

| Platz | Startnr | Vorname | Nachname | Geb-Jahr | Verein | Klasse | Klassenplatz | Netto | Brutto |
|-------|---------|--------------|---------------|----------|-------------------------|--------|--------------|------------|------------|
| 1 | 760 | Jonas | Kulgemeyer | 4 | OTB Osnabrück | MH | 1 | 0:31:00,35 | 0:31:00,35 |
| 2 | 1408 | Linus | Vennemann | 0 | LG Osnabrück | MH | 2 | 0:31:14,73 | 0:31:14,73 |
| 3 | 569 | Nils | Huhtakangas | 99 | LG Osnabrück | MH | 3 | 0:32:43,64 | 0:32:43,64 |
| 4 | 1579 | Jan | Fitschen | 77 | Laufen ist einfach | M40 | 1 | 0:35:11,04 | 0:35:11,04 |
| 5 | 1587 | Jan | Drees | 95 | SV Greven | MH | 4 | 0:36:20,54 | 0:36:21,99 |
| 6 | 1068 | Michael | Sanders | 87 | DJK Milte | M30 | 1 | 0:37:00,03 | 0:37:00,95 |
| 7 | 1563 | Ann-Christin | Opitz | 99 | | WH | 1 | 0:37:10,94 | 0:37:10,94 |
| 8 | 1118 | Steffen | Riessenpatt | 97 | TSV Bayer 04 Leverkusen | MH | 5 | 0:37:13,42 | 0:37:14,07 |
| 9 | 1420 | Christian | Vogt | 74 | TSG 07 Burg Gretesch | M40 | 2 | 0:37:16,39 | 0:37:16,89 |
| 10 | 99 | Alexander | Blom | 89 | Marathon Ibbenbüren | M30 | 2 | 0:37:39,00 | 0:37:39,66 |
| 11 | 2 | Benjamin | Ahlert | 84 | | M30 | 3 | 0:37:49,02 | 0:37:50,22 |
| 12 | 579 | Matthias | Hüseemann | 77 | TV01 Bohmte | M40 | 3 | 0:37:54,66 | 0:37:54,66 |
| 13 | 1124 | Anton | Rod | 87 | | M30 | 4 | 0:38:21,35 | 0:38:21,56 |
| 14 | 1353 | Stefan | Thomas | 89 | | M30 | 5 | 0:38:22,34 | 0:38:22,34 |
| 15 | 1014 | Daniel | Otto | 73 | SC Melle 03 | M40 | 4 | 0:38:50,67 | 0:38:51,04 |
| 16 | 354 | Wiebke | Fritz | 89 | VfL Lingen | W30 | 1 | 0:38:52,71 | 0:38:53,20 |
| 17 | 522 | Jan | Hillenberg | 95 | Osnabrück | MH | 6 | 0:39:04,27 | 0:39:04,59 |
| 18 | 1007 | Carl | Osterhold | 0 | Triathlonteam Hamburg | MH | 7 | 0:39:11,03 | 0:39:11,70 |
| 19 | 919 | Dirk | Moldenhauer | 83 | PKF WMS | M30 | 6 | 0:39:16,02 | 0:39:18,01 |
| 20 | 2157 | Gunnar | Gühlstorf | 78 | VfR Voxtrup | M40 | 5 | 0:39:16,25 | 0:39:16,64 |
| 21 | 989 | Michael | Oelgeschläger | 88 | SV Concordia Belm-Powe | M30 | 7 | 0:39:21,10 | 0:39:21,74 |
| 22 | 116 | Markus | Bokern | 72 | die-bokerns | M50 | 1 | 0:39:31,62 | 0:39:31,93 |
| 23 | 1381 | Joey | Trennhaus | 0 | Tus Eintracht | MH | 8 | 0:39:48,26 | 0:39:49,71 |
| 24 | 773 | Konrad | Lampe | 78 | SC Melle 03 | M40 | 6 | 0:39:53,96 | 0:39:55,46 |
| 25 | 1060 | Jakob | Pöling | 5 | OTB Osnabrück | MJ U18 | 1 | 0:39:54,75 | 0:39:55,09 |
| 26 | 1116 | Tim | Riepenhoff | 3 | | MH | 9 | 0:39:54,90 | 0:40:48,17 |
| 27 | 1364 | Tim | Möller | 99 | | MH | 10 | 0:40:01,66 | 0:40:10,80 |
| 28 | 1582 | Alexander | Bolte | 22 | VfL Kloster Oesede | MH | 11 | 0:40:07,78 | 0:40:12,68 |
| 29 | 1229 | Fabian | Schwering | 96 | Semco Running Team | MH | 12 | 0:40:13,66 | 0:40:21,12 |
| 30 | 1096 | Christoph | Raum | 78 | TSC Neuendettelsau | M40 | 7 | 0:40:27,47 | 0:40:37,33 |
| 31 | 1444 | Thomas | Wagner | 66 | Tri-Hollage | M50 | 2 | 0:40:30,54 | 0:40:31,45 |

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|----|------|------------|--------------|----|--------------------------|--------|----|------------|------------|
| 32 | 319 | Jannik | Evers | 99 | | MH | 13 | 0:40:32,50 | 0:40:34,82 |
| 33 | 1584 | Simon | Marx | 97 | | MH | 14 | 0:40:32,88 | 0:40:36,75 |
| 34 | 889 | Britta | Mergelmeyer | 72 | TV Georgsmarienhütte | W50 | 1 | 0:40:43,36 | 0:40:48,54 |
| 35 | 233 | Matthew | Crocker | 72 | Southampton AC | M50 | 3 | 0:40:46,22 | 0:40:47,65 |
| 36 | 254 | Torben | Diersmann | 89 | BSV Holzhausen | M30 | 8 | 0:40:47,08 | 0:40:58,77 |
| 37 | 34 | Jason | Ballard | 88 | Trailteam Osnabrück | M30 | 9 | 0:40:47,31 | 0:41:11,46 |
| 38 | 333 | Jo | Finster | 88 | Osnabrück | M30 | 10 | 0:40:48,29 | 0:40:48,56 |
| 39 | 105 | Patrick | Blumenberg | 87 | WBG | M30 | 11 | 0:40:49,24 | 0:41:49,64 |
| 40 | 1383 | Kai | Trentmann | 96 | Osnabrück | MH | 15 | 0:40:54,96 | 0:40:55,02 |
| 41 | 139 | Julius | Brand | 9 | SC Schölerberg | MJ U18 | 2 | 0:40:57,14 | 0:41:04,72 |
| 42 | 1429 | Stefan | Voltz | 68 | VfR Voxtrup | M50 | 4 | 0:41:01,27 | 0:41:03,39 |
| 43 | 170 | Steffen | Brockmeyer | 88 | Melle | M30 | 12 | 0:41:13,07 | 0:41:15,44 |
| 44 | 753 | Sebastian | Kuckmeyer | 95 | VfL Kloster Oesede | MH | 16 | 0:41:19,71 | 0:42:03,94 |
| 45 | 1354 | Tobias | Thomashevsky | 89 | Dissen | M30 | 13 | 0:41:23,05 | 0:41:26,25 |
| 46 | 1536 | Markus | Wübben | 95 | | MH | 17 | 0:41:23,11 | 0:41:25,97 |
| 47 | 763 | Manfred | Kurre | 60 | Bramscher Rummläufer | M60 | 1 | 0:41:25,71 | 0:41:27,33 |
| 48 | 912 | Jonas | Michalowski | 2 | | MH | 18 | 0:41:31,79 | 0:42:36,83 |
| 49 | 1379 | André | Träger | 67 | Trail Team Osnabrück | M50 | 5 | 0:41:32,93 | 0:41:33,65 |
| 50 | 559 | Florian | Hotfilter | 96 | TuS Glane | MH | 19 | 0:41:33,06 | 0:41:37,70 |
| 51 | 949 | Felix | Nardmann | 97 | | MH | 20 | 0:41:40,60 | 0:41:43,81 |
| 52 | 480 | Maximilian | Heidemann | 94 | TUS Glane | MH | 21 | 0:41:47,26 | 0:41:52,27 |
| 53 | 669 | David | Kiwitz | 88 | Bramscher Rummläufer | M30 | 14 | 0:41:49,56 | 0:41:50,43 |
| 54 | 723 | Michael | Kormann | 93 | | MH | 22 | 0:41:52,92 | 0:41:53,50 |
| 55 | 785 | Elmar | Langetepe | 67 | SC Preussen 06 Lengerich | M50 | 6 | 0:41:55,17 | 0:41:56,99 |
| 56 | 1522 | Niklas | Wittland | 95 | VfL Osnabrück | MH | 23 | 0:41:56,00 | 0:41:59,49 |
| 57 | 550 | Gisela | Hoppe | 73 | Southampton AC | W40 | 1 | 0:41:57,16 | 0:41:58,54 |
| 58 | 1594 | Tristan | Gering | 0 | Help Age | MH | 24 | 0:41:58,14 | 0:42:28,35 |
| 59 | 883 | Tobias | Melzer | 92 | | M30 | 15 | 0:42:05,46 | 0:42:13,03 |
| 60 | 580 | Felix | Husmann | 90 | RVV Burg Gretesch | M30 | 16 | 0:42:05,52 | 0:42:09,66 |
| 61 | 6 | Marc | Ahring | 87 | Landstreicher | M30 | 17 | 0:42:05,70 | 0:43:13,76 |
| 62 | 837 | Philipp | Loheide | 0 | - | MH | 25 | 0:42:12,73 | 0:42:21,49 |
| 63 | 524 | Markus | Hilmes | 76 | FC Holsten Mündrup | M40 | 8 | 0:42:12,93 | 0:42:45,49 |
| 64 | 1170 | Tobias | Schleper | 84 | | M30 | 18 | 0:42:14,52 | 0:42:18,72 |

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| 65 | 1120 | Nils | Rinke | 5 | OTB Osnabrück | MJ U18 | 3 | 0:42:15,13 | 0:42:15,45 |
| 66 | 344 | Jens | Frankenberg | 73 | Georgsmarienhütte | M40 | 9 | 0:42:16,03 | 0:42:24,76 |
| 67 | 1256 | Sebastian | Sommer | 84 | Piepenbrock Laufteam | M30 | 19 | 0:42:17,67 | 0:42:23,82 |
| 68 | 790 | Marek | Latocha | 72 | Jede Oma zählt | M50 | 7 | 0:42:19,79 | 0:42:23,32 |
| 69 | 1141 | Lennart | Sandeck | 99 | | MH | 26 | 0:42:22,44 | 0:42:24,77 |
| 70 | 1442 | Angela | Voßküher | 2 | | WH | 2 | 0:42:23,59 | 0:42:37,39 |
| 71 | 869 | Kai | Marynek | 70 | Barsbütteler SV | M50 | 8 | 0:42:24,04 | 0:42:33,01 |
| 72 | 1569 | Florian | Veen | 0 | Gaste-Hasbergen | MH | 27 | 0:42:34,42 | 0:42:47,50 |
| 73 | 748 | Ulrich | Krupp | 68 | Dütespeed | M50 | 9 | 0:42:38,14 | 0:42:53,48 |
| 74 | 700 | Felix | Knemeyer | 3 | Musikkapelle Bad Laer | MH | 28 | 0:42:40,41 | 0:42:47,51 |
| 75 | 775 | Andreas | Landwehr | 69 | Jede Oma zählt | M50 | 10 | 0:42:48,69 | 0:42:53,47 |
| 76 | 30 | Maximilian | Aulbert | 93 | TSG07 Burg Gretesch | MH | 29 | 0:42:48,94 | 0:42:51,14 |
| 77 | 485 | Benni | Heinrich | 94 | Hunteburger SV | MH | 30 | 0:42:49,95 | 0:42:49,95 |
| 78 | 1061 | Jochen | Pöling | 75 | SV Hellern | M40 | 10 | 0:42:51,30 | 0:42:57,81 |
| 79 | 1030 | Andreas | Penquitt | 92 | Andi Fitness | M30 | 20 | 0:42:54,08 | 0:42:54,42 |
| 80 | 1140 | Sascha | Samsel | 90 | | M30 | 21 | 0:43:06,54 | 0:44:08,33 |
| 81 | 878 | André | Meier | 90 | | M30 | 22 | 0:43:07,51 | 0:43:32,27 |
| 82 | 56 | Lukas | Behnke | 90 | | M30 | 23 | 0:43:09,12 | 0:43:12,87 |
| 83 | 528 | Juri | Hirsch | 87 | Polizei-SV Georgsmarienhütte | M30 | 24 | 0:43:13,76 | 0:43:14,61 |
| 84 | 403 | Thomas | Grassow | 86 | TUS Bramsche Kanurennsport | M30 | 25 | 0:43:19,93 | 0:43:23,00 |
| 85 | 759 | Justus | Kujawa | 3 | Polizei-SV Georgsmarienhütte | MH | 31 | 0:43:21,21 | 0:43:49,56 |
| 86 | 1520 | Sabrina | Wittig | 86 | Running Crew Münster | W30 | 2 | 0:43:23,57 | 0:43:23,92 |
| 87 | 1110 | Franziska | Rendler | 84 | Bünde | W30 | 3 | 0:43:24,68 | 0:43:37,56 |
| 88 | 1020 | Tino | Pankratz | 3 | VfL Kloster Oesede | MH | 32 | 0:43:25,43 | 0:43:30,02 |
| 89 | 1067 | Marvin | Post | 99 | | MH | 33 | 0:43:25,43 | 0:43:29,48 |
| 90 | 586 | Jonas | Igelbrink | 93 | | MH | 34 | 0:43:39,83 | 0:43:52,22 |
| 91 | 1284 | Jannis | Steffan | 93 | | MH | 35 | 0:43:42,38 | 0:44:07,79 |
| 92 | 692 | Christoph | Klinge | 87 | | M30 | 26 | 0:43:42,67 | 0:43:50,01 |
| 93 | 1503 | Viktor | Wilhelm | 78 | SF LOTTE | M40 | 11 | 0:43:43,22 | 0:43:43,48 |
| 94 | 686 | Sven | Kleine-Schönepauck | 87 | Landstreicher | M30 | 27 | 0:43:44,42 | 0:44:50,08 |
| 95 | 854 | Björn | Lührmann | 66 | SC Melle 03 | M50 | 11 | 0:43:44,47 | 0:43:45,83 |
| 96 | 206 | Ludger | Busch | 62 | Hunteburger SV | M60 | 2 | 0:43:45,41 | 0:43:45,41 |
| 97 | 326 | Stefan | Feldkämper | 86 | ohne Verein | M30 | 28 | 0:43:45,76 | 0:44:16,64 |

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| 98 | 135 | Lukas | Boßmeyer | 99 | | MH | 36 | 0:43:46,36 | 0:44:18,23 |
| 99 | 793 | Manuel | Laumeyer | 90 | Stiftung Wadentest | M30 | 29 | 0:43:52,01 | 0:43:54,91 |
| 100 | 1173 | Carsten | Schlie | 72 | Piepenbrock Laufteam | M50 | 12 | 0:43:52,45 | 0:44:07,53 |
| 101 | 407 | Jörg | Greiwe | 65 | Sportler 4 a childrens world | M50 | 13 | 0:43:53,66 | 0:43:53,85 |
| 102 | 539 | Stephan | Holl | 76 | | M40 | 12 | 0:44:00,03 | 0:44:08,33 |
| 103 | 1586 | Marco | Hebbelmann | 91 | TuS Borgloh | M30 | 30 | 0:44:01,41 | 0:44:23,22 |
| 104 | 1066 | Mario | Pösse | 69 | TV Mettingen | M50 | 14 | 0:44:03,06 | 0:44:12,75 |
| 105 | 944 | Marcel | Mylius | 92 | | M30 | 31 | 0:44:04,00 | 0:44:51,55 |
| 106 | 1376 | Anthony | Touzard | 85 | TV01 Bohmte Triathlon | M30 | 32 | 0:44:07,29 | 0:44:14,76 |
| 107 | 642 | Pascal | Karsties | 87 | | M30 | 33 | 0:44:07,96 | 0:44:10,81 |
| 108 | 202 | Jonas | Burke | 98 | | MH | 37 | 0:44:08,63 | 0:44:09,45 |
| 109 | 1455 | Josef | Wasel | 60 | | M60 | 3 | 0:44:10,05 | 0:44:10,51 |
| 110 | 425 | Alexander | Gussenberg | 87 | | M30 | 34 | 0:44:14,63 | 0:44:39,86 |
| 111 | 1012 | Niklas | Oswald | 98 | Bw Lohne | MH | 38 | 0:44:15,53 | 0:44:24,32 |
| 112 | 1573 | Christopher | Böcker | 94 | TrailTeam Osnabrück | MH | 39 | 0:44:16,25 | 0:44:19,04 |
| 113 | 766 | Christian | Lachmann | 83 | | M30 | 35 | 0:44:17,90 | 0:45:04,18 |
| 114 | 1008 | Marc | Osterhold | 68 | OFV Ostercappeln | M50 | 15 | 0:44:23,81 | 0:44:24,45 |
| 115 | 3 | Munib | Ahmad-Veerkamp | 92 | | M30 | 36 | 0:44:24,00 | 0:44:27,43 |
| 116 | 1171 | Alexander | Schlesier | 69 | ERDINGER Active TEAM | M50 | 16 | 0:44:29,95 | 0:44:35,53 |
| 117 | 1516 | Daniel | Witte | 76 | SV Bad Laer | M40 | 13 | 0:44:31,27 | 0:44:36,94 |
| 118 | 890 | Martin | Mergelmeyer | 68 | TV Georgsmarienhütte | M50 | 17 | 0:44:32,20 | 0:45:03,73 |
| 119 | 395 | Simon Bendix | Görlich | 3 | Sportfreunde Lechtingen | MH | 40 | 0:44:32,75 | 0:44:33,61 |
| 120 | 1509 | Frank | Willenborg | 79 | SV Gehlenberg | M40 | 14 | 0:44:32,76 | 0:44:38,96 |
| 121 | 654 | Katharina | Kemper | 85 | Beutlingsrunners | W30 | 4 | 0:44:35,83 | 0:45:11,76 |
| 122 | 298 | Tobias | Ellermann | 87 | Hunteburger SV | M30 | 37 | 0:44:41,94 | 0:44:43,13 |
| 123 | 768 | Stefan | Lakmann | 70 | SPVG Niedermark | M50 | 18 | 0:44:42,93 | 0:44:49,52 |
| 124 | 764 | Frederik | Kuschel | 93 | | MH | 41 | 0:44:42,99 | 0:44:46,51 |
| 125 | 694 | Rene | Klößner | 94 | Sportfreund Lotte | MH | 42 | 0:44:43,34 | 0:44:46,29 |
| 126 | 865 | Tobias | Mann | 89 | | M30 | 38 | 0:44:44,57 | 0:44:56,07 |
| 127 | 1233 | Marina | Schwöppe | 91 | | W30 | 5 | 0:44:45,83 | 0:45:26,65 |
| 128 | 1445 | Christoph | Walhorn | 78 | TriTeam Dissen | M40 | 15 | 0:44:47,30 | 0:44:54,17 |
| 129 | 794 | Caidan | Lauxtermann | 5 | | MJ U18 | 4 | 0:44:58,59 | 0:44:58,61 |
| 130 | 1235 | Sebastian | Sdrenka | 84 | Harzer Keiler e.V. | M30 | 39 | 0:44:59,20 | 0:45:21,41 |

