

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 7 | aus | 12 | Läu | | | | | | | | | | Verein |
|--------------------------|-------------------------|--------|--------|--------|------------|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|------|---------------------------|--------|
| | | | | | | | | Bad | Egg | Qua | Ank | Neu | Geh | Gra | Ket | Bers | Alf | |
| Männer - 17 Jahre | | | | | | | | | | | | | | | | | | |
| 1 | Dresselhaus, Jan | 2001 | MJ U18 | 350 | 350 | 7 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | SV Eintracht Neuenkirchen | |
| 2 | Heckert, Paul | 2002 | MJ U18 | 436 | 343 | 9 | | 49 | 48 | 49 | 47 | 50 | 49 | 48 | 46 | 50 | SV Quitt Ankum | |
| 3 | Bleek, Jannek | 2004 | MJ U18 | 563 | 339 | 12 | 45 | 48 | 46 | 48 | 46 | 44 | 49 | 48 | 49 | 48 | Lauffreunde Bippin-Merze | |
| 4 | Steinkamp, Jannik | 2004 | MJ U18 | 334 | 301 | 8 | 42 | 46 | | 33 | 43 | 41 | | 46 | 39 | 44 | Laufftreff SW Osterfeine | |
| 5 | Holtheide, Janko | 2004 | MJ U18 | 227 | --- | 5 | 44 | | | 45 | 45 | 48 | | | 45 | | SV Alfhausen | |
| 6 | Nees, David | 2005 | MJ U18 | 148 | --- | 3 | 49 | 50 | | | 49 | | | | | | TuS Bersenbrück | |
| 7 | Hackmann, Georg | 2006 | MJ U18 | 141 | --- | 3 | | 49 | | | 45 | | 47 | | | | Quakenbrücker SC 99 | |
| 8 | Bernhardt, Maurice | 2004 | MJ U18 | 97 | --- | 2 | | | | 49 | 48 | | | | | | ohne Verein | |
| 9 | Bentlin, Jonas | 2008 | MJ U18 | 86 | --- | 2 | | | | | | | | | 48 | 38 | Jede Oma zählt | |
| 10 | Deters, Yanneck | 2005 | MJ U18 | 85 | --- | 2 | | | | 38 | | | | | 47 | | Lauffreunde SV Dohren | |
| 11 | Sonnenburg, Tim | 2001 | MJ U18 | 82 | --- | 2 | | | | | 42 | | | | 40 | | Haus am Schlehenbusch | |
| 12 | Lübbert zur Lage, Robin | 2003 | MJ U18 | 50 | --- | 1 | | | | | | | | | | 50 | TuS Bramsche | |
| 13 | Kutz, Jakob | 2001 | MJ U18 | 50 | --- | 1 | | | | | 50 | | | | | | SV Eintracht Neuenkirchen | |
| 14 | Moormann, Colin | 2003 | MJ U18 | 49 | --- | 1 | | | | | | | | | | 49 | TuS Berge B-Jugend | |
| 15 | Darkow, Paul | 2004 | MJ U18 | 49 | --- | 1 | | | | | | | | | 49 | | SV Alfhausen | |
| 16 | Mohammadi, Arman | 2001 | MJ U18 | 48 | --- | 1 | | | | | 48 | | | | | | ohne Verein | |
| 17 | Diallo, Maladho | 2001 | MJ U18 | 48 | --- | 1 | 48 | | | | | | | | | | Haus am Schlehenbusch | |
| 18 | Bornhorst, Finn | 2002 | MJ U18 | 48 | --- | 1 | | | | | | | | | | 48 | TuS Berge B-Jugend | |
| 19 | Schell, David | 2002 | MJ U18 | 47 | --- | 1 | 47 | | | | | | | | | | Cloppenburg | |
| 20 | Pfotenhauer, Bennett | 2005 | MJ U18 | 47 | --- | 1 | | | | 47 | | | | | | | SV Quitt Ankum | |
| 21 | Lahmann, Jonas | 2005 | MJ U18 | 47 | --- | 1 | | | | | | 47 | | | | | SV Grafeld | |
| 22 | Köhle, Lukas | 2006 | MJ U18 | 47 | --- | 1 | | 47 | | | | | | | | | Wo ist Torben? | |
| 23 | Graf, Jaden | 2004 | MJ U18 | 47 | --- | 1 | | | | | | | | | 47 | | SV Alfhausen | |
| 24 | Evers, Jennes | 2002 | MJ U18 | 47 | --- | 1 | | | | | | | | | | 47 | TuS Berge B-Jugend | |
| 25 | Busse, Lars | 2001 | MJ U18 | 47 | --- | 1 | | 47 | | | | | | | | | Löninge | |
| 26 | Adrian, Samuel | 2001 | MJ U18 | 47 | --- | 1 | | | | | 47 | | | | | | Gehrde | |
| 27 | Schulte, Heiko | 2001 | MJ U18 | 46 | --- | 1 | 46 | | | | | | | | | | St. Vincenzhaus Cloppemb | |
| 28 | Meyer, Lasse | 2007 | MJ U18 | 46 | --- | 1 | | | | | 46 | | | | | | Bramscher Rumläufer | |
| 29 | Meyer, Jakob | 2002 | MJ U18 | 46 | --- | 1 | | | | | | | | | | 46 | TuS Berge B-Jugend | |
| 30 | Martin, Theo | 2004 | MJ U18 | 46 | --- | 1 | | | | | | | | | 46 | | SV Quitt Ankum | |
| 31 | Elseberg, Bjarne | 2003 | MJ U18 | 46 | --- | 1 | | | | 46 | | | | | | | SV Quitt Ankum | |
| 32 | Tebbe, Louis | 2005 | MJ U18 | 45 | --- | 1 | | | | | | | | | | 45 | Lauffreunde SV Dohren | |
| 33 | Mack, Jonas | 2002 | MJ U18 | 45 | --- | 1 | | | | | | | | | | 45 | TuS Berge B-Jugend | |
| 34 | Goeke, Marvin | 2002 | MJ U18 | 45 | --- | 1 | | 45 | | | | | | | | | Quakenbrücker SC 99 | |
| 35 | zu Wähde, Tim | 2002 | MJ U18 | 44 | --- | 1 | | | | | | | | | | 44 | TuS Berge B-Jugend | |
| 36 | Wehlage, Julius | 2005 | MJ U18 | 44 | --- | 1 | | | | | | | | | 44 | | SV Alfhausen | |
| 37 | Stuckenberg, Lars | 2005 | MJ U18 | 44 | --- | 1 | | | | 44 | | | | | | | Neuenkirchen | |
| 38 | Böcker, Otto | 2005 | MJ U18 | 44 | --- | 1 | | | | 44 | | | | | | | SV Quitt Ankum | |
| 39 | Uchtmann, Sönke | 2005 | MJ U18 | 43 | --- | 1 | | | | | 43 | | | | | | Roter Stern Rüsfort | |
| 40 | Shreider, Jan | 2005 | MJ U18 | 43 | --- | 1 | | | | 43 | | | | | | | SV Quitt Ankum | |
| 41 | Hedemann, Lars | 2005 | MJ U18 | 43 | --- | 1 | | | | | | | | | 43 | | SV Alfhausen | |
| 42 | Finke, Elias | 2009 | MJ U18 | 43 | --- | 1 | 43 | | | | | | | | | | FC SW Kalkriese | |
| 43 | Schlieck, David | 2004 | MJ U18 | 42 | --- | 1 | | | | | 42 | | | | | | | |
| 44 | Hemann, Moritz | 2003 | MJ U18 | 42 | --- | 1 | | | | | | | | | | 42 | TuS Berge B-Jugend | |
| 45 | Büter, Finn | 2004 | MJ U18 | 42 | --- | 1 | | | | | | | | | 42 | | SC Rieste | |
| 46 | Billenkamp, Mathis | 2005 | MJ U18 | 42 | --- | 1 | | | | 42 | | | | | | | SV Quitt Ankum | |
| 47 | Többenotke, Nico | 2005 | MJ U18 | 41 | --- | 1 | | | | 41 | | | | | | | SV Quitt Ankum | |
| 48 | Torbecke, Hannes | 2005 | MJ U18 | 41 | --- | 1 | | | | | | | | | 41 | | SV Alfhausen | |
| 49 | Talen, Sebastian | 2005 | MJ U18 | 41 | --- | 1 | 41 | | | | | | | | | | St. Vincenzhaus Cloppemb | |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | Läu | | | | | | | | | | | | FürsBerg | Verein | |
|-------------------|--------------------------|--------|--------|--------------------|-----|--------|----|-----|-----|-----|-----|-----|-----|-----|-----|------|----------|--------|--------------------------|
| | | | | | 7 | aus 12 | fe | Bad | Egg | Qua | Ank | Neu | Geh | Gra | Ket | Bers | | | Alf |
| 50 | Rocho, Tim | 2002 | MJ U18 | 41 | --- | 1 | | | | | | | | | | | | 41 | TuS Berge B-Jugend |
| 51 | Azem, Ramy | 2001 | MJ U18 | 41 | --- | 1 | | | | 41 | | | | | | | | | Gymnasium Lohne |
| 52 | von Varel, Jean - Pierre | 2006 | MJ U18 | 40 | --- | 1 | 40 | | | | | | | | | | | | St. Vincenzhaus Cloppent |
| 53 | Nichtig, Noah | 2003 | MJ U18 | 40 | --- | 1 | | | | | | | | | | | | 40 | TuS Berge B-Jugend |
| 54 | Neubert, Julius | 2004 | MJ U18 | 40 | --- | 1 | | | | 40 | | | | | | | | | SV Quitt Ankum |
| 55 | Molkenthin, Pascal | 2001 | MJ U18 | 39 | --- | 1 | 39 | | | | | | | | | | | | St. Vincenzhaus |
| 56 | Lübbert zur Lage, Laurin | 2005 | MJ U18 | 39 | --- | 1 | | | | | | | | | | | | 39 | Bramsche |
| 57 | Hartz, Justus | 2003 | MJ U18 | 39 | --- | 1 | | | | 39 | | | | | | | | | SV Quitt Ankum |
| 58 | Möhring, Vincent | 2005 | MJ U18 | 38 | --- | 1 | | | | | | | | | | | 38 | | SV Alfhausen |
| 59 | Zuhlsdorf, Luca | 2004 | MJ U18 | 37 | --- | 1 | | | | | | | | | | | 37 | | SV Alfhausen |
| 60 | Mack, Kian | 2003 | MJ U18 | 37 | --- | 1 | | | | | | | | | | | | 37 | TuS Berge B-Jugend |
| 61 | Buschermöhle, Louis | 2005 | MJ U18 | 37 | --- | 1 | | | | 37 | | | | | | | | | SV Quitt Ankum |
| 62 | Droppelmann, Jonas | 2004 | MJ U18 | 36 | --- | 1 | | | | | | | | | | | 36 | | SV Alfhausen |
| 63 | Burs, Kai | 2003 | MJ U18 | 36 | --- | 1 | | | | | | | | | | | | 36 | TuS Berge B-Jugend |
| 64 | Book, Henrik | 2005 | MJ U18 | 36 | --- | 1 | | | | 36 | | | | | | | | | Lauffreunde SV Dohren |
| 65 | Wesselkamp, Linus | 2004 | MJ U18 | 35 | --- | 1 | | | | | | | | | | | 35 | | SV Alfhausen |
| 66 | Klostermeyer, Philip | 2005 | MJ U18 | 35 | --- | 1 | | | | 35 | | | | | | | | | SV Quitt Ankum |
| 67 | Krömer, Hannes | 2005 | MJ U18 | 34 | --- | 1 | | | | 34 | | | | | | | | | SV Quitt Ankum |
| Männer - 17 Jahre | | | | Anzahl Teilnehmer: | 111 | | 12 | 5 | 6 | 18 | 10 | 10 | 4 | 3 | 5 | 16 | 7 | 15 | |

