

# ***Bestenliste aller Hermannsläufe 1972-2024***

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## **Inhaltsangabe:**

Zum schnelleren Auffinden eines Läufers bitte die Suchfunktion des Readers

( z.B. **Strg+F** oder **rechte Maustaste > Suchen** beim Acrobat Reader ),oder

**Liste 3** nutzen.

**Seite 2 – 14 : Liste 1 > Sortiert nach den Läufen mit dem besten Km-Schnitt**  
( so sind alle Strecken vergleichbar )

**Seite 15 – 27 : Liste 2 > Sortiert nach der Bestzeit**  
( wegen unterschiedlicher Distanzen nicht vergleichbar )

**Seite 28 – 39 : Liste 3 > Alphabetische Reihenfolge aller Läufer**  
( mit den unterschiedlichen Platzierungen in den Listen 1 u. 2 )

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname      | Vorname        | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|---------------|----------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 1     | Jafari        | Ezekiel        | 1989 | <b>3:14,79</b>  | 01:40:58 | 2011                 | 31,1           | 22                 |
| 2     | Witt          | Rene           | 1971 | <b>3:22,25</b>  | 01:43:09 | 2002                 | 30,6           | 31                 |
| 3     | Sansar        | Elias          | 1980 | <b>3:22,38</b>  | 01:44:54 | 2019                 | 31,1           | 39                 |
| 4     | Pyl           | Bernd-Theodor  | 1968 | <b>3:23,65</b>  | 01:44:12 | 1996                 | 30,7           | 28                 |
| 5     | Philpott      | Adrian         | 1952 | <b>3:24,65</b>  | 01:43:21 | 1984                 | 30,3           | 32                 |
| 6     | Teich         | Christian      | 1984 | <b>3:24,92</b>  | 01:46:13 | 2013                 | 31,1           | 29                 |
| 7     | Biehl         | Marcus         | 1969 | <b>3:25,10</b>  | 01:44:36 | 2004                 | 30,6           | 35                 |
| 8     | Reichert      | Florian        | 1982 | <b>3:25,27</b>  | 01:46:24 | 2015                 | 31,1           | 33                 |
| 9     | Seifert       | Claus          | 1968 | <b>3:25,31</b>  | 01:45:03 | 1997                 | 30,7           | 29                 |
| 10    | Fischer       | Heiko          | 1960 | <b>3:25,94</b>  | 01:44:00 | 1984                 | 30,3           | 24                 |
| 11    | Ewert         | Andreas        | 1963 | <b>3:26,30</b>  | 01:44:11 | 1995                 | 30,3           | 32                 |
| 12    | Atey          | Yohannes Hailu | 1991 | <b>3:26,53</b>  | 01:47:03 | 2015                 | 31,1           | 24                 |
| 13    | Schinkitz     | Heiko          | 1956 | <b>3:26,99</b>  | 01:45:34 | 2002                 | 30,6           | 46                 |
| 14    | Kühlmann      | Thomas         | 1990 | <b>3:27,14</b>  | 01:47:22 | 2018                 | 31,1           | 28                 |
| 15    | Foeth         | Oliver         | 1967 | <b>3:27,52</b>  | 01:46:11 | 1997                 | 30,7           | 30                 |
| 15    | Sprenger      | Martin         | 1952 | <b>3:27,52</b>  | 01:44:48 | 1988                 | 30,3           | 36                 |
| 17    | Amstutz       | Michael        | 1967 | <b>3:27,92</b>  | 01:45:00 | 1992                 | 30,3           | 25                 |
| 18    | Böckenholt    | Thomas         | 1974 | <b>3:28,27</b>  | 01:46:13 | 2002                 | 30,6           | 28                 |
| 19    | Theodorakakos | Dimitrios      | 1978 | <b>3:28,39</b>  | 01:48:01 | 2013                 | 31,1           | 35                 |
| 20    | Brouwer       | Philipp        | 1982 | <b>3:28,59</b>  | 01:46:23 | 2003                 | 30,6           | 21                 |
| 21    | Lundström     | Ingmar         | 1972 | <b>3:28,83</b>  | 01:46:51 | 1999                 | 30,7           | 27                 |
| 21    | Breitenbach   | Carsten        | 1968 | <b>3:28,83</b>  | 01:46:51 | 1999                 | 30,7           | 31                 |
| 23    | Borgers       | Norbert        | 1965 | <b>3:28,96</b>  | 01:46:55 | 1997                 | 30,7           | 32                 |
| 24    | Thoma         | Carsten        | 1971 | <b>3:29,25</b>  | 01:46:43 | 2002                 | 30,6           | 31                 |
| 25    | Sander        | Dirk           | 1956 | <b>3:29,37</b>  | 01:45:44 | 1985                 | 30,3           | 29                 |
| 26    | Muehlenmeier  | Bernd          | 1956 | <b>3:29,41</b>  | 01:45:45 | 1986                 | 30,3           | 30                 |
| 27    | Hirschfeld    | Martin         | 1964 | <b>3:29,64</b>  | 01:45:52 | 1988                 | 30,3           | 24                 |
| 28    | Navrade       | Jörg           | 1964 | <b>3:29,67</b>  | 01:45:53 | 1991                 | 30,3           | 27                 |
| 29    | Capt Marshall | A.J.           | 1962 | <b>3:29,93</b>  | 01:46:01 | 1989                 | 30,3           | 27                 |
| 30    | Horst         | Ingo           | 1977 | <b>3:30,26</b>  | 01:48:59 | 2005                 | 31,1           | 28                 |
| 31    | Kolkhorst     | Henrich        | 1989 | <b>3:30,39</b>  | 01:49:03 | 2013                 | 31,1           | 24                 |
| 32    | Peters        | Erik           | 1992 | <b>3:30,58</b>  | 01:49:09 | 2024                 | 31,1           | 32                 |
| 33    | Koritz        | Ralph          | 1967 | <b>3:31,24</b>  | 01:48:05 | 1997                 | 30,7           | 30                 |
| 34    | Bussemeier    | Peter          | 1961 | <b>3:31,25</b>  | 01:46:41 | 1985                 | 30,3           | 24                 |
| 35    | Bochert       | Florian        | 2000 | <b>3:31,64</b>  | 01:49:42 | 2024                 | 31,1           | 24                 |
| 36    | Sauerstein    | Uwe            | 1968 | <b>3:31,68</b>  | 01:46:54 | 1991                 | 30,3           | 23                 |
| 37    | Stiede        | Volker         | 1964 | <b>3:31,85</b>  | 01:46:59 | 1991                 | 30,3           | 27                 |
| 38    | Kerkmann      | Jan            | 1991 | <b>3:32,06</b>  | 01:49:55 | 2018                 | 31,1           | 27                 |
| 39    | Wieser        | Jürgen         | 1969 | <b>3:32,15</b>  | 01:49:58 | 2007                 | 31,1           | 38                 |
| 40    | James         | Carlton        | 1961 | <b>3:32,19</b>  | 01:48:13 | 2002                 | 30,6           | 41                 |
| 41    | Weidler       | Frank          | 1963 | <b>3:32,31</b>  | 01:47:13 | 1987                 | 30,3           | 24                 |
| 41    | Marshall      | T.             | 1960 | <b>3:32,31</b>  | 01:47:13 | 1987                 | 30,3           | 27                 |
| 43    | Bollweg       | Norbert        | 1955 | <b>3:32,38</b>  | 01:47:15 | 1985                 | 30,3           | 30                 |
| 43    | Grub          | Timo           | 1978 | <b>3:32,38</b>  | 01:50:05 | 2013                 | 31,1           | 35                 |

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## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname      | Vorname          | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|---------------|------------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 45    | Schiessl      | Helmut           | 1972 | <b>3:32,48</b>  | 01:48:22 | 2002                 | 30,6           | 30                 |
| 46    | Brand         | Michael          | 1982 | <b>3:32,67</b>  | 01:50:14 | 2010                 | 31,1           | 28                 |
| 47    | Bartholome    | Thomas           | 1969 | <b>3:32,73</b>  | 01:50:16 | 2008                 | 31,1           | 39                 |
| 48    | Becker        | Robert           | 1964 | <b>3:32,84</b>  | 01:47:29 | 1988                 | 30,3           | 24                 |
| 49    | van de Mortel | Hans             | 1961 | <b>3:32,94</b>  | 01:47:32 | 1995                 | 30,3           | 34                 |
| 50    | Boehme        | Patrick          | 1988 | <b>3:32,96</b>  | 01:50:23 | 2022                 | 31,1           | 34                 |
| 51    | van Staa      | Sascha           | 1992 | <b>3:33,02</b>  | 01:50:25 | 2023                 | 31,1           | 31                 |
| 52    | Sivulka       | Juraj            | 1969 | <b>3:33,13</b>  | 01:49:03 | 1998                 | 30,7           | 29                 |
| 53    | Sengenberger  | Ulf              | 1969 | <b>3:33,22</b>  | 01:49:06 | 1996                 | 30,7           | 27                 |
| 54    | Rodgers       | Alec             | 1954 | <b>3:33,27</b>  | 01:47:42 | 1989                 | 30,3           | 35                 |
| 55    | Niklas        | Hänze            | 1995 | <b>3:33,67</b>  | 01:50:45 | 2022                 | 31,1           | 27                 |
| 56    | Faeseke       | Ekhard           | ?    | <b>3:34,06</b>  | 01:48:06 | 1982                 | 30,3           | ?                  |
| 57    | Böhl          | Timo             | 1988 | <b>3:34,21</b>  | 01:51:02 | 2023                 | 31,1           | 35                 |
| 58    | SCHLONSKI     | WALTER           | 1945 | <b>3:34,22</b>  | 01:48:11 | 1984                 | 30,3           | 39                 |
| 59    | Kaschura      | Jan              | 1985 | <b>3:34,28</b>  | 01:51:04 | 2019                 | 31,1           | 34                 |
| 60    | Bunert        | Jörg             | 1954 | <b>3:34,55</b>  | 01:48:21 | 1991                 | 30,3           | 37                 |
| 60    | SSgt Wilson   | Tony             | 1958 | <b>3:34,55</b>  | 01:48:21 | 1989                 | 30,3           | 31                 |
| 62    | Hodey         | Jim              | 1951 | <b>3:34,62</b>  | 01:48:23 | 1977                 | 30,3           | 26                 |
| 63    | Leusink       | Erik             | 1989 | <b>3:34,69</b>  | 01:51:17 | 2019                 | 31,1           | 30                 |
| 64    | Waldemichael  | Robiel           | 1992 | <b>3:35,21</b>  | 01:51:33 | 2017                 | 31,1           | 25                 |
| 65    | Thierolf      | Michael          | 1962 | <b>3:35,25</b>  | 01:48:42 | 1994                 | 30,3           | 32                 |
| 66    | Krumsiek      | Ole              | 1970 | <b>3:35,31</b>  | 01:51:36 | 2011                 | 31,1           | 41                 |
| 67    | Rolfes        | Volkmar          | 1970 | <b>3:35,69</b>  | 01:51:48 | 2006                 | 31,1           | 36                 |
| 68    | Kriewen       | Klaus            | 1961 | <b>3:35,71</b>  | 01:48:56 | 1988                 | 30,3           | 27                 |
| 69    | Tighe         | M.               | ?    | <b>3:35,78</b>  | 01:48:58 | 1985                 | 30,3           | ?                  |
| 70    | Neuschwander  | Florian          | 1981 | <b>3:35,85</b>  | 01:51:53 | 2019                 | 31,1           | 38                 |
| 71    | Strothmann    | Jörn             | 1973 | <b>3:35,92</b>  | 01:50:07 | 2004                 | 30,6           | 31                 |
| 72    | Reins         | Oliver           | 1973 | <b>3:36,21</b>  | 01:52:04 | 2005                 | 31,1           | 32                 |
| 72    | Naegele       | Lukas            | 1989 | <b>3:36,21</b>  | 01:52:04 | 2014                 | 31,1           | 25                 |
| 74    | Ruthe         | Ralf             | 1981 | <b>3:36,37</b>  | 01:52:09 | 2016                 | 31,1           | 35                 |
| 75    | Dally         | Tim              | 1985 | <b>3:36,43</b>  | 01:52:11 | 2019                 | 31,1           | 34                 |
| 76    | Thaesler      | Klaus            | 1956 | <b>3:36,57</b>  | 01:49:22 | 1987                 | 30,3           | 31                 |
| 77    | Meder         | Ralf             | 1958 | <b>3:36,77</b>  | 01:49:28 | 1988                 | 30,3           | 30                 |
| 78    | Schulz        | Robert           | 1966 | <b>3:36,80</b>  | 01:50:34 | 2003                 | 30,6           | 37                 |
| 79    | Kaldewei      | Philipp          | 1981 | <b>3:36,85</b>  | 01:52:24 | 2011                 | 31,1           | 30                 |
| 79    | Kuttich       | Björn            | 1986 | <b>3:36,85</b>  | 01:52:24 | 2019                 | 31,1           | 33                 |
| 81    | Kohlmeier     | Axel             | 1955 | <b>3:36,96</b>  | 01:49:34 | 1987                 | 30,3           | 32                 |
| 82    | Kipkogei      | Stanley Kipkirui | 1980 | <b>3:37,04</b>  | 01:52:30 | 2016                 | 31,1           | 36                 |
| 83    | Severin       | Tobias           | 1975 | <b>3:37,14</b>  | 01:52:33 | 2008                 | 31,1           | 33                 |
| 84    | Bulk          | Heribert         | 1948 | <b>3:37,27</b>  | 01:47:33 | 1976                 | 29,7           | 28                 |
| 85    | Cain          | Billy CPL        | 1956 | <b>3:37,39</b>  | 01:49:47 | 1979                 | 30,3           | 23                 |
| 86    | Weigelt       | Claudius         | 1967 | <b>3:37,62</b>  | 01:49:54 | 1991                 | 30,3           | 24                 |
| 87    | Hoyte         | Kurt GB          | 1963 | <b>3:37,72</b>  | 01:51:24 | 1996                 | 30,7           | 33                 |
| 88    | Würfel        | Markus           | 1969 | <b>3:37,92</b>  | 01:51:30 | 2000                 | 30,7           | 31                 |

