

Ergebnisse 5000m

| Platz | Name | Verein | AK-Platz | Ergebnis |
|-------|-------------------------------|----------------------------|----------|----------|
| 1. | Goldbach, André | Laufgruppe Dresden | M30-1 | 00:17:48 |
| 2. | Jürries, Frank | Citylauf-Verein Dresden | M45-1 | 00:19:19 |
| 3. | Jurowiec, Julius | Citylauf-Verein Dresden | U20m-1 | 00:22:03 |
| 4. | Hänsel, Heike | VfL Dresden-Bühlau | W50-1 | 00:22:24 |
| 5. | Mizera, Bernd | Team Endurance Radebeul | M65-1 | 00:23:26 |
| 6. | Richter, Silke | Citylauf-Verein Dresden | W35-1 | 00:23:33 |
| 7. | Boden, Christine | VfL Dresden-Bühlau | W60-1 | 00:23:52 |
| 8. | Wustmann, Ralf | VfL Dresden-Bühlau | M65-2 | 00:24:26 |
| 9. | Jurisch, Jacqueline | Radebeul | W45-1 | 00:24:46 |
| 10. | Werdin, Susann | USV TU Dresden | W-1 | 00:24:49 |
| 11. | Hofmann, Katrin | TSV Dresden | W50-2 | 00:25:34 |
| 12. | Primus, Beate | Citylauf-Verein Dresden | W40-1 | 00:25:42 |
| 13. | Kretschmar, Bernd | VfL Dresden-Bühlau | M70-1 | 00:25:45 |
| 14. | Sebald, Wolfgang | Skiklub Dresden-Niedersedl | M70-2 | 00:25:54 |
| 15. | Grafe, Bernd | LT Line 79 Dresden | M70-3 | 00:25:56 |
| 16. | Heichen, Simone | Laufszene Sachsen | W45-2 | 00:26:01 |
| 17. | Loose, Manfred | VfL Dresden-Bühlau | M70-4 | 00:26:28 |
| 18. | Klawun Kendray, Werner George | Sachsen-Marathon e.V. | M75-1 | 00:27:35 |
| 19. | Ewers, Dr. Dietrich | Dresden Marathon | M75-2 | 00:27:39 |
| 20. | Oqbah, Ammar | Refugees Lauftreff | M-1 | 00:27:48 |
| 21. | Fleischer, Gabriele | Dresden | W60-2 | 00:27:50 |
| 22. | Mittag, Michaela | TSV Dresden | W30-1 | 00:28:21 |
| 23. | Sicker, Dietmar | Dresden | M70-5 | 00:28:59 |
| 24. | Scheicher-Nebe, Katrin | VfL Dresden-Bühlau | W50-3 | 00:29:04 |
| 25. | Schütze, Wolfgang | Skiklub Dresden-Niedersedl | M75-3 | 00:29:09 |
| 26. | Siebert, Sylvia | USV TU Dresden | W45-3 | 00:29:10 |
| 27. | Kleider, Diana | Dresden | W-2 | 00:29:41 |
| 28. | Pusch, Manfred | TSV Dresden | M75-4 | 00:30:00 |
| 29. | Fabian, Dr. Lutz | SG Dynamo Dresden | M75-5 | 00:30:02 |
| 30. | Müller, Siegfried | TV Dresden Blasewitz | M75-6 | 00:30:48 |
| 31. | Schewe, Gudrun | Dresden | W55-1 | 00:31:54 |
| 32. | Jurowiec, Manuela | Citylauf-Verein Dresden | W40-2 | 00:32:40 |

Ergebnisse 5000m (nur Studentenpokal)

| Platz | Name | Verein | AK-Platz | Ergebnis |
|--------------|----------------|----------------|-----------------|-----------------|
| 1. | Werdin, Susann | USV TU Dresden | W-1 | 00:24:49 |

Ergebnisse 10000m (45..70min)/10000m (unter 45min)

| Platz | Name | Verein | AK-Platz | Ergebnis |
|-------|----------------------|----------------------------|----------|----------|
