

27. Ricklinger Volkslauf am 21.10.2018

Jedermannlauf

Distanz 5.0 km

| Platz | Zeit | Familienname | Vorname | Verein | Jahrg | AK | AKPL | M/W | SN |
|-------|---------|-----------------|-----------|-------------------------------|-------|--------|------|-----|-----|
| 1 | 0:17:12 | Schlamelcher | Christian | Det's Raceteam | 1989 | M | 1 | 1 | 746 |
| 2 | 0:17:15 | Solter | Andreas | LAC Langenhagen | 1983 | M35 | 1 | 2 | 119 |
| 3 | 0:17:48 | Krämer | Christian | SV Aegir 09 Hannover | 1987 | M30 | 1 | 3 | 753 |
| 4 | 0:18:10 | Saßen | Christoph | Großes Tichu | 1984 | M30 | 2 | 4 | 704 |
| 5 | 0:18:35 | Wittig | Jens | Hannover 96 | 1976 | M40 | 1 | 5 | 111 |
| 6 | 0:18:46 | Giesler | Christian | Dets RaceTeam | 1977 | M40 | 2 | 6 | 108 |
| 7 | 0:18:59 | Burlone | Valentino | SG Misburg | 2002 | MJ U18 | 1 | 7 | 79 |
| 8 | 0:19:12 | Tabert | Philipp | VfL Eintracht | 2002 | MJ U18 | 2 | 8 | 59 |
| 9 | 0:19:27 | Fuest | Thorsten | Hannover 96 | 1971 | M45 | 1 | 9 | 91 |
| 10 | 0:20:20 | Tiele | Riley | ISHR Mustangs | 2000 | MJ U20 | 1 | 10 | 737 |
| 11 | 0:20:25 | Riechers | Daniel | keiner | 1996 | M | 2 | 11 | 711 |
| 12 | 0:20:27 | Nothdurft | Helmut | Dets RaceTeam | 1960 | M55 | 1 | 12 | 106 |
| 13 | 0:20:37 | Grote | Karsten | Dets RaceTeam | 1968 | M50 | 1 | 13 | 107 |
| 14 | 0:20:41 | Kolbe | Smilla | VfL Eintracht Hannover | 2002 | WJ U18 | 1 | 1 | 754 |
| 15 | 0:20:42 | Ringleb | Alexander | Hannover 96 Triathlon | 1998 | M | 3 | 14 | 113 |
| 16 | 0:20:45 | Paez-Friedrichs | Marlene | TSV Barsinghausen | 1972 | W45 | 1 | 2 | 37 |
| 17 | 0:20:46 | Gonzalez Diez | Jose Luis | TSV Barsinghausen | 1972 | M45 | 2 | 15 | 47 |
| 18 | 0:20:54 | Langer | Matthias | Familie Langer | 1961 | M55 | 2 | 16 | 728 |
| 19 | 0:21:00 | Ringleb | Daniel | Hannover 96 Triathlon | 1989 | M | 4 | 17 | 80 |
| 20 | 0:21:02 | Thürnau | Janine | TKJ Sarstedt | 1985 | W30 | 1 | 3 | 741 |
| 21 | 0:21:02 | Neitz | Christoph | SV Aegir 09 Hannover | 1986 | M30 | 3 | 18 | 81 |
| 22 | 0:21:03 | Förster | Sven | Langenhagen | 1968 | M50 | 2 | 19 | 3 |
| 23 | 0:21:11 | Brockwitz | Sönke | SV Aegir 09 Hannover | 1987 | M30 | 4 | 20 | 46 |
| 24 | 0:21:12 | Heinrich | Frank | VfL Eintracht Hannover | 1965 | M50 | 3 | 21 | 715 |
| 25 | 0:21:16 | Engel | Samuel | ISHR Mustangs | 2000 | MJ U20 | 2 | 22 | 721 |
