 217 | 134 | Lamping, Paul Heinrich | 1958 | LT Visbek | 49:57.62 | 43 |
| 218 | 439 | Ahring, Michael | 1973 | LON Vechta | 49:58.24 | 69 |
| 219 | 408 | Hackmann, Christian | 1970 | TV Dinklage | 49:59.17 | 70 |
| 220 | 446 | Hoffmann, Mario | 1976 | RW Damme | 50:01.51 | 57 |
| 221 | 62 | Püttmann, Henrik | 1971 | Golfclub Gut Brettberg | 50:02.96 | 71 |
| 222 | 120 | Wessel, Gregor | 1962 | Vechta | 50:05.52 | 44 |
| 223 | 500 | Mihlan, Christian | 1964 | Lohne | 50:06.98 | 45 |
| 224 | 226 | Rolfes, Rainer | 1969 | Bockrunde Lohne | 50:07.36 | 72 |
| 225 | 142 | Erken, Ferdinand | 1965 | LT Waldschleicher Lohne | 50:09.15 | 73 |
| 226 | 260 | Lampe, Ulrich | 1969 | Laufftrefffosv | 50:09.70 | 74 |
| 227 | 295 | Schulte, Otto | 1960 | LT Waldschleicher Lohne | 50:12.43 | 46 |
| 228 | 442 | Bergmann, Florian | 1977 | Damme | 50:12.88 | 58 |
| 229 | 454 | Schuling, Reinhold | 1963 | LT Hausstette | 50:17.60 | 47 |
| 230 | 402 | Bojert, Jens | 1963 | Vechta | 50:19.12 | 48 |
| 231 | 124 | Schuling, Martin | 1965 | Bakumer Germanen | 50:19.43 | 75 |
| 232 | 370 | Mowka, Horst | 1957 | LT Waldschleicher Lohne | 50:24.78 | 49 |
| 233 | 519 | Schnuck, Michael | 1972 | LT Gnadenlos | 50:31.13 | 76 |
| 234 | 340 | Maier, Klaus | 1954 | - | 50:33.09 | 4 |
| 235 | 262 | Ruholl, Josef | 1998 | Brockdorf | 50:37.70 | 5 |
| 236 | 201 | Werring, Jürgen | 1967 | Laufftreff P&J | 50:39.05 | 77 |
| 237 | 298 | Rolfesen, Andreas | 1968 | BS Voerden | 50:39.76 | 78 |
| 238 | 13 | Brune, Jens | 1979 | Handorf-Langenberg | 50:41.31 | 59 |
| 239 | 384 | Espelage, Steffen | 1993 | TV Dinklage | 50:41.34 | 37 |
| 240 | 518 | Krieger, Stephan | 1983 | LT Gnadenlos | 50:46.58 | 60 |
| 241 | 249 | Espelage, Markus | 1991 | TV Dinklage | 50:49.98 | 38 |
| 242 | 415 | Nordmann, Albert | 1956 | Lüsche | 50:49.98 | 50 |
| 243 | 466 | Saalfeld, Christoph | 1983 | Falke Steinfeld | 50:56.64 | 61 |
| 244 | 241 | Klumpe, Heinrich | 1963 | Dinklage | 50:59.42 | 51 |
| 245 | 456 | Diers, Johannes | 1986 | BW Lüsche | 51:00.99 | 39 |
| 246 | 254 | Grambke, Manfred | 1965 | LT Lauland Damme | 51:01.26 | 79 |
| 247 | 242 | Klumpe, Felix | 1994 | Dinklage | 51:03.31 | 40 |
| 248 | 82 | Steinemann, Christian | 1980 | Sport und Unfallreha Steinemann | 51:03.96 | 62 |
| 249 | 287 | Meyer, Henry | 1960 | Lohne | 51:05.69 | 52 |

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| 250 | 305 | Varwig, Andreas | 1956 Steinfeld | 51:06.63 | 53 |
| 251 | 43 | Matzk, Ulrich | 1956 Langförden | 51:11.13 | 54 |
| 252 | 315 | Runnebom, Joerg | 1973 GW Mühlen | 51:14.99 | 80 |
| 253 | 277 | Enneking, Stefan | 1980 VfB Fallersleben | 51:31.54 | 63 |
| 254 | 259 | Hillmann, Hendrik | 1978 LT Lauland | 51:33.51 | 64 |
| 255 | 352 | Hempfen, Stefan | 1988 Falke Steinfeld | 51:35.35 | 41 |
| 256 | 386 | Zu Höne, Teodor | 1955 OSC Damme | 51:37.81 | 55 |