| 1. | Wagner, Roman | Citylauf-Verein Dresden | M35-1 | 00:35:23 |
| 2. | Bär, Georg | Citylauf-Verein Dresden | U20m-1 | 00:35:27 |
| 3. | Merdon, Uwe | Citylauf-Verein Dresden | M55-1 | 00:37:36 |
| 4. | Bär, Detlef | Citylauf-Verein Dresden | M45-1 | 00:37:41 |
| 5. | Berndt, Thomas | SSV Planeta Radebeul | M45-2 | 00:37:45 |
| 6. | Gerber, Stephan | TSV 92 Freiberg | M40-1 | 00:38:36 |
| 7. | Seitz, Jonny | Laufgruppe Dresden | M-1 | 00:38:40 |
| 8. | Loreck, Franco | Laufgruppe Dresden | M30-1 | 00:39:06 |
| 9. | van Leverenz, Martin | Laufgruppe Dresden | M30-2 | 00:39:25 |
| 10. | Obst, Martin | Citylauf-Verein Dresden | M30-3 | 00:39:57 |
| 11. | Giebe, Martin | Citylauf-Verein Dresden | M35-2 | 00:40:03 |
| 12. | Lau, Filip | Laufgruppe Dresden | M-2 | 00:40:12 |
| 13. | Kuhardt, Michael | Citylauf-Verein Dresden | M35-3 | 00:40:21 |
| 14. | Mittrach, Marcel | TU Dresden | M-3 | 00:40:37 |
| 15. | Wartenberg, Jonas | USV TU Dresden | M-4 | 00:41:00 |
| 16. | Schwabe, Felix | HTW Dresden | M-5 | 00:41:17 |
| 17. | Hoff, Sascha | Dresden | M35-4 | 00:41:35 |
| 18. | Urban, Tilo | Radebeul | M40-2 | 00:41:41 |
| 19. | Kaiber, Tilo | Dresden | M45-3 | 00:41:57 |
| 20. | Gesell, Gino | Laufgruppe Dresden | M35-5 | 00:42:09 |
| 21. | Berger, Andre | Dresden | M40-3 | 00:42:46 |
| 22. | Nicolai, René | Laufgruppe Dresden | M35-6 | 00:43:06 |
| 23. | Ledermann, Andreas | --- | M55-2 | 00:43:06 |
| 24. | Klimke, Ronny | Skiklub Dresden-Niedersedl | M-6 | 00:43:26 |
| 25. | Zschoche, Stefan | Citylauf-Verein Dresden | M60-1 | 00:43:41 |
| 26. | Smoger, Florian | SV RW Merzdorf / Berufsaka | M-7 | 00:44:27 |
| 27. | Viehweger, Tom | --- | M35-7 | 00:44:39 |
| 28. | Beyer, Steffen | Radebeul | M45-4 | 00:44:41 |
| 29. | Walter, Lutz | Dresden | M45-5 | 00:45:27 |
| 30. | Zentsch, Uwe | Citylauf-Verein Dresden | M55-3 | 00:45:42 |
| 31. | Reuschel, Mike | DKB | M45-6 | 00:46:00 |
| 32. | Pitzschel, Olaf | Dresden | M50-1 | 00:46:12 |
| 33. | Moschke, Thomas | USV TU Dresden | M30-4 | 00:47:02 |
| 34. | Kühn, Holger | Dresden Marathon | M60-2 | 00:48:29 |
| 35. | Külper, Helmut | TSV Dresden | M55-4 | 00:48:40 |
| 36. | Kleider, Bernd | TSV Dresden | M60-3 | 00:48:49 |
| 37. | Kannegießer, Thomas | Dresden | M45-7 | 00:49:50 |
| 38. | Richter, Rene | Dresden | M50-2 | 00:50:15 |
| 39. | Kuhnert, Klaus | TSV Dresden | M60-4 | 00:50:41 |
| 40. | Heichen, Heiko | Laufszene Sachsen | M45-8 | 00:51:02 |
| 41. | Loschke, Rico | Biketeam-Oberlausitz | M40-4 | 00:51:25 |
| 42. | Werners, Ingo | SSVg Heiligenhaus | M45-9 | 00:51:26 |
| 43. | Mulansky, Lutz | Dresden | M35-8 | 00:51:54 |
| 44. | Jahn, Dietmar | Dresden | M55-5 | 00:51:55 |
