

| Platz | Strecke | Name             |            |   | JG   |                             | Zeit     | AK     | Platz AK |
|-------|---------|------------------|------------|---|------|-----------------------------|----------|--------|----------|
| 1.    | 5.000 m | Legler           | Niclas     | M | 2009 | FSV Sarstedt                | 00:16:48 | U 18   | 1.       |
| 2.    | 5.000 m | Möhring          | Lutz       | M | 1969 |                             | 00:18:34 | M 55   | 1.       |
| 3.    | 5.000 m | Grimm            | Thomas     | M | 1983 |                             | 00:19:00 | M 40   | 1.       |
| 4.    | 5.000 m | Lippke           | Timo       | M | 1998 | RSG Gronau                  | 00:19:17 | M      | 1.       |
| 5.    | 5.000 m | Krafczyk-Möhring | Agata      | W | 1983 |                             | 00:19:31 | W 40   | 1.       |
| 6.    | 5.000 m | Iburg            | Stefan     | M | 1970 | Eintracht Hildesheim        | 00:20:18 | M 55   | 2.       |
| 7.    | 5.000 m | Oppermann        | Jorit      | M | 2010 | TSV Brunkensen              | 00:20:39 | U 16   | 1.       |
| 8.    | 5.000 m | Leclerc          | Michel     | M | 1976 | TSV Warzen                  | 00:20:58 | M 45   | 1.       |
| 9.    | 5.000 m | Adam             | Mika       | M | 2011 | TSV Brunkensen              | 00:21:04 | U 16   | 2.       |
| 10.   | 5.000 m | Vierbücher       | Matti      | M | 2011 | TSV Warzen                  | 00:22:50 | U 16   | 3.       |
| 11.   | 5.000 m | Legler           | Markus     | M | 1971 | FSV Sarstedt                | 00:22:59 | M 50   | 1.       |
| 12.   | 5.000 m | Bohnsack         | Michael    | M | 1965 | LAV Alfeld                  | 00:23:21 | M 60   | 1.       |
| 13.   | 5.000 m | Oppermann        | Malte      | M | 1980 | TSV Brunkensen              | 00:24:11 | M 45   | 1.       |
| 14.   | 5.000 m | Heinrich         | Christiane | W | 1962 | Lauftreff Duingen           | 00:25:35 | W 60   | 1.       |
| 15.   | 5.000 m | Leyk             | Norbert    | M | 1960 | Trias Hildesheim            | 00:25:36 | M 65   | 1.       |
| 16.   | 5.000 m | Wille            | Willy      | M | 1972 |                             | 00:27:03 | M 50   | 2.       |
| 17.   | 5.000 m | Oppermann        | Jette      | W | 2013 | TSV Brunkensen              | 00:27:36 | W/U 14 | 1.       |
| 18.   | 5.000 m | Drewes           | Jascha     | M | 1973 | Team Elektro Drewes Einbeck | 00:27:58 | M 50   | 3.       |
| 19.   | 5.000 m | Büttner          | Mia Marlen | W | 2008 | MTV Elze                    | 00:28:49 | W/U 18 | 1.       |
| 20.   | 5.000 m | Braunert         | Carlotta   | W | 2009 | MTV Elze                    | 00:28:50 | W/U 18 | 2.       |
| 21.   | 5.000 m | Bürger           | Mina       | W | 2009 | MTV Elze                    | 00:29:09 | W/U 18 | 3.       |
| 22.   | 5.000 m | Hötling          | Steffen    | M | 1984 |                             | 00:29:13 | M 40   | 2.       |
| 23.   | 5.000 m | Oelfke           | Sabine     | W | 1970 |                             | 00:29:37 | W 55   | 1.       |
| 24.   | 5.000 m | Streichert       | Johanna    | W | 2004 |                             | 00:30:34 | W/U 23 | 1.       |
| 25.   | 5.000 m | Müller           | Andrea     | W | 1967 | "Die Verwirrten"            | 00:30:38 | W 55   | 1.       |
| 26.   | 5.000 m | Massmann         | Friedrich  | M | 1965 | TSV Warzen                  | 00:30:56 | M 65   | 2.       |
| 27.   | 5.000 m | Meyer-Delvendahl | Uwe        | M | 1965 | TSV Warzen                  | 00:30:57 | M 65   | 3.       |
| 28.   | 5.000 m | Burshille        | Karl Heinz | M | 1972 |                             | 00:31:49 | M 50   | 3.       |
| 29.   | 5.000 m | Meyer-Delvendahl | Ilke       | W | 1964 | TSV Warzen                  | 00:32:15 | W 60   | 2.       |
| 30.   | 5.000 m | Hildebrandt      | Birgit     | W | 1975 |                             | 00:43:08 | W 50   | 1.       |
| 31.   | 5.000 m | Klimke           | Leonie     | W | 2009 | TSV Warzen                  | dns      |        |          |
| 32.   | 5.000 m | Placzek          | Sonja      | W | 1965 |                             | dns      |        |          |
| 33.   | 5.000 m | Schmidt          | Ricara     | W | 1989 |                             | dns      |        |          |
| 34.   | 5.000 m | Weiss            | Leon       | M | 2003 |                             | dns      |        |          |