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## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname        | Vorname      | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|-----------------|--------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 89    | Koski           | Kipsuba      | 1948 | <b>3:37,95</b>  | 01:51:31 | 1996                 | 30,7           | 48                 |
| 89    | Martin          | Wilfried     | 1951 | <b>3:37,95</b>  | 01:50:04 | 1991                 | 30,3           | 40                 |
| 91    | Kowalczyk       | Janosch      | 1990 | <b>3:38,01</b>  | 01:53:00 | 2015                 | 31,1           | 25                 |
| 92    | Oppermann       | Klaus        | 1961 | <b>3:38,02</b>  | 01:50:06 | 1988                 | 30,3           | 27                 |
| 93    | HOWELL          | FREDERIK     | 1943 | <b>3:38,05</b>  | 01:50:07 | 1977                 | 30,3           | 34                 |
| 94    | Schouren        | Frank        | 1971 | <b>3:38,30</b>  | 01:53:09 | 2010                 | 31,1           | 39                 |
| 95    | Owen            | Martin       | 1961 | <b>3:38,35</b>  | 01:50:16 | 1990                 | 30,3           | 29                 |
| 96    | Warlich         | Matthias     | 1957 | <b>3:38,58</b>  | 01:50:23 | 1988                 | 30,3           | 31                 |
| 97    | Roberts         | Stephen      | 1954 | <b>3:38,75</b>  | 01:50:28 | 1983                 | 30,3           | 29                 |
| 98    | Kerim           | Peter        | 1956 | <b>3:38,78</b>  | 01:50:29 | 1991                 | 30,3           | 35                 |
| 99    | Schröper        | Jörg         | 1959 | <b>3:38,84</b>  | 01:50:31 | 1995                 | 30,3           | 36                 |
| 100   | Peschel         | Sascha       | 1970 | <b>3:38,86</b>  | 01:51:59 | 1997                 | 30,7           | 27                 |
| 101   | Ernesti         | Ferdinand    | 1968 | <b>3:38,88</b>  | 01:50:32 | 1990                 | 30,3           | 22                 |
| 102   | HOLZ            | KLAUS-DIETER | 1942 | <b>3:38,91</b>  | 01:50:33 | 1977                 | 30,3           | 35                 |
| 102   | Yoxall          | J.A. CPL     | 1960 | <b>3:38,91</b>  | 01:50:33 | 1987                 | 30,3           | 27                 |
| 104   | Schweer         | HELMUT       | 1958 | <b>3:39,01</b>  | 01:50:36 | 1982                 | 30,3           | 24                 |
| 104   | Becker          | Detlef       | 1966 | <b>3:39,01</b>  | 01:50:36 | 1991                 | 30,3           | 25                 |
| 106   | Flassbeck       | Jens         | 1967 | <b>3:39,06</b>  | 01:52:05 | 1998                 | 30,7           | 31                 |
| 107   | Asperger        | Michael      | 1968 | <b>3:39,09</b>  | 01:52:06 | 1996                 | 30,7           | 28                 |
| 108   | Gerrits         | Andreas      | 1980 | <b>3:39,16</b>  | 01:53:36 | 2013                 | 31,1           | 33                 |
| 109   | Brandt-Hüdepohl | Udo          | 1955 | <b>3:39,24</b>  | 01:50:43 | 1995                 | 30,3           | 40                 |
| 110   | Matthe          | Jörg         | 1968 | <b>3:39,48</b>  | 01:52:18 | 1996                 | 30,7           | 28                 |
| 111   | Schröder        | Stephan      | 1971 | <b>3:39,51</b>  | 01:52:19 | 1998                 | 30,7           | 27                 |
| 112   | Schulz          | Konrad       | 1966 | <b>3:39,58</b>  | 01:53:49 | 2011                 | 31,1           | 45                 |
| 113   | Wortmann        | Tim          | 1983 | <b>3:39,71</b>  | 01:53:53 | 2011                 | 31,1           | 28                 |
| 114   | Fabian          | Thomas       | 1967 | <b>3:39,74</b>  | 01:50:58 | 1988                 | 30,3           | 21                 |
| 115   | Baumgärtner     | Klaus        | 1959 | <b>3:39,80</b>  | 01:51:00 | 1992                 | 30,3           | 33                 |
| 116   | Heidbreder      | Thomas       | 1965 | <b>3:39,84</b>  | 01:52:29 | 2000                 | 30,7           | 35                 |
| 117   | Lulka           | Marek        | 1959 | <b>3:40,03</b>  | 01:51:07 | 1991                 | 30,3           | 32                 |
| 118   | Benning         | Dietmar      | 1958 | <b>3:40,17</b>  | 01:51:11 | 1984                 | 30,3           | 26                 |
| 118   | Lee             | Eddie        | 1946 | <b>3:40,17</b>  | 01:51:11 | 1989                 | 30,3           | 43                 |
| 120   | Breit           | Jürgen       | 1962 | <b>3:40,20</b>  | 01:51:12 | 1989                 | 30,3           | 27                 |
| 121   | Müller          | Klaus        | 1969 | <b>3:40,26</b>  | 01:52:42 | 1996                 | 30,7           | 27                 |
| 122   | Fischer         | Axel         | 1976 | <b>3:40,33</b>  | 01:52:22 | 2004                 | 30,6           | 28                 |
| 123   | Hoffmann        | Henrik       | 1990 | <b>3:40,39</b>  | 01:54:14 | 2024                 | 31,1           | 34                 |
| 124   | Poggemann       | Jürgen       | 1953 | <b>3:40,43</b>  | 01:51:19 | 1989                 | 30,3           | 36                 |
| 125   | Neu             | Andreas      | 1960 | <b>3:40,46</b>  | 01:51:20 | 1985                 | 30,3           | 25                 |
| 126   | Storrie         | Kevin        | 1965 | <b>3:40,50</b>  | 01:51:21 | 1984                 | 30,3           | 19                 |
| 127   | Lenz            | Thorsten     | 1961 | <b>3:40,69</b>  | 01:51:27 | 1992                 | 30,3           | 31                 |
| 128   | von Gaza        | Horst        | 1959 | <b>3:41,01</b>  | 01:53:05 | 1996                 | 30,7           | 37                 |
| 129   | Gehrmann        | Horst        | 1966 | <b>3:41,07</b>  | 01:53:07 | 1997                 | 30,7           | 31                 |
| 130   | Scheller        | Markus       | 1989 | <b>3:41,25</b>  | 01:54:41 | 2022                 | 31,1           | 33                 |
| 131   | Nahen           | Mathias      | 1970 | <b>3:41,32</b>  | 01:54:43 | 2011                 | 31,1           | 41                 |
| 131   | Lippe           | Dieter       | 1956 | <b>3:41,32</b>  | 01:51:46 | 1980                 | 30,3           | 24                 |