| 257 | 94 | Zumbrägel, Michael | 1983 Vechta | 51:42.65 | 65 |
| 258 | 430 | Grave, Thomas | 1967 Burgläufer | 51:45.06 | 81 |
| 259 | 197 | Tapken, Franz-Josef | 1966 PRO Laufen | 51:47.04 | 82 |
| 260 | 210 | Gerling, Christian | 1995 Dinklage | 51:51.32 | 42 |
| 261 | 401 | Eveslage, Dirk | 2000 TV Dinklage 2.D | 51:59.66 | 3 |
| 262 | 376 | Iffländer, Konrad | 1959 LT Waldschleicher Lohne | 52:00.80 | 56 |
| 263 | 236 | Möllers, Stefan | 1970 GW Mühlen | 52:06.70 | 83 |
| 264 | 460 | Kolbeck, Franz-Josef | 1950 GW Mühlen | 52:08.54 | 5 |
| 265 | 63 | Riemann, Tobias | 1983 Dinklage | 52:15.86 | 66 |
| 266 | 261 | Wigger, Hermann | 1958 LT Waldschleicher Lohne | 52:26.22 | 57 |
| 267 | 339 | Müller, Hans-Jürgen | 1952 LT Waldschleicher Lohne | 52:27.30 | 6 |
| 268 | 267 | Reimer, Dominik | 1985 Borussia Dortmund | 52:29.95 | 43 |
| 269 | 379 | Vodde, Norbert | 1964 TV Dinklage | 52:34.79 | 58 |
| 270 | 365 | Frieler, Jürgen | 1942 TuS Bad Essen | 52:39.15 | 1 |
| 271 | 409 | Bokern, Ulrich | 1967 Lohne | 52:41.06 | 84 |
| 272 | 465 | Zerhusen, Ansgar | 1965 Mühlen | 52:49.52 | 85 |
| 273 | 55 | Pape, Michael | 1957 SG Diepholz | 52:50.81 | 59 |
| 274 | 7 | Boning, Lennard | 2000 Die Huntewachteln | 52:52.16 | 4 |
| 275 | 109 | Brouwer, Nils | 2000 Höven | 52:52.39 | 5 |
| 276 | 70 | Schierhold, Hajo | 1968 Die Huntewachteln | 52:52.93 | 86 |
| 277 | 141 | Duisen, Frank | 1968 Damme | 52:54.41 | 87 |
| 278 | 418 | Böckermann, Heinrich | 1955 OSC Damme | 53:06.50 | 60 |
| 279 | 286 | Schlärmann, Matthias | 1983 GW Brockdorf | 53:06.65 | 67 |
| 280 | 92 | Wulf, Franz | 1949 LT Visbek | 53:13.83 | 7 |
| 281 | 140 | Müller-Wieferig, Dr. Matthias | 1957 LT Waldschleicher Lohne/Wigger | 53:14.00 | 61 |
| 282 | 216 | Hohnhorst, Jan-Bernd | 1991 DSTG Ortsverband Vechta | 53:26.19 | 44 |
| 283 | 393 | Neteler, Chris | 1989 TV Dinklage | 53:29.11 | 45 |
| 284 | 218 | Johannes, Albert | 1963 Bühren | 53:29.52 | 62 |
| 285 | 246 | Wehrmann, Dennis | 1986 TV Dinklage | 53:29.81 | 46 |
| 286 | 258 | Bockhorst, Michael | 1986 TV Dinklage | 53:30.58 | 47 |
| 287 | 132 | Heitmann, Marcel | 1976 TuS BW Lohne | 53:30.84 | 68 |
| 288 | 257 | Schwermann, Tobias | 1983 TV Dinklage | 53:31.93 | 69 |
| 289 | 392 | Nuxoll, Daniel | 1990 Dinklage | 53:32.05 | 48 |
| 290 | 304 | Meyer, Christian | 1970 Kroege | 53:36.46 | 88 |
| 291 | 303 | Douwes, Sven | 1976 TV Cloppenburg | 53:36.92 | 70 |
| 292 | 69 | Schäferhoff, Hubertus | 1966 Vechta | 53:38.40 | 89 |
| 293 | 338 | Dörfler, Thomas | 1967 GW Mühlen | 53:40.53 | 90 |
| 294 | 38 | Lamping, Norbert | 1963 GW Mühlen | 53:47.16 | 63 |
| 295 | 169 | Brinkmann, Dirk | 1975 Lohne | 53:56.46 | 71 |
| 296 | 438 | Kratz, Roland | 1972 Osterfeine | 53:59.45 | 91 |
| 297 | 522 | Themann, Heiner | 1958 GW Mühlen | 54:02.75 | 64 |
