

Wertung Männer AK 40 - 49

| Ranking-Platz | Name | Vorname | Jhg | Verein | Punkte | Lauf |
|---------------|------------------|---------------|------|-------------------------------------|--------|------|
| 1. | Kleinholz-Mewes | Jörg | 1973 | Dets RaceTeam | 329 | 29 |
| 2. | Rodenbeck | Jürgen | 1969 | TuS Wunstorf | 285 | 21 |
| 3. | Nickel | Dirk | 1971 | | 205 | 32 |
| 4. | Kramer | Andreas | 1969 | TSV Barsinghausen | 152 | 16 |
| 5. | Hintze | Ricardo | 1973 | TUI Run for smile | 136 | 10 |
| 6. | Schertl | Timo | 1976 | TSV Victoria Linden | 129 | 21 |
| 7. | Rapior | Alexander | 1970 | Dets Race Team | 76 | 6 |
| 8. | Dörrie | Robin | 1969 | Hannover96 | 67 | 5 |
| 9. | Ritschel | Frank | 1968 | SgBredenbeck | 64 | 5 |
| 10. | Borchers | Tim | 1970 | | 52 | 8 |
| | Ammer | Andre | 1971 | SV Germania Helstorf | 51 | 5 |
| | Borges | Christian | 1973 | TuS Harenberg | 49 | 5 |
| | Kuhnau | Markus | 1974 | Hannover96 | 46 | 5 |
| | Lambrecht | Swen | 1973 | VfLWoltorf | 44 | 5 |
| | Lauffer | Thomas | 1969 | SV Husum | 42 | 11 |
| | Maihs | Tobi | 1974 | Maschsee-Sharks Hannover | 41 | 4 |
| | Neumann | Christian | 1973 | TriAsHildesheim | 40 | 3 |
| | Bielmann | Kai | 1976 | | 39 | 4 |
| | Plesse | Maik | 1973 | VfL Eintracht Hannover | 38 | 4 |
| | Hampel | Lars | 1971 | TuS Hasede | 38 | 5 |
| | Tolksdorf | Kirsten-Ralph | 1975 | | 37 | 4 |
| | Hernando-Navarro | José | 1974 | Landeshauptstadt Hannover | 36 | 3 |
| | König | Jens | 1967 | Hannover Athletics | 31 | 5 |
| | Beneke | Andreas | 1974 | Team ERDINGER Alkoholfrei | 30 | 2 |
| | Bergmann | Lars | 1975 | TSGAhltten | 30 | 2 |
| | Molzahn | Karsten | 1972 | | 30 | 2 |
| | Sonnemann | Oliver | 1970 | SV Gehrden | 30 | 2 |
| | Wiese | Lars | 1973 | Radbaukasten | 30 | 2 |
| | Wüstefeld | Frank | 1967 | Hemmingen | 30 | 2 |
| | Doppelfeld | Arne | 1973 | Hannover 96 | 30 | 3 |
| | von der Hellen | Sascha | 1972 | LAC Langenhagen | 30 | 5 |
| | Köhler | Jan | 1974 | Augenzentrum Lister Platz | 29 | 2 |
| | Kühlke | Frank | 1973 | Burgdorf | 29 | 3 |
| | Schiemann | Lars | 1968 | VfL Eintracht Hannover | 27 | 4 |
| | Steenbock | Christian | 1976 | | 27 | 4 |
| | Krings | Stephan | 1970 | TUI | 27 | 5 |
| | Meyer | Holger | 1971 | Aktion Tschernobyl-Hilfe e.V. | 26 | 3 |
| | Meyer | Christoph | 1975 | Lüneburger SV | 25 | 2 |
