

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|-----------------------|----------|--------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| Michael Albers | | | | | 00:46:57 | | | | | | 1 |
| Fabian Altebäumer | 02:17,35 | | | | 00:35:22 | 00:55:21 | | | 03:13:35 | | 4 |
| Tina Althoff | | | | 25:08,00 | | | | | 04:57:25 | | 2 |
| Mahmut Arica | | | | | 00:39:08 | | 01:27:37 | | 03:10:11 | | 3 |
| Andreas Arlt | | | | | 00:42:46 | | | | | | 1 |
| Stefan Bales | | | | | 00:41:59 | | 01:30:04 | | 03:05:31 | | 3 |
| Sophie Bartsch | | | | 26:13,00 | 00:56:41 | | | | | | 2 |
| Stanislav Bartusiak | | | | 21:48,00 | 00:47:42 | 01:14:40 | | 02:07:56 | | | 4 |
| Andreas Baune | | | | | 00:53:49 | | 02:02:49 | | 04:35:41 | | 3 |
| Maria Beckmann | | | | 24:05,00 | 00:51:03 | 01:22:39 | 01:53:34 | | 05:03:15 | | 5 |
| Philipp Beckmann | | | 09:21,41 | | 00:36:06 | | | | | | 2 |
| Justus Becks | | | | 19:11,00 | 00:38:32 | | 01:28:12 | | 03:20:56 | | 4 |
| Josch Behrens | | | | | | | | | 04:19:21 | | 1 |
| Anke Beilharz-Wüster | | | 17:17,00 | | | | | | | | 1 |
| Leonhard Beine | | | | 18:10,00 | | | | | | | 1 |
| Jari Bender | 02:01,36 | | | 17:26,00 | | | | | | | 2 |
| Yvonne Bender | | | | 28:13,00 | | | | | | | 1 |
| Jutta Bendix | | | | | | | | | 05:09:07 | | 1 |
| Thomas Benighaus | | | | 28:52,00 | | | | | | | 1 |
| Thomas Bergmann | | | | | 00:55:03 | 01:26:13 | 01:59:17 | | 04:40:38 | | 4 |
| Mechthild Bertels | | | | | 00:50:30 | | | | | | 1 |
| Johannes Bertling | | | | | | | | | 04:00:08 | | 1 |
| Walter Blume | | | | 35:19,00 | | | | | | | 1 |
| Sebastian Blumentritt | | | | 18:18,00 | | | | | | | 1 |
| Andre Boch | | | 12:51,00 | 22:14,40 | 00:47:04 | 01:12:12 | 01:42:30 | | 03:59:12 | | 6 |
| Alexander Böhm | 02:47,72 | | | 21:04,00 | | | | | | | 2 |
| Hans-Georg Bone | | | | 27:51,00 | 00:54:21 | | 02:12:12 | | | | 3 |
| Paul Boß | | | | 27:42,00 | | | | | 04:36:18 | | 2 |
| Florian Braun | | | | | 00:39:04 | 01:02:20 | | | 03:13:22 | | 3 |
| Klaus Brinker | | | | | 00:37:43 | | | | | | 1 |
| Gabi Broska | | | | 31:25,00 | 01:06:13 | | | | | | 2 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|---------------------|----------|--------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| Britta Brouwer | | | | | 00:42:17 | 01:05:00 | 01:32:33 | | 03:16:27 | | 4 |
| Mike Brouwer | | | 10:46,00 | 19:12,00 | 00:39:33 | 01:03:15 | 01:27:19 | | 03:20:38 | | 6 |
| Klaus Buchterkirche | | | | 20:59,00 | | | | | 04:04:34 | | 2 |
| Heinz Bücken | | | | 27:51,00 | 00:55:16 | | 02:07:10 | | 04:56:01 | | 4 |
| Sören Buffi | 02:42,64 | | | 20:38,00 | | | | | | | 2 |
| Klaus Bühn | | | | | | | | | 03:55:46 | | 1 |
| Frank Burghoff | | | | | | | | | 04:37:06 | | 1 |
| Stephan Burt | | | 12:01,00 | 20:58,00 | | | | | | | 2 |
| Ilka Busse | | | | 21:09,00 | 00:44:08 | | 01:35:27 | | | | 3 |
| Marc Bußmann | | | | 21:14,00 | | | 01:42:31 | | 03:59:30 | | 3 |
| Magdalena Cantu | | | | | 00:53:39 | | 01:58:54 | | | | 2 |
| Stefan Chrzanowski | | | | | 00:48:01 | | 01:46:44 | | 03:55:56 | | 3 |
| Mike Claaßen | | | | 18:54,00 | 00:35:45 | | 01:18:53 | | 02:49:11 | | 4 |