| 26 | 0:21:27 | Deuring | Hannah | Hannover 96 Triathlon | 1999 | WJ U20 | 1 | 4 | 761 |
| 27 | 0:21:42 | Pollok | Peter | VT Rinteln | 1960 | M55 | 3 | 23 | 38 |
| 28 | 0:21:53 | Langer | Markus | Familie Langer | 1993 | M | 5 | 24 | 727 |
| 29 | 0:22:00 | Simon | Andreas | Sarstedt | 1966 | M50 | 4 | 25 | 743 |
| 30 | 0:22:01 | Müller | Saskia | LaufTalente.de | 1993 | W | 1 | 5 | 116 |
| 31 | 0:22:18 | Nothdurft | Annette | Dets RaceTeam | 1967 | W50 | 1 | 6 | 104 |
| 32 | 0:22:20 | Strübig | Jens | Lässig Laufen Lassen. | 1979 | M35 | 2 | 26 | 93 |
| 33 | 0:22:39 | Marwede | Moritz | Hannover | 2002 | MJ U18 | 3 | 27 | 745 |
| 34 | 0:22:47 | Reinecke | Peter | VfL Bad Nenndorf | 1974 | M40 | 3 | 28 | 124 |
| 35 | 0:22:48 | Lale | Ozan | TuS Ricklingen B-Jugend | 2002 | MJ U18 | 4 | 29 | 75 |
| 36 | 0:22:49 | Theuerkauf | Romina | TSV Eintracht Wolfshagen | 1988 | W30 | 2 | 7 | 63 |
| 37 | 0:22:51 | Rudolph | Sebastian | BSG Deutsche Hypo | 1982 | M35 | 3 | 30 | 36 |
| 38 | 0:22:58 | Engelbrecht | Charlotte | SV Aegir 09 Hannover | 1990 | W | 2 | 8 | 749 |
| 39 | 0:22:59 | Förster | Frank | VfL Eintracht Hannover | 1968 | M50 | 5 | 31 | 66 |
| 40 | 0:23:00 | Grimm | Olaf | SG Bredenbeck | 1965 | M50 | 6 | 32 | 706 |
| 41 | 0:23:03 | Anker | Andrej | Seelze | 1976 | M40 | 4 | 33 | 118 |
| 42 | 0:23:05 | Giesler | Iris | Dets RaceTeam | 1977 | W40 | 1 | 9 | 105 |
| 43 | 0:23:09 | Fabig | Stephan | Langenhagen | 1965 | M50 | 7 | 34 | 731 |
| 44 | 0:23:09 | Cascio | Antonio | Herr | 1972 | M45 | 3 | 35 | 126 |
| 45 | 0:23:12 | Masur | Jonny | BSG Hannoversche Volksbank eG | 1954 | M60 | 1 | 36 | 85 |
| 46 | 0:23:16 | Sassenberg | Ilka | BSG Hannoversche Volksbank eG | 1980 | W35 | 1 | 10 | 83 |

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|-------|---------|-----------------|-------------|---------------------------------|-------|--------|------|-----|-----|
| 47 | 0:23:16 | Tulowitzki | Inka | TRI-JOYS Immensen-Arpke | 1997 | W | 3 | 11 | 90 |
| 48 | 0:23:51 | Schenker | Miles | TSV Neustadt RUNNING | 2003 | MJ U16 | 1 | 37 | 95 |
| 49 | 0:23:54 | Kemper | Daniel | TSV Kirchdorf | 1977 | M40 | 5 | 38 | 747 |
| 50 | 0:24:05 | Albers | Antonia | Hannover | 1984 | W30 | 3 | 12 | 705 |
| 51 | 0:24:14 | Petersen-Dreyer | Jens | Tri City Darmstadt | 1960 | M55 | 4 | 39 | 101 |
