

Platz	Name	Zeit	Jahr
1.	Johanna Rellensmann	2:42:00	2021
2.	Miriam Zirk	2:44:31	2019
3.	Jana Kappenberg	2:49:06	2022
4.	Ute Eckenbach	2:54:53	1994/95
5.	Sophia Salzwedel	2:57:17	2016
6.	Brigitte Ziegler	2:57:28	1998
7.	Christiane Graeber	2:59:07	2000
8.	Raija Schmidt	2:59:11	2022
9.	Antonia Rewer	2:59:57	2022
10.	Eva Kammer	3:02:50	2003
11.	Sandra Lehmkuhl	3:04:09	2017
12.	Rita Lanwer	3:05:08	2000
13.	Kirsten Althoff	3:06:50	2022
14.	Katharina Hauertmann	3:07:48	2014
15.	Renate Müller	3:07:48	1993
16.	Petra Rudebusch	3:07:56	2017
17.	Hannelore Horst	3:09:09	2002
18.	Ruth Lutz	3:09:55	1996
19.	Britta Brouwer	3:10:20	2014
20.	Anne Holtkötter	3:10:36	2000
21.	Ira Schwefer	3:11:46	2014
22.	Martina Damiani	3:13:42	2022
23.	Kristin Möse	3:13:45	2019
24.	Silvia Sprenger	3:13:47	2019
25.	Sabine Lachmann	3:14:29	2008
26.	Sarah Honemann	3:14:32	2010
27.	Sue Rossano Rivero	3:17:27	2013
28.	Juliana Rotthauwe	3:19:12	2015
29.	Corinna Meiser	3:20:14	2015
30.	Maria Feyerabend-Hoveling	3:20:35	2006
31.	Melina Buil	3:20:45	2018
32.	Antje Buning	3:20:46	2000
33.	Julia Suwelack	3:21:47	1999
34.	Nicole Essing	3:22:38	2015
35.	Susanne Rellensmann	3:22:55	2009
36.	Sabine Fischer	3:23:16	2011
37.	Nadine Borgmeier	3:24:18	2010
38.	Laura Schleuß	3:25:00	2021
39.	Stephanie Michels	3:25:37	2013
40.	Julia Juchem	3:26:01	2006
41.	Verena Draude	3:26:47	2009
42.	Dagmar Großmann	3:27:46	1995
43.	Hildegard Kerkhoff	3:28:12	1999
44.	Jessica Driesch	3:28:27	2015
45.	Marlies Sprenger	3:28:35	1995
46.	Michaela Winter	3:29:17	2019
47.	Eva-Maria Gaszek	3:29:19	2017
48.	Hildegard Durynek	3:29:51	1993
49.	Eva Schönefeld	3:30:01	2016
50.	Barbara Lerch	3:31:53	1994
51.	Dagmar Okoro	3:33:30	1994
52.	Carolin Krüll	3:33:41	2019
53.	Inge Wille	3:34:32	1994
54.	Wiebke Arkenau	3:34:55	2022
55.	Delia Krell-Witte	3:35:00	2014

Platz	Name	Zeit	Jahr
56.	Stephanie Hoppe	3:35:52	2015
57.	Eva Berghaus	3:39:28	2021
58.	Alida Kranenburg	3:39:39	2002
59.	Claudia Klein	3:41:45	1996
60.	Angelika Dohmann	3:42:25	2005
61.	Christel Kersebaum	3:42:52	2009
62.	Katrin Wilkes	3:43:25	2013
63.	Nina Jansing	3:43:28	2021
64.	Christiane Nienhaus	3:43:39	2004
65.	Sina Kerkering	3:45:38	2017
66.	Anke Mösle	3:45:59	2013
67.	Annegret Böske	3:46:14	1991
68.	Alena Finckh	3:46:14	2019
69.	Svenja Klem	3:47:02	2017
70.	Eva Wulfheide	3:47:03	1989
71.	Annette Schwarzkopp	3:47:38	2000
72.	Eva Tingelhoff	3:47:53	2018
73.	Rosa Gomes	3:47:57	2013
74.	Anne Thonemann	3:48:21	1992
75.	Elke Buth	3:48:33	2008
76.	Barbara Schonebeck	3:48:55	2003
77.	Parvin Kamp	3:49:17	2009
78.	Heike Belkner	3:49:21	2021
79.	Anne Gerlach	3:49:34	2012
80.	Heidi Dittrich	3:50:16	2004
81.	Birgit Nathaus	3:50:23	2009
82.	Heike Koch	3:51:19	2015
83.	Magdalena Cantu	3:51:35	2012
84.	Ute König	3:51:56	2005
85.	Tina Althoff	3:52:40	2019
86.	Marion Rother	3:52:55	2006
87.	Michaela Zinke	3:53:24	2006
88.	Mascha Veauthier	3:53:28	2015
89.	Maria Hemsing	3:54:05	2003
90.	Caroline Schoneberg	3:54:36	2019
91.	Katharina Knop	3:54:46	2015
92.	Sylvia Prinz	3:55:04	2002
93.	Annette Schmitz	3:55:12	2009
94.	Björna Althoff	3:55:19	2010
95.	Christel Löchte	3:55:25	2002
96.	Maria Beckmann	3:55:55	2019
97.	Sigrid Petry	3:55:59	2002
98.	Barbara Heuer	3:56:08	2016
99.	Helga Hillen	3:56:47	2015
100.	Katrin Wachsmann	3:56:50	2018
101.	Christiane Bennink	3:57:12	2002
102.	Helga Landfried-Teodoruk	3:57:29	1998
103.	Christine Herbert	3:57:34	1998
104.	Simone Ruder	3:57:38	2006
105.	Silvia Lehnert	3:57:39	2008
106.	Britta Drude	3:57:47	2010
107.	Beate Hagemann	3:58:02	2009
108.	Bärbel Ratering-Slüter	3:58:23	2016
109.	Katrin Bräutigam	3:58:31	2009
110.	Corinna Bindrim	3:58:37	2017

