

Platz	Platz AK	Start-Nr.	Zeit	Name	Vorname	m/w	JG	AK	Verein	Lauf
1	1. MJ U20	56	00:34:01,77	Heinrich	Michel	m	2004	MJ U20	Melle 03	10k
2	1. M35	47	00:34:32,00	Fritz	Pascal	m	1986	M35	Hannover 96	10k
3	1. M40	60	00:35:22,72	Kossenjans	Christian	m	1982	M40	Hannover Runners	10k
4	1. M30	23	00:37:20,69	Schulz	Daniel	m	1990	M30	Hannover	10k
5	1. M	44	00:39:22,80	Brosch	Torben	m	1999	M	JUST RUN	10k
6	2. M	14	00:39:26,01	Schaare	Timon	m	1997	M	LG Braunschweig	10k
7	3. M	36	00:39:43,71	Härtwig	Christopher	m	2000	M	Tus Vinnhorst	10k
8	2. M40	43	00:40:13,42	Jäger	Daniel	m	1980	M40	VFB Salzkotten	10k
9	1. M55	31	00:40:36,37	Pohl	Johann	m	1966	M55	TEaMPOHl	10k
10	1. W	16	00:42:27,00	Teuber	Charlene	w	1994	W	LG Braunschweig	10k
11	3. M40	42	00:42:31,43	Gisnas	Oystein	m	1980	M40	Garbsen	10k
12	1. M65	9	00:43:55,18	Gütermann	Frank	m	1957	M65	LAC Langenhagen	10k
13	1. M60	61	00:43:59,09	Fricke	Lothar	m	1962	M60	Hannover 96	10k
14	4. M	46	00:44:19,03	Battermann	Eike	m	1993	M	Hannover 96	10k
15	4. M40	51	00:44:58,01	Dösinger	Christian	m	1982	M40	Hannover 96 Triathlon	10k
16	2. M60	50	00:45:22,80	Gelman	Leonid	m	1960	M60	Schwimmtrainer Leonid Gelman	10k
17	2. W	49	00:45:23,43	Blümel	Sarah-Jasmine	w	1998	W	Hannover 96	10k
18	2. M55	45	00:45:24,83	Höpfner	Frank-Detlef	m	1966	M55	IG Grabe	10k
19	3. M60	21	00:45:29,30	Janke	Steffen	m	1962	M60	LAC Langenhagen	10k
20	1. W45	55	00:45:46,43	Bernstein	Jama	w	1975	W45	TSV Kirchdorf	10k
21	3. M55	5	00:46:56,03	Dube	Olaf	m	1967	M55	VT Rinteln	10k
22	1. W50	29	00:46:57,19	Marienberg	Anette	w	1970	W50	ohne	10k
23	5. M40	52	00:47:49,14	Stephan	Jörg	m	1978	M40	Neustadt	10k
24	4. M55	20	00:48:29,76	Niehaus	Jörg	m	1967	M55	Hannover	10k
25	5. M	15	00:48:32,89	Wagner	Henrik	m	1998	M	LG Braunschweig	10k
26	3. W	8	00:49:47,01	Schefft	Louisa	w	1993	W	Hannover	10k
27	5. M55	4	00:49:51,00	Weisker	Michael	m	1966	M55	Hannover 96 Triathlon	10k
28	2. W45	30	00:50:08,49	Eickhoff	Carmen	w	1976	W45	Team Bevegt.de	10k
29	1. M50	41	00:50:34,44	Schröder	Torsten	m	1972	M50	MTV Ohndorf	10k
30	4. W	17	00:50:38,59	Minnich	Lina	w	2002	W	LG Braunschweig	10k
31	2. W50	48	00:50:51,03	Strueber	Beate	w	1969	W50	Hannover Runners	10k
32	3. W45	32	00:51:20,38	Gürsch	Melanie	w	1976	W45	Hannover 96	10k
33	6. M40	18	00:51:55,75	Granitzka	Dr. Markus	m	1981	M40	TuS Vinnhorst	10k
34	6. M55	40	00:52:08,02	Meier	Frank	m	1965	M55	Hannover	10k
35	2. M35	62	00:52:16,37	Pretzer	Dennis	m	1984	M35		10k
36	1. M45	37	00:52:42,39	Taube	Ingo	m	1975	M45	Post-SV Holzminden	10k
37	3. M35	35	00:53:26,45	Helbig	Jan-Frederic	m	1984	M35	Hannover	10k
38	7. M40	12	00:53:27,14	Kölbel	Sebastian	m	1980	M40	Dachser Running Crew	10k
39	8. M40	10	00:53:28,20	Miller	Oliver	m	1981	M40	Fit&Fröhlich	10k
40	2. M65	3	00:53:36,80	Messerschmidt	Alfred	m	1955	M65	Tischlerei Messerschmidt	10k
41	4. M60	53	00:53:40,15	Giersmehl	Udo	m	1960	M60	Continental Reifen Deutschland Gr	10k
42	1. MJ U18	58	00:53:46,14	Buchwaldt	Leo Ben	m	2005	MJ U18	Tus Vinnhorst	10k
43	6. M	7	00:54:47,66	Baum	Alexander	m	1996	M	TuS mecklenheide	10k
44	5. W	6	00:54:47,81	Klinke	Vanessa	w	1995	W	TuS mecklenheide	10k
45	7. M	59	00:55:03,98	Heilmann	Max	m	2002	M		10k
46	5. M60	11	00:55:49,17	Modrow	Gerd	m	1961	M60	VHV Versicherungen	10k
47	2. M50	28	00:57:06,30	Küllsen	Rolf	m	1969	M50	Clan Waterfield	10k
48	9. M40	57	00:57:54,70	Wagner	Steffen	m	1978	M40	Tus Vinnhorst	10k
49	1. M70	25	00:59:10,84	Neumann	Wolfgang	m	1950	M70	SC Schwarz-Gold Hannover	10k