

| Platz | Name | Zeit | Jahr |
|-------|-----------------------------|----------|---------|
| 1. | Jan Kaumanns | 15:11,58 | 2022 |
| 2. | Christian Schrandt | 15:21,80 | 1998 |
| 3. | Sascha Schücker | 15:22,23 | 2011 |
| 4. | Jari Bender | 15:26,75 | 2020 |
| 5. | Fritz Koch | 15:27 | 2019 |
| 6. | Luca Heerdt | 15:29 | 2016 |
| 7. | Jens Kassebeer | 15:33,48 | 2022 |
| 8. | David Schönherr | 15:37 | 2017/20 |
| 9. | Patrick Dirksmeier | 15:43,60 | 2014 |
| 10. | Philipp Beckmann | 15:44,62 | 2014 |
| 11. | Yannick Rinne | 15:48 | 2016 |
| 12. | Simon von Martial | 15:48,08 | 2020 |
| 13. | Pascal Hille | 15:51 | 2011 |
| 14. | John Kuhlmann | 15:53,97 | 2015 |
| 15. | Manuel Goerlich | 15:55 | 2019 |
| 16. | Finn Ponick | 16:00,35 | 2020 |
| 17. | Ibrahim Osman | 16:06 | 2012 |
| 18. | Antonio Henrique | 16:09 | 1992 |
| 19. | Daniel Mehring | 16:10 | 2015 |
| 20. | Christian Gems | 16:12 | 2016 |
| 21. | Marvin Röthemeyer | 16:15 | 2017 |
| 22. | Christian Vogel | 16:15 | 2003 |
| 23. | Steffen Schnieders | 16:18 | 2010 |
| 24. | Ralf Möllers | 16:21 | 1996 |
| 25. | Matthias Pröbsting | 16:22 | 2003 |
| 26. | Noureddine Boulouh | 16:22 | 2010 |
| 27. | Stefan Langenbach | 16:22 | 2012 |
| 28. | Benoit Varlet | 16:24 | 2008 |
| 29. | Tim Fasel | 16:27 | 2013 |
| 30. | Michael Beetz | 16:31,43 | 2010 |
| 31. | Philipp Brouwer | 16:34 | 2013 |
| 32. | Damian Kaminski | 16:35,24 | 2014 |
| 33. | Matthias Nowack | 16:38 | 2014 |
| 34. | Mike Claaßen | 16:39 | 2018 |
| 35. | Elmar Remus | 16:39 | 2019 |
| 36. | Gunnar Lange | 16:40 | 2002 |
| 37. | Andreas Löcken | 16:43 | 1996 |
| 38. | Sven Moyé | 16:43 | 2019 |
| 39. | Christoph Wiesen | 16:43 | 2013 |
| 40. | Klaus Schulte | 16:46 | 2004 |
| 41. | Sebastian Blumentritt | 16:49 | 2013 |
| 42. | Michael Scheel | 16:49 | 2010 |
| 43. | Henrik Hooge | 16:50 | 2020 |
| 44. | Rafael Droste zu Vischering | 16:53,48 | 2002 |
| 45. | Andreas Kösters | 16:55,80 | 2017 |
| 46. | Marcel Machauer | 16:58 | 2014 |
| 47. | Timo Mersmann | 17:04 | 2016 |
| 48. | Bastian Bathen | 17:04,92 | 1998 |
| 49. | Paolo Henrique | 17:05 | 1993 |
| 50. | Sebastian Mönninghoff | 17:06,16 | 1998 |
| 51. | Fabian Altebäumer | 17:07 | 2015 |
| 52. | Markus Droste zu Vischering | 17:08 | 2006 |
| 53. | Tobias Korber | 17:08 | 2001 |
| 54. | Jurek Lünenborg | 17:08 | 2013 |
| 55. | Julian Kuhlmann | 17:09 | 2018 |

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| 56. | Antonio Rodrigues | 17:10 | 2018 |
| 57. | Markus Kreickmann | 17:10,70 | 2017 |
| 58. | Hans-Werner Stöcker | 17:11 | 1991 |
| 59. | Egon Roth | 17:15 | 1989 |
| 60. | Jannik Feder | 17:15,53 | 2017 |
| 61. | Holger Fritze | 17:16 | 2016 |
| 62. | Oliver Qiu | 17:20 | 2022 |
| 63. | Michael Machill | 17:20,10 | 2017 |
| 64. | Torben Heck | 17:21 | 2019 |
| 65. | Friedhelm Hirche | 17:21 | 1996 |
| 66. | Björn Reiß | 17:21 | 2009 |
| 67. | Robin Hoffmann | 17:22 | 2007 |
