

Jahresbestenliste 2006

MÄNNER

FRAUEN

| 200 m | | | | | |
|------------------|---------------|---------|-----------|---------------|----------|
| Christian | Vogel | 24,68 | | | |
| 400 m | | | | | |
| Christian | Vogel | 51,7 | | | |
| 800 m | | | | | |
| Christian | Vogel | 1:59,42 | Lisa | Schmiedeshoff | 2:20,28 |
| Robin | Hoffmann | 2:05,54 | Daniela | Lembeck | 2:30,66 |
| | | | Valerie | Ludwig | 2:34,17 |
| | | | Anne | Holtkötter | 2:39,99 |
| 1.000 m | | | | | |
| Robin | Hoffmann | 2:51,04 | Lisa | Schmiedeshoff | 3:12,88 |
| Michael | Holtkötter | 3:00,60 | Julia | Frie | 3:25,36 |
| David | Veauthier | 3:26 | Anne | Holtkötter | 3:28,08 |
| Heinz | Hoveling | 3:37,80 | Maria | Feyerabend | 3:50,40 |
| Leonhardt | Eickhoff | 4:36 | Céline | Jocksch | 4:22,00 |
| 2.000 m | | | | | |
| | | | Lisa | Schmiedeshoff | 6:45,66 |
| | | | Valerie | Ludwig | 7:17,95 |
| | | | Agnès | Jocksch | 7:41,40 |
| | | | Maeva | Jocksch | 8:34,35 |
| 2000 m Hindernis | | | | | |
| Robin | Hoffmann | 8:02,04 | | | |
| 3 km | | | | | |
| Christian | Vogel | 9:57 | Julia | Frie | 10:58 |
| Robin | Hoffmann | 9:58 | Lisa | Schmiedeshoff | 11:07,09 |
| Michael | Holtkötter | 10:36 | Valerie | Ludwig | 11:32 |
| Gregor | Veauthier | 11:51 | Anne | Holtkötter | 11:34,85 |
| David | Veauthier | 11:51 | Daniela | Lembeck | 11:35,51 |
| Bernhard | Kreienbaum | 12:16 | Rita | Lanwer | 11:50 |
| Heinz | Hoveling | 12:43 | Agnès | Jocksch | 12:18 |
| Jürgen | Schmiedeshoff | 13:18 | Maeva | Jocksch | 13:06 |
| Hermann | Hemsing | 13:27 | Heike | Eickhoff | 14:31 |
| Leonhardt | Eickhoff | 14:30 | Maria | Hemsing | 14:45 |
| | | | Céline | Jocksch | 14:54 |
| 5 km | | | | | |
| Markus | Ischner | 17:08 | Lisa | Schmiedeshoff | 19:05 |
| Robin | Hoffmann | 17:24 | Julia | Frie | 19:44 |
| Michael | Hohenhorst | 17:42 | Valerie | Ludwig | 19:51 |
| Detlev | Bruns | 17:45 | Daniela | Lembeck | 19:55 |
| Markus | van der Velde | 17:54 | Rita | Lanwer | 20:16 |
| Gregor | Veauthier | 18:13 | Anne | Holtkötter | 20:26 |
| Andreas | Clausing | 18:14 | Maria | Feyerabend | 20:48 |
| Antonio | Henrique | 18:18 | Dagmar | Großmann | 21:30 |
| Ewald | Fikus | 18:23 | Claudia | Hartleb | 22:15 |
| Hans | Reimann | 18:30 | Heike | Frerick | 22:28 |
| Michael | Holtkötter | 18:40 | Hiltrud | Mertens | 23:48 |
| Martin | Kanne | 18:40 | Marion | Rother | 24:04 |
| Andreas | Beßeling | 18:47 | Christine | Herbert | 24:31 |
| Tim | Schmiedeshoff | 18:48 | Maria | Hemsing | 24:42 |
| Reinhard | Schröder | 18:58 | Annette | Schwarzkopf | 24:52 |
| Thorsten | Ortlepp | 19:00 | Beate | Hagemann | 25:16 |
| Dieter | Sternberg | 19:22 | Kirsten | Stöber | 25:35 |