| Andreas Clausing | | | | 20:48,00 | 00:44:31 | 01:06:00 | 01:39:19 | 02:09:14 | 03:59:50 | | 6 |
| Roger Cramer | | | | 28:01,00 | | | | | 04:59:44 | | 2 |
| Martina Cwojdzinski | | | | | 00:52:50 | 01:25:04 | 01:59:32 | | 04:37:21 | | 4 |
| Dirk Czarnetzki | | | | | 00:55:53 | 01:26:16 | 02:08:46 | | 04:52:29 | | 4 |
| Martin Dahlmann | | | | | 00:49:32 | | 01:54:27 | | | | 2 |
| Simone de Kruijff | | | | | 00:53:46 | | | | | | 1 |
| Christopher Dicks | | | | | | | 01:35:35 | | 03:28:45 | | 2 |
| Lucia Dießel | | | | 27:04,00 | 00:55:36 | 01:29:39 | 02:05:19 | | 05:00:58 | | 5 |
| Patrick Dirksmeier | | | | | 00:31:44 | | | | | | 1 |
| Heidi Dittrich | | | | 28:42,00 | 00:57:24 | | 02:06:55 | | | | 3 |
| Peter Dittrich | | | | | 01:04:17 | | | | | | 1 |
| Jessica Driesch | | | | | 00:43:28 | 01:05:47 | 01:35:46 | | | | 3 |
| Werner Driese | | | | | | | 02:13:18 | | | | 1 |
| Markus Dropmann | | | | 25:13,00 | | | | | | | 1 |
| Justus Düking | 02:51,30 | | | 21:04,00 | | | | | | | 2 |
| Josef Eiersbrock | | | | | 00:46:26 | | 01:44:42 | | | | 2 |
| Tim Elberich | | | | | 00:44:22 | | 01:36:43 | | 03:41:58 | | 3 |
| Maren Engl | | | | | 00:46:47 | | | | | | 1 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|-----------------------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| Jenny Engler | | | | | 00:54:25 | | | | 05:08:41 | | 2 |
| Nathalie Englert | | | | 26:53,00 | | | | | 05:33:13 | | 2 |
| Jerry Epping | 02:47,83 | | | 20:39,00 | | | | | | | 2 |
| Norbert Fasel | | | | 21:20,00 | 00:41:37 | 01:05:12 | | | | | 3 |
| Jannik Feder | 02:16,66 | | | 17:44,00 | | | | | | | 2 |
| Ellen Fennenkötter | | | | | 00:50:53 | | | | | | 1 |
| Maria Feyerabend | 03:15,11 | | | 22:21,00 | 00:45:49 | 01:09:45 | 01:41:31 | 02:06:05 | 03:43:38 | | 7 |
| Arne Fischer | 02:18,69 | 05:03,73 | 10:53,32 | 19:24,00 | 00:39:51 | | 01:28:55 | 01:56:28 | | | 7 |
| Sabine Fischer | | | | 20:50,00 | 00:43:11 | | | | 03:32:11 | | 3 |
| Jill-Marie Flieger | 02:50,86 | | | 21:36,00 | | | | | | | 2 |
| Philipp Flieger | 02:59,82 | | | | | | | | | | 1 |
| Hermann Fliß | | | | | 00:46:14 | 01:09:02 | 01:37:34 | | 03:51:27 | | 4 |
| Thomas Fricke | | | | 20:51,00 | | | 01:29:33 | | 03:21:24 | | 3 |
| Petra Frisse | | | 16:48,00 | 26:58,00 | 00:54:35 | 01:25:17 | 02:07:55 | 02:46:02 | 04:46:17 | | 7 |
| Werner Fritsche | | | | | | | | | 04:41:59 | | 1 |
| Holger Fritze | | | | 17:16,00 | | | | | | | 1 |
| Christian Gems | | | | 16:12,00 | | | 01:31:34 | | | | 2 |
| Marietta Geske | | | | 28:06,00 | | | | | | | 1 |
| Michael Geske | | | | | 00:49:21 | 01:09:38 | 01:36:39 | | 03:29:34 | | 4 |
| Manuel Glöckner | | | | 17:47,00 | 00:36:50 | | 01:22:21 | | 02:58:28 | | 4 |
| Udo Goldberg | | | 13:45,00 | | 00:50:38 | | 01:50:10 | 02:22:08 | | | 4 |
| Rosa Gomes | | 06:14,71 | 13:15,43 | 23:06,00 | 00:49:52 | 01:23:12 | | | 04:13:42 | | 6 |
| Michael Goschke | | | | 25:18,00 | 00:51:34 | | 01:56:27 | 02:24:46 | 04:39:53 | | 5 |
| Sabine Goschke | | | | 29:43,00 | 01:00:23 | | 02:18:21 | 02:49:59 | 05:37:52 | | 5 |
| Carmen Gottlob | | | | | | | 02:36:23 | | | | 1 |
| Martin Graap | | | | | 00:56:20 | | | | 04:31:52 | | 2 |
| Julia Große Leusbrock | | | | 20:28,00 | 00:42:31 | 01:05:39 | 01:38:51 | | | | 4 |