| 68. | Antonio Balbino | 17:22 | 2010 |
| 69. | Ewald Fikus | 17:23 | 1999 |
| 70. | Michèl Hankemeier | 17:24 | 2016 |
| 71. | Thomas Spitzmann | 17:24 | 2018 |
| 72. | Carlos Benedito | 17:27 | 1993 |
| 73. | Detlev Bruns | 17:27 | 2007 |
| 74. | Joost Krämer | 17:28 | 2016 |
| 75. | Jürgen Tetzlaff | 17:28 | 1989 |
| 76. | Michael Hohenhorst | 17:30 | 2005 |
| 77. | David Möller | 17:31 | 2011 |
| 78. | Markus van der Velde | 17:31 | 2009 |
| 79. | Eckhard Müller | 17:34 | 1996 |
| 80. | Dirk Battenfeld | 17:36 | 1997 |
| 81. | Philipp Rosenow | 17:36 | 2022 |
| 82. | Klaus Brinker | 17:38 | 2012 |
| 83. | Thomas Homann | 17:39 | 2002 |
| 84. | Martin Kanne | 17:39 | 1996 |
| 85. | Marc Ziegler | 17:39 | 2012 |
| 86. | Andreas Beßeling | 17:40 | 1996 |
| 87. | Holger Ross | 17:40 | 2017 |
| 88. | Carsten Steinbrügge | 17:44 | 1997 |
| 89. | Michael Prott | 17:45 | 2019 |
| 90. | Christian Schröder | 17:46 | 2015 |
| 91. | Peter Buermann | 17:47 | 1996 |
| 92. | Oliver Prinz | 17:47,65 | 2014 |
| 93. | Andreas Nergenu | 17:48 | 1995 |
| 94. | Andreas Leißing | 17:49 | 2008 |
| 95. | Marco Hampel | 17:50 | 2009 |
| 96. | Hans Reimann | 17:51 | 2001 |
| 97. | Michael Holtkötter | 17:52 | 1997 |
| 98. | Hendrik Auf'mKolk | 17:52 | 2012 |
| 99. | Andreas Clausing | 17:52 | 2005 |
| 100. | Bernd Schniederalters | 17:52 | 2020 |
| 101. | Antonio Reina Lopez | 17:53 | 2019 |
| 102. | David Rickert | 17:53 | 1995 |
| 103. | Moritz Schlenkhoff | 17:53 | 2015 |
| 104. | Michael Geske | 17:55 | 1998 |
| 105. | Reinhard Zumdick | 17:56 | 2010 |
| 106. | Christoph Klein | 17:56 | 1996 |
| 107. | David Heimann | 17:57 | 2015 |
| 108. | Giles Gardam | 17:58 | 2019 |
| 109. | Philip Slüter | 17:58 | 2016 |
| 110. | Daniel Wälte | 17:59 | 2016 |

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| 111. | Jens Peters | 18:00,34 | 2021 |
| 112. | Thomas Caruso | 18:03 | 2014 |
| 113. | Florian Braun | 18:06 | 2009 |
| 114. | Jonas Janßen | 18:06 | 2020 |
| 115. | Torsten Driese | 18:09 | 1991 |
| 116. | Leonhard Beine | 18:10 | 2016 |
| 117. | Christopher Dicks | 18:10 | 2011 |
| 118. | Holger Kleine-Tebbe | 18:10 | 2012 |
| 119. | Artur Boschmann | 18:11 | 2019 |
| 120. | Abdellah Saadani | 18:12 | 2014 |
| 121. | Gregor Veauthier | 18:13 | 2006 |
| 122. | Uwe Wolbeck | 18:13 | 2000 |
| 123. | Ludger Pösentrup | 18:15 | 2012 |
| 124. | Lutz Ernst | 18:16 | 1995 |
| 125. | Ralf Schulze | 18:17 | 2013 |
| 126. | Steffen Vollbrecht | 18:17 | 2018 |
| 127. | Cornelius von Treuenfeld | 18:17 | 2020 |
| 128. | Michael Kasprík | 18:19 | 2013 |
| 129. | Thomas Patrick Rundle | 18:19 | 1996 |
| 130. | Reinhard Schmiing | 18:21 | 2016 |
| 131. | Gerrit Lemkau | 18:22 | 2017 |
| 132. | Reinhard Schröder | 18:22 | 2009 |
| 133. | Michael Weste | 18:22 | 2018 |
| 134. | Ralf Franke | 18:23 | 2016 |
| 135. | Uwe Köster | 18:23 | 1998 |
| 136. | Andre Poloczek | 18:24 | 2013 |