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## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname               | Vorname   | Geb. | Km - Schnitt   | Zeit     | Gelaufen im Jahr: | Streckenlänge: | Im Alter von |
|-------|------------------------|-----------|------|----------------|----------|-------------------|----------------|--------------|
| 133   | <b>Frigger</b>         | Andreas   | 1970 | <b>3:41,50</b> | 01:52:58 | 2002              | 30,6           | 32           |
| 134   | <b>BODE</b>            | Helmut    | 1929 | <b>3:41,52</b> | 01:49:39 | 1976              | 29,7           | 47           |
| 135   | <b>Wächter</b>         | Marco     | 1978 | <b>3:41,54</b> | 01:54:50 | 2005              | 31,1           | 27           |
| 136   | <b>Kersting</b>        | Gerhard   | 1962 | <b>3:41,65</b> | 01:51:56 | 1995              | 30,3           | 33           |
| 137   | <b>Kleinschmidt</b>    | Stephan   | 1965 | <b>3:41,79</b> | 01:53:29 | 1998              | 30,7           | 33           |
| 138   | <b>Vehlewald</b>       | Wolfgang  | 1960 | <b>3:41,91</b> | 01:52:04 | 1995              | 30,3           | 35           |
| 139   | <b>BIENERT</b>         | Klaus     | 1946 | <b>3:41,95</b> | 01:52:05 | 1979              | 30,3           | 33           |
| 139   | <b>Muenzner</b>        | Frank     | 1957 | <b>3:41,95</b> | 01:53:34 | 1997              | 30,7           | 40           |
| 141   | <b>Siekmann</b>        | Friedhelm | 1956 | <b>3:42,05</b> | 01:52:08 | 1988              | 30,3           | 32           |
| 141   | <b>Masjosthusmann</b>  | Martin    | 1962 | <b>3:42,05</b> | 01:52:08 | 1989              | 30,3           | 27           |
| 143   | <b>Wyatt</b>           | Jonathan  | 1972 | <b>3:42,12</b> | 01:55:08 | 2014              | 31,1           | 42           |
| 144   | <b>Strube</b>          | Joachim   | 1941 | <b>3:42,21</b> | 01:52:13 | 1982              | 30,3           | 41           |
| 145   | <b>SCHMIDT</b>         | HELMUT    | 1944 | <b>3:42,28</b> | 01:52:15 | 1981              | 30,3           | 37           |
| 145   | <b>Dohmann</b>         | Christoph | ?    | <b>3:42,28</b> | 01:55:13 | 2024              | 31,1           | ?            |
| 147   | <b>Pretsel</b>         | D.        | 1966 | <b>3:42,31</b> | 01:52:16 | 1989              | 30,3           | 23           |
| 147   | <b>Daubel</b>          | Andreas   | 1972 | <b>3:42,31</b> | 01:53:45 | 1996              | 30,7           | 24           |
| 149   | <b>Pieper</b>          | Boris     | 1969 | <b>3:42,32</b> | 01:55:14 | 2006              | 31,1           | 37           |
| 150   | <b>Akkerman</b>        | Erwin     | 1979 | <b>3:42,35</b> | 01:55:15 | 2019              | 31,1           | 40           |
| 151   | <b>Paul</b>            | Josef     | 1961 | <b>3:42,38</b> | 01:53:47 | 1997              | 30,7           | 36           |
| 152   | <b>Jazbec</b>          | Tobias    | 1981 | <b>3:42,39</b> | 01:53:25 | 2004              | 30,6           | 23           |
| 153   | <b>Kellner</b>         | Dirk      | 1961 | <b>3:42,54</b> | 01:52:23 | 1993              | 30,3           | 32           |
| 154   | <b>Niedermeyer</b>     | Jochen    | 1962 | <b>3:42,67</b> | 01:52:27 | 1989              | 30,3           | 27           |
| 155   | <b>Hankemeier</b>      | Sven      | 1976 | <b>3:42,70</b> | 01:53:57 | 2000              | 30,7           | 24           |
| 156   | <b>Gebauer</b>         | Klaus     | 1958 | <b>3:42,77</b> | 01:52:30 | 1988              | 30,3           | 30           |
| 157   | <b>Molero-Eichwein</b> | Miguel    | 1968 | <b>3:42,87</b> | 01:54:02 | 1998              | 30,7           | 30           |
| 158   | <b>Bender</b>          | Rolf      | 1952 | <b>3:42,94</b> | 01:52:35 | 1991              | 30,3           | 39           |
| 158   | <b>Clemens</b>         | Horst     | 1938 | <b>3:42,94</b> | 01:52:35 | 1984              | 30,3           | 46           |
| 160   | <b>Josefcak</b>        | Lutz      | 1966 | <b>3:42,97</b> | 01:52:36 | 1995              | 30,3           | 29           |
| 160   | <b>Linden</b>          | Werner    | 1949 | <b>3:42,97</b> | 01:52:36 | 1984              | 30,3           | 35           |
| 162   | <b>Appelbaum</b>       | Markus    | 1964 | <b>3:43,20</b> | 01:52:43 | 1989              | 30,3           | 25           |
| 163   | <b>Janicki</b>         | ADAM      | 1988 | <b>3:43,22</b> | 01:55:42 | 2016              | 31,1           | 28           |
| 164   | <b>Schüßler</b>        | Dominik   | ?    | <b>3:43,38</b> | 01:55:47 | 2023              | 31,1           | ?            |
| 165   | <b>Assmann</b>         | Ingo      | 1979 | <b>3:43,41</b> | 01:55:48 | 2005              | 31,1           | 26           |
| 165   | <b>Henseleit</b>       | Philipp   | 1988 | <b>3:43,41</b> | 01:55:48 | 2019              | 31,1           | 31           |
| 167   | <b>Wuppinger</b>       | Klaus     | 1969 | <b>3:43,46</b> | 01:53:58 | 2004              | 30,6           | 35           |
| 168   | <b>Harder</b>          | Tom       | 1997 | <b>3:43,47</b> | 01:55:50 | 2024              | 31,1           | 27           |
| 169   | <b>Schmitt</b>         | Ralph     | 1969 | <b>3:43,53</b> | 01:54:00 | 2003              | 30,6           | 34           |
| 170   | <b>Geilich</b>         | Niklas    | 1986 | <b>3:43,54</b> | 01:55:52 | 2023              | 31,1           | 37           |
| 171   | <b>Achten</b>          | Joerg     | 1971 | <b>3:43,56</b> | 01:54:01 | 2001              | 30,6           | 30           |
| 172   | <b>Niesser</b>         | Michael   | 1954 | <b>3:43,60</b> | 01:52:55 | 1980              | 30,3           | 26           |
| 173   | <b>Scherg</b>          | Jürgen    | 1963 | <b>3:43,69</b> | 01:54:05 | 2004              | 30,6           | 41           |
| 174   | <b>Susmann</b>         | Markus    | 1975 | <b>3:43,73</b> | 01:54:06 | 2002              | 30,6           | 27           |
| 174   | <b>Basak</b>           | Necat     | 1987 | <b>3:43,73</b> | 01:55:58 | 2013              | 31,1           | 26           |
| 174   | <b>Drilling</b>        | Carsten   | 1972 | <b>3:43,73</b> | 01:55:58 | 2006              | 31,1           | 34           |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname     | Vorname      | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|--------------|--------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 177   | Kruse        | Günter       | 1952 | <b>3:43,80</b>  | 01:53:01 | 1991                 | 30,3           | 39                 |
| 178   | Boesang      | Klaus        | 1959 | <b>3:43,86</b>  | 01:53:03 | 1995                 | 30,3           | 36                 |
| 179   | Pauli        | Felix        | 1990 | <b>3:43,92</b>  | 01:56:04 | 2016                 | 31,1           | 26                 |
| 180   | Rocker       | Wjatscheslaw | 1956 | <b>3:43,96</b>  | 01:53:06 | 1991                 | 30,3           | 35                 |
| 181   | Wittwer      | Stefan       | 1968 | <b>3:44,01</b>  | 01:54:37 | 1997                 | 30,7           | 29                 |
| 182   | Götze        | Frank        | 1972 | <b>3:44,10</b>  | 01:54:40 | 1999                 | 30,7           | 27                 |
| 183   | Ward         | A.M.         | 1954 | <b>3:44,16</b>  | 01:53:12 | 1988                 | 30,3           | 34                 |
| 184   | Carlisle     | Mark         | 1968 | <b>3:44,18</b>  | 01:54:20 | 2002                 | 30,6           | 34                 |
| 185   | Krüger       | Thorsten     | 1975 | <b>3:44,21</b>  | 01:56:13 | 2012                 | 31,1           | 37                 |
| 186   | Wellensiek   | Wolfgang     | 1972 | <b>3:44,28</b>  | 01:56:15 | 2005                 | 31,1           | 33                 |
| 187   | Strothmann   | Dirk         | 1969 | <b>3:44,37</b>  | 01:56:18 | 2008                 | 31,1           | 39                 |
| 187   | Düben        | Tobias       | ?    | <b>3:44,37</b>  | 01:56:18 | 2023                 | 31,1           | ?                  |
| 189   | Siegel       | HELMUT       | 1950 | <b>3:44,39</b>  | 01:53:19 | 1987                 | 30,3           | 37                 |
| 190   | Lancashire   | Stephen L.   | 1957 | <b>3:44,46</b>  | 01:53:21 | 1982                 | 30,3           | 25                 |
| 191   | Marten       | Rene         | 1971 | <b>3:44,50</b>  | 01:54:52 | 1997                 | 30,7           | 26                 |
| 192   | KUEHN        | HARTMUT      | 1952 | <b>3:44,55</b>  | 01:53:24 | 1981                 | 30,3           | 29                 |
| 193   | Ender        | Björn        | 1985 | <b>3:44,60</b>  | 01:56:25 | 2019                 | 31,1           | 34                 |
| 194   | Roßmann      | Hagen        | 1969 | <b>3:44,67</b>  | 01:54:35 | 2002                 | 30,6           | 33                 |
| 195   | Cpl Murphy   | P.           | 1963 | <b>3:44,72</b>  | 01:53:29 | 1990                 | 30,3           | 27                 |
| 196   | Tschernoster | Jan          | 1996 | <b>3:44,76</b>  | 01:56:30 | 2024                 | 31,1           | 28                 |
| 197   | Oestreich    | Frank        | 1961 | <b>3:44,79</b>  | 01:53:31 | 1985                 | 30,3           | 24                 |
| 198   | Cpl Chapman  | K.           | 1966 | <b>3:44,82</b>  | 01:53:32 | 1990                 | 30,3           | 24                 |
| 199   | Stern        | Christian    | 1980 | <b>3:44,89</b>  | 01:56:34 | 2019                 | 31,1           | 39                 |
| 200   | Güths        | Marius       | 1991 | <b>3:44,92</b>  | 01:56:35 | 2016                 | 31,1           | 25                 |
| 201   | Northen      | S:SSGT       | 1952 | <b>3:44,98</b>  | 01:53:37 | 1983                 | 30,3           | 31                 |
| 201   | Potter       | Jah.         | 1959 | <b>3:44,98</b>  | 01:53:37 | 1982                 | 30,3           | 23                 |
| 203   | Nott         | Hans Dieter  | 1951 | <b>3:45,05</b>  | 01:53:39 | 1979                 | 30,3           | 28                 |
| 204   | Herden       | Stefan       | 1970 | <b>3:45,07</b>  | 01:54:47 | 2002                 | 30,6           | 32                 |
| 205   | Booth        | David        | 1950 | <b>3:45,08</b>  | 01:53:40 | 1984                 | 30,3           | 34                 |
| 206   | Schlosser    | Torsten      | 1964 | <b>3:45,18</b>  | 01:55:13 | 1996                 | 30,7           | 32                 |
| 207   | Stuke        | Kai-Michael  | 1967 | <b>3:45,26</b>  | 01:54:53 | 2001                 | 30,6           | 34                 |
| 208   | Krug         | Garvin       | 1981 | <b>3:45,27</b>  | 01:56:46 | 2021                 | 31,1           | 40                 |
| 209   | Williams     | G.J.         | 1966 | <b>3:45,28</b>  | 01:53:46 | 1990                 | 30,3           | 24                 |
| 210   | Lubina       | Alexander    | 1979 | <b>3:45,37</b>  | 01:56:49 | 2010                 | 31,1           | 31                 |
| 211   | Rose         | Tim          | 1997 | <b>3:45,40</b>  | 01:56:50 | 2024                 | 31,1           | 27                 |
| 212   | Sievert      | Tobias       | 1992 | <b>3:45,43</b>  | 01:56:51 | 2023                 | 31,1           | 31                 |
| 213   | Schneider    | Xavier       | 1993 | <b>3:45,53</b>  | 01:56:54 | 2024                 | 31,1           | 31                 |
| 214   | Abraham      | Lothar       | 1947 | <b>3:45,54</b>  | 01:53:54 | 1982                 | 30,3           | 35                 |
| 215   | Schedler     | Martin       | 1980 | <b>3:45,59</b>  | 01:56:56 | 2012                 | 31,1           | 32                 |
| 216   | Demoliner    | Rainer       | 1965 | <b>3:45,60</b>  | 01:55:26 | 1998                 | 30,7           | 33                 |
| 217   | Downes       | Mike         | 1962 | <b>3:45,71</b>  | 01:53:59 | 1991                 | 30,3           | 29                 |
| 218   | Schoppmeier  | Martin       | 1972 | <b>3:45,79</b>  | 01:57:02 | 2005                 | 31,1           | 33                 |
| 218   | Barwinski    | Jonas        | 1997 | <b>3:45,79</b>  | 01:57:02 | 2022                 | 31,1           | 25                 |
| 220   | Meymann      | Jürgen       | 1973 | <b>3:45,86</b>  | 01:55:34 | 2000                 | 30,7           | 27                 |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname     | Vorname    | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|--------------|------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 221   | Dingenotto   | Markus     | 1963 | <b>3:45,87</b>  | 01:54:04 | 1987                 | 30,3           | 24                 |
| 222   | Dahmen       | Martin     | 1987 | <b>3:45,88</b>  | 01:57:05 | 2022                 | 31,1           | 35                 |
| 223   | Walch        | Dominic    | 1986 | <b>3:45,92</b>  | 01:57:06 | 2015                 | 31,1           | 29                 |
| 224   | Peglar       | A.M.       | 1960 | <b>3:45,94</b>  | 01:54:06 | 1988                 | 30,3           | 28                 |
| 225   | Arnold       | Keith John | 1947 | <b>3:46,01</b>  | 01:54:08 | 1992                 | 30,3           | 45                 |
| 226   | Westphal     | Jörg       | 1964 | <b>3:46,04</b>  | 01:54:09 | 1991                 | 30,3           | 27                 |
| 227   | Menne        | Elmar      | 1973 | <b>3:46,11</b>  | 01:55:19 | 2001                 | 30,6           | 28                 |
| 228   | Tinlin       | Richard    | ?    | <b>3:46,26</b>  | 01:52:00 | 1972                 | 29,7           | ?                  |
| 229   | HEINE        | MICHAEL    | 1947 | <b>3:46,27</b>  | 01:54:16 | 1978                 | 30,3           | 31                 |
| 230   | Van Galen    | JoostJens  | 1967 | <b>3:46,30</b>  | 01:54:17 | 1991                 | 30,3           | 24                 |
| 231   | Hauertmann   | Achim      | 1965 | <b>3:46,37</b>  | 01:54:19 | 1992                 | 30,3           | 27                 |
| 232   | Krüger       | Torsten    | 1976 | <b>3:46,40</b>  | 01:57:21 | 2011                 | 31,1           | 35                 |
| 232   | Toelle       | Heinz      | 1951 | <b>3:46,40</b>  | 01:54:20 | 1986                 | 30,3           | 35                 |
| 234   | Lehmenkötter | Burkhard   | 1964 | <b>3:46,45</b>  | 01:55:52 | 1997                 | 30,7           | 33                 |
| 235   | Rasch        | Reinhard   | ?    | <b>3:46,50</b>  | 01:52:07 | 1972                 | 29,7           | ?                  |
| 236   | Albrecht     | Thomas     | 1965 | <b>3:46,57</b>  | 01:54:25 | 1987                 | 30,3           | 22                 |
| 237   | Waßmuth      | Jens       | 1961 | <b>3:46,60</b>  | 01:54:26 | 1991                 | 30,3           | 30                 |
| 238   | Schneider    | Torsten    | 1972 | <b>3:46,66</b>  | 01:57:29 | 2013                 | 31,1           | 41                 |
| 239   | Lewanzik     | Heiko      | 1981 | <b>3:46,72</b>  | 01:57:31 | 2016                 | 31,1           | 35                 |
| 240   | Bateson      | Nicholas   | 1960 | <b>3:46,73</b>  | 01:54:30 | 1992                 | 30,3           | 32                 |
| 241   | Düwel        | Mario      | 1981 | <b>3:46,76</b>  | 01:55:39 | 2004                 | 30,6           | 23                 |
| 242   | Fricke       | Marc       | 1974 | <b>3:46,80</b>  | 01:55:40 | 2002                 | 30,6           | 28                 |
| 242   | Klein        | Manfred    | 1958 | <b>3:46,80</b>  | 01:54:32 | 1990                 | 30,3           | 32                 |
| 244   | Brand        | Nils       | 1990 | <b>3:46,82</b>  | 01:57:34 | 2023                 | 31,1           | 33                 |
| 245   | Naumann      | Daniel     | 1985 | <b>3:46,98</b>  | 01:57:39 | 2016                 | 31,1           | 31                 |
| 246   | Bauer        | Leo        | 1947 | <b>3:47,00</b>  | 01:54:38 | 1982                 | 30,3           | 35                 |
| 247   | Glosse       | Bernd      | 1958 | <b>3:47,04</b>  | 01:56:10 | 1999                 | 30,7           | 41                 |
| 248   | Niemann      | Oliver     | 1968 | <b>3:47,17</b>  | 01:56:14 | 1997                 | 30,7           | 29                 |
| 248   | Mangel       | Alexander  | 1986 | <b>3:47,17</b>  | 01:57:45 | 2019                 | 31,1           | 33                 |
| 248   | Forrester    | Brendan    | ?    | <b>3:47,17</b>  | 01:57:45 | 2022                 | 31,1           | ?                  |
| 248   | Otsuka       | Ryo        | 1998 | <b>3:47,17</b>  | 01:57:45 | 2024                 | 31,1           | 26                 |
| 252   | Winkler      | Guido      | 1963 | <b>3:47,20</b>  | 01:56:15 | 2000                 | 30,7           | 37                 |
| 253   | Osterheider  | Andreas    | 1962 | <b>3:47,23</b>  | 01:54:45 | 1986                 | 30,3           | 24                 |
| 254   | Mehlfeld     | Dennis     | 1987 | <b>3:47,27</b>  | 01:57:48 | 2012                 | 31,1           | 25                 |
| 255   | Wendt        | Arne       | 1973 | <b>3:47,36</b>  | 01:56:20 | 1996                 | 30,7           | 23                 |
| 256   | Ferger       | Thorsten   | 1963 | <b>3:47,40</b>  | 01:57:52 | 2007                 | 31,1           | 44                 |
| 257   | Raulf        | Stefan     | 1973 | <b>3:47,43</b>  | 01:57:53 | 2014                 | 31,1           | 41                 |
| 258   | Rotthaus     | Wilfried   | 1943 | <b>3:47,49</b>  | 01:54:53 | 1982                 | 30,3           | 39                 |
| 258   | Paulus       | Rudolf     | 1966 | <b>3:47,49</b>  | 01:56:24 | 1997                 | 30,7           | 31                 |
| 258   | Deiß         | Bernhard   | 1992 | <b>3:47,49</b>  | 01:57:55 | 2024                 | 31,1           | 32                 |
| 261   | Grass        | Björn      | 1961 | <b>3:47,52</b>  | 01:56:25 | 2000                 | 30,7           | 39                 |
| 262   | Joosten      | Lau        | 1947 | <b>3:47,56</b>  | 01:54:55 | 1990                 | 30,3           | 43                 |
| 263   | Vorsteher    | Peter      | 1956 | <b>3:47,62</b>  | 01:54:57 | 1984                 | 30,3           | 28                 |
| 264   | Duscha       | Michael    | 1960 | <b>3:47,66</b>  | 01:54:58 | 1990                 | 30,3           | 30                 |



# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname     | Vorname     | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|--------------|-------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 265   | Trachte      | Helmut      | 1950 | <b>3:47,69</b>  | 01:54:59 | 1988                 | 30,3           | 38                 |
| 266   | Malcherek    | Arnim       | 1967 | <b>3:47,82</b>  | 01:55:03 | 1995                 | 30,3           | 28                 |
| 267   | Schumann     | Frank       | 1960 | <b>3:47,92</b>  | 01:56:37 | 1999                 | 30,7           | 39                 |
| 268   | Eickmeyer    | Cord-Henrik | 1972 | <b>3:47,94</b>  | 01:56:15 | 2004                 | 30,6           | 32                 |
| 269   | Bradler      | Claas       | 1983 | <b>3:47,97</b>  | 01:58:10 | 2023                 | 31,1           | 40                 |
| 270   | Nakielski    | Markus      | 1971 | <b>3:48,01</b>  | 01:56:17 | 2003                 | 30,6           | 32                 |
| 271   | Paetsch      | Klaus       | 1941 | <b>3:48,05</b>  | 01:52:53 | 1975                 | 29,7           | 34                 |
| 272   | Zenge        | Klaus       | 1951 | <b>3:48,09</b>  | 01:55:11 | 1987                 | 30,3           | 36                 |
| 273   | Olschewsky   | Jörg        | 1967 | <b>3:48,15</b>  | 01:55:13 | 1991                 | 30,3           | 24                 |
| 274   | Knoepke      | Daniel      | 1982 | <b>3:48,33</b>  | 01:58:21 | 2011                 | 31,1           | 29                 |
| 275   | Meißner      | Stefan      | 1972 | <b>3:48,37</b>  | 01:56:51 | 1998                 | 30,7           | 26                 |
| 276   | Dittrich     | Kai-Uwe     | 1967 | <b>3:48,40</b>  | 01:56:29 | 2003                 | 30,6           | 36                 |
| 277   | Pahl         | Christian   | 1973 | <b>3:48,42</b>  | 01:58:24 | 2011                 | 31,1           | 38                 |
| 278   | Rahe         | Rolf        | 1957 | <b>3:48,45</b>  | 01:55:22 | 1988                 | 30,3           | 31                 |
| 278   | Weising      | Wolfgang    | 1952 | <b>3:48,45</b>  | 01:55:22 | 1991                 | 30,3           | 39                 |
| 280   | Schulz       | Waldemar    | 1970 | <b>3:48,46</b>  | 01:58:25 | 2006                 | 31,1           | 36                 |
| 280   | Wagner       | Frank       | 1987 | <b>3:48,46</b>  | 01:58:25 | 2023                 | 31,1           | 36                 |
| 282   | Gutthoff     | Werner      | 1951 | <b>3:48,48</b>  | 01:55:23 | 1989                 | 30,3           | 38                 |
| 283   | Ernst        | Simon       | 1987 | <b>3:48,49</b>  | 01:58:26 | 2021                 | 31,1           | 34                 |
| 284   | Rabe         | Gerhard     | 1950 | <b>3:48,51</b>  | 01:55:24 | 1993                 | 30,3           | 43                 |
| 285   | Henne        | Alexander   | 1985 | <b>3:48,52</b>  | 01:58:27 | 2022                 | 31,1           | 37                 |
| 286   | Nedderhoff   | Bernd       | 1959 | <b>3:48,53</b>  | 01:56:33 | 2004                 | 30,6           | 45                 |
| 287   | Rahmann      | Christoph   | 1977 | <b>3:48,56</b>  | 01:56:34 | 2002                 | 30,6           | 25                 |
| 288   | Vogt         | Holger      | 1949 | <b>3:48,65</b>  | 01:55:28 | 1984                 | 30,3           | 35                 |
| 289   | Gredzinski   | Andreas     | 1959 | <b>3:48,69</b>  | 01:56:38 | 2003                 | 30,6           | 44                 |
| 290   | Wittreck     | Ferdi       | 1958 | <b>3:48,73</b>  | 01:57:02 | 1997                 | 30,7           | 39                 |
| 291   | Niehaus      | Klemens     | 1944 | <b>3:48,75</b>  | 01:55:31 | 1988                 | 30,3           | 44                 |
| 291   | KARTNER      | WILHELM     | 1945 | <b>3:48,75</b>  | 01:55:31 | 1977                 | 30,3           | 32                 |
| 293   | Specht       | Gerold      | 1963 | <b>3:48,84</b>  | 01:55:34 | 1987                 | 30,3           | 24                 |
| 294   | Kelker       | Ruben       | 1985 | <b>3:48,87</b>  | 01:58:38 | 2014                 | 31,1           | 29                 |
| 295   | Coenen       | Clemens     | 1978 | <b>3:48,91</b>  | 01:58:39 | 2016                 | 31,1           | 38                 |
| 295   | Marshal      | BOB         | 1959 | <b>3:48,91</b>  | 01:55:36 | 1983                 | 30,3           | 24                 |
| 297   | Wierum       | Guenther    | 1941 | <b>3:48,94</b>  | 01:55:37 | 1982                 | 30,3           | 41                 |
| 298   | Breer        | Robin       | 1983 | <b>3:48,97</b>  | 01:58:41 | 2012                 | 31,1           | 29                 |
| 298   | Losch        | Stefan      | 1968 | <b>3:48,97</b>  | 01:58:41 | 2011                 | 31,1           | 43                 |
| 300   | Risse        | Joe-Max     | 1967 | <b>3:48,98</b>  | 01:55:38 | 1993                 | 30,3           | 26                 |
| 301   | Le Cheminant | Galen       | 1971 | <b>3:49,01</b>  | 01:55:39 | 1990                 | 30,3           | 19                 |
| 302   | Krois        | Dietmar     | 1959 | <b>3:49,02</b>  | 01:57:11 | 2000                 | 30,7           | 41                 |
| 303   | Pöhlker      | Nils        | 1976 | <b>3:49,04</b>  | 01:58:43 | 2019                 | 31,1           | 43                 |
| 304   | Beier        | Detlef      | 1957 | <b>3:49,06</b>  | 01:57:12 | 1996                 | 30,7           | 39                 |
| 305   | MC Lean      | Stuart      | 1957 | <b>3:49,08</b>  | 01:55:41 | 1988                 | 30,3           | 31                 |
| 305   | SCHMIDT      | Bruno       | 1946 | <b>3:49,08</b>  | 01:55:41 | 1984                 | 30,3           | 38                 |
| 307   | Lehmann      | Joachim     | 1938 | <b>3:49,09</b>  | 01:53:24 | 1972                 | 29,7           | 34                 |
| 308   | Teicher      | Jürgen      | 1969 | <b>3:49,11</b>  | 01:55:42 | 1993                 | 30,3           | 24                 |



# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname      | Vorname    | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|---------------|------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 309   | Mischke       | Mathias    | 1956 | <b>3:49,14</b>  | 01:55:43 | 1986                 | 30,3           | 30                 |
| 310   | Bonke         | Siegbert   | 1961 | <b>3:49,17</b>  | 01:55:44 | 1990                 | 30,3           | 29                 |
| 310   | Wuestefeld    | Wolfgang   | 1958 | <b>3:49,17</b>  | 01:55:44 | 1986                 | 30,3           | 28                 |
| 312   | Wunderlich    | Carsten    | 1972 | <b>3:49,23</b>  | 01:58:49 | 2005                 | 31,1           | 33                 |
| 313   | Adolf         | Claus      | 1965 | <b>3:49,28</b>  | 01:57:19 | 1999                 | 30,7           | 34                 |
| 314   | Brinkmann     | Sebastian  | 1983 | <b>3:49,32</b>  | 01:58:52 | 2013                 | 31,1           | 30                 |
| 315   | Cpl McKeown   | Geordie    | 1964 | <b>3:49,34</b>  | 01:55:49 | 1991                 | 30,3           | 27                 |
| 316   | Kriszeleit    | Leon       | 1989 | <b>3:49,36</b>  | 01:58:53 | 2024                 | 31,1           | 35                 |
| 317   | Pasch         | Frank      | 1963 | <b>3:49,37</b>  | 01:55:50 | 1988                 | 30,3           | 25                 |
| 317   | SCHMIDT       | Karl       | 1936 | <b>3:49,37</b>  | 01:55:50 | 1982                 | 30,3           | 46                 |
| 319   | Trems         | Torsten    | 1977 | <b>3:49,39</b>  | 01:58:54 | 2013                 | 31,1           | 36                 |
| 320   | Grobmeier     | Daniel     | ?    | <b>3:49,42</b>  | 01:58:55 | 2023                 | 31,1           | ?                  |
| 321   | Makarowski    | Reiner     | 1956 | <b>3:49,44</b>  | 01:55:52 | 1990                 | 30,3           | 34                 |
| 321   | Oberpenning   | Carsten    | 1978 | <b>3:49,44</b>  | 01:57:01 | 2002                 | 30,6           | 24                 |
| 323   | Neumann       | Burkhard   | 1967 | <b>3:49,45</b>  | 01:57:24 | 1997                 | 30,7           | 30                 |
| 324   | Kropp         | Ralf       | 1962 | <b>3:49,47</b>  | 01:55:53 | 1995                 | 30,3           | 33                 |
| 324   | Logemann      | Rainer     | 1965 | <b>3:49,47</b>  | 01:55:53 | 1994                 | 30,3           | 29                 |
| 324   | Kersten       | Tobias     | 1967 | <b>3:49,47</b>  | 01:55:53 | 1988                 | 30,3           | 21                 |
| 327   | Kremer        | Stevie     | 1983 | <b>3:49,49</b>  | 01:58:57 | 2013                 | 31,1           | 30                 |
| 327   | Sedman-Smith  | Robin      | 1974 | <b>3:49,49</b>  | 01:58:57 | 2007                 | 31,1           | 33                 |
| 327   | Bekemeier     | Bastian    | 1991 | <b>3:49,49</b>  | 01:58:57 | 2023                 | 31,1           | 32                 |
| 330   | Worm          | Maximilian | 1997 | <b>3:49,52</b>  | 01:58:58 | 2024                 | 31,1           | 27                 |
| 331   | Capt Osborne  |            | 1955 | <b>3:49,54</b>  | 01:55:55 | 1990                 | 30,3           | 35                 |
| 332   | Potthast      | Martin     | 1962 | <b>3:49,58</b>  | 01:59:00 | 2005                 | 31,1           | 43                 |
| 333   | Dr. Karthaus  | Meinolf    | 1958 | <b>3:49,67</b>  | 01:55:59 | 1991                 | 30,3           | 33                 |
| 334   | Rodefeld      | Bernd      | 1952 | <b>3:49,70</b>  | 01:56:00 | 1991                 | 30,3           | 39                 |
| 335   | Drüke         | Harald     | 1969 | <b>3:49,71</b>  | 01:57:32 | 2000                 | 30,7           | 31                 |
| 336   | Elshof        | Jos        | 1957 | <b>3:49,77</b>  | 01:56:02 | 1991                 | 30,3           | 34                 |
| 337   | Grotendiek    | Thomas     | 1969 | <b>3:49,84</b>  | 01:59:08 | 2006                 | 31,1           | 37                 |
| 337   | Johannhörster | Thomas     | 1988 | <b>3:49,84</b>  | 01:59:08 | 2016                 | 31,1           | 28                 |
| 337   | Kramp         | Uwe        | 1973 | <b>3:49,84</b>  | 01:59:08 | 2006                 | 31,1           | 33                 |
| 340   | Jäckel        | Thorsten   | 1968 | <b>3:49,87</b>  | 01:56:05 | 1990                 | 30,3           | 22                 |
| 340   | Klingbeil     | Heinz      | 1959 | <b>3:49,87</b>  | 01:57:37 | 1998                 | 30,7           | 39                 |
| 342   | Marquardt     | Christian  | 1987 | <b>3:49,90</b>  | 01:59:10 | 2013                 | 31,1           | 26                 |
| 343   | Poggenklas    | Tommy      | 1970 | <b>3:49,93</b>  | 01:56:07 | 1990                 | 30,3           | 20                 |
| 344   | Shields       | ----       | ?    | <b>3:49,97</b>  | 01:53:50 | 1975                 | 29,7           | ?                  |
| 345   | Lüning        | Sebastian  | 1970 | <b>3:50,00</b>  | 01:57:18 | 2004                 | 30,6           | 34                 |
| 345   | Everz         | Alfons     | 1947 | <b>3:50,00</b>  | 01:56:09 | 1980                 | 30,3           | 33                 |
| 347   | Hohmeier      | Dieter     | 1960 | <b>3:50,10</b>  | 01:57:44 | 1996                 | 30,7           | 36                 |
| 348   | Dammann       | Moritz     | ?    | <b>3:50,16</b>  | 01:59:18 | 2023                 | 31,1           | ?                  |
| 349   | FUHRMANN      | GERD       | 1956 | <b>3:50,17</b>  | 01:56:14 | 1986                 | 30,3           | 30                 |
| 350   | Weber         | Bernd      | 1975 | <b>3:50,20</b>  | 01:57:24 | 2004                 | 30,6           | 29                 |
| 350   | BRAND         | DIETER     | 1944 | <b>3:50,20</b>  | 01:56:15 | 1985                 | 30,3           | 41                 |
| 350   | Wright        | Steve      | 1957 | <b>3:50,20</b>  | 01:56:15 | 1979                 | 30,3           | 22                 |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname        | Vorname     | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|-----------------|-------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 350   | BIRKNER         | KARSTEN     | 1962 | <b>3:50,20</b>  | 01:56:15 | 1984                 | 30,3           | 22                 |
| 354   | MEEKINES        | A.R. MAJ.   | 1947 | <b>3:50,23</b>  | 01:56:16 | 1983                 | 30,3           | 36                 |
| 355   | AVEREY          | G CPL       | 1955 | <b>3:50,26</b>  | 01:56:17 | 1982                 | 30,3           | 27                 |
| 356   | Wehrhahn        | Justus      | 1998 | <b>3:50,29</b>  | 01:59:22 | 2024                 | 31,1           | 26                 |
| 356   | Engel           | Philipp     | 1968 | <b>3:50,29</b>  | 01:57:50 | 1999                 | 30,7           | 31                 |
| 358   | MUELLER         | JOERG       | 1964 | <b>3:50,30</b>  | 01:56:18 | 1984                 | 30,3           | 20                 |
| 358   | Kamrath         | Reinhard    | 1941 | <b>3:50,30</b>  | 01:56:18 | 1980                 | 30,3           | 39                 |
| 358   | KLEIN           | HEIKO       | 1960 | <b>3:50,30</b>  | 01:56:18 | 1987                 | 30,3           | 27                 |
| 361   | Hempen          | Ansgar      | 1980 | <b>3:50,32</b>  | 01:59:23 | 2005                 | 31,1           | 25                 |
| 362   | Braukmann       | Thomas      | 1966 | <b>3:50,33</b>  | 01:56:19 | 1990                 | 30,3           | 24                 |
| 362   | Stomber         | Heinz       | 1947 | <b>3:50,33</b>  | 01:56:19 | 1989                 | 30,3           | 42                 |
| 364   | Wissmann        | Ingo        | 1966 | <b>3:50,42</b>  | 01:59:26 | 2016                 | 31,1           | 50                 |
| 364   | Brand           | Kevin       | 1992 | <b>3:50,42</b>  | 01:59:26 | 2023                 | 31,1           | 31                 |
| 366   | Nicholson       | Paul        | 1961 | <b>3:50,43</b>  | 01:56:22 | 1993                 | 30,3           | 32                 |
| 367   | Fischer         | Gert        | 1974 | <b>3:50,45</b>  | 01:59:27 | 2011                 | 31,1           | 37                 |
| 368   | SPYCHALA        | HANS-RAINER | 1940 | <b>3:50,46</b>  | 01:56:23 | 1984                 | 30,3           | 44                 |
| 369   | Biere           | Horst       | 1948 | <b>3:50,50</b>  | 01:56:24 | 1988                 | 30,3           | 40                 |
| 370   | Eßbach          | Tobias      | 1990 | <b>3:50,55</b>  | 01:59:30 | 2023                 | 31,1           | 33                 |
| 371   | Kreienziek      | Jens        | 1967 | <b>3:50,56</b>  | 01:57:35 | 2002                 | 30,6           | 35                 |
| 372   | Karwinkel       | Helmut      | 1969 | <b>3:50,58</b>  | 01:59:31 | 2011                 | 31,1           | 42                 |
| 373   | Kaiser          | Felix       | 1976 | <b>3:50,61</b>  | 01:59:32 | 2008                 | 31,1           | 32                 |
| 374   | Grünebaum       | Manfred     | 1957 | <b>3:50,62</b>  | 01:58:00 | 1996                 | 30,7           | 39                 |
| 375   | Böttge          | Olaf        | 1962 | <b>3:50,65</b>  | 01:58:01 | 1998                 | 30,7           | 36                 |
| 376   | ADOMEIT         | JOCHEN      | 1941 | <b>3:50,66</b>  | 01:56:29 | 1986                 | 30,3           | 45                 |
| 376   | Winkler         | Roland      | 1947 | <b>3:50,66</b>  | 01:56:29 | 1992                 | 30,3           | 45                 |
| 378   | Teiwes          | Carsten     | 1984 | <b>3:50,68</b>  | 01:59:34 | 2007                 | 31,1           | 23                 |
| 379   | Brauer          | Hermann     | 1956 | <b>3:50,69</b>  | 01:56:30 | 1980                 | 30,3           | 24                 |
| 379   | Wolff           | Horst       | 1953 | <b>3:50,69</b>  | 01:56:30 | 1988                 | 30,3           | 35                 |
| 381   | Freitag         | Wolfgang    | 1967 | <b>3:50,74</b>  | 01:59:36 | 2011                 | 31,1           | 44                 |
| 382   | Fabian          | Jürgen      | 1961 | <b>3:50,76</b>  | 01:56:32 | 1994                 | 30,3           | 33                 |
| 382   | Kemper          | Karl        | 1941 | <b>3:50,76</b>  | 01:56:32 | 1990                 | 30,3           | 49                 |
| 384   | Begemann        | Dieter      | 1952 | <b>3:50,86</b>  | 01:56:35 | 1995                 | 30,3           | 43                 |
| 385   | Schlenker       | Edmund      | 1944 | <b>3:50,88</b>  | 01:58:08 | 1998                 | 30,7           | 54                 |
| 386   | GREENWELL       | James Major | 1950 | <b>3:50,89</b>  | 01:56:36 | 1981                 | 30,3           | 31                 |
| 386   | Fisahn          | Stefan      | 1957 | <b>3:50,89</b>  | 01:56:36 | 1991                 | 30,3           | 34                 |
| 388   | Schirrmacher    | Michael     | 1963 | <b>3:50,90</b>  | 01:59:41 | 2012                 | 31,1           | 49                 |
| 389   | Kersten         | Perez       | 1971 | <b>3:50,92</b>  | 01:57:46 | 2004                 | 30,6           | 33                 |
| 390   | Pfenningschmidt | Silke       | 1982 | <b>3:50,93</b>  | 01:59:42 | 2012                 | 31,1           | 30                 |
| 391   | FOERSTER        | ANDREAS     | 1965 | <b>3:50,96</b>  | 01:56:38 | 1985                 | 30,3           | 20                 |
| 391   | Schaefers       | Martin      | 1957 | <b>3:50,96</b>  | 01:59:43 | 2005                 | 31,1           | 48                 |
| 391   | Eckstein        | Klaus       | 1967 | <b>3:50,96</b>  | 01:59:43 | 2005                 | 31,1           | 38                 |
| 391   | Haferkamp       | Lars        | 1979 | <b>3:50,96</b>  | 01:59:43 | 2013                 | 31,1           | 34                 |
| 395   | Ragone          | Sascha      | 1970 | <b>3:51,01</b>  | 01:58:12 | 1997                 | 30,7           | 27                 |
| 395   | Herden          | Thomas      | 1966 | <b>3:51,01</b>  | 01:57:49 | 2002                 | 30,6           | 36                 |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname                 | Vorname    | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|--------------------------|------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 397   | <b>Rawe</b>              | Klaus      | 1968 | <b>3:51,04</b>  | 01:58:13 | 1996                 | 30,7           | 28                 |
| 398   | <b>LANGE</b>             | UDO        | 1948 | <b>3:51,06</b>  | 01:56:41 | 1984                 | 30,3           | 36                 |
| 399   | <b>Matzk</b>             | Holger     | 1967 | <b>3:51,07</b>  | 01:58:14 | 1996                 | 30,7           | 29                 |
| 400   | <b>Rieke</b>             | Horst      | 1938 | <b>3:51,08</b>  | 01:54:23 | 1973                 | 29,7           | 35                 |
| 401   | <b>Brüll</b>             | Freddy     | 1972 | <b>3:51,09</b>  | 01:59:47 | 2018                 | 31,1           | 46                 |
| 402   | <b>Thör</b>              | Axel       | 1963 | <b>3:51,16</b>  | 01:56:44 | 1991                 | 30,3           | 28                 |
| 403   | <b>Schabel</b>           | Eugen      | 1925 | <b>3:51,18</b>  | 01:54:26 | 1976                 | 29,7           | 51                 |
| 404   | <b>GERKE</b>             | BRUNO      | 1947 | <b>3:51,19</b>  | 01:56:45 | 1984                 | 30,3           | 37                 |
| 404   | <b>von Bracht</b>        | Till       | 1985 | <b>3:51,19</b>  | 01:59:50 | 2024                 | 31,1           | 39                 |
| 406   | <b>Jürgens</b>           | Mario      | 1969 | <b>3:51,22</b>  | 01:59:51 | 2007                 | 31,1           | 38                 |
| 407   | <b>Heyne</b>             | Volker     | 1966 | <b>3:51,34</b>  | 01:57:59 | 2004                 | 30,6           | 38                 |
| 408   | <b>RICKERT</b>           | WOLFGANG   | 1956 | <b>3:51,35</b>  | 01:56:50 | 1983                 | 30,3           | 27                 |
| 409   | <b>Schnepf</b>           | Helmer     | 1943 | <b>3:51,42</b>  | 01:56:52 | 1980                 | 30,3           | 37                 |
| 410   | <b>Petri</b>             | Ulrich     | 1973 | <b>3:51,44</b>  | 01:58:02 | 2003                 | 30,6           | 30                 |
| 411   | <b>Kalin</b>             | Detlef     | 1954 | <b>3:51,49</b>  | 01:56:54 | 1991                 | 30,3           | 37                 |
| 412   | <b>Kretschmer</b>        | Detlef     | 1953 | <b>3:51,55</b>  | 01:56:56 | 1992                 | 30,3           | 39                 |
| 413   | <b>Beinlich</b>          | Joachim    | 1957 | <b>3:51,56</b>  | 01:58:29 | 1997                 | 30,7           | 40                 |
| 414   | <b>Mückner-Dellinger</b> | Wolfg.     | 1952 | <b>3:51,63</b>  | 01:58:31 | 2000                 | 30,7           | 48                 |
| 415   | <b>BENNETT</b>           | A. SGT     | 1949 | <b>3:51,68</b>  | 01:57:00 | 1983                 | 30,3           | 34                 |
| 415   | <b>SHELTE</b>            | HANS-GEORG | ?    | <b>3:51,68</b>  | 01:57:00 | 1982                 | 30,3           | ?                  |
| 415   | <b>IRLE</b>              | WOLFGANG   | 1959 | <b>3:51,68</b>  | 01:57:00 | 1984                 | 30,3           | 25                 |
| 418   | <b>Kunze</b>             | Wilfried   | 1958 | <b>3:51,69</b>  | 01:58:33 | 1997                 | 30,7           | 39                 |