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| 131 | 1134 | Christian | Rother | 78 | TUS Bad Essen | M40 | 16 | 0:44:59,59 | 0:45:05,93 |
| 132 | 273 | Fabio | Drescher | 0 | | MH | 43 | 0:45:03,54 | 0:45:27,18 |
| 133 | 608 | Micha | Jansing | 92 | SuS Vehrte | M30 | 40 | 0:45:06,17 | 0:45:10,45 |
| 134 | 162 | Stefan | Brinkmann | 82 | | M40 | 17 | 0:45:06,65 | 0:45:11,33 |
| 135 | 601 | Felix | Jahnke | 82 | | M40 | 18 | 0:45:08,84 | 0:45:52,23 |
| 136 | 882 | Avon | Melzer | 76 | TV Georgsmarienhütte | M40 | 19 | 0:45:09,98 | 0:45:17,34 |
| 137 | 1086 | Julia | Rammholdt | 97 | TV Georgsmarienhütte | WH | 3 | 0:45:14,41 | 0:45:28,96 |
| 138 | 1549 | Niklas | Zimmermann | 90 | TV Georgsmarienhütte | M30 | 41 | 0:45:15,90 | 0:45:29,42 |
| 139 | 1309 | Jannis | Streeck | 97 | SV Bad Rothenfelde | MH | 44 | 0:45:17,44 | 0:46:03,25 |
| 140 | 918 | Maik | Mittmann | 75 | Kein | M40 | 20 | 0:45:18,18 | 0:45:51,76 |
| 141 | 1063 | Christian | Pollmann | 73 | TSG07 Burg Gretesch | M40 | 21 | 0:45:19,10 | 0:45:47,80 |
| 142 | 322 | Andreas | Farwick | 71 | TV Georgsmarienhütte | M50 | 19 | 0:45:19,89 | 0:45:25,77 |
| 143 | 1165 | Peer | Schieße | 63 | OTB-LKG | M50 | 20 | 0:45:22,11 | 0:45:24,72 |
| 144 | 774 | Ulrich | Landwehr | 62 | Piepenbrock Laufteam | M60 | 4 | 0:45:22,25 | 0:45:27,51 |
| 145 | 1074 | Mathias | Pusch | 68 | Osnabrück | M50 | 21 | 0:45:24,99 | 0:45:29,80 |
| 146 | 1337 | Heiner | Tapken | 73 | Lauftreff Kiesweg | M40 | 22 | 0:45:25,35 | 0:45:27,80 |
| 147 | 578 | Reiner | Huppertz | 59 | SV Schwagstorf | M60 | 5 | 0:45:30,01 | 0:45:33,01 |
| 148 | 813 | Jan-David | Liebe | 83 | | M30 | 42 | 0:45:40,93 | 0:46:13,11 |
| 149 | 558 | Jürgen | Horst | 63 | Melle | M50 | 22 | 0:45:44,16 | 0:45:56,24 |
| 150 | 936 | Michael | Muhr | 73 | Kein Verein | M40 | 23 | 0:45:47,13 | 0:45:56,24 |
| 151 | 631 | Dirk | Kahlmeyer | 66 | 100 Marathon Club/TV Gm-hütte | M50 | 23 | 0:45:48,59 | 0:45:54,72 |
| 152 | 443 | Niels | Hamann | 97 | | MH | 45 | 0:45:48,91 | 0:46:19,22 |
| 153 | 1214 | Holger | Schulze | 58 | Osnabrück | M60 | 6 | 0:45:50,78 | 0:46:14,61 |
| 154 | 1112 | Arne | Retzlaff | 94 | SV Hellern | MH | 46 | 0:45:54,41 | 0:46:39,19 |
| 155 | 1551 | Simon | Zimmermann | 89 | Rudel&Friends | M30 | 43 | 0:45:54,58 | 0:46:05,94 |
| 156 | 1246 | Christian | Sierp | 98 | Jede Oma zählt | MH | 47 | 0:45:54,73 | 0:46:10,15 |
| 157 | 1489 | Karsten | Wieland | 67 | Bramscher Rumläufer | M50 | 24 | 0:45:55,69 | 0:46:44,83 |
| 158 | 378 | Eduard | Gerber | 90 | Vereinslos | M30 | 44 | 0:45:57,07 | 0:47:08,00 |
| 159 | 428 | Tim | Gutendorf | 91 | Sportfreunde Oesede | M30 | 45 | 0:45:58,08 | 0:46:19,52 |
| 160 | 117 | Louisa | Bokern | 98 | die-bokerns | WH | 4 | 0:46:03,95 | 0:46:26,32 |
| 161 | 389 | Johannes | Glaßmeyer | 88 | Keinen z | M30 | 46 | 0:46:04,80 | 0:46:08,42 |
| 162 | 1490 | Inga | Wiemer | 99 | SF Lotte | WH | 5 | 0:46:06,31 | 0:46:47,55 |
| 163 | 1298 | Andre | Stevens | 85 | TV Georgsmarienhütte | M30 | 47 | 0:46:09,63 | 0:46:25,56 |

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| 164 | 191 | Patrick | Buchsbaum | 88 | TV 01 Bohmte | M30 | 48 | 0:46:10,19 | 0:46:58,98 |
| 165 | 616 | Christian Peter | Jenner | 67 | TVG GMH | M50 | 25 | 0:46:10,51 | 0:46:20,49 |
| 166 | 734 | Lutz | Krause | 83 | | M30 | 49 | 0:46:11,31 | 0:47:01,78 |
| 167 | 1526 | Moritz | Woermann | 96 | | MH | 48 | 0:46:11,52 | 0:46:56,55 |
| 168 | 958 | Andreas | Nickel | 87 | Warendorf | M30 | 50 | 0:46:14,14 | 0:47:01,33 |
| 169 | 69 | Mario | Bentlin | 73 | Team MaMa | M40 | 24 | 0:46:16,02 | 0:46:29,12 |
| 170 | 884 | Steffen | Menkhau | 94 | LT Osnabrück Nord | MH | 49 | 0:46:17,44 | 0:47:02,18 |
| 171 | 1456 | Björn | Waske | 74 | TSG 07 Burg Gretesch | M40 | 25 | 0:46:20,71 | 0:46:22,97 |
| 172 | 594 | Jonas | Imwalle | 96 | Piepenbrock Laufteam | MH | 50 | 0:46:20,91 | 0:46:26,86 |
| 173 | 468 | Thomas | Hayat | 80 | ACTIVE Sportshop Osnabrück | M40 | 26 | 0:46:23,89 | 0:47:06,21 |
| 174 | 1443 | Rebekka | Wagener | 94 | | WH | 6 | 0:46:25,58 | 0:46:34,90 |
| 175 | 1234 | Melanie | Schwöppe | 93 | | WH | 7 | 0:46:28,68 | 0:47:09,79 |
| 176 | 571 | Christian | Hülsmann | 74 | SV Hellern | M40 | 27 | 0:46:29,38 | 0:46:40,95 |
| 177 | 256 | Bodo | Diller | 74 | | M40 | 28 | 0:46:29,41 | 0:46:55,30 |
| 178 | 1042 | David | Pfänder | 81 | Team Erdinger Alkoholfrei | M40 | 29 | 0:46:30,73 | 0:46:55,20 |
| 179 | 84 | Jessica | Bertrand | 78 | Fahrrad Magdeburg Trimagos | W40 | 2 | 0:46:31,20 | 0:46:33,06 |
| 180 | 351 | Dirk | Friederich | 63 | Jede Oma zählt | M50 | 26 | 0:46:32,79 | 0:46:45,43 |
| 181 | 459 | Dominik | Hartmann | 80 | | M40 | 30 | 0:46:37,20 | 0:46:58,65 |
| 182 | 1588 | Arthur | Piehler | 4 | | MH | 51 | 0:46:39,65 | 0:47:45,16 |
| 183 | 1580 | Simon | Kisker | 89 | | M30 | 51 | 0:46:39,87 | 0:46:46,52 |
| 184 | 599 | Ina | Jäger | 86 | Trailteam Osnabrück | W30 | 6 | 0:46:40,44 | 0:47:04,14 |
| 185 | 1583 | Marcel | Haselof | 80 | Team MaMa | M40 | 31 | 0:46:40,80 | 0:46:51,90 |
| 186 | 754 | Tom | Kühhirt | 73 | | M40 | 32 | 0:46:42,02 | 0:47:11,25 |
| 187 | 981 | Philipp | Nordsiek | 80 | Kein Verein | M40 | 33 | 0:46:44,32 | 0:46:50,72 |
| 188 | 652 | Matthias | Kemna | 77 | SC Melle 03 | M40 | 34 | 0:46:44,48 | 0:46:50,87 |
| 189 | 1036 | Udo | Peters | 69 | AAC Rubby | M50 | 27 | 0:46:44,50 | 0:47:08,16 |
| 190 | 513 | Jörn | Heuer | 90 | | M30 | 52 | 0:46:46,69 | 0:47:40,44 |
| 191 | 549 | Felix | Hoppe | 87 | Kein Verein | M30 | 53 | 0:46:50,10 | 0:46:53,96 |
| 192 | 1318 | Vincent | Stumpe | 97 | | MH | 52 | 0:46:50,86 | 0:47:35,81 |
| 193 | 1182 | Marco | Raddatz | 87 | | M30 | 54 | 0:46:51,40 | 0:48:05,86 |
| 194 | 844 | Lars | Lorenz | 68 | Rot Weiss Sutthausen | M50 | 28 | 0:46:51,82 | 0:47:24,68 |
| 195 | 284 | Matthias | Duling | 71 | Lavendelrunners | M50 | 29 | 0:46:52,88 | 0:47:25,39 |
| 196 | 621 | Gunnar | Jetter | 90 | | M30 | 55 | 0:46:54,65 | 0:47:58,03 |

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| 197 | 617 | Leonie | Jenner | 1 | Osnabrück | WH | 8 | 0:46:57,68 | 0:47:05,70 |
| 198 | 1163 | Hendrik | Schiemann | 76 | | M40 | 35 | 0:47:00,70 | 0:47:36,75 |
| 199 | 750 | Daniel | Kruse | 86 | ohne Verein | M30 | 56 | 0:47:01,39 | 0:47:58,03 |
| 200 | 1243 | Jan-Niklas | Sibum | 96 | | MH | 53 | 0:47:07,91 | 0:47:07,91 |
| 201 | 740 | Carsten | Krieg | 91 | | M30 | 57 | 0:47:10,28 | 0:47:51,88 |
| 202 | 862 | Oliver | Madla | 84 | COBL | M30 | 58 | 0:47:10,64 | 0:47:21,83 |
| 203 | 413 | Daniel | Growe | 82 | Lokomotive Zatopek | M40 | 36 | 0:47:10,65 | 0:47:54,21 |
| 204 | 552 | Lennart | Horn | 86 | | M30 | 59 | 0:47:10,80 | 0:47:35,27 |
| 205 | 366 | Sönke | Gehrke | 90 | | M30 | 60 | 0:47:13,10 | 0:47:15,26 |
| 206 | 445 | Thomas | Hänel | 89 | | M30 | 61 | 0:47:13,28 | 0:47:20,48 |
| 207 | 172 | Paul | Brodjanac | 88 | SC Ottensen | M30 | 62 | 0:47:16,85 | 0:47:41,64 |
| 208 | 1033 | Nicolai | Peselmann | 83 | | M30 | 63 | 0:47:17,82 | 0:47:24,45 |
| 209 | 941 | Andreas | Mundhenke | 75 | keiner | M40 | 37 | 0:47:19,99 | 0:48:07,50 |
| 210 | 126 | Lennart | Borgstädt | 6 | SV Wissingen | MJ U18 | 5 | 0:47:20,46 | 0:47:50,35 |
| 211 | 145 | Artur | Breidenbach | 88 | | M30 | 64 | 0:47:21,24 | 0:47:23,18 |
| 212 | 1238 | Peter | Seeger | 56 | Osnabrück | M60 | 7 | 0:47:23,86 | 0:47:24,97 |
| 213 | 1517 | Ingo | Witte | 75 | Jede Oma zählt | M40 | 38 | 0:47:24,35 | 0:47:37,55 |
| 214 | 1504 | Frank | Wilke | 70 | ACTIVE Sportshop Osnabrück | M50 | 30 | 0:47:24,57 | 0:47:33,01 |
| 215 | 1125 | Uwe | Rogge | 63 | Lengerich | M50 | 31 | 0:47:24,91 | 0:48:00,43 |
| 216 | 1388 | Vladimir | Tunik | 75 | Osnabrücker TB | M40 | 39 | 0:47:26,76 | 0:47:27,08 |
| 217 | 860 | Christian | Lutz | 67 | | M50 | 32 | 0:47:27,81 | 0:47:43,59 |
| 218 | 704 | Dietmar | Koblitz | 68 | | M50 | 33 | 0:47:28,20 | 0:47:33,98 |
| 219 | 1244 | Katja | Siekmeyer | 91 | | W30 | 7 | 0:47:29,21 | 0:47:43,02 |
| 220 | 1077 | Moritz | Quaing | 96 | Stadtwerke Osnabrück AG | MH | 54 | 0:47:29,92 | 0:47:35,55 |
| 221 | 1189 | Tobias | Schnitker | 93 | | MH | 55 | 0:47:30,41 | 0:47:43,93 |
| 222 | 125 | Herwig | Borgstädt | 76 | TSV Riemsloh | M40 | 40 | 0:47:30,57 | 0:47:59,56 |
| 223 | 487 | Stefan | Heitmeyer | 77 | TV Georgsmarienhütte | M40 | 41 | 0:47:30,96 | 0:47:41,35 |
| 224 | 814 | Fabian | Liebrecht | 97 | | MH | 56 | 0:47:33,10 | 0:49:13,64 |
| 225 | 16 | Konstantin | Ameis | 88 | Lilaholika Osnabrück | M30 | 65 | 0:47:34,28 | 0:48:07,78 |
| 226 | 696 | Juri | Kloster | 83 | | M30 | 66 | 0:47:34,65 | 0:47:36,07 |
| 227 | 527 | Stephan | Hinz | 86 | | M30 | 67 | 0:47:36,24 | 0:47:46,34 |
| 228 | 1271 | Nevaf | Ay | 78 | | M40 | 42 | 0:47:36,74 | 0:48:57,09 |
| 229 | 493 | Konrad | Hellmich | 8 | | MJ U18 | 6 | 0:47:36,79 | 0:48:31,84 |

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| 230 | 1515 | Chris | Wissing | 97 | | MH | 57 | 0:47:37,58 | 0:48:50,38 |
| 231 | 1193 | Guido | Schönlau | 69 | | M50 | 34 | 0:47:38,27 | 0:48:06,71 |
| 232 | 417 | Eric | Grünebaum | 99 | FC SWKalkriese | MH | 58 | 0:47:39,11 | 0:48:29,00 |
| 233 | 1528 | Thomas | Wöhrmeyer | 67 | | M50 | 35 | 0:47:39,28 | 0:47:39,94 |
| 234 | 1037 | Noah | Radtke | 2 | Vfl Kloster Oesede | MH | 59 | 0:47:41,94 | 0:47:47,24 |
| 235 | 1485 | Jens | Wiedemann | 77 | LT Osnabrück Nord | M40 | 43 | 0:47:47,88 | 0:48:31,94 |
| 236 | 14 | Thomas | Althaus | 57 | SC Melle 03 | M60 | 8 | 0:47:49,46 | 0:47:49,51 |
| 237 | 857 | Uwe | Lukas-Nülle | 61 | VfR Voxtrup | M60 | 9 | 0:47:50,25 | 0:48:09,38 |
| 238 | 442 | Justus | Halbügge | 95 | TuS Borgloh | MH | 60 | 0:47:52,57 | 0:49:17,53 |
| 239 | 5 | Andree | Ahrend | 71 | | M50 | 36 | 0:47:52,83 | 0:48:16,43 |
| 240 | 1542 | Benjamin | Zanther | 79 | | M40 | 44 | 0:47:52,88 | 0:47:58,04 |
| 241 | 1458 | Malte | Wegers | 98 | | MH | 61 | 0:47:55,14 | 0:49:07,45 |
| 242 | 960 | Stefan | Nicolaus | 68 | Jede Oma zählt | M50 | 37 | 0:47:55,40 | 0:48:20,95 |
| 243 | 741 | Stefan | Kriege | 65 | | M50 | 38 | 0:47:56,56 | 0:48:06,07 |
| 244 | 1062 | Theo | Pöling | 9 | SV Hellern | MJ U18 | 7 | 0:47:58,25 | 0:48:05,37 |
| 245 | 15 | Oliver | Altmann | 67 | Sparta Osnabrück | M50 | 39 | 0:48:00,00 | 0:48:00,00 |
| 246 | 108 | Frank | Bockbreder | 68 | Jede Oma zählt | M50 | 40 | 0:48:01,65 | 0:48:15,29 |
| 247 | 307 | Michael | Erkes | 76 | | M40 | 45 | 0:48:05,53 | 0:48:34,72 |
| 248 | 352 | Karsten | Friedrich | 70 | BW Schinkel | M50 | 41 | 0:48:06,00 | 0:48:19,47 |
| 249 | 1129 | Leon | Rolwes | 98 | | MH | 62 | 0:48:07,68 | 0:48:11,92 |
| 250 | 209 | Christoph | Büscher | 78 | Teuto Riesenbeck | M40 | 46 | 0:48:08,70 | 0:48:15,10 |
| 251 | 1593 | Simon | Thelen | 92 | | M30 | 68 | 0:48:09,78 | 0:48:14,50 |
| 252 | 548 | Caren | Holzenkamp | 99 | Eintracht braunschweig | WH | 9 | 0:48:10,64 | 0:48:33,87 |
| 253 | 1578 | Carsten | Meyer | 71 | Wüsteninitiative | M50 | 42 | 0:48:11,17 | 0:48:20,96 |
| 254 | 24 | Christoph | Artschwager | 81 | | M40 | 47 | 0:48:14,40 | 0:48:14,40 |
| 255 | 296 | Carla | Elbers | 2 | | WH | 10 | 0:48:16,19 | 0:48:57,82 |
| 256 | 1209 | Stephan | Schulte | 68 | SF Lechtingen | M50 | 43 | 0:48:16,62 | 0:48:21,45 |
| 257 | 1598 | Nicola | Riehemann | 76 | | M40 | 48 | 0:48:16,83 | 0:49:38,86 |
| 258 | 530 | Tobias | Hochow | 83 | PKF WMS | M30 | 69 | 0:48:20,03 | 0:48:45,37 |
| 259 | 1471 | Jonas | Werner | 89 | | M30 | 70 | 0:48:20,60 | 0:48:28,79 |
| 260 | 473 | Fabian | Heeke | 91 | | M30 | 71 | 0:48:21,66 | 0:48:36,54 |
| 261 | 535 | Kathrin | Hofmeister | 95 | | WH | 11 | 0:48:22,08 | 0:48:36,05 |
| 262 | 492 | Christian | Hellmich | 76 | | M40 | 49 | 0:48:23,51 | 0:49:20,11 |