| Magnus Grüger | | | | | 00:45:57 | 01:10:51 | 01:45:23 | | 04:13:31 | | 4 |
| Annegret Hageneier | | | | 31:04,00 | 01:03:07 | | | 02:55:38 | | | 3 |
| Günter Hahn | | | | | 00:50:31 | | 01:53:29 | | | | 2 |
| Stefan Hahn | | | | | | 01:12:34 | 01:45:42 | | 03:42:05 | | 3 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|----------------------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| Marco Hampel | | | | | | | | | 05:31:18 | | 1 |
| Michil Hankemeier | | | | | | 00:56:58 | 01:22:56 | | 02:48:13 | | 3 |
| Carolin Hauck | | | | 19:37,00 | | | | | | | 1 |
| Katharina Hauertmann | | | | | | | 01:34:32 | | 03:14:53 | | 2 |
| Gernot Hauke | | | | | 00:43:02 | | | | 03:22:33 | | 2 |
| Kai-Simon Havers | | | | 22:18,00 | 00:47:01 | | | | | | 2 |
| Uta Haves | | | | | | | 02:07:45 | | | | 1 |
| Luca Heerdt | | | | 16:03,00 | 00:31:56 | 00:51:16 | 01:13:15 | | | | 4 |
| David Heimann | | | | 19:29,00 | | | | | | | 1 |
| Hermann Hemsing | | | 14:25,00 | 24:05,00 | 00:51:10 | | | | | | 3 |
| Maria Hemsing | | | 15:53,00 | 27:38,00 | 00:57:56 | | | | | | 3 |
| Antonio Henrique | | 05:01,53 | 10:52,71 | 18:52,00 | 00:39:32 | 01:02:27 | | | | | 5 |
| Monika Herding | | | | 27:44,00 | | | | | | | 1 |
| Barbara Heuer | | | | 24:09,00 | 00:49:17 | 01:15:54 | 01:51:00 | | 03:56:08 | | 5 |
| Helga Hillen | | | 13:03,00 | | 00:47:38 | | 01:47:18 | | | | 3 |
| Manfred Hoermann | | | | 33:03,00 | | | | | | | 1 |
| Werner Hölscher | | | | | 00:42:18 | | 01:29:44 | | 03:27:22 | 10:25:58 | 4 |
| Anne Holtkötter | 02:47,97 | 05:46,72 | 11:56,47 | 20:40,00 | 00:42:13 | 01:06:27 | | | | | 6 |
| Michael Holtkötter | 02:33,54 | | 11:56,11 | 19:31,00 | 00:40:33 | 01:03:20 | | | | | 5 |
| Heike Homann | | | | 28:53,00 | 00:59:02 | | 02:12:51 | | 05:05:32 | | 4 |
| Jutta Homann | | | | | 00:59:42 | | | | 04:56:06 | | 2 |
| Sarah Honemann | | | | 21:18,00 | | | | | | | 1 |
| Stephanie Hoppe | | | | 22:51,00 | 00:46:57 | 01:11:27 | 01:40:43 | | 03:37:03 | | 5 |
| Peter Horstmann | | | | | 00:51:01 | | | | | | 1 |
| Heinz Hoveling | 02:59,05 | | | 22:45,00 | 00:48:12 | 01:15:29 | 01:48:08 | | | | 5 |
| Bernd Huesker | | | | 21:29,00 | 00:43:55 | | 01:39:50 | 01:58:50 | 03:29:41 | | 5 |
| Luisa Hülsbusch | 02:39,85 | | 13:08,11 | 22:22,00 | | | | | | | 3 |
| Carsten Ilgemann | | | | 19:23,00 | | | 01:29:11 | | 03:09:28 | | 3 |
| Eva-Maria Jacobs | | | | | | | | | 05:32:43 | | 1 |
| Cèline Jocksch | | | | 20:33,00 | | | | | | | 1 |
| WolfgangKonrad Jonas | | | | | 01:05:29 | | 02:27:11 | | | | 2 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|-----------------------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| Kirsten Jungkamp | | | | 32:56,00 | | | 02:20:51 | | | | 2 |
| Ulrich Kaiser | | | | 20:41,00 | 00:42:30 | 01:06:47 | 01:36:46 | | | | 4 |
| Julia Kaiser-Mariani | | | | | | | | 02:50:18 | | | 1 |
| Damian Kaminski | 02:14,12 | 04:30,26 | 09:45,12 | 16:44,85 | 00:33:53 | 00:53:38 | 01:16:13 | | 02:43:52 | | 8 |
| Brigitte Kampik | | | | 28:53,00 | | | | | | | 1 |
| Jan Kandora | | | | | 00:44:32 | | | | | | 1 |
| Mirko Kandora | | | | 21:33,00 | 00:44:38 | | | | 04:40:12 | | 3 |