Männer 18+19 Jahre

| | | | | | | | | | | | | | | | | | | | |
|--------------------|----------------------|------|--------|--------------------|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|--------------------------|
| 1 | Föhse, Patrick | 2000 | MJ U20 | 400 | 350 | 8 | 50 | 50 | 50 | | | | 50 | 50 | 50 | 50 | 50 | | TuS Blau Weiß Lohne Tri |
| 2 | Wilhelm, Marcel | 2000 | MJ U20 | 493 | 346 | 10 | 50 | 49 | 49 | 49 | 50 | | 50 | 49 | 49 | 49 | 49 | | SV Gehrde läuft...! |
| 3 | Willmaring, Julius | 1999 | MJ U20 | 339 | 339 | 7 | 49 | 48 | | | | | 49 | 48 | | 48 | 48 | 49 | TuS Bersenbrück |
| 4 | Steinkamp, Dennis | 1999 | MJ U20 | 334 | 334 | 7 | | 45 | | 48 | 48 | 50 | | | 48 | | 47 | 48 | Laufftreff SW Osterfeine |
| 5 | Brunsch, Tobias | 1999 | MJ U20 | 188 | --- | 4 | 46 | 46 | 47 | 49 | | | | | | | | | Haus am Schlehenbusch (|
| 6 | Grever, Nico | 2000 | MJ U20 | 94 | --- | 2 | 47 | | | | | | | | | 47 | | | Haus am Schlehenbusch (|
| 7 | Steinmeyer, Benjamin | 1999 | MJ U20 | 48 | --- | 1 | 48 | | | | | | | | | | | | Haus am Schlehenbusch (|
| 8 | Hoffmann, Nikita | 1999 | MJ U20 | 48 | --- | 1 | | | 48 | | | | | | | | | | ohne Verein |
| 9 | Tariq, Ahmed Raza | 2000 | MJ U20 | 47 | --- | 1 | | | | 47 | | | | | | | | | Gymnasium Lohne |
| 10 | Dunkel, Niklas | 2000 | MJ U20 | 47 | --- | 1 | | 47 | | | | | | | | | | | Quakenbrücker SC 99 |
| 11 | Steinmeyer, Benjamin | 2000 | MJ U20 | 46 | --- | 1 | | | 46 | | | | | | | | | | Haus am Schlehenbusch |
| 12 | Hesselbrock, Mirco | 2000 | MJ U20 | 45 | --- | 1 | 45 | | | | | | | | | | | | St. Vincenzhaus Cloppent |
| 13 | Rahe, Nico | 1999 | MJ U20 | 44 | --- | 1 | | 44 | | | | | | | | | | | Haus am Schlehenbusch |
| Männer 18+19 Jahre | | | | Anzahl Teilnehmer: | 45 | | 6 | 7 | 5 | 3 | 4 | 1 | 2 | 3 | 3 | 4 | 4 | 3 | |