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FRAUEN

| 5 km | | | | | |
|----------------|---------------|-------|-----------|---------------|-------|
| Stanislav | Bartusiak | 19:32 | Karin | Ortlepp | 26:06 |
| Sven | Penaat | 19:32 | Heilswint | Siegmund | 26:23 |
| Werner | Fritsche | 19:36 | Heike | Eickhoff | 26:28 |
| Christian | Vogel | 19:43 | Dorothee | Bruns | 26:37 |
| Josef | Rath | 19:46 | Gabi | Ringas | 26:45 |
| Johannes | Hoffmann | 19:48 | Hildegard | Brummel | 27:47 |
| Fritz | Koch | 20:01 | Sunniva | Schulz | 27:57 |
| David | Veauthier | 20:01 | Ulrike | Deppe | 28:47 |
| Thomas | Stöber | 20:05 | Magdalene | Everke-M. | 29:10 |
| Alexander | Milden | 20:27 | Angelika | Dohmann | 29:14 |
| Klaus | Ehling | 20:29 | Anke | Rohm | 31:06 |
| Simon | Rath | 20:36 | Manuela | O'Neill | 31:15 |
| Dr. Karl Heinz | Prieß | 20:48 | Beate | Dreseler | 32:07 |
| Dr. Stephan | Perpeet | 20:58 | Andrea | Dr. Diekhaus | 32:46 |
| Bernhard | Kreienbaum | 21:04 | Sabine | England | 34:41 |
| Stefan | Lammers | 21:04 | Kornelia | Sommerfeld-P. | 39:03 |
| Andreas | Höwedés | 21:13 | | | |
| Heinz | Hoveling | 21:15 | | | |
| Kai | Nierhoff | 21:18 | | | |
| Horst | Bodenberger | 21:19 | | | |
| Markus | Dropmann | 21:47 | | | |
| Dieter | Rohloff | 21:56 | | | |
| Wolfgang | Müller | 22:05 | | | |
| Martin | Dahlmann | 22:08 | | | |
| Dieter | Lammers | 22:22 | | | |
| Gottfried | Schäfers | 22:25 | | | |
| Helmut | Ortlepp | 22:45 | | | |
| Hermann | Hemsing | 22:53 | | | |
| Rolf | Wiedenhues | 23:19 | | | |
| Frank | Ludwig | 23:42 | | | |
| Werner | Driese | 23:48 | | | |
| Siegfried | Milden | 23:51 | | | |
| Heinz-Jürgen | Loos | 24:38 | | | |
| Leonhardt | Eickhoff | 24:40 | | | |
| Horst | Rapp | 24:41 | | | |
| Manfred | Hoermann | 25:01 | | | |
| Horst | Schulz | 25:19 | | | |
| Ulrich | Radusch | 25:30 | | | |
| Henning | Lange | 25:31 | | | |
| Jürgen | Schmiedeshoff | 25:42 | | | |
| Connor | o'Neill | 25:43 | | | |
| Robert | O'Neill | 26:23 | | | |
| Klaus | Lietzow | 26:41 | | | |
| Heinz | Hengefeld | 26:52 | | | |
| Achim | Wahle | 26:52 | | | |
| Florian | Milden | 27:26 | | | |
| Bernd | Epping-Falke | 29:25 | | | |
| Rudi | Völlering | 29:40 | | | |
| Lennart | Leimbach | 30:48 | | | |
| Rüdiger | Claus | 32:47 | | | |

