

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein |
|---|----------------------------|--------|--------|--------|----------|-----|-----|------|-----|-----|------|------|------|-----|-------------------------|--------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | |
| männliche Kinder U8 -7 Jahre | | | | | | | | | | | | | | | | |
| 1 | REUNER, FLYNN | 2016 | MK U8 | 50 | --- | 1 | | | | | 50 k | | | | Two4beats | |
| 2 | TEPE, EDDI | 2016 | MK U8 | 49 | --- | 1 | | | | | 49 k | | | | | |
| 3 | ARLINGHAUS, SIMON | 2017 | MK U8 | 48 | --- | 1 | | | | | 48 k | | | | SV Carum | |
| 4 | KLÖKER, HEINRICH JUN. | 2017 | MK U8 | 47 | --- | 1 | | | | | 47 k | | | | SV Falke Steinfeld | |
| 5 | MAIER, ALEXANDER | 2017 | MK U8 | 46 | --- | 1 | | | | | 46 k | | | | | |
| 6 | MAIER, SEBASTIAN | 2019 | MK U8 | 45 | --- | 1 | | | | | 45 k | | | | | |
| männliche Kinder U8 -7 Jahre Anzahl Teilnehmer: | | | | 6 | | | | | | | 6 | | | | | |
| männliche Kinder U10 8+9 Jahre | | | | | | | | | | | | | | | | |
| 1 | STEMPFLE, NOAH | 2015 | MK U10 | 50 | --- | 1 | | | | | 50 m | | | | | |
| 2 | ROBBEN, MATS | 2014 | MK U10 | 50 | --- | 1 | | | | | 50 k | | | | GW MÜHLEN | |
| 3 | BRINKMANN, MICHEL | 2014 | MK U10 | 50 | --- | 1 | | | | | | | 50 m | | Kettler Schule | |
| 4 | ÖNAL, EMIL | 2014 | MK U10 | 49 | --- | 1 | | | | | | | 49 m | | Kettler Schule | |
| 5 | BÖGING, JOHANNES | 2015 | MK U10 | 49 | --- | 1 | | | | | 49 k | | | | GW Mühlen | |
| 6 | HEGERFELD, YUMA | 2014 | MK U10 | 48 | --- | 1 | | | | | 48 k | | | | FC Oppenwehe | |
| 7 | HEGERFELD, MILAN | 2014 | MK U10 | 47 | --- | 1 | | | | | 47 k | | | | FC Oppenwehe | |
| 8 | HEGERFELD, BENNO | 2015 | MK U10 | 46 | --- | 1 | | | | | 46 k | | | | BTS Neustadt Bremen | |
| 9 | HERZOG, MATTES | 2015 | MK U10 | 45 | --- | 1 | | | | | 45 k | | | | GW Brockdorf | |
| 10 | KRÖGER, JONAH | 2014 | MK U10 | 44 | --- | 1 | | | | | 44 k | | | | E Jugend Fußball | |
| 11 | HEUBACH, JONAH | 2015 | MK U10 | 43 | --- | 1 | | | | | 43 k | | | | Die Heubachs | |
| 12 | KOLBECK, KALLE | 2014 | MK U10 | 42 | --- | 1 | | | | | 42 k | | | | GW Mühlen | |
| 13 | RADAU, JONAS | 2015 | MK U10 | 41 | --- | 1 | | | | | 41 k | | | | LF SFN Vechta | |
| 14 | BECKER, ARNE | 2014 | MK U10 | 40 | --- | 1 | | | | | 40 k | | | | GW MÜHLEN | |
| männliche Kinder U10 8+9 JahAnzahl Teilnehmer: | | | | 14 | | | | | | | 12 | | 2 | | | |
| männliche Kinder U12 10+11 Jahre | | | | | | | | | | | | | | | | |
| 1 | FASKE, MATTEO | 2012 | MK U12 | 98 | --- | 2 | | | | | 48 m | 50 k | | | BW Langförden | |
| 2 | HINTZE, JULIUS | 2013 | MK U12 | 97 | --- | 2 | | | | | 47 k | | 50 m | | TuS BW Lohne Leichtathl | |
| 3 | KAMPERS, SIMON | 2013 | MK U12 | 91 | --- | 2 | | | | | 43 k | | 48 m | | | |
| 4 | MILLER, ANDREAS | 2012 | MK U12 | 50 | --- | 1 | | | | | 50 k | | | | | |
| 5 | LAPKE, JASPER | 2012 | MK U12 | 50 | --- | 1 | | 50 k | | | | | | | SW Osterfeine | |
| 6 | LANGE, PEPE | 2012 | MK U12 | 50 | --- | 1 | | | | | 50 m | | | | GW Mühlen | |
| 7 | GLASER, HENRY | 2013 | MK U12 | 50 | --- | 1 | | | | | 50 l | | | | | |
| 8 | SOMMER, MAX | 2012 | MK U12 | 49 | --- | 1 | | | | | 49 m | | | | LT DW Hausstette | |
| 9 | HEGERFELD, ADAM | 2013 | MK U12 | 49 | --- | 1 | | | | | 49 k | | | | BTS Neustadt Bremen | |
| 10 | ESPEJAN KAWIKA JOHANNES | 2012 | MK U12 | 49 | --- | 1 | | | | | | | 49 m | | | |
| 11 | ARLINGHAUS, HANNES | 2012 | MK U12 | 48 | --- | 1 | | | | | 48 k | | | | SV Carum | |
| 12 | SÜDKAMP, PIET | 2013 | MK U12 | 47 | --- | 1 | | | | | | | 47 m | | Kettler Schule | |
| 13 | DIERKEN, JOHANN | 2012 | MK U12 | 47 | --- | 1 | | | | | 47 m | | | | | |
| 14 | SPIELBUSCH, MATE | 2012 | MK U12 | 46 | --- | 1 | | | | | 46 m | | | | LT Waldschleicher Lohne | |
| 15 | KÜHLING, LASSE | 2012 | MK U12 | 46 | --- | 1 | | | | | 46 k | | | | LT Waldschleicher Lohne | |
| 16 | ELSEN, LUCAS | 2013 | MK U12 | 46 | --- | 1 | | | | | | | 46 m | | Kettler Schule | |
| 17 | KOHAKE, FELIX | 2012 | MK U12 | 45 | --- | 1 | | | | | 45 k | | | | BW Lohne | |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|--|----------------------|--------|--------|--------|----------|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|--------|-----------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 18 | KASNER, AARON | 2013 | MK U12 | 45 | --- | 1 | | | | | | | | 45m | | | Kettler Schule |
| 19 | BUSSE, MIRCO | 2012 | MK U12 | 45 | --- | 1 | | | | | 45m | | | | | | BW Langförden |
| 20 | PUDEWILL, JONAS | 2013 | MK U12 | 44 | --- | 1 | | | | | | | | 44m | | | Kettler Schule |
| 21 | KÜHLING, CLEMENS | 2013 | MK U12 | 44 | --- | 1 | | | | | 44 k | | | | | | GW MÜHLEN |
| 22 | STAJADZE, GABRIEL | 2013 | MK U12 | 43 | --- | 1 | | | | | | | | 43m | | | Kettler Schule |
| 23 | HERZOG, JUSTUS | 2013 | MK U12 | 42 | --- | 1 | | | | | 42 k | | | | | | GW Brockdorf |
| 24 | DETERS, FIETE | 2012 | MK U12 | 41 | --- | 1 | | | | | 41 k | | | | | | GWM |
| 25 | DETERS, LASSE | 2012 | MK U12 | 40 | --- | 1 | | | | | 40 k | | | | | | GWM |
| 26 | VOLKMER, OSKAR | 2013 | MK U12 | 39 | --- | 1 | | | | | 39 k | | | | | | GW Mühlen |
| 27 | FLEERKORTTE, MORITZ | 2013 | MK U12 | 38 | --- | 1 | | | | | 38 k | | | | | | GW Mühlen |
| 28 | BECKHELLING, LAURENZ | 2013 | MK U12 | 37 | --- | 1 | | | | | 37 k | | | | | | BW Lohne |
| 29 | ZERHUSEN, HUGO | 2012 | MK U12 | 36 | --- | 1 | | | | | 36 k | | | | | | Team Poggenweg |
| 30 | KRUMDIECK, LASSE | 2012 | MK U12 | 35 | --- | 1 | | | | | 35 k | | | | | | SV Carum |
| 31 | MENKE, JULIUS | 2013 | MK U12 | 34 | --- | 1 | | | | | 34 k | | | | | | |
| 32 | RUHOLL, ANTON | 2012 | MK U12 | 33 | --- | 1 | | | | | 33 k | | | | | | GW Mühlen |
| 33 | TRENKAMP, JOHANNES | 2012 | MK U12 | 32 | --- | 1 | | | | | 32 k | | | | | | GW Mühlen |
| 34 | MEYER, PAUL - LUCA | 2013 | MK U12 | 31 | --- | 1 | | | | | 31 k | | | | | | E Jugend Mühlen |
| 35 | WAHRENBERG, LOUIS | 2013 | MK U12 | 30 | --- | 1 | | | | | 30 k | | | | | | GW MÜHLEN |
| 36 | VARNHORN, BENEDIKT | 2012 | MK U12 | 29 | --- | 1 | | | | | 29 k | | | | | | 2.D Jugend |
| 37 | ATHMANN, FINN | 2013 | MK U12 | 28 | --- | 1 | | | | | 28 k | | | | | | GW MÜHLEN |
| 38 | WESTERMANN, MORITZ | 2013 | MK U12 | 27 | --- | 1 | | | | | 27 k | | | | | | GW MÜHLEN |
| 39 | SCHYPKE, ENNO | 2013 | MK U12 | 26 | --- | 1 | | | | | 26 k | | | | | | GW MÜHLEN |
| 40 | SCHIRKOWSKI, LUIS | 2013 | MK U12 | 25 | --- | 1 | | | | | 25 k | | | | | | GW MÜHLEN |
| 41 | SCHULTZE, KARL | 2013 | MK U12 | 24 | --- | 1 | | | | | 24 k | | | | | | GW MÜHLEN |
| männliche Kinder U12 10+11 JAnzahl Teilnehmer: | | | | 44 | | | | 1 | | | 34 | 1 | | 8 | | | |

männliche Jugend U14 12+13 Jahre

| | | | | | | | | | | | | | | | | | |
|----|----------------------|------|--------|-----|-----|---|--|------|--|------|------|------|------|-----|--|--|-------------------------|
| 1 | HINTZE, CARL-PHILIPP | 2010 | MJ U14 | 199 | --- | 4 | | | | 50 k | 50 l | 49 k | | 50m | | | TuS BW Lohne Leichtathl |
| 2 | KAMPERS, JONAS | 2011 | MJ U14 | 125 | --- | 3 | | | | | 37 k | 40 k | | 48m | | | |
| 3 | ROBKE, ANTON | 2011 | MJ U14 | 92 | --- | 2 | | 49 k | | | 43m | | | | | | SW Osterfeine |
| 4 | ARLINGHAUS, PHILIPP | 2011 | MJ U14 | 88 | --- | 2 | | | | | 39 k | | | 49m | | | SV Carum |
| 5 | ZERHUSEN, HUGO | 2010 | MJ U14 | 50 | --- | 1 | | | | | 50m | | | | | | |
| 6 | PUTTHOFF, ALAN | 2011 | MJ U14 | 50 | --- | 1 | | 50 k | | | | | | | | | SW Osterfeine |
| 7 | KOHAKE, JOHANN | 2010 | MJ U14 | 50 | --- | 1 | | | | | 50 k | | | | | | BW Lohne |
| 8 | HERRMANN, JUSTUS | 2011 | MJ U14 | 50 | --- | 1 | | | | | | 50 k | | | | | BV Garrel |
| 9 | DETERS, LARS | 2010 | MJ U14 | 50 | --- | 1 | | | | | | | 50 k | | | | TuS b |
| 10 | SUSEN, EMIL | 2010 | MJ U14 | 49 | --- | 1 | | | | 49 k | | | | | | | |
| 11 | KÜHLING, TOM | 2011 | MJ U14 | 49 | --- | 1 | | | | | 49m | | | | | | Familie Kühling |
| 12 | HENNIG, BEN | 2010 | MJ U14 | 49 | --- | 1 | | | | | 49 l | | | | | | TuS BW Lohne Leichtathl |
| 13 | HEITMANN, MORITZ | 2010 | MJ U14 | 49 | --- | 1 | | | | | 49 k | | | | | | Bockrunde Lohne |
| 14 | MIDDENDORF, ANTON | 2011 | MJ U14 | 48 | --- | 1 | | | | | 48 k | | | | | | TV Dinklage |
| 15 | LANGE, LUCA | 2010 | MJ U14 | 48 | --- | 1 | | | | | 48 l | | | | | | GW Mühlen |
| 16 | BEHNE, JANNES | 2011 | MJ U14 | 48 | --- | 1 | | | | | | 48 k | | | | | BV Garrel |
| 17 | BARHORST, THOMAS | 2010 | MJ U14 | 48 | --- | 1 | | | | | 48m | | | | | | GW Mühlen |
| 18 | NACKE, THEO | 2011 | MJ U14 | 47 | --- | 1 | | | | | 47m | | | | | | BW Lüsche |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|---|------------------------|--------|--------|--------|----------|-----|-----|-----|-----|-----|------|------|-----|-----|-----|--------|-------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 19 | LESCH, SIMON | 2010 | MJ U14 | 47 | --- | 1 | | | | | 47 k | | | | | | GW Brockdorf |
| 20 | HINTZE, JULIUS | 2011 | MJ U14 | 47 | --- | 1 | | | | | | 47 k | | | | | BW Lohne |
| 21 | RUHE, BENNO | 2011 | MJ U14 | 46 | --- | 1 | | | | | 46 m | | | | | | BW Lüsche |
| 22 | KOLHOFF, ELIAS | 2010 | MJ U14 | 46 | --- | 1 | | | | | | 46 k | | | | | Langförden |
| 23 | HOLLE, SAMUEL | 2010 | MJ U14 | 46 | --- | 1 | | | | | 46 k | | | | | | FC Oppenwehe |
| 24 | MEYER, FELIX | 2010 | MJ U14 | 45 | --- | 1 | | | | | 45 m | | | | | | Laufgruppe SVA Rechterf |
| 25 | KSAWERY, KSIASZKA | 2010 | MJ U14 | 45 | --- | 1 | | | | | | 45 k | | | | | Deindrup |
| 26 | KOCK, FERDINAND | 2011 | MJ U14 | 45 | --- | 1 | | | | | 45 k | | | | | | |
| 27 | NORDIEK, PHIL | 2010 | MJ U14 | 44 | --- | 1 | | | | | | 44 k | | | | | Langförden |
| 28 | MÜHLHAN, JONAS | 2010 | MJ U14 | 44 | --- | 1 | | | | | 44 m | | | | | | Heseper Rennschnecken |
| 29 | BÖCKMANN, FYNN ROMARIO | 2010 | MJ U14 | 44 | --- | 1 | | | | | 44 k | | | | | | Kroge Ehrendorf |
| 30 | WINDELER, LEO | 2010 | MJ U14 | 43 | --- | 1 | | | | | | 43 k | | | | | Spreda |
| 31 | MOORMANN, HANNES | 2011 | MJ U14 | 43 | --- | 1 | | | | | 43 k | | | | | | BS Damme |
| 32 | SIEMER, JAKOB | 2011 | MJ U14 | 42 | --- | 1 | | | | | | 42 k | | | | | FSG Hagstedt |
| 33 | GASCHEMANN, JUSTUS | 2010 | MJ U14 | 42 | --- | 1 | | | | | 42 k | | | | | | BW Lohne |
| 34 | POHLMANN, MATHIS | 2010 | MJ U14 | 41 | --- | 1 | | | | | | 41 k | | | | | Langförden |
| 35 | BORGERDING, HINNERK | 2011 | MJ U14 | 41 | --- | 1 | | | | | 41 k | | | | | | GW Mühlen |
| 36 | PILLE, JANO | 2011 | MJ U14 | 40 | --- | 1 | | | | | 40 k | | | | | | |
| 37 | SCHWERTER, TORBEN | 2011 | MJ U14 | 38 | --- | 1 | | | | | 38 k | | | | | | LT Waldschleicher Lohne |
| 38 | THEMANN, HENNES | 2011 | MJ U14 | 36 | --- | 1 | | | | | 36 k | | | | | | GW Mühlen |
| männliche Jugend U14 12+13 Anzahl Teilnehmer: | | | | 45 | | | | 2 | | 2 | 26 | 11 | 1 | 3 | | | |

männliche Jugend U16 14+15 Jahre

| | | | | | | | | | | | | | | | | | |
|----|-------------------------|------|--------|----|-----|---|--|--|--|--|------|------|------|--|--|--|---------------------|
| 1 | GAUSEPOHL, CARL-PHILIPP | 2009 | MJ U16 | 95 | --- | 2 | | | | | 47 l | 48 k | | | | | |
| 2 | BUSSE, SEBASTIAN | 2009 | MJ U16 | 94 | --- | 2 | | | | | 45 m | 49 k | | | | | BW Langförden |
| 3 | STUBBE, JOHANNES | 2008 | MJ U16 | 50 | --- | 1 | | | | | 50 m | | | | | | |
| 4 | PUNDT, HANNO | 2008 | MJ U16 | 50 | --- | 1 | | | | | 50 l | | | | | | TV Dinklage |
| 5 | KONIECZYNSKI, IGOR | 2009 | MJ U16 | 50 | --- | 1 | | | | | | 50 k | | | | | Visbek |
| 6 | FRILLING, HINRICH | 2008 | MJ U16 | 50 | --- | 1 | | | | | | | 50 k | | | | SFN Vechta |
| 7 | BARKLAGE, JOHANNES | 2009 | MJ U16 | 50 | --- | 1 | | | | | 50 k | | | | | | VFL Oythe |
| 8 | ZERHUSEN, LOUI | 2009 | MJ U16 | 49 | --- | 1 | | | | | 49 k | | | | | | Team Poggenweg |
| 9 | PATZELT, THILO | 2009 | MJ U16 | 49 | --- | 1 | | | | | 49 l | | | | | | GW Brockdorf |
| 10 | GENDLER, ARSSENIJ | 2009 | MJ U16 | 49 | --- | 1 | | | | | | | 49 k | | | | TuS Blau-Weiß Lohne |
| 11 | BRÄMSWIG, LINUS | 2008 | MJ U16 | 49 | --- | 1 | | | | | 49 m | | | | | | |
| 12 | ZERHUSEN, HEINRICH | 2009 | MJ U16 | 48 | --- | 1 | | | | | 48 m | | | | | | Rasta Vechta |
| 13 | WEHEBRINK, TORBEN | 2008 | MJ U16 | 48 | --- | 1 | | | | | 48 l | | | | | | TV Dinklage |
| 14 | KROGMANN, JONAS | 2008 | MJ U16 | 48 | --- | 1 | | | | | 48 k | | | | | | Die Babos |
| 15 | WESSELS, SEBASTIAN | 2009 | MJ U16 | 47 | --- | 1 | | | | | | 47 k | | | | | Langförden |
| 16 | SPECKMANN, JOHANNES | 2009 | MJ U16 | 47 | --- | 1 | | | | | 47 m | | | | | | Gw Mühlen |
| 17 | RÖSENER, HENRIK | 2008 | MJ U16 | 47 | --- | 1 | | | | | 47 k | | | | | | Die Babos |
| 18 | PILLE, LUCA | 2009 | MJ U16 | 46 | --- | 1 | | | | | 46 k | | | | | | GW Mühlen |
| 19 | PAWEL, ANTONIUS | 2009 | MJ U16 | 46 | --- | 1 | | | | | | 46 k | | | | | Langförden |
| 20 | HAUSFELD, MAX | 2009 | MJ U16 | 46 | --- | 1 | | | | | 46 m | | | | | | Brockdorf |
| 21 | BRINKMANN, LOUIS | 2008 | MJ U16 | 46 | --- | 1 | | | | | 46 l | | | | | | TVD Dinklage |
| 22 | TEPE, LAURENZ | 2008 | MJ U16 | 45 | --- | 1 | | | | | 45 l | | | | | | Tv Dinklage |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|---|---------------------|--------|--------|--------|----------|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|--------|-----------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 23 | BÖCKMANN, CHRISTOPH | 2009 | MJ U16 | 45 | --- | 1 | | | | | 45 k | | | | | | GW Mühlen |
| 24 | KOCK, GUSTAV | 2008 | MJ U16 | 44 | --- | 1 | | | | | 44 k | | | | | | |
| 25 | BERDING, MAXIMILIAN | 2008 | MJ U16 | 43 | --- | 1 | | | | | 43 k | | | | | | |
| 26 | BAVENDIEK, MATHIS | 2008 | MJ U16 | 42 | --- | 1 | | | | | 42 k | | | | | | |
| männliche Jugend U16 14+15 Anzahl Teilnehmer: | | | | 28 | | | | | | | 21 | 5 | 2 | | | | |

