

Jahresbestenliste 2007

MÄNNER

FRAUEN

400m					
Christian	Vogel	54,04			
800 m					
Robin	Hoffmann	02:07,75	Daniela	Lembeck	02:30,92
Michael	Holtkötter	02:20,97	Valerie	Ludwig	02:32,94
Johannes	Hoffmann	02:27,28	Anne	Holtkötter	02:38,83
David	Veauthier	02:48,39	Agnès	Jocksch	02:45,09
			Maeva	Jocksch	02:56,62
			Céline	Jocksch	03:09,57
1000 m					
Michael	Holtkötter	03:00,20	Lisa	Schmiedeshoff	03:10,38
Michael	Geske	03:17,60	Daniela	Lembeck	03:12,90
David	Veauthier	03:17,86	Anne	Holtkötter	03:22,18
Gregor	Veauthier	03:19,61	Kirsten	Mühlenkamp	03:22,68
Alexander	Lenfort	03:31,76			
Leonhardt	Eickhoff	04:10,08			
Christopher	Milden	04:22,60			
1 km					
Michael	Beetz	2:53	Celiné	Jocksch	3:56
Jari	Bender	4:16			
1500 m					
			Lisa	Schmiedeshoff	04:59,50
			Magdalena	Mayerhoffer	05:09,12
			Daniela	Lembeck	05:11,49
			Julia	Frie	05:16,56
			Anne	Holtkötter	05:28,89
2000 m					
David	Veauthier	07:05,37	Valérie	Ludwig	07:13,14
Alexander	Lenfort	07:30,09	Agnès	Jocksch	07:36,43
			Maeva	Jocksch	08:17,50
3000 m					
Michael	Holtkötter	10:37,24	Lisa	Schmiedeshoff	10:52,69
Gregor	Veauthier	10:40,34	Magdalena	Mayerhoffer	10:56,20
Markus	van der Velde	10:45,05	Julia	Frie	11:12,16
Hans	Reimann	11:03,88	Anne	Holtkötter	11:22,09
3 km					
Robin	Hoffmann	9:30	Lisa	Schmiedeshoff	10:29
Michael	Holtkötter	10:30	Daniela	Lembeck	10:31
David	Veauthier	11:23	Anne	Holtkötter	11:13
Klaus	Bühn	11:40	Agnès	Jocksch	12:07
Hermann	Hemsing	12:53	Maeva	Jocksch	13:07
Bernhard	Kreienbaum	13:21	Marion	Rother	13:17
Philip	Slüter	14:26	Céline	Jocksch	13:27
Jari	Bender	14:27	Maria	Hemsing	13:42
Sven	Penaat	14:28			
Jan-Henrik	Hemsing	18:48			
5000 m					
Stanislav	Bartusiak	20:46,55			