Männer 20 - 29 Jahre

| | | | | | | | | | | | | | | | | | | | |
|----|----------------------|------|--------|-----|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|---------------------------|
| 1 | Puncak, Jan | 1989 | MÄNNER | 391 | 343 | 8 | 48 | 48 | | 49 | | | 50 | 49 | 50 | | 48 | 49 | Quakenbrücker SC 99 |
| 2 | Dühne, Andre | 1989 | MÄNNER | 472 | 336 | 10 | 47 | 46 | 48 | | 43 | 49 | 48 | 48 | | 49 | 47 | 47 | TV Groß Mimmelage e.V. |
| 3 | Backhaus, Lukas | 1994 | MÄNNER | 498 | 326 | 11 | 45 | 45 | 45 | 48 | 37 | | 47 | 47 | 47 | 46 | 46 | 45 | Wo ist Torben? |
| 4 | Schwering, Fabian | 1996 | MÄNNER | 232 | --- | 5 | 46 | | | 41 | | 49 | | 48 | 48 | | | | Lauffreunde Bippin-Merze |
| 5 | Bramlage, Ben | 1990 | MÄNNER | 196 | --- | 4 | | | 49 | 48 | 50 | | | 49 | | | | | Quakenbrücker SC 99 |
| 6 | Grever, Nico | 2000 | MÄNNER | 162 | --- | 4 | | 42 | 42 | 35 | | | | | | | | 43 | Haus am Schlehenbusch |
| 7 | Steinmeyer, Benjamin | 1999 | MÄNNER | 122 | --- | 3 | | | | 34 | | | | | | 44 | | 44 | Haus am Schlehenbusch |
| 8 | Dresselhaus, Jan | 2001 | MÄNNER | 99 | --- | 2 | | | | | | | | | | | 49 | 50 | SV Eintracht Neuenkirchen |
| 9 | Wedeken, Pascal | 1990 | MÄNNER | 50 | --- | 1 | | | 50 | | | | | | | | | | ohne Verein |
| 10 | Spinneker, Jens | 1991 | MÄNNER | 50 | --- | 1 | | | | | | | 50 | | | | | | Westfalia Hopsten |
| 11 | Sperver, Michael | 1990 | MÄNNER | 50 | --- | 1 | | 50 | | | | | | | | | | | Grün-Weiß Schwagstorf |
| 12 | Siemer, Erik | 2000 | MÄNNER | 50 | --- | 1 | | | | | | | | | | | | 50 | VfL Lönigen |
| 13 | Schünemann, Max | 1990 | MÄNNER | 50 | --- | 1 | | | | 50 | | | | | | | | | Grün Weiss Steinbeck |
| 14 | Perignon, Paul | 1993 | MÄNNER | 50 | --- | 1 | | | | 50 | | | | | | | | | TuS Engter |
| 15 | Olberding, Patrick | 1994 | MÄNNER | 50 | --- | 1 | 50 | | | | | | | | | | | | TuS BW Lohne Triathlon |
| 16 | Dehaust, Andre | 1991 | MÄNNER | 50 | --- | 1 | | | | | | | | | | 50 | | | SV Union Meppen |

| Platz | Name, Vorname | Jahrg. AK | Gesamt | 7 | aus 12 | Läu | | | | | | | | | | Fürs | Berg | Verein | |
|----------------------|--------------------|-----------|--------------------|-----|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|---------------------------|-----|
| | | | | | | fe | Bad | Egg | Qua | Ank | Neu | Geh | Gra | Ket | Bers | | | | Alf |
| 35 | Lorenz, Christian | 1983 M 35 | 42 | --- | 1 | | | 42 | | | | | | | | | | Quakenbrück | |
| 36 | Leferink, Dirk | 1980 M 35 | 42 | --- | 1 | | | | | | | | | | | 42 | | Nordhorn | |
| 37 | Tepe, Jens | 1981 M 35 | 40 | --- | 1 | | | 40 | | | | | | | | | | TSV Quakenbrück | |
| 38 | Spilker, Henrik | 1979 M 35 | 40 | --- | 1 | | 40 | | | | | | | | | | | TuS Berge | |
| 39 | Mertens, Christian | 1982 M 35 | 39 | --- | 1 | | | | | 39 | | | | | | | | SV Eintracht Neuenkirchen | |
| 40 | Krüßel, Peter | 1981 M 35 | 39 | --- | 1 | | 39 | | | | | | | | | | | Eagles of Tri | |
| 41 | Völker, Florian | 1982 M 35 | 38 | --- | 1 | | | | | 38 | | | | | | | | Marathon Ibbenbüren | |
| 42 | Karnbrock, Frank | 1981 M 35 | 38 | --- | 1 | | | 38 | | | | | | | | | | Lustige Lönninger Läufer | |
| 43 | Böhne, Lasse | 1980 M 35 | 38 | --- | 1 | 38 | | | | | | | | | | | | Badbergen | |
| 44 | Meiners, Daniel | 1981 M 35 | 37 | --- | 1 | | | | | | | | | | | 37 | | ohne Verein | |
| 45 | Schaap, André | 1979 M 35 | 34 | --- | 1 | | | | | | | | | | | 34 | | SV Grafeld | |
| Männer 35 - 39 Jahre | | | Anzahl Teilnehmer: | | | 122 | | 13 | 14 | 13 | 7 | 13 | 8 | 10 | 8 | 4 | 6 | 17 | 9 |

Männer 40 - 44 Jahre

| | | | | | | | | | | | | | | | | | | |
|----|-----------------------|-----------|-----|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----------------------------|
| 1 | Maschmeyer, Sebastian | 1978 M 40 | 492 | 349 | 10 | 46 | 49 | 50 | 50 | 50 | 50 | 48 | 49 | 50 | 50 | | | Bramscher Rumläufer |
| 2 | Remus, Elmar | 1978 M 40 | 543 | 349 | 11 | 50 | 50 | 49 | 49 | 49 | 50 | 50 | 50 | 50 | 49 | 47 | | Bramscher Rumläufer |
| 3 | Meyer, Sven | 1976 M 40 | 514 | 333 | 11 | 43 | | 47 | 47 | 47 | 48 | 48 | 46 | 48 | 48 | 46 | 46 | Bramscher Rumläufer |
| 4 | Holtkamp, Theo | 1976 M 40 | 422 | 332 | 9 | 45 | | 46 | 48 | | 47 | 49 | 45 | | 47 | 47 | 48 | VfL Lönningen |
| 5 | Kampmeyer, Malte | 1975 M 40 | 318 | 318 | 7 | 44 | 46 | 48 | | | 46 | 47 | | | 42 | | 45 | Bramscher Rumläufer |
| 6 | Lettrari, Marc | 1975 M 40 | 348 | 314 | 8 | 34 | | 44 | 46 | 45 | | 44 | 44 | | 46 | 45 | | Tri Team TuS Engter |
| 7 | Kolde, Jürgen | 1976 M 40 | 514 | 311 | 12 | 35 | 42 | 43 | 44 | 44 | 44 | 45 | 42 | 47 | 44 | 42 | 42 | SV Fortuna 47 Eggermühl |
| 8 | Grabow, Hilmar | 1978 M 40 | 300 | 300 | 7 | 37 | | 42 | 45 | 42 | 45 | | | 46 | | | 43 | Tri Team TuS Engter |
| 9 | Küthe, Lorenz | 1976 M 40 | 338 | 298 | 8 | 41 | 41 | 40 | | 43 | | 43 | | | 43 | 43 | 44 | TuS Bersenbrück |
| 10 | Thiering, Alexander | 1978 M 40 | 382 | 281 | 10 | 29 | 37 | 35 | 41 | 38 | | | 40 | 43 | 40 | 40 | 39 | TV Groß Mimmelage e.V. |
| 11 | Dieker, Lars | 1975 M 40 | 335 | 278 | 9 | 25 | 34 | 38 | | 40 | 42 | | 41 | 42 | 41 | | 32 | Team Physio-Gerritsen |
| 12 | Schaller, Thomas | 1974 M 40 | 332 | 270 | 9 | | 31 | 31 | 40 | 37 | | 40 | 39 | 41 | 39 | | 34 | Dinklage Burgläufer |
| 13 | Geers, Maik | 1974 M 40 | 285 | 256 | 8 | | 29 | 29 | 39 | | 41 | | 38 | 37 | 37 | 35 | | SV Kettenkamp |
| 14 | Steffen, Markus | 1976 M 40 | 243 | --- | 5 | 48 | | | | 48 | 49 | | 49 | 49 | | | | SV Eintracht Neuenkirchen |
| 15 | Günther, Daniel | 1975 M 40 | 214 | --- | 5 | 39 | 45 | | | | | 46 | 43 | | | | 41 | Bramscher Rumläufer |
| 16 | Pfeilsticker, Lars | 1974 M 40 | 190 | --- | 5 | 31 | | 34 | 42 | | | | | 44 | | 39 | | KSK Bersenbrück |
| 17 | Markus, Robert | 1974 M 40 | 190 | --- | 5 | 27 | 38 | 37 | 43 | | | | | 45 | | | | TuS Bersenbrück |
| 18 | Take, Malte | 1977 M 40 | 180 | --- | 5 | | 30 | 33 | | | | 39 | | 40 | | 38 | | ohne Verein |
| 19 | Kenning, Karl-Heinz | 1974 M 40 | 172 | --- | 4 | 38 | 43 | 45 | | 46 | | | | | | | | Lauffreunde Bippin-Merze |
| 20 | Renzenbrink, Jörg | 1975 M 40 | 170 | --- | 4 | 40 | 44 | | | | | 42 | | | | 44 | | Tri Team TuS Engter |
| 21 | Glänzel, Andreas | 1975 M 40 | 126 | --- | 4 | | 28 | 27 | 38 | | | | | | | 33 | | Bersenbrück |
| 22 | Jaeger, Thorsten | 1974 M 40 | 125 | --- | 4 | 26 | 32 | 32 | | | | | | | | | 35 | TV Groß Mimmelage e.V. |
| 23 | Thale, Heiko | 1975 M 40 | 113 | --- | 3 | | | | | | | 41 | | | | 36 | 36 | Wo ist Torben? |
| 24 | Vogt, Christian | 1974 M 40 | 97 | --- | 2 | 49 | 48 | | | | | | | | | | | TuS Bersenbrück |
| 25 | Bröring, Christian | 1976 M 40 | 97 | --- | 2 | | | | | | | | | | | 48 | 49 | Team Ultra Sports |
| 26 | Fortmann, Andreas | 1976 M 40 | 94 | --- | 2 | 47 | 47 | | | | | | | | | | | RW Damme |
| 27 | Nees, Simon | 1974 M 40 | 83 | --- | 2 | | 40 | | | | 43 | | | | | | | TuS Bersenbrück |
| 28 | Frohne, Marko | 1974 M 40 | 77 | --- | 2 | 36 | | | | 41 | | | | | | | | Lauffreunde Bippin-Merze |
| 29 | Dieker, Hermann | 1974 M 40 | 77 | --- | 2 | | 39 | | | | | | | | | | 38 | SV Grafeld |
| 30 | Woltering, Marco | 1976 M 40 | 75 | --- | 2 | | | | | | | | | | 38 | | 37 | ohne Verein |
| 31 | Morhaus, Carsten | 1978 M 40 | 70 | --- | 2 | | | | | | | | | | | 37 | 33 | SV Grafeld |
| 32 | Kröner, Thomas | 1975 M 40 | 64 | --- | 2 | 28 | 36 | | | | | | | | | | | Lokomotive Nettetal |
| 33 | van Dijk, Ralph | 1974 M 40 | 47 | --- | 1 | | | | | | | | 47 | | | | | Aquapoldro Apeldorn |
| 34 | Harp, Michael | 1978 M 40 | 45 | --- | 1 | | | | | | | | | | 45 | | | TuS Badbergen |
| 35 | Mertens, Frank | 1978 M 40 | 42 | --- | 1 | 42 | | | | | | | | | | | | Team Michelstadt |
| 36 | Kemme, Daniel | 1978 M 40 | 41 | --- | 1 | | | | | | | | | | | 41 | | ohne Verein |
| 37 | Hilker, Frank | 1976 M 40 | 41 | --- | 1 | | | 41 | | | | | | | | | | Active Sportshop Osnabrück |
| 38 | Krauss, Burkard | 1974 M 40 | 40 | --- | 1 | | | | | | | | | | | | 40 | STV Barsseel |