| 45. | Weichelt, Dieter | LT Line 79 Dresden | M60-5 | 00:55:11 |

Ergebnisse 10000m (45..70min)/10000m (unter 45min) (nur Studentenpokal)

| Platz | Name | Verein | AK-Platz | Ergebnis |
|-------|------------------|-------------------------------|----------|----------|
| 1. | Seitz, Jonny | Laufgruppe Dresden | M-1 | 00:38:40 |
| 2. | Mittrach, Marcel | TU Dresden | M-2 | 00:40:37 |
| 3. | Schwabe, Felix | HTW Dresden | M-3 | 00:41:17 |
| 4. | Klimke, Ronny | Skiklub Dresden-NiedersedlM-4 | | 00:43:26 |
| 5. | Smoger, Florian | SV RW Merzdorf / BerufsakaM-5 | | 00:44:27 |

Rundenzeiten 5000m

| Name, Vorname | Rd.1 | Rd.2 | Rd.3 | Rd.4 | Rd.5 | Rd.6 | Rd.7 | Rd.8 | Rd.9 | Rd.10 | Rd.11 | Rd.12 | Ziel |
|--------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 171: Goldbach, André | 00:34 | 01:55 | 03:08 | 04:31 | 06:00 | 07:29 | 09:00 | 10:29 | 11:58 | 13:28 | 14:57 | 16:25 | 17:48 |
| 181: Jürries, Frank | 00:40 | 02:06 | 03:39 | 05:11 | 06:43 | 08:17 | 09:52 | 11:26 | 13:02 | 14:38 | 16:13 | 17:46 | 19:19 |
| 126: Jurowiec, Julius | 00:56 | 02:40 | 04:26 | 06:10 | 07:54 | 09:41 | 11:29 | 13:20 | 15:07 | 16:53 | 18:40 | 20:25 | 22:03 |
| 132: Hänsel, Heike | 00:48 | 02:31 | 04:13 | 06:00 | 07:47 | 09:37 | 11:26 | 13:15 | 15:03 | 16:54 | 18:46 | 20:42 | 22:24 |
| 104: Mizera, Bernd | 00:46 | 02:27 | 04:16 | 06:08 | 08:01 | 09:55 | 11:51 | 13:47 | 15:44 | 17:40 | 19:38 | 21:35 | 23:26 |
| 138: Richter, Silke | 00:53 | 02:41 | 04:32 | 06:24 | 08:18 | 10:12 | 12:09 | 14:04 | 16:01 | 17:57 | 19:50 | 21:45 | 23:33 |
| 129: Boden, Christine | 00:50 | 02:39 | 04:30 | 06:23 | 08:17 | 10:11 | 12:05 | 14:01 | 15:57 | 17:55 | 19:53 | 21:55 | 23:52 |
| 179: Wustmann, Ralf | 00:47 | 02:38 | 04:33 | 06:29 | 08:25 | 10:25 | 12:25 | 14:25 | 16:27 | 18:31 | 20:32 | 22:34 | 24:26 |
| 109: Jurisch, Jacqueline | 00:54 | 02:50 | 04:46 | 06:46 | 08:49 | 10:55 | 13:00 | 15:04 | 17:09 | 19:14 | 21:16 | 23:06 | 24:46 |
| 131: Werdin, Susann | 01:00 | 02:54 | 04:47 | 06:43 | 08:45 | 10:42 | 12:40 | 14:38 | 16:38 | 18:41 | 20:47 | 22:53 | 24:49 |
| 110: Hofmann, Katrin | 00:54 | 02:45 | 04:42 | 06:42 | 08:45 | 10:49 | 12:54 | 14:59 | 17:06 | 19:14 | 21:23 | 23:33 | 25:34 |
| 111: Primus, Beate | 00:56 | 02:55 | 04:55 | 06:58 | 09:02 | 11:07 | 13:13 | 15:18 | 17:23 | 19:30 | 21:35 | 23:40 | 25:42 |
| 142: Kretschmar, Bernd | 00:56 | 02:51 | 04:48 | 06:50 | 08:54 | 11:00 | 13:06 | 15:13 | 17:21 | 19:28 | 21:34 | 23:41 | 25:45 |
| 172: Sebald, Wolfgang | 00:57 | 02:54 | 04:54 | 06:56 | 09:00 | 11:03 | 13:08 | 15:13 | 17:21 | 19:29 | 21:40 | 23:52 | 25:54 |
| 173: Grafe, Bernd | 00:55 | 02:49 | 04:48 | 06:50 | 08:53 | 10:58 | 13:04 | 15:11 | 17:20 | 19:32 | 21:42 | 23:55 | 25:56 |