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| 263 | 1018 | Luca | Pals | 98 | | MH | 63 | 0:48:23,80 | 0:50:03,87 |
| 264 | 1263 | Andrea | Spieshöfer | 73 | SC Melle 03 | W40 | 3 | 0:48:25,17 | 0:48:27,94 |
| 265 | 82 | Ansgar | Bertermann | 65 | Bad Iburg | M50 | 44 | 0:48:25,44 | 0:48:30,86 |
| 266 | 1595 | Raphael | Kramer | 86 | | M30 | 72 | 0:48:27,81 | 0:48:57,59 |
| 267 | 1126 | Joerg | Rohr | 69 | | M50 | 45 | 0:48:28,08 | 0:48:28,08 |
| 268 | 1169 | Andre | Schlatmann | 82 | TV Georgsmarienhütte | M40 | 50 | 0:48:28,30 | 0:49:00,00 |
| 269 | 1197 | Karsten | Schröder | 66 | | M50 | 46 | 0:48:28,42 | 0:49:38,55 |
| 270 | 320 | Ulrich | Falk | 62 | SV 28 Wissingen | M60 | 10 | 0:48:29,29 | 0:48:40,23 |
| 271 | 280 | Arno | Driemeyer | 65 | RSG Hellern | M50 | 47 | 0:48:29,40 | 0:48:57,92 |
| 272 | 993 | Vincent | Ogal | 92 | keiner | M30 | 73 | 0:48:29,58 | 0:48:35,12 |
| 273 | 190 | Thomas | Büch | 66 | OS-Gretesch | M50 | 48 | 0:48:31,40 | 0:49:00,32 |
| 274 | 450 | Niklas | Hans | 1 | OSC | MH | 64 | 0:48:32,71 | 0:48:36,89 |
| 275 | 462 | Olaf | Hauck | 75 | | M40 | 51 | 0:48:32,88 | 0:48:38,09 |
| 276 | 848 | Lena | Lübben | 91 | LC 93 Delmenhorst | W30 | 8 | 0:48:33,18 | 0:49:04,94 |
| 277 | 1303 | Matthias | Stolle | 84 | | M30 | 74 | 0:48:35,94 | 0:49:07,40 |
| 278 | 102 | Sebastian | Blume | 76 | TriFamilia | M40 | 52 | 0:48:40,17 | 0:49:27,21 |
| 279 | 1017 | Heiner | Pahlmann | 57 | Stadt Bramsche | M60 | 11 | 0:48:40,17 | 0:49:25,28 |
| 280 | 204 | Tobias | Burrey | 90 | | M30 | 75 | 0:48:42,69 | 0:50:23,69 |
| 281 | 288 | Kai | Eggemann | 88 | Vkb Bremen | M30 | 76 | 0:48:43,26 | 0:49:15,40 |
| 282 | 1210 | Patrick | Schulz | 91 | Vkb Bremen | M30 | 77 | 0:48:43,66 | 0:49:15,16 |
| 283 | 610 | Tim | Jarczyk | 96 | Sportfreunde Lotte | MH | 65 | 0:48:45,72 | 0:49:25,50 |
| 284 | 1570 | Rolf | Kreimer | 71 | | M50 | 49 | 0:48:45,87 | 0:50:28,09 |
| 285 | 1369 | Jens | Tinnefeld | 72 | Niedersachsen - Osnabrück | M50 | 50 | 0:48:46,49 | 0:49:16,70 |
| 286 | 1050 | Elisa | Placke | 93 | | WH | 12 | 0:48:49,31 | 0:49:37,75 |
| 287 | 201 | Daniel | Bunse | 74 | | M40 | 53 | 0:48:51,20 | 0:49:06,91 |
| 288 | 330 | Markus | Fels | 73 | TV Georgsmarienhütte | M40 | 54 | 0:48:53,72 | 0:49:05,53 |
| 289 | 1479 | Pascal | Westrup | 91 | | M30 | 78 | 0:48:54,71 | 0:49:24,31 |
| 290 | 460 | Tom | Hartwig | 85 | Westerkappeln | M30 | 79 | 0:48:55,51 | 0:49:08,74 |
| 291 | 205 | Christian | Busch | 82 | Osnabrück | M40 | 55 | 0:48:56,56 | 0:49:12,29 |
| 292 | 86 | Lars | Beutler | 93 | | MH | 66 | 0:48:57,00 | 0:48:59,14 |
| 293 | 720 | Miriam | Konersmann | 71 | VGH Hellern | W50 | 2 | 0:48:57,11 | 0:49:50,52 |
| 294 | 1561 | Justus | Alpers | 96 | | MH | 67 | 0:48:59,56 | 0:49:36,22 |
| 295 | 1419 | Christian | Vogler | 75 | Klee Runner | M40 | 56 | 0:49:03,74 | 0:49:16,09 |

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| 296 | 1208 | Maximilian | Schulte | 96 | VFL Kloster Oesede | MH | 68 | 0:49:05,16 | 0:49:27,42 |
| 297 | 1148 | Sascha | Sausmikat | 68 | SV Hellern | M50 | 51 | 0:49:05,17 | 0:49:14,20 |
| 298 | 409 | Stefan | Greiwe | 85 | SV Atter | M30 | 80 | 0:49:05,44 | 0:49:17,90 |
| 299 | 27 | Eike | Assmann | 84 | Stadtwerke Osnabrück AG | M30 | 81 | 0:49:06,67 | 0:50:04,68 |
| 300 | 83 | Joey | Bertermann | 6 | Bad Iburg | MJ U18 | 8 | 0:49:06,85 | 0:49:33,05 |
| 301 | 1567 | Mirko | Klezath | 67 | OTB | M50 | 52 | 0:49:08,56 | 0:49:47,62 |
| 302 | 572 | Matthias | Hülsmann | 85 | | M30 | 82 | 0:49:11,35 | 0:49:11,82 |
| 303 | 544 | Tim | Hölschermann | 97 | | MH | 69 | 0:49:12,77 | 0:49:56,83 |
| 304 | 1046 | Stefan | Pikulik | 91 | | M30 | 83 | 0:49:14,29 | 0:49:43,44 |
| 305 | 752 | Friedrich | Krüwel | 54 | Spvg. Gaste-Hasbergen | M60 | 12 | 0:49:16,41 | 0:49:54,10 |
| 306 | 1332 | | zzz | 22 | | MH | 70 | 0:49:16,80 | 0:49:21,64 |
| 307 | 583 | Anja | Iding | 76 | | W40 | 4 | 0:49:17,94 | 0:49:27,30 |
| 308 | 232 | Ralf | Cordon | 64 | SV28 Wissingen | M50 | 53 | 0:49:19,17 | 0:49:30,25 |
| 309 | 1478 | Michaela | Westermeyer | 92 | TV01 Bohmte | W30 | 9 | 0:49:19,25 | 0:50:13,87 |
| 310 | 365 | Jan | Gausmann | 96 | HSG Osnabrück | MH | 71 | 0:49:19,49 | 0:49:58,77 |
| 311 | 1293 | Kiara | Steins | 95 | TV01 Bohmte | WH | 13 | 0:49:19,53 | 0:50:14,39 |
| 312 | 212 | Torsten | Buschermöhle | 76 | ACTIVE Sportshop Osnabrück | M40 | 57 | 0:49:20,16 | 0:50:24,75 |
| 313 | 426 | Lena | Gussenberg | 88 | | W30 | 10 | 0:49:21,82 | 0:49:46,00 |
| 314 | 248 | Christian | Diddens | 79 | SuS Buer | M40 | 58 | 0:49:22,53 | 0:50:05,32 |
| 315 | 1491 | Stefanie | Wiemer | 68 | Sportfreunde Lotte | W50 | 3 | 0:49:26,53 | 0:49:56,45 |
| 316 | 1104 | Oliver | Reichmuth | 77 | TuS Nahne | M40 | 59 | 0:49:28,08 | 0:50:28,33 |
| 317 | 866 | Demian | Markowski | 97 | DTMJ | MH | 72 | 0:49:28,61 | 0:49:34,51 |
| 318 | 282 | Thorben | Duda | 85 | LT Vorbereitung Halber Kasten | M30 | 84 | 0:49:29,12 | 0:49:37,01 |
| 319 | 838 | Stefan | Loheide | 65 | ? | M50 | 54 | 0:49:29,88 | 0:49:38,08 |
| 320 | 1359 | Phillip | Thüner | 92 | TSV Widukindland | M30 | 85 | 0:49:33,05 | 0:51:08,11 |
| 321 | 1487 | Martin | Wieker | 72 | | M50 | 55 | 0:49:33,49 | 0:50:00,25 |
| 322 | 1373 | Lennart | Töpfer | 96 | FC SW Kalkriese | MH | 73 | 0:49:38,10 | 0:50:30,63 |
| 323 | 1592 | Jan-David | Mache | 3 | FC Kalkriese | MH | 74 | 0:49:39,32 | 0:50:29,92 |
| 324 | 1051 | Gabriel | Placke | 96 | | MH | 75 | 0:49:40,92 | 0:50:06,03 |
| 325 | 1387 | Rafael | Tüllinghoff | 0 | Forza Angela | MH | 76 | 0:49:42,25 | 0:50:51,24 |
| 326 | 112 | Yvonne | Bode | 90 | Stiftung Wadentest | W30 | 11 | 0:49:42,36 | 0:49:46,63 |
| 327 | 690 | Ellen | Klimanek | 89 | Stiftung Wadentest | W30 | 12 | 0:49:43,15 | 0:49:46,78 |
| 328 | 1089 | Michael | Randelhoff | 72 | Bad Iburg | M50 | 56 | 0:49:49,75 | 0:50:48,78 |

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| 329 | 1568 | Henning | Wiehemeyer | 86 | SC Melle 03 | M30 | 86 | 0:49:52,34 | 0:50:22,55 |
| 330 | 687 | Philipp | Kleine-Weischede | 88 | | M30 | 87 | 0:49:53,72 | 0:50:03,35 |
| 331 | 259 | Martin | Distelkamp | 68 | | M50 | 57 | 0:49:56,14 | 0:50:22,29 |
| 332 | 898 | Carolin | Meyer | 92 | | W30 | 13 | 0:50:02,81 | 0:50:46,08 |
| 333 | 1333 | Torsten | Szypulski | 66 | Sportfreunde Oesede | M50 | 58 | 0:50:03,18 | 0:51:06,14 |
| 334 | 1530 | Anika | Wolf | 96 | | WH | 14 | 0:50:03,56 | 0:51:01,43 |
| 335 | 508 | Ruben | Herz | 94 | | MH | 77 | 0:50:04,24 | 0:51:03,14 |
| 336 | 1253 | Gunnar | Söhlke | 79 | | M40 | 60 | 0:50:04,95 | 0:51:17,87 |
| 337 | 1414 | David | Vodde | 85 | | M30 | 88 | 0:50:05,12 | 0:51:16,44 |
| 338 | 1590 | Markus | Hanisch | 67 | LSG Kassel | M50 | 59 | 0:50:09,01 | 0:50:52,93 |
| 339 | 770 | Marek | Lamla | 96 | FCSW Kalkriese | MH | 78 | 0:50:09,16 | 0:51:50,69 |
| 340 | 940 | Lea | Münc | 2 | Sportler 4 a childrens world | WH | 15 | 0:50:11,02 | 0:50:23,67 |
| 341 | 1600 | Jonas | Krimpenfort | 0 | | MH | 79 | 0:50:12,80 | 0:51:25,00 |
| 342 | 988 | Alexander | Oberpenning | 91 | SRR Ratsgymnasium | M30 | 89 | 0:50:14,56 | 0:51:24,53 |
| 343 | 743 | Frauke | Krone | 99 | TSG 07 Burg Gretesch | WH | 16 | 0:50:16,36 | 0:50:45,22 |
| 344 | 1223 | Mark | Schwarzkopf | 69 | | M50 | 60 | 0:50:16,52 | 0:50:43,59 |
| 345 | 1352 | Thomas | Bensmann | 68 | DLRG Georgsmarienhütte e.V. | M50 | 61 | 0:50:23,72 | 0:50:38,21 |
| 346 | 1230 | Peter | Schwesig | 83 | | M30 | 90 | 0:50:23,98 | 0:50:30,65 |
| 347 | 1454 | Karsten | Warthemann | 63 | SF Lechtingen | M50 | 62 | 0:50:27,86 | 0:51:07,58 |
| 348 | 956 | Tobias | Neumann | 84 | | M30 | 91 | 0:50:29,86 | 0:51:25,52 |
| 349 | 521 | Tobias | Hille | 98 | | MH | 80 | 0:50:31,75 | 0:52:13,13 |
| 350 | 1512 | Luca | Wirkus | 96 | | WH | 17 | 0:50:32,34 | 0:51:11,29 |
| 351 | 1510 | Kolja | Wilting | 79 | OTB | M40 | 61 | 0:50:33,64 | 0:51:47,51 |
| 352 | 437 | Heinz | Hagen | 67 | Lilaholika/Jede Oma zählt/HHO | M50 | 63 | 0:50:34,82 | 0:50:46,76 |
| 353 | 1137 | Petra | Ruppel | 69 | OFV Ostercappeln | W50 | 4 | 0:50:35,27 | 0:51:10,97 |
| 354 | 335 | Karl - Peter | Fischer | 64 | SV Krabauter | M50 | 64 | 0:50:35,87 | 0:51:06,71 |
| 355 | 101 | Patrick | Blom | 99 | Rot-Weiß Sutthausen | MH | 81 | 0:50:36,25 | 0:51:28,53 |
| 356 | 301 | Tobias | Engelhard | 0 | | MH | 82 | 0:50:37,70 | 0:51:29,86 |
| 357 | 1344 | Guido | Temme | 69 | TuS Glane | M50 | 65 | 0:50:39,84 | 0:51:48,08 |
| 358 | 783 | Mareike | Langenberg | 0 | | WH | 18 | 0:50:39,97 | 0:50:45,76 |
| 359 | 567 | Michael | Huesmann | 72 | TC VFL Osnabrück | M50 | 66 | 0:50:41,41 | 0:51:18,72 |
| 360 | 951 | Daniel | Negd | 79 | | M40 | 62 | 0:50:44,03 | 0:51:13,12 |
| 361 | 1539 | Simon | Zagratzki | 96 | OTB Osnabrück | MH | 83 | 0:50:44,68 | 0:52:09,32 |

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| 362 | 826 | Florian | Lingemann | 97 | SV Bad Rothenfelde | MH | 84 | 0:50:45,03 | 0:51:31,57 |
| 363 | 931 | Thomas | Moro | 0 | | MH | 85 | 0:50:47,69 | 0:51:22,32 |
| 364 | 1308 | Hannes | Strautmann | 82 | Bamberger Gartenfreunde | M40 | 63 | 0:50:48,71 | 0:51:54,52 |
| 365 | 1362 | Linda | Tiemann | 98 | Lächeln statt Hecheln | WH | 19 | 0:50:48,76 | 0:51:44,25 |
| 366 | 1546 | Vera | Zilt | 93 | Walddörfer SV | WH | 20 | 0:50:50,28 | 0:51:44,03 |
| 367 | 171 | Mario | Brockmeyer-Tensing | 81 | FC SW Kalkriese | M40 | 64 | 0:50:51,61 | 0:51:17,96 |
| 368 | 674 | Franca | Klausing | 97 | | WH | 21 | 0:50:52,20 | 0:52:17,53 |
| 369 | 1079 | Markus | Rach | 90 | | M30 | 92 | 0:50:53,69 | 0:50:58,57 |
| 370 | 1545 | Julius | Ziemann | 2 | TuS Glane | MH | 86 | 0:50:56,59 | 0:51:49,60 |
| 371 | 195 | Simone | Budesheim-Thiel | 65 | | W50 | 5 | 0:50:57,36 | 0:51:53,05 |
| 372 | 278 | Marco | Dreyer | 78 | | M40 | 65 | 0:50:58,81 | 0:51:36,31 |
| 373 | 221 | Lars | Büter | 85 | Osnabrücker TB | M30 | 93 | 0:50:59,00 | 0:51:28,52 |
| 374 | 405 | Marco | Brück | 91 | | M30 | 94 | 0:51:01,05 | 0:52:00,72 |
| 375 | 1505 | Tobias | Wilken | 82 | | M40 | 66 | 0:51:03,46 | 0:52:07,64 |
| 376 | 1040 | Julian | Peussner | 8 | SF Lotte | MJ U18 | 9 | 0:51:06,67 | 0:52:49,10 |
| 377 | 1113 | Michel | Richter | 93 | | MH | 87 | 0:51:13,32 | 0:52:04,27 |
| 378 | 1216 | Marlon | Schütze | 2 | Polizei-SV Georgsmarienhütte | MH | 88 | 0:51:14,13 | 0:51:14,63 |
| 379 | 1317 | Alexander | Stumpe | 68 | Osnabrück | M50 | 67 | 0:51:14,30 | 0:51:45,75 |
| 380 | 1156 | Volker | Scheller | 67 | OTB | M50 | 68 | 0:51:15,01 | 0:51:45,30 |
| 381 | 1043 | Daniel | Pfister | 64 | | M50 | 69 | 0:51:15,45 | 0:51:21,03 |
| 382 | 178 | Daniel | Brügge | 89 | Stiftung Wadentest | M30 | 95 | 0:51:16,07 | 0:51:19,04 |
| 383 | 1415 | | zzz | 22 | | WH | 22 | 0:51:16,62 | 0:52:19,54 |
| 384 | 9 | Rainer | Alefs | 67 | | M50 | 70 | 0:51:18,40 | 0:51:58,92 |
| 385 | 1248 | Laura | Sievers | 87 | | W30 | 14 | 0:51:19,65 | 0:52:38,51 |
| 386 | 1083 | Esther | Rahm | 93 | Vkb Bremen | WH | 23 | 0:51:19,87 | 0:51:51,96 |
| 387 | 896 | Andreas | Meyer | 75 | DUV | M40 | 67 | 0:51:21,11 | 0:51:53,83 |
| 388 | 1475 | Stefan | Wessels | 79 | OTB | M40 | 68 | 0:51:21,48 | 0:51:54,45 |
| 389 | 80 | Stefan | Bernhörster | 61 | Glücklauf Georgsmarienhütte | M60 | 13 | 0:51:21,55 | 0:52:00,37 |
| 390 | 1581 | Marius | Pabst | 92 | | M30 | 96 | 0:51:24,32 | 0:51:31,58 |
| 391 | 343 | Finn Ole | Frankenberg | 97 | | MH | 89 | 0:51:24,40 | 0:52:57,89 |
| 392 | 570 | Alexander | Hülsmann | 84 | natureadventure.de | M30 | 97 | 0:51:26,59 | 0:51:36,27 |
| 393 | 965 | Steffen | Niemann | 85 | | M30 | 98 | 0:51:27,48 | 0:51:36,01 |
| 394 | 1447 | Lea | Wallmann | 91 | | W30 | 15 | 0:51:29,62 | 0:53:12,35 |