| 419   | <b>Strate</b>            | Stephanie  | 1991 | <b>3:51,80</b>  | 02:00:09 | 2021                 | 31,1           | 30                 |
| 420   | <b>Tassani-Prell</b>     | Stephan    | 1970 | <b>3:51,83</b>  | 02:00:10 | 2013                 | 31,1           | 43                 |
| 420   | <b>Goldbeck</b>          | Cornelius  | 1989 | <b>3:51,83</b>  | 02:00:10 | 2014                 | 31,1           | 25                 |
| 422   | <b>HENSELMEYER</b>       | WERNER     | 1934 | <b>3:51,85</b>  | 01:57:05 | 1984                 | 30,3           | 50                 |
| 422   | <b>BUNTE</b>             | VOLKER     | 1963 | <b>3:51,85</b>  | 01:57:05 | 1986                 | 30,3           | 23                 |
| 424   | <b>Columbro</b>          | Maurizio   | 1976 | <b>3:51,86</b>  | 01:58:15 | 2002                 | 30,6           | 26                 |
| 425   | <b>Wintrip</b>           | Clive      | 1957 | <b>3:51,88</b>  | 01:57:06 | 1989                 | 30,3           | 32                 |
| 426   | <b>Berkemeier</b>        | Matthias   | 2000 | <b>3:51,93</b>  | 02:00:13 | 2021                 | 31,1           | 21                 |
| 427   | <b>Schär</b>             | Sebastian  | 1991 | <b>3:51,96</b>  | 02:00:14 | 2017                 | 31,1           | 26                 |
| 428   | <b>Heckmann</b>          | Sascha     | 1973 | <b>3:51,99</b>  | 02:00:15 | 2006                 | 31,1           | 33                 |
| 428   | <b>Paetzke</b>           | Christoph  | 1983 | <b>3:51,99</b>  | 02:00:15 | 2018                 | 31,1           | 35                 |
| 430   | <b>Lampert</b>           | Walter     | 1952 | <b>3:52,01</b>  | 01:57:10 | 1992                 | 30,3           | 40                 |
| 431   | <b>Kleinhagenbrock</b>   | Mattias    | 1961 | <b>3:52,05</b>  | 01:57:11 | 1991                 | 30,3           | 30                 |
| 432   | <b>Nilson</b>            | Per        | 1969 | <b>3:52,08</b>  | 01:57:12 | 1992                 | 30,3           | 23                 |
| 433   | <b>Rieke</b>             | Bernd      | 1965 | <b>3:52,15</b>  | 01:57:14 | 1995                 | 30,3           | 30                 |
| 433   | <b>Schiermeyer</b>       | Ingo       | 1960 | <b>3:52,15</b>  | 01:57:14 | 1989                 | 30,3           | 29                 |
| 435   | <b>Aron</b>              | Ralf       | 1964 | <b>3:52,18</b>  | 01:57:15 | 1995                 | 30,3           | 31                 |
| 435   | <b>Sutherland</b>        | Garry      | 1962 | <b>3:52,18</b>  | 01:58:48 | 1998                 | 30,7           | 36                 |
| 437   | <b>Kempmann</b>          | Raoul      | 1966 | <b>3:52,21</b>  | 01:58:49 | 2000                 | 30,7           | 34                 |
| 438   | <b>Herberg</b>           | Rainer     | 1984 | <b>3:52,25</b>  | 02:00:23 | 2016                 | 31,1           | 32                 |
| 438   | <b>Kruse</b>             | Thomas     | 1990 | <b>3:52,25</b>  | 02:00:23 | 2024                 | 31,1           | 34                 |
| 440   | <b>Simon</b>             | Christophe | 1965 | <b>3:52,28</b>  | 01:57:18 | 1991                 | 30,3           | 26                 |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname     | Vorname    | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|--------------|------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 440   | Dunker       | Arne       | 1964 | <b>3:52,28</b>  | 01:58:51 | 1996                 | 30,7           | 32                 |
| 440   | Bossow       | Christian  | 1960 | <b>3:52,28</b>  | 01:58:51 | 1998                 | 30,7           | 38                 |
| 440   | Schulz       | Johann     | 1973 | <b>3:52,28</b>  | 02:00:24 | 2006                 | 31,1           | 33                 |
| 444   | PFALZER      | JUERGEN    | 1956 | <b>3:52,31</b>  | 01:57:19 | 1987                 | 30,3           | 31                 |
| 444   | Sylvester    | Karl       | 1958 | <b>3:52,31</b>  | 01:58:52 | 1998                 | 30,7           | 40                 |
| 444   | Zell         | Bernd      | 1969 | <b>3:52,31</b>  | 01:58:52 | 1996                 | 30,7           | 27                 |
| 447   | Zamora       | German     | 1965 | <b>3:52,34</b>  | 01:57:20 | 1988                 | 30,3           | 23                 |
| 448   | Schulte      | Stefan     | 1959 | <b>3:52,41</b>  | 01:57:22 | 1989                 | 30,3           | 30                 |
| 448   | Butschkat    | Guido      | 1974 | <b>3:52,41</b>  | 02:00:28 | 2014                 | 31,1           | 40                 |
| 448   | Schumacher   | Jonas      | 2002 | <b>3:52,41</b>  | 02:00:28 | 2024                 | 31,1           | 22                 |
| 451   | Zingler      | Benny      | 1984 | <b>3:52,44</b>  | 02:00:29 | 2023                 | 31,1           | 39                 |
| 452   | Wrieden      | Jürgen     | 1952 | <b>3:52,54</b>  | 01:58:59 | 1997                 | 30,7           | 45                 |
| 453   | Godlewski    | Zbigniew   | 1960 | <b>3:52,57</b>  | 01:57:27 | 1991                 | 30,3           | 31                 |
| 454   | Rath         | Marco      | 1975 | <b>3:52,60</b>  | 02:00:34 | 2013                 | 31,1           | 38                 |
| 455   | Schröder     | Andreas    | 1961 | <b>3:52,67</b>  | 01:59:03 | 1998                 | 30,7           | 37                 |
| 455   | HEERDE       | REINHARD   | 1950 | <b>3:52,67</b>  | 01:57:30 | 1987                 | 30,3           | 37                 |
| 457   | Baim         | Archie     | 1957 | <b>3:52,71</b>  | 01:57:31 | 1977                 | 30,3           | 20                 |
| 458   | Bohle        | Björn      | 1977 | <b>3:52,73</b>  | 02:00:38 | 2016                 | 31,1           | 39                 |
| 459   | Dinkhoff     | Dieter     | 1959 | <b>3:52,74</b>  | 01:57:32 | 1991                 | 30,3           | 32                 |
| 460   | Riethues     | Jörg       | 1970 | <b>3:52,77</b>  | 01:59:06 | 1996                 | 30,7           | 26                 |
| 460   | Helm         | Jürgen     | 1962 | <b>3:52,77</b>  | 01:57:33 | 1991                 | 30,3           | 29                 |
| 462   | Becker       | Michael    | 1968 | <b>3:52,78</b>  | 01:58:43 | 2004                 | 30,6           | 36                 |
| 463   | Hinze        | Stefan     | 1963 | <b>3:52,80</b>  | 01:59:07 | 1996                 | 30,7           | 33                 |
| 464   | Wendler      | Hilmar     | 1963 | <b>3:52,84</b>  | 01:57:35 | 1990                 | 30,3           | 27                 |
| 465   | Detert       | Thomas     | 1960 | <b>3:52,87</b>  | 01:57:36 | 1989                 | 30,3           | 29                 |
| 466   | Sgt Foster   | J.         | 1958 | <b>3:52,90</b>  | 01:57:37 | 1990                 | 30,3           | 32                 |
| 467   | Birkner      | H.         | 1959 | <b>3:52,94</b>  | 01:57:38 | 1988                 | 30,3           | 29                 |
| 467   | KRUEGER      | HANS-GEORG | 1936 | <b>3:52,94</b>  | 01:57:38 | 1983                 | 30,3           | 47                 |
| 467   | Stuke        | Gerhard    | 1938 | <b>3:52,94</b>  | 01:57:38 | 1988                 | 30,3           | 50                 |
| 470   | Freuer       | Michael    | 1956 | <b>3:52,96</b>  | 01:59:12 | 1997                 | 30,7           | 41                 |
| 471   | Winkler      | Till       | 1976 | <b>3:53,02</b>  | 02:00:47 | 2013                 | 31,1           | 37                 |
| 472   | Aumann       | Ralf       | 1961 | <b>3:53,06</b>  | 01:59:15 | 1997                 | 30,7           | 36                 |
| 473   | Luismeier    | Michael    | 1976 | <b>3:53,07</b>  | 01:58:52 | 2003                 | 30,6           | 27                 |
| 474   | Battermann   | Dirk       | 1964 | <b>3:53,10</b>  | 01:57:43 | 1991                 | 30,3           | 27                 |
| 474   | LEONHARDT    | ANSGAR     | 1960 | <b>3:53,10</b>  | 01:57:43 | 1984                 | 30,3           | 24                 |
| 474   | Siepmann     | Stefan     | 1974 | <b>3:53,10</b>  | 01:58:53 | 2004                 | 30,6           | 30                 |
| 477   | Schüder      | U.         | ?    | <b>3:53,13</b>  | 01:55:24 | 1975                 | 29,7           | ?                  |
| 478   | Diedrichs    | Christian  | 1976 | <b>3:53,16</b>  | 01:59:18 | 1997                 | 30,7           | 21                 |
| 478   | Homuth       | Reinhard   | ?    | <b>3:53,16</b>  | 01:55:25 | 1972                 | 29,7           | ?                  |
| 480   | TIMM         | GUENTHER   | 1937 | <b>3:53,17</b>  | 01:57:45 | 1982                 | 30,3           | 45                 |
| 481   | Fiedler      | Christian  | 1976 | <b>3:53,18</b>  | 02:00:52 | 2012                 | 31,1           | 36                 |
| 481   | Kipp         | Achim      | 1972 | <b>3:53,18</b>  | 02:00:52 | 2006                 | 31,1           | 34                 |
| 483   | Denham-Smith | Mark       | 1967 | <b>3:53,20</b>  | 01:58:56 | 2002                 | 30,6           | 35                 |
| 484   | Schöneberger | Thomas     | 1956 | <b>3:53,23</b>  | 01:57:47 | 1989                 | 30,3           | 33                 |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname       | Vorname     | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|----------------|-------------|------|-----------------|----------|----------------------|----------------|--------------------|
| 484   | SCHNEIDER      | PETER       | 1954 | <b>3:53,23</b>  | 01:57:47 | 1982                 | 30,3           | 28                 |
| 486   | Reetz          | David K.    | 1982 | <b>3:53,24</b>  | 01:58:57 | 2004                 | 30,6           | 22                 |
| 487   | Cornils        | Uwe         | 1963 | <b>3:53,29</b>  | 01:59:22 | 2000                 | 30,7           | 37                 |
| 487   | Ohligschläger  | Rainer      | 1951 | <b>3:53,29</b>  | 01:59:22 | 1997                 | 30,7           | 46                 |
| 489   | Stutenbäumer   | Martin      | 1964 | <b>3:53,32</b>  | 01:59:23 | 1998                 | 30,7           | 34                 |
| 490   | SCHROEDER      | ANDREAS     | 1960 | <b>3:53,37</b>  | 01:57:51 | 1984                 | 30,3           | 24                 |
| 491   | Bussieweke     | Reinhold    | 1949 | <b>3:53,40</b>  | 01:57:52 | 1990                 | 30,3           | 41                 |
| 492   | Wetzel         | David       | 1990 | <b>3:53,41</b>  | 02:00:59 | 2014                 | 31,1           | 24                 |
| 493   | Fortströer     | Stefan      | 1968 | <b>3:53,43</b>  | 01:57:53 | 1994                 | 30,3           | 26                 |
| 494   | Homeier        | Dieter      | 1960 | <b>3:53,47</b>  | 01:57:54 | 1991                 | 30,3           | 31                 |
| 494   | SPERLING       | WALTER      | 1938 | <b>3:53,47</b>  | 01:57:54 | 1987                 | 30,3           | 49                 |
| 496   | Diestler       | Gerd Helmut | 1959 | <b>3:53,49</b>  | 01:59:28 | 1998                 | 30,7           | 39                 |
| 497   | Wimmer         | Daniel      | 1979 | <b>3:53,54</b>  | 02:01:03 | 2017                 | 31,1           | 38                 |
| 498   | Buckley        | Paul        | 1959 | <b>3:53,56</b>  | 01:57:57 | 1989                 | 30,3           | 30                 |
| 499   | Bongartz       | Stephan     | 1982 | <b>3:53,57</b>  | 02:01:04 | 2018                 | 31,1           | 36                 |
| 500   | Gollisch       | Tim         | 1973 | <b>3:53,60</b>  | 01:57:58 | 1993                 | 30,3           | 20                 |
| 500   | MC Dermott     | John        | 1964 | <b>3:53,60</b>  | 01:57:58 | 1989                 | 30,3           | 25                 |
| 500   | Brandt         | Peter       | 1966 | <b>3:53,60</b>  | 02:01:05 | 2006                 | 31,1           | 40                 |
| 500   | Röthemeyer     | Marvin      | 1989 | <b>3:53,60</b>  | 02:01:05 | 2023                 | 31,1           | 34                 |
| 504   | Grundkötter    | Werner      | 1971 | <b>3:53,63</b>  | 01:59:09 | 2001                 | 30,6           | 30                 |
| 504   | Frense         | Horst       | 1941 | <b>3:53,63</b>  | 01:57:59 | 1977                 | 30,3           | 36                 |
| 506   | Ward           | Brian       | 1963 | <b>3:53,70</b>  | 01:58:01 | 1989                 | 30,3           | 26                 |
| 506   | Wolf           | Peter       | 1951 | <b>3:53,70</b>  | 01:58:01 | 1989                 | 30,3           | 38                 |
| 508   | Purmann        | Dirk        | 1965 | <b>3:53,73</b>  | 01:58:02 | 1990                 | 30,3           | 25                 |
| 509   | Stober         | Achim       | 1947 | <b>3:53,74</b>  | 01:55:42 | 1974                 | 29,7           | 27                 |
| 510   | HOEVELER       | REINHARD    | 1940 | <b>3:53,76</b>  | 01:58:03 | 1982                 | 30,3           | 42                 |
| 510   | Burke          | W.B.        | 1956 | <b>3:53,76</b>  | 01:58:03 | 1989                 | 30,3           | 33                 |
| 512   | Schlüter       | Andreas     | 1978 | <b>3:53,89</b>  | 02:01:14 | 2013                 | 31,1           | 35                 |
| 512   | FIDELES        | P. CPL.     | 1949 | <b>3:53,89</b>  | 01:58:07 | 1982                 | 30,3           | 33                 |
| 514   | Jazwiec        | Patrick     | 1982 | <b>3:53,92</b>  | 02:01:15 | 2024                 | 31,1           | 42                 |
| 515   | Schäfers       | Markus      | 1974 | <b>3:53,94</b>  | 01:59:42 | 1999                 | 30,7           | 25                 |
| 516   | Nickel         | Thomas      | 1966 | <b>3:53,96</b>  | 01:58:09 | 1994                 | 30,3           | 28                 |
| 517   | Sgt Cunningham | s.          | 1962 | <b>3:54,13</b>  | 01:58:14 | 1982                 | 30,3           | 20                 |
| 518   | Leach          | Allan       | 1951 | <b>3:54,22</b>  | 01:58:17 | 1988                 | 30,3           | 37                 |
| 519   | Schlegel       | Bernhard    | 1962 | <b>3:54,25</b>  | 01:59:28 | 2003                 | 30,6           | 41                 |
| 520   | Wennemann      | Dirk        | 1968 | <b>3:54,28</b>  | 01:59:29 | 2003                 | 30,6           | 35                 |
| 521   | Eichmann       | Michael     | 1962 | <b>3:54,30</b>  | 01:59:53 | 1997                 | 30,7           | 35                 |
| 521   | Maher          | Peter       | 1955 | <b>3:54,30</b>  | 01:59:53 | 1999                 | 30,7           | 44                 |
| 523   | Matthe         | Frank       | 1968 | <b>3:54,33</b>  | 01:59:54 | 1996                 | 30,7           | 28                 |
| 524   | Bade           | Jan         | 1999 | <b>3:54,34</b>  | 02:01:28 | 2024                 | 31,1           | 25                 |
| 525   | Schwarzfeld    | Helmut      | 1943 | <b>3:54,36</b>  | 01:58:21 | 1988                 | 30,3           | 45                 |
| 525   | Warszawski     | Henryk      | 1955 | <b>3:54,36</b>  | 01:59:55 | 1998                 | 30,7           | 43                 |
| 527   | Laurence       | W.J.        | 1960 | <b>3:54,39</b>  | 01:58:22 | 1988                 | 30,3           | 28                 |
| 528   | Sanchez-Tojar  | Alfredo     | ?    | <b>3:54,44</b>  | 02:01:31 | 2022                 | 31,1           | ?                  |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 1 : Nach dem besten Km-Schnitt sortiert, daher sind alle Streckenlängen vergleichbar