| 298 | 473 | Eckhardt, Peter | 1967 Feuerwehr Langförden | 54:11.65 | 92 |
| 299 | 42 | Magerfleisch, Andre | 1981 Lohne | 54:12.39 | 72 |
| 300 | 41 | Dunkerbeck, Louis | 1984 Lohne | 54:12.85 | 73 |

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| 301 | 329 | Zerhusen, Werner | 1960 | GW Mühlen | 54:15.20 | 65 |
| 302 | 44 | Feuersänger, Michael | 1960 | Dinklage | 54:20.02 | 66 |
| 303 | 468 | Kröger, Janbernd | 1980 | TV Bakum | 54:21.82 | 74 |
| 304 | 139 | Bokop, Franz | 1958 | Kneipp-Verein Vechta e. V. | 54:25.35 | 67 |
| 305 | 199 | Töpfel, Sebastian | 1993 | Lohne | 54:26.08 | 49 |
| 306 | 198 | Töpfel, Alexander | 1999 | GW Brockdorf, Gymnasium Lohne | 54:26.82 | 1 |
| 307 | 270 | Winkel, Herbert | 1956 | LT Waldschleicher Lohne | 54:34.74 | 68 |
| 308 | 165 | Thole, Dirk | 1968 | Lohne | 54:39.95 | 93 |
| 309 | 40 | Lemke, Holger | 1966 | Emstek | 54:41.58 | 94 |
| 310 | 73 | Schilmöller, Josef | 1958 | Visbek | 54:53.47 | 69 |
| 311 | 15 | Buschermöhle, Wolfgang | 1951 | Quakenbrück | 54:58.49 | 8 |
| 312 | 374 | Bornhorst, Lukas | 1993 | TV Dinklage | 55:01.96 | 50 |
| 313 | 191 | Pohlschneider, Jan | 1981 | Lauftreff SW Osterfeine | 55:06.20 | 75 |
| 314 | 222 | Wilming, Dominik | 1969 | Hagener Flitzer | 55:07.59 | 95 |
| 315 | 396 | Westerhaus, Frank | 1968 | LT Lauand Damme | 55:09.64 | 96 |
| 316 | 461 | Willenbring, Dirk | 1984 | Lohne | 55:13.39 | 76 |
| 317 | 283 | Taphorn, Bernd | 1971 | Lohne | 55:28.83 | 97 |
| 318 | 294 | Welzel, Werner | 1949 | RW Damme | 55:33.49 | 9 |
| 319 | 293 | Varwig, Norbert | 1951 | Damme | 55:34.69 | 10 |
| 320 | 248 | Schaller, Thomas | 1974 | Burgläufer Dinklage | 55:37.49 | 98 |
| 321 | 276 | Espelage, Alfred | 1956 | TV Dinklage | 55:46.49 | 70 |
| 322 | 145 | Gausepohl, Bert | 1969 | Bühnen Bremen | 55:51.03 | 99 |
| 323 | 355 | Kreinst, Stephan | 1985 | Steinfeld | 55:55.85 | 51 |
| 324 | 5 | Bittner, Manfred | 1949 | Lohne | 56:04.32 | 11 |
| 325 | 28 | Hohnhorst, Detlef | 1963 | Kneipp-Verein Vechta e. V. | 56:12.34 | 71 |
| 326 | 189 | Meyer, Andreas | 1967 | Vechta | 56:22.37 | 100 |
| 327 | 149 | Grieshop, Ralf | 1960 | Quakenbrück | 56:24.52 | 72 |
| 328 | 348 | Hausfeld, Christian | 1973 | Mühlen | 56:25.88 | 101 |
| 329 | 229 | von Lehmden, Frank | 1969 | LT Gnadenlos | 56:33.13 | 102 |
| 330 | 322 | Stuntebeck, Reinhard | 1957 | Falke Steinfeld | 56:41.16 | 73 |
| 331 | 224 | Horstmann, Peter | 1960 | GW Mühlen | 56:43.73 | 74 |
| 332 | 308 | Bittner, Gernot | 1943 | Calveslage | 57:12.69 | 2 |
| 333 | 472 | Bebernik, Edmund | 1958 | LT Waldschleicher Lohne | 57:15.09 | 75 |
| 334 | 413 | Ellers, Frank | 1968 | TV Dinklage | 57:15.36 | 103 |
| 335 | 192 | Rohe, Ludger | 1966 | TV Dinklage 04 | 57:15.40 | 104 |
| 336 | 155 | Nuxoll, Ulrich | 1966 | TV Dinklage | 57:18.78 | 105 |
| 337 | 358 | Czech, Stefan | 1969 | GW Mühlen | 57:20.71 | 106 |