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5 km					
Michael	Beetz	17:18	Magdalena	Mayerhoffer	18:36
Robin	Hoffmann	17:22	Daniela	Lembeck	18:50
Detlev	Bruns	17:27	Valerie	Ludwig	19:28
Markus	van der Velde	17:42	Julia	Frie	19:32
Michael	Hohenhorst	17:59	Sabine	Knothe	19:38
Antonio	Henrique	18:13	Anne	Holtkötter	19:47
Gregor	Veauthier	18:21	Rita	Lanwer	20:21
Florian	Braun	18:22	Agnès	Jocksch	20:42
Michael	Holtkötter	18:27	Maria	Feyerabend	20:50
Andreas	Clausing	18:40	Johanna	Rellensmann	21:15
Michael	Geske	18:43	Kirsten	Mühlenkamp	21:46
Heiko	Bastigkeit	18:45	Ruth	Lutz	22:27
Ewald	Fikus	18:51	Silvia	Lehnert	22:33
Sven	Penaat	18:52	Elke	Buth	22:37
Christian	Middelhoff	18:56	Marion	Rother	23:28
Dennis	Küper	18:59	Heidi	Dittrich	23:45
Fritz	Koch	19:03	Maria	Hemsing	24:12
Reinhard	Schröder	19:04	Annette	Schwarzkopf	24:29
Dieter	Sternberg	19:05	Christine	Herbert	25:31
Ludger	Pösentrup	19:06	Beate	Hagemann	26:01
Hans	Reimann	19:21	Cecilia	Pöpke	27:36
David	Veauthier	19:30	Gaby	Spatz	28:40
Johannes	Hoffmann	19:42	Marietta	Geske	30:43
Karl Heinz	Prieß	19:49	Brunhilde	Dargel	30:59
Alexander	Milden	19:56	Ulrike	Deppe	31:56
Alexander	Lenfort	20:09	Theresia	Winkelhaus	32:47
Thomas	Stöber	20:12	Michaela	Thier	37:08
Stanislav	Bartusiak	20:21	Eva-Maria	Rochau	37:54
Heinz	Hoveling	20:37			
Thorsten	Ortlepp	20:41			
Simon	Rath	20:47			
Gottfried	Schäfers	21:25			
Bernhard	Kreienbaum	21:39			
Magnus	Grüger	21:39			
Hans-Peter	Leimbach	21:41			
Stefan	Lammers	21:48			
Kai-Uwe	Kock	21:49			
Rolf	Wiedenhues	21:53			
Peter	Dittrich	21:56			
Dieter	Lammers	22:20			
Gerhard	Menke	22:22			
Eric	Menke	22:22			
Sven	Wegner	22:26			
Tristan	Tillmann	22:49			
Winfried	Tillmann	22:50			
Hermann	Hemsing	23:03			
Henning	Lange	23:11			
Horst	Blotenberg	23:26			
Helmut	Ortlepp	23:44			
Heinz-Jürgen	Loos	23:46			
Peter	Volkmer	24:06			
Manfred	Hoermann	24:17			
Ulrich	Radusch	24:24			
Heinz	Hengefeld	24:50			

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5 km					
Michael	Goschke	25:08			
Philip	Slüter	25:12			
Horst	Bodenberger	25:15			
Frank	Ludwig	26:16			
Detlef	Bärhold	26:34			
Werner	Aye	26:34			
Jari	Bender	26:56			
Colin	Geske	27:00			
Klaus	Lietzow	27:04			
Connor	o'Neill	27:20			
Lennart	Leimbach	27:27			
Ulrich	Maurer	28:52			
Ulrich	Münten	29:15			
Heinrich-J.	Hillesheim	30:32			
Rainer	Wachsmann	34:08			
Klaus	Hellwig	34:49			
Bodo	Bruder	42:38			
10 km					
Markus	Ischner	33:56	Magdalena	Mayerhoffer	39:03
Detlev	Bruns	34:09	Katharina	Hauertmann	39:03
Steffen	Schnieders	34:32	Daniela	Lembeck	39:48
Benoit	Varlet	35:03	Julia	Frie	41:01
Antonio	Balbino	35:55	Anne	Holtkötter	41:09
Dr. Björn	Reiß	35:58	Rita	Lanwer	41:14
Michael	Hohenhorst	36:39	Sabine	Knothe	41:14
Markus	van der Velde	37:05	Jana	Hempelmann	41:40
Martin	Luig	37:09	Maria	Feyerabend	42:23
Rafael	Dr. zu Vischering	37:10	Lisa	Schmiedeshoff	42:46
Martin	Kanne	37:19	Valerie	Ludwig	44:50
Gregor	Veauthier	37:28	Johanna	Rellensmann	44:51
Andreas	Leißing	37:48	Ruth	Lutz	45:51
Reinhard	Zumdick	37:52	Kirsten	Mühlenkamp	47:13
Tobias	Korber	37:57	Christel	Kersebaum	48:22
Michael	Dreiucker	38:06	Elke	Buth	48:49
Antonio	Henrique	38:09	Marion	Rother	49:00
Andreas	Reckmann	38:14	Heidi	Dittrich	49:16
Florian	Braun	38:16	Silvia	Lehnert	49:19
Ewald	Fikus	38:27	Ute	König	49:21
Michael	Holtkötter	38:27	Angelika	Syska	51:23
Stephan	Meyer	38:32	Gabriele	Rotering	51:26
Hans	Reimann	38:50	Beate	Hagemann	51:55
Marco	Hampel	38:53	Hiltrud	Mertens	52:26
Reinhard	Schröder	38:57	Ilona	Bredebusch	52:33
Michael	Beetz	39:09	Alida	Kranenburg	52:43
Jürgen	Düking	39:11	Annette	Schwarzkopf	52:54
Sven	Penaat	39:14	Iris	Determann	53:11
Andreas	Clausing	39:33	Karin	Ortlepp	53:18
Achim	Hauertmann	39:34	Maria	Hemsing	53:41
Matthias	Pröbsting	39:43	Anke	Hasebrock	53:49
Bastian	Bathen	39:47	Bärbel	Ratering-Slüter	54:07
Bernd	Huesker	40:02	Heike	Frerick	54:13
Dieter	Sternberg	40:14	Mechthild	Schubert	54:15
Michael	Geske	40:24	Magdalena	Cantu	54:21
Ulrich	Schimanski	40:34	Lucia	Röttger	55:31