| | Prill | Nico | 1976 | pingpank.de | 25 | 4 |
| | Wilhelms | Marc | 1974 | Lehrter SV Triathlon | 25 | 4 |
| | Harbart | Bernd | 1969 | Lauffreudigholtensen | 24 | 3 |
| | Rossa | Andreas | 1972 | TV Referat | 23 | 2 |
| | Brandes | Robert | 1976 | LT Hämelerwald | 23 | 3 |
| | Mischok | Stefan | 1975 | VHV Versicherungen | 23 | 3 |
| | Wichmann | Norbert | 1975 | Hannover96Triathlon | 23 | 3 |
| | Schulz | Oliver | 1975 | Hannover Runners | 23 | 5 |
| | Niermann | Grischa | 1975 | | 22 | 2 |
| | Arnold | Ralf | 1971 | MTG Mannheim Triathlon | 20 | 1 |
| | Bauer | Juri | 1974 | | 20 | 1 |
| | Baumert | Peter | 1975 | Team ERDINGER Alkoholfrei | 20 | 1 |
| | Beyer | Horst | 1969 | LT Ettlingen | 20 | 1 |
| | Bialoblocki | Tomasz | 1969 | Grupa Medyczna | 20 | 1 |
| | Bührke | Dirk | 1969 | SV Hagen-Mahnburg | 20 | 1 |
| | Chwalisz | Włodzimierz | 1971 | 3:33 Team | 20 | 1 |
| | Dröge | Ralf | 1969 | VfL Holsen | 20 | 1 |
| | Dyroff | Thomas | 1976 | Lauffeuer Paderborn | 20 | 1 |
| | Eikenberg | Thorsten | 1968 | Hildesheimer Ski-Klub von 1960 e.V. | 20 | 1 |
| | Eschtruth | Timo | 1968 | TV 03 Breitenbach | 20 | 1 |
| | Folkersen | Michael | 1968 | | 20 | 1 |
| | Giedrys | Wojtek | 1971 | 3:33 Team | 20 | 1 |
| | Glatthor | Thorsten | 1975 | TSV Schwarme | 20 | 1 |
| | Gokeler | Achim | 1972 | | 20 | 1 |
| | Goldbeck | Nils | 1970 | Familie Goldbeck | 20 | 1 |
| | Hartmann | Michael | 1970 | Suedkreislaeufer.de | 20 | 1 |
| | Hersel | Joachim | 1970 | RSC Hildesheim | 20 | 1 |
| | Horn | Carsten | 1971 | VfL Suderburg | 20 | 1 |
| | Jacob | Marco | 1971 | VGH Versicherung | 20 | 1 |
| | Jahn | Volker | 1969 | BSG Chemie Leipzig | 20 | 1 |
| | Jørgensen | Tom | 1967 | Marathon Banden | 20 | 1 |
| | Jung | Matthias | 1976 | | 20 | 1 |
| | Karl | Dirk | 1968 | TSG Grünstadt | 20 | 1 |
| | König | Harald | 1968 | Hannover Athletics | 20 | 1 |
| | Korén | Carsten | 1972 | ASICS Pacemaker | 20 | 1 |
| | Koschmieder | Andreas | 1970 | | 20 | 1 |
| | Kramer | Marco | 1974 | Tuspo Guxhagen | 20 | 1 |
| | Kurtz | Peter | 1967 | Hannover Airport | 20 | 1 |
| | Lange | Andreas | 1975 | | 20 | 1 |
| | Leal | Javier | 1970 | Continental AG | 20 | 1 |
| | Lehmkuhle | Frank | 1969 | BSV Ostbevern | 20 | 1 |
| | Lehniger | Tino | 1976 | Tangermünde | 20 | 1 |

Die 10 ersten Läufer
nach der 40.
