

| Platz | Name | Zeit | Jahr |
|-------|----------------------------------|----------|------|
| 1. | Fritz Koch | 31:25 | 2015 |
| 2. | Patrick Dirksmeier | 31:44 | 2016 |
| 3. | Alexander Schill | 31:53 | 2022 |
| 4. | Luca Heerdt | 31:56 | 2015 |
| 5. | Manuel Kruse | 31:57 | 2022 |
| 6. | Jan Kaumanns | 32:03 | 2021 |
| 7. | Pascal Hille | 32:08 | 2012 |
| 8. | David Schönherr | 32:09 | 2016 |
| 9. | Manuel Goerlich | 32:10 | 2020 |
| 10. | Steffen Schnieders | 32:12 | 2011 |
| 11. | Daniel Mehring | 32:21 | 2017 |
| 12. | Philipp Beckmann | 32:23 | 2014 |
| 13. | Christian Schrandt | 32:24,04 | 1998 |
| 14. | Sascha Schücker | 32:25 | 2015 |
| 15. | Yannick Rinne | 32:47 | 2014 |
| 16. | Marvin Röthemeyer | 33:09 | 2020 |
| 17. | John Kuhlmann | 33:10 | 2016 |
| 18. | Matthias Pröbsting | 33:19 | 2003 |
| 19. | Jan-Philipp Meurer | 33:29 | 2021 |
| 20. | Benoit Varlet | 33:32 | 2006 |
| 21. | Ibrahim Osman | 33:35 | 2012 |
| 22. | Antonio Henrique | 33:41 | 1992 |
| 23. | Achim Aretz | 33:41 | 2010 |
| 24. | Stefan Langenbach | 33:43 | 2011 |
| 25. | Michael Beetz | 33:44 | 2011 |
| 26. | Henning Petzka | 33:45 | 2019 |
| 27. | Philipp Brouwer | 33:51 | 2012 |
| 28. | Damian Kaminski | 33:53 | 2016 |
| 29. | Simon von Martial | 33:53 | 2020 |
| 30. | Markus Droste zu Vischering | 33:56 | 2007 |
| 31. | Sven Moyé | 34:01 | 2019 |
| 32. | Ralf Möllers | 34:04 | 1996 |
| 33. | Hans-Werner Stöcker | 34:04 | 1991 |
| 34. | David Kulke | 34:05 | 2012 |
| 35. | Detlev Bruns | 34:09 | 2007 |
| 36. | Holger Fritze | 34:14 | 2014 |
| 37. | Christoph Wiesen | 34:18 | 2012 |
| 38. | Egon Roth | 34:19 | 1990 |
| 39. | Sebastian Blumentritt | 34:21 | 2013 |
| 40. | Andreas Löcken | 34:24 | 1995 |
| 41. | Elmar Remus | 34:28 | 2019 |
| 42. | Rafael Droste zu Vischering | 34:36 | 2008 |
| 43. | Klaus Schulte | 34:39 | 2005 |
| 44. | Carlos Manuel Benedito dos Anjos | 34:43 | 1993 |
| 45. | Christian Gems | 34:44 | 2013 |
| 46. | Bernd Schniederalters | 34:45 | 2022 |
| 47. | Marcel Machauer | 34:47 | 2016 |
| 48. | Mike Claaßen | 34:48 | 2018 |
| 49. | Björn Reiß | 34:50 | 2008 |
| 50. | Ewald Fikus | 34:51 | 1992 |
| 51. | Tim Fasel | 34:53 | 2013 |
| 52. | Timo Mersmann | 34:53 | 2014 |
| 53. | Patrick Schnell | 34:56 | 1993 |
| 54. | Antonio Albino | 35:01 | 2008 |
| 55. | Torben Heck | 35:03 | 2019 |

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|-------|-----------------------|-------|------|
| 56. | Matthias Nowack | 35:05 | 2015 |
| 57. | Markus Kreickmann | 35:06 | 2017 |
| 58. | Martin Kanne | 35:09 | 1997 |
| 59. | Fabian Altebäumer | 35:16 | 2015 |
| 60. | Christian Vogel | 35:19 | 2003 |
| 61. | Henrik Hooge | 35:22 | 2020 |
| 62. | Gunnar Lange | 35:23 | 2000 |
| 63. | Andreas Beßeling | 35:25 | 1995 |
| 64. | Andreas Kösters | 35:28 | 2017 |
| 65. | Friedhelm Hirche | 35:30 | 1992 |
| 66. | Tobias Korber | 35:31 | 2001 |
| 67. | Hendrik Auf'mKolk | 35:39 | 2012 |
| 68. | Michael Hohenhorst | 35:41 | 2005 |
| 69. | Oliver Prinz | 35:41 | 2012 |
| 70. | André Karneth | 35:45 | 2008 |
| 71. | David Möller | 35:48 | 2011 |
| 72. | Markus van der Velde | 35:48 | 2015 |
| 73. | Thomas Patrick Rundle | 35:53 | 1995 |
| 74. | Sebastian Mönninghoff | 35:54 | 2001 |
| 75. | Wolfgang Kunz | 36:00 | 1992 |
| 76. | Michael Prott | 36:03 | 2019 |
| 77. | Jürgen Tetzlaff | 36:09 | 1988 |
| 78. | Michael Machill | 36:10 | 2017 |
| 79. | Michael Holtkötter | 36:11 | 1996 |
| 80. | Finn Ponick | 36:12 | 2019 |
| 81. | Abdellah Saadani | 36:14 | 2013 |
| 82. | Peter Buermann | 36:17 | 1996 |
| 83. | Michèl Hankemeier | 36:22 | 2017 |