| Platz | Name, Vorname | Jahrg. AK | Gesamt | 7 | aus 12 | Läu | | | | | | | | | | | FürsBerg | Verein |
|----------------------|----------------------------|-----------|--------------------|-----|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|----------|-------------------------|
| | | | | | | fe | Bad | Egg | Qua | Ank | Neu | Geh | Gra | Ket | Bers | Alf | | |
| 39 | Pietzschmann, Mirko | 1977 M 40 | 39 | --- | 1 | | | 39 | | | | | | | | | | ohne Verein |
| 40 | Parise, Francesco | 1978 M 40 | 39 | --- | 1 | | | | | | | | 39 | | | | | Osnabrück |
| 41 | Franke, Frank | 1976 M 40 | 39 | --- | 1 | | | | | 39 | | | | | | | | TV Hohne |
| 42 | Rodrigues, Manuel | 1976 M 40 | 38 | --- | 1 | | | | | | | | 38 | | | | | Hasbergen |
| 43 | Schlotmann, Stefan | 1978 M 40 | 36 | --- | 1 | | | 36 | | | | | | | | | | SV Carum |
| 44 | Da Rocha Sousa, Rui Miguel | 1977 M 40 | 36 | --- | 1 | | | | | | | | 36 | | | | | Bramsche |
| 45 | Boghun, Dirk | 1975 M 40 | 36 | --- | 1 | | | | | 36 | | | | | | | | ohne Verein |
| 46 | Klune, Michael | 1975 M 40 | 35 | --- | 1 | | 35 | | | | | | | | | | | SV Fortuna 47 Eggermühl |
| 47 | Ramler, Frank | 1976 M 40 | 34 | --- | 1 | | | | | | | | | | | 34 | | SV Grafeld |
| 48 | Meister, Jan | 1976 M 40 | 33 | --- | 1 | 33 | | | | | | | | | | | | Quakenbrücker SC 99 |
| 49 | Eckel, Sebastian | 1978 M 40 | 33 | --- | 1 | | 33 | | | | | | | | | | | ohne Verein |
| 50 | Hansmeier, Marco | 1974 M 40 | 32 | --- | 1 | 32 | | | | | | | | | | | | Osnabrück |
| 51 | Schleibaum, Kai | 1977 M 40 | 30 | --- | 1 | 30 | | | | | | | | | | | | ohne Verein |
| 52 | Richter, Karsten | 1976 M 40 | 30 | --- | 1 | | | 30 | | | | | | | | | | Lustige Löninger Läufer |
| 53 | Ibing, Carsten | 1975 M 40 | 28 | --- | 1 | | | 28 | | | | | | | | | | THW+1 |
| Männer 40 - 44 Jahre | | | Anzahl Teilnehmer: | 202 | | 26 | 23 | 24 | 13 | 15 | 10 | 12 | 13 | 15 | 14 | 18 | 19 | |