| 52 | 0:24:16 | Mülbrot | Frank | VfL Bad Nenndorf | 1973 | M45 | 4 | 40 | 766 |
| 53 | 0:24:19 | Vandl | Peter | Maschsee-Sharks Hannover | 1959 | M55 | 5 | 41 | 49 |
| 54 | 0:24:26 | Witthöft | Claas | Hannover | 1993 | M | 6 | 42 | 65 |
| 55 | 0:24:29 | Hartkopf | Ingo | Die Hartköpfe | 1963 | M55 | 6 | 43 | 748 |
| 56 | 0:24:33 | Weber | Wladimir | Hannover | 1959 | M55 | 7 | 44 | 70 |
| 57 | 0:24:44 | Dormann | Michael | Hannover | 1973 | M45 | 5 | 45 | 114 |
| 58 | 0:25:00 | Hölscher | Edgar | Waterloo Wombats | 1966 | M50 | 8 | 46 | 719 |
| 59 | 0:25:06 | Kernick | William | ISHR | 2001 | MJ U18 | 5 | 47 | 735 |
| 60 | 0:25:06 | Kleintje | Katrin | Laatzen | 1988 | W30 | 4 | 13 | 112 |
| 61 | 0:25:14 | Bauch | Joachim | Nordstemmen | 1973 | M45 | 6 | 48 | 99 |
| 62 | 0:25:22 | Lenger | Jorin | Hannover | 1994 | M | 7 | 49 | 755 |
| 63 | 0:25:28 | Lück | Tobias | keiner | 1993 | M | 8 | 50 | 144 |
| 64 | 0:25:33 | Wern | Frank | Hannover | 1960 | M55 | 8 | 51 | 708 |
| 65 | 0:25:35 | Neumann | Jens | Feuerwehr Sarstedt | 1975 | M40 | 6 | 52 | 740 |
| 66 | 0:25:35 | Reimer-Giesecke | Nicole | Dets Friends | 1968 | W50 | 2 | 14 | 42 |
| 67 | 0:25:37 | Vandl | Franziska | Hannover | 1993 | W | 4 | 15 | 96 |
| 68 | 0:25:38 | Müller | Dirk | SF Aligse | 1971 | M45 | 7 | 53 | 103 |
| 69 | 0:25:42 | Pape | Maik | Lemon Runner | 1979 | M35 | 4 | 54 | 32 |
| 70 | 0:25:56 | Weisker | Michael | Hannover 96 Triathlon | 1966 | M50 | 9 | 55 | 6 |
| 71 | 0:25:57 | Binder | Wolfgang | Garbsen | 1952 | M65 | 1 | 56 | 62 |
| 72 | 0:25:58 | Mehl | Christian | Hannover | 1970 | M45 | 8 | 57 | 707 |
| 73 | 0:26:01 | Kieselbach | Jannik | Lehrter SV | 2008 | MJ U12 | 1 | 58 | 102 |
| 74 | 0:26:08 | Kessal | Thore | TuS Ricklingen B-Jugend | 2002 | MJ U18 | 6 | 59 | 73 |
| 75 | 0:26:14 | Görck | Harald | Horn Bad Meinberg | 1978 | M40 | 7 | 60 | 760 |
| 76 | 0:26:14 | Knocke | Luca | TuS Ricklingen B-Jugend | 2002 | MJ U18 | 7 | 61 | 74 |
| 77 | 0:26:21 | Plenge | Ulrich | SV Sparkasse Hannover | 1958 | M60 | 2 | 62 | 120 |
| 78 | 0:26:21 | Frommer | Lennard | Adelheidsdorfer Lauf-AG | 2008 | MJ U12 | 2 | 63 | 137 |
| 79 | 0:26:21 | Blazek | Lara-Malin | Adelheidsdorfer Lauf-AG | 2002 | WJ U18 | 2 | 16 | 129 |
| 80 | 0:26:39 | Luft | Alex | Deutscher Rugby Club | 1977 | M40 | 8 | 64 | 700 |
| 81 | 0:26:49 | Sasse | Michael | Beste Freunde | 1967 | M50 | 10 | 65 | 757 |