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FRAUEN

| 10 km | | | | | |
|----------------|---------------|-------|-------------|-----------------|----------|
| Benoit | Varlet | 33:32 | Julia | Frie | 40:47 |
| Markus | Ischner | 34:58 | Eva | Kammer | 40:59 |
| Detlev | Bruns | 35:36 | Rita | Lanwer | 41:01 |
| Tobias | Korber | 35:57 | Daniela | Lembeck | 42:32 |
| Michael | Hohenhorst | 36:04 | Anne | Holtkötter | 42:33 |
| Gregor | Veauthier | 37:15 | Maria | Feyerabend | 43:13 |
| Christian | Vogel | 37:36 | Lisa | Schmiedeshoff | 43:55 |
| Stephan | Meyer | 37:42 | Hannelore | Horst | 44:24 |
| Markus | van der Velde | 37:50 | Michaela | Zinke | 45:29 |
| Andreas | Clausing | 38:02 | Ute | König | 47:55 |
| Martin | Kanne | 38:03 | Heidi | Dittrich | 49:22 |
| Andreas | Leißing | 38:25 | Marion | Rother | 49:28 |
| Robin | Hoffmann | 38:38 | Ruth | Farke | 51:03 |
| Reinhard | Zumdick | 38:41 | Maria | Hemsing | 51:41 |
| Klaus | Schulte | 38:42 | Hiltrud | Mertens | 51:46 |
| Michael | Holtkötter | 38:46 | Beate | Hagemann | 51:58 |
| Ewald | Fikus | 38:48 | Dorothee | Bruns | 52:30 |
| Hans | Reimann | 38:48 | Heike | Eickhoff | 53:20 |
| Reinhard | Schröder | 38:51 | Jutta | Zimmer | 54:09 |
| Egon | Roth | 39:20 | Gabi | Ringas | 54:50 |
| Achim | Hauertmann | 39:29 | Brigitte | Heckmann | 54:51 |
| Florian | Braun | 39:30 | Heilswint | Siegmund | 55:09 |
| Thorsten | Ortlepp | 39:37 | Ilona | Bredebusch | 55:10 |
| Bernd | Huesker | 39:47 | Simone | Löchte | 55:22 |
| Jürgen | Düking | 39:47 | Andrea | Müller | 55:31 |
| Dieter | Sternberg | 40:00 | Bärbel | Ratering-Slüter | 55:33 |
| Heiko | Bastigkeit | 40:09 | Anke | Hasebrock | 56:33 |
| Christian | Middelhoff | 40:13 | Maria-Ther. | Lüders | 56:45 |
| Andreas | Reckmann | 40:34 | Monika | Dropmann | 57:00 |
| Stanislav | Bartusiak | 41:40 | Andrea | Reisener | 01:00:01 |
| Ulrich | Schimanski | 41:42 | Uschi | Sypiena | 01:00:03 |
| Eberhard | Nutsch | 41:44 | Vera | Raidt | 01:00:06 |
| Dr. Karl Heinz | Prieß | 41:48 | Elfi | Lorbach | 01:00:47 |
| Thomas | Stöber | 42:05 | Marietta | Geske | 01:01:09 |
| Andreas | Nergenu | 42:24 | Sabine | England | 01:02:27 |
| Dr. Stephan | Perpeet | 42:36 | Anne | Beiske | 01:03:20 |
| Andreas | Krämer | 42:53 | Beate | Dreseler | 01:04:23 |
| Rainer | Uetz | 43:00 | Andrea | Dr. Diekhaus | 01:05:01 |
| Jochen | Altmann | 43:11 | Marie-Anne | Thyron | 01:05:18 |
| Gottfried | Schäfers | 43:20 | Ilse | Grühsinger | 01:05:26 |
| Stefan | Petermann | 43:20 | Doris | Ring | 01:07:44 |
| Bernhard | Kreienbaum | 43:37 | Gaby | Spatz | 01:10:16 |
| Andreas | Höweddes | 44:02 | | | |
| Dieter | Rosenbaum | 44:03 | | | |
| Sirus | Pezeschgi | 44:24 | | | |
| Kai | Nierhoff | 44:37 | | | |
| Heinz | Hoveling | 44:52 | | | |
| Holger | Venjakob | 45:18 | | | |
| Christian | Jabs | 45:21 | | | |
| Markus | Dropmann | 45:58 | | | |
| Gerhard | Menke | 46:03 | | | |
| Manfred | Sandmann | 46:06 | | | |

