

5km Herren

1	Tom-Leon Bens	0:15:10	0:15:09
2	Jonas Kannenberg	0:16:14	0:16:09
3	Bruno Rudnick	0:19:29	0:19:20
4	Simon Graunke	0:19:36	0:19:25
5	Marius Meyer	0:21:59	0:21:49
6	Philipp Waldvogt	0:26:45	0:22:06
7	Marcel Meyer	0:22:50	0:22:11
8	Christian Kuessner	0:22:30	0:22:21
9	Mahdi Rahali	0:23:21	0:22:30
10	Mike Neugum	0:22:51	0:22:34
11	Mats Hansjürgens	0:22:50	0:22:38
12	Minh-Dan Nguyen	0:24:21	0:23:56
13	Philipp Hertrich	0:24:44	0:24:09
14	Andre Graute	0:32:47	0:25:01
15	Luke Liqui	0:26:54	0:25:51
16	Alexander Werning	0:26:33	0:25:58
17	Paul Luis Hahn	0:26:52	0:26:20
18	Michael Robrecht	0:27:31	0:26:48
19	Arnab Sharma	0:30:48	0:26:57
20	Jan Hachmeister	0:31:48	0:27:04
21	Frandel Tchoffo	0:31:48	0:27:13
22	Thomas Werthmöller	0:32:26	0:27:46
23	Florian Tyrra	0:32:27	0:27:48
24	Seid-Alyas Bashar	0:42:52	0:28:45
25	Dennis Wüppelmann	0:29:27	0:28:54
26	Christian Scheideler	0:37:08	0:29:21
27	Fabian Jung	0:39:08	0:30:22
28	Jonathan Zier	0:39:34	0:30:39
29	Patrick Siemensmeyer	0:35:39	0:31:11
30	Dennis Großmann	0:40:26	0:31:15
31	Jonas Walbaum	0:36:03	0:31:26
32	Michael Kuhlmann	0:40:02	0:31:30
33	Farshad Afshari	0:41:22	0:32:11
34	Jonas Schröder	0:36:20	0:32:36
35	Alexander Dridiger	0:44:00	0:34:38
36	Jonas Harbig	0:44:55	0:35:03
37	Nils Wagner	0:47:09	0:37:18
38	Martin Hohrath	0:46:50	0:37:20
39	Sajjad Salimi	0:59:28	0:51:03

5 km Frauen

1	Nele Weike	0:17:02	0:16:59
2	Jana Hoffmann	0:22:12	0:22:09
2	Lea Weike	0:22:12	0:22:09
4	Charlotte Fischer	0:22:52	0:22:17
5	Marie Caspari	0:23:59	0:23:40
6	Svenja Toepsch	0:26:01	0:25:12
7	Michelle Kirsch	0:26:11	0:25:15
8	Mirjam Schulze	0:26:17	0:25:21

