

Nettozeiten

| Bezeichnung | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | |
|--------------|----------|------------|------------|--------------|-------------|--------------|-------------|--------------|-------------|------------|-------------|--------------|-------------|-------------|-------------|
| Vorname | | Andreas | | Emil | | Volker | | Mark | | Sabine | | Viviane | | Andreas | |
| Nachname | | Ambos | | Graeber | | Dattke | | Homann | | Lahmann | | Jaekel | | Kleiber | |
| Altersklasse | | M45 | | M30 | | M50 | | M40 | | W55 | | W45 | | M55 | |
| Distanz | | 10km | | Halbmarathon | | Halbmarathon | | Halbmarathon | | 10km | | Halbmarathon | | 10km | |
| Strecke | Zeiten | Gesamtzeit | Rundenzeit | Gesamtzeit | Rundenzeit | Gesamtzeit | Rundenzeit | Gesamtzeit | Rundenzeit | Gesamtzeit | Rundenzeit | Gesamtzeit | Rundenzeit | Gesamtzeit | Rundenzeit |
| 400m | Runde 1 | 01:26.600 | 01:26.600 | 0:01:29.300 | 0:01:29.300 | 0:01:34.130 | 0:01:34.130 | 0:01:36.190 | 0:01:36.190 | | 0:00:00.000 | 0:01:40.820 | 0:01:40.820 | 0:01:50.160 | 0:01:50.160 |
| 800m | Runde 2 | 02:59.840 | 01:33.240 | 0:03:05.260 | 0:01:35.960 | 0:03:09.340 | 0:01:35.210 | 0:03:14.540 | 0:01:38.350 | | | 0:03:27.280 | 0:01:46.460 | 0:03:47.530 | 0:01:57.370 |
| 1.200m | Runde 3 | 04:32.210 | 01:32.370 | 0:04:38.180 | 0:01:32.920 | 0:04:42.770 | 0:01:33.430 | 0:04:53.200 | 0:01:38.660 | | | 0:05:23.430 | 0:01:56.150 | 0:05:47.550 | 0:02:00.020 |
| 1.600m | Runde 4 | 06:04.080 | 01:31.870 | 0:06:12.810 | 0:01:34.630 | 0:06:18.290 | 0:01:35.520 | 0:06:32.470 | 0:01:39.270 | | | 0:07:14.660 | 0:01:51.230 | 0:07:48.800 | 0:02:01.250 |
| 2.000m | Runde 5 | 07:35.150 | 01:31.070 | 0:07:45.310 | 0:01:32.500 | 0:07:52.820 | 0:01:34.530 | 0:08:10.820 | 0:01:38.350 | | | 0:09:09.040 | 0:01:54.380 | 0:09:49.050 | 0:02:00.250 |
| 2.400m | Runde 6 | 09:07.590 | 01:32.440 | 0:09:20.330 | 0:01:35.020 | 0:09:26.680 | 0:01:33.860 | 0:09:50.950 | 0:01:40.130 | | | 0:11:04.100 | 0:01:55.060 | 0:11:51.050 | 0:02:02.000 |
| 2.800m | Runde 7 | 10:39.830 | 01:32.240 | 0:10:53.730 | 0:01:33.400 | 0:11:03.940 | 0:01:37.260 | 0:11:31.080 | 0:01:40.130 | | | 0:12:56.420 | 0:01:52.320 | 0:13:54.270 | 0:02:03.220 |
| 3.200m | Runde 8 | 12:11.250 | 01:31.420 | 0:12:28.750 | 0:01:35.020 | 0:12:40.670 | 0:01:36.730 | 0:13:12.880 | 0:01:41.800 | | | 0:14:51.380 | 0:01:54.960 | 0:15:59.640 | 0:02:05.370 |
| 3.600m | Runde 9 | 13:44.170 | 01:32.920 | 0:14:03.310 | 0:01:34.560 | 0:14:15.020 | 0:01:34.350 | 0:14:53.910 | 0:01:41.030 | | | 0:16:44.590 | 0:01:53.210 | 0:18:03.900 | 0:02:04.260 |
| 4.000m | Runde 10 | 15:17.710 | 01:33.540 | 0:15:38.160 | 0:01:34.850 | 0:15:52.120 | 0:01:37.100 | 0:16:36.960 | 0:01:43.050 | | | 0:18:39.410 | 0:01:54.820 | 0:20:08.450 | 0:02:04.550 |
| 4.400m | Runde 11 | 16:47.140 | 01:29.430 | 0:17:10.540 | 0:01:32.380 | 0:17:27.140 | 0:01:35.020 | 0:18:19.700 | 0:01:42.740 | | | 0:20:36.600 | 0:01:57.190 | 0:22:14.240 | 0:02:05.790 |