| 84. | Bastian Bathen | 36:26 | 1999 |
| 85. | Andreas Leißing | 36:29 | 2008 |
| 86. | Jürgen Düking | 36:30 | 2000 |
| 87. | Hans Reimann | 36:31 | 2001 |
| 88. | Sören Hand | 36:33 | 2022 |
| 89. | Marco Hampel | 36:34 | 2010 |
| 90. | Philipp Rosenow | 36:36 | 2019 |
| 91. | Michael Geske | 36:39 | 1998 |
| 92. | Michael Scheel | 36:39 | 2009 |
| 93. | Dirk Battenfeld | 36:41 | 1996 |
| 94. | Daniel Borgmann | 36:41 | 2017 |
| 95. | Jannik Feder | 36:41 | 2017 |
| 96. | Marc Ziegler | 36:41 | 2014 |
| 97. | Eckhard Müller | 36:42 | 1996 |
| 98. | Holger Ross | 36:43 | 2017 |
| 99. | Michael Weste | 36:44 | 2016 |
| 100. | Florian Braun | 36:49 | 2011 |
| 101. | Manfred Fleige | 36:49 | 1993 |
| 102. | Antonio Rodrigues | 36:49 | 2021 |
| 103. | Christian Schröder | 36:50 | 2015 |
| 104. | Thomas Caruso | 36:52 | 2014 |
| 105. | Giles Gardam | 36:53 | 2020 |
| 106. | Wolfgang Schürmann | 36:55 | 1991 |
| 107. | Manuel Kriegs | 36:57 | 2014 |
| 108. | Jurek Lünenborg | 36:57 | 2013 |
| 109. | Klaus Brinker | 37:04 | 2013 |
| 110. | Artur Boschmann | 37:08 | 2018 |

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| 111. | Martin Luig | 37:09 | 2007 |
| 112. | Antonio Reina Lopez | 37:11 | 2020 |
| 113. | Ted Lexmond | 37:13 | 2016 |
| 114. | Gregor Veauthier | 37:15 | 2006 |
| 115. | Mike Brouwer | 37:16 | 2018 |
| 116. | Peter Leonard | 37:17 | 2010 |
| 117. | Ludger Pösentrup | 37:20 | 2012 |
| 118. | Andreas Reckmann | 37:24 | 2008 |
| 119. | Martin Braun | 37:27 | 1993 |
| 120. | Moritz Schlenkhoff | 37:27 | 2014 |
| 121. | Gottfried Schäfers | 37:32 | 1991 |
| 122. | Stefan Chrzanowski | 37:35 | 1991 |
| 123. | Ralf Franke | 37:42 | 2014 |
| 124. | Carsten Ilgemann | 37:42 | 2012 |
| 125. | Stephan Meyer | 37:42 | 2006 |
| 126. | Lutz Ernst | 37:45 | 1995 |
| 127. | Holger Kleine-Tebbe | 37:46 | 2012 |
| 128. | Gerrit Lemkau | 37:48 | 2017 |
| 129. | Reinhard Schmiing | 37:48 | 2016 |
| 130. | Manfred Otto | 37:49 | 2001 |
| 131. | Andreas Nergenu | 37:50 | 1995 |
| 132. | Michael Kasprk | 37:50 | 2016 |
| 133. | Reinhard Zumtick | 37:51 | 2011 |
| 134. | Marcus Hawel | 37:52 | 2002 |
| 135. | Uwe Köster | 37:52 | 1998 |
| 136. | Holger Stadthaus | 37:54 | 2008 |
| 137. | Uwe Wolbeck | 37:55 | 2000 |
| 138. | Andreas Clausing | 37:57 | 2008 |
| 139. | Ralf Schulze | 37:58 | 2013 |
| 140. | Carsten Steinbrügge | 37:58 | 1997 |
| 141. | Mahmut Arica | 37:59 | 2019 |
| 142. | Torsten Driese | 38:00 | 1991 |
| 143. | Reinhard Schröder | 38:00 | 2010 |
| 144. | Peter Samulski | 38:02 | 1995 |
| 145. | Michael Dreiucker | 38:06 | 2007 |
| 146. | Bernd Huesker | 38:07 | 1995 |
| 147. | Ulrich Schimanski | 38:12 | 1997 |
| 148. | Stefan Priess | 38:13 | 1992 |
| 149. | Joost Krämer | 38:17 | 2015 |
| 150. | Ulrich Budde | 38:18 | 1991 |
| 151. | Bernhard Paßlick | 38:19 | 1998 |
| 152. | Ruben Enxing | 38:20 | 2014 |
| 153. | Jens Korte | 38:20 | 2019 |
| 154. | Marcel Hier | 38:21 | 2022 |
| 155. | Bodo Kienecker | 38:22 | 2017 |
| 156. | Daniel Wälte | 38:24 | 2014 |
| 157. | Kai Buchheister | 38:25 | 1996 |
| 158. | Stanislav Bartusiak | 38:32 | 1996 |
| 159. | Justus Becks | 38:32 | 2016 |
| 160. | Bernhard Kreienbaum | 38:32 | 1999 |
| 161. | Peter Blauth | 38:33 | 2010 |
| 162. | Jens Kassebeer | 38:35 | 2017 |
| 163. | Hermann Löchte | 38:35 | 1991 |
| 164. | Robin Hoffmann | 38:38 | 2006 |
| 165. | Sven Penaar | 38:39 | 2005 |

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|-------|------------------------|-------|------|
| 166. | Hermann Koke | 38:40 | 1996 |
| 167. | Tomasz Jadamus | 38:45 | 2011 |
| 168. | Christoph Klein | 38:46 | 1995 |