| 177: Heichen, Simone | 00:54 | 02:49 | 04:49 | 06:52 | 08:56 | 11:02 | 13:09 | 15:16 | 17:25 | 19:33 | 21:44 | 23:53 | 26:01 |
| 147: Loose, Manfred | 00:56 | 02:56 | 04:58 | 07:01 | 09:06 | 11:13 | 13:21 | 15:32 | 17:42 | 19:53 | 22:05 | 24:18 | 26:28 |
| 102: Klawun Kendray, Werner Ge | 00:57 | 02:57 | 05:00 | 07:10 | 09:22 | 11:33 | 13:47 | 16:03 | 18:23 | 20:40 | 22:56 | 25:11 | 27:35 |
| 122: Ewers, Dr. Dietrich | 00:59 | 03:04 | 05:14 | 07:23 | 09:37 | 11:52 | 14:08 | 16:24 | 18:42 | 21:02 | 23:22 | 25:37 | 27:39 |
| 182: Oqbah, Ammar | 01:06 | 03:05 | 05:03 | 07:05 | 09:20 | 11:32 | 13:58 | 16:04 | 18:36 | 20:55 | 23:11 | 25:24 | 27:48 |
| 161: Fleischer, Gabriele | 00:55 | 02:58 | 05:09 | 07:22 | 09:35 | 11:49 | 14:05 | 16:22 | 18:40 | 20:58 | 23:17 | 25:34 | 27:50 |
| 166: Mittag, Michaela | 00:56 | 03:02 | 05:13 | 07:25 | 09:40 | 11:58 | 14:18 | 16:42 | 19:05 | 21:26 | 23:47 | 26:08 | 28:21 |
| 170: Sicker, Dietmar | 01:00 | 03:11 | 05:23 | 07:35 | 09:52 | 12:11 | 14:33 | 16:56 | 19:24 | 21:51 | 24:20 | 26:48 | 28:59 |
| 113: Scheicher-Nebe, Katrin | 00:59 | 03:11 | 05:26 | 07:44 | 10:05 | 12:26 | 14:50 | 17:14 | 19:40 | 22:05 | 24:29 | 26:44 | 29:04 |
| 174: Schütze, Wolfgang | 01:03 | 03:12 | 05:25 | 07:36 | 09:51 | 12:10 | 14:32 | 16:55 | 19:23 | 21:50 | 24:18 | 26:47 | 29:09 |
| 145: Siebert, Sylvia | 00:53 | 03:00 | 05:11 | 07:27 | 09:49 | 12:14 | 14:40 | 17:03 | 19:36 | 21:56 | 24:23 | 26:52 | 29:10 |
| 164: Kleider, Diana | 00:57 | 03:10 | 05:30 | 07:49 | 10:11 | 12:33 | 14:56 | 17:24 | 19:55 | 22:26 | 24:57 | 27:31 | 29:41 |
| 114: Pusch, Manfred | 01:02 | 03:13 | 05:29 | 07:48 | 10:15 | 12:44 | 15:12 | 17:41 | 20:12 | 22:45 | 25:15 | 27:44 | 30:00 |
| 123: Fabian, Dr. Lutz | 01:01 | 03:12 | 05:29 | 07:50 | 10:16 | 12:45 | 15:13 | 17:42 | 20:13 | 22:46 | 25:16 | 27:44 | 30:02 |
| 175: Müller, Siegfried | 01:08 | 03:26 | 05:49 | 08:12 | 10:37 | 13:04 | 15:32 | 17:58 | 20:26 | 23:00 | 25:33 | 28:10 | 30:48 |
| 165: Schewe, Gudrun | 01:10 | 03:41 | 06:15 | 08:47 | 11:19 | 13:50 | 16:21 | 18:55 | 21:29 | 24:06 | 26:45 | 29:24 | 31:54 |
| 125: Jurowiec, Manuela | 01:13 | 03:46 | 06:22 | 08:57 | 11:33 | 14:11 | 16:51 | 19:35 | 22:16 | 24:58 | 27:37 | 30:15 | 32:40 |
| 130: Werdin, Simone | 01:05 | 03:17 | 05:32 | 07:50 | 10:10 | 12:31 | 14:56 | 17:24 | | | | | |
| 117: Nollau, Annette | 01:09 | 03:30 | 05:53 | 08:17 | 10:44 | 13:12 | 16:04 | | | | | | |

Rundenzeiten 10000m (45..70min)