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|-----|------|-------------|-----------------|----|--------------------------|--------|-----|------------|------------|
| 395 | 1555 | Frank | Zurmühlen | 72 | | M50 | 71 | 0:51:30,99 | 0:51:41,47 |
| 396 | 972 | Linus | Nilsson | 2 | TSG07 Burg Gretesch | MH | 90 | 0:51:31,45 | 0:52:44,56 |
| 397 | 115 | Robert | Böhne | 95 | | MH | 91 | 0:51:36,97 | 0:52:38,52 |
| 398 | 645 | Leonie | Kaßner | 97 | | WH | 24 | 0:51:37,37 | 0:53:12,36 |
| 399 | 1052 | Maria | Plegge | 93 | vereinslos | WH | 25 | 0:51:40,25 | 0:52:23,47 |
| 400 | 925 | Julius | Monska | 99 | Feuerwehr Rulle | MH | 92 | 0:51:42,67 | 0:53:01,78 |
| 401 | 359 | Matthias | Funke | 73 | SV Hellern | M40 | 69 | 0:51:43,55 | 0:53:07,58 |
| 402 | 1351 | Tim | Thölken | 94 | | MH | 93 | 0:51:43,83 | 0:53:28,55 |
| 403 | 885 | Ingo | Menkhaus | 79 | | M40 | 70 | 0:51:50,22 | 0:52:41,42 |
| 404 | 57 | Sven | Behre | 83 | | M30 | 99 | 0:51:54,20 | 0:53:04,20 |
| 405 | 1540 | Lena | Zahn | 93 | SC Halen 58 | WH | 26 | 0:51:54,50 | 0:52:52,39 |
| 406 | 289 | Michael | Eggemeier | 64 | Marathon Ibbenbüren | M50 | 72 | 0:51:55,28 | 0:52:04,49 |
| 407 | 12 | Philipp | Alten | 77 | Dienstagsfussballer | M40 | 71 | 0:51:55,46 | 0:53:19,35 |
| 408 | 929 | Bennet | Mörbe | 6 | Osnabrücker SC | MJ U18 | 10 | 0:51:56,68 | 0:52:43,76 |
| 409 | 184 | Christoph | Brunke | 89 | Spielverein 16 | M30 | 100 | 0:51:56,73 | 0:52:57,08 |
| 410 | 1094 | Jonas | Rathjen | 86 | SV Atter | M30 | 101 | 0:51:57,43 | 0:52:15,63 |
| 411 | 868 | Sabrina | Martin | 93 | | WH | 27 | 0:51:57,64 | 0:52:53,72 |
| 412 | 1339 | Marcel | Tekley | 96 | | MH | 94 | 0:51:58,68 | 0:52:49,62 |
| 413 | 1412 | Urte | Vierkötter | 66 | Osnabrücker Ruder-Verein | W50 | 6 | 0:51:59,16 | 0:52:15,63 |
| 414 | 1164 | Frank | Schiermeyer | 71 | SuS Buer | M50 | 73 | 0:52:05,74 | 0:52:48,21 |
| 415 | 157 | Carolin | Brinkmann | 97 | | WH | 28 | 0:52:06,51 | 0:52:14,18 |
| 416 | 1301 | Kilian | Stöckel | 97 | TSG 07 Burg Gretesch | MH | 95 | 0:52:06,95 | 0:52:42,55 |
| 417 | 1342 | Patrick | Teller | 87 | TSG 07 Burg Gretesch | M30 | 102 | 0:52:07,01 | 0:52:42,55 |
| 418 | 1589 | W.-Johannes | Jaenicke | 63 | | M50 | 74 | 0:52:08,07 | 0:53:46,85 |
| 419 | 915 | Kimberly | Miller | 87 | TSG 07 Burg Gretesch | W30 | 16 | 0:52:09,72 | 0:52:45,27 |
| 420 | 1038 | Oliver | Petrus | 86 | | M30 | 103 | 0:52:12,41 | 0:52:43,75 |
| 421 | 519 | Julia | Hilbig | 95 | Rauf | WH | 29 | 0:52:12,59 | 0:53:45,96 |
| 422 | 1585 | Britta | Alsen | 77 | TuS Neuenkirchen | W40 | 5 | 0:52:12,99 | 0:52:21,00 |
| 423 | 1135 | Antje | Röwekamp | 80 | Witthügel Running | W40 | 6 | 0:52:14,79 | 0:52:16,38 |
| 424 | 533 | Judith | Hofius-Borowiak | 73 | OTB Osnabrück | W40 | 7 | 0:52:15,40 | 0:53:29,21 |
| 425 | 1576 | Matthias | Pohler | 64 | | M50 | 75 | 0:52:15,81 | 0:52:28,32 |
| 426 | 309 | Joe | Ernst | 65 | | M50 | 76 | 0:52:15,98 | 0:52:38,52 |
| 427 | 477 | Tobias | Heide | 80 | OSC | M40 | 72 | 0:52:16,12 | 0:52:29,82 |

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| 428 | 633 | Norbert | Kalker | 59 | | M60 | 14 | 0:52:17,51 | 0:52:34,79 |
| 429 | 1117 | Claus | Riostenpatt | 64 | TV Schledehausen | M50 | 77 | 0:52:17,74 | 0:52:55,46 |
| 430 | 1320 | Reinhard | Suelmann | 67 | Piesberger SV | M50 | 78 | 0:52:23,97 | 0:52:58,27 |
| 431 | 45 | Wolfgang | Bäumker | 55 | TuS Glane | M60 | 15 | 0:52:25,92 | 0:54:06,55 |
| 432 | 59 | Burkhard | Bei der Kellen | 70 | FC SW Kalkriese | M50 | 79 | 0:52:27,65 | 0:53:00,56 |
| 433 | 791 | Timm | Laue-Ogal | 73 | rechtskontor49 | M40 | 73 | 0:52:28,73 | 0:53:24,28 |
| 434 | 999 | Gerald | Oppermann | 73 | Timezone Team | M40 | 74 | 0:52:29,48 | 0:52:58,25 |
| 435 | 173 | Vitus | Broede | 87 | | M30 | 104 | 0:52:29,86 | 0:53:59,71 |
| 436 | 523 | Andreas | Hillers | 69 | Run-Friends | M50 | 80 | 0:52:32,73 | 0:52:37,15 |
| 437 | 671 | Markus | kl. Bornhorst | 72 | SF Lechtingen | M50 | 81 | 0:52:34,25 | 0:53:11,36 |
| 438 | 1146 | Stefan | Sasse | 68 | SF Lechtingen | M50 | 82 | 0:52:34,45 | 0:53:10,90 |
| 439 | 871 | Lennard | Maßmann | 95 | | MH | 96 | 0:52:34,51 | 0:53:51,83 |
| 440 | 520 | Robin | Hilder | 64 | Ostensibles Runners | M50 | 83 | 0:52:35,14 | 0:53:03,62 |
| 441 | 639 | Jonas | Kannengießer | 94 | Markground Pacers | MH | 97 | 0:52:39,47 | 0:53:13,81 |
| 442 | 1357 | Robin | Thörner | 91 | | M30 | 105 | 0:52:39,81 | 0:53:35,40 |
| 443 | 64 | Malte Paolo | Benjamins | 86 | Jede Oma zählt | M30 | 106 | 0:52:43,30 | 0:52:43,30 |
| 444 | 665 | Fabian | Kimmeyer | 87 | | M30 | 107 | 0:52:44,07 | 0:53:59,00 |
| 445 | 1448 | Tim | Wamer | 81 | | M40 | 75 | 0:52:44,14 | 0:54:00,00 |
| 446 | 17 | Katja | Amelingmeyer | 72 | | W50 | 7 | 0:52:44,63 | 0:53:25,64 |
| 447 | 58 | Joscha | Behrens | 89 | | M30 | 108 | 0:52:44,86 | 0:54:02,35 |
| 448 | 1283 | Christoph | Steffan | 62 | Jede Oma zählt | M60 | 16 | 0:52:45,85 | 0:53:22,84 |
| 449 | 1022 | Dennis | Pape | 86 | Jede Oma zählt | M30 | 109 | 0:52:46,05 | 0:52:46,05 |
| 450 | 584 | Markus | Iding | 74 | | M40 | 76 | 0:52:46,33 | 0:52:55,88 |
| 451 | 850 | Jessica | Lübke | 73 | | W40 | 8 | 0:52:46,57 | 0:53:21,90 |
| 452 | 853 | Tobias | Ludwig | 89 | | M30 | 110 | 0:52:46,92 | 0:52:53,72 |
| 453 | 501 | Uwe | Herding | 70 | SV Büren | M50 | 84 | 0:52:47,16 | 0:53:22,69 |
| 454 | 1534 | Lukas | Wortmann | 94 | | MH | 98 | 0:52:47,97 | 0:53:48,93 |
| 455 | 1142 | Petra | Sandeck | 67 | | W50 | 8 | 0:52:48,12 | 0:53:12,04 |
| 456 | 163 | Mara | Brinkmeyer | 92 | | W30 | 17 | 0:52:48,92 | 0:54:21,64 |
| 457 | 371 | Markus | Gehrs | 75 | | M40 | 77 | 0:52:49,29 | 0:53:49,16 |
| 458 | 1088 | David | Randel | 86 | Stadtwerke Osnabrück AG | M30 | 111 | 0:52:49,57 | 0:53:41,58 |
| 459 | 1378 | Denis | Träger | 76 | | M40 | 78 | 0:52:50,03 | 0:53:48,52 |
| 460 | 1483 | Lars | Wichmann | 87 | Die mit Hans laufen | M30 | 112 | 0:52:54,54 | 0:53:20,48 |

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| 461 | 1518 | Marion | Witte | 78 | ride on | W40 | 9 | 0:52:56,92 | 0:53:50,10 |
| 462 | 1307 | Merle | Straten | 0 | Westerkappeln | WH | 30 | 0:52:57,45 | 0:53:29,08 |
| 463 | 133 | Peter | Bößmann | 71 | | M50 | 85 | 0:52:58,66 | 0:53:33,18 |
| 464 | 900 | David | Meyer | 86 | VfL Kloster Oesede | M30 | 113 | 0:52:59,42 | 0:54:29,52 |
| 465 | 364 | Marcus | Garthaus | 84 | | M30 | 114 | 0:53:00,08 | 0:53:31,82 |
| 466 | 626 | Thomas | Junge | 77 | | M40 | 79 | 0:53:00,26 | 0:53:43,64 |
| 467 | 1070 | Torsten | Preuß | 68 | SC Melle 03 | M50 | 86 | 0:53:00,81 | 0:53:35,21 |
| 468 | 169 | Margrit | Brockmeyer | 84 | | W30 | 18 | 0:53:00,83 | 0:53:40,06 |
| 469 | 531 | Winfried | Hoffmann | 55 | | M60 | 17 | 0:53:01,82 | 0:54:45,78 |
| 470 | 168 | Marc | Brockmeyer | 84 | | M30 | 115 | 0:53:01,91 | 0:53:40,82 |
| 471 | 1390 | Guido | Üffing | 69 | Nettetalers Jungs | M50 | 87 | 0:53:02,32 | 0:53:47,41 |
| 472 | 1529 | David | Wojan | 88 | | M30 | 116 | 0:53:02,39 | 0:53:03,72 |
| 473 | 1130 | Reiner Maria | Romca | 94 | | MH | 99 | 0:53:02,89 | 0:53:53,96 |
| 474 | 455 | Bernhard | Hardinghaus | 59 | MGV Liederkranz Haste | M60 | 18 | 0:53:04,68 | 0:54:01,47 |
| 475 | 7 | Udo | Ahring | 61 | Landstreicher | M60 | 19 | 0:53:05,01 | 0:54:13,32 |
| 476 | 31 | Hannah | Austerhoff | 99 | | WH | 31 | 0:53:06,43 | 0:54:20,30 |
| 477 | 964 | Hildegard | Niehaus | 61 | Jede Oma zählt | W60 | 1 | 0:53:07,32 | 0:54:16,56 |
| 478 | 406 | Mike | Gräwe | 79 | | M40 | 80 | 0:53:09,77 | 0:53:58,74 |
| 479 | 32 | Lothar | Baars | 69 | Jede Oma zählt | M50 | 88 | 0:53:09,94 | 0:53:45,81 |
| 480 | 1147 | Ricarda | Schenk | 91 | | W30 | 19 | 0:53:11,43 | 0:54:31,87 |
| 481 | 845 | Andrea Florencia | Lorenzetti | 61 | Ostensibles runners | W60 | 2 | 0:53:11,70 | 0:53:40,37 |
| 482 | 863 | Rebecca | Mai | 96 | | WH | 32 | 0:53:12,53 | 0:54:00,33 |
| 483 | 1054 | Sebastian | Plog | 88 | Partytreff | M30 | 117 | 0:53:13,23 | 0:54:34,05 |
| 484 | 1470 | Malina | Wellmann | 93 | FC SW Kalkriese | WH | 33 | 0:53:13,52 | 0:54:01,24 |
| 485 | 557 | Ingolf | Horst | 95 | | MH | 100 | 0:53:15,71 | 0:54:12,99 |
| 486 | 375 | Carolin | Geiser | 89 | BBS am Schölerberg | W30 | 20 | 0:53:17,17 | 0:53:30,66 |
| 487 | 1241 | Andreas | Sensse | 66 | Markground Pacers | M50 | 89 | 0:53:17,96 | 0:53:52,59 |
| 488 | 577 | Miriam | Huppertz | 94 | Ohne | WH | 34 | 0:53:20,76 | 0:53:38,65 |
| 489 | 892 | Maximilian | Mertsching | 91 | | M30 | 118 | 0:53:20,78 | 0:53:23,25 |
| 490 | 85 | Bastian | Bertscheit | 95 | | MH | 101 | 0:53:21,34 | 0:54:11,89 |
| 491 | 180 | Katharina | Brune | 81 | Osnabrück | W40 | 10 | 0:53:21,88 | 0:53:31,24 |
| 492 | 181 | Michael | Brune | 80 | Osnabrück | M40 | 81 | 0:53:22,44 | 0:53:31,66 |
| 493 | 1496 | Monja | Wienninger | 88 | Hörner Lauftrupp | W30 | 21 | 0:53:23,56 | 0:53:57,53 |

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| 494 | 472 | Jannis | Hedemann | 97 | Rot-Weiß Sutthausen | MH | 102 | 0:53:25,36 | 0:53:51,09 |
| 495 | 939 | Joel | Müller | 6 | | MJ U18 | 11 | 0:53:26,40 | 0:54:17,27 |
| 496 | 458 | Dirk | Hartmann | 69 | Bad Laer | M50 | 90 | 0:53:28,63 | 0:54:07,62 |
| 497 | 529 | Sergej | Hirsch | 85 | | M30 | 119 | 0:53:29,19 | 0:53:29,39 |
| 498 | 1029 | Louis | Pelster | 2 | | MH | 103 | 0:53:29,69 | 0:54:34,63 |
| 499 | 547 | Markus | Holtmeyer | 70 | BW Hollage | M50 | 91 | 0:53:33,09 | 0:53:44,32 |
| 500 | 416 | Andreas | Gruhn | 89 | Holzpfosten Schwerte 05 | M30 | 120 | 0:53:34,47 | 0:54:57,63 |
| 501 | 70 | Matthias | Benz | 90 | Ritter Sport | M30 | 121 | 0:53:35,39 | 0:54:57,96 |
| 502 | 1106 | Martin | Reike | 56 | Osnabrück | M60 | 20 | 0:53:35,53 | 0:54:18,48 |
| 503 | 1277 | Christina | Stänner | 69 | VfL Osnabrück | W50 | 9 | 0:53:40,52 | 0:54:20,21 |
| 504 | 727 | Andreas | Kowol | 63 | ? | M50 | 92 | 0:53:40,68 | 0:54:20,07 |
| 505 | 1168 | Ralf | Schirmer | 81 | | M40 | 82 | 0:53:42,38 | 0:55:05,82 |
| 506 | 66 | Adrian | Bente | 82 | | M40 | 83 | 0:53:43,11 | 0:55:15,64 |
| 507 | 67 | Nadja | Bente | 82 | TSG07 Burg Gretesch | W40 | 11 | 0:53:43,37 | 0:55:15,56 |
| 508 | 1306 | Christoph | Straten | 63 | RSG Steinbeck | M50 | 93 | 0:53:43,40 | 0:54:15,09 |
| 509 | 53 | Ludger | Beermann | 50 | SC Falke Saerbeck 1924 e.V. | M70 | 1 | 0:53:43,69 | 0:54:30,12 |
| 510 | 61 | Kolja | Beilicke | 73 | | M40 | 84 | 0:53:43,85 | 0:53:48,79 |
| 511 | 1396 | Jens | Ungruhe | 89 | | M30 | 122 | 0:53:48,48 | 0:55:06,09 |
| 512 | 916 | Tim | Mischok | 90 | Partytreff | M30 | 123 | 0:53:48,82 | 0:55:07,18 |
| 513 | 1596 | Stefan | Spiekenheuer | 70 | FC Deutsche Post | M50 | 94 | 0:53:48,82 | 0:55:02,92 |
| 514 | 262 | Julia | Dorenkamp | 88 | Trail Team Osnabrück | W30 | 22 | 0:53:52,31 | 0:54:45,41 |
| 515 | 1452 | Kai | Wardin | 67 | Up the Irons | M50 | 95 | 0:53:54,29 | 0:54:48,76 |
| 516 | 630 | Petra | Jüttner | 70 | Ostbevern | W50 | 10 | 0:53:55,65 | 0:54:50,83 |
| 517 | 906 | Ulrich | Meyer | 55 | Osnabrück | M60 | 21 | 0:53:55,72 | 0:54:22,90 |
| 518 | 1264 | Jolina | Spieß | 6 | | WJ U18 | 1 | 0:53:55,81 | 0:54:23,09 |
| 519 | 1467 | Ralf | Wekenborg | 68 | NETTE-tal-LÄUFER | M50 | 96 | 0:53:58,69 | 0:55:03,83 |
| 520 | 474 | Martin | Hegemann | 70 | | M50 | 97 | 0:53:59,09 | 0:54:40,37 |
| 521 | 1245 | Marion | Siering | 68 | Jede Oma zählt | W50 | 11 | 0:53:59,75 | 0:54:52,35 |
| 522 | 18 | Reiner | Apke | 74 | TuS Haste | M40 | 85 | 0:53:59,92 | 0:54:11,73 |
| 523 | 841 | Stefano | Lombardi | 84 | | M30 | 124 | 0:54:03,27 | 0:54:44,45 |
| 524 | 1468 | Florian | Wellbrock | 89 | | M30 | 125 | 0:54:03,49 | 0:55:23,27 |
| 525 | 150 | Sarah | Breuer | 70 | | W50 | 12 | 0:54:04,28 | 0:54:04,28 |
| 526 | 1326 | Lennart | Süllow | 86 | Partytreff | M30 | 126 | 0:54:05,31 | 0:55:22,72 |