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FRAUEN

10 km

| | | |
|-------------|----------------|-------|
| Marco | Hampel | 46:08 |
| Stefan | Chrzanowski | 46:10 |
| Gregor | Hensen | 46:15 |
| Werner | Driese | 46:23 |
| Andreas | Baggeroer | 46:29 |
| Magnus | Grüger | 46:31 |
| Michael | Leinz | 46:32 |
| Martin | Dahlmann | 46:41 |
| Klaus | Neufend | 46:58 |
| Wolfgang | Müller | 47:06 |
| Hans-Peter | Leimbach | 47:08 |
| Matthias | Lammerding | 47:28 |
| Rüdiger | Claus | 47:49 |
| Andreas | Volbracht | 48:02 |
| Stefan | Ranneberg | 48:05 |
| Helmut | Ortlepp | 48:24 |
| Frank | Schleicher | 48:28 |
| Wilhelm | Thonemann | 48:31 |
| Hermann | Hemsing | 48:47 |
| Achim | Wahle | 48:49 |
| Josef | Niehoff | 48:56 |
| Hinz | Völkert | 49:03 |
| Michael | Krapp | 49:30 |
| Jürgen | Böhm | 50:00 |
| Frank | Ludwig | 50:16 |
| Jürgen | Seidel | 50:24 |
| Dieter | Rohloff | 50:25 |
| Michael | Goschke | 50:37 |
| Heinz | Hengefeld | 50:39 |
| Klaus | Becker | 50:49 |
| Georg | Wetterau | 50:54 |
| Dr. Stephan | Maykus | 51:07 |
| Horst | Rapp | 51:11 |
| Ulrich | Budde | 51:24 |
| Heinrich | Dörries | 51:24 |
| Uli | Schindler | 51:32 |
| Stefan | Lammers | 51:35 |
| Johannes | Horst | 51:55 |
| Manfred | Hoermann | 51:56 |
| Dieter | Lammers | 52:04 |
| Martin | Pöttker | 52:15 |
| Horst | Schulz | 53:03 |
| Winfried | Tillmann | 53:12 |
| Ralf | Schmeing | 53:34 |
| Ulrich | Radusch | 54:16 |
| Herbert | Sieverdingbeck | 54:17 |
| Dieter | Raestrup | 54:22 |
| Wolfgang | Hübner | 54:24 |
| Klaus | Bühn | 56:01 |
| Peter | Strelow | 56:14 |
| Rudi | Völlering | 56:30 |
| Bernd | Epping-Falke | 56:31 |

Jahresbestenliste 2006

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FRAUEN

| 10 km | | | | | |
|-------------|---------------|----------|-----------|------------|----------|
| Ludger | Rosengarten | 56:56 | | | |
| Friedhelm | Neuhaus | 57:29 | | | |
| Elmar | Pape | 58:46 | | | |
| Miles | Geske | 58:59 | | | |
| Hubert | Pilk | 01:00:01 | | | |
| Roger | Cramer | 01:00:55 | | | |
| Oliver | Hasenkamp | 01:01:21 | | | |
| Wolfgang | Schürmann | 01:02:37 | | | |
| Ulrich | Scharf | 01:03:21 | | | |
| Ludger | Ring | 01:07:45 | | | |
| 15 km | | | | | |
| Benoit | Varlet | 52:24 | Katharina | Hauertmann | 01:01:05 |
| Detlev | Bruns | 55:08 | Julia | Frie | 01:04:21 |
| Michael | Hohenhorst | 55:40 | Rita | Lanwer | 01:07:29 |
| Hans | Reimann | 57:59 | Anne | Holtkötter | 01:08:03 |
| Markus | van der Velde | 58:07 | Maria | Feyerabend | 01:08:58 |
| Gregor | Veauthier | 58:22 | Alida | Kranenburg | 01:15:25 |
| Ewald | Fikus | 59:47 | Ruth | Farke | 01:22:19 |
| Jürgen | Düking | 01:01:04 | Beate | Hagemann | 01:23:30 |
| Achim | Hauertmann | 01:01:18 | Heike | Eickhoff | 01:24:23 |
| Stanislav | Bartusiak | 01:01:29 | Maria | Hemsing | 01:26:35 |
| Bernd | Huesker | 01:01:56 | Sunniva | Schulz | 01:37:54 |
| Thorsten | Ortlepp | 01:02:18 | Dorothea | Tewes | 01:37:54 |
| Stephan | Meyer | 01:02:26 | | | |
| Michael | Holtkötter | 01:02:36 | | | |
| Andreas | Clausing | 01:03:17 | | | |
| Reinhard | Zumdick | 01:06:04 | | | |
| Dr. Stephan | Perpeet | 01:06:27 | | | |
| Eberhard | Nutsch | 01:06:45 | | | |
| Dieter | Rosenbaum | 01:06:49 | | | |
| Gottfried | Schäfers | 01:07:02 | | | |
| Sirus | Pezeschgi | 01:07:04 | | | |
| Magnus | Grüger | 01:07:15 | | | |
| Bernhard | Kreienbaum | 01:07:28 | | | |
| Thomas | Stöber | 01:07:39 | | | |
| Wolfgang | Müller | 01:11:06 | | | |
| Heinz | Hoveling | 01:13:03 | | | |
| Wilhelm | Thonemann | 01:14:33 | | | |
| Stefan | Chrzanowski | 01:14:41 | | | |
| Dieter | Rohloff | 01:16:08 | | | |
| Manfred | Hoermann | 01:16:20 | | | |
| Uli | Schindler | 01:16:27 | | | |
| Jürgen | Seidel | 01:16:53 | | | |
| Klaus | Becker | 01:17:00 | | | |
| Hermann | Hemsing | 01:18:12 | | | |
| Georg | Wetterau | 01:18:25 | | | |
| Hinz | Völkert | 01:20:19 | | | |
| Friedhelm | Neuhaus | 01:23:51 | | | |
| Horst | Rapp | 01:24:28 | | | |
| Helmut | Ortlepp | 01:25:13 | | | |

