

| Start-Nr. | Name | Vorname | Verein | Jahrgang | AK | 17.11.18 | 1.12.18 | 31.12.99 | 5.1.19 | 19.1.19 | 26.1.19 | 9.2.19 | 3.3.19 | Gesamt | beste Drei | Platz |
|-----------|-------------|------------------|---------------------|----------|------|----------|----------|----------|----------|----------|----------|----------|----------|---------|------------|-------|
| | | | | | | 36 | 34 | 25 | 32 | 35 | 28 | 33 | 26 | 249 | | |
| 264 | Smolla | Olivia | | 2009 | WU12 | | | | | | | | 00:48:13 | #ZAHL! | | |
| 265 | Smolla | Anouk | | 2008 | WU12 | | | | | | | | 00:50:15 | | | |
| 868 | Spieß | Melanie | TV Jahn Welsede | 2003 | WU18 | 00:35:24 | 00:35:56 | | | 00:34:32 | | | 00:34:31 | 1:44:27 | | |
| 69 | Brauns | Hannah | | 2000 | WU20 | | | | | 00:38:04 | 00:38:29 | 00:40:08 | 00:38:10 | 1:54:43 | | |
| 854 | Jennrich | Lotta | TC Hameln | 1999 | WHK | 00:56:19 | | | | | | | | #ZAHL! | | |
| 856 | Müller | Nina | TSV Fuhlen | 1990 | WHK | 00:38:03 | | | | | | 00:38:30 | 00:37:45 | 1:54:18 | 2 | |
| 673/862 | Pflughaupt | Carina | Rocking Rats Hameln | 1989 | WHK | 00:33:12 | 00:32:44 | 00:33:24 | 00:33:57 | | | 00:34:26 | | 1:39:20 | 1 | 2 |
| 857 | Schlinkmann | Julia | ESV | 1995 | WHK | 00:36:42 | | | | | | 00:37:49 | | #ZAHL! | | |
| 880 | Winter | Ann-Kathrin | | 1994 | WHK | 00:46:53 | | | | | | | | #ZAHL! | | |
| 892 | Kratz | Natalya | KDF Hameln | 1986 | W30 | | | | | 00:45:59 | | | | #ZAHL! | | |
| 752 | Krebs | Josefina | | 1987 | W30 | | | 00:39:11 | 00:38:30 | | 00:39:23 | | | 1:57:04 | | |
| 898 | Terra | Imke | Post SV Holzminden | 1987 | W30 | | | | | 00:37:23 | | | | #ZAHL! | | |
| 763 | Walz | Daniela | ESV | 1986 | W30 | | | | 00:39:24 | | | | | #ZAHL! | | |
| 979 | Böker | Lena | Cool Runnings | 1984 | W35 | | | | | 00:46:54 | | 00:48:09 | | #ZAHL! | | |
| 794 | Klingebiel | Verena-Alexandra | ESV | 1981 | W35 | | 00:30:58 | 00:30:05 | 00:29:57 | | | | | 1:31:00 | 1 | 1 |
| 762 | Palmer | Jessica | Cool Runnings | 1982 | W35 | | | | 00:47:00 | 00:46:53 | | 00:48:10 | | 2:22:03 | 2 | |
| 875 | Fuchs | Natalie | Alles Paletti | 1977 | W40 | 00:39:39 | | | | | | | | #ZAHL! | | |
| 844 | Grundmeyer | Jenny | | 1977 | W40 | 00:46:53 | | | | | | | | #ZAHL! | | |
| 897 | Klocke | Indra | Alles Paletti | 1977 | W40 | | | | 00:38:59 | 00:37:15 | 00:36:31 | 00:35:30 | 00:35:48 | 1:47:49 | 1 | |
| 791 | Mäkler | Kerstin | MTV Bad Pyrmont | 1975 | W40 | | 00:46:44 | | | | | | | #ZAHL! | | |
| 861 | Pohlmann | Claudia | | 1977 | W40 | 00:43:23 | | | | | | | | #ZAHL! | | |
| 756 | Schitz | Olga | Alles Paletti | 1979 | W40 | | | 00:39:51 | 00:40:34 | | | 00:39:45 | 00:38:54 | 1:58:30 | 2 | |
| 754 | Schräder | Olga | | 1977 | W40 | | | 00:39:13 | | | | | | #ZAHL! | | |