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| 527 | 81 | Benedikt | Bersch | 77 | Marathon AvH | M40 | 86 | 0:54:06,07 | 0:54:34,43 |
| 528 | 769 | Elke | Lamla | 70 | | W50 | 13 | 0:54:07,09 | 0:55:46,53 |
| 529 | 879 | Sandra | Meier | 71 | Osnabrücker SC | W50 | 14 | 0:54:07,91 | 0:55:47,22 |
| 530 | 728 | Inge | Kraft | 73 | Osnabrücker TB | W40 | 12 | 0:54:08,09 | 0:54:50,61 |
| 531 | 390 | Oliver | Glatzer | 79 | Osnabrücker SC | M40 | 87 | 0:54:08,62 | 0:55:47,16 |
| 532 | 274 | Jens | Drescher | 69 | | M50 | 98 | 0:54:08,68 | 0:54:33,48 |
| 533 | 1564 | Daniel | Plümer | 93 | | MH | 104 | 0:54:15,34 | 0:55:05,92 |
| 534 | 187 | Wolfgang | Bruns | 63 | PKF WMS | M50 | 99 | 0:54:15,57 | 0:54:19,44 |
| 535 | 92 | Vadim | Blake-Rath | 95 | Polizei-SV Georgsmarienhütte | MH | 105 | 0:54:16,41 | 0:54:17,27 |
| 536 | 188 | Jürgen | Bruns-Coppenrath | 64 | PKF WMS | M50 | 100 | 0:54:16,75 | 0:54:20,16 |
| 537 | 564 | Hubert | Schueer | 67 | | M50 | 101 | 0:54:18,21 | 0:55:34,15 |
| 538 | 1395 | Marcel | Unger | 84 | | M30 | 127 | 0:54:18,52 | 0:55:59,19 |
| 539 | 835 | Anna-Sophie | Lobers | 95 | | WH | 35 | 0:54:19,82 | 0:55:14,95 |
| 540 | 1158 | Isabell | Schevzov | 85 | TSV Quakenbrück | W30 | 23 | 0:54:20,00 | 0:54:58,21 |
| 541 | 1453 | Michael | Warner | 67 | Rot-Weiß Sutthausen | M50 | 102 | 0:54:20,34 | 0:54:33,21 |
| 542 | 1211 | Caroline | Schulze | 1 | | WH | 36 | 0:54:21,07 | 0:55:08,45 |
| 543 | 8 | Imke | Albers | 96 | | WH | 37 | 0:54:21,78 | 0:55:09,06 |
| 544 | 1525 | Wladimir | Laschitski | 81 | | M40 | 88 | 0:54:22,06 | 0:55:37,94 |
| 545 | 545 | Bernd | Holt | 79 | Nettetal Jungs | M40 | 89 | 0:54:22,69 | 0:55:20,90 |
| 546 | 1321 | Benjamin | Suhre | 85 | Roadrunner 2022 | M30 | 128 | 0:54:23,35 | 0:56:03,26 |
| 547 | 1427 | Alexander | Volsdorf | 83 | | M30 | 129 | 0:54:23,51 | 0:55:17,18 |
| 548 | 1087 | Kathrin | Rammholdt | 97 | Sportygirls | WH | 38 | 0:54:26,42 | 0:55:22,38 |
| 549 | 1013 | Mike | Otte-Vinke | 73 | BSG Kreissparkasse Melle | M40 | 90 | 0:54:27,31 | 0:54:50,82 |
| 550 | 252 | Anne | Diekmann | 67 | Jede Oma zählt | W50 | 15 | 0:54:27,64 | 0:55:33,27 |
| 551 | 339 | Johannes | Forsting | 80 | | M40 | 91 | 0:54:28,15 | 0:55:37,08 |
| 552 | 294 | Petra | Eilers | 79 | Wüste | W40 | 13 | 0:54:28,87 | 0:55:26,22 |
| 553 | 1507 | Henning | Wilker | 75 | 1.FC Köln | M40 | 92 | 0:54:30,06 | 0:55:12,24 |
| 554 | 43 | Malte | Baumann | 88 | Partytreff | M30 | 130 | 0:54:31,31 | 0:55:48,90 |
| 555 | 661 | Lars | Kielhorn | 2 | TUS Haste 01 | MH | 106 | 0:54:32,21 | 0:55:37,53 |
| 556 | 982 | Janina | Nowak | 90 | | W30 | 24 | 0:54:34,36 | 0:54:59,67 |
| 557 | 1599 | Andreas | Martin | 62 | OTB | M60 | 22 | 0:54:34,39 | 0:54:37,51 |
| 558 | 1397 | Mona | Ungruhe | 86 | | W30 | 25 | 0:54:35,38 | 0:55:00,57 |
| 559 | 1016 | Jochen | Pabst | 68 | BBS am Schölerberg | M50 | 103 | 0:54:36,19 | 0:56:05,66 |

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| 560 | 1180 | Mathias | Schmidt | 90 | | M30 | 131 | 0:54:37,83 | 0:55:38,94 |
| 561 | 38 | Susi | Barlage | 83 | Trailteam Osnabrück | W30 | 26 | 0:54:37,85 | 0:56:01,14 |
| 562 | 383 | Katharina | Gervelmeyer | 91 | | W30 | 27 | 0:54:38,21 | 0:55:39,38 |
| 563 | 2496 | Andre | Schulenberg | 86 | VFR Voxtrup | M30 | 132 | 0:54:38,46 | 0:56:01,50 |
| 564 | 141 | Cathrin | Brand | 72 | | W50 | 16 | 0:54:40,53 | 0:55:23,55 |
| 565 | 1073 | Moritz | Prystav | 93 | | MH | 107 | 0:54:40,71 | 0:55:36,80 |
| 566 | 433 | Till | Haffner | 79 | | M40 | 93 | 0:54:41,13 | 0:55:12,24 |
| 567 | 732 | Nils | Kramer | 78 | Trail Team Osnabrück | M40 | 94 | 0:54:41,31 | 0:56:01,11 |
| 568 | 140 | Oliver | Brand | 70 | | M50 | 104 | 0:54:41,46 | 0:55:23,97 |
| 569 | 218 | Michael | Buß | 66 | SF Lechtingen | M50 | 105 | 0:54:42,19 | 0:55:21,38 |
| 570 | 214 | Ansgar | Buß | 67 | Sportfreunde Lechtingen | M50 | 106 | 0:54:42,27 | 0:55:21,42 |
| 571 | 341 | Jörg | Fragge | 74 | Semco Running Team | M40 | 95 | 0:54:48,06 | 0:54:55,84 |
| 572 | 1175 | Jürgen | Schlüter | 65 | Marathon Ibbenbüren | M50 | 107 | 0:54:48,72 | 0:55:04,63 |
| 573 | 25 | Thomas | Asbrock | 60 | VfL Voxtrup | M60 | 23 | 0:54:49,90 | 0:55:16,74 |
| 574 | 540 | Jörg | Holle | 63 | ATSV Espelkamp | M50 | 108 | 0:54:50,14 | 0:54:53,75 |
| 575 | 436 | Uwe | Hagemann | 56 | Bramscher Rumläufer | M60 | 24 | 0:54:56,29 | 0:55:45,07 |
| 576 | 415 | Felix | Gruber | 65 | | M50 | 109 | 0:54:57,13 | 0:55:36,20 |
| 577 | 464 | Jens | Haufe | 83 | | M30 | 133 | 0:54:57,62 | 0:56:09,03 |
| 578 | 1304 | Bastian | Stöppler | 79 | Sportler 4 a childrens world | M40 | 96 | 0:54:59,84 | 0:56:00,59 |
| 579 | 966 | Marko | Niemeyer | 69 | GlückLauf | M50 | 110 | 0:55:00,58 | 0:55:37,26 |
| 580 | 1532 | Mario | Wolf | 69 | Wtv Wellingholzhausen | M50 | 111 | 0:55:00,85 | 0:55:13,71 |
| 581 | 1372 | Christian | Tönnissen | 82 | | M40 | 97 | 0:55:01,03 | 0:55:40,23 |
| 582 | 762 | Oliver | Kuna | 84 | Cool Runnings | M30 | 134 | 0:55:04,34 | 0:56:30,51 |
| 583 | 156 | Hans-Dieter | Brinker | 58 | RT Osnabrück | M60 | 25 | 0:55:04,43 | 0:56:33,76 |
| 584 | 368 | Leonard | Gehrmeyer | 91 | | M30 | 135 | 0:55:06,67 | 0:55:58,60 |
| 585 | 360 | Andrej | Gaak | 75 | | M40 | 98 | 0:55:07,75 | 0:56:44,93 |
| 586 | 506 | Ethan | Herrington | 4 | | MH | 108 | 0:55:07,76 | 0:56:40,17 |
| 587 | 166 | Muriel | Brockes | 4 | | WH | 39 | 0:55:08,48 | 0:55:37,43 |
| 588 | 1034 | Ansgar | Peter | 68 | | M50 | 112 | 0:55:08,84 | 0:55:58,61 |
| 589 | 62 | Uwe-Heinz | Bendig | 69 | parkrun Rubbenbruchsee/EAT | M50 | 113 | 0:55:08,98 | 0:55:58,66 |
| 590 | 179 | Cornelia | Brüggen | 61 | Grün-Weiß Steinbeck | W60 | 3 | 0:55:09,31 | 0:55:50,68 |
| 591 | 622 | Malte | Jetter | 88 | | M30 | 136 | 0:55:10,68 | 0:56:17,12 |
| 592 | 781 | Rolf | Langen | 67 | Blau Weiß Schinkel | M50 | 114 | 0:55:11,25 | 0:56:26,52 |

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| 593 | 1157 | | unbekannt | 91 | | W30 | 28 | 0:55:11,39 | 0:56:40,33 |
| 594 | 792 | Dennis | Laukamp | 89 | | M30 | 137 | 0:55:13,35 | 0:56:12,60 |
| 595 | 1005 | Maik | Osterhaus | 88 | SV Cheruskia Laggenbeck | M30 | 138 | 0:55:13,96 | 0:56:12,96 |
| 596 | 957 | Christian | Nick | 72 | ohne Verein | M50 | 115 | 0:55:16,68 | 0:56:18,64 |
| 597 | 1001 | Thomas | Ostendorf | 62 | | M60 | 26 | 0:55:19,42 | 0:55:46,55 |
| 598 | 1190 | Yul | Schomborg | 1 | -- | MH | 109 | 0:55:21,93 | 0:56:13,20 |
| 599 | 1329 | Kai | Sundermann | 69 | SC Schölerberg | M50 | 116 | 0:55:25,75 | 0:55:56,59 |
| 600 | 1484 | Stephan | Wicke | 69 | | M50 | 117 | 0:55:25,97 | 0:55:51,95 |
| 601 | 208 | Tobias | Busch | 90 | Osnabrück | M30 | 139 | 0:55:27,90 | 0:56:02,67 |
| 602 | 76 | Laura | Bergmeyer | 92 | VfB Hagen | W30 | 29 | 0:55:30,07 | 0:56:05,19 |
| 603 | 928 | Leah | Moraw | 4 | | WH | 40 | 0:55:32,58 | 0:56:15,57 |
| 604 | 337 | Marco | Fischer | 75 | Feuerwehr Osnabrück | M40 | 99 | 0:55:32,66 | 0:57:07,02 |
| 605 | 565 | Ursula | Hübner | 60 | Osnabrücker Hospiz e.V. | W60 | 4 | 0:55:33,47 | 0:56:40,00 |
| 606 | 1028 | Matthias | Peistrup | 75 | | M40 | 100 | 0:55:37,51 | 0:56:59,62 |
| 607 | 1218 | Kathrin | Schwarz | 98 | | WH | 41 | 0:55:37,58 | 0:55:48,27 |
| 608 | 1220 | Nicole | Schwarz | 92 | | W30 | 30 | 0:55:38,95 | 0:55:49,32 |
| 609 | 859 | Enrico | Lüssenheide | 86 | | M30 | 140 | 0:55:39,91 | 0:56:49,14 |
| 610 | 1462 | Mareike | Weinert | 96 | | WH | 42 | 0:55:40,53 | 0:56:57,87 |
| 611 | 350 | Andrea | Freye | 70 | Bahama Sports | W50 | 17 | 0:55:42,62 | 0:56:38,19 |
| 612 | 833 | Kristina | Lippold | 69 | Osnabrück | W50 | 18 | 0:55:42,79 | 0:55:54,38 |
| 613 | 1574 | Pott | Andreas | 68 | | M50 | 118 | 0:55:43,12 | 0:56:16,80 |
| 614 | 1257 | Sebastian | Sowa | 95 | privat | MH | 110 | 0:55:44,48 | 0:56:24,35 |
| 615 | 891 | Adrian | Merrath | 90 | zisch&wech | M30 | 141 | 0:55:45,54 | 0:56:54,81 |
| 616 | 706 | Dominik | Kohlhoff | 82 | VfL Lintorf | M40 | 101 | 0:55:46,24 | 0:56:32,92 |
| 617 | 987 | Linda | Obermeyer | 96 | zisch&wech | WH | 43 | 0:55:46,45 | 0:56:54,68 |
| 618 | 1207 | Julia | Schulte | 93 | Osnabrück | WH | 44 | 0:55:46,75 | 0:57:09,62 |
| 619 | 1069 | Heiner | Pranger | 77 | Rot-Weiß Sutthausen | M40 | 102 | 0:55:47,37 | 0:56:30,36 |
| 620 | 391 | Christoph | Glüsenkamp | 84 | Trailteam Osnabrück | M30 | 142 | 0:55:48,01 | 0:57:09,98 |
| 621 | 820 | Marie | Lienemann | 94 | Lotter Lauftreff | WH | 45 | 0:55:48,25 | 0:57:09,54 |
| 622 | 977 | Niklas | Nolte | 98 | TV Bissendorf-Holte | MH | 111 | 0:55:48,54 | 0:56:25,31 |
| 623 | 975 | Daniel | Nolte | 72 | TV Bissendorf-Holte | M50 | 119 | 0:55:48,75 | 0:56:26,32 |
| 624 | 1131 | Michael | Rosemann | 78 | Wallenhorst | M40 | 103 | 0:55:50,04 | 0:56:18,07 |
| 625 | 1021 | Stephan | Panning | 64 | BSG Klinik Münsterland | M50 | 120 | 0:55:50,60 | 0:56:51,75 |

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| 626 | 1432 | Ingo | von Reeken | 71 | Sloopie 05 Haste | M50 | 121 | 0:55:50,69 | 0:57:18,25 |
| 627 | 176 | Carsten | Brommer | 69 | | M50 | 122 | 0:55:51,22 | 0:56:22,37 |
| 628 | 843 | Björn | Lorenz | 79 | Active Sportshop Osnabrück | M40 | 104 | 0:55:51,45 | 0:56:57,18 |
| 629 | 1358 | Lothar | Thörner | 54 | | M60 | 27 | 0:55:51,49 | 0:55:58,89 |
| 630 | 388 | Christian | Glasmeier | 63 | - | M50 | 123 | 0:55:52,53 | 0:57:02,65 |
| 631 | 1386 | Andrea | Tüllinghoff | 60 | Forza Angela | W60 | 5 | 0:55:52,87 | 0:57:05,77 |
| 632 | 44 | Martin | Bäumer | 67 | | M50 | 124 | 0:55:53,03 | 0:56:49,55 |
| 633 | 449 | Louisa | Hans | 99 | | WH | 46 | 0:55:53,19 | 0:56:29,27 |
| 634 | 382 | Justin | Gervelmeyer | 94 | | MH | 112 | 0:55:53,33 | 0:56:54,93 |
| 635 | 819 | Marc | Lienemann | 89 | Lotter Lauftreff | M30 | 143 | 0:55:54,50 | 0:57:09,31 |
| 636 | 920 | Tim | Molitor | 96 | TSG07 Burg Gretesch | MH | 113 | 0:55:54,74 | 0:57:14,35 |
| 637 | 935 | Jana | Moschner | 96 | | WH | 47 | 0:55:54,77 | 0:57:14,28 |
| 638 | 381 | Jannis | Gervelmeyer | 94 | | MH | 114 | 0:55:55,25 | 0:56:55,92 |
| 639 | 1426 | Ralf | Vollmer | 64 | ACTIVE Sportshop Osnabrück | M50 | 125 | 0:55:56,55 | 0:57:01,85 |
| 640 | 1345 | Nils | Tenberg | 82 | Parkrun | M40 | 105 | 0:55:56,77 | 0:57:06,02 |
| 641 | 1521 | Burkhard | Wittke | 61 | Glück(L)auf | M60 | 28 | 0:55:57,53 | 0:56:24,30 |
| 642 | 643 | Michael | Kasper | 63 | Nettetalers Jungs | M50 | 126 | 0:55:57,77 | 0:57:01,89 |
| 643 | 60 | Lea | Bei der Kellen | 98 | FC SW Kalkriese | WH | 48 | 0:56:00,05 | 0:56:48,22 |
| 644 | 272 | Thomas | Dresch | 67 | | M50 | 127 | 0:56:01,03 | 0:56:38,97 |
| 645 | 968 | Thomas | Nienker | 65 | BSV Holzhausen | M50 | 128 | 0:56:02,15 | 0:57:44,67 |
| 646 | 213 | Daniel | Buschmeyer | 81 | Osnabrück | M40 | 106 | 0:56:02,79 | 0:56:41,54 |
| 647 | 251 | Daniel | Diekbreder | 86 | Osnabrück | M30 | 144 | 0:56:02,79 | 0:56:41,96 |
| 648 | 54 | Malte | Beeremann | 92 | Bw Lohne | M30 | 145 | 0:56:04,16 | 0:57:21,65 |
| 649 | 747 | Ralf | Krüger | 61 | VfR Voxtrup | M60 | 29 | 0:56:06,96 | 0:56:18,94 |
| 650 | 1181 | Hubert | Schmit | 51 | NETTE-tal-LÄUFER | M70 | 2 | 0:56:13,50 | 0:56:58,81 |
| 651 | 1186 | Matthias | Schnare | 66 | | M50 | 129 | 0:56:13,57 | 0:57:52,56 |
| 652 | 1548 | Johannes | Zimmermann | 86 | Rudel&Friends | M30 | 146 | 0:56:13,72 | 0:57:41,30 |
| 653 | 410 | Birgit | Greiwe | 58 | | W60 | 6 | 0:56:13,97 | 0:57:11,21 |
| 654 | 829 | Sebastian | Linkies | 81 | | M40 | 107 | 0:56:15,79 | 0:56:26,90 |
| 655 | 1389 | Jenny | Utrecht | 94 | TV Levern | WH | 49 | 0:56:16,94 | 0:56:52,18 |
| 656 | 453 | Jenna | Happe | 0 | TV Bad Iburg | WH | 50 | 0:56:18,58 | 0:57:40,18 |
| 657 | 1121 | Anne-Catrin | Risse | 73 | Hagen a.t.w. | W40 | 14 | 0:56:19,00 | 0:56:46,63 |
| 658 | 797 | Dirk | Lebeda | 80 | SV Grafeld | M40 | 108 | 0:56:19,06 | 0:57:22,73 |