| 4.800m | Runde 12 | 18:20.300 | 01:33.160 | 0:18:45.960 | 0:01:35.420 | 0:19:03.400 | 0:01:36.260 | 0:20:05.270 | 0:01:45.570 | | | 0:22:24.490 | 0:01:47.890 | 0:24:19.200 | 0:02:04.960 |
| 5.200m | Runde 13 | 19:53.150 | 01:32.850 | 0:20:18.620 | 0:01:32.660 | 0:20:39.630 | 0:01:36.230 | 0:21:45.580 | 0:01:40.310 | | | 0:24:21.080 | 0:01:56.590 | 0:26:23.730 | 0:02:04.530 |
| 5.600m | Runde 14 | 21:25.610 | 01:32.460 | 0:21:54.170 | 0:01:35.550 | 0:22:18.920 | 0:01:39.290 | 0:23:27.280 | 0:01:41.700 | | | 0:26:20.410 | 0:01:59.330 | 0:28:27.800 | 0:02:04.070 |
| 6.000m | Runde 15 | 22:58.270 | 01:32.660 | 0:23:30.270 | 0:01:36.100 | 0:23:55.210 | 0:01:36.290 | 0:25:13.500 | 0:01:46.220 | | | 0:28:17.320 | 0:01:56.910 | 0:30:31.340 | 0:02:03.540 |
| 6.400m | Runde 16 | 24:31.400 | 01:33.130 | 0:25:07.460 | 0:01:37.190 | 0:25:32.560 | 0:01:37.350 | 0:26:58.150 | 0:01:44.650 | | | 0:30:15.520 | 0:01:58.200 | 0:32:34.450 | 0:02:03.110 |
| 6.800m | Runde 17 | 26:05.460 | 01:34.060 | 0:26:39.820 | 0:01:32.360 | 0:27:11.310 | 0:01:38.750 | 0:28:45.310 | 0:01:47.160 | | | 0:32:04.230 | 0:01:48.710 | 0:34:36.860 | 0:02:02.410 |
| 7.200m | Runde 18 | 27:39.350 | 01:33.890 | 0:28:14.250 | 0:01:34.430 | 0:28:47.600 | 0:01:36.290 | 0:30:34.520 | 0:01:49.210 | | | 0:34:00.440 | 0:01:56.210 | 0:36:42.200 | 0:02:05.340 |
| 7.600m | Runde 19 | 29:14.390 | 01:35.040 | 0:29:51.120 | 0:01:36.870 | 0:30:24.080 | 0:01:36.480 | 0:32:19.230 | 0:01:44.710 | | | 0:35:57.310 | 0:01:56.870 | 0:38:47.120 | 0:02:04.920 |
| 8.000m | Runde 20 | 30:47.050 | 01:32.660 | 0:31:25.030 | 0:01:33.910 | 0:32:01.810 | 0:01:37.730 | 0:34:01.130 | 0:01:41.900 | | | 0:37:57.500 | 0:02:00.190 | 0:40:52.150 | 0:02:05.030 |
| 8.400m | Runde 21 | 32:19.270 | 01:32.220 | 0:33:00.440 | 0:01:35.410 | 0:33:43.230 | 0:01:41.420 | 0:35:41.850 | 0:01:40.720 | | | 0:39:55.900 | 0:01:58.400 | 0:42:57.580 | 0:02:05.430 |
| 8.800m | Runde 22 | 33:53.650 | 01:34.380 | 0:34:33.840 | 0:01:33.400 | 0:35:21.040 | 0:01:37.810 | 0:37:28.150 | 0:01:46.300 | | | 0:41:50.650 | 0:01:54.750 | 0:45:03.030 | 0:02:05.450 |
| 9.200m | Runde 23 | 35:27.950 | 01:34.300 | 0:36:09.170 | 0:01:35.330 | 0:37:00.170 | 0:01:39.130 | 0:39:13.700 | 0:01:45.550 | | | 0:43:49.190 | 0:01:58.540 | 0:47:05.640 | 0:02:02.610 |
| 9.600m | Runde 24 | 37:03.210 | 01:35.260 | 0:37:43.950 | 0:01:34.780 | 0:38:40.590 | 0:01:40.420 | 0:42:49.470 | 0:03:35.770 | | | 0:45:54.490 | 0:02:05.300 | 0:49:06.940 | 0:02:01.300 |
| 10.000m | Runde 25 | 38:32.240 | 01:29.030 | 0:39:19.320 | 0:01:35.370 | 0:40:18.910 | 0:01:38.320 | 0:44:37.200 | 0:01:47.730 | | | 0:47:50.190 | 0:01:55.700 | 0:50:56.680 | 0:01:49.740 |
| 10.400m | Runde 26 | | | 0:40:53.730 | 0:01:34.410 | 0:41:57.880 | 0:01:38.970 | 0:46:21.830 | 0:01:44.630 | | | 0:49:46.150 | 0:01:55.960 | | |
| 10.800m | Runde 27 | | | 0:42:30.540 | 0:01:36.810 | 0:43:40.840 | 0:01:42.960 | 0:48:08.330 | 0:01:46.500 | | | 0:51:46.720 | 0:02:00.570 | | |
| 11.200m | Runde 28 | | | 0:44:06.880 | 0:01:36.340 | 0:45:16.560 | 0:01:35.720 | 0:49:55.930 | 0:01:47.600 | | | 0:53:46.200 | 0:01:59.480 | | |