Männer 45 - 49 Jahre

| | | | | | | | | | | | | | | | | | | |
|----|----------------------|-----------|-----|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|--------------------------|
| 1 | Wischmann, Oliver | 1970 M 45 | 593 | 350 | 12 | 50 | 49 | 46 | 50 | 50 | 50 | 49 | 50 | 50 | 50 | 50 | 49 | Bramscher Rummläufer |
| 2 | Prösch, Lutz | 1971 M 45 | 341 | 341 | 7 | 48 | | 50 | | 49 | 49 | 48 | 48 | | | | 49 | Lauffreunde Bippin-Merze |
| 3 | Macke, Thorsten | 1973 M 45 | 336 | 336 | 7 | | | 48 | 49 | 48 | 48 | | 47 | 48 | | | 48 | Vechta |
| 4 | Brink, Hubert | 1970 M 45 | 567 | 335 | 12 | 46 | 47 | 49 | 48 | 47 | 47 | 46 | 46 | 47 | 49 | 47 | 48 | Bramscher Rummläufer |
| 5 | Schluchter, Thomas | 1972 M 45 | 405 | 319 | 9 | 43 | 46 | 47 | | 46 | 45 | 44 | 44 | | | 43 | 47 | Lauffreunde Bippin-Merze |
| 6 | Pusdrowski, Thorsten | 1969 M 45 | 439 | 319 | 10 | 44 | | 44 | 46 | 45 | 41 | 36 | 43 | | 48 | 46 | 46 | LT Aegidienberg |
| 7 | Moormann, Uwe | 1972 M 45 | 384 | 304 | 9 | 39 | 42 | 41 | 44 | 44 | 42 | | 42 | 46 | | 44 | | TuS Berge |
| 8 | Hausfeld, Christian | 1973 M 45 | 447 | 293 | 11 | 37 | 39 | 39 | 41 | 42 | 40 | 40 | 39 | 45 | 45 | 40 | | Laufen macht frei |
| 9 | Wilhelm, Dirk | 1970 M 45 | 350 | 282 | 9 | | | 33 | 38 | 39 | | 35 | 38 | 43 | 46 | 37 | 41 | SV Gehrde läuft...! |
| 10 | Dickmayer, Olaf | 1970 M 45 | 412 | 277 | 11 | 31 | 34 | | 37 | 37 | 38 | 34 | 37 | 42 | 44 | 36 | 42 | Laufftreff SW Osterfeine |
| 11 | Ebler, Hermann | 1969 M 45 | 323 | 260 | 9 | | 31 | 32 | 36 | | 36 | 32 | | 40 | 42 | 34 | 40 | SV Fortuna 47 Eggermühl |
| 12 | Backhaus, Ansgar | 1971 M 45 | 298 | 242 | 9 | 26 | 30 | 31 | | 34 | | 31 | 35 | 39 | | 33 | 39 | Wo ist Torben? |
| 13 | Jedamzik, Lars | 1973 M 45 | 284 | --- | 6 | 49 | 48 | | | | 46 | 47 | 45 | 49 | | | | VfL Lönigen |
| 14 | Albrecht, Erik | 1972 M 45 | 240 | --- | 6 | | | 34 | 42 | | | 38 | | 44 | | 39 | 43 | Bundeswehrfeuerwehr |
| 15 | Frerker, Thomas | 1972 M 45 | 215 | --- | 5 | 41 | 44 | 40 | 45 | | | | | | | 45 | | Team Physio-Gerritsen |
| 16 | Nordmann, Terence | 1969 M 45 | 198 | --- | 5 | 30 | | 42 | | | 43 | 43 | 40 | | | | | VfR Voxtrup |
| 17 | Finke, Uwe | 1969 M 45 | 191 | --- | 5 | 34 | | | 39 | 38 | 39 | | 41 | | | | | FC SW Kalkriese |
| 18 | Bartsch, Dirk | 1973 M 45 | 183 | --- | 5 | 33 | 37 | 36 | | 40 | | 37 | | | | | | TV Groß Mimmelage e.V. |
| 19 | Nehrenhaus, Jochen | 1969 M 45 | 179 | --- | 5 | 32 | 35 | 35 | | 36 | | | | 41 | | | | Team Menslage |
| 20 | Ehnert, Marc | 1970 M 45 | 177 | --- | 4 | 42 | 45 | 43 | 47 | | | | | | | | | ohne Verein |
| 21 | Feldhaus, Frank | 1972 M 45 | 126 | --- | 3 | | | | | | | 39 | | | | 42 | 45 | SV Grafeld |
| 22 | Wachhorst, Jens | 1971 M 45 | 122 | --- | 3 | 38 | | | | 43 | | | | | | 41 | | TV Groß Mimmelage e.V. |
| 23 | Holtmeyer, Markus | 1970 M 45 | 122 | --- | 3 | 40 | | | | | | | | | | 38 | 44 | BW Hollage |
| 24 | Burlage, Michael | 1970 M 45 | 119 | --- | 3 | 36 | 40 | | 43 | | | | | | | | | SV Quitt Ankum |
| 25 | Schnieders, Ludger | 1970 M 45 | 114 | --- | 3 | | 36 | 38 | 40 | | | | | | | | | SV Evenkamp |
| 26 | Luthmer, Jens | 1971 M 45 | 99 | --- | 2 | | | | | | | 50 | 49 | | | | | ohne Verein |
| 27 | Stottmann, Frank | 1973 M 45 | 95 | --- | 3 | 25 | | | | | | | | | | 32 | 38 | Wo ist Torben? |
| 28 | Berning, Uwe | 1972 M 45 | 75 | --- | 2 | | 38 | 37 | | | | | | | | | | SC Winkum |
| 29 | Maaßmann, Christian | 1973 M 45 | 65 | --- | 2 | 29 | | | | | | | 36 | | | | | Lauffreunde Bippin-Merze |
| 30 | Stricker, Karl-Heinz | 1971 M 45 | 64 | --- | 2 | 27 | | | | | 37 | | | | | | | Bramscher Rummläufer |
| 31 | Kolhossler, Axel | 1973 M 45 | 63 | --- | 2 | 28 | | | | 35 | | | | | | | | Bramsche |
| 32 | Van der Wal, Thomas | 1973 M 45 | 50 | --- | 1 | | | | | | | | | | | | 50 | ohne Verein |
| 33 | Bokern, Markus | 1972 M 45 | 50 | --- | 1 | | 50 | | | | | | | | | | | TSG 07 Burg Gretesch |
| 34 | Mönnig, Ted | 1970 M 45 | 47 | --- | 1 | | | | | | | | | | 47 | | | Burgläufer Dinklage |

| Platz | Name, Vorname | Jahrg. AK | Gesamt | 7 | aus 12 | Läu | | | | | | | | | | Verein | | |
|---|----------------------|-----------|--------|-----|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|--------|-----|---------------------------|
| | | | | | | fe | Bad | Egg | Qua | Ank | Neu | Geh | Gra | Ket | Bers | | Alf | Fürs |
| 35 | Dresselhaus, Uwe | 1969 M 45 | 47 | --- | 1 | 47 | | | | | | | | | | | | SV Eintracht Neuenkirchen |
| 36 | Niehe, Andreas | 1971 M 45 | 45 | --- | 1 | | 45 | | | | | | | | | | | BW Galgenmoor |
| 37 | Jeremies, Wolfgang | 1969 M 45 | 45 | --- | 1 | | | | | | 45 | | | | | | | Meppen |
| 38 | Gardewin, Jan | 1969 M 45 | 45 | --- | 1 | 45 | | | | | | | | | | | | VfL Lönigen |
| 39 | Mönning, Ted | 1970 M 45 | 44 | --- | 1 | | | | | 44 | | | | | | | | Burgläufer Dinklage |
| 40 | Sabelhaus, Jochen | 1972 M 45 | 43 | --- | 1 | | 43 | | | | | | | | | | | SV Grafeld |
| 41 | Niehues, Frank | 1971 M 45 | 43 | --- | 1 | | | | | | | | | | 43 | | | Die Planlosen |
| 42 | Sommerkamp, Frank | 1973 M 45 | 42 | --- | 1 | | | | | | 42 | | | | | | | LSF Münster |
| 43 | Veerkamp, Frank | 1969 M 45 | 41 | --- | 1 | | | | | 41 | | | | | | | | SV Kettenkamp |
| 44 | Schnurpfeil, Stefan | 1970 M 45 | 41 | --- | 1 | | 41 | | | | | | | | | | | SV Quitt Ankum |
| 45 | Markus, Frank | 1970 M 45 | 41 | --- | 1 | | | | | | 41 | | | | | | | SV Alfhausen |
| 46 | Westerink, Frank | 1970 M 45 | 35 | --- | 1 | | | | | | | | | | | | 35 | WE GET FIT |
| 47 | Stieneker, Uwe | 1969 M 45 | 35 | --- | 1 | | | | | 35 | | | | | | | | ohne Verein |
| 48 | Klostermeyer, Uwe | 1973 M 45 | 35 | --- | 1 | 35 | | | | | | | | | | | | SV Quitt Ankum |
| 49 | Göwert, Carsten | 1972 M 45 | 33 | --- | 1 | | 33 | | | | | | | | | | | SV Fortuna 47 Eggermühl |
| 50 | Gers-Barlag, Manfred | 1973 M 45 | 33 | --- | 1 | | | | | | 33 | | | | | | | DJK Bunnan |
| 51 | Schnelle, Rene | 1973 M 45 | 32 | --- | 1 | | 32 | | | | | | | | | | | Belm-Vehrte |
| 52 | Uchtmann, Thomas | 1971 M 45 | 29 | --- | 1 | | 29 | | | | | | | | | | | Roter Stern Rüsfort |
| Männer 45 - 49 Jahre Anzahl Teilnehmer: | | | 205 | | | 26 | 22 | 20 | 15 | 17 | 16 | 20 | 16 | 12 | 9 | 19 | 13 | |