| 137. | Sebastian Klein | 18:25 | 2014 |
| 138. | Andreas Reckmann | 18:27 | 2009 |
| 139. | Mike Brouwer | 18:29 | 2016 |
| 140. | Mahmut Arica | 18:32 | 2018 |
| 141. | Carsten Ilgemann | 18:32 | 2013 |
| 142. | Tobias Görge | 18:32,80 | 2021 |
| 143. | Ruben Enxing | 18:33 | 2014 |
| 144. | Bodo Kienecker | 18:34 | 2013 |
| 145. | Jens Korte | 18:34 | 2020 |
| 146. | Ted Lexmond | 18:35 | 2016 |
| 147. | Dominik Schmaltz | 18:35 | 2015 |
| 148. | Torben Unterfeld | 18:37 | 2016 |
| 149. | André Karneth | 18:44 | 2016 |
| 150. | Heiko Bastigkeit | 18:45 | 2007 |
| 151. | Jan Ferneding | 18:45 | 2020 |
| 152. | Hermann Koke | 18:45 | 1999 |
| 153. | Peter Leonard | 18:45 | 2010 |
| 154. | Andre Riesmeier | 18:46 | 2009 |
| 155. | Dieter Feldhaus | 18:48 | 1996 |
| 156. | Manfred Fleige | 18:48 | 1995 |
| 157. | Ingo Kempe | 18:48 | 1989 |
| 158. | Tim Schmiedeshoff | 18:48 | 2006 |
| 159. | Bernhard Kreienbaum | 18:48 | 2000 |
| 160. | Jonas Olawsky | 18:48 | 2021 |
| 161. | Sven Penaat | 18:48 | 2009 |
| 162. | Thomas Stöber | 18:48,42 | 2010 |
| 163. | Willem Dehler | 18:50 | 2021 |
| 164. | Bernd Huesker | 18:50 | 1995 |
| 165. | Sören Buffi | 18:52 | 2017 |

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| 166. | Arne Fischer | 18:52 | 2013 |
| 167. | Stefan Bales | 18:53 | 2019 |
| 168. | Roy Hall | 18:54 | 1997 |
| 169. | Niklas Spilker | 18:54 | 2020 |
| 170. | Bastian Peters | 18:55 | 2019 |
| 171. | Philipp Weiten | 18:56 | 2000 |
| 172. | Christian Middelhoff | 18:56 | 2007 |
| 173. | Stanislav Bartusiak | 18:58 | 2004 |
| 174. | David Kulke | 18:58 | 2012 |
| 175. | Dennis Küper | 18:59 | 2007 |
| 176. | Thorsten Ortlepp | 19:00 | 2006 |
| 177. | Jürgen Weiß | 19:00 | 1997 |
| 178. | Michael Fels | 19:01 | 1997 |
| 179. | Thomas Fricke | 19:01 | 2010 |
| 180. | Carl van gen Hassend | 19:01 | 2019 |
| 181. | Kai Buchheister | 19:02 | 1998 |
| 182. | Kris-Oliver Jalusic | 19:03 | 2019 |
| 183. | Simon Pösentrup | 19:03 | 2013 |
| 184. | Karl Heinz Prieß | 19:03 | 2011 |
| 185. | Oliver Schröder | 19:05 | 2016 |
| 186. | Dieter Sternberg | 19:05 | 2007 |
| 187. | Roland Mai | 19:07 | 2016 |
| 188. | Ulrich Budde | 19:07 | 1989 |
| 189. | Felix Baßmann | 19:09 | 2020 |
| 190. | Sirus Pezeschgi | 19:09 | 2014 |
| 191. | Holger Stadthaus | 19:09 | 2013 |
| 192. | Justus Becks | 19:11 | 2015 |
| 193. | Karsten Kordes | 19:11 | 2013 |
| 194. | Alexander Lenfort | 19:11 | 2009 |
| 195. | Klaus Pick | 19:11 | 2014 |
| 196. | Stefan Lammers | 19:13 | 2004 |
| 197. | Norbert Mühlenkord | 19:14 | 2004 |
| 198. | Martin Braun | 19:15 | 1999 |
| 199. | Alexander Milden | 19:15 | 2010 |
| 200. | Tobias Westermann | 19:17 | 2016 |
| 201. | Berthold Kökelsum | 19:19 | 2002 |
| 202. | Matthias Fischer | 19:22 | 2011 |
| 203. | David Veauthier | 19:22 | 2008 |
| 204. | Gottfried Schäfers | 19:22 | 1997 |
| 205. | Lino Witte | 19:23 | 2013 |
| 206. | Marc Bußmann | 19:24 | 2020 |