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10 km					
Heiko	Bastigkeit	41:11	Gabi	Ringas	55:55
Stanislav	Bartusiak	41:14	Dr. Heilswint	Siegmund	57:09
Christian	Middelhoff	41:41	Anne	Thonemann	58:11
Andreas	Krämer	41:43	Cecilia	Pöpke	59:42
Dr. Arne	Fischer	41:45	Monika	Dropmann	01:00:22
Reinhard	Ennen	41:54	Daniela	Lohm	01:01:41
Heinz	Hoveling	42:14	Ilse	Grühsinger	01:02:13
Gerhard	Menke	42:27	Gaby	Spatz	01:04:52
Andre	Riesmeier	42:36	Anne	Beiske	01:07:19
Ludger	Pösentrup	42:41			
Christoph	Haecker	42:42			
Stefan	Petermann	42:53			
Andreas	Höweddes	42:58			
Karl Heinz	Prieß	43:03			
Fritz	Koch	43:14			
Terk	Korte	43:18			
Andreas	Baggeroer	43:21			
Thomas	Stöber	43:27			
Magnus	Grüger	43:49			
Horst	Bodenberger	43:49			
Klaus	Bühn	44:06			
Bernhard	Kreienbaum	44:30			
Michael	Leinz	44:36			
Manfred	Sandmann	44:36			
Alexander	Milden	44:39			
Gottfried	Schäfers	44:42			
Klaus	Neufend	44:56			
Martin	Dahlmann	45:02			
Kai	Nierhoff	45:08			
Guisepepe	Mariani	45:12			
Peter	Dittrich	45:28			
Jochen	Altmann	45:32			
Eberhard	Nutsch	45:44			
Kai-Uwe	Kock	45:46			
Ulrich	Müntes	45:58			
Markus	Dropmann	45:59			
Manfred	Otto	46:22			
Mohamede	Chraibi	46:24			
Dirk	Keggenhoff	46:37			
Sven	Wegner	46:45			
Gregor	Hensen	46:47			
Hans-Peter	Leimbach	47:09			
Jürgen	Seidel	47:12			
Stefan	Lammers	47:17			
Dieter	Lammers	47:17			
Hermann	Hemsing	47:18			
Werner	Driese	47:24			
Stefan	Ranneberg	47:24			
Hartwig	Kerkhoff	47:39			
Uwe	Slüter	48:00			
Wilhelm	Thonemann	48:03			
Michael	Krapp	48:05			
Peter	Volkmer	48:10			
Frank	Schleicher	48:16			
Dieter	Feldhaus	48:23			