Platz	Name	Zeit	Jahr
111.	Jutta Bendix	3:58:39	2009
112.	Charlotte Bay	3:59:37	2018
113.	Vanessa Radusch	4:00:20	2013
114.	Astrid Leifhelm	4:02:04	2019
115.	Ricarda Hagemann	4:02:06	2022
116.	Gertrud Unländer	4:02:09	1998
117.	Cecilia Pöpke	4:03:52	2001
118.	Martha Eggert	4:05:18	2019
119.	Annette Daum	4:06:21	1999
120.	Renate Lepkowski	4:06:22	1999
121.	Nicole Bäcker-Kintrup	4:06:43	2010
122.	Karin Grawe	4:07:41	1999
123.	Alexandra Bloch Pfister	4:07:53	2015
124.	Maren lütke Zutelgte	4:08:16	2016
125.	Christa Sieme	4:09:58	1997
126.	Ilona Bredebusch	4:10:47	2008
127.	Petra Hendricks	4:11:17	2021
128.	Stephanie Wieland	4:11:35	2013
129.	Ingrid Johannes	4:11:57	2003
130.	Joke Werner	4:12:11	2022
131.	Miriam Kolar	4:12:24	2017
132.	Almut Mecking	4:12:36	2008
133.	Diana Schilling	4:12:51	2015
134.	Kerstin Loeser	4:13:26	2012
135.	Jennifer Warbinger	4:14:24	2019
136.	Marion Urmelt	4:14:47	2016
137.	Brigitte Hölmer	4:15:13	1992
138.	Jutta Homann	4:15:47	2014
139.	Magdalene Everke-Mecheln	4:16:29	2005
140.	Andrea Schneider	4:17:47	2018
141.	Sabine Roleff	4:18:38	2002
142.	Susanne Koch	4:18:44	2011
143.	Claudia Enning	4:18:46	2011
144.	Birte Tiedemann	4:19:04	2015
145.	Vera Raidt	4:19:09	2008
146.	Annika Maaßen	4:19:30	2017
147.	Marion Baumeister	4:20:04	2013
148.	Bruni Rickmann	4:20:09	1993
149.	Elisabeth Joris	4:20:32	2014
150.	Mechthild Neuer	4:20:36	2003
151.	Martina Cwojdzinski	4:20:47	2017
152.	Kristina Suthues	4:21:03	2011
153.	Susanne Große Lutermann	4:21:20	2012
154.	Beate Naujeck-Peters	4:21:27	2016
155.	Ulrike Hartkopf	4:21:28	2006
156.	Andrea Hahn	4:21:56	2021
157.	Simone Löchte	4:22:22	2005
158.	Ulrike Meurer	4:22:53	2018
159.	Martina Pösentrup	4:24:07	2019
160.	Rita Ruland	4:24:08	2004
161.	Lucia Dießel	4:24:35	2013
162.	Gaby Baumker	4:24:37	2005
163.	Gabriele Rotering	4:24:42	2009
164.	Heike Eickhoff	4:25:17	2009
165.	Tatjana Bialas	4:25:32	2003