| 169. | Dominik Schmaltz | 38:48 | 2016 |
| 170. | Christian Teipel | 38:50 | 2022 |
| 171. | Dieter Feldhaus | 38:53 | 1993 |
| 172. | David Rickert | 38:54 | 1995 |
| 173. | Jens Hafer | 39:01 | 1992 |
| 174. | Roland Mai | 39:03 | 2021 |
| 175. | Winfried Tillmann | 39:06 | 1997 |
| 176. | Stefan Bales | 39:09 | 2019 |
| 177. | Arne Fischer | 39:10 | 2014 |
| 178. | Andreas Krämer | 39:10 | 2009 |
| 179. | Heiko Bastigkeit | 39:11 | 2008 |
| 180. | Sirus Pezeschgi | 39:12 | 2011 |
| 181. | Marco Schräer | 39:13 | 2012 |
| 182. | Max Heyder | 39:14 | 2022 |
| 183. | Micha Florian Förderer | 39:16 | 2013 |
| 184. | Tobias Görge | 39:17 | 2019 |
| 185. | Ingo Kempe | 39:19 | 1992 |
| 186. | Andre Riesmeier | 39:23 | 2009 |
| 187. | Philipp Schirmacher | 39:24 | 2008 |
| 188. | Robert Messing | 39:27 | 1999 |
| 189. | Steffen Vollbrecht | 39:28 | 2015 |
| 190. | Achim Hauertmann | 39:29 | 2006 |
| 191. | Christopher Dicks | 39:29 | 2011 |
| 192. | Stephan Kerkering | 39:29 | 2014 |
| 193. | Sebastian Klein | 39:30 | 2010 |
| 194. | Torsten Honemann | 39:32 | 2011 |
| 195. | Christoph Kurth | 39:32 | 2010 |
| 196. | Lino Witte | 39:32 | 2013 |
| 197. | Oliver Schröder | 39:34 | 2016 |
| 198. | Werner Driese | 39:37 | 1992 |
| 199. | Thorsten Ortlepp | 39:37 | 2006 |
| 200. | Michael Fels | 39:38 | 1997 |
| 201. | Miles Geske | 39:41 | 2013 |
| 202. | Dieter Rosenbaum | 39:41 | 2003 |
| 203. | Jürgen Weiß | 39:41 | 1999 |
| 204. | Dominik Faßbender | 39:42 | 2010 |
| 205. | Bastian Peters | 39:43 | 2019 |
| 206. | Andreas Volbracht | 39:43 | 1995 |
| 207. | Thomas Arlinghaus | 39:44 | 2022 |
| 208. | Udo Twelkemeier | 39:44 | 2003 |
| 209. | Mark Ruhoff | 39:47 | 2017 |
| 210. | Fabian Borghoff | 39:48 | 2020 |
| 211. | Thomas Fricke | 39:50 | 2010 |
| 212. | Ralf Skubschewski | 39:53 | 2011 |
| 213. | Ralph Sprenger | 39:53 | 1995 |
| 214. | Jan Ferneding | 39:54 | 2021 |
| 215. | Kris-Oliver Jalusic | 39:55 | 2019 |
| 216. | Thomas Stöber | 39:55 | 2010 |
| 217. | Lothar Sohn | 39:56 | 1995 |
| 218. | Philip Slüter | 39:58 | 2014 |
| 219. | Dieter Sternberg | 40:00 | 2006 |
| 220. | Dieter Korte | 40:01 | 2000 |

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|-------|-------------------------|-------|------|
| 221. | Norbert Fasel | 40:04 | 2011 |
| 222. | Gerhard Menke | 40:07 | 2009 |
| 223. | Karl Heinz Prieß | 40:08 | 2014 |
| 224. | Tobias Westermann | 40:09 | 2016 |
| 225. | Jens Riggers | 40:10 | 2018 |
| 226. | Karsten Kordes | 40:12 | 2013 |
| 227. | Roy Hall | 40:13 | 1998 |
| 228. | Christian Middelhoff | 40:13 | 2006 |
| 229. | David Heimann | 40:15 | 2015 |
| 230. | Volker Uckelmann | 40:15 | 2020 |
| 231. | Carl van gen Hassend | 40:15 | 2019 |
| 232. | Berthold Kökelsum | 40:16 | 2002 |
| 233. | Jörg Bungereoth | 40:20 | 1991 |
| 234. | Jan Müller | 40:20 | 2020 |
| 235. | Henning Rinsche | 40:21 | 1993 |
| 236. | Florian Severin | 40:24 | 2016 |
| 237. | Sebastian Magga | 40:26 | 2013 |
| 238. | Jürgen Sieme | 40:28 | 1995 |
| 239. | Torben Unterfeld | 40:28 | 2017 |
| 240. | Klaus Bühn | 40:29 | 2010 |
| 241. | Andreas Sontopski | 40:29 | 2014 |
| 242. | Matthias Fischer | 40:31 | 2012 |
| 243. | Josia Thürigen | 40:34 | 2017 |
| 244. | Magnus Grüger | 40:35 | 2001 |
| 245. | Mathias Koch | 40:36 | 2015 |
| 246. | Stefan Lammers | 40:37 | 2004 |
| 247. | Andre Schlichting | 40:40 | 1997 |
| 248. | Stephan Huesmann | 40:42 | 2011 |
| 249. | Carsten Gräfe | 40:53 | 1993 |
| 250. | Wahidullah Sherrzad | 40:57 | 2018 |
| 251. | Detlef Bärhold | 41:00 | 1992 |
| 252. | Christian Kintrup | 41:00 | 2010 |