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10 km

Frank	Burghoff	48:29
Henning	Lange	48:39
Ralf	Schmeing	48:44
Udo	Gehring	48:44
Martin	Pöttker	48:58
Rolf	Wiedenhues	49:01
Markus	Luig	49:07
Josef	Niehoff	49:15
Dieter	Rohloff	49:21
Klaus	Ehling	49:32
Markus	Rasche	49:35
Oliver	Daldrup	50:06
Uli	Schindler	50:22
Lars	Stockmann	50:22
Manfred	Hoermann	50:44
Hinz	Völkert	51:01
Helmut	Ortlepp	51:03
Heinz-Jürgen	Loos	51:19
Heinz	Bücker	51:20
Michael	Goschke	51:20
Rüdiger	Claus	51:22
Thomas Patr.	Rundle	51:26
Horst	Rapp	51:40
Achim	Wahle	51:51
Heinz	Hengefeld	52:24
Jürgen	Sieme	52:45
Dr. Stephan	Maykus	52:46
Jörg	Reckers	53:46
Harald	Schönbrunn	54:25
Horst	Schulz	54:49
Dieter	Raestrup	54:57
Georg	Wennekers	55:41
Peter	Strelow	55:45
Thomas	Bergmann	59:38
Kornelius	Westerholt	01:00:59
Ulrich	Scharf	01:01:09
Richard	Mol	01:04:26
Oliver	Hasenkamp	01:05:44
Klaus	Pieper	01:09:08

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FRAUEN

15 km					
Steffen	Schnieders	53:56	Katharina	Hauertmann	59:28
Dr. Björn	Reiß	54:30	Daniela	Lembeck	01:02:39
Detlev	Bruns	54:52	Julia	Frie	01:03:51
Michael	Hohenhorst	55:56	Anne	Holtkötter	01:04:48
Martin	Luig	57:20	Rita	Lanwer	01:06:06
Gregor	Veauthier	58:08	Maria	Feyerabend	01:06:35
Markus	van der Velde	58:20	Marion	Rother	01:16:03
Antonio	Henrique	58:39	Silvia	Lehnert	01:18:53
Antonio	Balbino	58:39	Karin	Ortlepp	01:22:53
Ewald	Fikus	58:55	Anne	Thonemann	01:27:59
Reinhard	Zumdick	59:31	Gabi	Ringas	01:31:39
Hans	Reimann	59:35	Cecilia	Pöpke	01:31:52
Michael	Holtkötter	01:00:17	Magdalena	Cantu	01:32:26
Achim	Hauertmann	01:01:12	Sabine	England	01:39:45
Stephan	Meyer	01:01:29			
Dieter	Sternberg	01:01:31			
Bernd	Huesker	01:01:32			
Ulrich	Schimanski	01:01:58			
Reinhard	Schröder	01:02:29			
Heiko	Bastigkeit	01:03:07			
Dieter	Rosenbaum	01:04:28			
Gerhard	Menke	01:05:09			
Michael	Geske	01:05:24			
Horst	Bodenberger	01:05:56			
Stanislav	Bartusiak	01:06:41			
Magnus	Grüger	01:07:02			
Stefan	Petermann	01:07:45			
Reinhard	Ennen	01:08:47			
Gottfried	Schäfers	01:09:21			
Heinz	Hoveling	01:09:46			
Andreas	Baggeroer	01:09:56			
Kai	Nierhoff	01:10:01			
Martin	Dahlmann	01:10:21			
Stefan	Lammers	01:11:18			
Dieter	Lammers	01:12:47			
Rolf	Wiedenhues	01:13:07			
Wilhelm	Thonemann	01:13:23			
Jürgen	Seidel	01:16:16			
Dieter	Rohloff	01:16:20			
Henning	Lange	01:17:53			
Ulrich	Budde	01:19:29			
Hinz	Völkert	01:19:34			
Manfred	Hoermann	01:19:50			
Heinz-Jürgen	Loos	01:21:03			
Uli	Schindler	01:21:08			
Georg	Wetterau	01:21:32			
Jürgen	Sieme	01:22:24			
Helmut	Ortlepp	01:22:52			
Michael	Goschke	01:24:00			
Markus	Rasche	01:24:38			
Klaus	Becker	01:25:34			
Horst	Schulz	01:26:34			
Oliver	Hasenkamp	01:48:39			