| Martin Kanne | | | | | | | | | 03:43:43 | | 1 |
| Peter Kanter | | | | | 00:56:57 | | | | 04:24:42 | | 2 |
| Jana Kappenberg | | | | | 00:39:30 | 01:00:41 | 01:29:26 | | | | 3 |
| André Karneth | | | | 18:44,00 | 00:38:26 | 00:58:09 | 01:24:12 | | 03:30:03 | | 5 |
| Michael Kasprk | | | | 18:26,00 | 00:37:50 | 00:58:54 | 01:23:57 | | 03:08:34 | | 5 |
| Jens Kassebeer | 02:17,03 | | | 18:26,00 | 00:42:09 | | | | | | 3 |
| Jörg Keeren | | | | | 00:44:07 | | 01:38:38 | | | | 2 |
| Dirk Keggenhoff | | | | 22:44,00 | 00:48:25 | 01:14:39 | 01:53:04 | | 04:25:50 | | 5 |
| Sina Kerkering | | | | 22:04,00 | 00:46:02 | 01:11:57 | 01:43:24 | | 03:53:58 | | 5 |
| Stephan Kerkering | | | | | 00:41:44 | 01:11:56 | 01:44:06 | | 03:28:11 | | 4 |
| Bodo Kienecker | | | 10:45,05 | 18:35,00 | | | | | | | 2 |
| Silke Kienecker | | | | | 00:51:32 | 01:20:57 | | | | | 2 |
| Petra Klauß-Vielmeyer | | | | 28:59,00 | 01:00:15 | | 02:13:48 | | 04:56:41 | | 4 |
| Jonas Klein | | | | 24:43,00 | | | | | | | 1 |
| Peter Knein | | | | | | | | | 03:51:07 | | 1 |
| Thomas Knollmeyer | | | | | 00:46:05 | | | | 03:49:41 | | 2 |
| Katharina Knop | | | | | 00:48:58 | 01:17:48 | | | | | 2 |
| Fritz Koch | | | | | 00:31:25 | | 01:14:08 | | | | 2 |
| Heike Koch | | | | | | | | | 03:57:09 | | 1 |
| Mathias Koch | | | | 20:02,00 | 00:42:01 | 01:03:25 | 01:28:11 | | | | 4 |
| Kai-Uwe Kock | | | | 22:26,00 | | | | | | | 1 |
| Miriam Kolar | | | | 25:04,00 | 00:50:32 | | 01:53:27 | 02:22:18 | 04:15:11 | | 5 |
| Ralph König | | | | | 00:44:07 | | | | | | 1 |
| Karsten Kordes | | | | 19:55,00 | 00:46:48 | | | | | | 2 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|---------------------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| Andreas Kösters | 02:09,69 | 04:25,57 | 09:48,56 | 17:09,16 | 00:37:14 | 00:58:18 | 01:24:03 | | 02:49:58 | | 8 |
| Michael Kösters | | | | 22:31,00 | | | 01:50:57 | | | | 2 |
| Vera Kovermann | | | | 26:41,00 | | | | | | | 1 |
| Bettina Krämer | | | | | | | 02:09:24 | | | | 1 |
| Frank Krämer | | | | | | | | 03:41:34 | | | 1 |
| Joost Krämer | 02:07,15 | | | 17:28,00 | 00:40:30 | | | | | | 3 |
| Alida Kranenburg | | | | | | | | 04:48:55 | | | 1 |
| Michael Krapp | | | | 22:21,00 | 00:53:57 | | | | | | 2 |
| Moritz Krapp | | | | | 00:57:14 | | | | | | 1 |
| Markus Kreickmann | | | | | 00:35:12 | | | | | | 1 |
| Bernhard Kreienbaum | | | | 27:09,00 | 00:54:51 | | 02:06:47 | | | | 3 |
| Delia Krell-Witte | 02:54,60 | 05:46,30 | 11:57,72 | 20:36,00 | 00:42:14 | 01:09:58 | 01:41:35 | | | | 7 |
| Manuel Kriegs | | | | | 00:40:21 | | | | | | 1 |
| Rolf Kückelmann | | | | 27:14,00 | | | 02:11:09 | | 05:01:39 | | 3 |
| John Kuhlmann | | | 09:19,11 | 16:24,00 | 00:33:10 | | 01:13:53 | | | | 4 |
| Stefan Lammers | | | | | 00:41:22 | 01:09:59 | 01:39:34 | | 03:31:04 | | 4 |
| Mechthild Lange | | | | | 01:05:22 | | 02:27:11 | | | | 2 |
| Stefan Langenbach | | | | | 00:36:31 | 00:56:39 | | | | | 2 |
| Andreas Leißing | | | | | | | | | 03:29:02 | | 1 |
| Gerrit Lemkau | | | | 19:05,00 | 00:39:49 | 01:03:52 | 01:28:53 | | 03:11:47 | | 5 |
| Robert Lenger | | | | | | | | 01:56:38 | 03:44:43 | | 2 |