Wertung

| | | | | | | |
|--|------------------|-----------|------|---------------------------------------|----|---|
| | Matt | Joachim | 1971 | LG Hohenfels | 20 | 1 |
| | Nahen | Mathias | 1970 | TV Jahn Bad Driburg | 20 | 1 |
| | Orton | Bob | 1968 | LG Celle-Land | 20 | 1 |
| | Østergaard | Bjarne | 1971 | Zug- und Bremsläufer | 20 | 1 |
| | Ostmeyer | Martin | 1976 | Team Kahle | 20 | 1 |
| | Özdemir | Alpay | 1968 | LAV Alfeld | 20 | 1 |
| | Papendorf | Sven | 1971 | Team Turbine Poschmühle e.V. | 20 | 1 |
| | Paul | Torsten | 1969 | TLV Rangsdorf | 20 | 1 |
| | Pernak | Andrzej | 1972 | | 20 | 1 |
| | Prilop | Jens | 1969 | | 20 | 1 |
| | Pröpsting | Marcus | 1969 | TV Badenstedt | 20 | 1 |
| | Rasmussen | Michael | 1972 | | 20 | 1 |
| | Reckermann | Ralf | 1968 | LG Hohenfels | 20 | 1 |
| | Rehmet | Frank | 1971 | Hamburger Sportclub | 20 | 1 |
| | Reist | Marc | 1972 | | 20 | 1 |
| | Richers | Simon | 1976 | | 20 | 1 |
| | Riis | Frits | 1971 | AAIG Aabenraa | 20 | 1 |
| | Rogoten | Aleksandr | 1969 | | 20 | 1 |
| | Schröer | Ludger | 1969 | | 20 | 1 |
| | Schröer | Mario | 1976 | | 20 | 1 |
| | Schwarzwälder | Kai-Uwe | 1968 | RunningCompany | 20 | 1 |
| | Soerensen | Paw | 1973 | | 20 | 1 |
| | Stadie | Gerolf | 1975 | SC Altwarmbüchen | 20 | 1 |
| | Strzyżewski | Andrzej | 1969 | Altom Gniezno | 20 | 1 |
| | Tuncdan | Cem | 1972 | PSV Grün-Weiß Kassel | 20 | 1 |
| | Turan | Alp | 1967 | MTV Salzdahlum | 20 | 1 |
| | Von Palombini | Jobst | 1969 | VfL Bückeburg | 20 | 1 |
| | Waldmeier | Thomas | 1974 | SIAT | 20 | 1 |
| | Walter | Stephan | 1967 | | 20 | 1 |
| | Wehl | Waldemar | 1967 | | 20 | 1 |
| | Weik | Gerald | 1967 | MARLEY Deutschland GmbH | 20 | 1 |
| | Wiliżski | Adam | 1971 | Altom Gniezno | 20 | 1 |
| | Wittich | Gunnar | 1969 | | 20 | 1 |
| | Wohlgemuth | Martin | 1973 | Schildhauers Erben | 20 | 1 |
| | Wolf | Fabian | 1971 | sportTREND Ultralaufteam Braunschweig | 20 | 1 |
| | Gärtner | Heino | 1968 | NORD/LB Gruppe | 20 | 2 |
| | Hoffmann | Marcus | 1974 | LAVSpringe | 20 | 2 |
| | Kartal | Amir | 1972 | BSG AOK Hannover | 20 | 2 |
| | Sandin | Carsten | 1971 | LLGSpringe | 20 | 2 |
| | Raupach | Bernd | 1970 | SG Misburg | 19 | 2 |
| | Rundstedt | Maik | 1971 | MTU | 19 | 2 |
| | Chudalla | Robin | 1970 | Hannover 96 | 19 | 3 |
| | Böker | Marc | 1974 | TSV Victoria Linden | 18 | 3 |
| | Fischer | Mirco | 1968 | Rübenberger Runner | 18 | 3 |
| | Förster | Frank | 1968 | VfL Eintracht Hannover | 17 | 5 |
| | Helbing | Christian | 1975 | TSV Burgdorf | 17 | 5 |
| | lburg | Stefan | 1970 | Hannover 96 | 16 | 2 |
| | Antonio | Jose | 1974 | The spanish corredores | 15 | 1 |
| | Friedrich | Uwe | 1972 | Chemnitzer PSV | 15 | 1 |