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Halbmarathon					
Markus	Ischner	01:13:30	Anne	Holtkötter	01:31:58
Detlev	Bruns	01:15:16	Rita	Lanwer	01:32:24
Steffen	Schnieders	01:15:37	Katharina	Hauertmann	01:33:35
Michael	Hohenhorst	01:18:48	Julia	Frie	01:34:10
Antonio	Balbino	01:19:39	Maria	Feyerabend	01:35:00
Antonio	Henrique	01:20:26	Brigitte	Ziegler	01:38:50
Markus	van der Velde	01:22:42	Michaela	Zinke	01:40:41
Ewald	Fikus	01:22:52	Marlies	Sprenger	01:44:23
Gregor	Veauthier	01:23:33	Silvia	Lehnert	01:45:50
Martin	Luig	01:23:43	Christiane	Nienhaus	01:48:33
Andreas	Leißing	01:23:59	Marion	Rother	01:48:54
Hans	Reimann	01:25:42	Elke	Buth	01:51:05
Reinhard	Zumdick	01:25:52	Heidi	Dittrich	01:52:36
Florian	Braun	01:25:52	Alida	Kranenburg	01:54:49
Jürgen	Düking	01:25:55	Birgit	Karst	01:55:14
Andreas	Clausing	01:26:48	Monika	Herding	01:57:46
Christian	Middelhoff	01:26:58	Jutta	Zimmer	01:59:16
Michael	Holtkötter	01:27:21	Karin	Ortlepp	01:59:40
Marco	Hampel	01:27:22	Claudia	Hartleb	02:00:26
Bernd	Huesker	01:27:38	Brigitte	Heckmann	02:00:54
Heiko	Bastigkeit	01:28:40	Beate	Hagemann	02:01:22
Stanislav	Bartusiak	01:29:11	Birgit	Nathaus	02:01:35
Andreas	Krämer	01:30:37	Gabi	Ringas	02:02:57
Achim	Hauertmann	01:30:45	Christel	Löchte	02:03:13
Ulrich	Schimanski	01:30:54	Annette	Schwarzkopf	02:03:49
Michael	Geske	01:31:29	Anne	Thonemann	02:05:13
Stephan	Meyer	01:31:35	Magdalene	Everke-Mech.	02:05:24
Dieter	Rosenbaum	01:33:15	Hiltrud	Mertens	02:05:40
Horst	Bodenberger	01:33:48	Elisabeth	Revering	02:09:00
Stefan	Petermann	01:34:10	Cecilia	Pöpke	02:10:56
Bastian	Bathen	01:34:30	Maria	Leifeld	02:11:10
Bernhard	Kreienbaum	01:36:34	Magdalena	Cantu	02:11:22
Bernhard	Paßlick	01:37:01	Sabine	England	02:12:41
Heinz	Hoveling	01:37:17	Anne-Kathr.	Willamowski	02:12:44
Michael	Leinz	01:37:18	Brigitte	Averdiek	02:14:11
Fritz	Koch	01:37:23	Vera	Raidt	02:14:12
Magnus	Grüger	01:37:32	Uschi	Sypiena	02:14:17
Gerhard	Menke	01:38:19	Andrea	Rump	02:16:56
Sirus	Pezeschgi	01:38:24	Andrea	Reisener	02:16:56
Terk	Korte	01:38:33	Anne	Wiedemann	02:18:01
Michael	Tombrink	01:38:42	Anja	Leiers	02:23:24
Stephan	Perpeet	01:38:47	Heilswint	Siegmund	02:25:18
Dieter	Korte	01:38:48	Daniela	Lohm	02:25:18
Gottfried	Schäfers	01:38:50	Susanne	Zeglin	02:25:19
Stefan	Chrzanowski	01:39:26	Ilse	Grühsinger	02:28:53
Dr. Arne	Fischer	01:39:50	Elke	Schulz	02:32:22
Martin	Stahlberg	01:39:56	Theresia	Winkelhaus	02:33:25
Manfred	Sandmann	01:40:04	Anne	Beiske	02:34:44
Andreas	Baggeroer	01:41:02	Sabine	Jäckel	02:37:17
Klaus	Bühn	01:41:24	Andrea	Diekhaus	02:37:18
Jochen	Altmann	01:41:52			
Dieter	Lammers	01:42:54			
Hermann	Löchte	01:43:15			
Rainer	Wachsmann	01:43:45			