Jahresbestenliste 2006

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FRAUEN

| Halbmarathon | | | | | |
|----------------|---------------|----------|-----------|-------------|----------|
| Benoit | Varlet | 01:14:58 | Eva | Kammer | 01:29:59 |
| Detlev | Bruns | 01:19:07 | Anne | Holtkötter | 01:33:14 |
| Michael | Hohenhorst | 01:19:40 | Julia | Frie | 01:33:24 |
| Gregor | Veauthier | 01:22:14 | Maria | Feyerabend | 01:33:28 |
| Markus | van der Velde | 01:22:53 | Rita | Lanwer | 01:33:55 |
| Hans | Reimann | 01:23:07 | Hannelore | Horst | 01:35:14 |
| Tobias | Korber | 01:23:52 | Daniela | Lembeck | 01:37:10 |
| Ewald | Fikus | 01:23:59 | Michaela | Zinke | 01:42:39 |
| Andreas | Clausing | 01:25:38 | Ute | König | 01:46:59 |
| Michael | Holtkötter | 01:27:12 | Julia | Suwelack | 01:49:49 |
| Bernd | Huesker | 01:27:23 | Marion | Rother | 01:50:45 |
| Reinhard | Schröder | 01:27:48 | Hildegard | Kerkhoff | 01:51:38 |
| Andreas | Leißing | 01:28:08 | Alida | Kranenburg | 01:54:12 |
| Stephan | Meyer | 01:28:48 | Marlies | Sprenger | 01:55:39 |
| Stanislav | Bartusiak | 01:28:52 | Ruth | Farke | 01:56:02 |
| Bernhard | Kreienbaum | 01:28:55 | Birgit | Karst | 01:56:19 |
| Dieter | Sternberg | 01:29:46 | Karin | Ortlepp | 01:56:28 |
| Dr. Stephan | Perpeet | 01:34:17 | Ilona | Bredebusch | 01:56:58 |
| Gottfried | Schäfers | 01:34:41 | Heike | Eickhoff | 01:57:18 |
| Marco | Hampel | 01:34:51 | Beate | Hagemann | 01:57:29 |
| Klaus | Ehling | 01:35:30 | Jutta | Zimmer | 02:01:06 |
| Reinhard | Zumdick | 01:35:38 | Monika | Herding | 02:01:54 |
| Eberhard | Nutsch | 01:35:38 | Annette | Schwarzkopf | 02:02:49 |
| Thorsten | Ortlepp | 01:35:50 | Brigitte | Heckmann | 02:04:38 |
| Rainer | Wachsmann | 01:36:02 | Christine | Herbert | 02:06:18 |
| Sirus | Pezeschgi | 01:36:12 | Simone | Löchte | 02:06:42 |
| Manfred | Sandmann | 01:36:24 | Monika | Dropmann | 02:08:33 |
| Dieter | Rosenbaum | 01:36:45 | Annette | Traud | 02:08:49 |
| Andreas | Krämer | 01:37:23 | Anusch | Melkonyan | 02:09:36 |
| Magnus | Grüger | 01:37:29 | Anne | Wiedemann | 02:09:39 |
| Martin | Stahlberg | 01:37:37 | Dorothee | Bruns | 02:09:45 |
| Horst | Bodenberger | 01:37:41 | Christa | Papenkort | 02:10:36 |
| Dr. Karl Heinz | Prieß | 01:37:55 | Gabi | Ringas | 02:12:39 |
| Wolfgang | Müller | 01:40:49 | Uschi | Sypiana | 02:12:47 |
| Stefan | Chrzanowski | 01:40:58 | Vera | Raidt | 02:12:53 |
| Gerhard | Menke | 01:41:29 | Elisabeth | Revering | 02:13:02 |
| Heinz | Hoveling | 01:41:33 | Heilswint | Siegmund | 02:14:41 |
| Markus | Dropmann | 01:41:56 | Petra | Benz | 02:23:01 |
| Olaf | Behrendt | 01:43:31 | Hildegard | Brummel | 02:24:09 |
| Christian | Jabs | 01:43:43 | Barbara | Wigger | 02:38:52 |
| Gregor | Hensen | 01:44:15 | | | |
| Werner | Driese | 01:44:44 | | | |
| Ulrich | Schimanski | 01:44:53 | | | |
| Stefan | Ranneberg | 01:44:57 | | | |
| Holger | Venjakob | 01:46:17 | | | |
| Robert | Lenger | 01:46:32 | | | |
| Uli | Schindler | 01:47:04 | | | |
| Georg | Wetterau | 01:47:33 | | | |
| Wilhelm | Thonemann | 01:47:50 | | | |
| Andreas | Baggeroer | 01:48:41 | | | |
| Ralf | Schmeing | 01:49:03 | | | |
| Jürgen | Seidel | 01:51:31 | | | |