| 207. | Florian Severin | 19:24 | 2017 |
| 208. | Ulrich Schimanski | 19:26 | 1999 |
| 209. | Peter Blauth | 19:29 | 2009 |
| 210. | Sebastian Epple | 19:29 | 2018 |
| 211. | Peter Samulski | 19:29,48 | 1998 |
| 212. | Mathias Koch | 19:32 | 2014 |
| 213. | Stefan Lenfort | 19:33 | 2009 |
| 214. | Stephan Meyer | 19:33 | 2016 |
| 215. | Helmut Ortlepp | 19:33 | 1999 |
| 216. | Josia Thürigen | 19:34 | 2019 |
| 217. | Dieter Riemenschneider | 19:35 | 1999 |
| 218. | Werner Fritsche | 19:36 | 2006 |
| 219. | Ralf Skubschewski | 19:36 | 2011 |
| 220. | Luis Färber | 19:37 | 2018 |

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| 221. | Gernot Hauke | 19:39 | 2010 |
| 222. | Dieter Korte | 19:40 | 2001 |
| 223. | Johannes Hoffmann | 19:42 | 2007 |
| 224. | Bernhard Paßlick | 19:43 | 2009 |
| 225. | Jürgen Sieme | 19:45 | 1995 |
| 226. | Sebastian Piegza | 19:46 | 2019 |
| 227. | Josef Rath | 19:46 | 2006 |
| 228. | Thorsten Althoff | 19:47 | 2010 |
| 229. | Winfried Tillmann | 19:47 | 1996 |
| 230. | Michael Drewes-Kuhlmann | 19:48 | 2002 |
| 231. | Phillipp Ole Flieger | 19:48 | 2020 |
| 232. | Dieter Rosenbaum | 19:48 | 2001 |
| 233. | Andreas Sontopski | 19:48 | 2010 |
| 234. | Stefan Alberty | 19:48 | 1995 |
| 235. | Terk Korte | 19:49 | 2008 |
| 236. | Klaus Buchterkirche | 19:50 | 2010 |
| 237. | Lothar Sohn | 19:50 | 1996 |
| 238. | Michael Albers | 19:53 | 2012 |
| 239. | Norbert Fasel | 19:54 | 2009 |
| 240. | Georg Nowak | 19:55 | 2015 |
| 241. | Magnus Grüger | 19:56 | 2000 |
| 242. | Klaus Bühn | 19:57 | 2008 |
| 243. | Andreas Wegener | 19:57 | 2013 |
| 244. | Siegfried Milden | 19:59 | 2013 |
| 245. | Theo Lauhoff | 19:59 | 1997 |
| 246. | Markus Jaensch | 20:02 | 2003 |
| 247. | Simon Rath | 20:02 | 2008 |
| 248. | Dragan Gagic | 20:03 | 1998 |
| 249. | Markus Dombrowski | 20:06 | 2003 |
| 250. | Christian Kintrup | 20:08 | 2011 |
| 251. | Martin Stahlberg | 20:08 | 2004 |
| 252. | Andre Arendt | 20:10 | 2009 |
| 253. | Stefan Chrzanowski | 20:11 | 1998 |
| 254. | Helge Prinz | 20:11 | 2002 |
| 255. | Werner Driese | 20:13 | 1996 |
| 256. | Ulrich Kaiser | 20:13 | 2015 |
| 257. | Jaques Weber | 20:15 | 2019 |
| 258. | Philipp Lerch | 20:17 | 1995 |
| 259. | Kai Stoffels | 20:18 | 2016 |
| 260. | Markus Weweler | 20:19 | 2019 |
| 261. | Colin Geske | 20:22 | 2010 |
| 262. | Dieter Lammers | 20:23 | 2004 |
| 263. | Thomas Vogel | 20:23 | 1998 |
| 264. | Achim Aretz | 20:24 | 2009 |
| 265. | Rainer Wachsmann | 20:24 | 2010 |
| 266. | Stephan Kerkering | 20:25 | 2017 |
| 267. | Jan-Frederik Schmees | 20:26 | 2019 |
| 268. | Clemens Wolking | 20:26 | 2012 |
| 269. | Gerhard Menke | 20:27 | 2013 |
| 270. | Klaus Ehling | 20:29 | 2006 |
| 271. | Bernd Kowalski | 20:31 | 1993 |
| 272. | Kai-Uwe Kock | 20:32 | 1997 |
| 273. | Jörn Thoden | 20:33 | 1989 |
| 274. | Stephan Burt | 20:34 | 2013 |
| 275. | Julian Fricke | 20:36 | 2014 |