| Name, Vorname | Rd.1 | Rd.2 | Rd.3 | Rd.4 | Rd.5 | Rd.6 | Rd.7 | Rd.8 | Rd.9 | Rd.10 | Rd.11 | Rd.12 | Rd.13 | Rd.14 | Rd.15 | Rd.16 | Rd.17 | Rd.18 | Rd.19 | Rd.20 | Rd.21 | Rd.22 | Rd.23 | Rd.24 | Ziel |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 140: Mittrach, Marcel | 01:33 | 03:07 | 04:40 | 06:13 | 07:47 | 09:20 | 10:53 | 12:27 | 14:04 | 15:40 | 17:18 | 18:56 | 20:34 | 22:14 | 23:54 | 25:37 | 27:17 | 28:57 | 30:37 | 32:18 | 34:00 | 35:43 | 37:25 | 39:06 | 40:37 |
| 184: Urban, Tilo | 01:30 | 03:02 | 04:38 | 06:15 | 07:50 | 09:27 | 11:05 | 12:43 | 14:22 | 16:01 | 17:42 | 19:22 | 21:03 | 22:44 | 24:25 | 26:07 | 27:52 | 29:33 | 31:22 | 33:07 | 34:52 | 36:34 | 38:18 | 40:01 | 41:41 |
| 121: Berger, Andre | 01:41 | 03:19 | 04:57 | 06:34 | 08:13 | 09:52 | 11:32 | 13:15 | 14:58 | 16:42 | 18:24 | 20:06 | 21:50 | 23:35 | 25:19 | 27:03 | 28:51 | 30:33 | 32:18 | 34:06 | 35:52 | 37:37 | 39:24 | 41:10 | 42:46 |
| 101: Klimke, Ronny | 01:27 | 03:02 | 04:37 | 06:15 | 07:56 | 09:38 | 11:21 | 13:02 | 14:45 | 16:29 | 18:15 | 20:01 | 21:49 | 23:36 | 25:23 | 27:11 | 28:58 | 30:48 | 32:37 | 34:27 | 36:17 | 38:08 | 39:58 | 41:47 | 43:26 |
| 176: Zschoche, Stefan | 01:41 | 03:24 | 05:09 | 06:53 | 08:38 | 10:25 | 12:12 | 14:01 | 15:46 | 17:31 | 19:17 | 21:02 | 22:48 | 24:32 | 26:17 | 28:02 | 29:49 | 31:34 | 33:19 | 35:04 | 36:50 | 38:36 | 40:22 | 42:05 | 43:41 |
| 144: Smoger, Florian | 01:33 | 03:09 | 04:46 | 06:26 | 08:07 | 09:51 | 11:36 | 13:23 | 15:11 | 16:59 | 18:49 | 20:37 | 22:25 | 24:14 | 26:01 | 27:49 | 29:40 | 31:30 | 33:23 | 35:15 | 37:10 | 39:02 | 40:54 | 42:44 | 44:27 |
| 153: Viehweger, Tom | 01:49 | 03:40 | 05:30 | 07:20 | 09:10 | 11:01 | 12:54 | 14:44 | 16:32 | 18:21 | 20:09 | 21:57 | 23:46 | 25:34 | 27:21 | 29:07 | 30:54 | 32:40 | 34:24 | 36:10 | 37:54 | 39:38 | 41:21 | 43:03 | 44:39 |
| 108: Walter, Lutz | 01:40 | 03:30 | 05:21 | 07:11 | 09:03 | 10:55 | 12:45 | 14:36 | 16:26 | 18:16 | 20:05 | 21:53 | 23:42 | 25:34 | 27:24 | 29:17 | 31:07 | 32:55 | 34:46 | 36:37 | 38:27 | 40:17 | 42:07 | 43:51 | 45:27 |
| 103: Zentsch, Uwe | 01:46 | 03:33 | 05:21 | 07:10 | 09:03 | 10:54 | 12:45 | 14:35 | 16:26 | 18:16 | 20:04 | 21:53 | 23:43 | 25:34 | 27:24 | 29:18 | 31:07 | 32:54 | 34:46 | 36:36 | 38:27 | 40:18 | 42:07 | 43:57 | 45:42 |
| 112: Pitzschel, Olaf | 01:43 | 03:23 | 05:07 | 06:51 | 08:36 | 10:24 | 12:12 | 14:02 | 15:52 | 17:44 | 19:36 | 21:34 | 23:27 | 25:19 | 27:10 | 29:05 | 31:00 | 32:55 | 34:47 | 36:44 | 38:34 | 40:30 | 42:25 | 44:19 | 46:12 |
| 127: Moschke, Thomas | 01:49 | 03:38 | 05:31 | 07:26 | 09:17 | 11:07 | 12:55 | 14:44 | 16:33 | 18:25 | 20:18 | 22:13 | 24:07 | 26:02 | 27:56 | 29:53 | 31:49 | 33:44 | 35:40 | 37:37 | 39:33 | 41:29 | 43:24 | 45:16 | 47:02 |