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| 659 | 867 | Grove | Markus | 78 | DLRG Georgsmarienhütte | M40 | 109 | 0:56:20,13 | 0:56:34,47 |
| 660 | 467 | Frederik | Hausfeld | 89 | MSC Osnabrück | M30 | 147 | 0:56:20,24 | 0:57:13,86 |
| 661 | 600 | Andre | Jahn | 73 | | M40 | 110 | 0:56:22,83 | 0:56:51,65 |
| 662 | 1460 | Udo | Weigandt | 63 | LG Osnabrück | M50 | 130 | 0:56:23,23 | 0:58:10,92 |
| 663 | 1560 | Narie | Grimmelsmann | 91 | | W30 | 31 | 0:56:23,63 | 0:56:59,07 |
| 664 | 261 | Martin | Dittmer | 64 | Nettetal Jungs | M50 | 131 | 0:56:24,25 | 0:56:54,75 |
| 665 | 888 | Doris | Menzel | 71 | | W50 | 19 | 0:56:25,46 | 0:57:27,64 |
| 666 | 1531 | Christopher Andreas | Wolf | 87 | LC Solbad Ravensberg e.V | M30 | 148 | 0:56:26,40 | 0:57:28,90 |
| 667 | 148 | Kai | Bremer | 71 | | M50 | 132 | 0:56:26,73 | 0:57:29,53 |
| 668 | 1323 | Rolf | Suhrhoff | 57 | SC Melle 03 e.V. | M60 | 30 | 0:56:27,11 | 0:57:52,02 |
| 669 | 1322 | Petra | Suhrhoff | 68 | SC Melle 03 e.V. | W50 | 20 | 0:56:27,73 | 0:57:51,85 |
| 670 | 717 | Matthias | Konczalla | 57 | | M60 | 31 | 0:56:30,40 | 0:57:49,35 |
| 671 | 1115 | Alexander | Riemer | 89 | Rudel&Friends | M30 | 149 | 0:56:32,64 | 0:56:43,06 |
| 672 | 1039 | Christian | Peußner | 76 | SF Lotte | M40 | 111 | 0:56:33,59 | 0:58:15,61 |
| 673 | 1535 | Johannes | Wrehde | 76 | | M40 | 112 | 0:56:34,10 | 0:57:26,68 |
| 674 | 1123 | Juliana | Robbert | 0 | | WH | 51 | 0:56:34,36 | 0:56:46,73 |
| 675 | 910 | Christian | Meyknecht | 75 | | M40 | 113 | 0:56:35,61 | 0:57:10,27 |
| 676 | 419 | Sabrina | Grunwald | 81 | | W40 | 15 | 0:56:37,31 | 0:57:31,80 |
| 677 | 1502 | Matthias | Wilhelm | 84 | Lega S | M30 | 150 | 0:56:37,38 | 0:57:10,28 |
| 678 | 1527 | Felix | Wohlschläger | 90 | | M30 | 151 | 0:56:37,41 | 0:57:09,00 |
| 679 | 742 | Frank | Krieger | 73 | SV Halverde | M40 | 114 | 0:56:39,12 | 0:57:42,75 |
| 680 | 1000 | Giuseppe | Orlando | 85 | Kein | M30 | 152 | 0:56:39,43 | 0:56:40,90 |
| 681 | 40 | Thorsten | Bartsch | 70 | TSV Altenholz | M50 | 133 | 0:56:44,59 | 0:57:47,31 |
| 682 | 441 | Andreas | Halbrügge | 62 | TuS Borgloh | M60 | 32 | 0:56:46,07 | 0:58:08,54 |
| 683 | 1100 | Thomas | Rehme | 66 | TuS Borgloh | M50 | 134 | 0:56:46,13 | 0:58:08,71 |
| 684 | 1316 | Hilke | Stummer | 71 | TSV Altenholz | W50 | 21 | 0:56:46,78 | 0:57:45,49 |
| 685 | 1269 | Michael | Sprehe | 86 | Cool Runnings | M30 | 153 | 0:56:48,90 | 0:58:16,17 |
| 686 | 1543 | Nadine | Zeitzi | 97 | | WH | 52 | 0:56:48,93 | 0:58:05,33 |
| 687 | 1273 | Verena | Sriskandarajah | 93 | | WH | 53 | 0:56:49,60 | 0:56:51,67 |
| 688 | 908 | Franziska | Meyer | 95 | | WH | 54 | 0:56:53,55 | 0:57:37,03 |
| 689 | 377 | Alexander | Gerber | 62 | Vereinslos | M60 | 33 | 0:56:54,25 | 0:58:07,22 |
| 690 | 730 | Nina | Krainer | 81 | | W40 | 16 | 0:56:55,92 | 0:57:40,63 |
| 691 | 802 | Eveline | Leier | 97 | | WH | 55 | 0:56:56,48 | 0:58:12,90 |

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| 692 | 667 | Rolf | Kinnius | 67 | Lotte | M50 | 135 | 0:56:56,92 | 0:57:49,79 |
| 693 | 414 | Clemens | Gruber | 67 | | M50 | 136 | 0:56:58,72 | 0:57:38,82 |
| 694 | 1461 | Claus | Weimer | 59 | Osnabrücker TB | M60 | 34 | 0:57:00,18 | 0:57:07,09 |
| 695 | 136 | Tessa | Brake | 95 | | WH | 56 | 0:57:02,38 | 0:57:54,06 |
| 696 | 440 | Gönke | Hakemann | 71 | Osnabrück | W50 | 22 | 0:57:03,52 | 0:57:21,00 |
| 697 | 1557 | Martin | Schulte | 68 | RW Sutthausen | M50 | 137 | 0:57:03,72 | 0:57:20,55 |
| 698 | 454 | Lara | Happe | 97 | TV Bad Iburg | WH | 57 | 0:57:06,17 | 0:58:26,97 |
| 699 | 1433 | Ralf | von Wittich | 64 | Osnabrück | M50 | 138 | 0:57:06,36 | 0:58:11,81 |
| 700 | 122 | Julia | Bonte | 82 | | W40 | 17 | 0:57:07,76 | 0:58:09,62 |
| 701 | 1348 | Jasmin | Thies | 88 | | W30 | 32 | 0:57:10,78 | 0:58:01,70 |
| 702 | 1023 | Francesco | Parise | 78 | | M40 | 115 | 0:57:10,94 | 0:57:35,42 |
| 703 | 149 | Frank | Breuer | 66 | Stadtwerke Osnabrück AG | M50 | 139 | 0:57:11,68 | 0:57:53,97 |
| 704 | 677 | Alice | Klein | 80 | SC Falke Saerbeck | W40 | 18 | 0:57:12,32 | 0:57:55,85 |
| 705 | 512 | Alexander | Heuer | 80 | | M40 | 116 | 0:57:13,13 | 0:57:13,13 |
| 706 | 1406 | Franziska | Vathauer | 94 | Rubbenbruchsee parkrun | WH | 58 | 0:57:13,56 | 0:58:22,94 |
| 707 | 1346 | Gabriele | Terjung | 69 | RW Sutthausen | W50 | 23 | 0:57:14,21 | 0:58:36,28 |
| 708 | 991 | Thomas | Oesterreich | 80 | SSC Dodesheide | M40 | 117 | 0:57:16,91 | 0:58:12,42 |
| 709 | 943 | Ralf | Murra | 66 | | M50 | 140 | 0:57:17,35 | 0:58:07,65 |
| 710 | 703 | Gunter | Köb | 69 | Onabrück | M50 | 141 | 0:57:17,47 | 0:58:08,81 |
| 711 | 1559 | Elisabeth | Kerk | 59 | Jede Oma zählt | W60 | 7 | 0:57:17,92 | 0:57:50,99 |
| 712 | 321 | Anke | Falke | 76 | Piesberger SV | W40 | 19 | 0:57:18,03 | 0:57:52,99 |
| 713 | 1558 | Ulrike | Oostvogel | 65 | | W50 | 24 | 0:57:18,28 | 0:57:51,48 |
| 714 | 921 | Andrea | Möller | 85 | Osnabrück | W30 | 33 | 0:57:20,05 | 0:59:02,34 |
| 715 | 755 | Sabine | Kuhl | 81 | Piesberger SV | W40 | 20 | 0:57:20,68 | 0:57:55,56 |
| 716 | 923 | Martin | Möller | 77 | Osnabrück | M40 | 118 | 0:57:21,77 | 0:59:04,62 |
| 717 | 1219 | Martina | Schwarz | 72 | TV Georgsmarienhütte | W50 | 25 | 0:57:22,14 | 0:58:37,03 |
| 718 | 1006 | Robert | Osterheider | 64 | | M50 | 142 | 0:57:22,20 | 0:58:17,06 |
| 719 | 855 | Dorit | Lührmann | 70 | SC Melle 03 | W50 | 26 | 0:57:23,59 | 0:58:47,76 |
| 720 | 1501 | Moritz | Wilbers | 86 | | M30 | 154 | 0:57:25,33 | 0:57:31,30 |
| 721 | 300 | Nicola | Enders | 72 | | W50 | 27 | 0:57:26,40 | 0:58:23,66 |
| 722 | 772 | Sandra | Lammers | 78 | | W40 | 21 | 0:57:26,63 | 0:58:01,24 |
| 723 | 1155 | Jürgen | Scheiter | 67 | | M50 | 143 | 0:57:34,66 | 0:58:25,16 |
| 724 | 285 | Christian | Düvel | 86 | Osnabrück | M30 | 155 | 0:57:34,93 | 0:59:19,68 |

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| 725 | 914 | Jörg | Milius | 67 | Osnabrücker TB | M50 | 144 | 0:57:36,26 | 0:58:28,57 |
| 726 | 1550 | Nikolaus | Zimmermann | 60 | Rudel&Friends | M60 | 35 | 0:57:40,68 | 0:57:41,88 |
| 727 | 1178 | Burkhard | Schmidt | 70 | Glück(L)auf | M50 | 145 | 0:57:40,91 | 0:58:28,36 |
| 728 | 51 | Ulrich | Beckwermert | 64 | | M50 | 146 | 0:57:43,56 | 0:58:17,94 |
| 729 | 435 | Johanna | Hagedorn | 88 | | W30 | 34 | 0:57:43,98 | 0:58:30,63 |
| 730 | 423 | Martina | Guhe-Wamhof | 66 | Osnabrück | W50 | 28 | 0:57:44,19 | 0:58:43,92 |
| 731 | 348 | Annegret | Frese | 67 | TSG 07 Burg Gretesch | W50 | 29 | 0:57:44,23 | 0:58:41,18 |
| 732 | 635 | Hannes | Kamp | 86 | | M30 | 156 | 0:57:47,95 | 0:58:33,67 |
| 733 | 782 | Florian | Langenberg | 5 | | MJ U18 | 12 | 0:57:49,14 | 0:59:01,17 |
| 734 | 249 | Helmut | Diddens | 58 | | M60 | 36 | 0:57:49,62 | 0:58:32,67 |
| 735 | 207 | Martin | Busch | 94 | | MH | 115 | 0:57:50,81 | 0:58:31,07 |
| 736 | 1103 | Ann-Katrin | Reichmuth | 88 | TuS Nahne | W30 | 35 | 0:57:52,08 | 0:58:52,03 |
| 737 | 247 | Birgit | Dey | 64 | | W50 | 30 | 0:57:52,61 | 0:58:49,87 |
| 738 | 505 | Reinhard | Hermes | 60 | OSC Osnabrück | M60 | 37 | 0:57:53,27 | 0:58:06,83 |
| 739 | 1011 | Julia | Oswald | 72 | Sonnenhügler | W50 | 31 | 0:57:57,04 | 0:58:59,30 |
| 740 | 996 | Stefan | Olbrich | 63 | | M50 | 147 | 0:58:04,92 | 0:58:28,88 |
| 741 | 1056 | Kerstin | Pluta | 82 | Lotte | W40 | 22 | 0:58:07,70 | 0:58:40,24 |
| 742 | 927 | Michael | Mönstermann | 63 | Osnabrücker Hospiz e.V. | M50 | 148 | 0:58:08,50 | 0:59:01,66 |
| 743 | 1057 | Andreas | Pluta | 81 | Lotte | M40 | 119 | 0:58:08,57 | 0:58:41,30 |
| 744 | 926 | Holly | Mönstermann | 1 | Osnabrücker Hospiz e.V. | WH | 59 | 0:58:10,03 | 0:59:03,47 |
| 745 | 653 | Jul | Kempe | 92 | | M30 | 157 | 0:58:11,55 | 0:59:57,07 |
| 746 | 199 | Mathis | Bünger | 93 | Vfb Schinkel | MH | 116 | 0:58:13,79 | 0:59:49,07 |
| 747 | 930 | Stefan | Mörbe | 71 | Osnabrücker TB | M50 | 149 | 0:58:21,43 | 0:59:29,62 |
| 748 | 1450 | Holger | Wangerin | 69 | . | M50 | 150 | 0:58:24,66 | 0:59:45,15 |
| 749 | 268 | Steffen | Dransmann | 86 | | M30 | 158 | 0:58:28,11 | 0:59:56,42 |
| 750 | 466 | Simon | Haunhorst | 95 | | MH | 117 | 0:58:28,31 | 0:59:56,70 |
| 751 | 1544 | Jörn | Ziemann | 70 | TM Sentrup | M50 | 151 | 0:58:30,52 | 0:59:22,70 |
| 752 | 532 | Jens | Hoffmeier | 72 | Georgsmarienhütte | M50 | 152 | 0:58:30,61 | 1:00:08,82 |
| 753 | 446 | Andreas | Hanke | 67 | | M50 | 153 | 0:58:31,57 | 0:59:47,84 |
| 754 | 1072 | Florian | Prochaska | 63 | | M50 | 154 | 0:58:32,04 | 0:59:13,78 |
| 755 | 970 | Bernhard | Niermann | 60 | | M60 | 38 | 0:58:35,29 | 1:00:26,66 |
| 756 | 1446 | Manon | Wallenhorst | 91 | ACTIVE Sportshop Osnabrück | W30 | 36 | 0:58:35,60 | 0:59:16,56 |
| 757 | 1272 | Stefan | Springfeld | 82 | TrailTeam Osnabrück | M40 | 120 | 0:58:36,72 | 0:59:57,59 |

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| 758 | 42 | Ulla | Bauer | 63 | Jede Oma zählt | W50 | 32 | 0:58:40,05 | 1:00:00,00 |
| 759 | 801 | Yvonne | Leiendecker | 78 | | W40 | 23 | 0:58:40,41 | 0:59:05,86 |
| 760 | 978 | Dennis | Nolte-Love | 89 | SV 28 Wissingen | M30 | 159 | 0:58:40,46 | 0:59:50,19 |
| 761 | 1217 | Katrin | Schwager | 83 | Bissendorf | W30 | 37 | 0:58:40,56 | 0:59:06,14 |
| 762 | 37 | Lutz | Barkey | 70 | Lc-Solbad-Ravensberg | M50 | 155 | 0:58:42,32 | 0:58:50,31 |
| 763 | 475 | Bodo | Heggemann | 69 | SV Viktoria Gesmold e.V. | M50 | 156 | 0:58:44,41 | 0:59:58,22 |
| 764 | 518 | Stefanie | Hiekmann | 90 | | W30 | 38 | 0:58:46,39 | 0:59:23,45 |
| 765 | 517 | Michael | Hiekmann | 92 | | M30 | 160 | 0:58:47,35 | 0:59:23,90 |
| 766 | 21 | Burkhardt | Arends | 75 | | M40 | 121 | 0:58:48,20 | 0:59:44,62 |
| 767 | 955 | Bastian | Neumann | 83 | | M30 | 161 | 0:58:50,37 | 0:59:36,52 |
| 768 | 239 | Martin | Deicke | 80 | | M40 | 122 | 0:58:52,78 | 1:00:29,76 |
| 769 | 1107 | Patrik | Reimers | 87 | | M30 | 162 | 0:58:52,91 | 1:00:29,81 |
| 770 | 1109 | Cornelia | Remmers | 93 | | WH | 60 | 0:58:53,49 | 1:00:29,76 |
| 771 | 619 | Jens | Koziol | 72 | | M50 | 157 | 0:58:53,62 | 0:59:36,73 |
| 772 | 292 | Jörn | Eilers | 73 | TV Sutthausen | M40 | 123 | 0:58:54,48 | 0:59:37,29 |
| 773 | 611 | Lukas | Jarecki | 3 | Tus Eintracht | MH | 118 | 0:58:55,53 | 1:00:42,34 |
| 774 | 979 | Christian | Nordmann | 73 | | M40 | 124 | 0:59:01,60 | 1:00:40,18 |
| 775 | 1065 | Jochen | Pörschke | 63 | FC Bissendorf | M50 | 158 | 0:59:01,65 | 1:00:20,65 |
| 776 | 194 | Annika | Budelmann | 93 | | WH | 61 | 0:59:02,87 | 1:00:01,09 |
| 777 | 52 | Katharina | Beckwermert | 90 | Jede Oma zählt | W30 | 39 | 0:59:02,98 | 0:59:16,67 |
| 778 | 189 | David | Brüwer | 89 | Partytreff | M30 | 163 | 0:59:03,15 | 1:00:24,32 |
| 779 | 1258 | Siegfried | Sowa | 64 | privat | M50 | 159 | 0:59:04,71 | 0:59:44,96 |
| 780 | 257 | Astrid | Dingmann | 98 | | WH | 62 | 0:59:05,02 | 1:00:29,75 |
| 781 | 200 | Hartmut | Bünger | 64 | TKSV 1906 e.V. Duisdorf | M50 | 160 | 0:59:05,19 | 1:00:02,46 |
| 782 | 1417 | Jutta | Voges | 54 | Jede Oma zählt | W60 | 8 | 0:59:05,47 | 1:00:02,50 |
| 783 | 746 | Petra | Kröner-Kohsiek | 68 | | W50 | 33 | 0:59:05,74 | 1:00:03,13 |
| 784 | 1159 | Jonah | Schewski | 2 | | MH | 119 | 0:59:07,68 | 0:59:41,29 |
| 785 | 1160 | Luca | Schewski | 99 | | MH | 120 | 0:59:07,84 | 0:59:40,69 |
| 786 | 1162 | Ellen | Schewski | 72 | | W50 | 34 | 0:59:08,63 | 0:59:42,06 |
| 787 | 1161 | Marc | Schewski | 72 | | M50 | 161 | 0:59:08,80 | 0:59:41,31 |
| 788 | 471 | Heike Alexandra | Hedemann | 70 | Rot-Weiß Sutthausen | W50 | 35 | 0:59:09,79 | 0:59:35,56 |
| 789 | 1311 | Nicola | Strothmann | 66 | Cool Runnings | W50 | 36 | 0:59:10,66 | 1:00:35,93 |
| 790 | 1451 | Markus | Wantoch | 66 | Cool Runnings | M50 | 162 | 0:59:11,10 | 1:00:36,23 |