Männer 50 - 54 Jahre

| | | | | | | | | | | | | | | | | | | |
|----|------------------------|-----------|-----|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|--------------------------|
| 1 | Steinkamp, Franz | 1967 M 50 | 482 | 349 | 10 | 46 | 40 | | 47 | 50 | 50 | 50 | 49 | 50 | | 50 | 50 | Laufftreff SW Osterfeine |
| 2 | Zeeden, Jörg | 1968 M 50 | 394 | 346 | 8 | 49 | | 50 | 50 | | | 48 | 50 | 49 | 50 | | 48 | VfL Lönigen |
| 3 | Stöckel, Frank | 1967 M 50 | 340 | 340 | 7 | 50 | 50 | | 49 | 48 | 49 | | | 46 | 48 | | | TSG 07 Burg Gretesch |
| 4 | Glose, Frank | 1966 M 50 | 379 | 337 | 8 | | 42 | | 45 | | 48 | 49 | 48 | | 49 | 49 | 49 | TuS Bersenbrück |
| 5 | Bleek, Heiner | 1964 M 50 | 320 | 320 | 7 | | 45 | 47 | | | 45 | 47 | | | 47 | 43 | 46 | Lauffreunde Bippin-Merze |
| 6 | Berens, Michael | 1968 M 50 | 397 | 313 | 9 | 41 | 47 | 44 | 44 | 45 | 43 | 43 | 45 | | | 45 | | TuS Bersenbrück |
| 7 | Bleek, Klaus | 1965 M 50 | 344 | 304 | 8 | 40 | 44 | | 40 | 42 | 44 | 46 | 44 | | | | 44 | Lauffreunde Bippin-Merze |
| 8 | Krieger, Christian | 1966 M 50 | 501 | 302 | 12 | 39 | 43 | 43 | 43 | 41 | 40 | 44 | 43 | 44 | 42 | 39 | 40 | Die Schnappatmer |
| 9 | Alswede, Uwe | 1965 M 50 | 301 | 301 | 7 | 42 | | | 42 | 40 | 42 | | | 45 | 46 | 44 | | SV Gehrde läuft...! |
| 10 | von der Wellen, Martin | 1965 M 50 | 480 | 294 | 12 | 34 | 36 | 41 | 38 | 39 | 39 | 40 | 41 | 43 | 44 | 42 | 43 | Quakenbruecker Lauffros |
| 11 | Lürding, Michael | 1967 M 50 | 322 | 290 | 8 | 32 | | 40 | 39 | 44 | 37 | 38 | 47 | | 45 | | | Team Physio-Gerritsen |
| 12 | Bergfeld, Olrik | 1967 M 50 | 274 | --- | 6 | 48 | 41 | | 48 | 49 | 47 | | | | | 41 | | Quakenbrücker SC 99 |
| 13 | Hehemann, Stefan | 1968 M 50 | 235 | --- | 5 | 44 | | 49 | 46 | | | | | 48 | | 48 | | Active Sportshop Osnabrü |
| 14 | Unland, Ralf | 1964 M 50 | 174 | --- | 4 | | | | | 37 | 46 | 45 | 46 | | | | | Tri Team TuS Engter |
| 15 | Horn, Frank | 1966 M 50 | 145 | --- | 4 | 31 | | 38 | 37 | | | | 39 | | | | | Laufftreff Suhle |
| 16 | Ortmann-Sprick, Ludger | 1965 M 50 | 143 | --- | 3 | 47 | 48 | 48 | | | | | | | | | | Augustenfeld-aktiv |
| 17 | Toepfer, Karsten | 1968 M 50 | 136 | --- | 3 | 43 | | | | 46 | | | | 47 | | | | Quakenbrücker SC 99 |
| 18 | Schockemöhle, Thorsten | 1968 M 50 | 126 | --- | 3 | | 38 | 46 | | | | | 42 | | | | | GW Mühlen |
| 19 | Wiegmann, Frank | 1968 M 50 | 122 | --- | 3 | 38 | | | | 43 | 41 | | | | | | | Team Physio-Gerritsen |
| 20 | Niemeyer, Andreas | 1964 M 50 | 120 | --- | 3 | | | | | | | | 38 | | 41 | | 41 | Spvg Fürstenau |
| 21 | Wolke, Achim | 1966 M 50 | 118 | --- | 3 | | | | | | | 39 | 37 | 42 | | | | TuS Berge |
| 22 | Gerritsen, Nico | 1966 M 50 | 114 | --- | 3 | | | | 36 | 38 | | | | | 40 | | | Team Physio Gerritsen |
| 23 | Schötker, Ulf | 1968 M 50 | 112 | --- | 3 | | 34 | | | 36 | | 42 | | | | | | Lauffreunde Bippin-Merze |
| 24 | Schunert, Stefan | 1967 M 50 | 93 | --- | 2 | | | | | | | | | | | 46 | 47 | TuS Berge |
| 25 | Kajüter, Burkhard | 1966 M 50 | 93 | --- | 2 | | 46 | | | 47 | | | | | | | | Emsbüren |
| 26 | Heile, Stefan | 1967 M 50 | 88 | --- | 2 | | | | | | | | | | 43 | | 45 | SV Quitt Ankum |
| 27 | Schlüter, Christof | 1965 M 50 | 78 | --- | 2 | 36 | | 42 | | | | | | | | | | Dinklage Burgläufer |
| 28 | Puncak, Michael | 1966 M 50 | 78 | --- | 2 | | | | | | 38 | | | | | | 40 | Quakenbrücker SC 99 |
| 29 | Schmidt, Martin | 1964 M 50 | 77 | --- | 2 | | | | | | 36 | 41 | | | | | | SV Quitt Ankum |
| 30 | Hilgefert, Karsten | 1965 M 50 | 76 | --- | 2 | | 35 | | 41 | | | | | | | | | Quakenbrücker SC 99 |
| 31 | Buschermöhle, Bernhard | 1967 M 50 | 76 | --- | 2 | 37 | 39 | | | | | | | | | | | SV Fortuna 47 Eggermühl |

| Platz | Name, Vorname | Jahrg. AK | Gesamt | 7 | aus | 12 | Läu | | | | | | | | | | Fürs | Berg | Verein |
|----------------------|-------------------|--------------------|--------|-----|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|-------------------------|
| | | | | | | | fe | Bad | Egg | Qua | Ank | Neu | Geh | Gra | Ket | Bers | | | |
| 32 | Tabeling, Ansgar | 1967 M 50 | 72 | --- | | | 2 | 35 | 37 | | | | | | | | | | Dinklage Burgläufer |
| 33 | Bertke, Friedel | 1965 M 50 | 49 | --- | | | 1 | | 49 | | | | | | | | | | TuS Berge |
| 34 | Niemann, Dietmar | 1968 M 50 | 47 | --- | | | 1 | | | | | | | | | | 47 | | Lauffreunde Emsland |
| 35 | Schmalöer, Detlef | 1965 M 50 | 45 | --- | | | 1 | | 45 | | | | | | | | | | LSF Münster |
| 36 | Holland, Juri | 1967 M 50 | 45 | --- | | | 1 | 45 | | | | | | | | | | | Quakenbrücker SC 99 |
| 37 | Book, Georg | 1967 M 50 | 42 | --- | | | 1 | | | | | | | | | | | 42 | SV Dohren |
| 38 | Wolke, Wolfgang | 1965 M 50 | 40 | --- | | | 1 | | | | | | 40 | | | | | | ohne Verein |
| 39 | Walter, Wolfgang | 1965 M 50 | 39 | --- | | | 1 | | 39 | | | | | | | | | | ohne Verein |
| 40 | Hedemann, Torsten | 1968 M 50 | 39 | --- | | | 1 | | | | | | | | | 39 | | | SV Alfhausen |
| 41 | Helweg, Thomas | 1966 M 50 | 38 | --- | | | 1 | | | | | | | | | | | 38 | ohne Verein |
| 42 | Pritchard, Philip | 1967 M 50 | 37 | --- | | | 1 | | | | | | | | | | | 37 | Osnabrück |
| 43 | Nuxoll, Ulli | 1967 M 50 | 35 | --- | | | 1 | | | | 35 | | | | | | | | Waldschleicher Lohne |
| 44 | Sträter, Jan | 1965 M 50 | 33 | --- | | | 1 | 33 | | | | | | | | | | | Quakenbrücker SC 99 |
| 45 | Grofer, Bernd | 1964 M 50 | 33 | --- | | | 1 | | 33 | | | | | | | | | | SV Fortuna 47 Eggermühl |
| Männer 50 - 54 Jahre | | Anzahl Teilnehmer: | 170 | | | | | 20 | 18 | 13 | 15 | 16 | 15 | 13 | 14 | 9 | 12 | 14 | 11 |