| Peter Leonard | | | | | | | | | 03:41:56 | 12:55:49 | 2 |
| Ted Lexmond | | | | 18:35,00 | 00:37:54 | | 01:26:45 | | 03:04:52 | | 4 |
| Rainer Lid | | | | | | | | | 03:33:28 | | 1 |
| Klaus Lietzow | | | | 30:45,00 | | | | | | | 1 |
| Dieter Linsky | | | | 28:31,00 | | | | | | | 1 |
| Hermann Löchte | | | | 24:46,00 | 00:50:03 | 01:19:41 | 01:54:11 | | | | 4 |
| Andreas Löcken | | | | | 00:43:17 | | | | | | 1 |
| Kerstin Loeser | | | | | | | | | 04:24:46 | | 1 |
| Maria Lohscheller | | | | | 00:57:23 | | | | | | 1 |
| Ralf Lohscheller | | | | | 00:47:56 | 01:12:31 | 01:45:20 | | | | 3 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|----------------------------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| Julio Lopes Gomes | 02:49,51 | | | 24:56,00 | | | | | | | 2 |
| Elfi Lorbach | | | | 30:24,00 | | | 02:34:47 | | 05:58:10 | | 3 |
| Georg Ludewig | | | | 29:23,00 | 01:01:23 | | | | | | 2 |
| Martin Luig | | | | | | 01:16:16 | 01:59:06 | | 04:23:40 | | 3 |
| Sandra Lüring | | | | 18:24,00 | 00:37:33 | | | | | | 2 |
| Ruth Lutz | | | | | 00:56:28 | | | | | | 1 |
| Annika Maaßen | | | | 24:58,00 | | | | | | | 1 |
| Marcel Machauer | 02:13,01 | | | 17:21,00 | 00:34:47 | | 01:17:31 | | 02:41:01 | | 5 |
| Michael Machill | | | 10:04,59 | 17:33,00 | 00:37:17 | | 01:27:54 | | 03:05:42 | | 5 |
| Roland Mai | | | | 19:07,00 | 00:39:40 | | 01:27:13 | | 03:07:54 | | 4 |
| Jens Märtin | | | | | 00:44:50 | | 01:44:13 | | 03:59:21 | | 3 |
| Detlev May | | | | | 00:46:20 | | 01:59:40 | | 04:00:03 | | 3 |
| Thomas May | | | | | | | 01:57:06 | | 04:31:44 | | 2 |
| Daniel Mehring | | | | | 00:32:45 | | | | | | 1 |
| Syna Meierkamp | | | 11:26,05 | 18:53,00 | 00:41:20 | | | | | | 3 |
| Artur Meinzer | | | | | 00:49:21 | 01:18:01 | 01:50:12 | | | | 3 |
| Corinna Meiser | | 05:30,51 | | 20:16,00 | 00:41:50 | | | | | | 3 |
| Gerhard Menke | | | | | 00:43:38 | | 01:38:01 | | | | 2 |
| Heinz Merse | | | | 24:22,00 | 00:49:20 | 01:17:25 | 01:51:43 | 02:16:03 | 03:56:27 | | 6 |
| Timo Mersmann | | | | 17:04,00 | | | 01:18:22 | | | | 2 |
| Stephan Meyer | | | | 19:33,00 | 00:40:41 | 01:04:16 | | | | | 3 |
| Marika Meyer zu Brickwedde | | | | 29:42,00 | 00:57:47 | | | | | | 2 |
| Siegfried Mildner | | | | | 00:53:22 | | | | | | 1 |
| Heiko Möcklinghoff | | | | 32:46,00 | 00:47:12 | | 01:49:53 | 02:12:21 | 03:51:22 | | 5 |
| Petra Mulder-Seiger | | | | 23:22,00 | | | | | | | 1 |
| Birgit Nathaus | | | | | 00:53:37 | | | | 04:19:18 | | 2 |
| Beate Naujeck-Peters | | | | | 00:50:40 | | | | 04:21:27 | | 2 |
| Klaus Neufend | | | | | | | 01:49:53 | | | | 1 |
| Helmut Neuhaus | | | | 25:46,00 | | | | | | | 1 |
| Jule Nicolaus | | | | 19:36,00 | | | 01:31:36 | | | | 2 |
| Angela Niemann | | | | | | | | 02:50:17 | | | 1 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|------------------------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| Heiner Nordmann | | | | | | | | | 04:56:34 | | 1 |
| Matthias Nowack | | | | | 00:35:24 | 00:57:12 | 01:19:05 | 01:41:55 | 02:49:49 | | 5 |
| Guntram Ochs | | | | | | | | | 04:14:55 | | 1 |
| Christa Papenkort | | | | 30:28,00 | | | | | | | 1 |
| Sven Penaat | | | | 21:16,00 | | | | | | | 1 |