| 253. | Norbert Mühlenkord | 41:03 | 2005 |
| 254. | Sebastian Piegza | 41:05 | 2018 |
| 255. | Daniel Eichendorff | 41:07 | 2018 |
| 256. | Dirk Fahrenhorst | 41:11 | 1995 |
| 257. | Josef Hillebrand | 41:15 | 1996 |
| 258. | Hartwig Kerkhoff | 41:23 | 1997 |
| 259. | Martin Beckmann | 41:26 | 2011 |
| 260. | Michael Drewes-Kuhlmann | 41:31 | 1998 |
| 261. | Thomas Ischner | 41:33 | 2002 |
| 262. | Klaus Buchterkirche | 41:34 | 2011 |
| 263. | Gernot Hauke | 41:34 | 2010 |
| 264. | Wolfgang Klaiber | 41:34 | 2000 |
| 265. | Philipp Lerch | 41:38 | 1995 |
| 266. | Hans-Werner Jonnek | 41:39 | 1994 |
| 267. | Michael Albers | 41:40 | 2012 |
| 268. | Klaus Pick | 41:42 | 2016 |
| 269. | Rüdiger Buchholz | 41:43 | 1993 |
| 270. | Theo Lauhoff | 41:44 | 1997 |
| 271. | Eberhard Nutsch | 41:44 | 2006 |
| 272. | Terk Korte | 41:45 | 2009 |
| 273. | Lukas Kuhlmann | 41:46 | 2009 |
| 274. | Niklas Spilker | 41:46 | 2019 |
| 275. | Jürgen Kallerhoff | 41:49 | 1995 |

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|-------|-------------------|-------|------|
| 276. | Julian Lanvermann | 41:50 | 2009 |
| 277. | Reinhard Ennen | 41:54 | 2007 |
| 278. | Simon Pösentrup | 41:54 | 2012 |
| 279. | Rainer Uetz | 42:00 | 2004 |
| 280. | René Maaßen | 42:04 | 2018 |
| 281. | Martin Möller | 42:06 | 1991 |
| 282. | Rainer Lid | 42:07 | 2018 |
| 283. | Marc Bußmann | 42:09 | 2019 |
| 284. | Siegfried Milden | 42:09 | 2012 |
| 285. | Alexander Milden | 42:11 | 2008 |
| 286. | Clemens Wolking | 42:12 | 2014 |
| 287. | Stefan Lenfort | 42:13 | 2009 |
| 288. | Heinz Hoveling | 42:14 | 2007 |
| 289. | Jens Heuer | 42:15 | 2011 |
| 290. | Martin Obst | 42:16 | 2000 |
| 291. | Werner Hölscher | 42:18 | 2015 |
| 292. | Peter Zimmer | 42:21 | 2011 |
| 293. | Rajmund Rode | 42:22 | 2015 |
| 294. | Dieter Hölmer | 42:25 | 1990 |
| 295. | Johannes Horst | 42:25 | 2002 |
| 296. | Ulrich Kaiser | 42:25 | 2015 |
| 297. | Helmut Ortlepp | 42:26 | 1999 |
| 298. | Timo Kellmann | 42:27 | 1995 |
| 299. | Martin Weissner | 42:28 | 2013 |
| 300. | Dieter Wagner | 42:30 | 1992 |
| 301. | Holger Venjakob | 42:31 | 1991 |
| 302. | Helge Prinz | 42:33 | 2002 |
| 303. | Martin Stahlberg | 42:34 | 2004 |
| 304. | Stephan Perpeet | 42:36 | 2006 |
| 305. | Frank Schleicher | 42:37 | 2000 |
| 306. | Markus Dombrowski | 42:38 | 2003 |
| 307. | Frank Overkott | 42:41 | 2008 |
| 308. | Christoph Haecker | 42:42 | 2007 |
| 309. | Markus Weweler | 42:43 | 2019 |
| 310. | Mohamede Chraibi | 42:44 | 2008 |
| 311. | Kai Stoffels | 42:44 | 2015 |
| 312. | Thomas Düking | 42:44 | 1993 |
| 313. | Andre Arendt | 42:45 | 2009 |
| 314. | Matthias Pick | 42:45 | 1993 |
| 315. | Andreas Arlt | 42:46 | 2015 |
| 316. | Christian Jabs | 42:47 | 2003 |
| 317. | Kai-Uwe Kock | 42:47 | 1997 |
| 318. | Stefan Petermann | 42:53 | 2007 |
| 319. | Sebastian Epple | 42:58 | 2018 |
| 320. | Andreas Höwedes | 42:58 | 2007 |
| 321. | Dragan Gagic | 42:59 | 1998 |
| 322. | Dirk Keggenhoff | 43:01 | 2019 |
| 323. | Ralf Schmeing | 43:03 | 2013 |
| 324. | Michael Hickfang | 43:05 | 2019 |
| 325. | Detlev May | 43:09 | 2018 |
| 326. | Manuel Stöppel | 43:09 | 2010 |
| 327. | Jochen Altmann | 43:11 | 2006 |
| 328. | Kolja Wilting | 43:15 | 2012 |
| 329. | Hans Daldrop | 43:19 | 2004 |
| 330. | Rolf Rosema | 43:20 | 1996 |

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| 331. | Andreas Baggeroer | 43:21 | 2007 |
| 332. | Thorsten Althoff | 43:21 | 2010 |
| 333. | Fulvio Quattrocchi | 43:22 | 2016 |
| 334. | Rainer Wachsmann | 43:23 | 2010 |
| 335. | Kai Nierhoff | 43:24 | 2008 |
| 336. | Joachim Lorek | 43:28 | 1995 |