Männer - 17 Jahre

| | | | | | | | | | | | | | | | | | |
|----|-----------------------|------|--------|-----|-----|---|--|--|------|------|------|-----|------|-----|--|--|-------------------------|
| 1 | MINNING, LASSE | 2007 | MJ U18 | 100 | --- | 2 | | | | | 50 l | | 50m | | | | LF SFN Vechta |
| 2 | BARKLAGE, FRIEDRICH | 2007 | MJ U18 | 97 | --- | 2 | | | | 49 k | 48 l | | | | | | VFL Oythe |
| 3 | VÖLKERDING, JAKOB | 2007 | MJ U18 | 50 | --- | 1 | | | | | 50m | | | | | | GW Mühlen |
| 4 | MEYER, JOHANNES | 2006 | MJ U18 | 50 | --- | 1 | | | | 50 k | | | | | | | TV Dinklage |
| 5 | MEYER, FRIEDRICH | 2007 | MJ U18 | 50 | --- | 1 | | | | | 50 k | | | | | | GW Mühlen |
| 6 | KÜTHE, JAN HENRIK | 2007 | MJ U18 | 50 | --- | 1 | | | 50 k | | | | | | | | LG Osnabrück |
| 7 | HÖHLE, JUSTUS | 2006 | MJ U18 | 50 | --- | 1 | | | | | | | | 50m | | | GW Brockdorf |
| 8 | FORTMANN, SIMON | 2006 | MJ U18 | 50 | --- | 1 | | | | | | 50m | | | | | Lutten |
| 9 | SCHWERTER, MARTEN | 2007 | MJ U18 | 49 | --- | 1 | | | | | 49 k | | | | | | LT Waldschleicher Lohne |
| 10 | REINGARD, TIMM | 2007 | MJ U18 | 49 | --- | 1 | | | | | | | 49 k | | | | TuS Blau-Weiß Lohne |
| 11 | LANDORFF, HENDRYK | 2006 | MJ U18 | 49 | --- | 1 | | | 49 k | | | | | | | | OSC Damme |
| 12 | KÜHLING, OLE | 2007 | MJ U18 | 49 | --- | 1 | | | | | 49 l | | | | | | Werder Bremen |
| 13 | BUSSE, TOBIAS | 2006 | MJ U18 | 49 | --- | 1 | | | | | 49m | | | | | | BW Langförden |
| 14 | BRAUSWIS, JOHANN | 2006 | MJ U18 | 49 | --- | 1 | | | | | | | | 49m | | | GW Brockdorf |
| 15 | TABELING, MATTI | 2007 | MJ U18 | 48 | --- | 1 | | | | | 48m | | | | | | TVD Dinklage |
| 16 | KACHE, ERIC | 2006 | MJ U18 | 48 | --- | 1 | | | | 48 k | | | | | | | |
| 17 | GERMANN, LARS | 2006 | MJ U18 | 48 | --- | 1 | | | | | | | | 48m | | | GW Brockdorf |
| 18 | GASCHEMANN, LENNARD | 2007 | MJ U18 | 48 | --- | 1 | | | | | 48 k | | | | | | GW Brockdorf |
| 19 | WESJOHANN, CARL | 2006 | MJ U18 | 47 | --- | 1 | | | | 47 k | | | | | | | HLA Lohne |
| 20 | RÖSSNER, MARKUS | 2006 | MJ U18 | 47 | --- | 1 | | | | | | | | 47m | | | GW Brockdorf |
| 21 | MENKE, LINUS | 2006 | MJ U18 | 47 | --- | 1 | | | | | 47 l | | | | | | |
| 22 | SOMMER, PHILIP | 2007 | MJ U18 | 46 | --- | 1 | | | | | 46 l | | | | | | LT DW Hausstette |
| 23 | RIESELMANN, THEO | 2006 | MJ U18 | 46 | --- | 1 | | | | 46 k | | | | | | | |
| 24 | OLBERDING, PAUL | 2006 | MJ U18 | 46 | --- | 1 | | | | | | | | 46m | | | GW Brockdorf |
| 25 | SCHNIEDERS, PIET | 2006 | MJ U18 | 45 | --- | 1 | | | | | | | | 45m | | | GW Brockdorf |
| 26 | NIETFELD-YASAR, ELIAS | 2006 | MJ U18 | 45 | --- | 1 | | | | | 45 l | | | | | | Blau Weiß Lohne Schwimm |
| 27 | BAUER, JURI | 2006 | MJ U18 | 45 | --- | 1 | | | | 45 k | | | | | | | |
| 28 | STUKE, CARL | 2006 | MJ U18 | 44 | --- | 1 | | | | 44 k | | | | | | | |
| 29 | SIEVERDING, PHILIP | 2006 | MJ U18 | 44 | --- | 1 | | | | | | | | 44m | | | GW Brockdorf |
| 30 | GÖWERT, JAKOB | 2007 | MJ U18 | 44 | --- | 1 | | | | | 44 l | | | | | | TV Dinklage |
| 31 | SIEVEKE, WALTER TIM | 2006 | MJ U18 | 43 | --- | 1 | | | | | 43 l | | | | | | LT Waldschleicher Lohne |
| 32 | NORDIEK, TOBIAS | 2006 | MJ U18 | 43 | --- | 1 | | | | 43 k | | | | | | | |
| 33 | HOLLINDEN, KONRAD | 2006 | MJ U18 | 43 | --- | 1 | | | | | | | | 43m | | | GW Brockdorf |
| 34 | NIEMANN, JACK | 2006 | MJ U18 | 42 | --- | 1 | | | | 42 k | | | | | | | HLA Lohne |
| 35 | KENKEL, BEN | 2007 | MJ U18 | 42 | --- | 1 | | | | | 42 l | | | | | | TV Dinklage Handball |
| 36 | ARLINGHAUS, PAUL | 2006 | MJ U18 | 42 | --- | 1 | | | | | | | | 42m | | | GW Brockdorf |
| 37 | WERRY, DAVID | 2006 | MJ U18 | 41 | --- | 1 | | | | | | | | 41m | | | GW Brockdorf |
| 38 | KENKEL, LEON | 2006 | MJ U18 | 41 | --- | 1 | | | | 41 k | | | | | | | |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|-------------------|----------------------|--------------------|--------|--------|----------|-----|-----|-----|-----|------|------|-----|-----|-----|-----|--------|-----|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 39 | GAUSEPOHL, FRIEDRICH | 2007 | MJ U18 | 41 | --- | 1 | | | | | 41 l | | | | | | |
| 40 | WESTERHOFF, KNUD | 2006 | MJ U18 | 40 | --- | 1 | | | | 40 k | | | | | | | |
| Männer - 17 Jahre | | Anzahl Teilnehmer: | | 42 | | | | 2 | 11 | 16 | 1 | 2 | 10 | | | | |

Männer 18+19 Jahre

| 1 | STEINKAMP, JANNIK | 2004 | MJ U20 | 390 | 249 | 8 | 49 k | 50 k | 49 k | 44 k | 50 m | 48 k | 50 k | 50 m | | |
|----|-----------------------------|------|--------|-----|-----|---|------|------|------|------|------|------|------|------|--|----------------------|
| 2 | PATZELT, JAKOB | 2005 | MJ U20 | 100 | --- | 2 | | | | 50 m | 50 l | | | | | BW Lohne Schwimmen |
| 3 | SKRZIPCZYK, ERIK | 2004 | MJ U20 | 99 | --- | 2 | | | | | 49 l | 50 k | | | | TuS Lutten |
| 4 | SÜDKÖTTER, LUIS | 2005 | MJ U20 | 50 | --- | 1 | | 50 m | | | | | | | | Die Bormanns |
| 5 | SCHLEGEL, OLIVER | 2004 | MJ U20 | 50 | --- | 1 | | | 50 k | | | | | | | |
| 6 | MILLER, DANIEL | 2004 | MJ U20 | 50 | --- | 1 | 50 k | | | | | | | | | |
| 7 | KOHAKE, JAN | 2005 | MJ U20 | 50 | --- | 1 | | | | 50 k | | | | | | HLA Lohne |
| 8 | WRAGGE, TIMON | 2004 | MJ U20 | 49 | --- | 1 | | | | | | 49 k | | | | Vechta |
| 9 | WANDEL, OLIVIER | 2004 | MJ U20 | 49 | --- | 1 | | | | 49 k | | | | | | HLA Lohne |
| 10 | KALKHOFF, NOAH | 2004 | MJ U20 | 49 | --- | 1 | | | | | 49 m | | | | | LF SFN Vechta |
| 11 | MÖHLMANN, MALTE | 2005 | MJ U20 | 48 | --- | 1 | | | | 48 k | | | | | | HLA Lohne |
| 12 | KALWA, JONAS | 2005 | MJ U20 | 48 | --- | 1 | 48 k | | | | | | | | | LF SFN Vechta |
| 13 | HEIMANN, MAX | 2004 | MJ U20 | 48 | --- | 1 | | | | | 48 l | | | | | TV Dinklage |
| 14 | FEICHTINGER, VALENTIN | 2004 | MJ U20 | 48 | --- | 1 | | | 48 k | | | | | | | |
| 15 | BRÜMMER, MAARTEN | 2004 | MJ U20 | 48 | --- | 1 | | | | | 48 m | | | | | |
| 16 | PÖHLKING, JOHANNES | 2004 | MJ U20 | 47 | --- | 1 | | | | | 47 l | | | | | |
| 17 | JANSEN, ALEXANDER | 2005 | MJ U20 | 47 | --- | 1 | 47 k | | | | | | | | | |
| 18 | BELTLE, KILIAN | 2004 | MJ U20 | 47 | --- | 1 | | | | | 47 m | | | | | Familie Beltle Lohne |
| 19 | BAHLMANN, CARL | 2005 | MJ U20 | 47 | --- | 1 | | | | 47 k | | | | | | HLA Lohne |
| 20 | HEIDKAMO, JOHANN | 2005 | MJ U20 | 46 | --- | 1 | | | | 46 k | | | | | | HLA Lohne |
| 21 | FORTMANN, LARS | 2004 | MJ U20 | 46 | --- | 1 | | | | | 46 l | | | | | TuS Lutten |
| 22 | HUAMAN KREGER JADEN NOAH | 2005 | MJ U20 | 45 | --- | 1 | | | | | 45 l | | | | | |
| 23 | HAUSENDORF, LUCAS | 2005 | MJ U20 | 45 | --- | 1 | | | | 45 k | | | | | | HLA Lohne |
| 24 | JAHN, HENDRIK | 2005 | MJ U20 | 44 | --- | 1 | | | | | 44 l | | | | | TV Dinklage |
| 25 | KOLBECK, LEONARD | 2004 | MJ U20 | 43 | --- | 1 | | | | | 43 l | | | | | |
| 26 | BRAMLAGE, PAUL | 2004 | MJ U20 | 43 | --- | 1 | | | | 43 k | | | | | | HLA Lohne |
| 27 | THOMANN, JOHANN | 2005 | MJ U20 | 42 | --- | 1 | | | | | 42 l | | | | | BW Lohne Schwimmen |
| 28 | MAHLICH, JONAS | 2004 | MJ U20 | 42 | --- | 1 | | | | 42 k | | | | | | HLA Lohne |
| 29 | GROÁE HOLTHAUS, ARNE | 2004 | MJ U20 | 41 | --- | 1 | | | | | 41 l | | | | | |
| 30 | BURGART, PAUL | 2005 | MJ U20 | 41 | --- | 1 | | | | 41 k | | | | | | |
| 31 | PREUÁ, BEN | 2005 | MJ U20 | 40 | --- | 1 | | | | | 40 l | | | | | BW Lohne Schwimmen |
| 32 | DENKER, ROJHAT | 2004 | MJ U20 | 40 | --- | 1 | | | | 40 k | | | | | | HLA Lohne |
| 33 | ANTEMANN, JOHANNES | 2005 | MJ U20 | 39 | --- | 1 | | | | 39 k | | | | | | |
| 34 | KOOPS, WILLEM | 2004 | MJ U20 | 38 | --- | 1 | | | | 38 k | | | | | | HLA Lohne |
| 35 | SCHADE, FABIAN | 2005 | MJ U20 | 37 | --- | 1 | | | | 37 k | | | | | | |
| 36 | BOKERN, HENRIK | 2004 | MJ U20 | 36 | --- | 1 | | | | 36 k | | | | | | GW Brockdorf |
| 37 | QUATMANN, LUKAS | 2004 | MJ U20 | 35 | --- | 1 | | | | 35 k | | | | | | HLA Lohne |
| 38 | WIEBE, JULIAN | 2004 | MJ U20 | 34 | --- | 1 | | | | 34 k | | | | | | HLA Lohne |
| 39 | TAVITOV, MARK | 2004 | MJ U20 | 33 | --- | 1 | | | | 33 k | | | | | | HLA Lohne |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | DAS | Verein |
|-------|--------------------|--------|--------------------|--------|----------|-----------|-----|-----|-----|------|-----|-----|-----|-----|-----|-----|-----------|
| | | | | | | | | | | | | | | | | | |
| 40 | VORNHAGEN, NILS | 2004 | MJ U20 | 32 | --- | 1 | | | | 32 k | | | | | | | HLA Lohne |
| | Männer 18+19 Jahre | | Anzahl Teilnehmer: | 49 | | | 4 | 2 | 3 | 20 | 15 | 3 | 1 | 1 | | | |