| | Hernando Navarro | JoseAnton | 1973 | the spanish corredores | 15 | 1 |
| | Fronzek | Torsten | 1970 | | 14 | 2 |
| | Kleinschmidt | Wolf | 1971 | Hannover | 14 | 2 |
| | Leßmeister | Frank | 1967 | TSV Anderten Triathlon | 14 | 2 |
| | Castiñeira Perez | Carlos | 1969 | The Spanish Corredores | 14 | 3 |
| | Förster | Sven | 1968 | ohne Verein | 14 | 3 |
| | Klein | Peter | 1970 | Feuerwehr Meyenfeld | 13 | 2 |
| | Ammer | André | 1971 | Neustadt | 12 | 1 |
| | Dignas | Christian | 1976 | Hannover Runners | 12 | 1 |
| | Plulte | Hauke | 1975 | VfL Hessisch Oldendorf | 12 | 1 |
| | Przybilla | Roland | 1967 | DJK Gütersloh | 12 | 1 |
| | Jörss | Andreas | 1970 | SV Aegir 09 Hannover | 12 | 2 |
| | Weiser | Bogdan | 1972 | SV Garbsen | 12 | 3 |
| | Herrmann | Jörg | 1971 | Lauftreff Hannover | 11 | 2 |
| | Rittinghaus | Martin | 1976 | | 11 | 2 |
| | Ahlfeld | Carsten | 1967 | LAV Zeven | 10 | 1 |
| | Ahrens | Klaus | 1975 | Laufclub BlueLiner e.V. | 10 | 1 |
| | Amt | Jörg | 1968 | LC Nordhorn | 10 | 1 |
| | Arnold | Dietrich | 1969 | MBG | 10 | 1 |
| | Balzer | Frank | 1969 | VfB Fallersleben | 10 | 1 |
| | Baumann | Nico | 1975 | | 10 | 1 |
| | Bedmar | Cesar | 1971 | LSV Klotten-Bassersdorf | 10 | 1 |
| | Bergmann | Michael | 1968 | Sömmerdaer Gipfelstürmer | 10 | 1 |
| | Biber | Thomas | 1974 | Koldinger SV | 10 | 1 |
| | Bistolopoulos | Georgios | 1972 | | 10 | 1 |
| | Bloem | Holger | 1972 | Jede Oma zählt | 10 | 1 |
| | Blume | Thomas | 1970 | Hannover | 10 | 1 |
| | Boesch | Basil | 1976 | | 10 | 1 |
| | Bokern | Markus | 1972 | LG Osnabrück | 10 | 1 |
| | Börstler | Boris | 1973 | ULV Wolfsburg | 10 | 1 |
| | Briese | Dirk | 1967 | | 10 | 1 |
| | Carter Treptau | Ian | 1971 | | 10 | 1 |
| | Dallmaier | Stefan | 1968 | VGH Versicherungen | 10 | 1 |
| | Decker | Christian | 1971 | | 10 | 1 |

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|--|-----------------|---------------|------|---------------------------------|----|---|
| | Deiss | Christian | 1970 | runningcoach.ch | 10 | 1 |
| | Doms | Michael | 1972 | Post SV Lehrte | 10 | 1 |
| | Eilinghoff | Sven | 1971 | LG Buntentor Roadrunners Bremen | 10 | 1 |
| | Escher | Bert | 1970 | LG Celle-Land | 10 | 1 |
| | Findekling | Markus | 1972 | | 10 | 1 |
| | Fink | Olaf | 1969 | Triathlon Treff Sassenburg | 10 | 1 |
| | Fleßner | Hermann | 1974 | MTV Aurich | 10 | 1 |
| | Franz | Jörg | 1970 | VHV Versicherungen | 10 | 1 |
| | Gantz | Thorsten | 1967 | TSV Lelm | 10 | 1 |
| | Griebner | Jürgen | 1969 | my run | 10 | 1 |
| | Haman | Founaboui | 1969 | | 10 | 1 |
| | Heilmann | Matthias | 1968 | | 10 | 1 |
| | Heitzer | Hawi | 1972 | Hannover 96 Triathlon | 10 | 1 |
| | Hellmuth | Jean | 1970 | ULV Wolfsburg | 10 | 1 |