| 82 | 0:26:52 | Kropeit | Lisa | Mühlenberger SV | 2005 | WJ U14 | 1 | 17 | 55 |
| 83 | 0:26:55 | David | Venticinque | Marvel Runners | 1970 | M45 | 9 | 66 | 23 |
| 84 | 0:27:01 | Arndt | Maximilian | Hannover Runners | 2004 | MJ U16 | 2 | 67 | 146 |
| 85 | 0:27:09 | Anders | Peter | SV Sparkasse Hannover | 1957 | M60 | 3 | 68 | 121 |
| 86 | 0:27:12 | Soyo | Edric | International School of Han Reg | 2000 | MJ U20 | 3 | 69 | 736 |
| 87 | 0:27:13 | Blazek | Matthias | Adelheidsdorfer Lauf-AG | 1966 | M50 | 11 | 70 | 128 |
| 88 | 0:27:16 | Toixdorf | Jörg | Springe | 1980 | M35 | 5 | 71 | 750 |
| 89 | 0:27:34 | Helberg | Jan | Hannover | 1984 | M30 | 5 | 72 | 33 |
| 90 | 0:27:38 | Buddensieg | Marc | Hannover 96 Triathlon | 1971 | M45 | 10 | 73 | 34 |
| 91 | 0:27:38 | Jochim | Enie | MTV Rethmar | 2010 | WK U10 | 1 | 18 | 110 |
| 92 | 0:27:38 | Jochim | Fabian | MTV Rethmar | 1977 | M40 | 9 | 74 | 109 |

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|-------|---------|--------------|------------|-----------------------------|-------|--------|------|-----|-----|
| 93 | 0:28:02 | Kramer | Sylvia | Wennigsen | 1957 | W60 | 1 | 19 | 44 |
| 94 | 0:28:04 | Baritz | Colin | Adelheidsdorfer Lauf-AG | 2003 | MJ U16 | 3 | 75 | 136 |
| 95 | 0:28:06 | Sauer | Marlon | Adelheidsdorfer Lauf-AG | 2003 | MJ U16 | 4 | 76 | 135 |
| 96 | 0:28:20 | Struß | Gerhard | TEA Hannover | 1948 | M70 | 1 | 77 | 50 |
| 97 | 0:28:30 | Lange | Andreas | Gazelle Herrenhausen | 1963 | M55 | 9 | 78 | 744 |
| 98 | 0:28:30 | Schröder | Frauke | Gazelle Herrenhause | 1968 | W50 | 3 | 20 | 11 |
| 99 | 0:28:32 | Klimke | Richard | Tuspo Bad Münder | 1952 | M65 | 2 | 79 | 142 |
| 100 | 0:28:34 | Pahl | Heiner | Hannover | 1956 | M60 | 4 | 80 | 4 |
| 101 | 0:28:35 | Steinmann | Thomas | Lauftreff Wunstorf | 1968 | M50 | 12 | 81 | 21 |
| 102 | 0:28:35 | Looschen | Stephanie | Hannover | 1985 | W30 | 5 | 21 | 742 |
| 103 | 0:28:39 | Hübner | Gabriele | Hannover | 1967 | W50 | 4 | 22 | 87 |
| 104 | 0:28:41 | Monsees | Gabrielle | Bars | 1963 | W55 | 1 | 23 | 756 |
| 105 | 0:28:44 | Pentke | Siegfried | Hannover | 1955 | M60 | 5 | 82 | 54 |
| 106 | 0:28:44 | Buhck | Jürgen | 1948 | 1948 | M70 | 2 | 83 | 716 |
| 107 | 0:28:49 | Müller | Martina | SG Misburg | 1959 | W55 | 2 | 24 | 115 |