| 337. | Benedikt Vennemann | 43:30 | 2003 |
| 338. | Hermann Fliß | 43:37 | 2011 |
| 339. | Frank Krämer | 43:39 | 2015 |
| 340. | Robert Lenger | 43:40 | 2014 |
| 341. | Hans Schnabel | 43:40 | 2017 |
| 342. | Hinz Völkert | 43:43 | 1996 |
| 343. | Thorsten Schulze | 43:44 | 2016 |
| 344. | Giuseppe Mariani | 43:46 | 2009 |
| 345. | Hendrik Post | 43:48 | 2020 |
| 346. | Horst Bodenberger | 43:49 | 2007 |
| 347. | Erich Rührup | 43:49 | 1998 |
| 348. | Mirko Kandora | 43:50 | 2015 |
| 349. | Mario Proske | 43:52 | 2012 |
| 350. | Helmut Neumann | 43:55 | 2011 |
| 351. | Frank Sommerkamp | 43:56 | 2017 |
| 352. | Colin von Ettingshausen | 43:57 | 2011 |
| 353. | Klaus Ehling | 43:58 | 2004 |
| 354. | Christian Fuchs | 44:00 | 1998 |
| 355. | Walter Mesch | 44:00 | 2019 |
| 356. | Jan-Frederik Schmees | 44:01 | 2018 |
| 357. | Siegfried Möller | 44:03 | 2009 |
| 358. | Reiner Schulte | 44:03 | 1989 |
| 359. | Wilhelm Thonemann | 44:03 | 2002 |
| 360. | Michael Möllers | 44:04 | 1995 |
| 361. | Günther Mönke | 44:04 | 1996 |
| 362. | Manfred Kiewitt | 44:05 | 1990 |
| 363. | Heinrich Dörries | 44:07 | 2002 |
| 364. | Jörg Keeren | 44:07 | 2015 |
| 365. | Ralph König | 44:07 | 2016 |
| 366. | Dieter Lammers | 44:07 | 2004 |
| 367. | John Taylor | 44:08 | 2017 |
| 368. | Günter Antemann | 44:10 | 1991 |
| 369. | Take Ringena | 44:12 | 2013 |
| 370. | Martin Pöttker | 44:17 | 2011 |
| 371. | Martin Dahlmann | 44:19 | 2009 |
| 372. | Theodor Lange | 44:20 | 2012 |
| 373. | Stephan Burt | 44:21 | 2013 |
| 374. | Tim Elberich | 44:22 | 2016 |
| 375. | Josef Niehoff | 44:25 | 2004 |
| 376. | Johannes Möllhoff | 44:31 | 2008 |
| 377. | Jan Kandora | 44:32 | 2015 |
| 378. | Guntram Ochs | 44:33 | 2012 |
| 379. | Stefan Hahn | 44:33 | 2010 |
| 380. | Peter Schäfers | 44:33 | 1993 |
| 381. | Michael Krapp | 44:35 | 2014 |
| 382. | Michael Leinz | 44:36 | 2007 |
| 383. | Manfred Sandmann | 44:36 | 2007 |
| 384. | Wilfried Grünewald | 44:39 | 1993 |
| 385. | Werner Hillebrand | 44:41 | 1990 |

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|-------|---------------------------|-------|------|
| 386. | Gregor Hensen | 44:49 | 2002 |
| 387. | Jens Martin | 44:50 | 2016 |
| 388. | Thomas Vogel | 44:53 | 1996 |
| 389. | Klaus Neufend | 44:56 | 2007 |
| 390. | Moritz Jan Schütze | 44:56 | 2019 |
| 391. | Hendrik Wöhrle | 45:03 | 2019 |
| 392. | Hermann Teupe | 45:07 | 2001 |
| 393. | Markus Dropmann | 45:08 | 2009 |
| 394. | Henning Lange | 45:08 | 2014 |
| 395. | Sebastian Hoffmann | 45:11 | 2014 |
| 396. | Ulrich Radusch | 45:14 | 1998 |
| 397. | Michael Schmeckel-Schuler | 45:14 | 1993 |
| 398. | Martin Hemmelgarn | 45:17 | 1993 |
| 399. | Dieter Raestrup | 45:20 | 1991 |
| 400. | Jürgen Böhm | 45:21 | 1990 |
| 401. | Jan Rabenstein | 45:21 | 2016 |
| 402. | Gerd Jahn | 45:22 | 2001 |
| 403. | Mario Hampel | 45:23 | 2012 |
| 404. | Martin Lübke | 45:27 | 2008 |
| 405. | Peter Dittrich | 45:28 | 2007 |
| 406. | Heinz Hengefeld | 45:34 | 2001 |
| 407. | Artur Meinzer | 45:36 | 2015 |
| 408. | Peter Kramer | 45:37 | 1995 |
| 409. | Kai-Simon Havers | 45:38 | 2009 |
| 410. | Georg Wetterau | 45:38 | 2002 |
| 411. | Jörn Thoden | 45:44 | 1991 |
| 412. | Jürgen Janutta | 45:49 | 1992 |
| 413. | Stefan Gottschall | 45:51 | 2008 |
| 414. | Paul Gärtner | 45:52 | 1991 |
| 415. | Udo Gehring | 45:55 | 2004 |
| 416. | Jose Valente | 45:55 | 2016 |
| 417. | Ulrich Münten | 45:58 | 2007 |
| 418. | Rainer Tulatz | 46:04 | 2010 |
| 419. | Thomas Vogt | 46:06 | 2001 |
| 420. | Peter Volkmer | 46:07 | 2002 |
| 421. | Reimund Grawe | 46:08 | 1997 |