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FRAUEN

| Halbmarathon | | | | | |
|--------------|------------|----------|-----------|-------------|----------|
| Josef | Mersch | 01:52:21 | | | |
| Dieter | Rohloff | 01:52:21 | | | |
| Horst | Blotenberg | 01:54:10 | | | |
| Hermann | Hemsing | 01:54:42 | | | |
| Dr. Stephan | Maykus | 01:55:41 | | | |
| Manfred | Hoermann | 01:55:45 | | | |
| Jürgen | Schmitz | 01:55:54 | | | |
| Horst | Rapp | 01:56:31 | | | |
| Ulrich | Budde | 01:56:44 | | | |
| Rüdiger | Claus | 01:57:08 | | | |
| Helmut | Ortlepp | 01:57:38 | | | |
| Friedhelm | Neuhaus | 01:57:44 | | | |
| Bodo | Bruder | 01:58:48 | | | |
| Hans Hermann | Karst | 01:59:11 | | | |
| Heinz | Hengefeld | 02:00:29 | | | |
| Michael | Goschke | 02:01:44 | | | |
| Thomas | Stöber | 02:01:50 | | | |
| Horst | Schulz | 02:04:49 | | | |
| Peter | Kanter | 02:05:13 | | | |
| Georg | Wennekers | 02:07:19 | | | |
| Dieter | Raestrup | 02:07:23 | | | |
| Helmut | Neuhaus | 02:07:25 | | | |
| Uwe | Veen/ter | 02:09:19 | | | |
| Heinz-Jürgen | Revering | 02:13:02 | | | |
| Oliver | Hasenkamp | 02:19:08 | | | |
| Peter | StreLOW | 02:20:15 | | | |
| Ulrich | Scharf | 02:21:09 | | | |
| 25 km | | | | | |
| Ewald | Fikus | 01:43:59 | Maria | Feyerabend | 01:59:08 |
| Gregor | Veauthier | 01:46:38 | Anne | Holtkötter | 01:59:14 |
| Bernd | Huesker | 01:49:39 | Julia | Frie | 02:00:32 |
| Michael | Holtkötter | 01:50:43 | Beate | Hagemann | 02:27:28 |
| Andreas | Krämer | 01:55:17 | Christa | Papenkort | 02:29:34 |
| Heinz | Hoveling | 02:04:13 | Annette | Schwarzkopf | 02:34:40 |
| Peter | Dittrich | 02:09:15 | Renate | Lepkowski | 02:35:46 |
| Christian | Jabs | 02:09:17 | Monika | Herding | 02:35:51 |
| Peter | Kanter | 02:18:55 | Almut | Mecking | 02:38:27 |
| Stefan | Werdning | 02:19:56 | Dorothee | Bruns | 02:41:23 |
| Uwe | Veen/ter | 02:29:34 | Heilswint | Siegmund | 02:41:35 |
| Jürgen | Seidel | 02:30:52 | Simone | Löchte | 02:43:04 |
| Dr. Stephan | Maykus | 02:32:40 | Anne-K. | Willamowski | 02:43:55 |
| Thomas | Vogt | 02:36:52 | Uschi | Sypiena | 02:46:45 |
| Wilfried | Wiedemann | 02:38:08 | Andrea | Rump | 02:46:45 |
| Michael | Goschke | 02:41:04 | Maria | Leifeld | 02:48:07 |
| Markus | Brauck/vom | 02:43:27 | Anne | Wiedemann | 02:48:13 |
| Ulrich | Scharf | 03:03:31 | Andrea | Reisener | 02:50:18 |
| Roger | Cramer | 03:05:21 | Brigitte | Averdiek | 02:51:36 |
| Elmar | Pape | 03:05:22 | Elke | Schulz | 03:02:08 |
| 30 km | | | | | |
| Bodo | Bruder | 02:58:58 | | | |