| 135: Kühn, Holger | 01:45 | 03:36 | 05:31 | 07:25 | 09:20 | 11:15 | 13:10 | 15:08 | 17:07 | 19:02 | 21:00 | 22:58 | 24:56 | 26:57 | 28:55 | 30:55 | 32:52 | 34:51 | 36:49 | 38:48 | 40:45 | 42:43 | 44:39 | 46:36 | 48:29 |
| 118: Külper, Helmut | 01:46 | 03:33 | 05:20 | 07:10 | 09:02 | 10:55 | 12:50 | 14:48 | 16:48 | 18:48 | 20:45 | 22:44 | 24:42 | 26:42 | 28:42 | 30:40 | 32:39 | 34:40 | 36:42 | 38:44 | 40:43 | 42:42 | 44:40 | 46:42 | 48:40 |
| 163: Kleider, Bernd | 01:51 | 03:42 | 05:35 | 07:26 | 09:20 | 11:15 | 13:09 | 15:04 | 17:15 | 19:11 | 21:10 | 23:06 | 25:04 | 27:00 | 28:58 | 30:57 | 32:55 | 34:54 | 36:55 | 38:55 | 40:56 | 42:57 | 45:00 | 46:58 | 48:49 |
| 150: Kannegießer, Thomas | 01:49 | 03:40 | 05:33 | 07:26 | 09:21 | 11:15 | 13:10 | 15:08 | 17:08 | 19:04 | 21:04 | 23:04 | 25:04 | 27:05 | 29:08 | 31:11 | 33:17 | 35:19 | 37:25 | 39:32 | 41:38 | 43:42 | 45:47 | 47:53 | 49:50 |
| 148: Richter, Rene | 01:48 | 03:38 | 05:29 | 07:21 | 09:15 | 11:09 | 13:05 | 15:02 | 17:01 | 19:01 | 21:02 | 23:01 | 25:01 | 27:02 | 29:05 | 31:11 | 33:17 | 35:24 | 37:31 | 39:39 | 41:48 | 43:56 | 46:03 | 48:14 | 50:15 |
| 124: Kuhnert, Klaus | 01:47 | 03:35 | 05:24 | 07:16 | 09:10 | 11:05 | 13:05 | 15:04 | 17:05 | 19:08 | 21:11 | 23:15 | 25:21 | 27:28 | 29:35 | 31:42 | 33:48 | 35:56 | 38:03 | 40:11 | 42:21 | 44:28 | 46:36 | 48:43 | 50:41 |
| 178: Heichen, Heiko | 01:49 | 03:38 | 05:31 | 07:25 | 09:17 | 11:12 | 13:07 | 15:05 | 17:06 | 19:08 | 21:11 | 23:15 | 25:21 | 27:27 | 29:39 | 31:44 | 33:50 | 36:14 | 38:24 | 40:32 | 42:42 | 44:48 | 46:56 | 49:01 | 51:02 |
| 149: Loschke, Rico | 01:49 | 03:42 | 05:35 | 07:28 | 09:23 | 11:22 | 13:21 | 15:21 | 17:20 | 19:20 | 21:23 | 23:26 | 25:31 | 27:38 | 29:49 | 32:00 | 34:11 | 36:23 | 38:37 | 40:52 | 43:03 | 45:12 | 47:21 | 49:28 | 51:25 |
| 105: Werners, Ingo | 01:55 | 03:53 | 05:51 | 07:47 | 09:44 | 11:40 | 13:38 | 15:38 | 17:38 | 19:37 | 21:39 | 23:39 | 25:40 | 27:42 | 29:47 | 31:50 | 33:55 | 36:03 | 38:11 | 40:23 | 42:33 | 44:41 | 46:48 | 48:53 | 51:26 |
| 143: Mulansky, Lutz | 01:55 | 03:52 | 05:49 | 07:49 | 09:50 | 11:53 | 13:55 | 15:59 | 18:05 | 20:10 | 22:18 | 24:26 | 26:33 | 28:41 | 30:50 | 32:57 | 35:07 | 37:16 | 39:27 | 41:36 | 43:44 | 45:53 | 48:01 | 50:08 | 51:54 |
| 183: Jahn, Dietmar | 01:57 | 04:03 | 06:09 | 08:14 | 10:19 | 12:23 | 14:27 | 16:30 | 18:33 | 20:38 | 22:43 | 24:49 | 26:54 | 28:59 | 31:03 | 33:07 | 35:12 | 37:19 | 39:26 | 41:36 | 43:45 | 45:53 | 48:01 | 50:06 | 51:55 |
| 180: Weichelt, Dieter | 01:55 | 03:57 | 06:04 | 08:10 | 10:19 | 12:27 | 14:37 | 16:49 | 19:02 | 21:16 | 23:30 | 25:41 | 27:54 | 30:08 | 32:23 | 34:40 | 36:57 | 39:15 | 41:32 | 43:50 | 46:08 | 48:26 | 50:45 | 53:04 | 55:11 |