| 422. | Jochen Posmyk | 46:08 | 1990 |
| 423. | Dieter Rohloff | 46:11 | 2004 |
| 424. | Werner Fritsche | 46:12 | 2012 |
| 425. | Dirk Schwienheer | 46:12 | 2011 |
| 426. | Michael Schardt | 46:19 | 2015 |
| 427. | Bodo Bruder | 46:25 | 1999 |
| 428. | Wolfgang Müller | 46:25 | 2004 |
| 429. | Wolfgang Durynek | 46:26 | 2018 |
| 430. | Josef Eiersbrock | 46:26 | 2016 |
| 431. | Frank Ludwig | 46:30 | 2004 |
| 432. | Hermann Hemsing | 46:33 | 2008 |
| 433. | Helmut Neuhaus | 46:34 | 2002 |
| 434. | Klaus Becker | 46:35 | 2002 |
| 435. | Horst Verspohl | 46:35 | 1994 |
| 436. | Jan Reddemann | 46:37 | 2022 |
| 437. | Alfons Spitzer | 46:37 | 1990 |
| 438. | Peter Arlt | 46:40 | 2011 |
| 439. | Helmuth Eiken | 46:40 | 2003 |
| 440. | Jürgen Grote | 46:43 | 1993 |

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|-------|------------------------|-------|------|
| 441. | Sven Wegner | 46:45 | 2007 |
| 442. | Julio Lopes Gomes | 46:47 | 2013 |
| 443. | Andre Boch | 46:49 | 2017 |
| 444. | Hans-Jürgen Wolfgramm | 46:49 | 1997 |
| 445. | Stefan Ranneberg | 46:53 | 2004 |
| 446. | Manfred Musigmann | 46:54 | 2019 |
| 447. | Anton Gillessen | 46:57 | 2016 |
| 448. | Thorsten Ullrich | 46:58 | 2012 |
| 449. | Marcus Averbeck | 47:01 | 2002 |
| 450. | David Pieper | 47:03 | 2011 |
| 451. | Dirk Schmandt | 47:04 | 2018 |
| 452. | Ralf Lohscheller | 47:05 | 2018 |
| 453. | Andreas Reher | 47:05 | 2021 |
| 454. | Hans-Peter Leimbach | 47:08 | 2006 |
| 455. | Stefan Werding | 47:11 | 2003 |
| 456. | Heiko Möcklinghoff | 47:12 | 2016 |
| 457. | Jürgen Seidel | 47:12 | 2005 |
| 458. | Michael Breuker | 47:14 | 2017 |
| 459. | Rolf Tewes | 47:18 | 2004 |
| 460. | Marcel Middendorf | 47:22 | 1993 |
| 461. | Jacinto Martinez Belda | 47:23 | 2017 |
| 462. | Guido Wecker | 47:23 | 2021 |
| 463. | Jose Antonio Cavaco | 47:24 | 2010 |
| 464. | Michael Kösters | 47:24 | 2017 |
| 465. | Bernhard Homann | 47:27 | 2003 |
| 466. | Matthias Lammerding | 47:28 | 2006 |
| 467. | Oliver Weigel | 47:30 | 2011 |
| 468. | Uwe Slüter | 47:34 | 2008 |
| 469. | Horst Blotenberg | 47:35 | 2005 |
| 470. | Ludger Fliß | 47:42 | 2011 |
| 471. | Sebastian Warbinger | 47:43 | 2019 |
| 472. | Jürgen Schmitz | 47:46 | 2011 |
| 473. | Axel Wiedenhues | 47:46 | 2009 |
| 474. | Rüdiger Claus | 47:49 | 2006 |
| 475. | Bruno Roleff-Schweers | 47:53 | 2004 |
| 476. | Ulrich Maurer | 47:55 | 1999 |
| 477. | Manfred Werning | 47:57 | 2004 |
| 478. | Heinz Lindart | 48:02 | 1996 |
| 479. | Stephan Hinssen | 48:04 | 2002 |
| 480. | Heiner Cloppenburg | 48:05 | 2012 |
| 481. | Heinz-Jürgen Loos | 48:07 | 2009 |
| 482. | Fred Uerdingen | 48:07 | 2002 |
| 483. | Ulrich Badde | 48:08 | 2003 |
| 484. | Klaus Lietzow | 48:08 | 1993 |
| 485. | André Selle | 48:12 | 2017 |
| 486. | Rolf Wiedenhues | 48:13 | 2009 |
| 487. | Jürgen Onasch | 48:17 | 2003 |
| 488. | Torolv Prokosch | 48:17 | 2009 |
| 489. | Peter Strelow | 48:17 | 2014 |
| 490. | Hans-Joachim Cirkel | 48:22 | 1992 |
| 491. | Nikolai Kempka | 48:24 | 2000 |
| 492. | Heiner Nordmann | 48:25 | 2018 |
| 493. | Frank Burghoff | 48:29 | 2007 |
| 494. | Wilhelm Drepper | 48:33 | 2010 |
| 495. | Oliver Hasenkamp | 48:36 | 2004 |

| Platz | Name | Zeit | Jahr |
|-------|------------------------|-------|------|
| 496. | Günter Hahn | 48:38 | 2015 |
| 497. | Ingo Hoeper | 48:38 | 1997 |
| 498. | Ludger Drücker | 48:39 | 2015 |
| 499. | Bernd Böckers | 48:44 | 2000 |
| 500. | Udo Goldberg | 48:44 | 2011 |
| 501. | Achim Wahle | 48:49 | 2006 |
| 502. | Arne Wehner | 48:49 | 2017 |
| 503. | Ferdinand Trampczynska | 48:52 | 1991 |
| 504. | Stefan Kuhlmann | 48:56 | 2009 |