Männer 55 - 59 Jahre

| | | | | | | | | | | | | | | | | | | | |
|----------------------|-------------------------|--------------------|-----|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----------------------------|
| 1 | Ochsenfahrt, Manfred | 1961 M 55 | 600 | 350 | 12 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | Dinklage Burgläufer |
| 2 | Schnelle, Holger | 1963 M 55 | 475 | 342 | 10 | 45 | 49 | 49 | 49 | 48 | 49 | 48 | 49 | 48 | 49 | 49 | 49 | 40 | TuS Bersenbrück |
| 3 | Kurre, Manfred | 1960 M 55 | 341 | 341 | 7 | 49 | | 48 | | 49 | | 48 | 49 | 49 | | | | 49 | Bramscher Rumläufer |
| 4 | Hartmann, Uwe | 1963 M 55 | 477 | 336 | 10 | 48 | 47 | | 48 | 47 | 49 | 47 | 47 | 48 | 48 | | | 48 | Lauffreunde Bippin-Merze |
| 5 | Bekermann, Peter | 1959 M 55 | 411 | 321 | 9 | | 45 | 47 | | 45 | 48 | 45 | 45 | | 46 | 45 | 45 | | TuS Bersenbrück |
| 6 | Portala, Martin | 1963 M 55 | 309 | 309 | 7 | | 46 | | 47 | 43 | 46 | 43 | | | | | 42 | 42 | Quakenbrücker SC 99 |
| 7 | Hölscher, Manfred | 1963 M 55 | 512 | 308 | 12 | 44 | 41 | 42 | 46 | 42 | 44 | 42 | 44 | 45 | 43 | 40 | 39 | | BV Ohrtermersch |
| 8 | Röckener, Karl | 1959 M 55 | 303 | 303 | 7 | 46 | 42 | 43 | | | 45 | | | | 45 | 41 | 41 | | kagebe |
| 9 | Schmitz, Ulrich | 1959 M 55 | 494 | 300 | 12 | 43 | 38 | 39 | 45 | 41 | 42 | 41 | 43 | 44 | 42 | 38 | 38 | | ohne Verein |
| 10 | Boße, Martin | 1963 M 55 | 274 | --- | 6 | | 44 | 46 | | | 47 | 46 | | | 47 | 44 | | | TuS Bersenbrück |
| 11 | Klune, Stefan | 1963 M 55 | 183 | --- | 4 | | | 44 | | | | | 46 | 46 | | 47 | | | SV Fortuna 47 Eggermühl |
| 12 | Nehls, Harald | 1960 M 55 | 142 | --- | 3 | 47 | 48 | | | | | | | | | | | 47 | TuS Bersenbrück |
| 13 | Tenberg, Helmut | 1959 M 55 | 135 | --- | 3 | | | 45 | | | | 44 | | | | | | 46 | TV Mettingen |
| 14 | Braun, Roland | 1961 M 55 | 93 | --- | 2 | | | | | | | | | 47 | | 46 | | | TuS Badbergen |
| 15 | Rechtien, Andreas | 1959 M 55 | 86 | --- | 2 | | | | | | | | | | | 43 | 43 | | SV Alfhausen |
| 16 | Thater, Ralf | 1960 M 55 | 84 | --- | 2 | | 40 | | | | | | | | | | | 44 | LSF Oldenburg |
| 17 | Müller, Christian | 1963 M 55 | 82 | --- | 2 | | 43 | | | | | | | | | 39 | | | Sportlers 4 a Children Wor |
| 18 | Ruczynski, Jürgen | 1963 M 55 | 48 | --- | 1 | | | | | | | | | | | 48 | | | TSG Burg Gretesch |
| 19 | Ahring, Udo | 1961 M 55 | 46 | --- | 1 | | | | | 46 | | | | | | | | | Landstreicher Osnabrück |
| 20 | Karzewski, Uwe | 1963 M 55 | 44 | --- | 1 | | | | | 44 | | | | | | | | | ohne Verein |
| 21 | Hausfeld, Bernard | 1963 M 55 | 44 | --- | 1 | | | | | | | | | | 44 | | | | ohne Verein |
| 22 | von der Wellen, Manfred | 1962 M 55 | 43 | --- | 1 | | | | | | 43 | | | | | | | | Laufzelle Gehrde |
| 23 | Feldker, Reiner | 1963 M 55 | 41 | --- | 1 | | | 41 | | | | | | | | | | | SV Fortuna 47 Eggermühl |
| 24 | Iffländer, Konrad | 1963 M 55 | 40 | --- | 1 | | | 40 | | | | | | | | | | | LT Waldschleicher Lohne |
| 25 | Neve, Ernst | 1962 M 55 | 39 | --- | 1 | | 39 | | | | | | | | | | | | ohne Verein |
| 26 | Rulle, Bertram | 1961 M 55 | 37 | --- | 1 | | | | | | | | | | | | | 37 | LaufTeam BeRu |
| Männer 55 - 59 Jahre | | Anzahl Teilnehmer: | 119 | | | | | 8 | 13 | 12 | 6 | 10 | 9 | 10 | 8 | 7 | 9 | 13 | 14 |

Männer 60 - 64 Jahre

| | | | | | | | | | | | | | | | | | | | |
|---|---------------------|-----------|-----|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---------------------------|
| 1 | Deksnis, Vitalijs | 1958 M 60 | 450 | 350 | 9 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | Bramscher Rumläufer |
| 2 | Glasow, Peter | 1957 M 60 | 490 | 344 | 10 | 49 | 49 | 49 | 48 | | 49 | 49 | 49 | 49 | 49 | 49 | 50 | | SV Eintracht Neuenkirchen |
| 3 | Gieske, Heiner | 1954 M 60 | 481 | 341 | 10 | 45 | 48 | | 49 | 49 | 48 | 50 | | 47 | 48 | 48 | 49 | | TuS Neuenkirchen |
| 4 | Wanstrath, Johannes | 1955 M 60 | 428 | 337 | 9 | 47 | 45 | 47 | | 48 | 46 | 48 | 49 | 48 | 50 | | | | Osnabrück |
| 5 | Meyer, Helmut | 1958 M 60 | 423 | 331 | 9 | 46 | 46 | 48 | 47 | | 47 | 47 | 47 | | 47 | | 48 | | Lauffreunde Bippin-Merze |
| 6 | Meßmann, Ulrich | 1956 M 60 | 416 | 326 | 9 | | 47 | 46 | 46 | | | 45 | 48 | 46 | 45 | 46 | 47 | | TuS Badbergen |
| 7 | Hetke, Alexander | 1957 M 60 | 355 | 312 | 8 | 43 | 43 | | 44 | 44 | 45 | 46 | 46 | | 44 | | | | Goldenstedt |