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| 276. | Heinz Hoveling | 20:37 | 2007 |
| 277. | Christoph Haecker | 20:38 | 1997 |
| 278. | Jerry Epping | 20:39 | 2016 |
| 279. | Werner Hölscher | 20:39 | 2017 |
| 280. | Stephan Huesmann | 20:39 | 2011 |
| 281. | Robert Lenger | 20:39 | 2013 |
| 282. | René Maaßen | 20:40 | 2018 |
| 283. | Horst Bodenberger | 20:41 | 2005 |
| 284. | Stefan Niewöhner | 20:44 | 2010 |
| 285. | Martin Obst | 20:45 | 2000 |
| 286. | Christopher Schoppmann | 20:46 | 2020 |
| 287. | Moritz Jan Schütze | 20:47 | 2020 |
| 288. | Jörg Bungeroth | 20:49 | 1992 |
| 289. | Miles Geske | 20:50 | 2008 |
| 290. | Torsten Honemann | 20:50 | 2011 |
| 291. | Dirk Keggenhoff | 20:51 | 2018 |
| 292. | Kai Nierhoff | 20:51 | 2008 |
| 293. | Daniel Eichendorff | 20:52 | 2018 |
| 294. | Stephan Perpeet | 20:58 | 2006 |
| 295. | Michael Krapp | 21:00 | 2013 |
| 296. | Josef Hillebrand | 21:00 | 1996 |
| 297. | Thorsten Schulze | 21:01 | 2010 |
| 298. | Henner Borgmann | 21:02 | 2020 |
| 299. | Maximilian Haas | 21:02 | 2010 |
| 300. | Giuseppe Mariani | 21:03 | 2008 |
| 301. | Alexander Böhm | 21:04 | 2016 |
| 302. | Justus Düking | 21:04 | 2015 |
| 303. | Jens Riggers | 21:04 | 2019 |
| 304. | Siegfried Möller | 21:05 | 2008 |
| 305. | Gabriel Momagheghi | 21:05 | 2013 |
| 306. | Wilhelm Thonemann | 21:07 | 2002 |
| 307. | Sebastian Hoffmann | 21:08 | 2014 |
| 308. | Frank Overkott | 21:10 | 2009 |
| 309. | Hermann Fliß | 21:11 | 2013 |
| 310. | Mirko Kandora | 21:11 | 2015 |
| 311. | Andreas Höwedes | 21:13 | 2006 |
| 312. | Fulvio Quattrocchi | 21:15 | 2016 |
| 313. | Reimund Grawe | 21:16 | 1997 |
| 314. | Markus Dropmann | 21:20 | 2008 |
| 315. | Johannes Horst | 21:22 | 2002 |
| 316. | Detlev May | 21:22 | 2016 |
| 317. | Martin Pöttker | 21:22 | 2011 |
| 318. | Joachim Lorek | 21:23 | 1995 |
| 319. | Theodor Lange | 21:24 | 2012 |
| 320. | John Taylor | 21:29 | 2016 |
| 321. | Rainer Horn | 21:30 | 1999 |
| 322. | Christian Jabs | 21:31 | 2003 |
| 323. | Walter Mesch | 21:33 | 2018 |
| 324. | Alfons Spitzer | 21:33 | 1991 |
| 325. | Günther Mönke | 21:35 | 1996 |
| 326. | Stefan Hahn | 21:35 | 2010 |
| 327. | Julio Lopes Gomes | 21:35 | 2013 |
| 328. | Peter Dittrich | 21:36 | 2009 |
| 329. | Mario Proske | 21:36 | 2015 |
| 330. | Thorsten Ullrich | 21:36 | 2015 |

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| 331. | Henning Lange | 21:37 | 2012 |
| 332. | Frank Krämer | 21:38 | 2014 |
| 333. | Dirk Schwienheer | 21:38 | 2011 |
| 334. | Georg Wetterau | 21:39 | 2002 |
| 335. | Jörg Keeren | 21:40 | 2015 |
| 336. | Thomas Ischner | 21:41 | 2000 |
| 337. | Hans-Peter Leimbach | 21:41 | 2007 |
| 338. | Hinz Völkert | 21:41 | 1997 |
| 339. | Gregor Hensen | 21:42 | 2001 |
| 340. | Jürgen Seidel | 21:43 | 2009 |
| 341. | Holger Venjakob | 21:43 | 1995 |
| 342. | Bruno Roleff-Schweers | 21:44 | 2001 |
| 343. | Mohamede Chraibi | 21:45 | 2010 |