Männer 20 - 29 Jahre

| | | | | | | | | | | | | | | | | | |
|----|------------------------|------|--------|-----|------------|---|------|------|------|------|------|------|------|------|--|--|----------------------------|
| 1 | BÜNGER, MATTHIAS | 1999 | MÄNNER | 246 | 246 | 5 | 49m | 50 h | | 49m | 48 l | 50 l | | | | | |
| 2 | SCHILLMÖLLER, LENNARD | 1998 | MÄNNER | 243 | 243 | 5 | 50 k | 48 l | 49 k | 49 k | | | | 47m | | | |
| 3 | KENNEWEG, PHILLIP | 1995 | MÄNNER | 275 | 236 | 6 | | 50 k | | 48 k | 39m | 45 k | 48 k | 45m | | | Landkreis Vechta Laufgru |
| 4 | HAGEDORN, CEDRIC | 1999 | MÄNNER | 236 | 236 | 5 | | 49 h | 48 k | 48m | 42m | | 49 k | | | | SW Osterfeine Darts |
| 5 | FANGMANN, STEFAN | 1995 | MÄNNER | 198 | --- | 4 | | 49 l | | 50m | 50 l | | | 49 l | | | Hannover 96 |
| 6 | HERMESCH, TOBIAS | 1994 | MÄNNER | 190 | --- | 4 | | 47 l | 49m | 47m | | | | 47 l | | | GW Brockdorf |
| 7 | HASSELBACH, ALEXANDER | 1994 | MÄNNER | 150 | --- | 3 | | 50 l | | | 50m | | | 50 l | | | BV Garrel |
| 8 | VINK, ARNE | 1998 | MÄNNER | 149 | --- | 3 | | | | 50 k | 49m | | | 50m | | | |
| 9 | SIEMENS, RUDI | 1994 | MÄNNER | 149 | --- | 3 | | | | | | 50 k | 50 k | 49m | | | Cloppenburg |
| 10 | DICKEBOHM, GEORG | 1999 | MÄNNER | 119 | --- | 3 | 44 k | 44m | | | | 31 k | | | | | Freiwillige Feuerwehr Vist |
| 11 | STEINKAMP, DENNIS | 1999 | MÄNNER | 95 | --- | 3 | | | 45 k | | 1 l | | 49m | | | | Laufftreff SW Osterfeine |
| 12 | PÖHLKING, GERRIT | 1994 | MÄNNER | 94 | --- | 2 | | | 50m | | 44 l | | | | | | |
| 13 | WALLENHORST, LARS | 1996 | MÄNNER | 93 | --- | 2 | | | | 46 k | | | 47 k | | | | Landkreis Vechta Laufgru |
| 14 | WILHELM, NOAH | 2002 | MÄNNER | 91 | --- | 2 | | | | | 43 l | | | 48 l | | | GW Brockdorf |
| 15 | BORCHERS, ANDRE | 1994 | MÄNNER | 91 | --- | 2 | 48m | | | | | 43m | | | | | |
| 16 | TAPHORN, JAN | 1996 | MÄNNER | 89 | --- | 3 | | | 46m | 42m | 1 l | | | | | | |
| 17 | TRIMPE, CHRISTIAN | 1996 | MÄNNER | 88 | --- | 3 | | | | 43m | 1 l | | | 44 l | | | |
| 18 | BOTHE, JANNIK | 1997 | MÄNNER | 88 | --- | 2 | | | | | | 42 k | | 46 l | | | Lohne |
| 19 | LÜBBE, LUKAS | 1998 | MÄNNER | 77 | --- | 2 | | | | | 36m | 41 k | | | | | Freiwillige Feuerwehr Vist |
| 20 | OSTMANN, LEON | 1995 | MÄNNER | 73 | --- | 2 | | | | | 28 l | 45m | | | | | |
| 21 | HENSCHER, MARC | 1995 | MÄNNER | 68 | --- | 2 | | | | 47 k | 21 l | | | | | | BSV Barnstorf |
| 22 | MÜNCHOW, JANNIK | 2001 | MÄNNER | 54 | --- | 2 | | | | | 14m | | | 40m | | | GW Brockdorf |
| 23 | SPEHLING, JASON | 1997 | MÄNNER | 50 | --- | 1 | | | | | 50 k | | | | | | GWM |
| 24 | MEHRENS, NIKO | 1995 | MÄNNER | 50 | --- | 1 | 50m | | | | | | | | | | |
| 25 | KLEINE SEXTRO, ANDREAS | 1995 | MÄNNER | 50 | --- | 1 | | | | | | | 50m | | | | |
| 26 | HUHTAKANGAS, NILS | 1999 | MÄNNER | 50 | --- | 1 | | | 50 k | | | | | | | | LG Osnabrück |
| 27 | EVERS, TORBEN | 1995 | MÄNNER | 50 | --- | 1 | | | | | | 50m | | | | | BV Bühren |
| 28 | ELSNER, NASSIM | 1996 | MÄNNER | 50 | --- | 1 | | 50m | | | | | | | | | |
| 29 | WÖHRMANN, HENNING | 1999 | MÄNNER | 49 | --- | 1 | | | | | | 49m | | | | | Lohne |
| 30 | MEYER, JANNIS | 1997 | MÄNNER | 49 | --- | 1 | | 49m | | | | | | | | | Blau-Weiß Hollage |
| 31 | KELLER, ANDRÉ | 2000 | MÄNNER | 49 | --- | 1 | | | | | | 49 k | | | | | BV Bühren |
| 32 | HILGEFORT, ALEXANDER | 2000 | MÄNNER | 49 | --- | 1 | 49 k | | | | | | | | | | Warnking Elektrotechnik |
| 33 | GRAVE, DOMINIK | 1998 | MÄNNER | 49 | --- | 1 | | | | | 49 l | | | | | | |
| 34 | DIEKMANN, LOUIS | 1999 | MÄNNER | 49 | --- | 1 | | | | | 49 k | | | | | | Bierfreunde |
| 35 | WÜLLNER, PIERRE | 1997 | MÄNNER | 48 | --- | 1 | | 48 h | | | | | | | | | |
| 36 | SCHILLIKOWSKI, MARKUS | 1999 | MÄNNER | 48 | --- | 1 | | | | | 48 k | | | | | | GW Mühlen |
| 37 | NIEMANN, TJARK | 2003 | MÄNNER | 48 | --- | 1 | 48 k | | | | | | | | | | |
| 38 | MEYER, MARVIN | 1997 | MÄNNER | 48 | --- | 1 | | | | | | 48 k | | | | | BV Bühren |
| 39 | LAMPE, JANNIK | 1999 | MÄNNER | 48 | --- | 1 | | | | | | 48m | | | | | BV Bühren |
| 40 | KRÖGER, ROBERT | 1999 | MÄNNER | 48 | --- | 1 | | | | | 48m | | | | | | Inter Flyland |
| 41 | KANSY, ALEX | 1997 | MÄNNER | 48 | --- | 2 | | | 47m | | 1 l | | | | | | |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|-------|------------------------|--------|--------|--------|----------|-----|------|-----|-----|-----|------|------|-----|------|-----|--------|--------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 86 | KLEINE PIENING, MALTE | 1998 | MÄNNER | 42 | --- | 1 | | | | | 42 l | | | | | | Nature Robots |
| 87 | CZECH, JUSTUS | 2002 | MÄNNER | 42 | --- | 1 | | | | | | | | 42 l | | | GW Brockdorf |
| 88 | SÜDKAMP, NIKLAS | 1997 | MÄNNER | 41 | --- | 1 | | | | | | | | 41 l | | | |
| 89 | RABE, MATTIS | 2003 | MÄNNER | 41 | --- | 1 | | | | | 41 m | | | | | | Gw Mühlen |
| 90 | MÜLLER, CEDRIC | 1998 | MÄNNER | 41 | --- | 1 | | | | | | | | 41 m | | | GW Brockdorf |
| 91 | HEYNG, JONAS | 1997 | MÄNNER | 41 | --- | 1 | 41 k | | | | | | | | | | |
| 92 | EIKEN, LUKAS | 1995 | MÄNNER | 41 | --- | 1 | | | | | 41 l | | | | | | Bw Lüsche |
| 93 | SCHMEDES, MAIK | 1994 | MÄNNER | 40 | --- | 1 | | | | | | 40 k | | | | | Langförden |
| 94 | SCHLARMANN, BERND | 2000 | MÄNNER | 40 | --- | 1 | | | | | 40 m | | | | | | Falke Steinfeld |
| 95 | BÜSCHERHOFF, HANNES | 1996 | MÄNNER | 40 | --- | 1 | | | | | 40 l | | | | | | GW Mühlen |
| 96 | SCHMEDES, SEBASTIAN | 2002 | MÄNNER | 39 | --- | 1 | | | | | | 39 k | | | | | 2. Herren Langförden |
| 97 | BOHMANN, FABIAN | 1999 | MÄNNER | 39 | --- | 1 | | | | | 39 l | | | | | | GWM |
| 98 | WALLEHORST, LARS | 1996 | MÄNNER | 38 | --- | 1 | | | | | | 38 k | | | | | Landkreis Vechta Laufgru |
| 99 | NIEUWENHUIZEN, MAX | 1997 | MÄNNER | 38 | --- | 1 | | | | | 38 m | | | | | | GW Mühlen |
| 100 | NACHTIGAL, JULIAN | 1996 | MÄNNER | 38 | --- | 1 | | | | | 38 l | | | | | | TV Dinklage |
| 101 | MEYER, JONAS | 1995 | MÄNNER | 37 | --- | 1 | | | | | | 37 k | | | | | BV Bühren |
| 102 | KÜHLING, LARS | 2000 | MÄNNER | 37 | --- | 1 | | | | | 37 l | | | | | | TuS Lutten |
| 103 | KRONE, PAUL | 1998 | MÄNNER | 37 | --- | 1 | | | | | 37 m | | | | | | |
| 104 | WILKE, SIMON | 1998 | MÄNNER | 36 | --- | 1 | | | | | | 36 k | | | | | Langförden |
| 105 | IFFLÄNDER, MARKUS | 1994 | MÄNNER | 36 | --- | 1 | | | | | 36 l | | | | | | Taekwondo Lohne |
| 106 | WINKELMANN, ANDRE | 1995 | MÄNNER | 35 | --- | 1 | | | | | 35 l | | | | | | |
| 107 | THEILEN, JOHANN | 1999 | MÄNNER | 35 | --- | 1 | | | | | | 35 k | | | | | Langförden |
| 108 | SCHLÖMER, TILL | 1997 | MÄNNER | 35 | --- | 1 | | | | | 35 m | | | | | | |
| 109 | SCHMEDES, MARKUS | 1998 | MÄNNER | 34 | --- | 1 | | | | | | 34 k | | | | | BW Langförden |
| 110 | KELLER, MAIK | 1999 | MÄNNER | 34 | --- | 1 | | | | | 34 l | | | | | | |
| 111 | ECHTERMANN, FRANZ | 1999 | MÄNNER | 34 | --- | 1 | | | | | 34 m | | | | | | Inter Flyland |
| 112 | ZERHUSEN, FRANZ | 1999 | MÄNNER | 33 | --- | 1 | | | | | 33 m | | | | | | Inter Flyland |
| 113 | WIGGESHOFF, LARS | 1998 | MÄNNER | 33 | --- | 1 | | | | | 33 l | | | | | | |
| 114 | OLMER, YANNIK EIKE | 2001 | MÄNNER | 33 | --- | 1 | | | | | | 33 k | | | | | 3. Herren BWL |
| 115 | PFEIFFER, MATS | 1997 | MÄNNER | 32 | --- | 1 | | | | | | 32 k | | | | | Vechta |
| 116 | LEIBER, JAN | 2000 | MÄNNER | 32 | --- | 1 | | | | | 32 m | | | | | | |
| 117 | HILGE, TORBEN | 1999 | MÄNNER | 32 | --- | 1 | | | | | 32 l | | | | | | SV Holdorf |
| 118 | WESTERMANN, CONSTANTIN | 1996 | MÄNNER | 31 | --- | 1 | | | | | 31 m | | | | | | GW Mühlen |
| 119 | BLÖMER, HUBERTUS | 1995 | MÄNNER | 31 | --- | 1 | | | | | 31 l | | | | | | GW Mühlen |
| 120 | DÜKER, CHRISTIAN | 1995 | MÄNNER | 30 | --- | 1 | | | | | 30 l | | | | | | BW Lohne |
| 121 | DIEKMANN, FINN | 2002 | MÄNNER | 30 | --- | 1 | | | | | 30 m | | | | | | GW Brockdorf |
| 122 | HINRICHS, PASCAL | 1997 | MÄNNER | 29 | --- | 1 | | | | | 29 m | | | | | | GW Mühlen 2.Herren Fuß |
| 123 | BAUSCHULTE, JONATHAN | 1999 | MÄNNER | 29 | --- | 1 | | | | | 29 l | | | | | | |
| 124 | STÄRK, JUSTUS | 1999 | MÄNNER | 28 | --- | 1 | | | | | 28 m | | | | | | 1. Herren GW Mühlen |
| 125 | THOBE, JOCHEN | 1996 | MÄNNER | 27 | --- | 1 | | | | | 27 l | | | | | | BW Lüsche |
| 126 | SCIBIOR, PHILIPP | 1999 | MÄNNER | 27 | --- | 1 | | | | | 27 m | | | | | | |
| 127 | SCHMIDT, JAN | 1997 | MÄNNER | 26 | --- | 1 | | | | | 26 l | | | | | | GW Mühlen |
| 128 | GERDESMEYER, JANNIK | 2000 | MÄNNER | 26 | --- | 1 | | | | | 26 m | | | | | | |
| 129 | HOLZUM, LARS | 1997 | MÄNNER | 25 | --- | 1 | | | | | 25 l | | | | | | GW Mühlen |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | Läu | | | | | | | | | | Verein | | |
|-------|-----------------------|--------|--------|--------|-----|--------|----|-----|-----|-----|-----|------|-----|-----|--------|-----|--------------------|
| | | | | | 5 | aus 10 | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | | BRO | STF |
| 130 | BLOEMER, CHRISTOPHER | 2001 | MÄNNER | 25 | --- | 1 | | | | | | 25m | | | | | |
| 131 | ORTMANN, DOMINIK | 1996 | MÄNNER | 24 | --- | 1 | | | | | | 24 l | | | | | GW Mühlen |
| 132 | ECHTERMANN, JAN-BERND | 1996 | MÄNNER | 24 | --- | 1 | | | | | | 24m | | | | | SV Holdorf |
| 133 | SCHULTE, TIM | 1997 | MÄNNER | 23 | --- | 1 | | | | | | 23m | | | | | SV Holdorf |
| 134 | FREUDE, DANIEL | 1998 | MÄNNER | 23 | --- | 1 | | | | | | 23 l | | | | | |
| 135 | KENKEL, MATTHÄUS | 2002 | MÄNNER | 22 | --- | 1 | | | | | | 22m | | | | | |
| 136 | BRÜNING, HANNES | 2002 | MÄNNER | 22 | --- | 1 | | | | | | 22 l | | | | | TV Dinklage |
| 137 | ORTMANN, LAURENZ | 2001 | MÄNNER | 21 | --- | 1 | | | | | | 21m | | | | | |
| 138 | SIEVE, TOM | 1998 | MÄNNER | 20 | --- | 1 | | | | | | 20 l | | | | | TimGym |
| 139 | BECHLY, JULIUS | 2002 | MÄNNER | 20 | --- | 1 | | | | | | 20m | | | | | |
| 140 | WESJOHANN, PAUL | 2003 | MÄNNER | 19 | --- | 1 | | | | | | 19 l | | | | | Team Bruzzzler |
| 141 | TIEDE, TIMM | 2001 | MÄNNER | 19 | --- | 1 | | | | | | 19m | | | | | |
| 142 | HORSTMANN, HENDRIK | 1995 | MÄNNER | 18 | --- | 1 | | | | | | 18 l | | | | | |
| 143 | ALBERS, JONAS | 2001 | MÄNNER | 18 | --- | 1 | | | | | | 18m | | | | | |
| 144 | THOBE, SIMON | 1994 | MÄNNER | 17 | --- | 1 | | | | | | 17m | | | | | GW Mühlen |
| 145 | HÜLSMANN, JANNIK | 1997 | MÄNNER | 17 | --- | 1 | | | | | | 17 l | | | | | SV Holdorf |
| 146 | THEMANN, FELIX | 1995 | MÄNNER | 16 | --- | 1 | | | | | | 16m | | | | | GW Mühlen |
| 147 | ECKHOFF, NILS | 1996 | MÄNNER | 16 | --- | 1 | | | | | | 16 l | | | | | |
| 148 | RENZE, SIMON | 1997 | MÄNNER | 15 | --- | 1 | | | | | | 15m | | | | | desk.ly |
| 149 | BUSCH, DANIEL | 1995 | MÄNNER | 15 | --- | 1 | | | | | | 15 l | | | | | Hunteburger SV |
| 150 | REINKE, MAX | 1998 | MÄNNER | 14 | --- | 1 | | | | | | 14 l | | | | | |
| 151 | ZERHUSEN, MICHEL | 2003 | MÄNNER | 13 | --- | 1 | | | | | | 13m | | | | | |
| 152 | BÄUNING, LEONARD | 1997 | MÄNNER | 13 | --- | 1 | | | | | | 13 l | | | | | |
| 153 | SIEVERDING, ARNDT | 2002 | MÄNNER | 12 | --- | 1 | | | | | | 12m | | | | | GW Brockdorf |
| 154 | HEITMANN, HANNES | 2003 | MÄNNER | 12 | --- | 1 | | | | | | 12 l | | | | | |
| 155 | MACKE, PHILIPP | 2002 | MÄNNER | 11 | --- | 1 | | | | | | 11 l | | | | | TV Dinklage |
| 156 | EMKEN, SIMON | 1999 | MÄNNER | 11 | --- | 1 | | | | | | 11m | | | | | Emkens |
| 157 | NORDMANN, DIRK | 2001 | MÄNNER | 10 | --- | 1 | | | | | | 10 l | | | | | |
| 158 | HEIL, STEFFEN | 1994 | MÄNNER | 10 | --- | 1 | | | | | | 10m | | | | | Heil |
| 159 | HASSPECKER, ELIAS | 2000 | MÄNNER | 9 | --- | 1 | | | | | | 9 l | | | | | |
| 160 | HAMILTON, ALASDAIR | 1994 | MÄNNER | 9 | --- | 1 | | | | | | 9 m | | | | | Alresford Vagrants |
| 161 | DIEKMANN, TIM | 1997 | MÄNNER | 8 | --- | 1 | | | | | | 8 l | | | | | Bierfreunde |
| 162 | ALBERS, PATRICK | 1998 | MÄNNER | 8 | --- | 1 | | | | | | 8 m | | | | | |
| 163 | NIEUWENHUIZEN, FRANZ | 2000 | MÄNNER | 7 | --- | 1 | | | | | | 7 m | | | | | GW Mühlen |
| 164 | GAUSEPOHL, MAXIMILIAN | 2002 | MÄNNER | 7 | --- | 1 | | | | | | 7 l | | | | | |
| 165 | KALKHOFF, PAULUS | 2002 | MÄNNER | 6 | --- | 1 | | | | | | 6 l | | | | | |
| 166 | HORSTMANN, FYNN | 2002 | MÄNNER | 6 | --- | 1 | | | | | | 6 m | | | | | Bockrunde Lohne |
| 167 | WILMS, ALJOSCHA | 1998 | MÄNNER | 5 | --- | 1 | | | | | | 5 m | | | | | TV Dinklage |
| 168 | NORDLOHNE, PAUL | 2001 | MÄNNER | 5 | --- | 1 | | | | | | 5 l | | | | | TV Dinklage |
| 169 | SÜDKAMP, LOUIS | 1999 | MÄNNER | 4 | --- | 1 | | | | | | 4 m | | | | | Inter Flyland |
| 170 | KLANTE, LINUS | 2002 | MÄNNER | 4 | --- | 1 | | | | | | 4 l | | | | | TV Dinklage |
| 171 | KREBECK, CORNELIUS | 1999 | MÄNNER | 3 | --- | 1 | | | | | | 3 m | | | | | GW Mühlen |
| 172 | DECKER, JUSTUS | 2003 | MÄNNER | 3 | --- | 1 | | | | | | 3 l | | | | | TV Dinklage |
| 173 | ESPELAGE, LUKAS | 1995 | MÄNNER | 2 | --- | 1 | | | | | | 2 l | | | | | GW Brockdorf |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|----------------------|------------------------|--------|--------|--------------------|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--------|-------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 174 | BEIER, FELIX | 2000 | MÄNNER | 2 | --- | 1 | | | | | 2 m | | | | | | Inter Flyland |
| 175 | WÖHRMANN, HENRI | 2000 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | Inter Flyland |
| 176 | WOLF, MAX | 2000 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | |
| 177 | WITTE, SIMON | 2002 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | Märschendorf |
| 178 | WIEFERICH, THOMAS | 1999 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | Inter Flyland |
| 179 | THIE, KEVIN | 1998 | MÄNNER | 1 | --- | 1 | | | | | 1 l | | | | | | |
| 180 | TABELING, LUCA | 1996 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | TVD Dinklage |
| 181 | STOLZ, LEONHARD | 2003 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | |
| 182 | STOLTE, LUKAS | 1999 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | Inter Flyland |
| 183 | KRIMPENFORT, JONAS | 1994 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | LT Waldschleicher Lohne |
| 184 | KREBECK, HENNING | 1999 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | Hertha BBC |
| 185 | KOLBECK, MICHAEL | 2000 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | Inter Flyland |
| 186 | KL. BORNHORST, HENDRIK | 1995 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | GW Mühlen |
| 187 | KATZ, AARON | 1998 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | |
| 188 | KAPANCI, BEDRAN | 1994 | MÄNNER | 1 | --- | 1 | | | | | 1 l | | | | | | |
| 189 | JAEGER, DANIEL | 1995 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | |
| 190 | HILGE, LARS | 1995 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | SV Holdorf |
| 191 | FELDHAUS, DIRK | 1994 | MÄNNER | 1 | --- | 1 | | | | | 1 l | | | | | | |
| 192 | BLETTRUP, LARS | 1994 | MÄNNER | 1 | --- | 1 | | | | | 1 m | | | | | | |
| Männer 20 - 29 Jahre | | | | Anzahl Teilnehmer: | 240 | | 13 | 18 | 11 | 16 | 126 | 29 | 6 | 21 | | | |