| Platz | Name, Vorname | Jahrg. | AK | Gesamt | 7 aus 12 | Läu | | | | | | | | | | Verein | | |
|----------------------|-----------------------|--------------------|------|--------|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|--------|------------------------|-------------------------|
| | | | | | | fe | Bad | Egg | Qua | Ank | Neu | Geh | Gra | Ket | Bers | | Alf | Fürs |
| 8 | Dühne, Karlheinz | 1958 | M 60 | 432 | 309 | 10 | 41 | 41 | 44 | 41 | 43 | 43 | 45 | 43 | 45 | 46 | TV Groß Mimmelage e.V. | |
| 9 | Heckmann, Wolfgang | 1956 | M 60 | 304 | 304 | 7 | 40 | | | 42 | | 44 | 44 | 45 | | 44 | 45 | TV Groß Mimmelage e.V. |
| 10 | Fißbeck, Ludger | 1955 | M 60 | 371 | 294 | 9 | 38 | 39 | 40 | 40 | 42 | 42 | | 44 | 42 | | 44 | SV Gehrde läuft...! |
| 11 | Thole, Jürgen | 1957 | M 60 | 136 | --- | 3 | | | 45 | 45 | 46 | | | | | | | Bippener SC |
| 12 | de Vries, Kees | 1954 | M 60 | 122 | --- | 3 | 39 | 40 | | 43 | | | | | | | | Hoogezand (NL) |
| 13 | Hanemann, Siegfried | 1956 | M 60 | 92 | --- | 2 | 48 | 44 | | | | | | | | | | Marathon Ibbenbüren |
| 14 | Imwalle, Helmut | 1957 | M 60 | 91 | --- | 2 | | | | | 45 | | | | | 46 | | TuS Bersenbrück |
| 15 | Lüdemann, Bernd | 1955 | M 60 | 47 | --- | 1 | | | | | 47 | | | | | | | BSV Ostbevern |
| 16 | Jungeilges, Jochen | 1955 | M 60 | 47 | --- | 1 | | | | | | | | | | | 47 | "1. TCO ""Die Bären""" |
| 17 | Schillingmann, Dieter | 1958 | M 60 | 44 | --- | 1 | 44 | | | | | | | | | | | TuS Badbergen |
| 18 | Birmes, Bernhard | 1957 | M 60 | 43 | --- | 1 | | | 43 | | | | | | | | | Quakenbrücker SC 99 |
| 19 | Manke, Uwe | 1958 | M 60 | 42 | --- | 1 | | | 42 | | | | | | | | | LT Waldschleicher Lohne |
| 20 | Kolde, Theo | 1955 | M 60 | 42 | --- | 1 | | 42 | | | | | | | | | | SV Fortuna 47 Eggermühl |
| 21 | Eveslage, Ludger | 1958 | M 60 | 42 | --- | 1 | 42 | | | | | | | | | | | Burgläufer Dinklage |
| 22 | Junker, Gerd | 1956 | M 60 | 41 | --- | 1 | | | 41 | | | | | | | | | 100 Marathon Club |
| Männer 60 - 64 Jahre | | Anzahl Teilnehmer: | | 108 | | | 13 | 12 | 11 | 11 | 9 | 7 | 9 | 6 | 7 | 9 | 7 | 7 |

Männer 65 - 69 Jahre

| | | | | | | | | | | | | | | | | | | | |
|----------------------|-----------------------|--------------------|------|-----|------------|----|----|----|----|----|----|----|----|----|----|----|----|-------------------|---------------------|
| 1 | Többe, Franz | 1952 | M 65 | 397 | 348 | 8 | 49 | 49 | | 49 | | 50 | 50 | 50 | 50 | 50 | 50 | SV Quitt Ankum | |
| 2 | Röckener, Georg | 1953 | M 65 | 591 | 348 | 12 | 48 | 48 | 50 | 50 | 50 | 50 | 49 | 49 | 49 | 50 | 49 | 49 | kagebe |
| 3 | Frohne, Franz-Josef | 1951 | M 65 | 333 | 333 | 7 | 47 | 46 | | | | 49 | 48 | | 48 | 49 | 46 | Team laufen-os.de | |
| 4 | Fischer, Heinz | 1949 | M 65 | 329 | 329 | 7 | | | 48 | 48 | | 48 | 46 | | 46 | 48 | | 45 | Bramscher Rumläufer |
| 5 | Fehrmann, Franz-Josef | 1953 | M 65 | 234 | --- | 5 | 46 | 47 | | | | | 47 | | | | 47 | 47 | SV Gehrde läuft...! |
| 6 | Wallenhorst, Gerd | 1953 | M 65 | 143 | --- | 3 | | | | | | | | | 47 | | 48 | 48 | TuS Bersenbrück |
| 7 | Beyersdorf, Axel | 1952 | M 65 | 140 | --- | 3 | | 45 | | | 48 | 47 | | | | | | | Spvg Fürstenau |
| 8 | Nielsen, Erhard | 1952 | M 65 | 139 | --- | 3 | | | | | 47 | 47 | | | | | | 45 | Team WMW |
| 9 | Runde, Detlev | 1951 | M 65 | 100 | --- | 2 | 50 | 50 | | | | | | | | | | | Marathon Ibbenbüren |
| 10 | Licher, Peter | 1953 | M 65 | 49 | --- | 1 | | | | | 49 | | | | | | | | BSV Ostbevern |
| 11 | Eggstad, Leif Magne | 1949 | M 65 | 49 | --- | 1 | | | 49 | | | | | | | | | | B&OI orientering |
| 12 | Tepe, Eugen | 1949 | M 65 | 46 | --- | 1 | | | | | | | | | | | | 46 | SV Kettenkamp |
| 13 | Wulf, Franz | 1949 | M 65 | 45 | --- | 1 | 45 | | | | | | | | | | | | Goldenstedt |
| 14 | Eckel, Rolf | 1953 | M 65 | 44 | --- | 1 | | 44 | | | | | | | | | | | ohne Verein |
| Männer 65 - 69 Jahre | | Anzahl Teilnehmer: | | 55 | | | 6 | 7 | 3 | 4 | 4 | 4 | 5 | 2 | 5 | 3 | 6 | 6 | |

Männer 70 u. älter

| | | | | | | | | | | | | | | | | | | | |
|--------------------|---------------------|--------------------|------|-----|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|---------------------------|
| 1 | Boberg, Friedel | 1948 | M 70 | 450 | 350 | 9 | 50 | | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | TV Georgsmarienhütte |
| 2 | Grandt, Wilfried | 1944 | M 70 | 591 | 346 | 12 | 49 | 50 | 49 | 49 | 49 | 49 | 50 | 49 | 49 | 50 | 49 | 49 | Lauffreunde Emsland e.V. |
| 3 | Thomas, Carsten | 1944 | M 70 | 578 | 339 | 12 | 48 | 49 | 48 | 48 | 48 | 48 | 49 | 48 | 48 | 49 | 47 | 48 | SV Eintracht Neuenkirchen |
| 4 | Daniel, Wolf-Dieter | 1942 | M 70 | 188 | --- | 4 | 47 | | | | | 47 | | | 47 | | | 47 | SV Eintracht Neuenkirchen |
| 5 | Winter, Heinz | 1936 | M 70 | 185 | --- | 4 | | | 47 | 47 | | | | | | | 45 | 46 | TV Georgsmarienhütte |
| 6 | Ungemach, Andreas | 1933 | M 70 | 137 | --- | 3 | | | 46 | 46 | | | | | 45 | | | | TV Georgsmarienhütte |
| 7 | Simon, Peter | 1943 | M 70 | 95 | --- | 2 | | | | | 47 | | | | | | 48 | | Team Liliensiek |
| 8 | Wendland, Wolfgang | 1948 | M 70 | 46 | --- | 1 | | | | | | | | | | | 46 | | Spvg Fürstenau |
| 9 | Böll, Dieter | 1938 | M 70 | 46 | --- | 1 | | | | | | | | | 46 | | | | SC Schölerberg |
| Männer 70 u. älter | | Anzahl Teilnehmer: | | 48 | | | 4 | 2 | 5 | 5 | 4 | 4 | 2 | 3 | 6 | 2 | 6 | 5 | |