| 11.600m | Runde 29 | | | 0:45:41.870 | 0:01:34.990 | 0:46:57.670 | 0:01:41.110 | DNF | | | | 0:55:45.900 | 0:01:59.700 | | |
| 12.000m | Runde 30 | | | 0:47:17.090 | 0:01:35.220 | 0:48:39.940 | 0:01:42.270 | DNF | | | | 0:57:44.140 | 0:01:58.240 | | |
| 12.400m | Runde 31 | | | 0:48:53.410 | 0:01:36.320 | 0:50:19.260 | 0:01:39.320 | DNF | | | | 0:59:41.230 | 0:01:57.090 | | |
| 12.800m | Runde 32 | | | 0:50:30.100 | 0:01:36.690 | 0:52:02.180 | 0:01:42.920 | DNF | | | | 1:01:42.250 | 0:02:01.020 | | |
| 13.200m | Runde 33 | | | 0:52:06.540 | 0:01:36.440 | 0:53:41.520 | 0:01:39.340 | DNF | | | | 1:03:39.510 | 0:01:57.260 | | |
| 13.600m | Runde 34 | | | 0:53:41.960 | 0:01:35.420 | 0:55:25.100 | 0:01:43.580 | DNF | | | | 1:05:33.880 | 0:01:54.370 | | |
| 14.000m | Runde 35 | | | 0:55:17.540 | 0:01:35.580 | 0:57:05.850 | 0:01:40.750 | DNF | | | | 1:07:33.000 | 0:01:59.120 | | |

| Bezeichnung | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|-------------------|----------|------------------|-------------------------|-------------------------|--------------------|--------------------|-------------------------|--------------------|
| 14.400m | Runde 36 | | 0:56:52.800 0:01:35.260 | 0:58:48.570 0:01:42.720 | DNF | | 1:09:34.150 0:02:01.150 | |
| 14.800m | Runde 37 | | 0:58:27.140 0:01:34.340 | 1:00:31.360 0:01:42.790 | DNF | | 1:11:32.650 0:01:58.500 | |
| 15.200m | Runde 38 | | 1:00:02.890 0:01:35.750 | 1:02:16.170 0:01:44.810 | DNF | | 1:13:26.770 0:01:54.120 | |
| 15.600m | Runde 39 | | 1:01:37.590 0:01:34.700 | 1:04:02.710 0:01:46.540 | DNF | | 1:15:20.810 0:01:54.040 | |
| 16.000m | Runde 40 | | 1:03:12.880 0:01:35.290 | 1:05:43.250 0:01:40.540 | DNF | | 1:17:18.470 0:01:57.660 | |
| 16.400m | Runde 41 | | 1:04:46.480 0:01:33.600 | 1:07:27.090 0:01:43.840 | DNF | | 1:19:17.000 0:01:58.530 | |
| 16.800m | Runde 42 | | 1:06:23.800 0:01:37.320 | DNF | DNF | | 1:21:12.350 0:01:55.350 | |
| 17.200m | Runde 43 | | 1:08:00.380 0:01:36.580 | DNF | DNF | | 1:23:07.730 0:01:55.380 | |
| 17.600m | Runde 44 | | 1:09:39.010 0:01:38.630 | DNF | DNF | | 1:25:00.430 0:01:52.700 | |
| 18.000m | Runde 45 | | 1:11:14.030 0:01:35.020 | DNF | DNF | | 1:26:52.380 0:01:51.950 | |
| 18.400m | Runde 46 | | 1:12:50.130 0:01:36.100 | DNF | DNF | | 1:28:40.420 0:01:48.040 | |
| 18.800m | Runde 47 | | 1:14:27.300 0:01:37.170 | DNF | DNF | | 1:30:32.950 0:01:52.530 | |
| 19.200m | Runde 48 | | 1:16:02.000 0:01:34.700 | DNF | DNF | | 1:32:25.320 0:01:52.370 | |
| 19.600m | Runde 49 | | 1:17:37.950 0:01:35.950 | DNF | DNF | | 1:34:22.660 0:01:57.340 | |
| 20.000m | Runde 50 | | 1:19:13.330 0:01:35.380 | DNF | DNF | | 1:36:16.590 0:01:53.930 | |
| 20.400m | Runde 51 | | 1:20:48.190 0:01:34.860 | DNF | DNF | | 1:37:59.340 0:01:42.750 | |
| 20.800m | Runde 52 | | 1:22:23.480 0:01:35.290 | DNF | DNF | | 1:39:41.450 0:01:42.110 | |
| 21.100m | Runde 53 | | 1:23:34.430 0:01:10.950 | DNF | DNF | | 1:41:01.250 0:01:19.800 | |
| Gesamtzeit | | 38:32.240 | 1:23:34.430 | 1:07:27.090 | 0:49:55.930 | 0:00:00.000 | 1:41:01.250 | 0:50:56.680 |