

Geschlecht: W

| Platz | Nr | LäuferIn | GJ | Verein | Gesamtzeit | AK-Pl. |
|-------|-----|------------------------------|------|-------------------------|-------------------|--------|
| 1 | 819 | Hintze, Inga | 1981 | Vechta | 43:21.19 | 1 |
| 2 | 867 | Geerken, Jana | 1991 | Vechta | 43:27.18 | 1 |
| 3 | 866 | Wieferig, Johanna | 1956 | LT Kenkel | 44:43.37 | 1 |
| 4 | 820 | Bröring, Gisela | 1955 | - | 49:20.14 | 2 |
| 5 | 839 | Winkel, Birgit | 1965 | LT Waldschleicher Lohne | 52:28.37 | 1 |
| 6 | 844 | Penkhues, Linda | 1984 | Waldschleicher | 53:54.34 | 2 |
| 7 | 853 | Wahls, Elisabeth | 1986 | LT Waldschleicher | 53:54.56 | 3 |
| 8 | 841 | Wigger, Irmgard | 1961 | LT Waldschleicher Lohne | 54:07.93 | 3 |
| 9 | 846 | Siemer, Birgit | 1986 | Langförden | 56:39.21 | 4 |
| 10 | 836 | Wessel, Birgit | 1965 | SFN Vechta | 58:07.69 | 2 |
| 11 | 854 | Schwenz, Alexandra | 1986 | - | 59:21.46 | 5 |
| 12 | 840 | Börgerding, Isabell | 1964 | LT Waldschleicher | 59:25.46 | 3 |
| 13 | 876 | Meyer, Mechthild | 1962 | LT Waldschleicher Lohne | 59:32.52 | 4 |
| 14 | 873 | Bramlage, Waltraud | 1967 | Visbek | 1:01:02.59 | 4 |
| 15 | 870 | Schuling, Annegret | 1970 | Hausstetter Laufftreff | 1:01:08.29 | 5 |
| 16 | 833 | Splittgerber, Barbara | 1963 | - | 1:02:16.11 | 6 |
| 17 | 860 | Kossen, Heike | 1962 | LT Visbek | 1:03:17.47 | 5 |
| 18 | 862 | Albers, Beate | 1970 | Emstek | 1:06:03.42 | 7 |
| 19 | 809 | Siegbert, Monika | 1966 | Rheine | 1:10:07.36 | 8 |
| 20 | 811 | Südhoff, Anja | 1966 | Rheine | 1:12:34.14 | 9 |
| 21 | 822 | Laurenz, Elke | 1967 | Rheine | 1:12:34.43 | 10 |
| 22 | 858 | Robbers-Pille, Diana | 1977 | Goldenstedt | 1:12:56.88 | 2 |
| 23 | 807 | Flüthmann, Maria | 1962 | Rheine | 1:15:43.41 | 6 |
| 24 | 823 | Evers, Franziska | 1990 | DLRG Bakum | 1:28:28.90 | 6 |
| 25 | 830 | Von Buchholz, Martina | 1984 | - | 1:28:29.00 | 7 |