| 505. | Jochen Gätjen | 48:59 | 2011 |
| 506. | Andreas Baune | 49:00 | 2012 |
| 507. | Markus Luig | 49:07 | 2007 |
| 508. | Manfred Ritter | 49:07 | 1990 |
| 509. | Jörg Reckers | 49:08 | 2004 |
| 510. | Markus vom Brauck | 49:12 | 2001 |
| 511. | Claus Peter Hendricks | 49:17 | 2021 |
| 512. | Andreas Hasebrock | 49:19 | 2003 |
| 513. | Heinz Koßmeier | 49:20 | 1990 |
| 514. | Heinz Merse | 49:20 | 2016 |
| 515. | Richard Stüwe | 49:21 | 1999 |
| 516. | Bernhard Düllmann | 49:22 | 1993 |
| 517. | Sven Gedig | 49:23 | 2011 |
| 518. | Friedhelm Neuhaus | 49:23 | 1996 |
| 519. | Detlev Brecklinghaus | 49:25 | 2001 |
| 520. | Wolfgang Hübner | 49:27 | 2004 |
| 521. | Heinz-Jürgen Revering | 49:30 | 2001 |
| 522. | Peter Horstmann | 49:31 | 2013 |
| 523. | Sven Kentrup | 49:31 | 2004 |
| 524. | Heinz Alberty | 49:32 | 2001 |
| 525. | Ludger Koch | 49:34 | 1999 |
| 526. | Georg Wennekens | 49:34 | 2000 |
| 527. | Markus Rasche | 49:35 | 2007 |
| 528. | Detlef Schmalöer | 49:36 | 2018 |
| 529. | Reiner Lehmann | 49:41 | 1999 |
| 530. | Bernhard Lauhoff | 49:43 | 1995 |
| 531. | Jürgen Breforth | 49:46 | 2001 |
| 532. | Ludger Bannierink | 49:48 | 2014 |
| 533. | Olaf Behrendt | 49:49 | 2005 |
| 534. | Gerd Terbrack | 49:49 | 2015 |
| 535. | Wolfgang Farwick | 49:54 | 2020 |
| 536. | Kilian Schäfer | 49:58 | 2018 |
| 537. | Jonas Klein | 50:00 | 2012 |
| 538. | Richard Ravensberg | 50:05 | 1989 |
| 539. | Oliver Daldrup | 50:06 | 2007 |
| 540. | Martin Tanz | 50:08 | 2014 |
| 541. | Tobias Ehrich | 50:11 | 2013 |
| 542. | Marcel Bahnemann | 50:13 | 2010 |
| 543. | Rudolf Jacobs | 50:17 | 1990 |
| 544. | Michael Tombrink | 50:17 | 2015 |
| 545. | Ulrich Pfister | 50:18 | 2015 |
| 546. | Peter von Strenge | 50:21 | 1990 |
| 547. | Uli Schindler | 50:22 | 2007 |
| 548. | Lars Stockmann | 50:22 | 2007 |
| 549. | Horst Helmerich | 50:23 | 1990 |
| 550. | Walter Elsingerhorst | 50:33 | 1993 |

| Platz | Name | Zeit | Jahr |
|-------|----------------------------|-------|---------|
| 551. | Bernd Polhuis | 50:33 | 2003 |
| 552. | Karl-Heinz Silvers | 50:34 | 1996 |
| 553. | Michael Goschke | 50:37 | 2006 |
| 554. | Thomas Verlage | 50:41 | 2017/20 |
| 555. | Manfred Hoermann | 50:44 | 2007 |
| 556. | Jürgen Koßmeier | 50:48 | 1994 |
| 557. | Jochen Schulze Isfort | 50:52 | 2019 |
| 558. | Josef Mersch | 50:52 | 1999 |
| 559. | Helmut Winkelmann | 50:52 | 1992 |
| 560. | Paul Boß | 51:03 | 2012 |
| 561. | Joao Da Conceicao | 51:07 | 1995 |
| 562. | Stephan Maykus | 51:07 | 2006 |
| 563. | Peter Kanter | 51:08 | 2001 |
| 564. | Horst Rapp | 51:11 | 2006 |
| 565. | Rolf Kückelmann | 51:14 | 2018 |
| 566. | Claus Stanke | 51:15 | 2019 |
| 567. | Hans-Jürgen Engel | 51:17 | 2019 |
| 568. | Heinz Bücken | 51:20 | 2007 |
| 569. | Heinz Piepenbrock | 51:24 | 1988 |
| 570. | Ralf Wollenweber | 51:31 | 2019 |
| 571. | Uwe ter Veen | 51:32 | 2003 |
| 572. | Joachim Reimann | 51:37 | 2014 |
| 573. | Oliver Gremm | 51:45 | 2021 |
| 574. | Thorsten Spitta | 51:50 | 2001 |
| 575. | Willi Pommerening | 51:56 | 1991 |
| 576. | Josch Behrens | 51:57 | 2017 |
| 577. | Rudolf Heymer | 52:04 | 1990 |
| 578. | Sven Peters | 52:04 | 2001 |
| 579. | Wolfram Dettki | 52:07 | 2014 |
| 580. | Dirk Czarnetzki | 52:09 | 2017 |
| 581. | Ludwig Dornseif | 52:13 | 1990 |
| 582. | Lothar Bodenberger | 52:14 | 1991 |
| 583. | Michael Gesthuisen | 52:18 | 2012 |
| 584. | Martin Droste | 52:19 | 2017 |
| 585. | Thomas Strauß | 52:25 | 2004 |
| 586. | Jürgen Lanwer | 52:27 | 2013 |
| 587. | Ulrich Fiegenbaum | 52:28 | 2017 |
| 588. | Walter Blume | 52:29 | 1999 |