| Stefan Petermann | | | | | | | | | 04:43:13 | 13:24:42 | 2 |
| Bastian Peters | | | | 19:15,00 | | | | | | | 1 |
| Werner Peters | | | | | | | | | 03:39:20 | | 1 |
| Henning Petzka | | | | | 00:34:03 | | | | 02:35:23 | | 2 |
| Sirus Pezeschgi | | | | | 00:39:49 | 01:03:40 | 01:29:38 | 01:46:45 | 03:11:59 | | 5 |
| Ulrich Pfister | | | | | | | 01:58:32 | | | | 1 |
| Klaus Pick | 02:17,46 | 04:55,56 | 11:36,62 | 19:42,00 | 00:41:42 | | | | | | 5 |
| Sebastian Piegza | | | | 22:41,00 | 00:48:41 | 01:13:41 | 01:47:08 | | 04:14:35 | | 5 |
| AntjeKatrin Pöcheim | | | | 25:03,00 | 00:52:42 | | | | 04:48:01 | | 3 |
| Maren Poppenborg | | | | 22:25,00 | 00:47:19 | | 01:47:35 | 02:15:25 | 04:24:08 | | 5 |
| Martina Pösentrup | | | | 26:57,00 | 00:54:45 | | 02:03:08 | | 04:30:30 | | 4 |
| Martin Pöttker | | | | | 00:48:19 | 01:14:40 | 01:55:22 | | 03:47:13 | | 4 |
| KarlHeinz Prieß | 02:32,82 | 05:20,38 | 11:44,84 | 20:10,00 | 00:44:04 | 01:10:33 | | | | | 6 |
| Torolv Prokosch | 03:05,20 | 06:27,71 | | 24:32,00 | | | 02:03:56 | | | | 4 |
| Mario Proske | | | | 21:36,00 | | 01:09:32 | 01:40:17 | | | | 3 |
| Michael Prott | | | | | 00:37:12 | | 01:21:29 | | 02:59:44 | | 3 |
| Fulvio Quattrocchi | | | | 21:15,00 | 00:43:47 | 01:10:29 | 01:38:40 | | 04:03:06 | | 5 |
| Jan Rabenstein | | | | 22:19,00 | 00:47:00 | | 01:49:29 | | 04:26:26 | | 4 |
| Ulrich Radusch | | | | 26:24,00 | | | | | | | 1 |
| Vanessa Radusch | | | | 22:38,00 | 00:47:22 | 01:12:43 | 01:46:09 | | | | 4 |
| Bärbel Ratering-Slüter | | | | | 00:49:21 | | 01:51:46 | | 03:58:23 | | 3 |
| Wiebke Regenstein | | | | 30:14,00 | 01:04:59 | | | | | | 2 |
| Björn Reiß | | | | 18:15,00 | 00:38:33 | 00:59:26 | | | 03:58:30 | | 4 |
| Johanna Rellensmann | | | 10:20,41 | 17:52,00 | | 00:56:21 | 01:29:51 | | | | 4 |
| Susanne Rellensmann | | | | 33:07,00 | 00:45:49 | | | | | | 2 |
| Andre Riesmeier | | | | | | 01:07:00 | 01:37:38 | | | | 2 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|-----------------------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| Barbara Riesmeier | 02:54,05 | | 12:11,00 | 21:32,00 | 00:44:41 | 01:08:25 | 01:42:05 | | | | 6 |
| Jens Riggers | | | | | 00:40:54 | 01:02:17 | 01:29:32 | | 03:18:51 | | 4 |
| Anna Ringbeck | | | | 28:07,00 | 01:00:38 | | 02:15:56 | 02:53:14 | | | 4 |
| Take Ringena | | | | | 00:44:36 | | 01:43:08 | | | | 2 |
| Yannick Rinne | | | | 16:09,00 | 00:33:19 | | 01:13:28 | | 02:32:33 | | 4 |
| Dieter Rohloff | | | | | 00:55:08 | | | | | | 1 |
| Ida Rose | | 05:25,33 | 11:25,75 | | 00:43:06 | | | | | | 3 |
| Holger Ross | | | | 18:07,00 | 00:37:50 | | | | | | 2 |
| Beate Roth | | | | 28:31,00 | 00:57:45 | | 02:14:10 | | 05:40:18 | | 4 |
| Marvin Röthemeyer | | | | | 00:34:55 | | 01:16:35 | | 02:44:39 | | 3 |
| Marion Rother | 03:32,18 | 07:07,98 | 15:23,00 | 26:14,21 | 00:55:16 | | 02:07:26 | | 05:05:16 | | 7 |
| Heiner Röttger | | | | | | | 01:53:56 | | | | 1 |
| Lucia Röttger | | | | | | | 02:04:26 | | | | 1 |
| Juliana Rotthauwe | | | | 21:16,00 | 00:45:44 | 01:07:58 | 01:40:35 | | | | 4 |
| Petra Rüdebusch | | | | | 00:42:19 | | 01:33:31 | | | | 2 |
| Christina Rüsweg | | | | 19:55,00 | | | | | | | 1 |