Männer 30 - 34 Jahre

| | | | | | | | | | | | | | | | | | |
|----|----------------------|------|------|-----|------------|---|------|------|------|------|------|------|------|------|--|--|----------------------------|
| 1 | MEYER, JOHANNES | 1991 | M 30 | 349 | 250 | 7 | 50 h | 50m | 50m | 49 l | 50 l | 50m | 50 l | | | | TuS BW Lohne Leichtathl |
| 2 | BIENKOWSKI, MATEUSZ | 1993 | M 30 | 347 | 250 | 7 | 50 k | 49m | 48m | | | | Polnische Adler Dinklage |
| 3 | DIRKES, DOMINIK | 1989 | M 30 | 343 | 247 | 7 | 50m | 49m | 48m | 50m | 49m | 48m | 49m | | | | Frieler Laufftreff |
| 4 | SÜNDERMANN, HENNING | 1989 | M 30 | 331 | 243 | 7 | | 49m | 46m | 46m | 42 l | 48 l | 50 k | 50m | | | |
| 5 | IDELER, PATRICK | 1990 | M 30 | 219 | 219 | 5 | | 48 l | 49 k | 43m | 33 l | | 46m | | | | Laufftreff 2.Kp Südlohne |
| 6 | ELLERMANN, PATRICK | 1991 | M 30 | 191 | --- | 4 | | | 47m | 47m | | 50m | 47 k | | | | Hunteburger SV |
| 7 | PERK, CHRISTIAN | 1989 | M 30 | 187 | --- | 4 | | | | 45m | 45 l | 49 l | | 48 l | | | LF SFN Vechta |
| 8 | SCHEELE, MICHAEL | 1993 | M 30 | 138 | --- | 3 | | 44m | | | 47m | 47 k | | | | | Freiwillige Feuerwehr Vist |
| 9 | VON DER ASSEN, PETER | 1992 | M 30 | 124 | --- | 3 | | | | | 32m | 45 k | | 47m | | | |
| 10 | HENKE, HENDRIK | 1990 | M 30 | 98 | --- | 2 | 50m | | | | 48 l | | | | | | Mühlen |
| 11 | SCHNITKER, TOBIAS | 1993 | M 30 | 97 | --- | 2 | | 49 h | 48m | | | | | | | | |
| 12 | BOHMANN, JULIUS | 1993 | M 30 | 94 | --- | 2 | 47m | | | | | 47 l | | | | | |
| 13 | FRAAS, DIRK | 1990 | M 30 | 92 | --- | 2 | | | | 44m | | 48m | | | | | Visbek |
| 14 | BOKOP, FRANZ | 1990 | M 30 | 92 | --- | 2 | 49m | | | | 43 l | | | | | | Vechta |
| 15 | VORNHAGEN, PHILIPP | 1990 | M 30 | 87 | --- | 2 | | | | | 40m | | | 47 l | | | TSG 1899 Holzfuß |
| 16 | IFFLÄNDER, STEFAN | 1992 | M 30 | 81 | --- | 2 | | | | | 35 l | | 46 k | | | | BWL |
| 17 | THOBE, MARTIN | 1990 | M 30 | 72 | --- | 2 | | 46 h | | | 26 l | | | | | | MSG Harpendorf-Düpe |
| 18 | GARVELS, LUCAS | 1991 | M 30 | 71 | --- | 2 | | 47 l | | | 24 l | | | | | | Die drei Streifen |
| 19 | WESTERHOFF, JENS | 1989 | M 30 | 64 | --- | 2 | | | | | 18 l | 46 l | | | | | SG Erte |
| 20 | WENIG, FRANK | 1989 | M 30 | 60 | --- | 2 | | | | | 15 l | 45m | | | | | |
| 21 | WEIGANDT, MAXIMILIAN | 1993 | M 30 | 50 | --- | 1 | 50 k | | | | | | | | | | |
| 22 | RIECHERS, NICOLAI | 1993 | M 30 | 50 | --- | 1 | | 50 l | | | | | | | | | Bahr Madultechnik |
| 23 | FRANKE, SEBASTIAN | 1991 | M 30 | 50 | --- | 1 | | | | | 50 l | | | | | | Zerhusen&Blömer |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|-------|--------------------------|--------|------|--------|----------|-----|------|------|------|------|------|------|------|-----|-----|--------|------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 24 | SPECKMEIER, NILS | 1992 | M 30 | 49 | --- | 1 | | 49 k | | | | | | | | | TTC Mennighüffen |
| 25 | PUNCAK, JAN | 1989 | M 30 | 49 | --- | 1 | | | | 49 m | | | | | | | Quakenbrücker SC 99 |
| 26 | NORDMANN, JAN-NIKLAS | 1993 | M 30 | 49 | --- | 1 | | | | | 49 k | | | | | | |
| 27 | MEDING, OLIVER | 1990 | M 30 | 49 | --- | 1 | | | | | | | 49 l | | | | |
| 28 | LÜNSMANN, SEBASTIAN | 1990 | M 30 | 49 | --- | 1 | | | | | 49 m | | | | | | |
| 29 | LANDWEHR, THORSTEN | 1991 | M 30 | 49 | --- | 1 | | | 49 l | | | | | | | | Die drei Streifen |
| 30 | HÜSING, JONAS | 1991 | M 30 | 49 | --- | 1 | | | | | | 49 k | | | | | BV Bühren |
| 31 | DASE, ANDRÉ | 1991 | M 30 | 49 | --- | 1 | 49 k | | | | | | | | | | |
| 32 | BORNHORST, TIMO | 1991 | M 30 | 49 | --- | 1 | | | | 49 k | | | | | | | |
| 33 | STROTHMEYER, FELIX | 1992 | M 30 | 48 | --- | 1 | | | | | 48 m | | | | | | GW Mühlen |
| 34 | RUSCHE, PHILIPP | 1992 | M 30 | 48 | --- | 1 | | | 48 k | | | | | | | | SW Osterfeine |
| 35 | OSTENDORF, MICHAEL | 1989 | M 30 | 48 | --- | 1 | | | 48 h | | | | | | | | SV Carum |
| 36 | LÜHRMANN, MICHAEL | 1991 | M 30 | 48 | --- | 1 | | | 48 m | | | | | | | | Blau-Weiß Hollage |
| 37 | KRÖGER, CHRISTOPH | 1993 | M 30 | 48 | --- | 1 | | | | | | 48 k | | | | | BW Langförden |
| 38 | KIRCHHOFF, MARIUS | 1993 | M 30 | 48 | --- | 1 | 48 k | | | | | | | | | | Stadtverwaltung Vechta |
| 39 | GERBERDING, JOHANN | 1992 | M 30 | 48 | --- | 1 | | | | | 48 k | | | | | | |
| 40 | DEBRING, MAXIMILIAN | 1992 | M 30 | 48 | --- | 1 | 48 m | | | | | | | | | | |
| 41 | WESSELS, CHRISTIAN | 1993 | M 30 | 47 | --- | 1 | | | | | | 47 m | | | | | Deindrup |
| 42 | SONTAG, MICHEL | 1992 | M 30 | 47 | --- | 1 | | | | | | | 47 m | | | | SV DJK Elsten |
| 43 | MENZLER, MARC | 1990 | M 30 | 47 | --- | 1 | | | | | 47 k | | | | | | |
| 44 | MAKOSCHEY, SEBASTIAN | 1993 | M 30 | 47 | --- | 1 | | | 47 m | | | | | | | | |
| 45 | HAUSFELD, FREDERIK | 1989 | M 30 | 47 | --- | 1 | | | 47 h | | | | | | | | MSC Osnabrück |
| 46 | GÖCKE, MARIUS | 1990 | M 30 | 47 | --- | 1 | | | | | 47 l | | | | | | RSG Lohne Vechta |
| 47 | VAGELPOHL, LUKAS | 1992 | M 30 | 46 | --- | 1 | | | | | 46 k | | | | | | Haarsalon Sommer-Vagel |
| 48 | STUNTEBECK, BENEDIKT | 1990 | M 30 | 46 | --- | 1 | | | 46 l | | | | | | | | Die drei Streifen |
| 49 | IHORST, PATRICK | 1993 | M 30 | 46 | --- | 1 | | | 46 m | | | | | | | | SW Osterfeine |
| 50 | HÜTTEMYER, ANDRÉ | 1990 | M 30 | 46 | --- | 1 | | | | | | 46 m | | | | | KMH & friends |
| 51 | FORTMANN, ANDRÉ | 1992 | M 30 | 46 | --- | 1 | | | | | | 46 k | | | | | ELO eG Langförden |
| 52 | DEHLFING, HENRIK | 1992 | M 30 | 46 | --- | 1 | | | | | 46 m | | | | | | |
| 53 | DE AMORIN MACHADO MATEUS | 1991 | M 30 | 46 | --- | 1 | 46 m | | | | | | | | | | |
| 54 | CHRISTOPH, RUDOLF | 1990 | M 30 | 46 | --- | 1 | | | | | 46 l | | | | | | |
| 55 | UMLANDT, FABIAN | 1993 | M 30 | 45 | --- | 1 | | | | | 45 m | | | | | | |
| 56 | STÖPPELMANN, PHILIP | 1993 | M 30 | 45 | --- | 1 | | | 45 m | | | | | | | | SW Osterfeine |
| 57 | SCHMIDT, CHRISTIAN | 1993 | M 30 | 45 | --- | 1 | | | 45 h | | | | | | | | |
| 58 | KÄHLING, THORBEN | 1992 | M 30 | 45 | --- | 1 | | | 45 l | | | | | | | | |
| 59 | KASPERLIK, JAKOB | 1993 | M 30 | 45 | --- | 1 | 45 m | | | | | | | | | | |
| 60 | BIRX, MARCEL | 1993 | M 30 | 45 | --- | 1 | | | | | | | 45 m | | | | |
| 61 | RIPKE, HUBERT | 1992 | M 30 | 44 | --- | 1 | | | | | | 44 k | | | | | RW Visbek |
| 62 | LAUXTERMANN, THORBEN | 1991 | M 30 | 44 | --- | 1 | | | 44 h | | | | | | | | TV Georgsmarienhütte |
| 63 | EVERS, HANNES | 1990 | M 30 | 44 | --- | 1 | | | | | | 44 m | | | | | Bühren |
| 64 | BECKER, TIM | 1992 | M 30 | 44 | --- | 1 | | | | | 44 l | | | | | | |
| 65 | BAALMANN, TIM | 1993 | M 30 | 44 | --- | 1 | | | | | 44 m | | | | | | NOSTA Group |
| 66 | REVERMANN, FRANK | 1992 | M 30 | 43 | --- | 1 | | | | | 43 m | | | | | | Fortuna Einen |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|----------------------|------------------------------|--------|------|--------------------|----------|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|--------|-------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 67 | GÜNTHER, DANIEL | 1992 | M 30 | 43 | --- | 1 | | 43m | | | | | | | | | |
| 68 | BUSSE, ROBIN | 1992 | M 30 | 43 | --- | 1 | | | | | | 43m | | | | | Vechta |
| 69 | SCHLARMANN, CHRISTOPH | 1989 | M 30 | 42 | --- | 1 | | | | | 42m | | | | | | |
| 70 | ZERHUSEN, JAN | 1993 | M 30 | 41 | --- | 1 | | | | | 41 l | | | | | | GW Mühlen |
| 71 | STEINHAUS, MICHAEL | 1989 | M 30 | 41 | --- | 1 | | | | | 41m | | | | | | GW Mühlen |
| 72 | HOLZENKAMP, JAN | 1991 | M 30 | 40 | --- | 1 | | | | | 40 l | | | | | | TuS Lutten |
| 73 | SCHLARMANN, FLORIAN | 1992 | M 30 | 39 | --- | 1 | | | | | 39 l | | | | | | Schlarmannalarm |
| 74 | HEITMANN, HENDRIK | 1992 | M 30 | 39 | --- | 1 | | | | | 39m | | | | | | |
| 75 | NIEHAUS, FREDERIC | 1992 | M 30 | 38 | --- | 1 | | | | | 38m | | | | | | BW Lohne |
| 76 | DEHLFING, SEBASTIAN | 1993 | M 30 | 38 | --- | 1 | | | | | 38 l | | | | | | |
| 77 | KL. BRÜNING, JENS | 1993 | M 30 | 37 | --- | 1 | | | | | 37m | | | | | | |
| 78 | BÜNGER, JONAS | 1991 | M 30 | 37 | --- | 1 | | | | | 37 l | | | | | | TimGym |
| 79 | MICHAEL, OSTENDORF | 1989 | M 30 | 36 | --- | 1 | | | | | 36 l | | | | | | SV Carum |
| 80 | MEYER, FABIAN | 1990 | M 30 | 36 | --- | 1 | | | | | 36m | | | | | | |
| 81 | DORNIK, JENS | 1992 | M 30 | 35 | --- | 1 | | | | | 35m | | | | | | |
| 82 | KLEINE HOLTHAUS CHRISTIAN | 1990 | M 30 | 34 | --- | 1 | | | | | 34 l | | | | | | |
| 83 | HENTEMANN, LUKAS | 1989 | M 30 | 34 | --- | 1 | | | | | 34m | | | | | | |
| 84 | HECKMANN, DANIEL | 1991 | M 30 | 33 | --- | 1 | | | | | 33m | | | | | | |
| 85 | TIEMANN, PAUL HENDRIK | 1993 | M 30 | 32 | --- | 1 | | | | | 32 l | | | | | | |
| 86 | WITTE, JULIAN | 1991 | M 30 | 31 | --- | 1 | | | | | 31m | | | | | | |
| 87 | FILES, NICO | 1992 | M 30 | 31 | --- | 1 | | | | | 31 l | | | | | | |
| 88 | MACKERODT, PHILIPP | 1991 | M 30 | 30 | --- | 1 | | | | | 30 l | | | | | | DSTG Ortsverband Vechta |
| 89 | DETTMER, STEFAN | 1990 | M 30 | 30 | --- | 1 | | | | | 30m | | | | | | |
| 90 | MEYER, RENE | 1990 | M 30 | 29 | --- | 1 | | | | | 29 l | | | | | | TuS Blau-Weiß Lohne Tri |
| 91 | WULFING, STEFAN | 1992 | M 30 | 28 | --- | 1 | | | | | 28 l | | | | | | DJK Elsten |
| 92 | PÖHLKING, LOUIS | 1991 | M 30 | 28 | --- | 1 | | | | | 28m | | | | | | GW Mühlen |
| 93 | REIMER, MATTHIAS | 1991 | M 30 | 27 | --- | 1 | | | | | 27m | | | | | | |
| 94 | HÜTTEMEYER, ANDRÉ | 1990 | M 30 | 27 | --- | 1 | | | | | 27 l | | | | | | KMH & friends |
| 95 | HASKAMP, JOSHUA | 1992 | M 30 | 26 | --- | 1 | | | | | 26m | | | | | | |
| 96 | SCHLARMANN, MANUEL | 1993 | M 30 | 25 | --- | 1 | | | | | 25m | | | | | | |
| 97 | NORDLOHNE, TOBIAS | 1992 | M 30 | 25 | --- | 1 | | | | | 25 l | | | | | | TV Dinklage |
| 98 | REICHEL, THOMAS | 1989 | M 30 | 23 | --- | 1 | | | | | 23 l | | | | | | |
| 99 | LUHR, CHRISTIAN | 1989 | M 30 | 22 | --- | 1 | | | | | 22 l | | | | | | 3 Herren Steinfeld |
| 100 | JORDAN, PETER | 1991 | M 30 | 21 | --- | 1 | | | | | 21 l | | | | | | Landwirtschaft AB |
| 101 | THOLE, FRANZ | 1989 | M 30 | 20 | --- | 1 | | | | | 20 l | | | | | | Ein rein fürn Verein |
| 102 | WESTENDORF, DIRK | 1990 | M 30 | 19 | --- | 1 | | | | | 19 l | | | | | | |
| 103 | FANGMANN, HENNING | 1991 | M 30 | 17 | --- | 1 | | | | | 17 l | | | | | | |
| 104 | BÖCKMANN, SVEN | 1989 | M 30 | 16 | --- | 1 | | | | | 16 l | | | | | | |
| 105 | ROLFES, MAXIMILIAN | 1993 | M 30 | 14 | --- | 1 | | | | | 14 l | | | | | | LSR |
| 106 | SIEFKE, CHRISTOPH | 1990 | M 30 | 13 | --- | 1 | | | | | 13 l | | | | | | SV Holdorf |
| 107 | TAPKE-JOST, CHRISTOPH | 1989 | M 30 | 12 | --- | 1 | | | | | 12 l | | | | | | |
| 108 | SIMON, VAGELPOHL | 1989 | M 30 | 11 | --- | 1 | | | | | 11 l | | | | | | |
| Männer 30 - 34 Jahre | | | | Anzahl Teilnehmer: | 157 | | 9 | 24 | 7 | 10 | 70 | 20 | 9 | 8 | | | |

Männer 35 - 39 Jahre

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | | Läu | | | | | | | | | | Verein | |
|-------|-------------------------|--------|------|--------|------------|-----|------|------|------|------|------|------|------|------|-----|--------|--------------------------|
| | | | | 5 | aus 10 | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 1 | MEISENHEIMER, JOHANNES | 1988 | M 35 | 244 | 244 | 5 | 49m | 49m | 50m | 46 l | 50m | | | | | | Triathlon Dammensia |
| 2 | BEI DER HAKE, MARIO | 1984 | M 35 | 322 | 243 | 7 | 48 h | 46m | 46m | 33 l | 50 k | 49 k | 50m | | | | OSC Damme |
| 3 | ROLFES, ANDRÉ | 1984 | M 35 | 218 | 218 | 5 | 45 l | 48 k | 45m | 30 l | 50m | | | | | | Laufftreff 2.Kp Südlohne |
| 4 | ULBRICH, LARS | 1984 | M 35 | 200 | --- | 4 | 50m | 50 h | | | 50m | 50 k | | | | | |
| 5 | FRANKE, JULIAN | 1987 | M 35 | 195 | --- | 4 | 49 k | 49m | 50 k | | 47 l | | | | | | SG Diepholz |
| 6 | ELLERMANN, TOBIAS | 1987 | M 35 | 189 | --- | 4 | | | 45m | 48m | | 49m | 47 k | | | | Hunteburger SV |
| 7 | BEI DER HAKE, DANIEL | 1984 | M 35 | 140 | --- | 3 | | | 48m | 49m | 43 l | | | | | | OSC Damme |
| 8 | KISSE, CHRISTOPH | 1986 | M 35 | 139 | --- | 3 | | 49 k | 45 k | | | | 45 k | | | | SV Barver |
| 9 | DINKLAGE, ANDREAS | 1988 | M 35 | 119 | --- | 3 | | | | 49 k | 23 l | 47m | | | | | |
| 10 | KRENZ, ALEXANDER | 1987 | M 35 | 100 | --- | 2 | | | | | 50 l | 50 l | | | | | VfL Wolfsburg |
| 11 | STEINBERG, MARIUS | 1986 | M 35 | 99 | --- | 2 | | | 50m | | 49 l | | | | | | |
| 12 | NORDLOHNE, MICHAEL | 1987 | M 35 | 99 | --- | 2 | | | | 50 k | | 49 k | | | | | |
| 13 | HEGERFELD, SEBASTIAN | 1987 | M 35 | 98 | --- | 2 | | 50 k | | | 48m | | | | | | |
| 14 | WAGNER, JENS | 1988 | M 35 | 97 | --- | 2 | | | 49 k | | | | 48 k | | | | SV Barver Running Kids |
| 15 | LEHMKUHL, JAN-FRIEDRICH | 1984 | M 35 | 97 | --- | 2 | | | | | | 48 k | 49m | | | | Vechta |
| 16 | BOSCHE, FABIAN | 1988 | M 35 | 96 | --- | 2 | | | | 47m | | | | 49 l | | | LT Waldschleicher Lohne |
| 17 | LANGE, FLORIAN | 1987 | M 35 | 95 | --- | 2 | | | | | 45 l | | | 50 l | | | GW Mühlen |
| 18 | GÖTTKE, ALEXANDER | 1984 | M 35 | 94 | --- | 2 | | 46 l | | | | | | 48 l | | | |
| 19 | GLASER, OLIVER | 1987 | M 35 | 73 | --- | 2 | 48m | | | | 25 l | | | | | | |
| 20 | KLOSTERMANN, CHRISTIAN | 1985 | M 35 | 63 | --- | 2 | | | | | 17 l | | | 46 l | | | SV Holdorf |
| 21 | KESSING, KLAUS | 1988 | M 35 | 50 | --- | 1 | | | | | 50 k | | | | | | Team Rocket |
| 22 | JANNING, SIMON | 1987 | M 35 | 50 | --- | 1 | | 50m | | | | | | | | | Laufftreff SV Uffeln |
| 23 | HECKERT, DANIEL | 1984 | M 35 | 50 | --- | 1 | | 50 l | | | | | | | | | |
| 24 | WESTENDORF, FREDERIK | 1987 | M 35 | 49 | --- | 1 | | | | | | | | 49m | | | |
| 25 | HENNIN, SCHILLINGMANN | 1986 | M 35 | 49 | --- | 1 | | | | | 49m | | | | | | |
| 26 | FÖLTING, CHRISTIAN | 1985 | M 35 | 49 | --- | 1 | | 49 h | | | | | | | | | Tri-Geckos Dortmund e.V. |
| 27 | BROCKMEYER, STEFFEN | 1988 | M 35 | 49 | --- | 1 | | 49 l | | | | | | | | | Osnabrücker Hospiz e.V. |
| 28 | ASBREDE, PATRICK | 1985 | M 35 | 49 | --- | 1 | | | | | 49 k | | | | | | VfL 93 Hamburg |
| 29 | WROBEL, PETER | 1984 | M 35 | 48 | --- | 1 | 48 k | | | | | | | | | | |
| 30 | STÄRK, JAN-BERND | 1984 | M 35 | 48 | --- | 1 | | 48m | | | | | | | | | SW Osterfeine |
| 31 | RÖSENER, ANDREAS | 1987 | M 35 | 48 | --- | 1 | | | | | 48 k | | | | | | SV Carum |
| 32 | MICHAEL, RALF | 1987 | M 35 | 48 | --- | 1 | | 48 l | | | | | | | | | TV 01 Bohmte |
| 33 | MEYER, GERRIT | 1986 | M 35 | 48 | --- | 1 | | | | | 48 l | | | | | | OSC Damme |
| 34 | LENZE, PHILIPP | 1985 | M 35 | 48 | --- | 1 | | | | | | 48m | | | | | Vechta |
| 35 | THOBE, STEFAN | 1987 | M 35 | 47 | --- | 1 | | | | | 47m | | | | | | |
| 36 | RÜDEBUSCH, MICHAEL | 1986 | M 35 | 47 | --- | 1 | 47m | | | | | | | | | | VfL Wildeshausen |
| 37 | NORDLOHNE, FABIAN | 1985 | M 35 | 47 | --- | 1 | | | | | | | | 47 l | | | TSG 1899 Holzfluss |
| 38 | MATTHEIS, ALEXANDER | 1987 | M 35 | 47 | --- | 1 | | 47m | | | | | | | | | IB-Gerdorm |
| 39 | LÜBBE, DOMINIK | 1988 | M 35 | 47 | --- | 1 | | | | | | 47 k | | | | | Langförden |
| 40 | LEGRAND, CEDRIC | 1988 | M 35 | 47 | --- | 1 | | 47 l | | | | | | | | | NLV Stuttgart-Vaihingen |
| 41 | JENTSCH, EDUARD | 1984 | M 35 | 47 | --- | 1 | | | 47m | | | | | | | | |
| 42 | HUGENBERG, HENDRIK | 1984 | M 35 | 47 | --- | 1 | | | | | 47 k | | | | | | Team Holdorf- Bahnhof |
| 43 | FREESE, MICHAEL | 1988 | M 35 | 47 | --- | 1 | | 47 h | | | | | | | | | |
| 44 | DRUNAGEL, DANIEL | 1987 | M 35 | 47 | --- | 1 | 47 k | | | | | | | | | | Warnking Elektrotechnik |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|-------|----------------------------|--------|------|--------|----------|-----|-----|------|------|-----|------|-----|------|-----|-----|--------|------------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 45 | BLÖMER, WERNER | 1984 | M 35 | 47 | --- | 1 | | | 47 k | | | | | | | | LF SFN Vechta |
| 46 | WILKE, JÖRG | 1986 | M 35 | 46 | --- | 1 | | | | | 46 k | | | | | | Langförden |
| 47 | STUKENBORG, AHMED | 1985 | M 35 | 46 | --- | 1 | | | | | 46 k | | | | | | EFC |
| 48 | SCHOLZ, MICHAEL | 1986 | M 35 | 46 | --- | 1 | | | | | | | 46 k | | | | |
| 49 | MARISCHEN, CHRISTOPHER | 1985 | M 35 | 46 | --- | 1 | | | | | | 46m | | | | | Vechta |
| 50 | LAMPING, DENNIS | 1988 | M 35 | 46 | --- | 1 | | | | | 46m | | | | | | |
| 51 | HAKE, HANNES | 1987 | M 35 | 46 | --- | 1 | | 46m | | | | | | | | | Freiwillige Feuerwehr Vist |
| 52 | GUSSENBERG, ALEXANDER | 1987 | M 35 | 46 | --- | 1 | | 46 h | | | | | | | | | Laufftreff VfR Voxtrup |
| 53 | BRUSE, ROBERT | 1986 | M 35 | 46 | --- | 1 | | | 46 k | | | | | | | | RWD D4 |
| 54 | W, PETER | 1984 | M 35 | 45 | --- | 1 | | | | | | 45m | | | | | Goldenstedt |
| 55 | STEMPFLE, PASCAL | 1988 | M 35 | 45 | --- | 1 | | | | | 45m | | | | | | |
| 56 | HESSE, SASCHA | 1986 | M 35 | 45 | --- | 1 | | 45 h | | | | | | | | | LT Osnabrück Nord |
| 57 | ERNST, ALEXANDER | 1987 | M 35 | 45 | --- | 1 | | | | | 45 k | | | | | | |
| 58 | WILLENBRING, FRANK | 1986 | M 35 | 44 | --- | 1 | | | | | 44 l | | | | | | GW Mühlen |
| 59 | KOPPENHAGEN, STEVE | 1984 | M 35 | 44 | --- | 1 | | | | | | | 44 k | | | | |
| 60 | KOLBECK, NILS | 1984 | M 35 | 44 | --- | 1 | | | | | 44m | | | | | | |
| 61 | KLÖKER, HEINRICH | 1984 | M 35 | 44 | --- | 1 | | | | | 44 k | | | | | | SV Falke Steinfeld |
| 62 | DUDA, THORBEN | 1984 | M 35 | 44 | --- | 1 | | | 44m | | | | | | | | "Laufftreff ""Vorbereitung H |
| 63 | BREITENSTEIN, THOMAS | 1987 | M 35 | 44 | --- | 1 | | 44 l | | | | | | | | | SW Osterfeine |
| 64 | WESSELS, REINHARD | 1987 | M 35 | 43 | --- | 1 | | 43 l | | | | | | | | | |
| 65 | SCHIBALSKI, CHARLES | 1988 | M 35 | 43 | --- | 1 | | | 43m | | | | | | | | |
| 66 | PUSCH, CHRISTIAN | 1987 | M 35 | 43 | --- | 1 | | | | | 43m | | | | | | |
| 67 | L., NILS | 1987 | M 35 | 43 | --- | 1 | | | | | 43 k | | | | | | |
| 68 | WERNKE, TIM | 1986 | M 35 | 42 | --- | 1 | | | | | 42m | | | | | | |
| 69 | POST, THOMAS | 1987 | M 35 | 42 | --- | 1 | | 42 l | | | | | | | | | |
| 70 | HOELL, PHILIPP | 1985 | M 35 | 42 | --- | 1 | | | | | 42 l | | | | | | TSR Olympia Wilhelmsha |
| 71 | ÜNAL, ONUR | 1986 | M 35 | 41 | --- | 1 | | | | | 41 l | | | | | | |
| 72 | TOMBRÄGEL, THOMAS | 1988 | M 35 | 41 | --- | 1 | | | | | 41m | | | | | | |
| 73 | FLASSKAMP, MARTIN | 1987 | M 35 | 41 | --- | 1 | | 41 l | | | | | | | | | |
| 74 | ZAGER, TOBIAS | 1988 | M 35 | 40 | --- | 1 | | | | | 40 l | | | | | | |
| 75 | MOSIG, ANDREAS | 1986 | M 35 | 40 | --- | 1 | | | | | 40m | | | | | | |
| 76 | NIEBERDING, CHRISTIAN | 1985 | M 35 | 39 | --- | 1 | | | | | 39 l | | | | | | Steinfeld |
| 77 | LEHMKUHL JAN- FRIEDRICH | 1984 | M 35 | 39 | --- | 1 | | | | | 39m | | | | | | Privat |
| 78 | WEIER, CARSTEN | 1987 | M 35 | 38 | --- | 1 | | | | | 38 l | | | | | | Dynamo Dosenbier |
| 79 | DIEPHAUS, THEODOR | 1986 | M 35 | 38 | --- | 1 | | | | | 38m | | | | | | |
| 80 | KÜHN, JULIUS | 1987 | M 35 | 37 | --- | 1 | | | | | 37m | | | | | | |
| 81 | KLEINE HOLTHAUS FLORIAN | 1988 | M 35 | 37 | --- | 1 | | | | | 37 l | | | | | | |
| 82 | BÖCKMANN, DIETER | 1988 | M 35 | 36 | --- | 1 | | | | | 36 l | | | | | | EIPRO |
| 83 | RIEÁELMANN, STEFAN | 1985 | M 35 | 35 | --- | 1 | | | | | 35 l | | | | | | LT Waldschleicher Lohne |
| 84 | WNUCK, BJÖRN | 1984 | M 35 | 34 | --- | 1 | | | | | 34 l | | | | | | |
| 85 | YUECEL, SERDAR | 1985 | M 35 | 32 | --- | 1 | | | | | 32 l | | | | | | |
| 86 | KOSMIDIS, GEORGIOS | 1988 | M 35 | 31 | --- | 1 | | | | | 31 l | | | | | | |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein |
|----------------------|--------------------|--------|------|--------------------|----------|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|-------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | |
| 87 | VASKE, DENNIS | 1985 | M 35 | 29 | --- | 1 | | | | | 29 l | | | | | SC SW Bakum |
| 88 | NORDLOHNE, STEFAN | 1987 | M 35 | 28 | --- | 1 | | | | | 28 l | | | | | TV Dinklage |
| 89 | SCHULTE, HENDRIK | 1987 | M 35 | 27 | --- | 1 | | | | | 27 l | | | | | |
| 90 | BOCKHORST, MICHAEL | 1986 | M 35 | 26 | --- | 1 | | | | | 26 l | | | | | |
| 91 | PREUSS, CASSIAN | 1986 | M 35 | 24 | --- | 1 | | | | | 24 l | | | | | LT Waldschleicher Lohne |
| 92 | PARSIKOV, IVAN | 1986 | M 35 | 22 | --- | 1 | | | | | 22 l | | | | | |
| 93 | ESPELAGE, THOMAS | 1988 | M 35 | 21 | --- | 1 | | | | | 21 l | | | | | Bünne |
| 94 | KÜHLING, ANDRÉ | 1988 | M 35 | 20 | --- | 1 | | | | | 20 l | | | | | |
| 95 | WILLENBRING, DIRK | 1984 | M 35 | 19 | --- | 1 | | | | | 19 l | | | | | |
| 96 | REIMER, DOMINIK | 1985 | M 35 | 18 | --- | 1 | | | | | 18 l | | | | | Frisia Goldenstedt |
| 97 | PUNTE, TOBIAS | 1985 | M 35 | 16 | --- | 1 | | | | | 16 l | | | | | |
| 98 | JOHANNES, SIMON | 1986 | M 35 | 15 | --- | 1 | | | | | 15 l | | | | | |
| Männer 35 - 39 Jahre | | | | Anzahl Teilnehmer: | 138 | | 7 | 23 | 14 | 8 | 58 | 12 | 9 | 7 | | |