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FRAUEN

| Marathon | | | | | |
|----------------|---------------|----------|------------|-------------|----------|
| Benoit | Varlet | 02:39:43 | Eva | Kammer | 03:10:41 |
| Detlev | Bruns | 02:45:07 | Anne | Holtkötter | 03:17:57 |
| Gregor | Veauthier | 02:53:45 | Maria | Feyerabend | 03:20:35 |
| Michael | Hohenhorst | 02:54:32 | Hannelore | Horst | 03:21:22 |
| Gunnar | Lange | 02:55:55 | Julia | Frie | 03:26:01 |
| Markus | van der Velde | 03:01:00 | Angelika | Dohmann | 03:42:51 |
| Egon | Roth | 03:02:20 | Julia | Suwelack | 03:43:14 |
| Reinhard | Schröder | 03:02:20 | Brigitte | Ziegler | 03:44:54 |
| Hans | Reimann | 03:05:33 | Hildegard | Kerkhoff | 03:47:32 |
| Bernd | Huesker | 03:08:19 | Marion | Rother | 03:52:55 |
| Andreas | Leißing | 03:10:27 | Michaela | Zinke | 03:53:24 |
| Andreas | Löcken | 03:10:56 | Elke | Buth | 03:54:25 |
| Reinhard | Zumdick | 03:11:03 | Dagmar | Großmann | 03:56:24 |
| Tobias | Korber | 03:11:50 | Ute | König | 03:56:29 |
| Marco | Hampel | 03:13:43 | Simone | Ruder | 03:57:38 |
| Werner | Fritsche | 03:14:57 | Alida | Kranenburg | 03:59:29 |
| Stefan | Petermann | 03:16:13 | Ruth | Lutz | 04:04:17 |
| Ewald | Fikus | 03:16:59 | Parvin | Kamp | 04:17:24 |
| Stephan | Meyer | 03:17:10 | Beate | Hagemann | 04:19:19 |
| Stanislav | Bartusiak | 03:17:20 | Ulrike | Hartkopf | 04:21:28 |
| Gottfried | Schäfers | 03:18:02 | Almut | Mecking | 04:24:44 |
| Rainer | Uetz | 03:18:40 | Simone | Löchte | 04:27:38 |
| Dieter | Sternberg | 03:19:21 | Annette | Schwarzkopf | 04:27:58 |
| Ulrich | Schimanski | 03:19:31 | Ruth | Farke | 04:28:26 |
| Christoph | Haecker | 03:22:19 | Birgit | Karst | 04:34:22 |
| Jürgen | Düking | 03:24:21 | Gabi | Ringas | 04:36:48 |
| Dr. Stephan | Perpeet | 03:26:19 | Carola | Pörschke | 04:37:30 |
| Heiko | Bastigkeit | 03:27:33 | Heike | Eickhoff | 04:40:14 |
| Martin | Obst | 03:27:45 | Brigitte | Heckmann | 04:40:20 |
| Markus | Ischner | 03:29:11 | Birgit | Nathaus | 04:41:23 |
| Eberhard | Nutsch | 03:29:23 | Hildegard | Durynek | 04:44:37 |
| Rainer | Wachsmann | 03:31:21 | Anne | Thonemann | 04:44:37 |
| Klaus | Neufend | 03:33:45 | Christine | Herbert | 04:49:14 |
| Andreas | Beßeling | 03:35:52 | Jutta | Zimmer | 04:51:31 |
| Norbert | Mühlenkord | 03:38:27 | Monika | Dropmann | 04:58:40 |
| Thomas | Braun | 03:39:36 | Vera | Raidt | 05:01:57 |
| Manfred | Sandmann | 03:40:44 | Monika | Herding | 05:02:05 |
| Thomas | Stöber | 03:41:26 | Andrea | Rump | 05:07:50 |
| Gerhard | Menke | 03:42:02 | Hildegard | Brummel | 05:16:25 |
| Peter | Kaiser | 03:42:39 | Andrea | Reisener | 05:18:55 |
| Manfred | Werning | 03:43:41 | Birgit | Redeker | 05:31:25 |
| Wolfgang | Müller | 03:43:46 | Christiane | Nienhaus | 05:43:32 |
| Michael | Holtkötter | 03:44:28 | | | |
| Magnus | Grüger | 03:44:35 | | | |
| Heinz | Hoveling | 03:44:51 | | | |
| Sirus | Pezeschgi | 03:44:58 | | | |
| Michael | Leinz | 03:45:30 | | | |
| Dr. Karl Heinz | Prieß | 03:45:31 | | | |
| Wilhelm | Thonemann | 03:46:08 | | | |
| Hartwig | Kerkhoff | 03:47:32 | | | |
| Berthold | Kökelsum | 03:49:04 | | | |
| Horst | Bodenberger | 03:54:03 | | | |