| Christa Ruten | | | | | | | 02:18:05 | | | | 1 |
| Sophia Salzwedel | | | | 18:54,00 | 00:37:53 | | 01:24:13 | | 02:57:17 | | 4 |
| Gottfried Schäfers | | | | | 00:53:07 | 01:25:29 | 01:59:24 | | | | 3 |
| Michael Schardt | | | | 23:08,00 | 00:48:37 | | 01:46:55 | 02:11:46 | 04:17:44 | | 5 |
| Ulrich Scharf | | | | | 01:03:23 | | | | | | 1 |
| Michael-Silvan Scheel | 02:25,47 | 05:03,76 | 11:25,46 | 20:38,00 | | | | | | | 4 |
| Diana Schilling | | | | 25:45,00 | 00:52:50 | 01:20:44 | 01:57:30 | | 04:14:48 | | 5 |
| Moritz Schlenkhoff | | | | | 00:39:13 | 00:58:54 | | | | | 2 |
| Dominik Schmaltz | 02:29,77 | 05:05,36 | 10:48,78 | 18:40,00 | 00:38:48 | | | | | | 5 |
| Dirk Schmandt | | | | | 00:48:27 | 01:12:40 | 01:50:30 | | | | 3 |
| Jan-Frederik Schmees | | | | | 00:46:13 | | 01:48:47 | | 03:55:25 | | 3 |
| Reinhard Schmiing | | 05:03,99 | 10:39,00 | 18:21,00 | 00:37:48 | 00:59:03 | 01:24:23 | 01:44:47 | 03:24:31 | | 8 |
| Jürgen Schmitz | | | | | | | | | 04:03:02 | | 1 |
| Caroline Schoneberg | | | | 26:04,00 | 00:53:45 | | 02:08:26 | | | | 3 |
| Eva Schönefeld | 02:44,56 | 05:42,47 | | 22:33,00 | 00:42:56 | 01:07:21 | 01:38:33 | | 03:30:01 | | 7 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|----------------------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|--------|
| David Schönherr | | | | 16:34,68 | 00:32:09 | 00:49:58 | 01:11:01 | 01:28:50 | 02:26:52 | | 6 |
| Christian Schröder | | | | 17:53,00 | 00:37:00 | | 01:22:23 | | | | 3 |
| Miriam Schröder | 02:19,92 | 05:03,64 | | 17:34,00 | 00:36:34 | | | | | | 4 |
| Oliver Schröder | | | | 19:05,00 | 00:39:34 | | 01:31:14 | | 03:20:10 | | 4 |
| Sascha Schücker | | | | | 00:33:01 | | | | | | 1 |
| Thorsten Schulze | | | | 21:04,00 | 00:43:44 | | 01:39:14 | | 03:37:20 | | 4 |
| MoritzJan Schütze | | | | | 00:46:50 | | 01:44:59 | | 03:51:18 | | 3 |
| Annette Schwarzkopp | | | | 26:24,00 | 00:57:24 | | 02:12:38 | | 05:29:53 | | 4 |
| Ira Schwefer | | | | 20:38,00 | 00:42:39 | 01:04:44 | 01:33:43 | | 03:20:09 | | 5 |
| Jürgen Seidel | | | | 24:31,00 | 00:57:04 | 01:21:13 | | | | | 3 |
| Annette Seitter | | | | | | | | | 04:40:36 | | 1 |
| Florian Severin | | | | 19:43,00 | 00:40:24 | | 01:33:01 | | 03:33:49 | | 4 |
| Philip Slüter | | | 10:23,00 | 17:58,00 | | | | | | | 2 |
| Uwe Slüter | | | | 25:26,00 | | | | | | | 1 |
| Andreas Sontopski | | | | | 00:47:50 | | | | 03:10:01 | | 2 |
| Gaby Spatz | | | | | 01:02:03 | | 02:25:00 | | 05:41:45 | | 3 |
| Silvia Sprenger | | | 13:23,00 | | 00:48:12 | | 01:43:05 | | 03:37:45 | | 4 |
| Pantaleone Squillace | | | | 31:25,00 | | | | | | | 1 |
| Sybille Stein | | | | | | | 01:40:52 | | | | 1 |
| Dieter Sternberg | | | | 21:31,00 | 00:44:31 | | | 01:59:44 | | | 3 |
| Kai Stoffels | | | | 20:18,00 | 00:43:27 | | | | 03:25:42 | | 3 |
| Julia Suwelack | | | | | | | | | 04:31:15 | | 1 |
| Uschi Sypiana | | | | 29:51,00 | | | | | | | 1 |
| Angelika Syska | | | | 28:26,00 | 00:58:55 | 01:38:40 | 02:19:31 | | 05:07:43 | | 5 |
| John Taylor | | | | 21:38,00 | 00:44:27 | | 01:39:15 | | 03:39:30 | | 4 |
| Gerd Terbrack | | | | | 00:50:35 | 01:21:50 | 01:56:42 | | 04:38:55 | | 4 |
| Christian Thien | | | | | 00:52:45 | | | | | | 1 |