Männer 40 - 44 Jahre

| | | | | | | | | | | | | | | | | |
|----|------------------------|------|------|-----|------------|---|------|------|------|------|------|------|------|------|--|--------------------------|
| 1 | BRÖRING, ANDREAS | 1980 | M 40 | 399 | 250 | 8 | 50m | 50 h | 50m | 50m | 50 l | 49 l | 50m | 50 l | | TuS BW Lohne Leichtathl. |
| 2 | SCHMITT, MARK | 1982 | M 40 | 246 | 246 | 5 | 48 k | 49 k | 50 k | | 50m | 49 k | | | | Running Gag |
| 3 | PETERS, JENS | 1980 | M 40 | 387 | 245 | 8 | 46 k | 48 k | 49 k | 49 k | 48 m | 48 k | 49 k | 50m | | SC Bakum |
| 4 | EWEST, MARIUS | 1980 | M 40 | 368 | 240 | 8 | 49m | 49 l | 47m | 47m | 36 l | 45 l | 48m | 47 l | | Landkreis Vechta Laufgru |
| 5 | LIPSKI, TOMASZ | 1979 | M 40 | 371 | 238 | 8 | 44 k | 45 k | 44 k | 47 k | 50 k | 47 k | 47 k | 47m | | Polnische Adler Dinklage |
| 6 | SANFTENBERG, TINO | 1979 | M 40 | 266 | 232 | 6 | | | 45m | 46m | 34 l | 46 l | 47m | 48 l | | FCM |
| 7 | GRIESHOP, CHRISTOPH | 1983 | M 40 | 224 | 224 | 5 | 45 k | 46m | 41m | | | | 44m | 48m | | Landkreis Vechta Laufgru |
| 8 | TÖNSING, LARS | 1980 | M 40 | 306 | 223 | 7 | 41 k | 44 k | 42 k | 45 k | 44m | | 46 k | 44m | | SV Falke Steinfeld |
| 9 | PILLE, ULRICH | 1979 | M 40 | 213 | 213 | 5 | | | 47 k | | 27 l | 47m | 43m | 49m | | Vechta |
| 10 | FRIEDRICH, ELMAR | 1983 | M 40 | 195 | --- | 4 | | | | | 47 l | 50 k | 49m | 49 l | | LF SFN Vechta |
| 11 | RÖHLING, CHRISTIAN | 1981 | M 40 | 194 | --- | 4 | | 46 h | | 50 k | 49m | 49m | | | | SV Falke Steinfeld |
| 12 | CASELITZ, CHRISTIAN | 1982 | M 40 | 180 | --- | 4 | | 47 k | | | 37 l | 50m | 46m | | | LT Waldschleicher Lohne |
| 13 | MEYER, DENNIS | 1980 | M 40 | 154 | --- | 4 | | | 39m | | 29 l | 44 k | 42m | | | KMH & friends |
| 14 | WAHMES, STEPHAN | 1980 | M 40 | 148 | --- | 3 | 49 k | 50 l | 49m | | | | | | | |
| 15 | PENSKI, TOBIAS | 1982 | M 40 | 146 | --- | 3 | | 50 k | | 48m | 48 l | | | | | TuS BW Lohne Leichtathl. |
| 16 | KAMPERS, CHRISTIAN | 1979 | M 40 | 145 | --- | 3 | | | | 49m | 46 l | 50 l | | | | |
| 17 | HINTZE, BENEDIKT | 1981 | M 40 | 144 | --- | 3 | 50 k | 49 h | | | 45 l | | | | | |
| 18 | ECKHOLT, KLAUS | 1980 | M 40 | 134 | --- | 3 | 47 k | | | | 40 l | 47 l | | | | DJK Füchtel-Vechta e.V. |
| 19 | BECKER, STEFAN | 1982 | M 40 | 133 | --- | 3 | 48m | | 44m | | 41 l | | | | | Holzrausch |
| 20 | LANGFERMANN, CHRISTIAN | 1980 | M 40 | 128 | --- | 3 | 43 k | 44m | | | 41m | | | | | LG OUTATIME |
| 21 | BAUMANN, THOMAS | 1980 | M 40 | 97 | --- | 3 | | 42 l | 37m | | 18 l | | | | | |
| 22 | BROCK, CHRISTIAN | 1980 | M 40 | 96 | --- | 2 | | 48m | | 48 k | | | | | | |
| 23 | PEZER, DEJAN | 1983 | M 40 | 92 | --- | 2 | | | | | 44 l | 48 l | | | | |
| 24 | WADULLA, DAWID | 1982 | M 40 | 91 | --- | 2 | | | 46m | | | | 45m | | | Laufftreff SW Osterfeine |
| 25 | SIEMER, DANIEL | 1983 | M 40 | 89 | --- | 2 | | | 48 k | | | | 41m | | | OSC Damme |
| 26 | AVERBECK, MICHAEL | 1983 | M 40 | 87 | --- | 2 | | | | 41m | | 46 k | | | | BW Langförden |
| 27 | WICHELMANN, MAIK | 1980 | M 40 | 85 | --- | 2 | | | | | 39m | | | 46m | | LT Waldschleicher Lohne |
| 28 | STUNTEBECK, CHRISTOPH | 1980 | M 40 | 85 | --- | 2 | | 47 h | | | 38 l | | | | | MSG Harpendorf-Düpe |
| 29 | BRÄUER, JENS | 1980 | M 40 | 81 | --- | 2 | | 41 h | | | 40m | | | | | Dynamo Dosenbier n.e.V. |
| 30 | BÖCKMANN, BERND | 1979 | M 40 | 80 | --- | 2 | | 49m | | | 31 l | | | | | |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|-------|-------------------------|--------|------|--------|----------|-----|-----|------|------|------|------|------|-----|------|-----|--------|-------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 31 | BRUGGER, ARNE | 1980 | M 40 | 78 | --- | 2 | | | | | 35m | | | 43m | | | |
| 32 | WALBRÖHL, SEBASTIAN | 1982 | M 40 | 75 | --- | 2 | | | | 45m | 30 l | | | | | | Endmoräne Kroke-Ehrend |
| 33 | STEINEMANN, CHRISTIAN | 1980 | M 40 | 68 | --- | 2 | | 48 l | | | 20 l | | | | | | Jammeruschis |
| 34 | KOLBECK, MARKUS | 1983 | M 40 | 67 | --- | 2 | | 46 l | | | 21 l | | | | | | |
| 35 | STÄRK, STEPHAN | 1983 | M 40 | 63 | --- | 2 | | 44 l | | | 19 l | | | | | | SW Osterfeine |
| 36 | HARTMANN, OLIVER | 1980 | M 40 | 60 | --- | 2 | | | | | 14 l | | | 46 l | | | SV Handorf-Langenberg |
| 37 | KOSEN, CHRISTOPH | 1981 | M 40 | 58 | --- | 2 | | | | | 12 l | 46m | | | | | |
| 38 | MOORMANN, SIMON | 1983 | M 40 | 54 | --- | 2 | | | 38m | | 16 l | | | | | | Ballschule Damme |
| 39 | BETHKE, CHRISTOPH | 1983 | M 40 | 50 | --- | 1 | | 50m | | | | | | | | | |
| 40 | VOLKMER, SVEN | 1980 | M 40 | 49 | --- | 1 | | | | | 49 k | | | | | | GW Mühlen |
| 41 | PUNDT, CHRISTOPH | 1983 | M 40 | 49 | --- | 1 | | | | | 49 l | | | | | | OSC Damme |
| 42 | SALEWSKY, DOMINIK | 1981 | M 40 | 48 | --- | 1 | | 48 h | | | | | | | | | Wilhelm-Fredemann-Ober |
| 43 | HÜNTELMANN, HENRIK | 1979 | M 40 | 48 | --- | 1 | | | 48m | | | | | | | | TV Georgsmarienhütte |
| 44 | HEGERFELD, MARKUS | 1983 | M 40 | 48 | --- | 1 | | | | | 48 k | | | | | | |
| 45 | BORRMANN, FELIX | 1982 | M 40 | 48 | --- | 1 | | | | | | 48m | | | | | TuS BW Lohne |
| 46 | SAALFELD, CHRISTOPH | 1983 | M 40 | 47 | --- | 1 | | | | | 47m | | | | | | SV Falke Steinfeld |
| 47 | REUNER, CHRISTIAN | 1981 | M 40 | 47 | --- | 1 | | | | | 47 k | | | | | | Two4beats |
| 48 | KÖHNE, MATHIAS | 1980 | M 40 | 47 | --- | 1 | | 47 l | | | | | | | | | |
| 49 | GERDOM, MATTHIAS | 1979 | M 40 | 47 | --- | 1 | | 47m | | | | | | | | | IB-Gerdom |
| 50 | SCHULTZE, ANDRE | 1983 | M 40 | 46 | --- | 1 | | | | | 46 k | | | | | | GW MÜHLEN |
| 51 | SCHILDMEYER, BERND | 1980 | M 40 | 46 | --- | 1 | | 46 k | | | | | | | | | SW Osterfeine |
| 52 | SCHEPER, FLORIAN | 1981 | M 40 | 46 | --- | 1 | | | | 46 k | | | | | | | |
| 53 | HOMRIGHAUSEN, DIRK | 1980 | M 40 | 46 | --- | 1 | | | 46 k | | | | | | | | |
| 54 | HAGENA, DANIEL | 1983 | M 40 | 46 | --- | 1 | | | | | 46m | | | | | | KMH & friends |
| 55 | SCHMITZ, DENNIS | 1983 | M 40 | 45 | --- | 1 | | | | | | 45m | | | | | Wildeshausen |
| 56 | RUNNEBON, CARLO | 1981 | M 40 | 45 | --- | 1 | | | | | | | | 45m | | | |
| 57 | OLUSCHINSKY, STEFAN | 1979 | M 40 | 45 | --- | 1 | | 45 l | | | | | | | | | |
| 58 | MEYER, CHRISTIAN | 1981 | M 40 | 45 | --- | 1 | | | | | | 45 k | | | | | BW Langförden |
| 59 | MENGER, ANDRE | 1981 | M 40 | 45 | --- | 1 | | 45 h | | | | | | | | | |
| 60 | KLEINE KLAUSING, ROBERT | 1979 | M 40 | 45 | --- | 1 | | | | | 45m | | | | | | Falke Steinfeld |
| 61 | HAMPEL, MARCEL | 1981 | M 40 | 45 | --- | 1 | | | 45 k | | | | | | | | |
| 62 | BRÄGELMANN, STEVO | 1981 | M 40 | 45 | --- | 1 | | 45m | | | | | | | | | |
| 63 | ATHMANN, STEPHAN | 1981 | M 40 | 45 | --- | 1 | | | | | 45 k | | | | | | GW Mühlen |
| 64 | MAIER, ANDREAS | 1981 | M 40 | 44 | --- | 1 | | | | | 44 k | | | | | | |
| 65 | KUHLEN, JENS | 1979 | M 40 | 44 | --- | 1 | | | | 44m | | | | | | | |
| 66 | GEERS, MARKUS | 1981 | M 40 | 44 | --- | 1 | | 44 h | | | | | | | | | Keniatrics |
| 67 | BECK, DIMITRIJ | 1979 | M 40 | 44 | --- | 1 | | | | 44 k | | | | | | | |
| 68 | VOGELSANG, PHILIPP | 1979 | M 40 | 43 | --- | 1 | | | 43m | | | | | | | | TV Georgsmarienhütte |
| 69 | STEINEMANN, MARTIN | 1982 | M 40 | 43 | --- | 1 | | | 43 k | | | | | | | | OSC Damme |
| 70 | KUBAN, PIOTR | 1983 | M 40 | 43 | --- | 1 | | | | 43m | | | | | | | |
| 71 | KRÖGER, PHILIPP | 1980 | M 40 | 43 | --- | 1 | | 43 h | | | | | | | | | |
| 72 | JÜTTE, SEBASTIAN | 1983 | M 40 | 43 | --- | 1 | | | | | 43 l | | | | | | TuS Blau-Weiß Lohne Tri |
| 73 | HERRMANN, UDO | 1979 | M 40 | 43 | --- | 1 | | 43m | | | | | | | | | |
| 74 | DIEPHAUS, CHRISTIAN | 1979 | M 40 | 43 | --- | 1 | | | | | 43m | | | | | | |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | | |
|----------------------|---------------------|--------|------|--------------------|----------|-----|------|------|-----|------|------|-----|-----|-----|-----|--------|-----------------------------|--|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS | |
| 75 | DAHLMANN, TIMO | 1982 | M 40 | 43 | --- | 1 | | | | 43 k | | | | | | | | |
| 76 | BUSCH, CHRISTIAN | 1982 | M 40 | 43 | --- | 1 | | 43 l | | | | | | | | | | |
| 77 | ARLINGHAUS, THOMAS | 1980 | M 40 | 43 | --- | 1 | | | | | 43 k | | | | | | SV Carum | |
| 78 | TEPE, CHRISTOPH | 1983 | M 40 | 42 | --- | 1 | | | | | 42 k | | | | | | | |
| 79 | SUDING, ANSGAR | 1979 | M 40 | 42 | --- | 1 | | | | 42m | | | | | | | LT Waldschleicher Lohne | |
| 80 | NÜSSE, STEFAN | 1983 | M 40 | 42 | --- | 1 | | | | | 42 l | | | | | | TuS Blau-Weiß Lohne Tri | |
| 81 | NIENABER, STEFAN | 1983 | M 40 | 42 | --- | 1 | | | 42m | | | | | | | | | |
| 82 | HUGENBERG, ANSGAR | 1982 | M 40 | 42 | --- | 1 | | 42 h | | | | | | | | | | |
| 83 | GERTZ, MARKUS | 1979 | M 40 | 42 | --- | 1 | | 42m | | | | | | | | | Tura Löhne Lauffreff | |
| 84 | ECKE, THOMAS | 1983 | M 40 | 42 | --- | 1 | 42 k | | | | | | | | | | Stadtverwaltung Vechta | |
| 85 | BLOME, HEIKO | 1980 | M 40 | 42 | --- | 1 | | | | | 42m | | | | | | GW Mühlen | |
| 86 | KRUSE, BERND DR. | 1983 | M 40 | 41 | --- | 1 | | 41 l | | | | | | | | | SW Osterfeine | |
| 87 | HINKEL, CHRISTOPH | 1979 | M 40 | 41 | --- | 1 | | | | | 41 k | | | | | | GW Mühlen | |
| 88 | BOLTE, MARCEL | 1979 | M 40 | 40 | --- | 1 | | | 40m | | | | | | | | "Lauffreff ""Vorbereitung H | |
| 89 | LÜCKING, STEFAN | 1980 | M 40 | 39 | --- | 1 | | | | | 39 l | | | | | | SV Carum | |
| 90 | HEUBACH, JENS | 1981 | M 40 | 38 | --- | 1 | | | | | 38m | | | | | | Die Heubachs | |
| 91 | DAUNY, DANIEL | 1979 | M 40 | 37 | --- | 1 | | | | | 37m | | | | | | | |
| 92 | SIEBERS, PASCAL | 1979 | M 40 | 36 | --- | 1 | | | 36m | | | | | | | | | |
| 93 | KOLBECK, JAN | 1981 | M 40 | 36 | --- | 1 | | | | | 36m | | | | | | GW Mühlen | |
| 94 | HINRICHS, ANDREAS | 1982 | M 40 | 35 | --- | 1 | | | | | 35 l | | | | | | GW Mühlen | |
| 95 | SIEGER, ANDREAS | 1979 | M 40 | 33 | --- | 1 | | | | | 33 l | | | | | | die hand gottes grüne wie | |
| 96 | LANGENBACH, GERD | 1982 | M 40 | 32 | --- | 1 | | | | | 32 l | | | | | | SV Handorf Langenberg | |
| 97 | SPILLE, SEBASTIAN | 1982 | M 40 | 28 | --- | 1 | | | | | 28 l | | | | | | | |
| 98 | BOKERN, INGO | 1979 | M 40 | 26 | --- | 1 | | | | | 26 l | | | | | | GC Gut Brettberg | |
| 99 | NIEUWENHUIZEN, NICO | 1980 | M 40 | 25 | --- | 1 | | | | | 25 l | | | | | | VfL Oythe | |
| 100 | HOPING, SVEN | 1981 | M 40 | 24 | --- | 1 | | | | | 24 l | | | | | | | |
| 101 | BITTNER, MICHAEL | 1980 | M 40 | 23 | --- | 1 | | | | | 23 l | | | | | | Calveslage | |
| 102 | ALBERS, BERNHARD | 1980 | M 40 | 22 | --- | 1 | | | | | 22 l | | | | | | | |
| 103 | SCHMUTTE, ARNO | 1979 | M 40 | 17 | --- | 1 | | | | | 17 l | | | | | | Lauffreff SW Osterfeine | |
| 104 | DAHLMANN, TIMO | 1983 | M 40 | 15 | --- | 1 | | | | | 15 l | | | | | | | |
| 105 | ENNEKING, STEFAN | 1980 | M 40 | 13 | --- | 1 | | | | | 13 l | | | | | | | |
| 106 | BRUNE, JENS | 1979 | M 40 | 11 | --- | 1 | | | | | 11 l | | | | | | LT Handorf-Langenberg | |
| 107 | FORTMANN, MATTHIAS | 1983 | M 40 | 10 | --- | 1 | | | | | 10 l | | | | | | TuS Blau-Weiß Lohne Tri | |
| 108 | LEONHARD, ANDREAS | 1983 | M 40 | 9 | --- | 1 | | | | | 9 l | | | | | | Heseper Rennschnecken | |
| 109 | STEINKAMP, JOCHEN | 1981 | M 40 | 8 | --- | 1 | | | | | 8 l | | | | | | | |
| Männer 40 - 44 Jahre | | | | Anzahl Teilnehmer: | 205 | | 13 | 36 | 24 | 18 | 69 | 19 | 13 | 13 | | | | |

