	1. Etappe		2. Etappe		3. Etappe		4. Etappe		5. Etappe		6. Etappe		Ges.	
Marvin Röthemeyer	01:13:36	2. MHK	01:26:15	3. MHK	01:12:51	3. MHK	01:12:32	3. MHK	01:35:23	3. MHK	01:37:49	3. MHK	08:18:26	3. MHK
Reinhard Zumdick	01:23:01	1. M55	01:38:45	1. M55	01:23:56	1. M55	01:21:06	1. M55	01:44:31	1. M55	01:44:24	1. M55	09:15:43	1. M55
Ludger Pösentrup	01:28:23	6. M55	01:40:55	3. M55	01:25:32	3. M55	01:24:16	3. M55	01:47:54	4. M55	01:46:59	4. M55	09:33:59	2. M55
Werner Hölscher	01:28:43	7. M55	01:47:17	10. M55	01:25:28	2. M55	01:23:59	2. M55	01:47:30	3. M55	01:46:36	3. M55	09:39:33	6. M55
Peter Leonard	01:25:11	5. M50	01:47:00	21. M50	01:29:06	15. M50	01:27:55	18. M50	01:53:41	21. M50	01:48:48	12. M50	09:51:41	16. M50
Rainer Lid	01:28:39	2. M65	01:47:28	2. M65	01:29:19	2. M65	01:26:17	2. M65	01:52:23	2. M65	01:51:02	2. M65	09:55:08	2. M65
Michael Geske	01:34:14	15. M55	01:51:09	12. M55	01:30:23	11. M55	01:36:56	20. M55	01:53:30	10. M55	01:51:33	10. M55	10:17:45	12. M55
Silvia Sprenger	01:33:48	5. W30	01:51:46	6. W30	01:33:39	5. W30	01:32:11	7. W30	01:55:53	6. W30	01:51:11	5. W30	10:18:28	6. W30
Ralf Schmeing	01:36:08	17. M55	01:55:52	17. M55	01:37:17	17. M55	01:37:06	22. M55	02:00:35	15. M55	02:02:24	17. M55	10:49:22	16. M55
Bernd Huesker	01:37:11	5. M65	01:57:34	5. M65	01:35:58	5. M65	01:35:50	5. M65	02:01:48	5. M65	02:02:26	4. M65	10:50:47	4. M65
Hermann Fliß	01:39:46	25. M55	02:09:30	40. M55	01:39:55	22. M55	01:36:54	18. M55	01:59:03	12. M55	02:01:17	16. M55	11:06:25	19. M55
Detlev May	01:48:20	33. M40	02:08:32	33. M40	01:36:49	27. M40	01:39:59	30. M40	02:07:35	28. M40	02:05:57	27. M40	11:27:12	27. M40
Dirk Schmandt	01:49:32	70. M50	02:14:17	76. M50	01:45:03	56. M50	01:44:24	62. M50	02:12:33	60. M50	02:14:11	64. M50	12:00:00	63. M50
Simone de Kruijff	01:52:44	10. W45	02:13:51	9. W45	01:45:47	8. W45	01:45:10	8. W45	02:13:23	8. W45	02:12:40	7. W45	12:03:35	8. W45
Magnus Grüger	01:56:39	57. M55	02:13:58	49. M55	01:46:51	36. M55	01:46:52	42. M55	02:14:13	35. M55	02:14:36	36. M55	12:13:09	40. M55
Klaus Bühn	01:49:01	40. M55	02:10:54	44. M55	01:51:57	47. M55	01:47:33	44. M55	02:25:22	51. M55	02:23:34	51. M55	12:28:21	46. M55
Miriam Kolar	02:01:07	15. W40	02:18:08	14. W40	01:57:03	13. W40	01:52:06	12. W40	02:21:26	11. W40	02:16:47	8. W40	12:46:37	13. W40
Annette Tertünte	01:56:10	7. W55	02:19:19	9. W55	01:55:14	6. W55	01:53:36	8. W55	02:23:37	7. W55	02:21:36	10. W55	12:49:32	7. W55
