

Ergebnisse 10,4 km Gesamt

| Platz | Startnummer | Name | Vorname | Verein | Jahrgang | Distanz | Zeit |
|-------|-------------|-----------------|-------------|---------------------------|----------|---------|----------|
| 1 | 460 | Özdemir | Alpay | LAV Alfeld | 1968 | 10 | 00:37:34 |
| 2 | 410 | König | Arnold | MTV Eintracht Borsum | 1963 | 10 | 00:39:30 |
| 3 | 447 | Günther | Dirk | LT Clauen/Bründeln | 1965 | 10 | 00:42:38 |
| 4 | 465 | Grabowski | Heinrich | | 1969 | 10 | 00:42:40 |
| 5 | 466 | Schlemeier | Verena | SV Teutonia | 1975 | 10 | 00:42:51 |
| 6 | 457 | Kumor | Gregor | LAV Alfeld | 1974 | 10 | 00:43:37 |
| 7 | 461 | Schade-Bünsow | Volker | | 1968 | 10 | 00:43:55 |
| 8 | 408 | Bartsch | Jörg | Eintracht Hi karate (KSM) | 1981 | 10 | 00:44:09 |
| 9 | 449 | Mirwald | Martin | | 1973 | 10 | 00:44:48 |
| 10 | 441 | Schimberle | Reinhard | Eintracht Hildesheim e.V. | 1947 | 10 | 00:44:58 |
| 11 | 462 | Biermann | Ulrich | TSV Giesen | 1964 | 10 | 00:45:00 |
| 12 | 427 | Bleckwenn | Helmut | TV Garmissen-Ahstedt | 1959 | 10 | 00:45:14 |
| 13 | 414 | Müller | Stephan | TuS Lühnde | 1976 | 10 | 00:45:23 |
| 14 | 419 | Harms | Lars | Spirit-Sport Hildesheim | 1968 | 10 | 00:45:30 |
| 15 | 405 | Schwirten | Frank | Hildesheim | 1977 | 10 | 00:45:31 |
| 16 | 451 | Focke | Kai | | 1977 | 10 | 00:45:59 |
| 17 | 454 | Albrecht | Ludwig | LG Heber | 1962 | 10 | 00:46:13 |
| 18 | 440 | Knieke | Jan | | 1992 | 10 | 00:46:32 |
| 19 | 435 | Pulvermüller | Christian | Pulvis Fitness Harsum | 1964 | 10 | 00:46:50 |
| 20 | 459 | Dormeier | Reinhold | MTV Eintracht Borsum | 1965 | 10 | 00:46:59 |
| 21 | 406 | Sander | Sven Oliver | St. Ansgar Hildesheim | 1995 | 10 | 00:47:04 |
| 22 | 418 | Stephan | Conja | Spirit-Sport Hildesheim | 1961 | 10 | 00:47:06 |
| 23 | 417 | Teutsch | Phillip | Spirit-Sport Hildesheim | 1995 | 10 | 00:47:08 |
| 24 | 455 | Kurkowitz | Jens | TSV Söhlde 1 | 1971 | 10 | 00:47:09 |
| 25 | 450 | Koppmann | Jan | LG Heber | 1965 | 10 | 00:47:13 |
| 26 | 424 | Adelhelm | Detlef | SV Rot-Weiß Wohldenberg | 1972 | 10 | 00:47:15 |
| 27 | 416 | Bartels | Björn | TK Jahn Sarstedt | 1974 | 10 | 00:47:24 |
| 28 | 438 | Kreipe-Hoffmann | Martin | Lauffreß Ilsede/Lahstedt | 1958 | 10 | 00:47:47 |
| 29 | 403 | Trümper | Christian | RSV Achtum | 1989 | 10 | 00:48:11 |
| 30 | 442 | Albach | Steffen | | 1978 | 10 | 00:48:25 |
| 31 | 437 | Przibylla | Kuno | Pulvis Fitness Harsum | 1953 | 10 | 00:48:32 |
| 32 | 415 | Spreinat | Michael | Eintracht Hi karate (KSM) | 1961 | 10 | 00:49:09 |
| 33 | 412 | Häusler | Wolfgang | Post SV Lehrte | 1951 | 10 | 00:49:21 |
| 34 | 404 | Hennies | Uwe | MTV 48 Hildesheim | 1961 | 10 | 00:49:29 |
| 35 | 467 | Schlemeier | Wolfgang | SV Teutonia | 1964 | 10 | 00:49:31 |
| 36 | 429 | Schmitz | Bernhard | TuS Hasede | 1956 | 10 | 00:49:54 |
| 37 | 413 | Kamisek | Ralf | PSV GW Hildesheim | 1967 | 10 | 00:50:15 |
| 38 | 464 | Habenicht | Thomas | | 1960 | 10 | 00:50:17 |
| 39 | 411 | Walz | Marc | Hannover | 1971 | 10 | 00:50:40 |
| 40 | 422 | Maibaum | Dr. Nico | Die Spezis | 1973 | 10 | 00:50:51 |
| 41 | 428 | Bleckwenn | Moritz | TV Garmissen-Ahstedt | 1988 | 10 | 00:50:57 |
| 42 | 463 | Köppelmann | Hubertus | | 1953 | 10 | 00:51:07 |
| 43 | 445 | Schannen | Stefan | SV Teutonia Sorsum | 1972 | 10 | 00:51:10 |
| 44 | 446 | Rey | Christian | TSV Warzen | 1957 | 10 | 00:51:15 |
| 45 | 443 | Kern | Uwe | SV Hildesia Diekholzen | 1963 | 10 | 00:51:51 |
| 46 | 421 | Fischer | Wilfried | TSV Warzen | 1938 | 10 | 00:52:20 |
| 47 | 448 | Damm | Waleri | LT Clauen/Bründeln | 1990 | 10 | 00:52:38 |
| 48 | 402 | Gremmel | Jörn | SV Himstedt eV | 1964 | 10 | 00:52:40 |
| 49 | 400 | Wietzke | Marcus | Feuerwehr Drispensstedt | 1964 | 10 | 00:52:53 |
| 50 | 425 | Godeck | Stefan | SV Rot-Weiß Wohldenberg | 1960 | 10 | 00:53:26 |
| 51 | 420 | Müller | Engelbert | TSV Warzen | 1934 | 10 | 00:53:58 |
| 52 | 423 | Breninck | Frank | Heinde | 1962 | 10 | 00:54:02 |
| 53 | 409 | Weide | Martin | Die Spezis | 1965 | 10 | 00:54:20 |
| 54 | 439 | Bernhards | Ralf | MTV Adlum | 1966 | 10 | 00:54:29 |
| 55 | 401 | Ohlmer | Henning | Nordstemmen | 1983 | 10 | 00:54:51 |
| 56 | 407 | Schorsch | Andreas | FeG Hildesheim | 1959 | 10 | 00:55:48 |
| 57 | 444 | Engelke | Waltraud | TK Jahn Sarstedt | 1951 | 10 | 00:56:15 |
| 58 | 456 | Wippermann | Helmut | TSV Söhlde 1 | 1961 | 10 | 01:00:33 |
| 59 | 426 | Winkler | Christian | SV Rot-Weiß Wohldenberg | 1961 | 10 | 01:01:50 |
| 60 | 452 | Taherian | Heike Kira | | 1971 | 10 | 01:03:10 |
| 61 | 453 | Tödter | Liane | | 1961 | 10 | 01:09:44 |