Männer 45 - 49 Jahre

| | | | | | | | | | | | | | | | | | |
|---|--------------------|------|------|-----|------------|---|------|------|------|------|------|------|------|------|--|--|-------------------------|
| 1 | KAMPERS, STEFAN | 1977 | M 45 | 344 | 248 | 7 | 48m | 50 h | 48m | 50m | 49 l | 49 l | 50 l | | | | |
| 2 | BOKERN, MARKUS | 1974 | M 45 | 340 | 246 | 7 | 47m | 50 k | 50 k | 49m | 47 l | 49m | 48m | | | | Endmoräne Kroke-Ehrend |
| 3 | POHL, MICHAEL | 1977 | M 45 | 234 | 234 | 5 | 46m | | 45m | 47 k | 47m | 49m | | | | | LT Pumpstation Hagstedt |
| 4 | PILLE, STEFAN | 1977 | M 45 | 311 | 233 | 7 | | 39 l | 43m | 48m | 39 l | 49m | 46m | 47m | | | LF SFN Vechta |
| 5 | TRUMME, CHRISTIAN | 1974 | M 45 | 273 | 230 | 6 | 44m | 48m | 47 k | 43m | | 45 l | 46 l | | | | MSG Harpendorf-Düpe |
| 6 | SCHWARBERG, GEROLD | 1975 | M 45 | 220 | 220 | 5 | 49 k | 49 k | 42m | 42m | 38 l | | | | | | |
| 7 | HAUSFELD, JÜRGEN | 1975 | M 45 | 237 | 208 | 6 | | 38 l | | 41m | 29 l | 41m | 45m | 43 l | | | LT Waldschleicher Lohne |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|-------|------------------------------|--------|------|--------|----------|-----|------|------|------|------|------|------|------|------|-----|--------|--------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 8 | MASCHMEYER, SEBASTIAN | 1978 | M 45 | 200 | --- | 4 | | | | 50 k | 50 m | | 50 k | 50 m | | | Bramscher Rumläufer |
| 9 | MERTINS, FRANK | 1978 | M 45 | 197 | --- | 4 | 50 m | 47 l | 50 m | | | 50 l | | | | | |
| 10 | TÜRKE, MICHAEL | 1975 | M 45 | 187 | --- | 4 | 50 k | | | 39 m | 48 m | 50 k | | | | | Laufgruppe SVA Rechterf |
| 11 | HEITMANN, MARCEL | 1976 | M 45 | 167 | --- | 4 | | | | | 28 l | 44 m | 48 m | 47 l | | | LT Waldschleicher Lohne |
| 12 | KREHL, THOMAS | 1976 | M 45 | 158 | --- | 4 | | | | 40 m | 23 l | 47 l | | 48 l | | | |
| 13 | ESPELAGE, DANIEL | 1976 | M 45 | 148 | --- | 3 | | | | 48 k | | 50 m | 50 m | | | | Landkreis Vechta Laufgru |
| 14 | HÜTTIG, JÜRGEN | 1977 | M 45 | 136 | --- | 3 | | | | 46 m | 41 l | | | 49 l | | | TV Dinklage |
| 15 | SCHMEDES, MICHAEL | 1976 | M 45 | 127 | --- | 3 | | 44 l | 40 m | | | 43 m | | | | | Langförden |
| 16 | ARNS-BÜNNEMEYER MICHAEL | 1977 | M 45 | 121 | --- | 3 | | | | 45 k | 32 l | | | 44 l | | | TVD Floorball Otter |
| 17 | LANGE, THOMAS | 1975 | M 45 | 99 | --- | 2 | | | | | 50 k | 49 k | | | | | LF SFN Vechta |
| 18 | MACHNER, CHRISTIAN | 1978 | M 45 | 97 | --- | 2 | | 48 l | 49 m | | | | | | | | TV Georgsmarienhütte |
| 19 | BRÖMLAGE, DENNIS | 1977 | M 45 | 95 | --- | 2 | | 49 m | | | 46 l | | | | | | BS Vörden |
| 20 | BERGMANN, FLORIAN | 1977 | M 45 | 95 | --- | 2 | | | 47 m | | 48 l | | | | | | TuS Blau-Weiß Lohne Tri |
| 21 | WIEBKE, LARS | 1974 | M 45 | 92 | --- | 2 | | | | 46 k | | 46 l | | | | | TuS Jahn Werdohl |
| 22 | KRIEGER, JÜRGEN | 1975 | M 45 | 92 | --- | 2 | | | | | | 46 k | | 46 m | | | Vechta |
| 23 | WINKELER, BERND | 1977 | M 45 | 91 | --- | 2 | | | | 44 m | | | 47 m | | | | VfL Lönningen |
| 24 | DUMRATH, RONNY | 1974 | M 45 | 91 | --- | 2 | | | | 45 m | | 46 m | | | | | |
| 25 | MEINECKE, RALPH | 1976 | M 45 | 90 | --- | 2 | 45 m | | | | | 45 m | | | | | |
| 26 | VOCKS, MARKUS | 1975 | M 45 | 89 | --- | 2 | | | | | 45 l | 44 l | | | | | SV Handorf Langenberg |
| 27 | PÖPPELMANN, JÖRG | 1978 | M 45 | 86 | --- | 2 | | 42 l | 44 m | | | | | | | | |
| 28 | KÜTHE, LORENZ | 1976 | M 45 | 84 | --- | 2 | | 41 l | | | 43 l | | | | | | TuS Bersenbrück |
| 29 | BUSSE, HENDRIK | 1978 | M 45 | 83 | --- | 2 | | | | | 36 m | 47 k | | | | | BW Langförden |
| 30 | ARLINGHAUS, CHRISTIAN | 1975 | M 45 | 82 | --- | 2 | | 35 l | | | 47 m | | | | | | SV Carum |
| 31 | RADAU, GERNOT | 1977 | M 45 | 80 | --- | 2 | | 37 l | | | 43 k | | | | | | LF SFN Vechta |
| 32 | ROBKE, ANDREAS | 1978 | M 45 | 75 | --- | 2 | | 48 k | | | 27 m | | | | | | SW Osterfeine |
| 33 | SEELHORST, DANIEL | 1976 | M 45 | 73 | --- | 2 | | | | | 31 l | 42 m | | | | | LT Waldschleicher Lohne |
| 34 | SCHWARBERG, HENRIC | 1975 | M 45 | 68 | --- | 2 | | | 41 m | | 27 l | | | | | | |
| 35 | PAYSEN, TORGE | 1975 | M 45 | 59 | --- | 2 | | 33 l | | | 26 l | | | | | | Düpe |
| 36 | STEFFEN, MARKUS | 1976 | M 45 | 50 | --- | 1 | | 50 l | | | | | | | | | SV Eintracht Neuenkirche |
| 37 | LINKEMEYER, STEFAN | 1977 | M 45 | 50 | --- | 1 | | 50 m | | | | | | | | | |
| 38 | FORTMANN, ANDREAS | 1976 | M 45 | 50 | --- | 1 | | | | | 50 l | | | | | | |
| 39 | WULFF, STEFAN | 1977 | M 45 | 49 | --- | 1 | | | | 49 k | | | | | | | RSG Lohne Vechta |
| 40 | WESTERMANN, MARKUS | 1974 | M 45 | 49 | --- | 1 | | | | | 49 k | | | | | | GW MÜHLEN |
| 41 | WENNEMER, MAIK | 1974 | M 45 | 49 | --- | 1 | | | 49 k | | | | | | | | Marathon Ibbenbüren |
| 42 | SOHNI, VINC | 1977 | M 45 | 49 | --- | 1 | | | | | 49 m | | | | | | ohne |
| 43 | SCHULTE, FRANK | 1977 | M 45 | 49 | --- | 1 | 49 m | | | | | | | | | | SV Höltinghausen |
| 44 | QUEBE, MICHAEL | 1976 | M 45 | 49 | --- | 1 | | 49 h | | | | | | | | | |
| 45 | KAMPETER, MAIK | 1974 | M 45 | 49 | --- | 1 | | 49 l | | | | | | | | | |
| 46 | WULF, STEFAN | 1977 | M 45 | 48 | --- | 1 | | | 48 k | | | | | | | | RSG Lohne Vechta |
| 47 | SIEMER, JENS | 1976 | M 45 | 48 | --- | 1 | | | | | | 48 m | | | | | Pumpstation Hagstedt |
| 48 | SCHWARBERG GEROLD REMBERT | 1975 | M 45 | 48 | --- | 1 | | | | | | | 48 k | | | | Steinfeld |
| 49 | NIETFELD-YASAR, YUSUF | 1977 | M 45 | 48 | --- | 1 | | | | | | 48 k | | | | | Burgläufer Dinklage |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein |
|-------|--------------------------------|--------|------|--------|----------|-----|------|------|------|------|------|------|------|-----|-----|-----------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | |
| 50 | KOLDE, JÜRGEN | 1976 | M 45 | 48 | --- | 1 | | | | | 48 l | | | | | Fortuna Eggermühlen |
| 51 | KOHAKE, STEPHAN | 1978 | M 45 | 48 | --- | 1 | | | | | 48 k | | | | | BW Lohne |
| 52 | GIESINGER, MARKUS | 1977 | M 45 | 48 | --- | 1 | 48 k | | | | | | | | | |
| 53 | WIEBKE, LARS | 1977 | M 45 | 47 | --- | 1 | | | | | | 47 k | | | | TuS Jahn Werdohl |
| 54 | STÖPELMANN, JOHANNES | 1975 | M 45 | 47 | --- | 1 | | 47m | | | | | | | | SW Osterfeine |
| 55 | KOSLITZKI, ARNDT | 1977 | M 45 | 47 | --- | 1 | | | | 47m | | | | | | TV Dinklage |
| 56 | HORSTMANN, MARTIN | 1974 | M 45 | 47 | --- | 1 | | | | | 47 k | | | | | Bockrunde Lohne |
| 57 | WOLKING, MICHAEL | 1974 | M 45 | 46 | --- | 1 | | | | | 46 k | | | | | |
| 58 | KRUSE, MARKUS | 1975 | M 45 | 46 | --- | 1 | | 46 l | | | | | | | | Hunteburger SV |
| 59 | KOVERMANN, MARKUS | 1977 | M 45 | 46 | --- | 1 | | 46m | | | | | | | | OFV Ostercappeln |
| 60 | GROTE, ANDREAS | 1976 | M 45 | 46 | --- | 1 | | | 46m | | | | | | | |
| 61 | BUCK, HENDRIK | 1977 | M 45 | 46 | --- | 1 | | | 46 k | | | | | | | RWD |
| 62 | BARHORST, JAN BERND | 1977 | M 45 | 46 | --- | 1 | | | | | 46m | | | | | GW Mühlen |
| 63 | UCHTMANN, THORSTEN | 1977 | M 45 | 45 | --- | 1 | | | | | 45m | | | | | Team RUB |
| 64 | SIEMER, CHICKEN | 1977 | M 45 | 45 | --- | 1 | | | | | | 45 k | | | | FSG Hagstedt |
| 65 | ROTTINGHAUS, HOLGER | 1978 | M 45 | 45 | --- | 1 | | | | | | | 45 l | | | |
| 66 | RANFT, SEBASTIAN | 1977 | M 45 | 45 | --- | 1 | | | | | 45 k | | | | | Die Heubachs |
| 67 | MEINERS, PHILIP | 1978 | M 45 | 45 | --- | 1 | | 45m | | | | | | | | Ahlhorner Sportverein |
| 68 | FÜRSTE, CHRISTIAN | 1975 | M 45 | 45 | --- | 1 | | 45 l | | | | | | | | Füloh |
| 69 | TRENKAMP, THOMAS | 1975 | M 45 | 44 | --- | 1 | | | | | 44 k | | | | | GW Mühlen |
| 70 | SCHÄFER, ANDREAS | 1975 | M 45 | 44 | --- | 1 | | | | | 44 l | | | | | |
| 71 | NOTHEIS, SIEGFRIED | 1974 | M 45 | 44 | --- | 1 | | | | 44 k | | | | | | LT Waldschleicher Lohne |
| 72 | MENKE, CHRISTIAN | 1975 | M 45 | 44 | --- | 1 | | | | | 44m | | | | | Eintracht Frankfurt |
| 73 | STUBBE, DIRK | 1976 | M 45 | 43 | --- | 1 | | | | | 43m | | | | | |
| 74 | BROCKMANN, TORSTEN | 1977 | M 45 | 43 | --- | 1 | | 43 l | | | | | | | | Münster |
| 75 | VÖLKERDING, CARSTEN | 1974 | M 45 | 42 | --- | 1 | | | | | 42 k | | | | | Team Holdorf- Bahnhof |
| 76 | MERK, PETER | 1976 | M 45 | 42 | --- | 1 | | | | | 42 l | | | | | TuS Neuenkirchen |
| 77 | DIEKMANN, SVEN | 1977 | M 45 | 42 | --- | 1 | | | | | 42m | | | | | DLRG Visbek |
| 78 | THEMANN, PATRICK | 1975 | M 45 | 41 | --- | 1 | | | | | 41 k | | | | | GW Mühlen |
| 79 | MAJCHSZAK, CHRISTOPH | 1977 | M 45 | 41 | --- | 1 | | | | | 41m | | | | | |
| 80 | SCHILBERG, WOLDEMAR | 1975 | M 45 | 40 | --- | 1 | | | | | | 40m | | | | Wildeshausen |
| 81 | RÖSENER, BERND | 1976 | M 45 | 40 | --- | 1 | | | | | 40 l | | | | | LSR |
| 82 | DÖBBELER, HEIKO | 1978 | M 45 | 40 | --- | 1 | | | | | 40m | | | | | SV SW Kroege-Ehrendorf |
| 83 | BRINKMANN, RENÉ | 1976 | M 45 | 40 | --- | 1 | | 40 l | | | | | | | | Live Laufftreff in Versmald |
| 84 | MAHLER, ANDREAS | 1977 | M 45 | 39 | --- | 1 | | | | | | 39m | | | | Calveslage |
| 85 | KRÖGER, DIRK | 1977 | M 45 | 39 | --- | 1 | | | | | 39m | | | | | Laufgruppe SVA Rechterf |
| 86 | MEYER, DIRK | 1978 | M 45 | 38 | --- | 1 | | | | | 38m | | | | | Laufgruppe SVA Rechterf |
| 87 | NACKE, DANIEL | 1977 | M 45 | 37 | --- | 1 | | | | | 37m | | | | | BW Lüsche |
| 88 | KOCK, CHRISTIAN | 1976 | M 45 | 37 | --- | 1 | | | | | 37 l | | | | | |
| 89 | RUNNEBOHM, JENS | 1978 | M 45 | 36 | --- | 1 | | | | | 36 l | | | | | |
| 90 | HILLMANN, HENDRIK | 1978 | M 45 | 36 | --- | 1 | | 36 l | | | | | | | | SW Osterfeine |
| 91 | RUNNEBOHM, THORSTEN | 1976 | M 45 | 35 | --- | 1 | | | | | 35 l | | | | | |
| 92 | KRIEGER, JUERGEN | 1975 | M 45 | 35 | --- | 1 | | | | | 35m | | | | | |
| 93 | SCHULTE-HOLZENKAMP THORSTEN | 1978 | M 45 | 34 | --- | 1 | | | | | 34 l | | | | | SC Bakum |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|----------------------|---------------------|--------|------|--------------------|----------|-----|-----|------|-----|-----|------|-----|-----|-----|-----|--------|----------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 94 | RUHE, DANIEL | 1977 | M 45 | 34 | --- | 1 | | | | | 34m | | | | | | BW Lüsche |
| 95 | MEBMAN, PETER | 1974 | M 45 | 34 | --- | 1 | | 34 l | | | | | | | | | FC SW Kalkriese |
| 96 | SIEVERDING, JENS | 1974 | M 45 | 33 | --- | 1 | | | | | 33m | | | | | | |
| 97 | ROHE, HARALD | 1975 | M 45 | 33 | --- | 1 | | | | | 33 l | | | | | | GW Mühlen |
| 98 | DEPETRO, ROBERTO | 1974 | M 45 | 32 | --- | 1 | | | | | 32m | | | | | | Team RUB |
| 99 | BOKERN, THOMAS | 1978 | M 45 | 31 | --- | 1 | | | | | 31m | | | | | | |
| 100 | LANGE, RALF | 1974 | M 45 | 30 | --- | 1 | | | | | 30m | | | | | | GW Mühlen |
| 101 | GLÄNZEL, ANDREAS | 1975 | M 45 | 30 | --- | 1 | | | | | 30 l | | | | | | TuS Bersenbrück |
| 102 | FUNG, VICTOR | 1978 | M 45 | 29 | --- | 1 | | | | | 29m | | | | | | |
| 103 | ROHE, ARNDT | 1978 | M 45 | 28 | --- | 1 | | | | | 28m | | | | | | Rasta Vechta |
| 104 | HEITMANN, CHRISTIAN | 1976 | M 45 | 26 | --- | 1 | | | | | 26m | | | | | | |
| 105 | SCHLOTMANN, STEFAN | 1978 | M 45 | 25 | --- | 1 | | | | | 25 l | | | | | | Hausstette |
| 106 | VODDE, MICHAEL | 1975 | M 45 | 24 | --- | 1 | | | | | 24 l | | | | | | LT Hausstette |
| 107 | BOLLMANN, ANDRE | 1977 | M 45 | 22 | --- | 1 | | | | | 22 l | | | | | | |
| 108 | BALSTER, THORSTEN | 1975 | M 45 | 21 | --- | 1 | | | | | 21 l | | | | | | DSTG-TAX-Runner / GW |
| Männer 45 - 49 Jahre | | | | Anzahl Teilnehmer: | 186 | | 10 | 29 | 16 | 19 | 65 | 25 | 9 | 13 | | | |