| 108 | 0:28:51 | Leilo | Suleiman | TuS Ricklingen B-Jugend | 2003 | MJ U16 | 5 | 84 | 76 |
| 109 | 0:29:01 | Smudzinski | Jens | tsg calbe | 1971 | M45 | 11 | 85 | 725 |
| 110 | 0:29:04 | Schlimper | Manfred | Laufclub Burgwedel | 1940 | M75 | 1 | 86 | 86 |
| 111 | 0:29:09 | Steinmann | Philipp | Lauftreff Wunstorf | 2004 | MJ U16 | 6 | 87 | 22 |
| 112 | 0:29:10 | Langer | Dorothee | Familie Langer | 1996 | W | 5 | 25 | 726 |
| 113 | 0:29:10 | Bantschenko | Anja | TVE Algermissen | 1971 | W45 | 2 | 26 | 29 |
| 114 | 0:29:10 | Hoffmann | Annica | Hannover | 1999 | WJ U20 | 2 | 27 | 97 |
| 115 | 0:29:11 | Bantschenko | Peter | Algermissen | 1965 | M50 | 13 | 88 | 40 |
| 116 | 0:29:19 | Sado | Seberhan | Hannover Runners | 1986 | W30 | 6 | 28 | 765 |
| 117 | 0:29:31 | Heinrichs | Jörg-Achim | LAC Langenhagen | 1956 | M60 | 6 | 89 | 751 |
| 118 | 0:29:31 | Kogge | Simone | 1984 | 1984 | W30 | 7 | 29 | 25 |
| 119 | 0:29:34 | Raue | Lothar | Arnum-Runner | 1952 | M65 | 3 | 90 | 149 |
| 120 | 0:29:35 | Engelbrecht | Anne | Hannover | 1975 | W40 | 2 | 30 | 20 |
| 121 | 0:29:43 | Boguslu | Saim | Trabzon...61/Continental AG | 1960 | M55 | 10 | 91 | 714 |
| 122 | 0:29:57 | Lueddeckens | Dörthe | Hemmingen | 1978 | W40 | 3 | 31 | 764 |
| 123 | 0:30:04 | Kohn | Romina | Bad Münder | 1984 | W30 | 8 | 32 | 701 |
| 124 | 0:30:12 | Jasko | Annika | Die Lahmen Schnecken | 1993 | W | 6 | 33 | 13 |
| 125 | 0:30:23 | Pietsch | Sandra | Hannover | 1968 | W50 | 5 | 34 | 26 |
| 126 | 0:30:27 | Mohrbacher | Jacqueline | Hannover | 1958 | W60 | 2 | 35 | 127 |
| 127 | 0:30:35 | Humberg | Charlotte | ISHR Mustangs | 2002 | WJ U18 | 3 | 36 | 723 |
| 128 | 0:30:37 | Niedermeyer | Jörg | Gazelle Herrenhausen | 1957 | M60 | 7 | 92 | 12 |
| 129 | 0:30:42 | Goerke | Karsten | Hannover | 1964 | M50 | 14 | 93 | 125 |
| 130 | 0:30:49 | Schönemeier | Anja | Team Atemlos | 1969 | W45 | 3 | 37 | 718 |
| 131 | 0:30:53 | Schicktanz | Norbert | Wennigsen | 1953 | M65 | 4 | 94 | 141 |
| 132 | 0:31:03 | Glänzer | Michael | Hannover | 1955 | M60 | 8 | 95 | 763 |
| 133 | 0:31:10 | Beyer | Marc-André | die Beyers laufen | 1968 | M50 | 15 | 96 | 7 |
| 134 | 0:31:15 | Pauluhn | Jan | Adelheidsdorfer Lauf-AG | 2000 | MJ U20 | 4 | 97 | 132 |
| 135 | 0:31:21 | Zachert | Helen Mia | Adelheidsdorfer Lauf-AG | 2007 | WJ U12 | 1 | 38 | 140 |
| 136 | 0:31:21 | Berlipp | Silke | Hannover | 1970 | W45 | 4 | 39 | 67 |