| | Hen | Thierry | 1967 | Continental AG | 10 | 1 |
| | Henze | Marcus | 1974 | IGAS Wendland | 10 | 1 |
| | Herzig | Christian | 1976 | | 10 | 1 |
| | Hillebrecht | Volker | 1975 | LG Göttingen | 10 | 1 |
| | Hoff | Sebastian | 1967 | VfL Eintracht Hannover | 10 | 1 |
| | Hohensee | Karsten | 1971 | SC Langenhagen | 10 | 1 |
| | Holboer | Jan | 1969 | LC Nordhorn | 10 | 1 |
| | Hülss | Carsten | 1975 | LAV Zeven | 10 | 1 |
| | Huppertz | Thomas | 1975 | Staatstheater Hannover | 10 | 1 |
| | Imming | Michael | 1971 | NDR 1 Laufgruppe | 10 | 1 |
| | John | Michael | 1969 | Rübenberger Renner | 10 | 1 |
| | Kaspari | Mark | 1970 | TG Freden e.V. | 10 | 1 |
| | Kleemiß | Michael | 1967 | | 10 | 1 |
| | Klöpper | Axel | 1971 | Team ERDINGER Alkoholfrei | 10 | 1 |
| | Kosmella | Matthias | 1976 | TV Georgsmarienhütte | 10 | 1 |
| | Krause | Markus | 1972 | TKH | 10 | 1 |
| | Kräussl | Markus | 1973 | Z. Z. Kein Verein | 10 | 1 |
| | Krettek | Marcus | 1971 | Michelsenschule Hildesheim | 10 | 1 |
| | Kunze | Axel | 1970 | TC 93 Erfurt | 10 | 1 |
| | Lange | Herbert | 1968 | Holtorfer SV | 10 | 1 |
| | Langkopf | Heinrich | 1971 | SC Melle 03 | 10 | 1 |
| | Langloh | Jens | 1975 | | 10 | 1 |
| | Laske | Markus | 1976 | | 10 | 1 |
| | Lehmann | Frank | 1971 | Laufclub BlueLiner e.V. | 10 | 1 |
| | Leithold | Torsten | 1971 | Hannover Runners | 10 | 1 |
| | Lichte | Markus | 1973 | LT Medebach | 10 | 1 |
| | Liedtke | Marcus | 1975 | | 10 | 1 |
| | Lüttge | Andreas | 1975 | TVG Hattorf | 10 | 1 |
| | Maglia | Maurizio | 1967 | Spak Team | 10 | 1 |
| | Malchartzeck | Björn | 1971 | Continental AG | 10 | 1 |
| | Margerie | Robert | 1968 | Botschafter der Liebe 69 GV | 10 | 1 |
| | Meier | Lars | 1972 | RunArtist Holzminden | 10 | 1 |
| | Mencini | Marco | 1975 | SPAKKAZZA TEAM | 10 | 1 |
| | Miltzloff | Marco | 1970 | LAV Zeven | 10 | 1 |
| | Möhring | Lutz | 1970 | Einbecker Bierbock | 10 | 1 |
| | Mosel | Andreas | 1969 | ESV Eintracht Hameln | 10 | 1 |
| | Münchow | Torsten | 1972 | MTV Müden/Örtze | 10 | 1 |
| | Musialik | Thomas | 1974 | Sennheiser electronic | 10 | 1 |
| | Nehmer | Markus | 1976 | SG Bernwardswiese | 10 | 1 |
| | Opitz | Timo | 1975 | | 10 | 1 |
| | Paddeo | Giovanni | 1971 | | 10 | 1 |
| | Pagel | Sven | 1973 | | 10 | 1 |
| | Paulenz | Bastian | 1973 | FC Silbersack St. Pauli | 10 | 1 |
| | Petersen | Ole Hedegaard | 1973 | Viborg AM / Marathongruppen | 10 | 1 |
| | Plhak | Andreas | 1968 | pingpank.de | 10 | 1 |
| | Pohl | Andre | 1969 | SN-Runner | 10 | 1 |
| | Raulfs | Thorsten | 1972 | RunArtist Holzminden | 10 | 1 |
| | Regul | Jobst | 1974 | VGH Versicherung | 10 | 1 |
| | Rettig | Frank | 1975 | SV Munster | 10 | 1 |