Männer 50 - 54 Jahre

| | | | | | | | | | | | | | | | | | |
|----|---------------------|------|------|-----|------------|---|------|------|------|------|------|------|------|------|--|--|----------------------------|
| 1 | DIEPHAUS, TOBIAS | 1973 | M 50 | 296 | 249 | 6 | 50 k | 50 k | 49 k | 50 k | 47 l | 50 k | | | | | |
| 2 | FRILLING, HENDRIK | 1972 | M 50 | 334 | 244 | 7 | 50m | | 46m | 47m | 44 l | 49 l | 48m | 50 l | | | LT Gnadenlos |
| 3 | MEYER, FRANK | 1972 | M 50 | 281 | 242 | 6 | | 39 l | 47 k | 48 k | 49m | 48 k | 50m | | | | Laufftreff 2.Kp Südlohne |
| 4 | SCHÖNFELD, KAY | 1973 | M 50 | 318 | 235 | 7 | 47m | 46 h | 45m | 45m | 38 l | 48 l | 49 l | | | | Mukki-Latte |
| 5 | DREBLER, CLAUD | 1970 | M 50 | 349 | 232 | 8 | 46m | 42 l | 42m | 44m | 33 l | 48m | 47m | 47 l | | | Trail Explorer |
| 6 | STORCK, HOLGER | 1972 | M 50 | 273 | 229 | 7 | | 43m | 40 k | 44 k | 4 l | 48 k | 46 k | 48m | | | OSC Damme |
| 7 | KROGMANN, GERALD | 1969 | M 50 | 223 | 223 | 5 | | | 46 k | 43m | 37 l | 49 k | 48 l | | | | Endmoräne Kroge-Ehren |
| 8 | MÖNNIG, TED | 1970 | M 50 | 222 | 214 | 6 | | 44m | 36m | | 8 l | 46 l | 44m | 44 l | | | Burgläufer Dinklage |
| 9 | EVESLAGE, UDO | 1970 | M 50 | 231 | 210 | 6 | 43m | | 40m | 39m | 21 l | 45m | 43 l | | | | Laufftreff Bahndammexpre |
| 10 | MEYER, CHRISTIAN | 1970 | M 50 | 206 | 206 | 5 | | | 44 k | 47 k | 19 l | 47 k | 49m | | | | Endmoräne Kroge-Ehren |
| 11 | SANDER, GUIDO | 1973 | M 50 | 195 | --- | 4 | | 48m | 48 k | 49 k | | 50m | | | | | |
| 12 | STORCK, FRANK | 1971 | M 50 | 191 | --- | 4 | 49m | 47 h | | | 50m | | 45 l | | | | OSC Damme |
| 13 | BÜSSING, FRANK | 1969 | M 50 | 184 | --- | 4 | | | 48m | 46m | 41 l | 49m | | | | | SG Voßberg-Lohne |
| 14 | HANKE, MARKUS | 1972 | M 50 | 177 | --- | 4 | | 44 l | 43m | | 40 l | 50m | | | | | Sehwindefluss 96 |
| 15 | RUNNEBOM, JÖRG | 1973 | M 50 | 149 | --- | 4 | 47 k | 49 k | 42 k | | 11 l | | | | | | |
| 16 | MACKE, THORSTEN | 1973 | M 50 | 144 | --- | 4 | | 45 h | 39m | | 17 l | 43m | | | | | |
| 17 | KÜHLING, JENS | 1972 | M 50 | 139 | --- | 3 | 45 k | 48 k | | | | 46 k | | | | | Freiwillige Feuerwehr Vist |
| 18 | DICKMAJER, OLAF | 1970 | M 50 | 134 | --- | 4 | | | 37m | 37m | 13 l | 47 l | | | | | Laufftreff SW Osterfeine |
| 19 | MIDDENDORF, UWE | 1971 | M 50 | 131 | --- | 3 | | | | 40m | | 45 l | 46m | | | | Trail Explorer |
| 20 | OSTENDORF, DIRK | 1970 | M 50 | 124 | --- | 3 | | | 39 k | | 38m | 47 k | | | | | Burgläufer Dinklage |
| 21 | WOLLERING, THORSTEN | 1972 | M 50 | 99 | --- | 2 | | | 49m | 50m | | | | | | | TuS Blau-Weiß Lohne Tri |
| 22 | ABELN, HENDRIK | 1973 | M 50 | 98 | --- | 2 | | | 50m | | 48 l | | | | | | TuS Blau-Weiß Lohne Tri |
| 23 | TRESCHANKE, SVEN | 1972 | M 50 | 97 | --- | 2 | 48m | 49 l | | | | | | | | | |
| 24 | SELIMAJ, ARBEN | 1972 | M 50 | 94 | --- | 2 | | | | 48m | 46 l | | | | | | LT Waldschleicher Lohne |
| 25 | FLEERKORTTE, MARIO | 1972 | M 50 | 92 | --- | 2 | | 47 k | | | | | 45m | | | | TFA Mpower VEC |
| 26 | WILLENBORG, PETER | 1970 | M 50 | 91 | --- | 3 | | | 38m | 38m | 15 l | | | | | | BW Lohne |
| 27 | SCHÖNEICH, NORBERT | 1972 | M 50 | 91 | --- | 2 | 45m | | | | | 46m | | | | | Langförden-Nord |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|-------|----------------------|--------|------|--------|----------|-----|------|------|------|------|------|------|-----|------|-----|--------|-------------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 28 | HIEPEL, THORSTEN | 1969 | M 50 | 91 | --- | 2 | | | | | 42 l | 49m | | | | | FC St. Pauli |
| 29 | SIEVERDING, FRANK | 1970 | M 50 | 90 | --- | 2 | | | | 43 k | | | | 47m | | | LT Waldschleicher Lohne |
| 30 | HOYER, ANDREAS | 1971 | M 50 | 85 | --- | 2 | | | | 42m | 43 l | | | | | | Magic Laiens Lohne |
| 31 | KOSSEN, DIETER | 1971 | M 50 | 80 | --- | 2 | 49 k | | | | 31 m | | | | | | |
| 32 | SUDING, ANSGAR | 1973 | M 50 | 77 | --- | 2 | | | | | 31 l | | | 46 l | | | LT Waldschleicher Lohne |
| 33 | TAPKE-JOST, DIRK | 1972 | M 50 | 76 | --- | 2 | | 44 h | | | 32 l | | | | | | Stoppelmarkt SV |
| 34 | MÖLLERS, FRANK | 1972 | M 50 | 75 | --- | 2 | | | | 38 k | 37m | | | | | | TVD Dinklage |
| 35 | FABRICIUS, THOMAS | 1970 | M 50 | 74 | --- | 2 | | | | 45 k | 29 l | | | | | | |
| 36 | MENKE, REINHARD | 1972 | M 50 | 64 | --- | 2 | | 46m | | | 18 l | | | | | | Laufftreff Frisia Goldenstedt |
| 37 | LAMPE, ULRICH | 1969 | M 50 | 64 | --- | 2 | | 40 l | | | 24 l | | | | | | Laufftreff SW Osterfeine |
| 38 | BREHME, MARTIN | 1971 | M 50 | 57 | --- | 2 | | | | | 16 l | 41m | | | | | LT Waldschleicher Lohne |
| 39 | WOLTER, CHRISTOPH | 1969 | M 50 | 55 | --- | 2 | | | | 45 k | 10 l | | | | | | |
| 40 | BEHRE, MARKUS | 1970 | M 50 | 55 | --- | 2 | | | | 43 k | 12 l | | | | | | Holdorf-Mitte |
| 41 | PÜTTMANN, HENRIK | 1971 | M 50 | 51 | --- | 2 | | | | | 9 l | 42m | | | | | Lohne |
| 42 | WOLLERIMG, THORSTEM | 1972 | M 50 | 50 | --- | 1 | | 50 l | | | | | | | | | |
| 43 | SIEMER, BERND | 1970 | M 50 | 50 | --- | 1 | | | | | | 50 k | | | | | Pumpstation Hagstedt |
| 44 | SCHRÖER, LUDGER | 1969 | M 50 | 50 | --- | 1 | | 50m | | | | | | | | | LG Deiringsen |
| 45 | POLLMANN, CHRISTIAN | 1973 | M 50 | 50 | --- | 1 | | 50 h | | | | | | | | | TSG 07 Burg Gretesch |
| 46 | NYHUIS, ELMAR | 1970 | M 50 | 50 | --- | 1 | | | | | 50 l | | | | | | OSC Damme |
| 47 | NIEMÖLLER, EDGAR | 1969 | M 50 | 50 | --- | 1 | | | | | | 50 l | | | | | Ofen |
| 48 | MEYER, BURKHARD | 1972 | M 50 | 50 | --- | 1 | | | | | 50 k | | | | | | GW Mühlen |
| 49 | LEWANDOWSKI, UWE | 1971 | M 50 | 50 | --- | 1 | | | 50 k | | | | | | | | SC Schölerberg |
| 50 | VON DER HEIDE, ACHIM | 1971 | M 50 | 49 | --- | 1 | | | | | 49 k | | | | | | GW Mühlen |
| 51 | RUNNOBOM, JÖRG | 1973 | M 50 | 49 | --- | 1 | | | | | | 49 k | | | | | GW Mühlen |
| 52 | OELKE, CHRISTIAN | 1972 | M 50 | 49 | --- | 1 | | | | | 49 l | | | | | | Team ultrasports |
| 53 | KATILAR, NORIS | 1973 | M 50 | 49 | --- | 1 | | 49 h | | | | | | | | | TG-Werste |
| 54 | HEITMANN, DIRK | 1970 | M 50 | 49 | --- | 1 | | | | 49m | | | | | | | |
| 55 | BORRMANN, DIRK | 1973 | M 50 | 49 | --- | 1 | | 49m | | | | | | | | | Die Bormanns |
| 56 | SCHOLZ, INGO | 1970 | M 50 | 48 | --- | 1 | | | | | 48m | | | | | | Dinklage |
| 57 | RÖSENER, ENGELBERT | 1970 | M 50 | 48 | --- | 1 | | | | | 48 k | | | | | | Die Babos |
| 58 | KÜHHIRT, TOM | 1973 | M 50 | 48 | --- | 1 | | 48 h | | | | | | | | | |
| 59 | FRILLING, MATTHIAS | 1969 | M 50 | 48 | --- | 1 | 48 k | | | | | | | | | | |
| 60 | BRINK, HUBERT | 1970 | M 50 | 48 | --- | 1 | | 48 l | | | | | | | | | Bramscher Rumläufer |
| 61 | WULF, CARSTEN | 1973 | M 50 | 47 | --- | 1 | | | | | | 47m | | | | | RSC Visbek |
| 62 | WEBER, HENNING | 1973 | M 50 | 47 | --- | 1 | | 47m | | | | | | | | | |
| 63 | REVERMANN, TOBIAS | 1972 | M 50 | 47 | --- | 1 | | | 47m | | | | | | | | VfL Lönigen |
| 64 | PANKRATZ, OLI | 1971 | M 50 | 47 | --- | 1 | | 47 l | | | | | | | | | TV Georgsmarienhütte |
| 65 | KROGMANN, HOLGER | 1972 | M 50 | 47 | --- | 1 | | | | | 47 k | | | | | | GW Mühlen Fu-Fit |
| 66 | HEITMANN, DANIEL | 1973 | M 50 | 47 | --- | 1 | | | | | 47m | | | | | | |
| 67 | WOLTER, RAIK | 1973 | M 50 | 46 | --- | 1 | | | | | | | | 46m | | | GW Brockdorf |
| 68 | NORDMANN, FRANK | 1969 | M 50 | 46 | --- | 2 | | | | | 6 l | 40m | | | | | Laufftreff SW Osterfeine |
| 69 | NORDLOHNE, PETER | 1969 | M 50 | 46 | --- | 1 | | | | 46 k | | | | | | | HLA Lohne |
| 70 | KAESEMEIER, JENS | 1971 | M 50 | 46 | --- | 1 | 46 k | | | | | | | | | | Warnking Elektrotechnik |
| 71 | HARPENAU, ANDREAS | 1971 | M 50 | 46 | --- | 1 | | | | | 46 k | | | | | | Team Holdorf - Bahnhof |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|-------|------------------------|--------|------|--------|----------|-----|-----|------|------|------|------|------|------|-----|-----|--------|----------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 72 | HACKMANN, CHRISTIAN | 1970 | M 50 | 46 | --- | 1 | | | | | 46m | | | | | | Dinklage |
| 73 | FELS, MARKUS | 1973 | M 50 | 46 | --- | 1 | | 46 l | | | | | | | | | TV Georgsmarienhütte |
| 74 | WEGMANN, RAINER | 1970 | M 50 | 45 | --- | 1 | | | | | | 45 k | | | | | LF SFN Vechta |
| 75 | TIMPHUS, SASCHA | 1971 | M 50 | 45 | --- | 1 | | 45m | | | | | | | | | Düpe |
| 76 | STUKENBORG, CHRISTOPH | 1971 | M 50 | 45 | --- | 1 | | | | | 45m | | | | | | GW Mühlen |
| 77 | STOLTE, MICHAEL | 1971 | M 50 | 45 | --- | 1 | | | | | 45 k | | | | | | LF SFN Vechta |
| 78 | RUNNEBAUM, JÖRG | 1973 | M 50 | 45 | --- | 1 | | | | | | | 45m | | | | GW Mühlen |
| 79 | MINNING, RALF | 1971 | M 50 | 45 | --- | 1 | | | | | 45 l | | | | | | |
| 80 | JASCHKE, FRANK | 1969 | M 50 | 45 | --- | 1 | | 45 l | | | | | | | | | BerlinHeart |
| 81 | ZERHUSEN, MARC | 1970 | M 50 | 44 | --- | 1 | | | | | 44 k | | | | | | |
| 82 | PANKRATZ, OLIVER | 1971 | M 50 | 44 | --- | 1 | | | 44m | | | | | | | | TV Georgsmarienhütte |
| 83 | OSTENDORF, ANDREAS | 1969 | M 50 | 44 | --- | 1 | | | | | 44m | | | | | | Roadrunner Langförden |
| 84 | NIEHAUS, ANDREAS | 1971 | M 50 | 44 | --- | 1 | 44m | | | | | | | | | | everything in the green ar |
| 85 | MOORMANN, FRANK | 1969 | M 50 | 44 | --- | 1 | | | | | | 44m | | | | | BW Langförden |
| 86 | KETTELER, THOMAS | 1973 | M 50 | 43 | --- | 1 | | 43 l | | | | | | | | | |
| 87 | JAHN, ANDRE | 1973 | M 50 | 43 | --- | 1 | | 43 h | | | | | | | | | |
| 88 | HARTMANN, FELIX | 1970 | M 50 | 43 | --- | 1 | | | | | 43m | | | | | | SV Falke Steinfeld |
| 89 | KROGMANN, JÖRG | 1970 | M 50 | 42 | --- | 1 | | | | | 42m | | | | | | BW Lohne |
| 90 | DICKMEYER, OLAF | 1970 | M 50 | 42 | --- | 1 | | | | | | | 42 l | | | | Laufftreff SW Osterfeine |
| 91 | STROTMANN, ROBERT | 1970 | M 50 | 41 | --- | 1 | | 41 l | | | | | | | | | Marathon Ibbenbüren |
| 92 | HOGE, TOBIAS | 1973 | M 50 | 41 | --- | 1 | | | 41 m | | | | | | | | Holloflitzer |
| 93 | HERMES, HERBERT | 1973 | M 50 | 41 | --- | 1 | | | | | 41 m | | | | | | Laufgruppe SVA Rechterf |
| 94 | BURLAGE, MICHAEL | 1970 | M 50 | 41 | --- | 1 | | | | 41 m | | | | | | | SV Quitt Ankum |
| 95 | GÖLLNER, JENS | 1972 | M 50 | 40 | --- | 1 | | | | | 40m | | | | | | Ruge + Göllner Gmbh |
| 96 | GAUSEPOHL, BERT | 1969 | M 50 | 40 | --- | 2 | | | | | 1 l | 39m | | | | | |
| 97 | WESJOHANN, PETER | 1969 | M 50 | 39 | --- | 1 | | | | | 39m | | | | | | Team Bruzzzler |
| 98 | KÜHLING, HERMANN | 1970 | M 50 | 39 | --- | 1 | | | | | 39 l | | | | | | |
| 99 | JAKOBMAYER, ACHIM | 1970 | M 50 | 38 | --- | 1 | | 38 l | | | | | | | | | #Südflügel |
| 100 | BARTSCH, MICHAEL | 1971 | M 50 | 37 | --- | 1 | | 37 l | | | | | | | | | Kilver Racers |
| 101 | SIEVERDING, JÖRG | 1973 | M 50 | 36 | --- | 1 | | | | | 36m | | | | | | MSH |
| 102 | RÖSENER, ULRICH | 1970 | M 50 | 36 | --- | 1 | | | | | 36 l | | | | | | GW Mühlen |
| 103 | PRUß, FRIEDRICH | 1969 | M 50 | 36 | --- | 1 | | | | 36m | | | | | | | SV Nortrup |
| 104 | MARTLING, FRANK | 1971 | M 50 | 36 | --- | 1 | | 36 l | | | | | | | | | TuS BadEssen |
| 105 | SOMMER, SUSANNE | 1972 | M 50 | 35 | --- | 1 | | 35 l | | | | | | | | | LT DW Hausstette |
| 106 | BROCKHAUS, JENS | 1973 | M 50 | 35 | --- | 1 | | | | | 35m | | | | | | Team RUB |
| 107 | BOHNE, FRANK | 1969 | M 50 | 35 | --- | 1 | | | | 35m | | | | | | | |
| 108 | BERNREUTHER, CHRISTIAN | 1972 | M 50 | 35 | --- | 1 | | | | | 35 l | | | | | | |
| 109 | HOLTMEYER, JÖRG | 1969 | M 50 | 34 | --- | 1 | | 34 l | | | | | | | | | FC SW Kalkriese |
| 110 | BOLLES, DIRK | 1969 | M 50 | 34 | --- | 1 | | | | | 34m | | | | | | Malt Whiskey |
| 111 | BOHMANN, THOMAS | 1970 | M 50 | 34 | --- | 1 | | | | | 34 l | | | | | | GWM |
| 112 | DE JOUNG, GERALD | 1970 | M 50 | 33 | --- | 1 | | 33 l | | | | | | | | | |
| 113 | BLEY, STEFAN | 1970 | M 50 | 33 | --- | 1 | | | | | 33m | | | | | | TC Steinfeld |
| 114 | TRENKAMP, FRANK | 1972 | M 50 | 32 | --- | 1 | | | | | 32m | | | | | | GW Mühlen |
| 115 | WITTE, MARKUS | 1971 | M 50 | 30 | --- | 1 | | | | | 30 l | | | | | | Märschendorf |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|----------------------|---------------------|--------|------|--------------------|----------|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|--------|-------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 116 | DASENBROCK, RALF | 1973 | M 50 | 30 | --- | 1 | | | | | 30m | | | | | | Bahndamm-Express |
| 117 | FREIWALD, STEFAN | 1973 | M 50 | 29 | --- | 1 | | | | | 29m | | | | | | |
| 118 | SIEMER, ANDREAS | 1971 | M 50 | 28 | --- | 1 | | | | | 28m | | | | | | Bahndammexpress |
| 119 | REINKE, HANSI | 1970 | M 50 | 28 | --- | 1 | | | | | 28 l | | | | | | TVD Handball MJB |
| 120 | HERZOG, STEFAN | 1970 | M 50 | 27 | --- | 1 | | | | | 27 l | | | | | | BW Lohne |
| 121 | HEITMANN, MARKUS | 1972 | M 50 | 26 | --- | 1 | | | | | 26 l | | | | | | Bockrunde Lohne |
| 122 | DETERS, HEINER | 1969 | M 50 | 25 | --- | 1 | | | | | 25 l | | | | | | OSC Damme |
| 123 | SOMMER, STEPHAN | 1969 | M 50 | 23 | --- | 1 | | | | | 23 l | | | | | | LT DW Hausstette |
| 124 | MÖLLERS, STEFAN | 1970 | M 50 | 22 | --- | 1 | | | | | 22 l | | | | | | GW Mühlen |
| 125 | KNAPWERTH, JOHANNES | 1970 | M 50 | 20 | --- | 1 | | | | | 20 l | | | | | | Malt Whiskey |
| 126 | SCHWERTER, STEFAN | 1971 | M 50 | 14 | --- | 1 | | | | | 14 l | | | | | | LT Waldschleicher Lohne |
| 127 | AHRLING, MICHAEL | 1973 | M 50 | 7 | --- | 1 | | | | | 7 l | | | | | | LON Vechta |
| 128 | HEITMANN, STEFAN | 1973 | M 50 | 5 | --- | 1 | | | | | 5 l | | | | | | Team |
| 129 | BREMERMAN, THOMAS | 1970 | M 50 | 3 | --- | 1 | | | | | 3 l | | | | | | TSV Drebber |
| 130 | ROHE, MARTIN | 1970 | M 50 | 2 | --- | 1 | | | | | 2 l | | | | | | |
| 131 | PATZELT, MARTIN | 1973 | M 50 | 1 | --- | 1 | | | | | 1 l | | | | | | |
| Männer 50 - 54 Jahre | | | | Anzahl Teilnehmer: | 235 | | 14 | 38 | 27 | 24 | 81 | 24 | 12 | 15 | | | |