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Halbmarathon		
Gregor	Hensen	01:44:18
Kai	Nierhoff	01:44:26
Jürgen	Seidel	01:44:48
Hans-Peter	Leimbach	01:44:54
Rolf	Wiedenhues	01:44:55
Ralf	Schmeing	01:44:57
Christian	Jabs	01:45:17
Andre	Riesmeier	01:45:24
Josef	Niehoff	01:45:35
Wilhelm	Thonemann	01:47:20
Ulrich	Münten	01:48:59
Dieter	Rohloff	01:49:22
Hermann	Hemsing	01:50:19
Henning	Lange	01:50:44
Dirk	Keggenhoff	01:50:49
Horst	Blotenberg	01:51:31
Karl Heinz	Prieß	01:51:39
Wolfgang	Müller	01:53:09
Heinz	Hengefeld	01:53:27
Heiner	Cloppenburg	01:54:10
Manfred	Hoermann	01:54:51
Ulrich	Budde	01:54:53
Hans Herm.	Karst	01:55:14
Martin	Pöttker	01:55:21
Heinz-Jürgen	Loos	01:55:39
Dr. Stephan	Maykus	01:55:46
Georg	Wetterau	01:55:50
Hinz	Völkert	01:56:37
Uli	Schindler	01:56:37
Rüdiger	Claus	01:57:12
Michael	Goschke	01:57:31
Bodo	Bruder	01:57:49
Jürgen	Schmitz	01:57:52
Uwe	Veen/ter	01:58:38
Peter	Dittrich	01:58:41
Jürgen	Sieme	01:58:47
Peter	Kanter	01:59:43
Helmut	Ortlepp	02:00:20
Thomas	Strauß	02:01:26
Uwe	Slüter	02:02:19
Georg	Wennekers	02:05:35
Werner	Driese	02:05:41
Anton	Edenhofer	02:05:48
Peter	Strelow	02:05:55
Horst	Schulz	02:08:22
Heinz-Jürgen	Revering	02:09:00
Markus	Rasche	02:10:38
Markus	Hawel	02:13:05
Heinz	Bücker	02:15:42
Thomas	Bergmann	02:16:16
Dieter	Raestrup	02:20:10
Klaus	Wiemann	02:20:49
Bernd	Epping-Falke	02:24:46
Heinrich-J.	Hillesheim	02:33:25
Serpil	Celik	02:34:04

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FRAUEN

25 km

Markus	van der Velde	01:43:03	Anne	Holtkötter	01:55:39
Florian	Braun	01:43:03	Maria	Feyerabend	01:56:13
Bernd	Huesker	01:48:07	Heidi	Dittrich	02:15:20
Stanislav	Bartusiak	01:50:07	Beate	Hagemann	02:17:38
Ewald	Fikus	01:53:21	Almut	Mecking	02:35:08
Gerhard	Menke	01:57:36	Annette	Schwarzkopf	02:38:16
Eberhard	Nutsch	01:58:56	Christa	Papenkort	02:42:59
Sirus	Pezeschgi	01:59:49	Hildeagrđ	Breuing	02:46:31
Heinz	Hoveling	02:00:08	Magdalena	Cantu	02:46:36
Christoph	Haecker	02:01:46	Anne	Wiedemann	02:47:27
Rainer	Wachsmann	02:02:31	Dr. Heilswint	Siegmund	02:48:03
Robert	Lenger	02:04:21	Christiane	Ratermann	02:51:09
Klaus	Bühn	02:04:59	Ilse	Grühsinger	02:51:11
Martin	Dahlmann	02:11:50	Jutta	Zimmer	02:51:12
Henning	Lange	02:11:53	Hildegard	Durynek	02:51:15
Stefan	Chrzanowski	02:14:41	Petra	von Grabe-V.	02:53:52
Christian	Jabs	02:14:42	Doris	Ring	02:55:50
Anton	Edenhofer	02:16:26	Dorothea	Tewes	02:57:38
Manfred	Hoermann	02:19:23	Ulrike	Deppe	02:57:38
Martin	Lübke	02:20:02	Barbara	Wigger	02:59:10
Hinz	Völkert	02:23:28	Christa	Sieme	02:59:48
Peter	Kanter	02:25:13	Sabine	England	03:02:48
Jürgen	Breforth	02:25:13	Anne	Beiske	03:09:36
Rüdiger	Claus	02:26:25	Sabine	Jäckel	03:13:05
Jürgen	Sieme	02:30:29	Marie-Anne	Thyron	03:13:07
Patrik	Werner	02:32:54	Andrea	Diekhaus	03:14:51
Uwe	Veen/ter	02:41:03			
Dr. Wilfried	Wiedemann	02:41:04			
Markus	Rasche	02:42:17			
Peter	Strelow	02:43:57			
Hubert	Pilk	02:46:32			
Jochen	Altmann	02:46:32			
Thomas	Bergmann	02:51:10			
Thomas	Vogt	02:53:53			
Markus	Brauck/vom	02:58:36			
Rudi	Völlering	03:01:52			
Ulrich	Scharf	03:03:55			
Klaus	Pieper	03:09:42			
Serpil	Celik	03:17:41			