| | Ringering | Onno | 1968 | MTV Aurich | 10 | 1 |
| | Samtlebe | Dirk | 1970 | TUI | 10 | 1 |
| | Schade Bünsow | Volker | 1968 | | 10 | 1 |
| | Schefter | Stefan | 1971 | Maschseeauftreff | 10 | 1 |
| | Schmitz | Volker | 1972 | LG Elmshorn | 10 | 1 |
| | Schnetke | Markus | 1968 | TuS Niedernwöhren | 10 | 1 |
| | Scholing | René | 1972 | Team Talanx | 10 | 1 |
| | Sebrantke | Oliver | 1976 | LC Hansa Stuhr | 10 | 1 |
| | Sedlak | Stefan | 1976 | LG IGS Ingenieure | 10 | 1 |
| | Sengstake | Mirko | 1969 | | 10 | 1 |
| | Sennheiser | Andreas | 1974 | Isernhagen | 10 | 1 |
| | Sicilia | Francesco | 1975 | PSV Grün-Weiß Kassel | 10 | 1 |
| | Sievert-Knedler | Bernd | 1971 | | 10 | 1 |
| | Silies | Thomas | 1972 | LAV Zeven | 10 | 1 |
| | Spies | Michael | 1974 | ETSV Lauda | 10 | 1 |
| | Stade | Jens | 1969 | | 10 | 1 |
| | Steffens | Jörg | 1974 | Laufclub BlueLiner e.V. | 10 | 1 |
| | Steinke | Peter | 1970 | MTV Aurich | 10 | 1 |
| | Stöckel | Frank | 1967 | LG Osnabrück | 10 | 1 |
| | Tessmer | Andreas | 1969 | | 10 | 1 |

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|--|-------------------|-------------|------|-------------------------------------|----|---|
| | Theis | Ulrich | 1971 | Hannover 96 | 10 | 1 |
| | Titkemeier | Kai | 1976 | BSG Merkur Gauselmann E.V. | 10 | 1 |
| | Urban | Jörg | 1967 | SVSparkasseHannovere.V. | 10 | 1 |
| | Vahldiek | Christian | 1968 | | 10 | 1 |
| | Vasterling | Frank | 1970 | TSV Jahn Geisleden | 10 | 1 |
| | Vigorelli | Claudio | 1972 | | 10 | 1 |
| | von Wahl | Henrik | 1970 | | 10 | 1 |
| | Walther | Clemens | 1969 | Barsinghausen | 10 | 1 |
| | Walz | Sebastian | 1973 | | 10 | 1 |
| | Weber | Jürgen | 1969 | Steuerbuero Weber | 10 | 1 |
| | Wenz | Armin | 1970 | Continental AG | 10 | 1 |
| | Wilke | Ulrich | 1968 | SC Spelle-Venhaus | 10 | 1 |
| | Wittig | Jens | 1976 | Spiridon Frankfurt | 10 | 1 |
| | Wolf | Marko | 1976 | Laufgemeinschaft Harlingerland | 10 | 1 |
| | Jache | Andreas | 1974 | Pingpank.de | 10 | 2 |
| | Simon | André | 1970 | Pingpank.de | 10 | 2 |
| | Wipperfürth | Marco | 1971 | pingpank.de | 10 | 2 |
| | Mülbrot | Frank | 1973 | VfL Bad Nenndorf | 10 | 4 |
| | Hagemeyer | Achim | 1968 | ATSV Espelkamp | 9 | 1 |
| | Janicki, | Paul | 1975 | | 9 | 1 |
| | Krebs | Marco | 1974 | RSC Nienburg | 9 | 1 |
| | Schulz | Oliver | 1973 | Hannover Runners | 9 | 1 |
| | Seeger | Sven | 1972 | Hannover Runners | 9 | 1 |
| | Kolbe | Andreas | 1970 | LAC Langenhagen | 9 | 2 |
| | Asche | Mike | 1976 | HAZ Vorbereitungsgruppe | 8 | 2 |
| | Reeh | Volker | 1972 | Team Barsinghausen läuft | 8 | 2 |
| | Gärtner | Michael | 1970 | TV Lohnde | 8 | 3 |
| | Cabanillas Garcia | Francisco | 1975 | the spanish corredores | 7 | 1 |