| 757 | Hoppe | Claudia | RRV Hameln | 1970 | W45 | | | 00:38:24 | | | | | | #ZAHL! | | |
| 852 | Kettle | Sarah | ESV | 1972 | W45 | 00:35:02 | 00:35:00 | | | | 00:35:20 | | 00:35:15 | 1:45:17 | 1 | |
| 759 | Küchler | Birgit | TSC Fischbeck | 1971 | W45 | | | | 00:38:37 | | 00:38:39 | | 00:40:18 | 1:57:34 | 2 | |
| 770 | Anderson | Britta | ESV | 1968 | W50 | | | | | | 00:35:50 | | | #ZAHL! | | |
| 863 | Depping | Ute | Extertal | 1967 | W50 | 00:39:28 | 00:39:54 | | 00:40:09 | | | | | 1:59:31 | 2 | |
| 797 | Hamann | Simone | SSC Springe | 1966 | W50 | | | | 00:34:42 | 00:34:15 | 00:34:31 | | | 1:43:28 | 1 | 3 |
| 771 | Roine | Karen | | 1966 | W50 | | | | | | 00:34:51 | | 00:34:14 | #ZAHL! | | |
| 799 | Waldeck | Kirsten | LGW | 1969 | W50 | | 00:40:24 | 00:39:30 | | | | | 00:40:43 | 2:00:37 | 3 | |
| 769 | Dragendorf | Anje | | 1961 | W55 | | | | | | 00:45:45 | | | #ZAHL! | | |
| 883 | Majewski | Petra | ESV | 1959 | W60 | | 00:33:02 | | | | | | | #ZAHL! | | |
| 873 | Müller | Marion | ESV | 1955 | W60 | 00:40:53 | | | | | | | | #ZAHL! | | |
| | | | | | W70 | | | | | | | | | #ZAHL! | | |
| 170 | Smolla | Felix | | 2012 | WU10 | | | | | | | | 00:48:51 | | | |

| | | | | | | | | | | | | | | | | |
|---------|--------------|------------|-----------------------|------|------|----------|----------|----------|----------|----------|----------|----------|----------|---------|---|---|
| 755 | Garbe | Salomo | ESV | 2005 | MU16 | | | 00:42:50 | | | | | | #ZAHL! | | |
| 858 | Plutte | Bjarne | | 2002 | MU18 | 00:27:36 | 00:27:22 | 00:26:56 | 00:27:12 | | | 00:28:36 | | 1:21:30 | 1 | 3 |
| 798 | Waldeck | Joos | LGW | 2002 | MU18 | | 00:41:06 | 00:39:41 | | | | 00:41:38 | | 2:02:25 | 2 | |
| 801 | Kührmann | Felix | ESV | 2001 | MU20 | 00:32:30 | 00:32:28 | 00:31:56 | | 00:31:44 | 00:32:45 | 00:33:00 | | 1:36:08 | 2 | |
| 797 | Stoll | Konstantin | ESV | 2001 | MU20 | | 00:32:13 | 00:31:45 | | 00:31:47 | | | | 1:35:45 | 1 | |
| 853 | Wollenweber | Malin | | 2000 | MU20 | 00:56:24 | | | | | | | | #ZAHL! | | |
| 792 | Grote | Lauritz | ESV | 1993 | MHK | | 00:26:14 | | | | | | | #ZAHL! | | |
| 945 | Hannemann | Ron | | 1991 | WHK | | | | | | | 00:37:58 | | #ZAHL! | | |
| 893 | Klocke | Fabian | | 1998 | MHK | | | | | 00:31:28 | | | | #ZAHL! | | |
| 959/765 | Raasch | Andre | ESV | 1992 | MHK | 00:30:19 | 00:29:29 | | 00:30:55 | 00:28:27 | | | | 1:28:15 | 2 | |
| 758 | Schneider | Jan | Team Oslosportlager | 1991 | MHK | | | | 00:27:13 | | | | | #ZAHL! | | |
| 764 | Schwekendiek | Jonas | ESV | 1992 | MHK | | | | 00:28:39 | 00:29:09 | | | | #ZAHL! | | |
| 871 | Spieß | Andreas | ESV | 1994 | MHK | | | 00:25:29 | | 00:25:27 | 00:25:48 | 00:25:59 | | 1:16:44 | 1 | 1 |