Marathon

Markus	Ischner	02:37:11	Anne	Holtkötter	03:17:50
Detlev	Bruns	02:38:02	Hannelore	Horst	03:18:56
Steffen	Schnieders	02:41:29	Maria	Feyerabend	03:21:03
Antonio	Balbino	02:43:40	Katharina	Hauertmann	03:21:46
Michael	Hohenhorst	02:52:02	Jana	Hempelmann	03:28:17
Gregor	Veauthier	02:54:15	Brigitte	Ziegler	03:33:35
Martin	Luig	02:57:15	Julia	Suwelack	03:43:50
Markus	van der Velde	02:57:46	Christel	Kersebaum	03:48:31
Florian	Braun	02:58:33	Angelika	Dohmann	03:48:40
Andreas	Leißing	02:58:59	Hildegard	Kerkhoff	03:52:29
Marco	Hampel	03:00:19	Ruth	Lutz	03:53:55
Jürgen	Düking	03:03:14	Parvin	Kamp	03:55:15
Reinhard	Schröder	03:04:12	Marion	Rother	03:58:17
Reinhard	Zumdick	03:06:04	Heidi	Dittrich	04:07:33

Jahresbestenliste 2007

MÄNNER

FRAUEN

Marathon					
Michael	Geske	03:07:36	Claudia	Hartleb	04:26:15
Ludger	Pösentrup	03:07:56	Annette	Schwarzkopf	04:27:54
Ewald	Fikus	03:09:07	Gabi	Ringas	04:28:19
Dieter	Sternberg	03:09:40	Mechthild	Schubert	04:29:02
Bernd	Huesker	03:10:43	Lucia	Röttger	04:29:22
Christoph	Haecker	03:10:51	Birgit	Nathaus	04:30:37
Andreas	Reckmann	03:13:09	Heike	Eickhoff	04:31:41
Reinhard	Ennen	03:13:16	Christine	Herbert	04:33:52
Rainer	Uetz	03:13:29	Monika	Herding	04:35:16
Andreas	Krämer	03:15:06	Magdalena	Cantu	04:36:30
Stanislav	Bartusiak	03:16:07	Kerstin	Loeser	04:41:50
Klaus	Hellwig	03:16:52	Anne	Thonemann	04:41:51
Michael	Holtkötter	03:18:30	Vera	Raidt	04:50:22
Gerhard	Menke	03:19:57	Dr. Heilswint	Siegmund	04:53:31
Michael	Leinz	03:20:14	Daniela	Lohm	04:53:31
Andreas	Löcken	03:20:35	Susanne	Brinck	04:58:42
Stephan	Meyer	03:23:40	Carola	Pörschke	05:01:01
Stefan	Petermann	03:23:43	Anusch	Melkonyan	05:04:46
Klaus	Neufend	03:23:59	Uschi	Sypiana	05:05:52
Eberhard	Nutsch	03:24:46	Monika	Dropmann	05:07:50
Gottfried	Schäfers	03:26:35	Andrea	Rump	05:12:29
Heinz	Hoveling	03:27:06	Andrea	Reisener	05:12:29
Berthold	Kökelsum	03:27:08	Anne	Wiedemann	05:21:39
Ulrich	Schimanski	03:28:19	Hildegard	Brummel	06:51:12
Dr. Arne	Fischer	03:28:30			
Thomas	Braun	03:29:13			
Hans	Reimann	03:30:33			
Sirus	Pezeschgi	03:32:03			
Kai	Nierhoff	03:33:09			
Bernhard	Paßlick	03:33:28			
Werner	Fritsche	03:34:22			
Andreas	Höweddes	03:36:03			
Andre	Riesmeier	03:37:19			
Dr. Stephan	Perpeet	03:41:04			
Ulrich	Badde	03:42:02			
Peter	Kaiser	03:42:10			
Klaus	Bühn	03:43:10			
Rainer	Wachsmann	03:43:14			
Karl Heinz	Prieß	03:43:44			
Andreas	Baggeroer	03:46:37			
Markus	Dropmann	03:46:44			
Magnus	Grüger	03:47:58			
Wilhelm	Thonemann	03:49:01			
Gerd	Jahn	03:49:35			
Terk	Korte	03:50:18			
Markus	Hawel	03:50:55			
Stefan	Lammers	03:51:33			
Uwe	Slüter	03:52:57			
Martin	Dahlmann	03:53:30			
Ulrich	Müntten	03:53:59			
Manfred	Werning	03:54:53			
Gregor	Hensen	03:55:40			
Robert	Lenger	03:56:10			
Ralf	Schmeing	03:56:51			
Josef	Niehoff	03:57:09			