| 344. | Ulrich Radusch | 21:45 | 1997 |
| 345. | Hans Schulze Schwienhorst | 21:47 | 2003 |
| 346. | Axel Wiedenhues | 21:47 | 2010 |
| 347. | Andre Boch | 21:49 | 2016 |
| 348. | Sebastian Warbinger | 21:50 | 2019 |
| 349. | Martin Luig | 21:51 | 2012 |
| 350. | Peter Volkmer | 21:52 | 2002 |
| 351. | Hermann Hemsing | 21:53 | 2009 |
| 352. | Rolf Wiedenhues | 21:53 | 2007 |
| 353. | Jürgen Lanwer | 21:55 | 2009 |
| 354. | Dieter Rohloff | 21:56 | 2006 |
| 355. | Kai-Simon Havers | 21:56 | 2015 |
| 356. | Detlev Brecklinghaus | 22:00 | 2003 |
| 357. | Nicolas Bartsch | 22:02 | 2010 |
| 358. | Detlef Bärhold | 22:02 | 1996 |
| 359. | Wolfgang Müller | 22:05 | 2006 |
| 360. | Florian Mildner | 22:07 | 2009 |
| 361. | Martin Dahlmann | 22:08 | 2006 |
| 362. | Michael Möllers | 22:08 | 1995 |
| 363. | Mario Hampel | 22:12 | 2011 |
| 364. | Guntram Ochs | 22:13 | 2013 |
| 365. | Andreas Arlt | 22:14 | 2020 |
| 366. | Rolf Rosema | 22:17 | 1994 |
| 367. | Eric Menke | 22:18 | 2014 |
| 368. | Jan Rabenstein | 22:19 | 2015 |
| 369. | Heinz Hengefeld | 22:20 | 2002 |
| 370. | Rudolf Jacobs | 22:21 | 1989 |
| 371. | Dieter Raestrup | 22:21 | 1989 |
| 372. | Lukas Lenfort | 22:22 | 2008 |
| 373. | Arne Wehner | 22:25 | 2016 |
| 374. | Peter Arlt | 22:26 | 2012 |
| 375. | Sven Wegner | 22:26 | 2007 |
| 376. | Heiko Möcklinghoff | 22:29 | 2018 |
| 377. | Michael Kösters | 22:31 | 2016 |
| 378. | Frank Sommerkamp | 22:32 | 2018 |
| 379. | Udo Goldberg | 22:35 | 2015 |
| 380. | Peter Kramer | 22:37 | 1996 |
| 381. | Moritz Krapp | 22:37 | 2017 |
| 382. | Wolfgang Farwick | 22:40 | 2021 |
| 383. | Ulrich Münten | 22:40 | 2008 |
| 384. | Michael Breuker | 22:43 | 2019 |
| 385. | Georg Ludewig | 22:45 | 2009 |

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| 386. | Erich Rührup | 22:45 | 1995 |
| 387. | Jürgen Schmitz | 22:47 | 2013 |
| 388. | Tristan Tillmann | 22:49 | 2007 |
| 389. | Ulrich Maurer | 22:50 | 1999 |
| 390. | Benedikt Fricke | 22:51 | 2014 |
| 391. | Michael Schardt | 22:51 | 2015 |
| 392. | Artur Meinzer | 22:53 | 2014 |
| 393. | Michael Goschke | 22:55 | 2009 |
| 394. | Andreas Reher | 23:00 | 2022 |
| 395. | Ludger Drücker | 23:05 | 2019 |
| 396. | Guido Wecker | 23:06 | 2015 |
| 397. | Ralf Lohscheller | 23:08 | 2015 |
| 398. | Hanno Vogt | 23:08 | 2000 |
| 399. | Thomas Vogt | 23:11 | 2000 |
| 400. | Detlef Eisfeldt | 23:12 | 2001 |
| 401. | Philipp Kock | 23:12 | 2011 |
| 402. | Andreas Baune | 23:14 | 2012 |
| 403. | Jose Valente | 23:14 | 2017 |
| 404. | Uwe Slüter | 23:17 | 2010 |
| 405. | Heinz-Jürgen Loos | 23:19 | 2009 |
| 406. | Horst Blotenberg | 23:20 | 2001 |
| 407. | Frank Ludwig | 23:20 | 2004 |
| 408. | Peter Zimmer | 23:20 | 2013 |
| 409. | Klaus Lietzow | 23:21 | 1998 |
| 410. | Markus vom Brauck | 23:23 | 2001 |
| 411. | Heinz Alberty | 23:24 | 2000 |
| 412. | Torolv Prokosch | 23:26 | 2008 |
| 413. | Stefan Ranneberg | 23:33 | 2013 |