Geschlecht: M

| Platz | Nr | LäuferIn | GJ | Verein | Gesamtzeit | AK-Pl. |
|-------|-----|------------------------|------|---------------------------|------------|--------|
| 1 | 815 | Bröring, Christian | 1976 | Lohne | 36:41.06 | 1 |
| 2 | 859 | Schillingmann, Henning | 1986 | Visbek | 39:22.69 | 1 |
| 3 | 852 | Ochsenfahrt, Manfred | 1961 | TV Dinklage | 40:46.92 | 1 |
| 4 | 864 | Osterloh, Alexander | 1963 | LT Waldschleicher | 41:24.38 | 1 |
| 5 | 861 | Scheuer, Martin | 1996 | Visbek | 42:01.08 | 1 |
| 6 | 817 | Schmidt, Walter | 1958 | TuS Bersenbrück | 42:28.30 | 2 |
| 7 | 851 | Ebers, Sven | 1987 | Wildeshauser Laufreff | 42:50.08 | 2 |
| 8 | 816 | Brakhage, Kai | 1968 | TT Bakum | 43:36.17 | 2 |
| 9 | 872 | Nowack, Stefan | 1964 | LT Waldschleicher | 44:05.10 | 3 |
| 10 | 874 | Rohnstock, Dieter | 1957 | Goldenstedt | 45:13.77 | 3 |
| 11 | 838 | Wollering, Bastian | 1984 | Goldenstedt | 45:34.49 | 3 |
| 12 | 818 | Splittgerber, Thomas | 1961 | Südmoslesfehn | 46:05.12 | 4 |
| 13 | 843 | Canisius, Jan | 1982 | - | 46:53.34 | 2 |
| 14 | 868 | Diephaus, Tobias | 1973 | LON Vechta | 46:58.57 | 3 |
| 15 | 802 | Deters, Jens | 1971 | LT Waldschleicher Lohne | 47:12.30 | 4 |
| 16 | 832 | Gabrak, Alisan | 1992 | Visbek | 49:05.67 | 4 |
| 17 | 848 | Schildmeyer, Bernd | 1980 | SW Osterfeine | 49:09.53 | 4 |
| 18 | 821 | Koop, Marcel | 1988 | Wilhelmshaven | 49:21.83 | 5 |
| 19 | 855 | Stosun, Thomas | 1965 | Goldenstedt | 49:52.64 | 5 |
| 20 | 803 | Ostermann, Frank | 1970 | Visbek | 50:22.13 | 6 |
| 21 | 878 | Rohnstock, Rainer | 1952 | BW Langförden | 50:54.84 | 1 |
| 22 | 875 | Koopmann, Bert | 1963 | Steinfeld | 51:11.52 | 7 |
| 23 | 880 | Middendorf, Thomas | 1963 | LT Waldschleicher | 51:16.98 | 8 |
| 24 | 842 | Orthaus, Andreas | 1968 | LT Waldschleicher Lohne | 51:48.55 | 9 |
| 25 | 831 | Wegner, Klaus | 1967 | - | 51:49.24 | 10 |
| 26 | 824 | Tepe, Matthias | 1967 | LON Vechta | 52:47.45 | 11 |
| 27 | 869 | Grüterich, Stefan | 1968 | LON Vechta | 52:47.87 | 12 |
| 28 | 850 | Borgerding, Felix | 1977 | SW Osterfeine | 53:09.08 | 5 |
| 29 | 863 | Thölke, Heiner | 1967 | - | 53:38.31 | 13 |
| 30 | 812 | Wulf, Dieter | 1964 | LT Bernd Hübner Berlin | 53:56.74 | 14 |
| 31 | 871 | Schaling, Reinhold | 1963 | Hausstetter Lauffreff | 54:34.99 | 15 |
| 32 | 847 | gr. Beilage, Heiner | 1967 | Sprengpiel Runners Vechta | 54:48.55 | 16 |
| 33 | 813 | Schmedes, Michael | 1976 | Langförden | 55:09.89 | 6 |
| 34 | 845 | Siemer, Markus | 1981 | Langförden | 56:10.49 | 7 |
| 35 | 837 | Hinrichsmeyer, Lorenz | 1991 | - | 56:22.24 | 6 |
| 36 | 856 | Menke, Reinhard | 1972 | Schulz Systemtechnik | 56:23.37 | 17 |
| 37 | 849 | Middendorf, Marco | 1982 | SW Osterfeine | 56:41.71 | 8 |
| 38 | 835 | Wessel, Gregor | 1962 | SFN Vechta | 58:07.68 | 5 |

Geschlecht: M

| Platz | Nr | LäuferIn | GJ | Verein | Gesamtzeit | AK-Pl. |
|-------|-----|-------------------------------|------|-------------------------|-------------------|--------|
| 39 | 814 | Kühling, Tobias | 1982 | Visbek | 58:30.95 | 9 |
| 40 | 857 | Moormann, Frank | 1969 | Langförden | 58:34.38 | 18 |
| 41 | 805 | Bramlage, Burkhard | 1966 | Rot-Weiss Visbek | 58:43.87 | 19 |
| 42 | 834 | Brinkmann, Johannes | 1962 | LT Waldschleicher Lohne | 58:53.90 | 6 |
| 43 | 826 | Becker, Dirk | 1973 | Visbek | 58:57.71 | 10 |
| 44 | 827 | Kaske, Jens | 1966 | Rot-Weiss Visbek | 59:36.07 | 20 |
| 45 | 879 | Themann, Heiner | 1958 | Lohne | 1:01:15.75 | 7 |
| 46 | 877 | Tegenkamp, K.-H. | 1943 | LT Waldschleicher Lohne | 1:02:28.55 | 2 |
| 47 | 825 | Pleye, Andreas | 1962 | Schulz Systemtechnik | 1:03:05.82 | 8 |
| 48 | 806 | Lührmann, Ernst-August | 1959 | Rheine | 1:07:52.21 | 9 |
| 49 | 810 | Wigger, Bernward | 1955 | Rheine | 1:07:52.24 | 10 |