| Anne Thonemann | | | | 31:02,00 | | | | | | | 1 |
| Wilhelm Thonemann | | | | | 00:57:35 | 01:28:49 | 02:12:49 | | | | 3 |
| Birte Tiedemann | | | | | 00:55:29 | | | | | | 1 |
| Eva Tingelhoff | 02:37,97 | | | 19:30,00 | 00:39:55 | | | | | | 3 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|------------------------|----------|--------|----------|----------|----------|----------|-----------|---------|----------|----------|--------|
| Michael Tombrink | | | | 24:05,00 | 00:50:17 | | 01:43:53 | | 05:16:04 | | 4 |
| Rainer Uetz | | | | | | | | | 03:46:32 | | 1 |
| Ingo Ulbrich | | | | 32:03,00 | | | | | | | 1 |
| Thorsten Ullrich | | | | | | | | | 03:51:30 | | 1 |
| Torben Unterfeld | 02:05,53 | | 10:31,00 | 18:43,00 | 00:42:09 | | | | | | 4 |
| Marion Urmelt | | | | | 00:55:55 | 01:26:37 | 02:05:13 | | 04:14:47 | | 4 |
| Jose Valente | | | | | 00:45:55 | | 01:48:28 | | 04:12:59 | | 3 |
| Markus van der Velde | | | | 18:33,00 | 00:38:58 | 01:00:08 | | | 03:19:22 | | 4 |
| Marianne Voetz | | | | | 00:52:02 | | | | | | 1 |
| Christian Vogel | | | | | | | 01:33:50 | | | | 1 |
| Hinz Völkert | | | | | 01:00:28 | 01:32:28 | 02:15:43 | | 05:14:45 | | 4 |
| Steffen Vollbrecht | | | | 18:51,00 | | | | | | | 1 |
| Hella von Lützau | | | | | 00:58:49 | | | | | | 1 |
| Simon von Martial | | | | | 00:37:38 | | 01:20:45 | | 02:49:12 | | 3 |
| Katrin Wachsmann | | | | 25:40,00 | 00:59:41 | | 02:07:31 | | | | 3 |
| Rainer Wachsmann | | | | 22:17,00 | 00:48:13 | 01:13:48 | 01:48:13 | | 03:57:48 | | 5 |
| Annette Wagner | | | | | 00:57:55 | | 02:15:05 | | | | 2 |
| Daniel Wälte | | | 10:12,22 | 17:59,00 | 00:38:25 | | 01:27:49 | | | | 4 |
| Jaques Weber | | | | 26:26,00 | | | | | | | 1 |
| Guido Wecker | | | | 23:54,00 | 00:50:57 | | 02:14:04 | | 04:41:09 | | 4 |
| Stephan Wegener | | | | | 00:55:04 | | | | 05:15:12 | | 2 |
| Ulrike Wegener | | | | | 01:02:45 | | | | 05:18:10 | | 2 |
| Arne Wehner | | | | 22:25,00 | | | 01:47:43 | | 04:30:37 | | 3 |
| Karl Wendland | | | | 26:13,00 | | | | | | | 1 |
| Martina Wesseler | | | | | 00:59:01 | | | | | | 1 |
| Michael Weste | | | | | 00:36:44 | 00:56:38 | 01:20:55 | | 02:56:19 | | 4 |
| Tobias Westermann | | | | 19:17,00 | 00:40:09 | 01:03:51 | 01:33:35 | | 03:32:12 | | 5 |
| Axel Wiedenhues | | | | 26:22,00 | | | | | | | 1 |
| Stephanie Wieland | | | | 25:02,00 | | | 02:03:07 | | | | 2 |
| Harald Winkels | | | 16:56,00 | 28:43,00 | | | | | | | 2 |
| Nicole Woermann-Riedel | | | | 27:58,00 | | | 02:10:22 | | 04:56:27 | | 3 |

| | 0,8 km | 1,5 km | 3,0 km | 5,0 km | 10,0 km | 15,0 km | Halb-Mara | 25,0 km | Marathon | 100,0 km | Anzahl |
|--------------------|--------|--------|----------|----------|----------|----------|-----------|---------|----------|----------|--------|
| Clemens Wolking | | | 12:10,00 | | 00:42:43 | 01:05:00 | 01:33:52 | | 03:35:50 | | 5 |
| Leonie Wollenweber | | | | | | | 01:51:55 | | | | 1 |
| Heinz Woltering | | | | | 00:55:03 | 01:29:53 | 02:22:54 | | 05:31:52 | | 4 |
| Marc Ziegler | | | | 18:15,00 | 00:38:31 | 01:00:59 | 01:22:55 | | 02:59:28 | | 5 |
| Peter Zimmer | | | | | 00:46:16 | | | | | | 1 |
| Reinhard Zumdick | | | | | | | | | 03:17:36 | | 1 |