| 338 | 463 | Streibl, Peter | 1966 | Vechta | 57:26.03 | 107 |
| 339 | 300 | Brehme, Martin | 1971 | LT Waldschleicher Lohne | 57:35.26 | 108 |
| 340 | 311 | Hölscher, Martin | 1946 | Lohne | 57:57.08 | 12 |
| 341 | 214 | Stengert, Manfred | 1957 | TV Dinklage | 57:57.90 | 76 |
| 342 | 458 | Hoin, Bernard | 1962 | Mucki Latte | 58:02.50 | 77 |
| 343 | 443 | Thole, Christian | 1982 | Vestrup | 58:06.77 | 77 |
| 344 | 605 | Arns-Bünнемeyer, Orlando | 1961 | Dinklage | 58:12.48 | 78 |
| 345 | 604 | Kretzner, Christoph | 1968 | Lohne | 58:17.03 | 109 |
| 346 | 357 | Dickmajer, Olaf | 1970 | Hunteburg | 58:28.05 | 110 |
| 347 | 441 | Bothe, Richard | 1954 | LT Waldschleicher Lohne | 58:33.24 | 13 |
| 348 | 381 | Vodde, Hubert | 1956 | TV Dinklage | 58:37.95 | 79 |
| 349 | 464 | Mauke, Uwe | 1958 | LT Waldschleicher Lohne | 58:38.31 | 80 |
| 350 | 278 | Christensen, Ole | 1953 | SG Diepholz Lauftreff | 58:40.95 | 14 |
| 351 | 171 | Kellermann, Josef | 1963 | RW Visbek | 58:55.87 | 81 |

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| 352 | 77 | Schrock, Frank | 1966 Kneipp-Verein Vechta e. V. | 58:57.14 | 111 |
| 353 | 334 | Beier, Claus | 1966 GW Mühlen | 59:17.93 | 112 |
| 354 | 160 | Seifert, Andreas | 1968 GW Mühlen | 59:18.88 | 113 |
| 355 | 60 | Prues, Jörg | 1990 Dinklage | 59:29.13 | 52 |
| 356 | 101 | Lemke, Ralf | 1963 Tauchclub Waterworld | 59:41.27 | 82 |
| 357 | 282 | Kl. Bornhorst, Andreas | 1960 GW Brockdorf | 59:42.87 | 83 |
| 358 | 397 | Eveslage, Ludger | 1958 Burgläufer | 59:54.87 | 84 |
| 359 | 50 | Nordiek, Andreas | 1967 Burgläufer Dinklage | 59:56.78 | 114 |
| 360 | 220 | Böckmann, Paul | 1946 SV Falke Steinfeld | 59:57.57 | 15 |
| 361 | 159 | Seifert, Jannik | 2005 GW Mühlen | 1:00:03.33 | 1 |
| 362 | 167 | Wehring, Michael | 1959 SV Holdorf | 1:00:17.93 | 85 |
| 363 | 306 | Wempe, Benno | 1950 - | 1:00:57.01 | 16 |
| 364 | 505 | Schilling, Peter | 1951 LT Waldschleicher Lohne | 1:01:48.74 | 17 |
| 365 | 215 | Balster, Thorsten | 1975 Mühlen | 1:02:04.03 | 78 |
| 366 | 375 | Pundt, Bernard | 1956 LT Waldschleicher Lohne | 1:02:50.62 | 86 |
| 367 | 209 | Deters, Joerg | 1975 Waldschleicher | 1:03:13.40 | 79 |
| 368 | 144 | Fortmann, Frank | 1971 Die Bären Oldenburg | 1:03:14.63 | 115 |
| 369 | 179 | Baumann, Hubert | 1953 Falke Steinfeld | 1:03:16.30 | 18 |
| 370 | 102 | Lamping, Werner | 1963 Harne | 1:03:32.25 | 87 |
| 371 | 19 | Friedl, Harald | 1959 Lemförde | 1:03:57.21 | 88 |
| 372 | 366 | Püschel, Kevin | 1989 Heseper Rennschnecken | 1:05:29.76 | 53 |
| 373 | 601 | Stahl, André | 1955 Heseper Rennschnecken | 1:05:32.62 | 89 |
| 374 | 61 | Püschel, Ralf | 1963 Heseper Rennschnecken | 1:06:05.67 | 90 |
| 375 | 289 | Kreinst, Jan | 1990 Lohne | 1:07:48.73 | 54 |
| 376 | 86 | Vocke, Bernard | 1967 Volksbank Vechta eG | 1:13:28.35 | 116 |