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| 791 | 876 | Guri | Mechelhoff | 71 | | W50 | 37 | 0:59:15,20 | 1:00:11,05 |
| 792 | 678 | Beate | Klein | 60 | ACTIVE Sportshop Osnabrück | W60 | 9 | 0:59:16,06 | 1:00:13,80 |
| 793 | 420 | Thomas | Gruschwitz | 82 | Bad Laer | M40 | 125 | 0:59:16,11 | 1:00:22,04 |
| 794 | 662 | Uwe | Kielhorn | 62 | Nettetal Jungs | M60 | 39 | 0:59:18,99 | 1:00:18,61 |
| 795 | 332 | Daniel | Fiebig | 84 | | M30 | 164 | 0:59:20,16 | 1:00:21,04 |
| 796 | 1240 | Antje | Seifert | 79 | OTB Osnabrück | W40 | 24 | 0:59:20,74 | 1:00:05,25 |
| 797 | 497 | Gisela | Henze | 68 | kein Verein | W50 | 38 | 0:59:21,02 | 1:00:29,41 |
| 798 | 128 | Jörg | Borker | 68 | | M50 | 163 | 0:59:21,14 | 1:00:15,85 |
| 799 | 111 | Christian | Bode | 77 | Osnabrück | M40 | 126 | 0:59:21,38 | 1:00:45,52 |
| 800 | 851 | Georg | Lückmann | 58 | | M60 | 40 | 0:59:22,48 | 1:00:11,54 |
| 801 | 1377 | Martin | Tradt | 58 | Jede Oma zählt | M60 | 41 | 0:59:22,94 | 1:00:11,53 |
| 802 | 1179 | Joachim | Schmidt | 62 | | M60 | 42 | 0:59:24,80 | 1:00:03,54 |
| 803 | 950 | Frank | Nardmann | 64 | LT | M50 | 164 | 0:59:27,32 | 1:00:03,79 |
| 804 | 1324 | Paulina | Suliga | 7 | HLB Klein Mönstermann | WJ U18 | 2 | 0:59:29,51 | 1:00:33,28 |
| 805 | 1464 | Björn | Weinrich | 92 | | M30 | 165 | 0:59:30,18 | 1:00:01,96 |
| 806 | 1325 | Pawel | Suliga | 76 | HLB Klein Mönstermann | M40 | 127 | 0:59:31,42 | 1:00:35,55 |
| 807 | 1183 | Thorsten | Schmitz | 71 | | M50 | 165 | 0:59:36,28 | 1:01:11,14 |
| 808 | 612 | Hoge | Jaron | 8 | BerOs Route | MJ U18 | 13 | 0:59:36,32 | 1:01:15,62 |
| 809 | 786 | Maximilian | Lanwert | 93 | Osnabrück | MH | 121 | 0:59:37,06 | 1:01:06,11 |
| 810 | 68 | Andreas | Benten | 70 | | M50 | 166 | 0:59:41,27 | 1:01:18,89 |
| 811 | 158 | Detlev | Brinkmann | 66 | | M50 | 167 | 0:59:42,58 | 1:00:21,45 |
| 812 | 431 | David | Hackmann | 2 | | MH | 122 | 0:59:42,98 | 1:00:31,25 |
| 813 | 78 | Christian | Berlin | 88 | | M30 | 166 | 0:59:43,57 | 1:00:28,22 |
| 814 | 1212 | Dominic | Schulze | 95 | FC Concordia Osnabrück e.V. | MH | 123 | 0:59:47,30 | 1:00:36,96 |
| 815 | 211 | Sebastian | Büscher | 84 | | M30 | 167 | 0:59:47,67 | 1:00:37,33 |
| 816 | 525 | Oliver | Hinken | 68 | | M50 | 168 | 0:59:51,57 | 1:00:32,86 |
| 817 | 744 | Gabriele | Krone | 66 | TRI TSG BURG GRETESCH | W50 | 39 | 0:59:52,81 | 1:00:02,46 |
| 818 | 439 | Liboria | Hagspihl | 67 | | W50 | 40 | 0:59:52,83 | 1:01:20,34 |
| 819 | 456 | Christiane | Harms | 60 | TV Mettingen | W60 | 10 | 0:59:53,74 | 1:01:27,21 |
| 820 | 488 | Jonas | Helbig | 5 | | MJ U18 | 14 | 0:59:54,11 | 1:00:21,72 |
| 821 | 1343 | Friederike | Temme | 1 | | WH | 63 | 0:59:54,15 | 1:00:55,69 |
| 822 | 664 | Polly | Killingley | 98 | | WH | 64 | 0:59:54,58 | 1:01:19,24 |
| 823 | 663 | Matt | Killingley | 69 | Fatboys | M50 | 169 | 0:59:55,42 | 1:01:19,92 |

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| 824 | 675 | Hanna | Kleemann | 1 | | WH | 65 | 0:59:57,26 | 1:00:39,34 |
| 825 | 29 | Marei | Auf der Landwehr | 97 | TV Bad Iburg | WH | 66 | 1:00:00,78 | 1:01:22,34 |
| 826 | 1092 | Ahmed | Rashed | 64 | Kein | M50 | 170 | 1:00:07,38 | 1:01:21,00 |
| 827 | 1498 | Beate | Wiese | 68 | Osnabrück | W50 | 41 | 1:00:08,27 | 1:01:15,85 |
| 828 | 75 | Paul | Bergmann | 6 | TuS Haste 01 | MJ U18 | 15 | 1:00:08,28 | 1:01:15,43 |
| 829 | 73 | Fritz | Bergmann | 7 | BBC Osnabrück | MJ U18 | 16 | 1:00:08,58 | 1:01:16,06 |
| 830 | 1093 | Anke | Rashed | 66 | Kein | W50 | 42 | 1:00:09,71 | 1:01:23,17 |
| 831 | 1466 | Stefan | Weitowitz | 67 | FC SW Kalkriese | M50 | 171 | 1:00:11,32 | 1:00:48,44 |
| 832 | 1310 | Marisa | Strodt | 96 | Osnabrück | WH | 67 | 1:00:12,45 | 1:01:42,68 |
| 833 | 909 | Niels | Meyering | 86 | | M30 | 168 | 1:00:16,95 | 1:01:21,76 |
| 834 | 737 | Sieghardt | Krause | 55 | kein Verein | M60 | 43 | 1:00:17,84 | 1:01:03,70 |
| 835 | 823 | Jörg | Lindemann | 63 | | M50 | 172 | 1:00:18,40 | 1:02:05,95 |
| 836 | 847 | Jutta | Löwen-Roth | 63 | | W50 | 43 | 1:00:18,58 | 1:01:21,67 |
| 837 | 183 | Annika | Brunke | 94 | TSG07 Burg Gretesch | WH | 68 | 1:00:19,33 | 1:01:21,53 |
| 838 | 1299 | Maren | Stindt-Hoge | 77 | BerOs Route | W40 | 25 | 1:00:23,85 | 1:02:03,06 |
| 839 | 192 | Sabine | Buck-Groenhoff | 69 | keiner | W50 | 44 | 1:00:29,71 | 1:01:22,76 |
| 840 | 396 | Stephan | Gößmann | 55 | Lauftreff Stadt Osnabrück | M60 | 44 | 1:00:35,93 | 1:02:00,94 |
| 841 | 1261 | Maik | Spenthof | 74 | Grasshopper Espel | M40 | 128 | 1:00:45,67 | 1:02:18,66 |
| 842 | 1566 | Michael | Middendorf | 66 | Grashopper Espel | M50 | 173 | 1:00:45,92 | 1:02:18,75 |
| 843 | 500 | Melanie | Vogelpohl | 86 | | W30 | 40 | 1:00:46,31 | 1:01:46,90 |
| 844 | 907 | Uwe | Meyer | 64 | | M50 | 174 | 1:00:47,41 | 1:01:56,28 |
| 845 | 811 | Frank | Leuderalbert | 69 | Einzelperson | M50 | 175 | 1:00:51,34 | 1:01:19,04 |
| 846 | 1328 | Thomas | Sundag | 73 | OTB | M40 | 129 | 1:00:51,96 | 1:01:19,51 |
| 847 | 983 | Judith | Nwajei | 78 | TV Bissendorf-Holte | W40 | 26 | 1:00:52,34 | 1:01:29,90 |
| 848 | 1312 | Martin | Struck | 63 | Recke | M50 | 176 | 1:00:53,47 | 1:02:33,72 |
| 849 | 1565 | Rita | Strodt | 65 | | W50 | 45 | 1:00:58,06 | 1:02:28,00 |
| 850 | 846 | Tetyana | Loshovska | 73 | | W40 | 27 | 1:01:05,35 | 1:01:05,72 |
| 851 | 451 | Regine | Hans | 67 | | W50 | 46 | 1:01:07,01 | 1:01:42,98 |
| 852 | 708 | Sonja | Köhne | 69 | Jede Oma zählt | W50 | 47 | 1:01:07,75 | 1:02:27,70 |
| 853 | 499 | Heidemarie | Herberm.-Igelbrink | 63 | | W50 | 48 | 1:01:15,52 | 1:02:45,97 |
| 854 | 701 | Holger | Knemeyer | 70 | Daltons | M50 | 177 | 1:01:19,27 | 1:02:31,02 |
| 855 | 1459 | Stefan | Wehrkamp | 78 | | M40 | 130 | 1:01:20,90 | 1:01:37,86 |
| 856 | 1231 | Lou | Schwetter | 4 | | WH | 69 | 1:01:22,67 | 1:01:38,81 |

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| 857 | 329 | Michael | Fellhölter | 63 | Osnabrücker Hospiz e.V. | M50 | 178 | 1:01:29,43 | 1:02:45,73 |
| 858 | 618 | Stefanie | Jenner | 67 | | W50 | 49 | 1:01:30,59 | 1:02:48,40 |
| 859 | 606 | Norbert | Jansen | 64 | | M50 | 179 | 1:01:32,46 | 1:02:34,21 |
| 860 | 372 | Teresa | Gehrs | 70 | SFO | W50 | 50 | 1:01:32,69 | 1:02:33,93 |
| 861 | 119 | Artur | Michel | 99 | Polizei-SV Georgsmarienhütte | MH | 124 | 1:01:33,56 | 1:01:33,65 |
| 862 | 799 | Kathrin | Leiendecker | 78 | Lotte-Wersen | W40 | 28 | 1:01:37,52 | 1:02:04,50 |
| 863 | 1064 | Helmut | Pöppelmann | 56 | Osnabrück | M60 | 45 | 1:01:42,43 | 1:02:41,03 |
| 864 | 1188 | Judith | Schnepf | 80 | | W40 | 29 | 1:01:43,53 | 1:01:57,44 |
| 865 | 779 | Jens | Langemeyer | 79 | LT Osnabrück Nord | M40 | 131 | 1:01:52,11 | 1:02:39,83 |
| 866 | 13 | Bernd | Altenkirch | 67 | s4acw | M50 | 180 | 1:01:56,31 | 1:02:08,72 |
| 867 | 1174 | Tim | Schlochtermeyer | 96 | . | MH | 125 | 1:01:56,53 | 1:03:41,59 |
| 868 | 1457 | Jana | Weber | 2 | | WH | 70 | 1:02:02,09 | 1:03:36,34 |
| 869 | 1226 | | zzz | 22 | | MH | 126 | 1:02:02,84 | 1:03:14,56 |
| 870 | 175 | Klaus | Bröker | 69 | Hunteburger SV | M50 | 181 | 1:02:02,89 | 1:03:15,24 |
| 871 | 563 | Greta | Hübers | 4 | Blau Weiß Hollage | WH | 71 | 1:02:05,46 | 1:03:29,97 |
| 872 | 1260 | Kerstin | Spengemann | 78 | | W40 | 30 | 1:02:08,44 | 1:03:21,59 |
| 873 | 998 | Katharina | Opladen | 64 | Laufen gegen Leiden e.V. | W50 | 51 | 1:02:10,33 | 1:03:10,22 |
| 874 | 592 | Ina | Illmer | 82 | | W40 | 31 | 1:02:10,60 | 1:03:56,03 |
| 875 | 1554 | Wum | zum Hebel | 63 | Jede Oma zählt | M50 | 182 | 1:02:11,11 | 1:03:27,41 |
| 876 | 712 | Jan | Kolberg | 77 | TuS Bad Essen | M40 | 132 | 1:02:11,14 | 1:03:21,91 |
| 877 | 144 | Svenja | Bredenförder | 98 | | WH | 72 | 1:02:17,46 | 1:03:27,91 |
| 878 | 369 | Annika | Gehrs | 99 | | WH | 73 | 1:02:18,14 | 1:03:28,91 |
| 879 | 913 | Xenia | Miete | 92 | | W30 | 41 | 1:02:19,13 | 1:03:08,92 |
| 880 | 1481 | Michèle | Weynandt | 86 | | W30 | 42 | 1:02:19,48 | 1:03:08,92 |
| 881 | 422 | Edeltraud | Gude | 57 | Jede Oma zählt | W60 | 11 | 1:02:23,08 | 1:04:01,05 |
| 882 | 511 | Lutz | Hethey | 55 | Jede Oma zählt | M60 | 46 | 1:02:24,40 | 1:04:01,66 |
| 883 | 726 | Sven | Kösters | 85 | Sportler 4 a childrens world | M30 | 169 | 1:02:24,97 | 1:04:09,05 |
| 884 | 1166 | Jacqueline | Schilberg | 82 | BaKOS | W40 | 32 | 1:02:25,35 | 1:03:09,07 |
| 885 | 1537 | Stefanie | Wulf | 87 | Sportler 4 a childrens world | W30 | 43 | 1:02:25,97 | 1:04:09,26 |
| 886 | 489 | Lara | Helbig | 99 | | WH | 74 | 1:02:27,87 | 1:02:55,54 |
| 887 | 495 | Max | Hempel | 61 | BaKOS | M60 | 47 | 1:02:28,22 | 1:03:09,43 |
| 888 | 1002 | Anne | Ostendorf | 76 | KeinVerein | W40 | 33 | 1:02:28,59 | 1:04:04,67 |
| 889 | 465 | Kathleen | Haufe | 83 | | W30 | 44 | 1:02:29,07 | 1:03:39,94 |

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| 890 | 615 | Lennart | Jacobs | 84 | | M30 | 170 | 1:02:29,20 | 1:04:04,95 |
| 891 | 255 | Carla | Dietz | 95 | OTB Osnabrück | WH | 75 | 1:02:31,88 | 1:04:16,74 |
| 892 | 877 | Anja | Mehrmann | 65 | | W50 | 52 | 1:02:32,02 | 1:03:39,08 |
| 893 | 1511 | Nadine | Winter | 90 | | W30 | 45 | 1:02:32,28 | 1:03:04,40 |
| 894 | 861 | Harry | Maatjes | 52 | Niederländer | M70 | 3 | 1:02:32,93 | 1:02:36,55 |
| 895 | 596 | Ania | Ising | 80 | Parkrun Rubbenbruchsee | W40 | 34 | 1:02:33,87 | 1:03:26,60 |
| 896 | 668 | Wolfgang | Kirschbaum | 52 | OTB Osnabrück | M70 | 4 | 1:02:34,37 | 1:04:01,17 |
| 897 | 1591 | Kevin | Evans | 86 | PSV | M30 | 171 | 1:02:34,63 | 1:03:41,98 |
| 898 | 358 | Andrea | Frye gen. Reitemeier | 71 | OTB Osnabrück | W50 | 53 | 1:02:35,68 | 1:04:00,04 |
| 899 | 1488 | Melanie | Wieland | 78 | | W40 | 35 | 1:02:37,23 | 1:04:02,54 |
| 900 | 1418 | Vera | Voges | 92 | OTB Osnabrück | W30 | 46 | 1:02:37,47 | 1:04:22,39 |
| 901 | 682 | Thilo | Klein | 85 | | M30 | 172 | 1:02:38,74 | 1:03:36,11 |
| 902 | 967 | Nico | Niemeyer | 93 | WarehouseGym Osnabrück | MH | 127 | 1:02:38,83 | 1:04:24,23 |
| 903 | 1422 | Annette | Voigt | 84 | Fight your Schweinehund | W30 | 47 | 1:02:44,50 | 1:04:20,16 |
| 904 | 1252 | Peter | Sogl | 76 | TuS Engter | M40 | 133 | 1:02:44,83 | 1:03:35,14 |
| 905 | 695 | Thorsten | Klöppel | 84 | FC SW Kalkriese | M30 | 173 | 1:02:45,40 | 1:03:35,84 |
| 906 | 1319 | Robert | Stutzenstein | 66 | | M50 | 183 | 1:02:46,53 | 1:04:24,91 |
| 907 | 1199 | Christin | Schröder | 82 | | W40 | 36 | 1:02:46,78 | 1:04:20,15 |
| 908 | 297 | Melanie | Elixmann | 87 | | W30 | 48 | 1:02:49,88 | 1:03:50,17 |
| 909 | 1572 | Laurenz | Gehrling | 9 | | MJ U18 | 17 | 1:02:50,92 | 1:04:05,50 |
| 910 | 1571 | Daniel | Gehrling | 82 | | M40 | 134 | 1:02:52,64 | 1:04:06,86 |
| 911 | 587 | Matthias | Igelbrink | 91 | | M30 | 174 | 1:02:54,28 | 1:04:24,67 |
| 912 | 361 | Klaus | Gamradt | 67 | PKF WMS | M50 | 184 | 1:02:57,94 | 1:04:12,56 |
| 913 | 447 | Anja | Hanke | 74 | Kein Verein | W40 | 37 | 1:02:58,07 | 1:04:12,80 |
| 914 | 1425 | Hermann | Völlering | 64 | | M50 | 185 | 1:02:59,60 | 1:04:15,72 |
| 915 | 482 | Bettina | Heidtmann | 64 | | W50 | 54 | 1:03:00,24 | 1:04:15,26 |
| 916 | 1391 | Claudia | Uhlenbrock | 68 | Stadtwerke Osnabrück AG | W50 | 55 | 1:03:04,42 | 1:03:46,10 |
| 917 | 1423 | Iris | Voigt | 70 | TV Georgsmarienhütte | W50 | 56 | 1:03:05,83 | 1:04:40,41 |
| 918 | 969 | Heike | Niermann | 67 | | W50 | 57 | 1:03:05,89 | 1:04:40,42 |
| 919 | 1392 | Stephan | Uhlenbrock | 65 | Stadtwerke Osnabrück AG | M50 | 186 | 1:03:07,34 | 1:03:49,14 |
| 920 | 1172 | Christopher | Schlicke | 79 | | M40 | 135 | 1:03:08,06 | 1:04:50,45 |
| 921 | 483 | Ulf | Heimann | 78 | Semco Running Team | M40 | 136 | 1:03:08,35 | 1:04:50,11 |
| 922 | 1202 | Manuel | Schröer | 83 | | M30 | 175 | 1:03:10,92 | 1:03:48,94 |