| | Dürr | Marc | 1969 | Burgdorf | 7 | 1 |
| | González | José Luis | 1972 | The Spanish Corredores | 7 | 1 |
| | Grote | Karsten | 1968 | Dets RaceTeam | 7 | 1 |
| | Häring | Thomas | 1971 | Eulenexpress | 7 | 1 |
| | Higuero Fernandez | JoseLuis | 1975 | Madrid | 7 | 1 |
| | Kopetzki | Sven | 1975 | Lehrter SV Triathlon | 7 | 1 |
| | Krohne | Holger | 1971 | Tri-Speedys Peine | 7 | 1 |
| | Könemann | Lutz | 1969 | Nienburg (Weser) | 7 | 2 |
| | Ballach | Mathias | 1971 | | 6 | 1 |
| | Brinkmann | Stefan | 1973 | Wunstorf | 6 | 1 |
| | Cabanillas | Paco | 1975 | The Spanish Corredores | 6 | 1 |
| | König | Dirk | 1976 | Det's RaceTeam | 6 | 1 |
| | Koopmann | Manfred | 1971 | Lauftreff Hannover | 6 | 1 |
| | Lütke-meier | Werner | 1967 | d.velop AG | 6 | 1 |
| | Schaper | Hendrik | 1975 | TSVVictoriaLinden | 6 | 1 |
| | Weisgerber | Frank | 1968 | SpVgg Groß Bülten | 6 | 1 |
| | Woloszka | Jacek | 1975 | | 6 | 1 |
| | Wunderlich | Carsten | 1972 | ASICS Pacemaker | 6 | 1 |
| | Granz | Mathias | 1971 | Det's Friends Wunstorf | 6 | 2 |
| | Brugger | Christian | 1968 | marathonia berlin | 5 | 1 |
| | Kleemann | Josiff | 1968 | SV Riveg Lunz | 5 | 1 |
| | Kockerols | Martin | 1975 | Rohfeld Runners | 5 | 1 |
| | Mathis | Stephan | 1974 | | 5 | 1 |
| | Moseler | Thomas | 1968 | Maschsee-Lauftreff | 5 | 1 |
| | Schultz | Ingo | 1968 | BSG Hannoversche Volksbank | 5 | 1 |
| | Trebuschenko | Evgeny | 1975 | | 5 | 1 |
| | Von Amsberg | Patrick | 1975 | Tus Altwarmbüchen | 5 | 1 |
| | Vorwahl | Jörn | 1970 | Hannover 96 | 5 | 1 |
| | Wahry | Marko | 1976 | Geitelde | 5 | 1 |
| | Kostrzewa | Felix | 1971 | TSVVictoriaLinden | 5 | 2 |
| | Möbius | Hartmut | 1967 | Hannover 96 Triathlon | 5 | 2 |
| | Zengeley | Frank | 1969 | Dets Friends/ Hannover 96 Triathlon | 5 | 2 |
| | Boder | Björn | 1975 | DATEV eG | 4 | 1 |
| | Dornieden | Marc | 1972 | LG Eichsfeld | 4 | 1 |
| | GrzeganeK | Siegmund | 1967 | SC Marklohe | 4 | 1 |
| | Krüger | Marcus | 1968 | SV Family and Friends | 4 | 1 |
| | Lakaw | Pierre | 1974 | | 4 | 1 |
| | Lamprecht | Sven | 1973 | HDI run & fun | 4 | 1 |
| | Lessmeister | Frank | 1967 | TSV Anderten | 4 | 1 |
| | Reuter | Stefan | 1967 | | 4 | 1 |
| | Scheja | Damian | 1975 | Team Erdinger Alkoholfrei | 4 | 1 |
| | Thielking | Carsten | 1967 | TSV Neustadt Running | 4 | 1 |
| | Waldner | Fred | 1971 | Conti Racer | 4 | 1 |
| | Ißels | Carsten | 1970 | ohne Verein | 4 | 2 |
| | Oberle | Christoph | 1967 | TriAS Hildesheim | 4 | 2 |
| | Köhler | Kai-Uwe | 1969 | wombat.ev 27.8 | 3 | 1 |
| | Krajenski | Lutz | 1972 | TSV Victoria Linden | 3 | 1 |
| | Lippold | Harald | 1973 | TSVGronau | 3 | 1 |
| | Malcowski | Peter | 1967 | run2gether.com | 3 | 1 |