| 414. | Martin Hemmelgarn | 23:34 | 1994 |
| 415. | Ralph König | 23:35 | 2016 |
| 416. | Wolfgang Hübner | 23:41 | 2001 |
| 417. | Jürgen Janutta | 23:47 | 1993 |
| 418. | Helmut Waldhof | 23:47 | 1995 |
| 419. | Ralf Bühn | 23:49 | 2018 |
| 420. | Friedhelm Neuhaus | 23:50 | 1996 |
| 421. | Heinz-Jürgen Revering | 23:51 | 2003 |
| 422. | Daniel Walther | 24:01 | 1997 |
| 423. | Heinz Merse | 24:02 | 2019 |
| 424. | Winfried Landwehrjohan | 24:04 | 1996 |
| 425. | Michael Tombrink | 24:05 | 2015 |
| 426. | Oliver Weigel | 24:06 | 2012 |
| 427. | Manfred Hoermann | 24:07 | 2004 |
| 428. | Helmut Neuhaus | 24:10 | 2014 |
| 429. | Ludger Fliß | 24:11 | 2013 |
| 430. | Ulrich Pfister | 24:15 | 2015 |
| 431. | Jürgen Böhm | 24:15 | 1989 |
| 432. | Georg Wennekers | 24:17 | 2003 |
| 433. | Jannick Thonemann | 24:19 | 2000 |
| 434. | Detlef Schmalöer | 24:21 | 2019 |
| 435. | Joao Da Conceicao | 24:22 | 1995 |
| 436. | Horst Rapp | 24:22 | 2005 |
| 437. | Leonhardt Eickhoff | 24:24 | 2008 |
| 438. | Jonas Klein | 24:24 | 2014 |
| 439. | Walter Blume | 24:26 | 1999 |
| 440. | Thomas Verlage | 24:35 | 2017 |

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| 441. | Jochen Altmann | 24:37 | 2010 |
| 442. | Peter Kanter | 24:38 | 2001 |
| 443. | Klaus Wandres | 24:39 | 2011 |
| 444. | Hermann Löchte | 24:46 | 2016 |
| 445. | Wolfgang Durynek | 24:50 | 2017 |
| 446. | Thomas Bergmann | 24:52 | 2013 |
| 447. | Hans-Jürgen Engel | 24:54 | 2018 |
| 448. | Claus Stanke | 24:58 | 2019 |
| 449. | Helmut Winkelmann | 24:58 | 1991 |
| 450. | Patrick Baukloh | 24:59 | 2022 |
| 451. | Reiner Schulte | 25:02 | 1995 |
| 452. | Willi Pommerening | 25:05 | 1992 |
| 453. | Ludger Koch | 25:08 | 2001 |
| 454. | Heinz Bücken | 25:09 | 2011 |
| 455. | Achim Wahle | 25:09 | 2010 |
| 456. | Hans-Georg Bone | 25:15 | 2017 |
| 457. | Rudi Völlering | 25:17 | 1998 |
| 458. | Horst Schulz | 25:19 | 2006 |
| 459. | Manuel Scamandro | 25:21 | 2014 |
| 460. | David Pieper | 25:25 | 2012 |
| 461. | Lennart Bruns | 25:29 | 2008 |
| 462. | Ulrich Badde | 25:30 | 2012 |
| 463. | Uwe ter Veen | 25:30 | 2005 |
| 464. | Karl Wendland | 25:33 | 2015 |
| 465. | Stephan Wegener | 25:35 | 2014 |
| 466. | Jürgen Schmiedeshoff | 25:42 | 2006 |
| 467. | Bodo Bruder | 25:42 | 2000 |
| 468. | Connor o'Neill | 25:43 | 2006 |
| 469. | Sven Gedig | 25:43 | 2009 |
| 470. | Bernhard Düllmann | 25:46 | 1995 |
| 471. | Christian Stienemann | 25:48 | 2012 |
| 472. | Lars Haußer | 25:51 | 2000 |
| 473. | Werner Hillebrand | 26:02 | 1996 |
| 474. | Bernd Böckers | 26:03 | 2002 |
| 475. | Luca Hülsmann | 26:04 | 2010 |
| 476. | Manfred Wichter | 26:07 | 2000 |
| 477. | Dieter Fischer | 26:08 | 2008 |
| 478. | Ulrich Janiesch | 26:11 | 2004 |
| 479. | Ulrich Kohaupt | 26:18 | 2013 |
| 480. | Lennart Leimbach | 26:18 | 2008 |
| 481. | Robert o'Neill | 26:23 | 2006 |
| 482. | Thorben Fromme | 26:27 | 2002 |