| 137 | 0:31:24 | Röber | Thomas | Hannover | 1961 | M55 | 11 | 98 | 762 |
| 138 | 0:31:26 | Haase | Kai-Uwe | ohne | 1966 | M50 | 16 | 99 | 148 |

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|-------|---------|--------------|------------------|------------------------------------|-------|--------|------|-----|-----|
| 139 | 0:31:27 | Untiet | Christiane | Lässig Laufen Lassen. | 1984 | W30 | 9 | 40 | 94 |
| 140 | 0:31:52 | Seifert | Martin | MarConLuBe | 1982 | M35 | 6 | 100 | 57 |
| 141 | 0:31:52 | Seifert | Luca | MarConLuBe | 2011 | MK U8 | 1 | 101 | 56 |
| 142 | 0:31:53 | Mielke | Gerd | Hildesheim | 1945 | M70 | 3 | 102 | 758 |
| 143 | 0:31:55 | Bruns-Aulich | Hilka | Queen' Runningteam | 1970 | W45 | 5 | 41 | 60 |
| 144 | 0:31:56 | Auras | Dieter | Gazelle Herrenhausen | 1956 | M60 | 9 | 103 | 27 |
| 145 | 0:32:04 | Zipper | Annette | Die Lahmen Schnecken | 1991 | W | 7 | 42 | 14 |
| 146 | 0:32:07 | Beyer | Ann-Kathrin | die Beyers laufen | 2002 | WJ U18 | 4 | 43 | 8 |
| 147 | 0:32:23 | Weixelbaum | Ortrud | Wennigsen | 1952 | W65 | 1 | 44 | 43 |
| 148 | 0:32:31 | Beyer | Beate | die Beyers laufen | 1968 | W50 | 6 | 45 | 9 |
| 149 | 0:32:31 | Köhler | Malin | Hemmingen | 1989 | W | 8 | 46 | 28 |
| 150 | 0:32:33 | Melching | René | Hemmingen | 1979 | M35 | 7 | 104 | 739 |
| 151 | 0:32:33 | Albrecht | Jarne | Hemmingen | 2012 | MK U8 | 2 | 105 | 738 |
| 152 | 0:32:36 | Haase | Sylvia | ohne | 1975 | W40 | 4 | 47 | 702 |
| 153 | 0:32:38 | Ahrndt | Dirk | JC Sakura Hannover | 1969 | M45 | 12 | 106 | 69 |
| 154 | 0:32:39 | Kronemann | Andreas | Dets friends | 1960 | M55 | 12 | 107 | 19 |
| 155 | 0:32:40 | Smith | Julia Ann | Langenhagen | 1992 | W | 9 | 48 | 734 |
| 156 | 0:32:44 | Andersson | Susann C. | TK Hannover | 1964 | W50 | 7 | 49 | 17 |
| 157 | 0:33:00 | Schneider | Heidemarie | MTV 48 Hildesheim | 1952 | W65 | 2 | 50 | 730 |
| 158 | 0:33:06 | Mielke | Dr. Klaus Jürgen | Hannover | 1942 | M75 | 2 | 108 | 759 |
| 159 | 0:33:12 | Ignat'Yeva | Marta | ISHR Mustangs | 2000 | WJ U20 | 3 | 51 | 724 |
| 160 | 0:33:15 | Topp | Jens-Peter | U.S.S. Black Rubin NX-769 | 1969 | M45 | 13 | 109 | 58 |
| 161 | 0:33:29 | Gaus | Hinnerk | Adelheidsdorfer Lauf-AG | 1989 | M | 9 | 110 | 134 |
| 162 | 0:33:35 | Posim | Jeanette | Hannover | 1969 | W45 | 6 | 52 | 145 |