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| 923 | 1201 | Florian | Schröer | 83 | | M30 | 176 | 1:03:10,97 | 1:03:48,50 |
| 924 | 1003 | Florian | Ostendorf | 85 | | M30 | 177 | 1:03:11,34 | 1:03:49,37 |
| 925 | 303 | Hannah | Enking | 93 | | WH | 76 | 1:03:14,83 | 1:03:30,76 |
| 926 | 231 | Christiane | Cordes | 77 | | W40 | 38 | 1:03:16,08 | 1:03:31,34 |
| 927 | 562 | Simon | Höwekenmeier | 5 | | MJ U18 | 18 | 1:03:17,30 | 1:04:56,37 |
| 928 | 922 | Katja | Möller | 97 | | WH | 77 | 1:03:17,33 | 1:03:26,36 |
| 929 | 1472 | Jürgen | Werner | 61 | TV Georgsmarienhütte | M60 | 48 | 1:03:21,29 | 1:04:38,54 |
| 930 | 1276 | Sonja | Stallkamp | 91 | | W30 | 49 | 1:03:23,03 | 1:04:01,64 |
| 931 | 629 | Sven | Jurenas | 73 | Hagen a.T.W. | M40 | 137 | 1:03:27,47 | 1:04:07,60 |
| 932 | 796 | Claudia | Lebeda | 84 | Wo ist Torben? | W30 | 50 | 1:03:27,98 | 1:04:31,51 |
| 933 | 776 | Franziska | Lange | 94 | | WH | 78 | 1:03:29,80 | 1:04:56,25 |
| 934 | 588 | Uwe | Igelbrink | 60 | | M60 | 49 | 1:03:34,44 | 1:05:05,20 |
| 935 | 430 | Andreas | Habermann | 67 | Kein Verein | M50 | 187 | 1:03:36,55 | 1:04:14,64 |
| 936 | 223 | Tanja | Butzke | 70 | kein | W50 | 58 | 1:03:37,92 | 1:04:15,73 |
| 937 | 1313 | David | Strunk | 4 | | MH | 128 | 1:03:39,99 | 1:04:17,68 |
| 938 | 1315 | Eike | Strunk | 89 | Osnabrück | M30 | 178 | 1:03:41,20 | 1:04:18,10 |
| 939 | 355 | Jan | Fronk | 78 | Lilaholika Osnabrück | M40 | 138 | 1:03:48,16 | 1:05:00,05 |
| 940 | 1493 | Maik | Wieneke | 96 | | MH | 129 | 1:03:57,70 | 1:04:21,56 |
| 941 | 953 | Paul | Neiweiser | 68 | Bünde | M50 | 188 | 1:03:59,52 | 1:05:10,37 |
| 942 | 1398 | Birgit | Unterberg | 70 | | W50 | 59 | 1:04:00,54 | 1:04:42,20 |
| 943 | 305 | Katrin | Erdbrink | 77 | | W40 | 39 | 1:04:02,15 | 1:04:56,03 |
| 944 | 1367 | Stefanie | Timmermann | 66 | Osnabrück | W50 | 60 | 1:04:09,36 | 1:05:08,01 |
| 945 | 625 | Michael | Joswig | 64 | SF Oesede | M50 | 189 | 1:04:09,66 | 1:05:13,01 |
| 946 | 952 | Oliver | Neils | 67 | SC Achmer | M50 | 190 | 1:04:13,74 | 1:05:19,08 |
| 947 | 806 | Louisa | Leineweber | 95 | | WH | 79 | 1:04:15,50 | 1:04:32,14 |
| 948 | 765 | Sebastian | Kutz | 83 | Lotter Lauftreff | M30 | 179 | 1:04:15,89 | 1:05:26,31 |
| 949 | 614 | Michael | Jaworski | 86 | Lauftreff Lotte | M30 | 180 | 1:04:17,01 | 1:05:28,82 |
| 950 | 229 | Anika | Colino | 78 | Run-Friends | W40 | 40 | 1:04:18,46 | 1:05:48,19 |
| 951 | 367 | Robert | Gehrmann | 83 | | M30 | 181 | 1:04:22,73 | 1:04:54,97 |
| 952 | 1553 | Sylvia | zum Hebel | 67 | Jede Oma zählt | W50 | 61 | 1:04:23,50 | 1:05:39,48 |
| 953 | 917 | Alexandra | Mittmann | 76 | Kein | W40 | 41 | 1:04:26,65 | 1:05:39,05 |
| 954 | 276 | Elena | Dreyer | 99 | | WH | 80 | 1:04:35,63 | 1:06:19,85 |
| 955 | 113 | Verena | Bögemann | 95 | - | WH | 81 | 1:04:44,44 | 1:06:21,77 |

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| 956 | 1145 | Reinhard | Sanner | 60 | TV Georgsmarienhütte | M60 | 50 | 1:04:44,68 | 1:05:13,00 |
| 957 | 1399 | Paula | Unterfranz | 99 | Sportygirls | WH | 82 | 1:04:46,05 | 1:05:45,86 |
| 958 | 1368 | Swantje | Timmermann | 98 | Sportygirls | WH | 83 | 1:04:46,60 | 1:05:46,19 |
| 959 | 807 | Christin | Lemme | 97 | Sportygirls | WH | 84 | 1:04:46,79 | 1:05:45,94 |
| 960 | 404 | Markus | Grätz | 77 | | M40 | 139 | 1:04:47,19 | 1:05:03,67 |
| 961 | 873 | Anika | Mauritz | 79 | | W40 | 42 | 1:04:48,98 | 1:05:04,12 |
| 962 | 1127 | Bettina | Rolfes | 68 | TUS Eintracht Rulle | W50 | 62 | 1:04:53,31 | 1:06:29,14 |
| 963 | 924 | Birgit | Monska | 70 | TUS Eintracht Rulle | W50 | 63 | 1:04:54,07 | 1:06:29,56 |
| 964 | 315 | Jana | Eser | 6 | Ohne | WJ U18 | 3 | 1:04:55,18 | 1:05:46,62 |
| 965 | 658 | Hannah | Keszleri | 1 | Blau Weiß Schinkel | WH | 85 | 1:04:57,15 | 1:06:08,16 |
| 966 | 295 | Stephanie | Eipper | 71 | | W50 | 64 | 1:04:57,51 | 1:05:44,07 |
| 967 | 980 | Hajo | Nordmann | 62 | | M60 | 51 | 1:04:57,59 | 1:05:43,78 |
| 968 | 1035 | Paul | Peters | 2 | AAC Rubby | MH | 130 | 1:05:01,50 | 1:05:53,65 |
| 969 | 561 | Jakob | Höwekenmeier | 7 | | MJ U18 | 19 | 1:05:02,49 | 1:06:41,64 |
| 970 | 240 | Britta | Deininger | 70 | Lotte | W50 | 65 | 1:05:03,41 | 1:06:27,07 |
| 971 | 788 | Annika | Larberg | 80 | Lotte | W40 | 43 | 1:05:03,44 | 1:06:26,53 |
| 972 | 514 | Annika | Heuermann | 95 | SV Harderberg | WH | 86 | 1:05:07,71 | 1:06:39,11 |
| 973 | 994 | Gesa | Ohnesorge | 78 | PKF WMS | W40 | 44 | 1:05:09,68 | 1:06:35,95 |
| 974 | 995 | Stephan | Ohnesorge | 75 | | M40 | 140 | 1:05:09,72 | 1:06:36,09 |
| 975 | 1437 | Mareike | Vorst | 80 | Bramscher Rumläufer | W40 | 45 | 1:05:30,91 | 1:06:19,61 |
| 976 | 628 | Gerd | Junker | 56 | 100 Marathon Club | M60 | 52 | 1:05:39,36 | 1:06:20,08 |
| 977 | 627 | Annette | Junker | 58 | | W60 | 12 | 1:05:39,80 | 1:06:20,08 |
| 978 | 657 | Thomas | Kerber | 60 | | M60 | 53 | 1:05:46,46 | 1:06:44,50 |
| 979 | 1288 | Felix | Steigmeier | 90 | | M30 | 182 | 1:05:49,52 | 1:07:16,05 |
| 980 | 1289 | Meike | Stein | 92 | | W30 | 51 | 1:05:53,16 | 1:06:40,09 |
| 981 | 881 | Hendrik | Meise | 93 | | MH | 131 | 1:05:56,69 | 1:07:34,57 |
| 982 | 990 | Tina | Oelkers | 68 | Cool Runnings | W50 | 66 | 1:05:57,25 | 1:07:24,41 |
| 983 | 142 | Johanna | Brandt | 89 | | W30 | 52 | 1:05:57,85 | 1:06:43,21 |
| 984 | 738 | Oliver | Kretschmer | 73 | | M40 | 141 | 1:05:59,42 | 1:07:18,01 |
| 985 | 311 | Britta | Eser | 69 | Ohne | W50 | 67 | 1:06:07,55 | 1:06:58,98 |
| 986 | 19 | n | ar | 75 | osnabrück | W40 | 46 | 1:06:07,57 | 1:07:33,27 |
| 987 | 1101 | Jörg | Reibholz | 67 | Ohne | M50 | 191 | 1:06:07,87 | 1:06:59,03 |
| 988 | 646 | Manuela | Kastens | 72 | OTB Osnabrück | W50 | 68 | 1:06:10,65 | 1:06:39,81 |

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| 989 | 651 | Marco | Kemmerling | 90 | Stiftung Wadentest | M30 | 183 | 1:06:13,20 | 1:06:17,16 |
| 990 | 1058 | Birgit | Pohle | 66 | | W50 | 69 | 1:06:14,03 | 1:07:39,79 |
| 991 | 810 | Ingo | Leonhard | 69 | | M50 | 192 | 1:06:18,56 | 1:07:25,75 |
| 992 | 1371 | Norbert | Tonner | 54 | | M60 | 54 | 1:06:20,56 | 1:07:09,36 |
| 993 | 1228 | Manuela | Schwerdtner | 69 | Ohne | W50 | 70 | 1:06:24,34 | 1:07:38,37 |
| 994 | 132 | Brigitte | Bösing | 79 | Tus Nahne | W40 | 47 | 1:06:42,75 | 1:08:17,72 |
| 995 | 131 | Patrick | Bösing | 78 | Tus Nahne | M40 | 142 | 1:06:43,31 | 1:08:18,14 |
| 996 | 739 | Tobias | Kretschmer | 98 | | MH | 132 | 1:06:54,73 | 1:08:13,30 |
| 997 | 1547 | Martina | Zimmerling | 62 | Lion Heart Fitness | W60 | 13 | 1:06:58,33 | 1:07:58,34 |
| 998 | 1523 | Marek | Wittsack | 74 | | M40 | 143 | 1:07:21,52 | 1:08:54,23 |
| 999 | 1524 | Gunja | Wittsack | 74 | | W40 | 48 | 1:07:22,43 | 1:08:54,41 |
| 1000 | 1266 | Lias | Spieß | 10 | | MJ U18 | 20 | 1:07:23,40 | 1:08:56,14 |
| 1001 | 685 | Robert | Kleine | 58 | OSC | M60 | 55 | 1:07:37,75 | 1:09:08,90 |
| 1002 | 1499 | Markus | Wiethäuper | 64 | | M50 | 193 | 1:07:50,05 | 1:08:37,22 |
| 1003 | 1476 | Jana | Weßler | 95 | | WH | 87 | 1:07:52,33 | 1:08:47,25 |
| 1004 | 484 | Markus | Heineking | 77 | Osnabrücker Ruder-Verein | M40 | 144 | 1:07:56,48 | 1:09:33,84 |
| 1005 | 77 | Eva | Berlin | 80 | Osnabrück | W40 | 49 | 1:07:56,55 | 1:09:34,29 |
| 1006 | 1078 | Hermann | Queckenstedt | 63 | VfL Osnabrück | M50 | 194 | 1:08:06,43 | 1:09:26,97 |
| 1007 | 1098 | Felipe | Rayo Martjn | 88 | Tri Team Osnabrück | M30 | 184 | 1:08:08,06 | 1:09:41,30 |
| 1008 | 937 | Anastasia | Müller | 81 | | W40 | 50 | 1:08:23,95 | 1:09:15,83 |
| 1009 | 1302 | Liane | Stockmann | 69 | | W50 | 71 | 1:08:34,13 | 1:09:46,71 |
| 1010 | 647 | Manuel | Kavermann | 89 | Jedermann | M30 | 185 | 1:08:38,55 | 1:10:05,16 |
| 1011 | 679 | Johanna | Klein | 10 | | WJ U18 | 4 | 1:08:39,01 | 1:10:00,22 |
| 1012 | 818 | Gabi | Lienemann | 66 | Sportfreund Lotte | W50 | 72 | 1:09:00,18 | 1:09:43,49 |
| 1013 | 448 | Carolin | Hannen | 85 | | W30 | 53 | 1:09:00,50 | 1:09:10,45 |
| 1014 | 71 | Kathrin | Berger | 85 | | W30 | 54 | 1:09:01,33 | 1:09:10,86 |
| 1015 | 94 | Cornelia | Blankefort | 64 | | W50 | 73 | 1:09:08,25 | 1:09:52,35 |
| 1016 | 1071 | Philip | Pritchard | 67 | | M50 | 195 | 1:09:19,90 | 1:09:37,18 |
| 1017 | 655 | Klaus | Kennepohl | 60 | Jede Oma zählt | M60 | 56 | 1:09:34,68 | 1:10:09,50 |
| 1018 | 1265 | Julia | Spieß | 84 | | W30 | 55 | 1:09:51,87 | 1:11:26,00 |
| 1019 | 1267 | Mira | Spieß | 11 | | WJ U18 | 5 | 1:09:53,02 | 1:11:25,58 |
| 1020 | 266 | Dieter | Dr. Köster | 48 | OGC | M70 | 5 | 1:09:54,86 | 1:10:38,53 |
| 1021 | 55 | Rita | Beermann | 57 | | W60 | 14 | 1:10:08,14 | 1:10:52,92 |

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| 1022 | 710 | Nicole | Koke | 76 | Run-Friends | W40 | 51 | 1:10:24,33 | 1:11:53,63 |
| 1023 | 709 | Christian | Koke | 72 | Run-Friends | M50 | 196 | 1:10:24,65 | 1:11:53,52 |
| 1024 | 849 | Dilara | Lübke | 98 | | WH | 88 | 1:11:04,80 | 1:11:40,38 |
| 1025 | 620 | Harro | Jenss | 48 | | M70 | 6 | 1:11:07,74 | 1:11:07,74 |
| 1026 | 1176 | Norbert | Schmacke | 48 | | M70 | 7 | 1:11:08,01 | 1:11:08,01 |
| 1027 | 546 | Jörg | Holtmeyer | 69 | FCSW Kalkriese | M50 | 197 | 1:11:23,18 | 1:11:56,73 |
| 1028 | 985 | Claudia | Obermeyer | 90 | LG | W30 | 56 | 1:11:56,56 | 1:12:30,39 |
| 1029 | 986 | Lars | Obermeyer | 89 | Piesberger SV | M30 | 186 | 1:11:57,35 | 1:12:30,54 |
| 1030 | 1032 | Natascha | Peselmann | 79 | | W40 | 52 | 1:11:58,42 | 1:13:25,36 |
| 1031 | 507 | Rainer | Herrmann | 66 | | M50 | 198 | 1:12:27,82 | 1:13:33,59 |
| 1032 | 1205 | Andreas | Schulenberg | 86 | VfR Voxtrup | M30 | 187 | 1:12:34,99 | 1:12:34,99 |
| 1033 | 902 | Georg | Meyer | 53 | VfL Kloster Oesede | M60 | 57 | 1:12:52,00 | 1:14:28,15 |
| 1034 | 839 | Martina | Lohmann | 62 | TSV Osnabrück | W60 | 15 | 1:13:09,06 | 1:14:16,00 |
| 1035 | 777 | Katharina | Lange | 96 | SV Bad Laer | WH | 89 | 1:13:18,10 | 1:14:49,90 |
| 1036 | 778 | Niclas | Lange | 93 | SV Harderberg | MH | 133 | 1:13:18,26 | 1:14:49,98 |
| 1037 | 392 | Ina | Gneiding | 79 | Run-Friends | W40 | 53 | 1:13:39,22 | 1:15:08,94 |
| 1038 | 1431 | Kerstin | von Hollen | 67 | Osnabrück | W50 | 74 | 1:13:53,91 | 1:15:08,67 |
| 1039 | 1004 | Nadine | Osterfeld | 86 | | W30 | 57 | 1:14:16,85 | 1:14:29,28 |
| 1040 | 1349 | Peter | Thoelen | 56 | | M60 | 58 | 1:14:27,56 | 1:14:27,56 |
| 1041 | 1575 | Corinne | Feré | 60 | | W60 | 16 | 1:15:17,09 | 1:16:48,92 |
| 1042 | 129 | Lisa | Borkowksy | 88 | | W30 | 58 | 1:16:06,60 | 1:16:16,86 |
| 1043 | 932 | Maire | Morris | 50 | Osnabrück | W70 | 1 | 1:16:45,49 | 1:17:52,42 |
| 1044 | 1556 | Alfred | Kerk | 40 | Lauftreff Stadt Osnabrück | M80 | 1 | 1:17:14,12 | 1:17:42,79 |
| 1045 | 398 | Rebekka | Gottschalk | 99 | | WH | 90 | 1:17:42,37 | 1:18:59,65 |
| 1046 | 479 | Laura | Heidemann | 98 | | WH | 91 | 1:17:43,18 | 1:18:59,80 |
| 1047 | 800 | Christian | Leiendecker | 73 | | M40 | 145 | 1:19:52,26 | 1:20:20,18 |
| 1048 | 787 | Tobias | Lanwert | 65 | | M50 | 199 | 1:20:12,97 | 1:21:41,87 |
| 1049 | 1350 | Theo | Thöle | 65 | | M50 | 200 | 1:20:14,99 | 1:21:42,65 |
| 1050 | 1151 | Miko Alexandra | Schaffasch | 74 | | W40 | 54 | 1:21:35,16 | 1:21:35,16 |
| 1051 | 680 | Leonard | Klein | 8 | | MJ U18 | 21 | 1:23:35,74 | 1:24:57,00 |
| 1052 | 575 | Werner | Hülsmann | 56 | Last Minute Halen | M60 | 59 | 1:24:49,35 | 1:26:45,96 |
| 1053 | 267 | Ha-We | Dr. Rehers | 47 | OSC/100 Marathon Club/DUV/TEA | M70 | 8 | 1:25:13,05 | 1:27:00,40 |
| 1054 | 1597 | Henrik | Niesmann | 95 | | MH | 134 | 1:28:04,10 | 1:29:47,92 |