Männer 55 - 59 Jahre

| | | | | | | | | | | | | | | | | | |
|----|------------------------|------|------|-----|------------|---|------|------|------|------|------|------|------|------|--|--|-------------------------------|
| 1 | EVERS, KARL-HEINZ | 1967 | M 55 | 297 | 250 | 6 | | 47 l | 50 k | 50 k | 50m | 50 l | | 50m | | | LF SFN Vechta |
| 2 | EVERS, STEPHAN | 1966 | M 55 | 248 | 248 | 5 | 50m | | | | 49 l | 50m | 50m | 49m | | | |
| 3 | MOHRAHREND, VOLKER | 1967 | M 55 | 246 | 246 | 5 | 48m | 49 h | 50m | | | | 49m | 50 l | | | TSV Ueffeln |
| 4 | SIEVEKE, DIETER | 1968 | M 55 | 262 | 237 | 6 | 48 k | 46m | | 47 k | 25 l | 49 k | | 47m | | | 1.FC Varesesch |
| 5 | SCHUMACHER, ULRICH | 1965 | M 55 | 259 | 228 | 6 | | 47m | | 44m | 31 l | 42m | 46m | 49 l | | | |
| 6 | GRÜTERICH, STEFAN | 1968 | M 55 | 226 | 226 | 5 | 45m | | 45m | 49m | 39 l | | 48m | | | | GVWE |
| 7 | WINDELER, MARKUS | 1968 | M 55 | 223 | 223 | 5 | | 48m | 44m | 48 k | 38 l | 45m | | | | | Volksbank Vechta eG |
| 8 | SCHOCKEMÖHLE, THORSTEN | 1968 | M 55 | 222 | 222 | 5 | 46m | 40 l | 47m | | 42 l | | 47m | | | | |
| 9 | WERRING, JÜRGEN | 1967 | M 55 | 218 | 218 | 5 | 50 k | 42 l | | 47m | 35 l | 44m | | | | | |
| 10 | STEINKAMP, FRANZ | 1967 | M 55 | 193 | --- | 4 | | | 48m | | 47 l | 49 l | 49 k | | | | Laufftreff SW Osterfeine |
| 11 | MOORMANN, MANFRED | 1965 | M 55 | 189 | --- | 4 | | 50 k | 49 k | 49 k | 41 l | | | | | | RW Damme |
| 12 | SCHEELE, UDO | 1964 | M 55 | 176 | --- | 4 | 43m | 49m | | 43m | | 41m | | | | | Laufftreff Frisia Goldenstedt |
| 13 | MIHLAN, CHRISTIAN | 1964 | M 55 | 173 | --- | 4 | 49 k | | | | 33 l | 43m | | 48m | | | Lohne |
| 14 | THOLE, DIRK | 1968 | M 55 | 164 | --- | 4 | 44m | | | 46m | 26 l | 48 l | | | | | |
| 15 | WERRING, PETER | 1967 | M 55 | 143 | --- | 4 | 46 k | 37 l | | | 20 l | 40m | | | | | Running Gag |
| 16 | ARKENBERG, BERND | 1965 | M 55 | 140 | --- | 3 | | 50m | 46m | | 44 l | | | | | | MSG Harpendorf-Düpe |
| 17 | GRAVE, THOMAS | 1967 | M 55 | 137 | --- | 3 | | | 48 k | | 42m | 47 k | | | | | Burgläufer Dinklage |
| 18 | DONNER, ANDREAS | 1968 | M 55 | 126 | --- | 3 | | 35 l | | | | 45 k | | 46m | | | LF SFN Vechta |
| 19 | VAN DE VEN, MARC | 1968 | M 55 | 115 | --- | 3 | | | 41m | 45m | 29 l | | | | | | Laufftreff Bahndammexpress |
| 20 | TOMBRÄGEL, STEPHAN | 1967 | M 55 | 108 | --- | 3 | | | | 42m | 27 l | 39m | | | | | |
| 21 | HOPING, JÜRGEN | 1965 | M 55 | 98 | --- | 2 | | | | | 48 l | 50 k | | | | | Lohne |
| 22 | WALTER, KARSTEN | 1968 | M 55 | 96 | --- | 2 | | 50 h | | | 46 l | | | | | | |
| 23 | HOLTVOGT, CLAUS | 1965 | M 55 | 95 | --- | 2 | 49m | | | | | 46m | | | | | Deindrup |
| 24 | BERGFELD, OLRIK | 1967 | M 55 | 95 | --- | 2 | 47m | 48 h | | | | | | | | | Trail Explorer |
| 25 | EICHFELD, HERBERT | 1965 | M 55 | 94 | --- | 2 | | | | | 46m | 48 k | | | | | Roadrunner Langförden |
| 26 | FASKE, DIETER | 1965 | M 55 | 86 | --- | 2 | | | | | 40m | 46 k | | | | | |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein |
|-------|------------------------------|--------|------|--------|----------|-----|------|------|-----|-----|------|------|------|------|-----|---------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | |
| 27 | TOEPFER, KARSTEN | 1968 | M 55 | 85 | --- | 2 | | | | 48m | 37 l | | | | | Quakenbrücker SC 99 |
| 28 | SIEVEKE, WALTER | 1965 | M 55 | 83 | --- | 2 | | | | | | 38m | 45m | | | LT Waldschleicher Lohn |
| 29 | GR.BEILAGE, HEINER | 1967 | M 55 | 75 | --- | 2 | | 41 l | | | 34 l | | | | | LF SFN Vechta |
| 30 | TÖNJES, GERD | 1967 | M 55 | 59 | --- | 2 | | | | | 12 l | | | 47 l | | |
| 31 | TEPE, MATTHIAS | 1967 | M 55 | 55 | --- | 2 | | | | | 18 l | 37m | | | | LON Vechta |
| 32 | POHL, ULRICH | 1966 | M 55 | 50 | --- | 1 | | | | | 50 k | | | | | OSC Damme |
| 33 | MENSING, FRIEDEL | 1965 | M 55 | 50 | --- | 1 | | | | | 50 l | | | | | Fury Forest |
| 34 | KUHL, HERMANN | 1968 | M 55 | 50 | --- | 1 | | | | 50m | | | | | | OTB Osabrück |
| 35 | EVERS, KARL HEINZ | 1967 | M 55 | 50 | --- | 1 | | | | | | 50 k | | | | LF SFN Vechta |
| 36 | BAIERLEIN, CHRISTIAN | 1967 | M 55 | 50 | --- | 1 | | 50 l | | | | | | | | Kilver Racers |
| 37 | WIELAND, KARSTEN | 1967 | M 55 | 49 | --- | 1 | | | 49m | | | | | | | Bramscher Rumläufer |
| 38 | ROHMANN, WOLFGANG | 1965 | M 55 | 49 | --- | 1 | | | | | | 49m | | | | Wildeshäuser Geestschlei |
| 39 | MOORMANN, GÜNTHER | 1965 | M 55 | 49 | --- | 1 | | 49 k | | | | | | | | LT Visbek |
| 40 | LÜTTERMANN, DIETER | 1967 | M 55 | 49 | --- | 1 | | 49 l | | | | | | | | TuS Wehe |
| 41 | KREIS, DIETER | 1968 | M 55 | 49 | --- | 1 | | | | | 49m | | | | | |
| 42 | KALLAGE, HORST MARTIN | 1964 | M 55 | 49 | --- | 1 | | | | | 49 k | | | | | Team Nelly Vechta |
| 43 | WEGMANN, JÖRG | 1965 | M 55 | 48 | --- | 1 | | | | | 48 k | | | | | Kneipp-Verein Vechta e.V. |
| 44 | SCHÄFER, MATTHIAS | 1964 | M 55 | 48 | --- | 1 | | | | | | 48m | | | | BV Garrel |
| 45 | KRAMPE, PAUL | 1964 | M 55 | 48 | --- | 1 | | 48 l | | | | | | | | |
| 46 | KLOSE, REINHARD | 1965 | M 55 | 48 | --- | 1 | | | | | 48m | | | | | Team Holdorf-Bahnhof |
| 47 | HEIDE, JOERG | 1968 | M 55 | 48 | --- | 1 | | | | | | | 48 l | | | |
| 48 | GRÜTERERICH, STEFAN | 1968 | M 55 | 47 | --- | 1 | | | | | | 47m | | | | GVWE |
| 49 | GLOSE, FRANK | 1966 | M 55 | 47 | --- | 1 | | | | | 47m | | | | | TuS Bersenbrück |
| 50 | FRAGGE, ANDREAS | 1965 | M 55 | 47 | --- | 1 | 47 k | | | | | | | | | TuS Lutten |
| 51 | ERKEN, FERDI | 1965 | M 55 | 47 | --- | 1 | | | | | | 47 l | | | | Trail Explorer |
| 52 | BRÜSE, REINHOLD | 1964 | M 55 | 47 | --- | 1 | | 47 h | | | | | | | | OS V |
| 53 | BÖCKMANN, RALF | 1968 | M 55 | 47 | --- | 1 | | | | | 47 k | | | | | GW Mühlen |
| 54 | SCHUMACHER, INGO | 1967 | M 55 | 46 | --- | 1 | | 46 h | | | | | | | | UltraRudel / WeRun4Fun |
| 55 | KUSCHEL, MICHAEL | 1968 | M 55 | 46 | --- | 1 | | 46 l | | | | | | | | TuS Bersenbrück |
| 56 | WECKEL, JÜRGEN | 1964 | M 55 | 45 | --- | 1 | | 45 l | | | | | | | | die-zukunftsgestalter.org |
| 57 | HOFMANN, MALTE | 1967 | M 55 | 45 | --- | 1 | | | | | 45 l | | | | | Mukki-Latte |
| 58 | HARTMANN, ANDREAS | 1966 | M 55 | 45 | --- | 1 | | 45m | | | | | | | | Keniatrics |
| 59 | DETERS, THOMAS | 1965 | M 55 | 45 | --- | 1 | | | | | 45m | | | | | |
| 60 | MEYER ZU ALLENDORF ULRICH | 1966 | M 55 | 44 | --- | 1 | | 44 l | | | | | | | | Keniatrics |
| 61 | EMKEN, EWALD | 1964 | M 55 | 44 | --- | 1 | | | | | 44m | | | | | Heil |
| 62 | WILKENS, RALF | 1967 | M 55 | 43 | --- | 1 | | | | | 43 l | | | | | |
| 63 | NIERSTE, RÜDIGER | 1964 | M 55 | 43 | --- | 1 | | | 43m | | | | | | | IT-Provide |
| 64 | BOKERN, ULRICH | 1967 | M 55 | 43 | --- | 1 | | | | | 43m | | | | | |
| 65 | ALSWEDE, UWE | 1965 | M 55 | 43 | --- | 1 | | 43 l | | | | | | | | SV Gehrde läuft...! |
| 66 | WIEGMANN, BERND | 1966 | M 55 | 42 | --- | 1 | | | 42m | | | | | | | IT-Provide |
| 67 | POST, CHRISTOPH | 1967 | M 55 | 42 | --- | 1 | 42m | | | | | | | | | |
| 68 | VAN DE VEN, MARINUS | 1968 | M 55 | 41 | --- | 1 | 41m | | | | | | | | | Laufftreff Bahndammexpre |
| 69 | FRÖHLE, UWE | 1967 | M 55 | 41 | --- | 1 | | | | | 41m | | | | | LT Waldschleicher Lohn |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | DAS | Verein |
|----------------------|-----------------------------|--------------------|------|--------|----------|-----------|-----|------|-----|-----|------|-----|-----|-----|-----|-----|-----------------------------|
| | | | | | | | | | | | | | | | | | |
| 70 | SCHWARTE, DIETER | 1964 | M 55 | 40 | --- | 1 | | | | | 40 l | | | | | | Quakenbrücker SC 99 |
| 71 | BRUSE, REINHOLD | 1964 | M 55 | 40 | --- | 1 | | 40m | | | | | | | | | |
| 72 | VON DER WELLEN, MARTIN | 1965 | M 55 | 39 | --- | 1 | | 39m | | | | | | | | | Lauffreartland |
| 73 | KRIEGER, CHRISTIAN | 1966 | M 55 | 39 | --- | 1 | | | | | 39m | | | | | | Heseper Rennschnecken |
| 74 | ECHTERKAMP, CARSTEN | 1965 | M 55 | 39 | --- | 1 | | 39 l | | | | | | | | | Keniatrics |
| 75 | VOSS-LANSDELL, ANDREAS | 1964 | M 55 | 38 | --- | 1 | | | | | 38m | | | | | | |
| 76 | ICZEK, FRANK | 1966 | M 55 | 38 | --- | 1 | | 38 l | | | | | | | | | Live Laufftreff in Versmald |
| 77 | HUSMANN, PETER | 1967 | M 55 | 36 | --- | 1 | | | | | 36 l | | | | | | Redd Lios Squad |
| 78 | GESCHER, JÖRG | 1965 | M 55 | 36 | --- | 1 | | 36 l | | | | | | | | | Müller-Technik |
| 79 | ECKHARDT, PETER | 1967 | M 55 | 36 | --- | 1 | | | | | | 36m | | | | | Feuerwehr Langförden |
| 80 | SEIFERT, ANDREAS | 1968 | M 55 | 32 | --- | 1 | | | | | 32 l | | | | | | GWM |
| 81 | HACKMANN, DIETER | 1968 | M 55 | 30 | --- | 1 | | | | | 30 l | | | | | | LF SFN Vechta |
| 82 | BURGESS, IAN | 1964 | M 55 | 28 | --- | 1 | | | | | 28 l | | | | | | |
| 83 | DUISEN, FRANK | 1968 | M 55 | 24 | --- | 1 | | | | | 24 l | | | | | | |
| 84 | MIDDENDORF, STEPHAN | 1965 | M 55 | 23 | --- | 1 | | | | | 23 l | | | | | | LT Hausstette |
| 85 | SIEVEKE, WALTER | 1964 | M 55 | 22 | --- | 1 | | | | | 22 l | | | | | | LT Waldschleicher Lohne |
| 86 | ROLFSEN, ANDREAS | 1968 | M 55 | 21 | --- | 1 | | | | | 21 l | | | | | | BS Vörden |
| 87 | PATZELT, FRANZ-JOSEF | 1966 | M 55 | 19 | --- | 1 | | | | | 19 l | | | | | | |
| 88 | BUSKE, STEFAN | 1965 | M 55 | 17 | --- | 1 | | | | | 17 l | | | | | | Burgläufer Dinklage |
| 89 | VENJAKOB, DIRK | 1966 | M 55 | 16 | --- | 1 | | | | | 16 l | | | | | | |
| 90 | PLÖGER, WERNER | 1965 | M 55 | 15 | --- | 1 | | | | | 15 l | | | | | | Hunteburger SV |
| 91 | VODDE, NORBERT | 1964 | M 55 | 14 | --- | 1 | | | | | 14 l | | | | | | |
| 92 | SCHROCK-SCHUMACHER FRANK | 1966 | M 55 | 13 | --- | 1 | | | | | 13 l | | | | | | Kneipp-Verein Vechta e.V. |
| 93 | SEIBT, WOLFGANG | 1966 | M 55 | 11 | --- | 1 | | | | | 11 l | | | | | | Heseper Rennschnecken |
| Männer 55 - 59 Jahre | | Anzahl Teilnehmer: | | 171 | | | 15 | 29 | 15 | 13 | 57 | 25 | 8 | 9 | | | |

Männer 60 - 64 Jahre

| | | | | | | | | | | | | | | | | | |
|----|----------------------------|------|------|-----|-----|---|------|------|------|------|------|------|------|------|--|--|-------------------------|
| 1 | OCHSENFAHRT, MANFRED | 1961 | M 60 | 400 | 250 | 8 | 50m | 50 h | 50m | 50m | 50 l | 50 l | 50m | 50m | | | Burgläufer Dinklage |
| 2 | SCHRÖER, ANTONIUS | 1961 | M 60 | 292 | 244 | 6 | | | 48m | 49m | 48 l | 48 l | 49m | 50 l | | | LF SFN Vechta |
| 3 | ESPELAGE, RAINER | 1960 | M 60 | 327 | 244 | 7 | 47 k | 50 k | 49 k | 48 k | 36m | 48 k | 49 k | | | | |
| 4 | BARKLAGE, WALTER | 1963 | M 60 | 235 | 235 | 5 | 50 k | 46 l | | 50 k | 39 l | | 50 k | | | | |
| 5 | KROGMANN, ULRICH | 1961 | M 60 | 226 | 226 | 5 | | 49 k | | 47 k | 35m | 47 k | | 48m | | | LT Waldschleicher Lohne |
| 6 | NOFFZ, ALFRED | 1962 | M 60 | 144 | --- | 3 | | | 47m | 48m | | 49m | | | | | |
| 7 | SCHÜRMAN, HARRI | 1959 | M 60 | 139 | --- | 3 | 48m | 44 l | | 47m | | | | | | | Tauchertreff Bakum |
| 8 | BECKER, HEINZ-GEORG | 1963 | M 60 | 135 | --- | 3 | | | 50 k | | 38m | | | 47m | | | LT Waldschleicher Lohne |
| 9 | SEELHORST, GERHARD | 1959 | M 60 | 97 | --- | 2 | | | | | 48 k | 49 k | | | | | LF SFN Vechta |
| 10 | SCHULING, REINHOLD | 1963 | M 60 | 93 | --- | 2 | 49 k | | | | 44m | | | | | | |
| 11 | WEHEBRINK, GÜNTER | 1959 | M 60 | 91 | --- | 2 | | | | 49 k | 42m | | | | | | TVD |
| 12 | BEKERMANN, PETER | 1959 | M 60 | 91 | --- | 2 | | | | | 44 l | 47 l | | | | | TuS Bersenbrück |
| 13 | MAKOSCHEY, GERD | 1961 | M 60 | 85 | --- | 2 | | 49 h | | | 36 l | | | | | | |
| 14 | ROLFES, JOSEF | 1963 | M 60 | 83 | --- | 2 | | 43 l | | | 40m | | | | | | GW Mühlen |
| 15 | SCHÜRMAN, HARRY | 1959 | M 60 | 50 | --- | 1 | | | | | | 50m | | | | | Bühren |
| 16 | SCHEPER-STUKE CHRISTOPH | 1960 | M 60 | 50 | --- | 1 | | | | | 50m | | | | | | Lohne |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu | | | | | | | | | | Verein | |
|----------------------|----------------------------|--------------------|------|--------|----------|-----|------|------|-----|-----|------|------|-----|-----|-----|--------|-----------------------------|
| | | | | | | fe | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | | DAS |
| 17 | LOHMANN, JOSEF | 1960 | M 60 | 50 | --- | 1 | | | | | 50 k | | | | | | |
| 18 | HEPTNER, JÜRGEN | 1961 | M 60 | 50 | --- | 1 | | 50 l | | | | | | | | | Live Laufftreff in Versmald |
| 19 | BARLAGE, WALTER | 1963 | M 60 | 50 | --- | 1 | | | | | | 50 k | | | | | Vechta |
| 20 | BACKERMANN, TOM | 1963 | M 60 | 50 | --- | 1 | | 50m | | | | | | | | | Horst Schlämmer e.V |
| 21 | ZOBEL, KARSTEN | 1962 | M 60 | 49 | --- | 1 | 49m | | | | | | | | | | |
| 22 | ZERHUSEN, WERNER | 1960 | M 60 | 49 | --- | 1 | | | | | 49 k | | | | | | GW Mühlen |
| 23 | VON DER ASSEN, LUDGER | 1963 | M 60 | 49 | --- | 1 | | | | | 49m | | | | | | SV Falke Steinfeld |
| 24 | ROTTMANN, RAINER | 1961 | M 60 | 49 | --- | 1 | | | 49m | | | | | | | | Marathon Ibbenbüren |
| 25 | KENNEPOHL, KLAUS | 1960 | M 60 | 49 | --- | 1 | | | | | | | | 49m | | | SSC Dodesheide |
| 26 | DYCKRUP, JÜRGEN | 1963 | M 60 | 49 | --- | 1 | | | | | | 49 l | | | | | Visbek |
| 27 | DR. NITSCHKE, PETER | 1961 | M 60 | 49 | --- | 1 | | 49 l | | | | | | | | | TV Vechta |
| 28 | BLÖMER, JOHANNES | 1962 | M 60 | 49 | --- | 1 | | | | | 49 l | | | | | | TV Lohne |
| 29 | WIENHOLT, ANDREAS | 1961 | M 60 | 48 | --- | 1 | | | | | 48m | | | | | | |
| 30 | PORTALA, MARTIN | 1963 | M 60 | 48 | --- | 1 | | 48 l | | | | | | | | | OSC 99 |
| 31 | AVERMANN, DETLEF | 1962 | M 60 | 48 | --- | 1 | 48 k | | | | | | | | | | |
| 32 | WIEFERICH, AXEL | 1963 | M 60 | 47 | --- | 1 | | | | | 47m | | | | | | GW Mühlen |
| 33 | SCHNELLE, HOLGER | 1963 | M 60 | 47 | --- | 1 | | 47 l | | | | | | | | | SV Gehrde läuft...! |
| 34 | BUSCH, LUDGER | 1962 | M 60 | 47 | --- | 1 | | | | | 47 l | | | | | | Hunteburger SV |
| 35 | BOSCHE, FERDINAND | 1960 | M 60 | 47 | --- | 1 | | | | | 47 k | | | | | | GW Brockdorf |
| 36 | WESSELS, PETER | 1963 | M 60 | 46 | --- | 1 | | | | | 46 k | | | | | | GW Mühlen |
| 37 | MÜLLER, BERNHARD | 1961 | M 60 | 46 | --- | 1 | | | | 46m | | | | | | | Laufftreff Ganderkesee |
| 38 | KESSEN, PETER | 1962 | M 60 | 46 | --- | 1 | | | | | 46 l | | | | | | |
| 39 | HOLLE, JÖRG | 1963 | M 60 | 46 | --- | 1 | | | 46m | | | | | | | | ATSV Espelkamp |
| 40 | HEIL, KONRAD | 1963 | M 60 | 46 | --- | 1 | | | | | 46m | | | | | | Heil |
| 41 | BOHMANN, REIMUND | 1960 | M 60 | 46 | --- | 1 | | | | | | 46 l | | | | | Team Emil Zatopetz |
| 42 | MÜLLER, HENNING | 1962 | M 60 | 45 | --- | 1 | | | | | 45m | | | | | | Vechta |
| 43 | KLUNE, STEFAN | 1963 | M 60 | 45 | --- | 1 | | | | | | 45 l | | | | | Fortuna Eggermühlen |
| 44 | JÄDTKE, CLAUS | 1962 | M 60 | 45 | --- | 1 | | 45 l | | | | | | | | | TV Georgsmarienhütte |
| 45 | BOÁE, MARTIN | 1963 | M 60 | 45 | --- | 1 | | | | | 45 l | | | | | | TuS Bersenbrück |
| 46 | KÜTHE, ANDREAS | 1963 | M 60 | 43 | --- | 1 | | | | | 43m | | | | | | TuS Bersenbrück |
| 47 | HARRY, SCHÜRMAN | 1959 | M 60 | 43 | --- | 1 | | | | | 43 l | | | | | | |
| 48 | WINDAU, HANS-DIETER | 1961 | M 60 | 42 | --- | 1 | | 42 l | | | | | | | | | Live Laufftreff in Versmald |
| 49 | ARNS-BÜNNEMEYER ORLANDO | 1962 | M 60 | 42 | --- | 1 | | | | | 42 l | | | | | | Landwirtschaft AB |
| 50 | VORNHAGEN, HUBERT | 1961 | M 60 | 41 | --- | 1 | | | | | 41m | | | | | | Harme |
| 51 | LIENESCH, JÜRGEN | 1961 | M 60 | 41 | --- | 1 | | | | | 41 l | | | | | | |
| 52 | BRINKMANN, JOHANNES | 1962 | M 60 | 40 | --- | 1 | | | | | 40 l | | | | | | LT Waldschleicher Lohne |
| 53 | LANDWEHR, ANDREAS | 1960 | M 60 | 39 | --- | 1 | | | | | 39m | | | | | | |
| 54 | GRIESHOP, RALF | 1960 | M 60 | 38 | --- | 1 | | | | | 38 l | | | | | | QSC |
| 55 | WEHRING, MICHAEL | 1959 | M 60 | 37 | --- | 1 | | | | | 37 l | | | | | | |
| 56 | HERZOG, WERNER | 1960 | M 60 | 37 | --- | 1 | | | | | 37m | | | | | | CDU Mühlen |
| 57 | LAMPING, WERNER | 1963 | M 60 | 34 | --- | 1 | | | | | 34m | | | | | | Harme |
| 58 | HORSTMANN, PETER | 1960 | M 60 | 33 | --- | 1 | | | | | 33m | | | | | | GW Mühlen |
| Männer 60 - 64 Jahre | | Anzahl Teilnehmer: | | 96 | | | 7 | 14 | 7 | 9 | 38 | 12 | 4 | 5 | | | |

Männer 65 - 69 Jahre



| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 5 aus 10 | Läu fe | Läu | | | | | | | | | | | Verein |
|----------------------|------------------|--------------------|------|--------|----------|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|--------|
| | | | | | | | VEC | DÜM | DAC | DIN | MÜH | LGF | LOH | BRO | STF | DAS | | |
| 4 | HÖLSCHER, MARTIN | 1946 | M 75 | 50 | --- | 1 | | | | | 50m | | | | | | | |
| Männer 75 - 79 Jahre | | Anzahl Teilnehmer: | | 7 | | | 1 | 1 | 1 | 1 | 1 | 1 | | 1 | | | | |

Männer 80 - 84 Jahre

| | | | | | | | | | | | | | | | | | |
|----------------------|---------------------|--------------------|------|----|-----|---|--|--|------|--|------|--|--|--|--|--|--------------------------|
| 1 | FRIELER, JÜRGEN | 1942 | M 80 | 50 | --- | 1 | | | | | 50 l | | | | | | TuS Bad Essen |
| 2 | DANIEL, WOLF-DIETER | 1942 | M 80 | 50 | --- | 1 | | | 50 k | | | | | | | | SV Eintracht Neuenkirche |
| Männer 80 - 84 Jahre | | Anzahl Teilnehmer: | | 2 | | | | | 1 | | 1 | | | | | | |

5 aus 10: Jede Wertung (MW und AK) holt die für sich besten 5 Ergebnisse aus allen absolvierten Läufen.
 Buchstaben hinter Wertungspunkt: k = Kurz-, m = Mittel-, l = Langstrecke, h = Halbmarathon