| 162: Pfitzner, Andreas | 01:56 | 04:01 | 06:08 | 08:15 | 10:23 | 12:34 | 14:43 | 16:57 | 19:11 | 21:29 | 23:50 | 26:15 | 28:38 | 31:08 | 33:40 | 36:15 | 38:54 | 41:30 | 44:29 | | | | | | |

Rundenzeiten 10000m (unter 45min)

| Name, Vorname | Rd.1 | Rd.2 | Rd.3 | Rd.4 | Rd.5 | Rd.6 | Rd.7 | Rd.8 | Rd.9 | Rd.10 | Rd.11 | Rd.12 | Rd.13 | Rd.14 | Rd.15 | Rd.16 | Rd.17 | Rd.18 | Rd.19 | Rd.20 | Rd.21 | Rd.22 | Rd.23 | Rd.24 | Ziel |
|---------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 146: Wagner, Roman | 01:21 | 02:44 | 04:05 | 05:26 | 06:49 | 08:11 | 09:35 | 10:59 | 12:24 | 13:51 | 15:17 | 16:42 | 18:10 | 19:37 | 21:10 | 22:34 | 24:01 | 25:28 | 26:56 | 28:25 | 29:52 | 31:22 | 32:48 | 34:11 | 35:23 |
| 134: Bär, Georg | 01:20 | 02:44 | 04:06 | 05:27 | 06:50 | 08:11 | 09:35 | 10:58 | 12:25 | 13:51 | 15:15 | 16:45 | 18:09 | 19:37 | 21:04 | 22:33 | 24:00 | 25:27 | 26:55 | 28:24 | 29:52 | 31:22 | 32:48 | 34:11 | 35:27 |
| 136: Merdon, Uwe | 01:25 | 02:52 | 04:20 | 05:49 | 07:22 | 08:48 | 10:18 | 11:50 | 13:20 | 14:54 | 16:25 | 17:54 | 19:23 | 20:54 | 22:29 | 23:58 | 25:30 | 27:01 | 28:32 | 30:02 | 31:34 | 33:05 | 34:40 | 36:09 | 37:36 |
| 133: Bär, Detlef | 01:26 | 02:55 | 04:23 | 05:53 | 07:22 | 08:51 | 10:21 | 11:52 | 13:22 | 14:54 | 16:26 | 17:57 | 19:27 | 20:57 | 22:29 | 24:00 | 25:31 | 27:02 | 28:34 | 30:07 | 31:41 | 33:14 | 34:47 | 36:18 | 37:41 |
| 115: Berndt, Thomas | 01:24 | 02:53 | 04:23 | 05:54 | 07:24 | 08:53 | 10:24 | 11:54 | 13:24 | 14:56 | 16:26 | 17:57 | 19:27 | 20:57 | 22:28 | 24:00 | 25:31 | 27:02 | 28:34 | 30:06 | 31:41 | 33:14 | 34:46 | 36:18 | 37:45 |
| 139: Gerber, Stephan | 01:40 | 03:00 | 04:30 | 06:01 | 07:32 | 09:03 | 10:37 | 12:09 | 13:41 | 15:13 | 16:45 | 18:20 | 19:54 | 21:28 | 23:01 | 24:35 | 26:10 | 27:43 | 29:17 | 30:51 | 32:25 | 34:00 | 35:36 | 37:07 | 38:36 |
| 188: Seitz, Jonny | 01:20 | 02:44 | 04:11 | 05:38 | 07:10 | 08:40 | 10:12 | 11:44 | 13:14 | 14:46 | 16:18 | 17:52 | 19:24 | 20:57 | 22:31 | 24:06 | 25:43 | 27:21 | 28:59 | 30:39 | 32:16 | 33:53 | 35:32 | 37:09 | 38:40 |
| 158: Loreck, Franco | 01:22 | 02:52 | 04:21 | 05:50 | 07:21 | 08:52 | 10:24 | 11:56 | 13:27 | 15:05 | 16:38 | 18:14 | 19:49 | 21:26 | 23:03 | 24:40 | 26:18 | 27:56 | 29:35 | 31:12 | 32:49 | 34:26 | 36:03 | 37:39 | 39:06 |
| 186: van Leverenz, Martin | 01:30 | 03:02 | 04:33 | 06:03 | 07:35 | 09:08 | 10:41 | 12:16 | 13:49 | 15:24 | 16:59 | 18:35 | 20:10 | 21:47 | 23:23 | 25:00 | 26:37 | 28:14 | 29:50 | 31:28 | 33:06 | 34:43 | 36:21 | 37:55 | 39:25 |
| 116: Obst, Martin | 01:26 | 02:57 | 04:28 | 06:00 | 07:34 | 09:09 | 10:45 | 12:22 | 13:58 | 15:35 | 17:11 | 18:48 | 20:26 | 22:02 | 23:39 | 25:16 | 26:54 | 28:33 | 30:12 | 31:50 | 33:30 | 35:10 | 36:48 | 38:28 | 39:57 |