| | Meyer | Martin | 1968 | SG Rodenberg / Team Erdinger | 3 | 1 |
| | Möbius | Dr. Hartmut | 1967 | Hannover 96 Triathlon | 3 | 1 |
| | Oberrohrmann | André | 1968 | Jidokwan Wunstorf | 3 | 1 |
| | Pilgermann | Heiko | 1973 | | 3 | 1 |
| | Süßmann | Andreas | 1969 | Garbsener SC | 3 | 1 |
| | Bolz | Gerrit | 1971 | TSV Bordenau | 2 | 1 |

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|--|--------------------|-----------|------|---------------------------|---|---|
| | Bornemann | Lars | 1972 | Harzer Keiler | 2 | 1 |
| | Brummermann | Jens | 1969 | Augathonis Hannover | 2 | 1 |
| | Bunck | Christoph | 1970 | | 2 | 1 |
| | Felgenhauer | Marc | 1974 | Spielmannszug Burgdorf | 2 | 1 |
| | Gonzalez-Diez | JoseLuis | 1972 | The Spanish Corredores | 2 | 1 |
| | Hahn | Holser | 1967 | PSV Braunschweig | 2 | 1 |
| | Kuhlmann | Volker | 1973 | Team Erdinger Alkoholfrei | 2 | 1 |
| | Langanki | Holger | 1969 | Vinnhorster Vier Hannover | 2 | 1 |
| | Mentzel | Christian | 1967 | | 2 | 1 |
| | Moog | Kai | 1969 | Feuerwehr Meyenfeld | 2 | 1 |
| | Ritter | Alexander | 1969 | TSV Victoria Linden | 2 | 1 |
| | Schneider | Andre | 1971 | Hannover 96 Triathlon | 2 | 1 |
| | Seyffert | Stefan | 1976 | Post SV Uelzen | 2 | 1 |
| | Siekmann-Fuß | Till | 1974 | SCS 78 | 2 | 1 |
| | Steinmann | Thomas | 1968 | HAZ Vorbereitungsgruppe | 2 | 1 |
| | Teuscher | Jens | 1969 | TSV Egestorf | 2 | 1 |
| | Tiedemann | Frank | 1969 | 1. WV Wunstorf | 2 | 1 |
| | Bermuske | Michael | 1971 | Post SV Hannover | 2 | 2 |
| | Beier | Rico | 1975 | VfL Bückeburg | 1 | 1 |
| | Best | Philipp | 1975 | | 1 | 1 |
| | Bierwirth-Kerl | Andreas | 1975 | LauftreffRasenkante | 1 | 1 |
| | Dumstaff | Stefan | 1970 | Wedemark | 1 | 1 |
| | Hakakzadeh-Zanjani | Hadi | 1967 | Hannover Runners | 1 | 1 |
| | Hans | Jörg | 1968 | Laufseminar Wehrenberg | 1 | 1 |
| | Heske | Immo | 1969 | DHC Hannover | 1 | 1 |
| | Hildewerth | Sascha | 1975 | OCR Heidesprinter | 1 | 1 |
| | Korte | Karsten | 1971 | | 1 | 1 |
| | Kundrus | Martin | 1969 | TSV Barsinghausen | 1 | 1 |
| | Mainusch | Nils | 1970 | | 1 | 1 |
| | Meinen | Roman | 1974 | | 1 | 1 |
| | Nolte | Matthias | 1973 | Fitnessclub Opening GmbH | 1 | 1 |
| | Reit | Matthias | 1970 | Black Jackrabbits | 1 | 1 |
| | Rentzel | Andre | 1975 | Marathonclub Walsrode | 1 | 1 |
| | Sandropoulos | Theodoros | 1970 | | 1 | 1 |
| | Schurbaum | Dennis | 1976 | Team Talanx | 1 | 1 |
| | Seitz | Oliver | 1972 | Rübenberger Renner | 1 | 1 |
| | Ulrich | Theis | 1971 | | 1 | 1 |
| | Völkening | Karsten | 1971 | SVE Hiddestorf | 1 | 1 |
| | Weiß | Michael | 1975 | SC Altenau | 1 | 1 |
| | Wendig | Olliver | 1971 | -- | 1 | 1 |
| | Zeyn | Frank | 1969 | Hannover Runners | 1 | 1 |