| 855 | Stillich | Alexander | Emmerthal | 1992 | MHK | 00:36:29 | 00:36:05 | | | | 00:35:54 | 00:36:11 | 00:37:34 | 1:48:10 | 3 | |
| 751 | John | Philipp | ESV | 1988 | M30 | | | 00:29:47 | | 00:28:30 | | 00:29:55 | | 1:28:12 | 1 | |
| 879 | Lachendro | Marcel | ESV | 1987 | M30 | 00:37:24 | | 00:37:10 | | | | 00:40:18 | | 1:54:52 | 2 | |
| 882/898 | Meyer | Matthais | | 1988 | M30 | | 00:30:42 | | 00:29:52 | | | | | #ZAHL! | | |
| 843 | Stoll | Jonathan | | 1989 | M30 | | 00:34:57 | | | | | | | #ZAHL! | | |
| 992 | Evers | Thore | | 1984 | M35 | | | | | | 00:27:46 | | | | | |
| 968 | Smolla | Michael | | 1983 | M35 | | | | | 00:34:34 | 00:34:56 | 00:34:33 | 00:50:16 | 1:44:03 | | |
| 870 | Bleibaum | Thomas | | 1975 | M40 | 00:33:53 | | | | | | | | #ZAHL! | | |
| 847 | Brümmer | Thorsten | | 1976 | M40 | | 00:46:44 | | | | | | | #ZAHL! | | |
| 856/850 | Grundmeyer | Thorsten | | 1977 | M40 | 00:39:39 | 00:34:03 | | | | | | | #ZAHL! | | |
| 918 | Klocke | Axel | Alles Paletti | 1975 | M40 | | | | 00:34:11 | 00:33:31 | 00:34:00 | | | 1:41:42 | | |
| 884 | Niebling | Daniel | Spartakus Holtensen | 1975 | M40 | | 00:39:48 | | | | | | | #ZAHL! | 4 | |
| 761 | Obermann | Ole | Team Cool Runnings | 1978 | M40 | | | | 00:38:17 | 00:36:48 | | 00:48:08 | 00:36:43 | 1:51:48 | 5 | |
| 865 | Plutte | Hauke | VfL Hess.Oldendorf | 1975 | M40 | 00:26:30 | 00:27:22 | | | | | 00:27:26 | | 1:21:18 | 1 | 2 |
| 887 | Propfen | Nils | ESV | 1977 | M40 | | | 00:31:29 | 00:31:53 | 00:31:33 | | | | 1:34:55 | 3 | |
| 908 | Rehmet | Stefan | TSC Fischbeck | 1977 | M40 | | 00:28:35 | | | | 00:28:07 | 00:28:01 | 00:28:40 | 1:24:43 | 2 | |
| 964 | Schwarz | Stefan | ESV | 1979 | M40 | | | 00:26:47 | | | | | | #ZAHL! | | |
| 758 | Taube | Ingo | Post SV Holzminden | 1975 | M40 | | | | | 00:37:25 | | 00:38:09 | | #ZAHL! | | |
| 860 | Hachmeister | Jörg | Sportfreunde Höfingen | 1971 | M45 | 00:41:31 | | | | | | | | #ZAHL! | | |
| 996 | Jochim | Tobias | Alles Paletti | 1973 | M45 | | | 00:31:35 | | 00:31:23 | 00:32:31 | 00:31:44 | | 1:34:42 | 1 | |
| 866 | Klöpper | Markus | Hamel | 1970 | M45 | 00:38:11 | | | 00:44:50 | | | 00:33:26 | | 1:56:27 | 2 | |
| 906 | Lippelt | Falk | ESV | 1973 | M45 | 00:33:44 | | | | | | | | #ZAHL! | | |
| 867 | Schmalkuche | Uwe | Emmerthal | 1972 | M45 | 00:31:42 | | | | | | | | #ZAHL! | | |
| 885 | Riechert | Thomas | TSC Fischbeck | 1966 | M50 | | | 00:37:45 | | | | | | #ZAHL! | | |
| 793 | Tessmer | Andreas | ESV | 1969 | M50 | | 00:28:48 | | | | | | | #ZAHL! | | |
| 919 | Tietze | Olaf | | 1967 | M50 | | | 00:30:23 | | 00:29:58 | | 00:30:30 | | 1:30:51 | 1 | |
| 993 | Mußmann | Kai | ESV | 1968 | M50 | | | | 00:31:13 | 00:30:16 | 00:29:50 | | | 1:31:19 | 2 | |