9	Sophie Unger	0:29:19	0:25:54
10	Paula Meier Galbete	0:26:41	0:25:57
11	Hanna Spliethoff	0:26:47	0:26:05
12	Jana Schulz	0:28:19	0:27:21
13	Sophia Goldkuhle	0:27:54	0:27:29
14	Lina Meierfrankenfeld	0:28:05	0:27:39
15	Charlotte Zöllner	0:27:58	0:27:40
16	Johanna Noak	0:31:52	0:27:45
17	Marie Britten	0:32:53	0:28:18
18	Merle Gravendyk	0:32:33	0:28:33
19	Antonia Werner	0:32:20	0:28:36
20	Louise Leyers	0:32:30	0:28:42
21	Kim Schulz	0:32:30	0:28:45
22	Sarah Eulitz	0:29:48	0:28:59
23	Kimberly Schrader	0:39:06	0:29:06
24	Greta Gerdes	0:38:09	0:29:19
25	Franziska Hoffmann	0:38:25	0:29:36
26	Anita Langemann	0:38:41	0:29:41
27	Liv Take	0:38:02	0:29:46
28	Janine Dawson	0:34:50	0:30:08
29	Jinfeng Dou	0:38:05	0:30:18
30	Catharina Petersen	0:39:07	0:30:22
31	Pia-Sophie Frücht	0:35:34	0:30:58
32	Lena Knipping	0:34:49	0:31:01
33	Celina Avermeyer	0:39:51	0:31:22
34	Vanessa Dreising	0:40:52	0:31:23
35	Christin Schmidt	0:36:03	0:31:26
36	Anni Unverzagt	0:40:09	0:31:37
37	Amalija Pecjak	0:40:49	0:31:39
38	Mae Becker	0:40:50	0:31:40
39	Selin Meier	0:41:10	0:31:49
40	Saskia Steinke	0:35:41	0:31:51
41	Pia Beschorner	0:40:40	0:32:12
41	Pia Stoczek	0:35:58	0:32:12
43	Anna Lisa Wichmann	0:36:33	0:32:16
44	Elisa Wibbeke	0:40:19	0:32:17
45	Theresa Bremke	0:36:51	0:32:35
46	Lena Marken	0:41:37	0:32:42
47	Jella Harriet Meyn	0:43:55	0:34:33
48	Lena Preker	0:44:11	0:34:34
48	Jamie Celine Globig	0:44:11	0:34:34
50	Stephanie Vogel	0:39:04	0:34:45
51	Silia Babel	0:39:28	0:34:50
51	Renske Zufacher	0:44:28	0:34:50
53	Julia Zölzer	0:44:29	0:34:51
54	Eleonore Sybille Genoveva Seiferth	0:43:52	0:35:00
54	Johanna Schilling	0:44:44	0:35:00
56	Katharina Twents	0:43:48	0:35:10
57	Emma Copei	0:44:10	0:35:14
58	Lina Milaege	0:44:12	0:35:15
59	Michelle Schmökel	0:44:21	0:35:30
60	Katharina Von Kellenbach	0:44:12	0:36:06
61	Kaja Czolkos	0:45:59	0:36:08

62	Isabell Jenninger	0:45:48	0:36:46
63	Julia Winkelmann	0:45:58	0:36:58
64	Anneliese Wilsch	0:47:16	0:37:04
64	Magdalena Can	0:46:05	0:37:04
66	Sarah Hohrath	0:46:49	0:37:20
67	Marlin Marie Link	0:47:23	0:37:23
68	Nataly Stimpel	0:46:35	0:37:32
69	Maike Wieners	0:47:13	0:38:01
70	Emily-Sue Knoop	0:47:11	0:38:11
71	Ayce Taskaya	0:47:15	0:38:12
72	Adwiteeya Saha	0:46:19	0:38:17
73	Angelika As	0:47:05	0:38:49
74	Laura-Sophie Belitz	0:47:58	0:39:34
75	Kira Isemann	0:50:22	0:40:16
75	Michelle Dik	0:50:22	0:40:16
77	Emma Wachenfeld	0:50:39	0:41:16
77	Faezeh Taghie	0:49:35	0:41:16
79	Melinda Schneider	0:51:47	0:42:40
80	Sandra Eckert	0:51:48	0:42:41
81	Maximiliane Mag	0:52:40	0:43:46
82	Sina Michalowitz	0:52:40	0:43:47
83	Marit Holtmann	0:52:51	0:44:01
84	Solveig Cebulla	1:02:20	0:54:05

10 km Herren

1	Matthias Gravendyk	0:31:17	0:31:16
2	Jonas Schumacher	0:32:42	0:32:40
3	Johannes Hodapp	0:39:20	0:39:03
4	Nicolas Potthast	0:39:45	0:39:41
5	Fabian Klauke	0:42:15	0:41:19
6	Till Piepenbrock	0:42:39	0:42:23
7	Nils Horstmann	0:42:44	0:42:26
8	Franz Roeder	0:42:43	0:42:38
9	Jan Wessel	0:43:03	0:42:39
10	Armando Dilan	0:53:10	0:43:54
11	Florian Kluge	0:45:38	0:44:32
12	Rene Fahr	0:45:16	0:45:01
13	Antonius Jack	0:49:59	0:45:16
14	Eric Schniedermeyer	0:46:52	0:45:45
15	Ole Dependahl	0:49:47	0:46:34
16	Moritz Neuser	0:47:49	0:46:55
17	Simon Olma	0:47:49	0:47:18
18	Julen Gayarre Bunz	0:47:44	0:47:19
19	Moritz Ostermann	0:50:46	0:47:45
20	Jean Niklas Strüber	0:57:10	0:47:52
21	Johannes Lex	0:49:34	0:48:23
22	Sven Thomas	0:48:55	0:48:30
23	Niklas Niere	0:50:14	0:49:27
24	Jonathan Brenke	0:50:50	0:49:31
25	Kay-Peter Hoyer	0:50:14	0:49:46
26	Leon Bußemas	0:50:55	0:49:50