| 589. | Klaus Wandres | 52:37 | 2010 |
| 590. | Christian Thien | 52:45 | 2016 |
| 591. | Horst Schulz | 53:03 | 2006 |
| 592. | Thorben Fromme | 53:17 | 2005 |
| 593. | Dieter Fischer | 53:21 | 2009 |
| 594. | Stephan Wegener | 53:24 | 2014 |
| 595. | Thomas Sackmann | 53:26 | 2018 |
| 596. | Steve Rincklake van Endert | 53:33 | 2022 |
| 597. | Hans-Georg Bone | 53:36 | 2018 |
| 598. | Thomas Bergmann | 53:41 | 2013 |
| 599. | Bernd Düllmann | 53:54 | 2011 |
| 600. | Dietmar Schneider | 53:54 | 2019 |
| 601. | Norbert Schücker | 54:04 | 2016 |
| 602. | Rudi Völlering | 54:06 | 2004 |
| 603. | Herbert Sieverdingbeck | 54:17 | 2006 |
| 604. | Josef Budde | 54:24 | 1998 |
| 605. | Harald Schönbrunn | 54:25 | 2007 |

| Platz | Name | Zeit | Jahr |
|-------|------------------------|---------|------|
| 606. | Colin Geske | 54:27 | 2011 |
| 607. | Karl-Josef Hilger | 54:34 | 2004 |
| 608. | Roger Cramer | 54:37 | 2014 |
| 609. | Thomas May | 54:43 | 2014 |
| 610. | Jan Asshauer | 54:44 | 2010 |
| 611. | Carsten Freydank | 54:44 | 2000 |
| 612. | Ludger Rosengarten | 54:58 | 2004 |
| 613. | Udo Rapelius | 55:00 | 2008 |
| 614. | Ralf Bühn | 55:02 | 2019 |
| 615. | Karl-Heinz Brüse | 55:03 | 1991 |
| 616. | Heinz Woltering | 55:03 | 2016 |
| 617. | Uwe Nehls | 55:08 | 2011 |
| 618. | Bernd-Rudolf Jarschel | 55:13 | 2003 |
| 619. | Georg Ludewig | 55:19 | 2014 |
| 620. | Richard Mol | 55:22 | 2002 |
| 621. | Manfred Wichter | 55:29 | 2000 |
| 622. | Winfried Landwehrjohan | 55:30 | 1996 |
| 623. | Karl-Heinz Runte | 55:32 | 2000 |
| 624. | Martin Graap | 55:50 | 2015 |
| 625. | John Whiley | 56:02 | 2004 |
| 626. | Dieter Zinzius | 56:20 | 2020 |
| 627. | Bernd Epping-Falke | 56:31 | 2006 |
| 628. | Rolf Ottensarend | 56:35 | 2003 |
| 629. | Wolfgang Konrad Jonas | 56:39 | 2012 |
| 630. | Rainer Wilde | 56:50 | 2010 |
| 631. | Leonhard Decker | 56:54 | 2010 |
| 632. | Karl-Heinz Brune | 57:02 | 2019 |
| 633. | Moritz Krapp | 57:14 | 2015 |
| 634. | Ingo Ulbrich | 57:32 | 2014 |
| 635. | Udo Fiegehenn | 57:33 | 1994 |
| 636. | Hilmar Welpelo | 57:57 | 2004 |
| 637. | Lars Haußer | 58:23 | 2000 |
| 638. | Manuel Scamandro | 58:30 | 2014 |
| 639. | Frank Schmitte | 58:38 | 2011 |
| 640. | Ulrich Scharf | 58:45 | 2008 |
| 641. | Elmar Pape | 58:46 | 2006 |
| 642. | Kornelius Westerholt | 59:09 | 2009 |
| 643. | Klaus Wiemann | 59:33 | 2003 |
| 644. | Hubert Pilk | 1:00:01 | 2006 |
| 645. | Wolfgang Kinas | 1:00:08 | 1993 |
| 646. | Harald Winkels | 1:01:19 | 2017 |
| 647. | Friedhelm Vielmeyer | 1:01:38 | 2021 |
| 648. | Thomas Benighaus | 1:01:46 | 2014 |
| 649. | Hans-Joachim Krüger | 1:01:53 | 2001 |
| 650. | Frank Rühle | 1:02:02 | 2017 |
| 651. | Ulrich Kohaupt | 1:02:05 | 2013 |
| 652. | Werner Riemann | 1:02:38 | 1993 |
| 653. | Jürgen Gottszky | 1:02:39 | 2003 |
| 654. | Dieter Linsky | 1:02:55 | 2011 |
| 655. | Achim Große Inkrott | 1:03:03 | 1997 |
| 656. | Hans Hermann Karst | 1:03:33 | 2001 |
| 657. | Ulrich Haselhoff | 1:04:21 | 2004 |
| 658. | Florenz Plassmann | 1:04:34 | 2002 |
| 659. | August Schmeing | 1:04:36 | 1991 |
| 660. | Berthold Ostlinning | 1:04:59 | 2012 |

| Platz | Name | Zeit | Jahr |
|-------|------------------------|---------|------|
| 661. | Roland Riedel | 1:05:24 | 2017 |
| 662. | Wilfried Sandbaumhüter | 1:06:14 | 1994 |
| 663. | Ludger Ring | 1:07:45 | 2006 |
| 664. | Volker Wolfgramm | 1:07:53 | 2002 |
| 665. | Klaus Pieper | 1:09:08 | 2007 |
| 666. | Udo Kristowiak | 1:10:55 | 2000 |
| 667. | Alfons Peters | 1:12:44 | 2000 |
| 668. | Jobst-Jürgen Fricke | 1:12:51 | 2004 |
| 669. | Bernd Ernesti | 1:13:57 | 2001 |