| 163 | 0:33:35 | Blume | Susanne | Frau | 1962 | W55 | 3 | 53 | 143 |
| 164 | 0:33:43 | Arndt | Melanie | Hannover Runners | 1981 | W35 | 2 | 54 | 147 |
| 165 | 0:34:00 | Kyas | Joachim | BSG Hannoversche Volksbank eG | 1955 | M60 | 10 | 111 | 84 |
| 166 | 0:34:10 | Althaus | Imke | Seelze | 1977 | W40 | 5 | 55 | 48 |
| 167 | 0:34:33 | Chung | Dany | FSH | 1971 | M45 | 14 | 112 | 117 |
| 168 | 0:34:34 | Rieck | Ursula | ohne | 1947 | W70 | 1 | 56 | 39 |
| 169 | 0:34:37 | Roll-Hilbers | Petra | LG DDD Hannover | 1966 | W50 | 8 | 57 | 712 |
| 170 | 0:34:37 | Zengeley | Frank | De's Friends/Hannover 96 Triathlon | 1969 | M45 | 15 | 113 | 30 |
| 171 | 0:34:51 | Zachert | Claudia | Adelheidsdorfer Lauf-AG | 1974 | W40 | 6 | 58 | 139 |
| 172 | 0:35:34 | Nolte | Susanne | Team Atemlos | 1969 | W45 | 7 | 59 | 717 |
| 173 | 0:35:39 | Häusler | Annegret | Post SV Lehrte | 1952 | W65 | 3 | 60 | 752 |
| 174 | 0:35:43 | Heins | Christina | Adelheidsdorfer Lauf-AG | 1979 | W35 | 3 | 61 | 138 |
| 175 | 0:35:49 | Kergel | Heike | Gehrden | 1963 | W55 | 4 | 62 | 5 |
| 176 | 0:35:54 | Seifert | Conny | MarConLuBe | 1985 | W30 | 10 | 63 | 64 |
| 177 | 0:35:57 | Kiehne | Manuela | Adelheidsdorfer Lauf-AG | 1978 | W40 | 7 | 64 | 131 |
| 178 | 0:35:58 | Oberländer | Maria | Physiotherapie Vier Grenzen | 1987 | W30 | 11 | 65 | 88 |
| 179 | 0:35:59 | Nagel | Heike | Physiotherapie Vier Grenzen | 1964 | W50 | 9 | 66 | 89 |
| 180 | 0:36:07 | Grimm | Ute | Hämelerwald | 1963 | W55 | 5 | 67 | 78 |
| 181 | 0:36:10 | Meyer | Christine | Hannover | 1982 | W35 | 4 | 68 | 733 |
| 182 | 0:36:11 | Kuch | Josefina | Lauftreff Hannover | 1987 | W30 | 12 | 69 | 732 |
| 183 | 0:36:34 | Mike-Peter | Klotz | Marvel Runners | 1975 | M40 | 10 | 114 | 24 |
| 184 | 0:36:49 | Deibele | Jessica | VfL Bad Nenndorf | 1974 | W40 | 8 | 70 | 123 |

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| 185 | 0:37:17 | Bade | Sigrid | VfL Bad Nenndorf | 1949 | W65 | 4 | 71 | 122 |
| 186 | 0:39:00 | Neugebauer | Peter | LG DDD Hannover | 1940 | M75 | 3 | 115 | 713 |
| 187 | 0:40:51 | Fuhlenriede | Armin | Team Pirate | 1961 | M55 | 13 | 116 | 98 |
| 188 | 0:40:53 | Hellwig | Julia | Hannover | 1988 | W30 | 13 | 72 | 18 |
| 189 | 0:48:14 | Pelikan | Hartmut | Mühlenberger SV | 1936 | M80 | 1 | 117 | 41 |
| 190 | 1:01:12 | Giesler | Hartmut | Garbsen | 1944 | M70 | 4 | 118 | 729 |