Bärbel Ratering-Slüter	02:02:41	9. W55	02:17:19	8. W55	02:07:46	10. W55	01:48:48	5. W55	02:21:58	6. W55	02:20:07	6. W55	12:58:39	8. W55
Stefan Hahn	02:05:01	66. M55	02:21:23	58. M55	01:54:37	52. M55	02:05:27	61. M55	02:29:14	54. M55	02:16:13	40. M55	13:11:55	52. M55
Tina Althoff	02:01:38	17. W40	02:14:32	12. W40	02:04:39	18. W40	01:58:33	17. W40	02:28:36	15. W40	02:32:38	17. W40	13:20:36	16. W40
Stefan Petermann	02:01:36	88. M50	02:23:33	85. M50	02:01:13	81. M50	01:58:30	80. M50	02:28:30	76. M50	02:32:01	81. M50	13:25:23	78. M50
Martina Pösentrup	02:01:41	25. W50	02:24:56	24. W50	02:04:39	28. W50	01:58:33	27. W50	02:28:37	20. W50	02:32:39	27. W50	13:31:05	25. W50
Katrin Wachsmann	02:01:43	14. W45	02:24:55	14. W45	02:04:40	16. W45	01:58:34	15. W45	02:28:36	15. W45	02:32:40	14. W45	13:31:08	14. W45
Lucia Röttger	02:02:03	26. W50	02:26:03	28. W50	02:04:57	29. W50	02:00:59	28. W50	02:32:31	25. W50	02:28:49	23. W50	13:35:22	26. W50
Annika Maaßen	02:04:57	13. W35	02:26:58	13. W35	02:15:18	14. W35	02:04:43	14. W35	02:28:17	13. W35	02:32:38	14. W35	13:52:51	14. W35
Heinz Merse	02:00:16	59. M55	02:33:49	65. M55	02:09:26	65. M55	02:05:33	62. M55	02:42:03	60. M55	02:38:06	58. M55	14:09:13	58. M55
Andreas Baune	02:06:58	93. M50	02:33:50	93. M50	02:07:56	86. M50	02:05:32	86. M50	02:37:07	85. M50	02:38:00	85. M50	14:09:23	84. M50
Antje Pöchheim	02:07:01	17. W45	02:33:51	17. W45	02:09:19	18. W45	02:05:33	18. W45	02:42:00	17. W45	02:38:05	15. W45	14:15:49	16. W45
Uta Haves	02:05:54	30. W50	02:30:09	31. W50	02:08:48	31. W50	02:05:20	31. W50	02:43:50	28. W50	02:43:41	30. W50	14:17:42	30. W50
Peter Kanter	02:08:48	9. M70	02:43:58	9. M70	02:10:26	8. M70	02:07:58	8. M70	02:44:10	8. M70	02:37:39	8. M70	14:32:59	8. M70
Hinz Völkert	02:13:41	11. M70	02:45:03	10. M70	02:15:16	9. M70	02:10:25	9. M70	02:53:45	9. M70	02:55:31	9. M70	15:13:41	9. M70
Michael Prott	01:18:23	5. M40	01:29:49	3. M40	01:15:57	3. M40	01:15:30	4. M40	01:37:36	5. M40				
Angelika Syska	02:19:55	10. W60	03:00:04	10. W60	02:28:03	10. W60	02:32:08	10. W60	03:16:11	10. W60				
Nicole Woermann-Riedel			02:36:31	20. W40	02:15:18	21. W40	02:11:09	21. W40	02:47:52	20. W40	02:44:53	21. W40		
Stefan Bales	01:24:46	4. M50	01:45:02	13. M50										
Sirus Pezeschgi	01:32:07	12. M55												
Michael Goschke	02:06:58	77. M45												
Sabine Goschke	02:17:03	35. W50												