27	Lennart Kleine	0:53:50	0:50:12
28	Adrian Mertens	0:51:04	0:50:15
29	Robert Koehn	0:54:49	0:50:19
30	Guillermo Gazopo	0:50:48	0:50:22
31	Jannik Grewe	0:55:26	0:51:00
32	Alexander Rethmeier	0:58:25	0:51:28
33	Simon Basak	1:00:01	0:51:44
34	Alejandro Garrido Alonso	0:52:30	0:52:04
35	Lennard Speer	0:56:59	0:52:31
35	Fabian Deppe	0:56:59	0:52:31
37	Matti Nachname	0:57:09	0:52:39
38	Matthias Artmann	0:57:36	0:52:48
39	Michel Rodenberg	0:57:24	0:52:54
40	Jonah Emken	0:56:45	0:53:16
40	Nicolas Matyszewski	1:01:56	0:53:16
42	Torben Paßgang	0:56:58	0:53:46
42	Philipp Pabel	0:56:58	0:53:46
44	Linus Rottjakob	1:02:34	0:53:55
45	Leo Decking	0:57:27	0:53:57
46	Stefan Sauer	0:58:59	0:54:58
47	Daniel Schwietert	1:00:18	0:55:23
48	Stephan Tölle	1:03:31	0:55:41
49	Dustin Siebert	0:56:23	0:55:46
50	Jonas Tulodziecki	1:00:19	0:55:49
51	Tobias Hardes	1:04:01	0:56:14
52	Jonathan Von Niessen	1:01:39	0:56:59
53	Jan Meyerhans	1:05:59	0:57:09
54	Rafael Leisering	1:05:04	0:57:15
55	Tobias Reith	1:01:19	0:57:24
56	Marvin Klöpperpieper	1:02:20	0:57:39
57	Moritz Borchardt	1:08:15	0:58:34
58	Dennis Wolters	1:06:35	0:58:48
59	Alexander Dirksen	1:07:12	0:59:14
60	Laurin Masa	1:09:25	0:59:21
61	Tizian Kaufmann	1:09:25	0:59:24
62	Mats Kemnitz	1:11:41	1:01:40
63	Mark Zörner	1:10:34	1:02:42
64	Björn Wever	1:10:50	1:02:58
65	Robert Bergstreiser	1:03:27	1:03:14
66	Benjamin Kasten	1:13:15	1:03:25
67	Lewin Nitsche	1:13:19	1:05:27
67	Dominik Strasser	1:13:19	1:05:27
69	Arnold Tchomgue Simeu	1:15:03	1:05:35
70	Domenico Lombardo	1:16:32	1:06:26
71	Joel-Maurice Kessler	1:15:26	1:08:13
72	Andreas Brennecke	1:22:50	1:13:46