| 151: Giebe, Martin | 01:33 | 03:07 | 04:42 | 06:16 | 07:52 | 09:25 | 11:01 | 12:37 | 14:13 | 15:50 | 17:27 | 19:04 | 20:41 | 22:17 | 23:53 | 25:28 | 27:05 | 28:43 | 30:21 | 32:06 | 33:38 | 35:17 | 37:01 | 38:33 | 40:03 |
| 155: Lau, Filip | 01:30 | 03:01 | 04:31 | 06:02 | 07:32 | 09:04 | 10:37 | 12:09 | 13:41 | 15:14 | 16:48 | 18:25 | 20:04 | 21:44 | 23:24 | 25:01 | 26:41 | 28:24 | 30:08 | 31:51 | 33:30 | 35:10 | 36:51 | 38:32 | 40:12 |
| 137: Kuhardt, Michael | 01:25 | 02:54 | 04:24 | 05:58 | 07:32 | 09:11 | 10:44 | 12:23 | 14:01 | 15:39 | 17:19 | 18:59 | 20:39 | 22:17 | 23:52 | 25:28 | 27:04 | 28:42 | 30:25 | 32:10 | 33:54 | 35:36 | 37:14 | 38:51 | 40:21 |
| 107: Wartenberg, Jonas | 01:40 | 02:53 | 04:23 | 05:55 | 07:29 | 09:05 | 10:43 | 12:23 | 14:03 | 15:43 | 17:24 | 19:04 | 20:44 | 22:25 | 24:06 | 25:50 | 27:36 | 29:22 | 31:06 | 32:51 | 34:35 | 36:17 | 37:59 | 39:36 | 41:00 |
| 154: Schwabe, Felix | 01:32 | 03:06 | 04:42 | 06:19 | 07:56 | 09:36 | 11:18 | 12:58 | 14:37 | 16:15 | 17:53 | 19:32 | 21:11 | 22:51 | 24:34 | 26:16 | 27:57 | 29:38 | 31:20 | 33:04 | 34:47 | 36:29 | 38:09 | 39:49 | 41:17 |
| 156: Hoff, Sascha | 01:31 | 03:04 | 04:38 | 06:13 | 07:48 | 09:25 | 11:03 | 12:41 | 14:21 | 16:00 | 17:40 | 19:21 | 21:00 | 22:41 | 24:22 | 26:02 | 27:45 | 29:31 | 31:16 | 33:01 | 34:45 | 36:28 | 38:11 | 39:52 | 41:35 |
| 185: Kaiber, Tilo | 01:34 | 03:07 | 04:42 | 06:16 | 07:52 | 09:28 | 11:05 | 12:43 | 14:22 | 16:01 | 17:41 | 19:22 | 21:04 | 22:46 | 24:31 | 26:18 | 28:02 | 29:46 | 31:32 | 33:19 | 35:04 | 36:52 | 38:38 | 40:24 | 41:57 |
| 157: Gesell, Gino | 01:38 | 03:22 | 05:04 | 06:44 | 08:25 | 10:06 | 11:47 | 13:27 | 15:07 | 16:47 | 18:30 | 20:10 | 21:53 | 23:37 | 25:19 | 27:00 | 28:57 | 30:27 | 32:10 | 33:54 | 35:35 | 37:16 | 38:58 | 40:37 | 42:09 |
| 159: Nicolai, René | 01:38 | 03:23 | 05:04 | 06:44 | 08:25 | 10:06 | 11:48 | 13:30 | 15:09 | 16:52 | 18:37 | 20:21 | 22:07 | 23:52 | 25:39 | 27:26 | 29:14 | 30:56 | 32:41 | 34:25 | 36:13 | 38:00 | 39:48 | 41:32 | 43:06 |
| 120: Ledermann, Andreas | 01:37 | 03:19 | 05:00 | 06:42 | 08:24 | 10:10 | 11:48 | 13:31 | 15:14 | 16:56 | 18:42 | 20:23 | 22:08 | 23:53 | 25:37 | 27:26 | 29:07 | 30:53 | 32:38 | 34:24 | 36:13 | 37:59 | 39:45 | 41:31 | 43:06 |
| 160: Beyer, Steffen | 01:40 | 03:26 | 05:12 | 06:58 | 08:44 | 10:30 | 12:19 | 14:07 | 15:58 | 17:52 | 19:37 | 21:25 | 23:14 | 25:00 | 26:49 | 28:38 | 30:35 | 32:22 | 34:08 | 35:58 | 37:48 | 39:37 | 41:25 | 43:09 | 44:41 |
| 187: Reuschel, Mike | 01:40 | 03:26 | 05:12 | 06:58 | 08:44 | 10:30 | 12:19 | 14:08 | 15:57 | 17:49 | 19:40 | 21:32 | 23:23 | 25:15 | 27:07 | 28:59 | 30:53 | 32:49 | 34:49 | 36:37 | 38:33 | 40:30 | 42:22 | 44:10 | 46:00 |