

## M ä n n e r

1	Thomas Bruns	SV Union Meppen	01:08:51	2006
2	Daniel Johannig	BV Garrel	01:11:24	2023
3	Michael Majewski	BV Garrel	01:11:26	2023
4	Eduard K�pker	SV Concordia Emsb�ren	01:12:30	1995
5	Manfred Raming	TV Markdorf	01:14:31	2002
6	Dietmar Robbers	SV Sparta Werlte	01:14:45	1999
7	Michael Majewski	BV Garrel	01:15:03	2015
8	Nico Buccioni	VFL L�hningen	01:15:14	2012
9	Klaus Hanekamp	SV Sparta Werlte	01:15:16	1997
10	Sebastian Pol	SCU Emlichheim	01:15:20	2023
11	Michael Wagemaker	SV Concordia Emsb�ren	01:15:31	2002
12	Dr.Heinz Fehren	SV Concordia Emsb�ren	01:15:46	1994
13	Stephan Reinhard	-	01:15:52	2024
14	Thomas Bruns	Union Meppen	01:15:54	2009
15	Holger Theis	LG Bersenbr�ck/Engter	01:16:05	1997
16	Klaus-Dieter Grabowski	SCSV Spelle-Venhaus	01:16:06	2002
17	Andreas Fehren	SV Concordia Emsb�ren	01:16:21	1996
18	Alwin Drees	DJK Eintracht B�rger	01:16:40	1994
19	Frank Themsen	LG Bremen Nord	01:16:53	2006
20	Thomas Bruns	Braunschweiger Laufclub	01:16:55	2024