Jahresbestenliste 2007

MÄNNER

FRAUEN

Marathon					
Hans-Peter	Leimbach	03:57:23			
Dieter	Lammers	03:57:31			
Martin	Pöttker	03:57:40			
Henning	Lange	03:57:41			
Klaus	Ehling	03:58:32			
Heiko	Bastigkeit	03:58:43			
Christian	Jabs	03:59:03			
Dieter	Korte	04:00:12			
Uli	Schindler	04:05:27			
Achim	Wahle	04:06:56			
Stefan	Chrzanowski	04:07:39			
Michael	Tombrink	04:07:48			
Horst	Rapp	04:08:07			
Anton	Edenhofer	04:09:34			
Manfred	Hoermann	04:10:00			
Jürgen	Seidel	04:12:23			
Markus	Rasche	04:13:31			
Bodo	Bruder	04:15:54			
Theo	Lauhoff	04:17:36			
Jürgen	Sieme	04:17:39			
Heinz	Hengefeld	04:18:41			
Bernhard	Kreienbaum	04:18:46			
Hermann	Hemsing	04:20:07			
Ulrich	Budde	04:20:13			
Dieter	Rohloff	04:20:43			
Peter	Samulski	04:22:05			
Wolfgang	Müller	04:22:22			
Nico	Rinelli	04:22:57			
Hinz	Völkert	04:24:07			
Michael	Drewes-Kuhl.	04:25:29			
Dirk	Keggenhoff	04:27:00			
Jürgen	Schmitz	04:30:07			
Matthias	Lammerding	04:31:52			
Heinz	Bücker	04:33:06			
Markus	Luig	04:39:45			
Heiner	Cloppenburg	04:39:58			
Georg	Wetterau	04:40:27			
Wilfried	Wiedemann	04:40:33			
Peter	Strelow	04:45:52			
Stephan	Maykus	04:53:02			
Berthold	Ostlinning	04:57:14			
Michael	Goschke	04:59:02			
Andreas	Hasebrock	05:04:47			
50 km					
Stefan	Petermann	04:12:47	Maria	Feyerabend	04:14:03
			Julia	Suwelack	05:20:12
			Helga	Landfried-	06:25:29
				Teodoruk	
100 km					
Stefan	Petermann	10:24:03	Julia	Suwelack	11:52:04
Peter	Kaiser	11:38:34	Parvin	Kamp	13:09:37
Stephan	Perpeet	14:45:18	Angelika	Dohmann	13:09:39