| 483. | Werner Aye | 26:34 | 2007 |
| 484. | Günter Hahn | 26:38 | 2013 |
| 485. | Karl-Josef Hilger | 26:40 | 2005 |
| 486. | Werner Riemann | 26:42 | 1991 |
| 487. | Dietmar Schneider | 26:43 | 2021 |
| 488. | Christian Thien | 26:45 | 2020 |
| 489. | Rüdiger Claus | 26:52 | 2012 |
| 490. | Bernhard Homann | 26:52 | 2002 |
| 491. | Heiner Nordmann | 27:10 | 2018 |
| 492. | Steve Rincklake van Endert | 27:11 | 2021 |
| 493. | Heinz Woltering | 27:11 | 2016 |
| 494. | Dirk Schmandt | 27:13 | 2018 |
| 495. | Jan Asshauer | 27:14 | 2010 |

| Platz | Name | Zeit | Jahr |
|-------|----------------------------|-------|------|
| 496. | Karl-Heinz Brune | 27:14 | 2017 |
| 497. | Rolf Kückelmann | 27:14 | 2016 |
| 498. | Dieter Linsky | 27:30 | 2011 |
| 499. | Udo Fiegehenn | 27:34 | 1993 |
| 500. | Paul Boß | 27:42 | 2016 |
| 501. | Horst Helmerich | 27:50 | 1994 |
| 502. | Frank Schmitte | 27:51 | 2011 |
| 503. | Max Winzek | 27:51 | 2018 |
| 504. | Harald Winkels | 27:58 | 2017 |
| 505. | Roger Cramer | 28:01 | 2016 |
| 506. | Wolfgang Konrad Jonas | 28:03 | 2014 |
| 507. | Heinrich-Jürgen Hillesheim | 28:03 | 2005 |
| 508. | Uli Schindler | 28:18 | 2010 |
| 509. | Thomas Benighaus | 28:19 | 2014 |
| 510. | Ludwig Dornseif | 28:22 | 1994 |
| 511. | Oliver Hasenkamp | 28:27 | 2005 |
| 512. | Joachim Reimann | 28:28 | 2014 |
| 513. | Norbert Schücker | 28:35 | 2013 |
| 514. | Friedhelm Vielmeyer | 28:48 | 2021 |
| 515. | Wilfried Sandbaumhüter | 28:52 | 1993 |
| 516. | Rudolf Heymer | 29:17 | 1995 |
| 517. | Bernd Epping-Falke | 29:25 | 2006 |
| 518. | Heinz Piepenbrock | 29:26 | 1998 |
| 519. | Jobst-Jürgen Fricke | 29:30 | 2014 |
| 520. | Andreas Volbracht | 29:35 | 1995 |
| 521. | Markus Rasche | 29:36 | 2010 |
| 522. | Christopher Milden | 29:39 | 2005 |
| 523. | Pantaleone Squillace | 29:49 | 2012 |
| 524. | Michael Brüggershemke | 30:07 | 2012 |
| 525. | Matthias Neufeld-Nollmann | 30:08 | 2012 |
| 526. | Hans Hermann Karst | 30:16 | 2000 |
| 527. | Alois Teodoruk | 30:22 | 1992 |
| 528. | Florenz Plassmann | 30:56 | 2009 |
| 529. | Klaus Wiemann | 31:02 | 2001 |
| 530. | Marc Bisping | 31:06 | 2000 |
| 531. | Konrad Leonhard | 31:14 | 1997 |
| 532. | Uwe Peter-Pollmann | 31:31 | 2001 |
| 533. | Volker Wolfgramm | 31:31 | 2002 |
| 534. | Dominik Thyron | 31:36 | 2008 |
| 535. | Thomas Marxcors | 31:47 | 2022 |
| 536. | Felix Rudebusch | 31:54 | 2010 |
| 537. | Ingo Ulbrich | 32:03 | 2016 |
| 538. | Klaus Pieper | 32:10 | 2010 |
| 539. | Matthias Pick | 33:29 | 2000 |
| 540. | Udo Kristowiak | 34:29 | 2000 |
| 541. | Alfons Peters | 34:29 | 2000 |
| 542. | Heinrich-Josef Brockötter | 34:37 | 2008 |
| 543. | Klaus Hellwig | 34:49 | 2007 |
| 544. | Frank Bücken | 35:51 | 2011 |
| 545. | Stefan Braun | 36:53 | 2000 |
| 546. | Thomas Braun | 36:54 | 2000 |
| 547. | Jürgen Koßmeier | 37:03 | 1999 |
| 548. | Lasse Lodweg | 38:05 | 2010 |
| 549. | Ole Lodweg | 38:05 | 2010 |