10 km Frauen

1	Clara Borghoff	0:38:24	0:38:22
2	Leni Fieder	0:43:17	0:42:33
3	Janine Herrmann	0:45:12	0:44:55

4	Marie Fischer	0:51:47	0:47:58
5	Hanna Seibel	0:52:35	0:49:01
6	Clarissa Lührmann	0:49:12	0:49:04
7	Lisa Picht	0:51:14	0:50:25
8	Alina Mücke	0:54:35	0:50:34
9	Linda Erkeling	0:55:40	0:51:26
10	Moeko Mori	0:54:49	0:51:51
11	Sophie Schäpsmeier	1:00:31	0:52:05
12	Lisanne Severing	0:58:44	0:54:03
13	Meike Bornemann	0:57:41	0:54:32
14	Emily Nass	0:59:32	0:54:38
15	Silvia Dohmeier-Fischer	0:58:39	0:55:36
16	Linda Grosche	1:00:13	0:55:40
17	Lea Stallmeister	0:59:42	0:56:09
18	Michelle Müller	1:00:00	0:56:27
19	Katharina Völlmecke	1:05:40	0:56:41
20	Ines Wallmeier	1:01:28	0:57:14
21	Joy Anna Schwemin	1:01:48	0:57:21
22	Josephine Mönlich	1:06:47	0:57:24
23	Lara Beller	1:06:18	0:57:49
24	Nicole Geymeier	1:05:51	0:57:53
25	Anica Rose	1:01:26	0:58:09
26	Christiane Amedick	1:05:37	0:58:22
27	Christiane Borghoff	1:02:10	0:58:31
28	Tabitha Charlotte Beyer	1:08:13	0:59:00
29	Johanna Prof. Dr. Kudella	1:08:25	0:59:02
30	Helen Müller	1:03:54	0:59:03
31	Nadine Lappe	1:09:51	1:00:05
32	Lotte Kütemeier	1:05:36	1:00:59
33	Tabea Schlüter	1:08:37	1:01:14
34	Hannah Ruten	1:11:00	1:01:33
35	Finja Mentgen	1:09:03	1:01:46
36	Lena Magdeburg	1:11:55	1:01:49
37	Jana Marie Petrikat	1:06:21	1:02:20
38	Paula Jostwerner	1:11:53	1:02:23
39	Florentine Mielke	1:11:58	1:02:28
40	Leonie Risse	1:11:32	1:02:30
41	Jule Gärtner	1:11:35	1:03:09
42	Charlize Bee Kammermann	1:12:01	1:03:19
43	Pia Ziegelscheck	1:13:44	1:03:55
44	Romina Müller	1:13:11	1:03:56
45	Vanessa Gehres	1:12:29	1:04:17
46	Annika Seliger	1:08:00	1:04:29
47	Jana Löwen	1:13:34	1:04:36
48	Antonia Fietz	1:14:39	1:04:40
48	Betty Michel	1:14:39	1:04:40
50	Lynn Pollmann	1:14:11	1:04:59
51	Luisa Nutt	1:15:31	1:06:19
51	Kristin Meierfrankenfeld	1:15:31	1:06:19
53	Myriam García Izu	1:14:14	1:06:41
54	Adriana Dr. Gorospe	1:14:44	1:07:11
55	Sarah Das	1:17:12	1:07:57
56	Lisa Rübbelke	1:18:09	1:08:29

57	Tomke Sophie Sieg	1:18:14	1:09:06
58	Katharina Schulte	1:18:14	1:09:22
59	Sarah Gelhaus	1:13:49	1:09:33
60	Sophia Buttgereit	1:19:37	1:09:56
60	Sarah Breuer	1:19:37	1:09:56
62	Esther Grimm	1:19:08	1:09:58
63	Alexandra Jaqueline Weinberg	1:21:11	1:11:08
64	Uta Klare	1:21:13	1:11:32
65	Carolyn Matthes	1:21:44	1:12:42
66	Laura Küppers	1:21:46	1:12:43
67	Victoria Hofmann	1:28:17	1:18:35

HM Herren

1	Maximilian Kaluza	1:29:46	1:29:31
2	Jan Brockmeier	1:31:59	1:31:41
3	Paul Kottmann	1:32:43	1:32:14
4	Horst Höcker	1:40:32	1:33:16
5	Ben Imenkämper	1:37:37	1:37:07
6	Felix Weißenburger	1:42:50	1:39:04
7	Daniel Marx	1:43:03	1:39:22
8	Adrian Van Baal	1:46:47	1:39:43
9	Sven Hüsing	1:44:58	1:41:13
10	Lukas Lindemann	1:47:59	1:41:17
11	Henning Bunsmann	1:45:22	1:41:40
12	Luis Alexander Knoche	1:45:23	1:41:47
13	Lukas Wolff	1:45:48	1:42:01
14	Julian Kaluza	1:49:00	1:42:04
15	Jannes Kreft	1:47:07	1:43:21
16	Christian Weinberger	1:48:21	1:44:31
17	Ricardo Pieper	1:46:23	1:45:50
18	Tim Eimermacher	1:53:31	1:46:34
19	Yuki Eto	1:54:27	1:46:41
20	Adrian Kuchenbecker	1:48:39	1:47:58
21	Aaron Vogt	1:56:06	1:48:53
22	Felix Budde	1:52:44	1:49:02
23	Leon Anwander	1:56:44	1:49:09
24	Thorben Scholz	1:53:04	1:49:22
25	Fynn Raupach	1:56:12	1:49:30
26	Daniel Prante	1:53:19	1:49:37
27	Giovanni Garcia Saboia De Albuquerque	1:54:04	1:50:45
28	Lutz Terfloth	1:59:09	1:51:44
29	Luis Neizert	1:59:13	1:52:31
30	Jan Vincent Haselhorst	2:00:29	1:53:01
31	Linus Schröder	2:00:51	1:54:04
32	Malte Kautschor	1:56:11	1:55:43
33	Hannes Beller	1:59:45	1:56:05
34	Peter Hattrup	2:04:15	1:56:19
35	Maximilian Vlachos	2:03:36	1:56:41
36	Linus Mashänsen	2:04:58	1:56:57
37	Jason Ziegner	2:04:59	1:57:20
38	Tim Ölker	2:04:20	1:57:30