Platz	Name	Zeit	Jahr
166.	Hildegard Korte	4:25:32	1988
167.	Karla Kokott	4:25:56	1988
168.	Maren Engl	4:26:04	2017
169.	Claudia Hartleb	4:26:15	2007
170.	Carola Kuhlmann	4:26:26	2010
171.	Brigitte Heckmann	4:26:29	2008
172.	Gaby Brinck	4:26:59	1997
173.	Mechthild Wolfgramm	4:26:59	1997
174.	Annette Seitter	4:27:24	2017
175.	Nadine Hengefeld	4:27:51	2012
176.	Marianne Voetz	4:28:05	2011
177.	Kirsten Agel	4:28:11	2003
178.	Gabi Ringas	4:28:19	2007
179.	Ruth Farke	4:28:26	2006
180.	Jenny Engler	4:28:52	2017
181.	Mechthild Schubert	4:29:02	2007
182.	Dzemila Muratovic	4:29:09	2008
183.	Christa Papenkort	4:29:19	2002
184.	Lucia Röttger	4:29:22	2007
185.	Petra Benz	4:29:46	1995
186.	Kirsten Jungkamp	4:30:58	2015
187.	Anke Hasebrock	4:31:09	2011
188.	Dagmar Pitzler	4:31:39	1993
189.	Petra Frisse	4:32:07	2015
190.	Petra Klauß-Vielmeyer	4:32:37	2017
191.	Renate Bees	4:34:13	1992
192.	Birgit Karst	4:34:22	2006
193.	Anna Ringbeck	4:34:37	2014
194.	Sandra Hagenkötter	4:34:53	2021
195.	Elisabeth Otto	4:34:53	2021
196.	Hedwig Althoff	4:34:58	2018
197.	Monika Herding	4:35:16	2007
198.	Antje Katrin Pöcheim	4:36:23	2017
199.	Heike Lüken	4:36:50	2019
200.	Andrea Hillebrand	4:37:00	1995
201.	Carola Pörschke	4:37:30	2006
202.	Nicole Woermann-Riedel	4:37:34	2017
203.	Sarah Hacke	4:37:37	2009
204.	Sabine Harbering	4:37:47	2010
205.	Monika Sieverdingbeck	4:39:05	2000
206.	Ellen Fennenkötter	4:39:51	2017
207.	Antje Leidiger	4:39:57	2003
208.	Elke Boysen	4:40:27	1997
209.	Elisabeth Revering	4:41:15	2003
210.	Hildegard Brummel	4:44:32	2000
211.	Barbara Wigger	4:44:47	1998
212.	Jutta Tüllmann	4:46:32	1999
213.	Vivien Münstermann	4:47:20	2017
214.	Simone de Kruijff	4:48:43	2017
215.	Melanie Ditrich	4:49:15	2000
216.	Maren Henry	4:49:54	2012
217.	Hildegard Huesker	4:50:10	2001
218.	Roswitha Corsmeier	4:50:55	2001
219.	Anusch Melkonyan	4:51:12	2004
220.	Angelika Roland	4:51:19	2001

Platz	Name	Zeit	Jahr
221.	Inke Rieskamp	4:51:47	2004
222.	Susanne Brinck	4:52:54	2008
223.	Vera Kovermann	4:53:30	2018
224.	Daniela Lohm	4:53:31	2007
225.	Heilswint Siegmund	4:53:31	2007
226.	Doris Ring	4:54:15	2002
227.	Angelika Syska	4:54:59	2009
228.	Elfi Lorbach	4:55:22	2005
229.	Sunniva Schulz	4:56:07	2001
230.	Kludia Brinkmeier	4:58:31	2017
231.	Hella von Lützau	4:58:36	2014
232.	Monika Dropmann	4:58:40	2006
233.	Anne-Kathrin Willamowski	4:58:54	2005
234.	Yvonne Körner	5:01:44	2013
235.	Andrea Beigel	5:02:24	2004
236.	Martina Wesseler	5:02:32	2015
237.	Uschi Sypiana	5:02:45	2005
238.	Maria Leifeld	5:02:47	2005
239.	Christa Wolgast-Azouz	5:03:15	2002
240.	Julia Koch	5:03:44	2017
241.	Heike Homann	5:05:32	2016
242.	Kerstin Seiler	5:05:35	2010
243.	Dorothea Tewes	5:06:57	2002
244.	Andrea Rump	5:07:50	2006
245.	Eva-Maria Jacobs	5:08:00	2015
246.	Heike Berndt	5:08:07	2009
247.	Nathalie Englert	5:10:09	2016
248.	Sabine Decker	5:10:11	2008
249.	Sabine Goschke	5:10:24	2010
250.	Renate Bochinski	5:11:01	2002
251.	Irmgard Kiewitt	5:12:24	1993
252.	Andrea Reisener	5:12:29	2007
253.	Ulrike Wegener	5:12:44	2015
254.	Irmgard Rüpp	5:14:16	2002
255.	Christiane Bodenberger	5:14:17	2002
256.	Marita Reimann	5:14:17	2002
257.	Christa Ruten	5:14:58	2009
258.	Anke Leßmann	5:17:35	2005
259.	Andrea Müller	5:17:59	2005
260.	Gaby Spatz	5:18:09	2015
261.	Anne Wiedemann	5:21:39	2007
262.	Petra Caspari	5:22:10	2004
263.	Ingeborg Kanter	5:22:33	2002
264.	Monika Kristowiak	5:22:34	2002
265.	Eva-Maria Rochau	5:24:42	2003
266.	Carolin Brosig	5:24:52	2019
267.	Elke Schulz	5:25:02	2005
268.	Brunhilde Dargel	5:27:09	2003
269.	Bärbel Sinke	5:27:09	2003
270.	Birgit Bickmann	5:27:39	2022
271.	Birgit Redeker	5:31:25	2006
272.	Anke Beilharz-Wüster	5:32:00	2019
273.	Gisela Hoischen	5:32:45	2002
274.	Beate Roth	5:40:18	2016
275.	Claudia Obert	5:43:39	2002

Platz	Name	Zeit	Jahr
276.	Carmen Gottlob	5:49:53	2015
277.	Kornelia Sommerfeld-Poell	5:59:13	2000