| 767 | Böttcher | Ralf-Peter | Alles Paletti | 1969 | M50 | | | | | 00:31:44 | 00:31:27 | 00:31:07 | | 1:34:18 | 3 | |
| 877 | Fanslau | Tobias | | 1967 | M50 | 00:32:54 | 00:31:47 | 00:31:29 | 00:31:07 | | | | | 1:34:23 | 4 | |
| 888 | Schrader | Thorsten | RRV Hameln | 1965 | M50 | | 00:32:05 | | 00:32:14 | 00:32:27 | | | | 1:36:46 | 5 | |
| 878 | Scholz | Uwe | | 1965 | M50 | 00:34:07 | 00:34:45 | | 00:35:03 | | | 00:34:12 | | 1:43:04 | 6 | |

| | | | | | | | | | | | | | | | | |
|---------|----------|--------------|-------------------------|------|-----|----------|----------|----------|----------|----------|----------|----------|----------|----------------|---|--|
| 795 | Stoll | Lothar | ESV | 1967 | M50 | | 00:36:12 | | 00:36:55 | 00:38:57 | | 00:35:53 | | 1:49:00 | 7 | |
| 851/838 | Garbe | Christian | ESV | 1965 | M50 | 00:36:32 | | 00:37:12 | | | 00:37:25 | 00:37:41 | | 1:51:09 | 8 | |
| 896 | Wugmann | Heiko | / Blau Weiß Salzhemmend | 1968 | M50 | | | | | 00:38:18 | | 00:39:06 | 00:38:13 | 1:55:37 | 9 | |
| 760 | Kalmus | Michael | ESV | 1960 | M55 | | | | 00:41:36 | 00:40:10 | | | | #ZAHL! | | |
| 859 | Pape | Frank | Tennis Borussia Berlin | 1961 | M55 | 00:38:53 | | | | | | | | #ZAHL! | | |
| 847 | Kordys | Michael | ESV | 1964 | M55 | | | | 00:33:54 | 00:32:59 | 00:33:29 | | | 1:40:22 | 1 | |
| 874/766 | Weiß | Rüdiger | ESV | 1960 | M55 | 00:34:11 | 00:33:58 | | 00:33:23 | | | 00:33:37 | | 1:40:58 | 2 | |
| 999 | Ray | Leon | | 1963 | M55 | | 00:36:13 | | | | 00:35:39 | | 00:36:37 | 1:48:29 | 3 | |
| 872 | Bettels | Gregor | ESV | 1962 | M55 | 00:37:34 | 00:37:42 | | | 00:38:09 | | | | 1:53:25 | 4 | |
| 464 | Straub | Viktor | Alles Paletti | 1961 | M55 | 00:39:35 | 00:40:04 | | 00:41:26 | 00:40:01 | 00:39:35 | 00:39:36 | | 1:58:46 | 5 | |
| 753 | Lücke | Ronald | | 1960 | M55 | | | 00:40:32 | 00:44:49 | 00:41:16 | 00:45:44 | | | 2:06:37 | 6 | |
| 796 | Wuttke | Heiko | ESV | 1963 | M55 | | 00:45:22 | | | | 00:46:28 | 00:47:46 | 00:46:48 | 2:18:38 | 7 | |
| 772 | Anderson | Ian | ESV | 1964 | M55 | | | | | | 00:29:27 | | | | | |
| 864 | Flieger | Wolfgang | | 1957 | M60 | 00:34:54 | 00:34:45 | 00:35:37 | 00:36:23 | 00:39:55 | | 00:35:14 | | 1:44:53 | 1 | |
| 995/974 | Gurgel | Willi | | 1959 | M60 | | | | | 00:41:45 | | 00:43:11 | 00:43:01 | 2:07:57 | 2 | |
| 652 | John | Hans-Henning | WSV | 1955 | M60 | | | 00:40:40 | | | | | | #ZAHL! | | |
| 881/883 | Jugovic | Drago | Alles Paletti | 1952 | M65 | 00:37:11 | | | 00:38:48 | 00:38:32 | 00:37:33 | | 00:38:19 | 1:53:03 | | |
| 876/676 | Bradley | Terry | ESV | 1949 | M70 | 00:56:23 | 00:55:53 | 01:00:15 | 00:59:08 | 00:55:05 | 00:59:38 | 00:56:40 | 01:00:10 | 2:47:21 | | |
| 869 | Werner | Herbert | ESV | 1948 | M70 | 00:34:24 | | | | | | 00:38:36 | | #ZAHL! | | |