39	Luca Gosmann	2:05:24	1:58:28
40	Darian Trujillo Meyer	2:03:00	1:59:19
41	Shuei Endo	2:07:07	1:59:22
42	Marvin Kloß	2:08:29	2:01:13
43	Vinay Kunnathully	2:09:51	2:02:17
44	Fynn Zeisberg	2:10:16	2:02:20
45	Niels Bruns	2:06:45	2:02:58
46	Jan Eike Busse	2:06:57	2:03:00
47	Darvin Schlüter	2:10:07	2:03:05
48	Kevin Wiens	2:10:41	2:03:27
49	Hanno Martens	2:11:09	2:04:11
50	Jan Rupnow	2:12:55	2:05:46
50	Jonas Steuber	2:12:55	2:05:46
52	Nikolas Wollbrink	2:12:58	2:05:53
53	Alexander Wilms	2:12:02	2:08:22
54	Fabian Hartmann	2:15:19	2:08:37
55	Benno Christoph Juris	2:16:24	2:09:00
56	Finn Budde	2:17:21	2:09:28
57	Tim Oppermann	2:16:53	2:09:37
58	Yuhao Meng	2:10:19	2:09:54
59	Lukas Jungbluth	2:17:43	2:10:19
60	Jeremia Rudzki	2:19:55	2:12:21
61	Can Kaytaz	2:19:09	2:15:20
62	Nico Kindervater	2:27:09	2:20:06
63	Finn Kornhoff	2:33:53	2:25:51
64	Nils Horsmann	2:35:50	2:27:57
65	Dennis Reetz	2:40:56	2:32:55
66	Ben Reitz	2:40:00	2:36:00
67	Vitalii Krasnorutskyi	2:53:35	2:49:36

HM Frauen

1	Victoria Wagner	1:42:19	1:42:11
2	Kim Schieke	1:44:33	1:44:00
3	Katharina Brennig	1:46:25	1:45:52
4	Isabell Mischke	1:46:56	1:46:41
5	Miriam Stumpe	1:58:59	1:51:36
6	Lea Schneider	1:59:58	1:56:33
7	Fiona Gollan	2:06:19	1:58:18
8	Sandra Elisath	2:06:40	1:58:54
9	Kathrien Ostermann	2:03:17	1:59:45
10	Emily Strickhausen	2:07:45	2:00:35
11	Inken Wächter	2:09:03	2:01:29
12	Evelyn Martens	2:06:54	2:02:50
13	Pauline Wichmann	2:11:46	2:03:59
14	Julia-Theresia Jansen	2:12:27	2:08:27
15	Marina Köllermeyer	2:11:40	2:11:13
16	Alanah Lesen	2:20:23	2:13:23
17	Charlotte Bollmann	2:17:38	2:14:00
18	Lara Hennig	2:22:25	2:15:27
19	Mara Potthast	2:22:37	2:15:41
20	Sanaz Haddadian	2:27:34	2:23:37

21	Flora Jostwerner	2:31:06	2:27:16
22	Didem Hanim Meric	2:31:17	2:27:50
23	Kira Gollan	2:40:56	2:32:55
24	Maike Decker	2:59:08	2:51:12