Jahresbestenliste 2006

MÄNNER

FRAUEN

| Marathon | | | | | |
|--------------|------------|----------|-------|----------|----------|
| Frank | Ludwig | 03:54:52 | | | |
| Gregor | Hensen | 03:55:03 | | | |
| Ulrich | Budde | 03:55:44 | | | |
| Kai | Nierhoff | 03:56:20 | | | |
| Markus | Dropmann | 03:56:48 | | | |
| Gerd | Jahn | 03:56:58 | | | |
| Klaus | Ehling | 03:56:59 | | | |
| Andreas | Baggeroer | 03:57:58 | | | |
| Robert | Lenger | 03:58:06 | | | |
| Matthias | Lammerding | 03:58:12 | | | |
| Thorsten | Ortlepp | 03:58:18 | | | |
| Dieter | Korte | 03:59:45 | | | |
| Dieter | Lammers | 04:00:07 | | | |
| Christian | Jabs | 04:00:26 | | | |
| Martin | Pöttker | 04:02:36 | | | |
| Uli | Schindler | 04:02:36 | | | |
| Udo | Gehring | 04:03:05 | | | |
| Stefan | Ranneberg | 04:04:42 | | | |
| Hinz | Völkert | 04:05:07 | | | |
| Jürgen | Sieme | 04:05:41 | | | |
| Andreas | Nergenu | 04:08:04 | | | |
| Martin | Dahlmann | 04:08:23 | | | |
| Rüdiger | Claus | 04:09:31 | | | |
| Bodo | Bruder | 04:09:55 | | | |
| Olaf | Behrendt | 04:09:55 | | | |
| Theo | Lauhoff | 04:11:25 | | | |
| Klaus | Hellwig | 04:12:08 | | | |
| Klaus | Kampelmann | 04:13:42 | | | |
| Werner | Driese | 04:14:15 | | | |
| Klaus | Bühn | 04:20:58 | | | |
| Manfred | Hoermann | 04:21:17 | | | |
| Josef | Niehoff | 04:24:53 | | | |
| Achim | Wahle | 04:25:48 | | | |
| Michael | Tombrink | 04:29:32 | | | |
| Jürgen | Schmitz | 04:29:57 | | | |
| Heinz | Hengefeld | 04:33:58 | | | |
| Hans Hermann | Karst | 04:34:21 | | | |
| Horst | Blotenberg | 04:34:28 | | | |
| Wilfried | Wiedemann | 04:35:14 | | | |
| Nico | Rinelli | 04:35:38 | | | |
| Georg | Wetterau | 04:36:20 | | | |
| Jürgen | Seidel | 04:38:29 | | | |
| Stefan | Lammers | 04:38:35 | | | |
| Horst | Rapp | 04:39:02 | | | |
| Michael | Goschke | 04:55:25 | | | |
| Helmut | Neuhaus | 05:28:59 | | | |
| Friedhelm | Neuhaus | 05:29:00 | | | |
| Berthold | Ostlinning | 05:29:42 | | | |
| Stefan | Priess | 05:43:30 | | | |
| 50 km | | | | | |
| Stefan | Petermann | 04:20:37 | Julia | Suwelack | 04:53:33 |
| Andreas | Nergenu | 04:57:26 | Heidi | Dittrich | 05:10:05 |

Jahresbestenliste 2006

MÄNNER

FRAUEN

| 100 km | | | | | |
|--------|---------|----------|----------|---------|----------|
| Peter | Kaiser | 10:58:07 | Brigitte | Ziegler | 09:39:52 |
| Klaus | Neufend | 12:44:43 | | | |