| Platz | Nachname  | Vorname | Geb. | Km -<br>Schnitt | Zeit     | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von |
|-------|-----------|---------|------|-----------------|----------|----------------------|----------------|--------------------|
| 528   | Amt       | Jörg    | 1968 | <b>3:54,44</b>  | 01:59:34 | 2004                 | 30,6           | 36                 |
| 530   | Rehmeier  | Marco   | 1993 | <b>3:54,50</b>  | 02:01:33 | 2021                 | 31,1           | 28                 |
| 531   | HUEBNER   | HELMUT  | 1946 | <b>3:54,52</b>  | 01:58:26 | 1983                 | 30,3           | 37                 |
| 532   | Ulber     | Werner  | 1968 | <b>3:54,60</b>  | 02:01:36 | 2005                 | 31,1           | 37                 |
| 533   | Wagner    | Klaus   | 1942 | <b>3:54,63</b>  | 02:00:03 | 1996                 | 30,7           | 54                 |
| 534   | HOFF_VON  | SAMUEL  | 1970 | <b>3:54,65</b>  | 01:58:30 | 1987                 | 30,3           | 17                 |
| 534   | Fabian    | Werner  | 1939 | <b>3:54,65</b>  | 01:58:30 | 1977                 | 30,3           | 38                 |
| 536   | Steinmann | Jörg    | 1978 | <b>3:54,66</b>  | 02:01:38 | 2009                 | 31,1           | 31                 |
| 537   | HOLTMANN  | Gerhard | 1941 | <b>3:54,69</b>  | 01:58:31 | 1982                 | 30,3           | 41                 |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname             | Vorname       | Geb. | Bestzeit        | Gelaufen im Jahr: | Streckenlänge: | Im Alter von | Bestzeit entspricht auf der <i>aktuellen</i> 31,1Km Strecke: |
|-------|----------------------|---------------|------|-----------------|-------------------|----------------|--------------|--|
| 1     | <b>Jafari</b>        | Ezekiel       | 1989 | <b>01:40:58</b> | 2011              | 31,1           | 22           | 01:40:58,0   |
| 2     | <b>Witt</b>          | Rene          | 1971 | <b>01:43:09</b> | 2002              | 30,6           | 31           | 01:44:50,1   |
| 3     | <b>Philpott</b>      | Adrian        | 1952 | <b>01:43:21</b> | 1984              | 30,3           | 32           | 01:46:04,7   |
| 4     | <b>Fischer</b>       | Heiko         | 1960 | <b>01:44:00</b> | 1984              | 30,3           | 24           | 01:46:44,8   |
| 5     | <b>Ewert</b>         | Andreas       | 1963 | <b>01:44:11</b> | 1995              | 30,3           | 32           | 01:46:56,0   |
| 6     | <b>Pyl</b>           | Bernd-Theodor | 1968 | <b>01:44:12</b> | 1996              | 30,7           | 28           | 01:45:33,4   |
| 7     | <b>Biehl</b>         | Marcus        | 1969 | <b>01:44:36</b> | 2004              | 30,6           | 35           | 01:46:18,5   |
| 8     | <b>Sprenger</b>      | Martin        | 1952 | <b>01:44:48</b> | 1988              | 30,3           | 36           | 01:47:34,0   |
| 9     | <b>Sansar</b>        | Elias         | 1980 | <b>01:44:54</b> | 2019              | 31,1           | 39           | 01:44:54,0   |
| 10    | <b>Amstutz</b>       | Michael       | 1967 | <b>01:45:00</b> | 1992              | 30,3           | 25           | 01:47:46,3   |
| 11    | <b>Seifert</b>       | Claus         | 1968 | <b>01:45:03</b> | 1997              | 30,7           | 29           | 01:46:25,1   |
| 12    | <b>Schinkitz</b>     | Heiko         | 1956 | <b>01:45:34</b> | 2002              | 30,6           | 46           | 01:47:17,5   |
| 13    | <b>Sander</b>        | Dirk          | 1956 | <b>01:45:44</b> | 1985              | 30,3           | 29           | 01:48:31,5   |
| 14    | <b>Muehlenmeier</b>  | Bernd         | 1956 | <b>01:45:45</b> | 1986              | 30,3           | 30           | 01:48:32,5   |
| 15    | <b>Hirschfeld</b>    | Martin        | 1964 | <b>01:45:52</b> | 1988              | 30,3           | 24           | 01:48:39,7   |
| 16    | <b>Navrade</b>       | Jörg          | 1964 | <b>01:45:53</b> | 1991              | 30,3           | 27           | 01:48:40,7   |
| 17    | <b>Capt Marshall</b> | A.J.          | 1962 | <b>01:46:01</b> | 1989              | 30,3           | 27           | 01:48:48,9   |
| 18    | <b>Foeth</b>         | Oliver        | 1967 | <b>01:46:11</b> | 1997              | 30,7           | 30           | 01:47:34,0   |
| 19    | <b>Teich</b>         | Christian     | 1984 | <b>01:46:13</b> | 2013              | 31,1           | 29           | 01:46:13,0   |
| 19    | <b>Böckenholt</b>    | Thomas        | 1974 | <b>01:46:13</b> | 2002              | 30,6           | 28           | 01:47:57,1   |
| 21    | <b>Brouwer</b>       | Philipp       | 1982 | <b>01:46:23</b> | 2003              | 30,6           | 21           | 01:48:07,3   |
| 22    | <b>Reichert</b>      | Florian       | 1982 | <b>01:46:24</b> | 2015              | 31,1           | 33           | 01:46:24,0   |
| 23    | <b>Bussemeier</b>    | Peter         | 1961 | <b>01:46:41</b> | 1985              | 30,3           | 24           | 01:49:30,0   |
| 24    | <b>Thoma</b>         | Carsten       | 1971 | <b>01:46:43</b> | 2002              | 30,6           | 31           | 01:48:27,6   |
| 25    | <b>Breitenbach</b>   | Carsten       | 1968 | <b>01:46:51</b> | 1999              | 30,7           | 31           | 01:48:14,5   |
| 25    | <b>Lundström</b>     | Ingmar        | 1972 | <b>01:46:51</b> | 1999              | 30,7           | 27           | 01:48:14,5   |
| 27    | <b>Sauerstein</b>    | Uwe           | 1968 | <b>01:46:54</b> | 1991              | 30,3           | 23           | 01:49:43,3   |
| 28    | <b>Borgers</b>       | Norbert       | 1965 | <b>01:46:55</b> | 1997              | 30,7           | 32           | 01:48:18,5   |
| 29    | <b>Stiede</b>        | Volker        | 1964 | <b>01:46:59</b> | 1991              | 30,3           | 27           | 01:49:48,5   |
| 30    | <b>Atey</b>          | Yohannes H.   | 1991 | <b>01:47:03</b> | 2015              | 31,1           | 24           | 01:47:03,0   |
| 31    | <b>Weidler</b>       | Frank         | 1963 | <b>01:47:13</b> | 1987              | 30,3           | 24           | 01:50:02,8   |
| 31    | <b>Marshall</b>      | T.            | 1960 | <b>01:47:13</b> | 1987              | 30,3           | 27           | 01:50:02,8   |
| 33    | <b>Bollweg</b>       | Norbert       | 1955 | <b>01:47:15</b> | 1985              | 30,3           | 30           | 01:50:04,9   |
| 34    | <b>Kühlmann</b>      | Thomas        | 1990 | <b>01:47:22</b> | 2018              | 31,1           | 28           | 01:47:22,0   |
| 35    | <b>Becker</b>        | Robert        | 1964 | <b>01:47:29</b> | 1988              | 30,3           | 24           | 01:50:19,3   |
| 36    | <b>van de Mortel</b> | Hans          | 1961 | <b>01:47:32</b> | 1995              | 30,3           | 34           | 01:50:22,3   |
| 37    | <b>Bulk</b>          | Heribert      | 1948 | <b>01:47:33</b> | 1976              | 29,7           | 28           | 01:52:37,2   |
| 38    | <b>Rodgers</b>       | Alec          | 1954 | <b>01:47:42</b> | 1989              | 30,3           | 35           | 01:50:32,6   |
| 39    | <b>Theodorakakos</b> | Dimitrios     | 1978 | <b>01:48:01</b> | 2013              | 31,1           | 35           | 01:48:01,0   |
| 40    | <b>Koritz</b>        | Ralph         | 1967 | <b>01:48:05</b> | 1997              | 30,7           | 30           | 01:49:29,5   |
| 41    | <b>Faeseke</b>       | Ekhard        | ?    | <b>01:48:06</b> | 1982              | 30,3           | ?            | 01:50:57,2   |
| 42    | <b>SCHLONSKI</b>     | WALTER        | 1945 | <b>01:48:11</b> | 1984              | 30,3           | 39           | 01:51:02,4   |
| 43    | <b>James</b>         | Carlton       | 1961 | <b>01:48:13</b> | 2002              | 30,6           | 41           | 01:49:59,1   |
| 44    | <b>Bunert</b>        | Jörg          | 1954 | <b>01:48:21</b> | 1991              | 30,3           | 37           | 01:51:12,6   |



# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname               | Vorname      | Geb. | Bestzeit        | Gelaufen im Jahr: | Streckenlänge: | Im Alter von | Bestzeit entspricht auf der <i>aktuellen</i> 31,1Km Strecke: |
|-------|------------------------|--------------|------|-----------------|-------------------|----------------|--------------|--|
| 44    | <b>SSgt Wilson</b>     | Tony         | 1958 | <b>01:48:21</b> | 1989              | 30,3           | 31           | 01:51:12,6   |
| 46    | <b>Schiessl</b>        | Helmut       | 1972 | <b>01:48:22</b> | 2002              | 30,6           | 30           | 01:50:08,2   |
| 47    | <b>Hodey</b>           | Jim          | 1951 | <b>01:48:23</b> | 1977              | 30,3           | 26           | 01:51:14,7   |
| 48    | <b>Thierolf</b>        | Michael      | 1962 | <b>01:48:42</b> | 1994              | 30,3           | 32           | 01:51:34,2   |
| 49    | <b>Kriewen</b>         | Klaus        | 1961 | <b>01:48:56</b> | 1988              | 30,3           | 27           | 01:51:48,6   |
| 50    | <b>Tighe</b>           | M.           | ?    | <b>01:48:58</b> | 1985              | 30,3           | ?            | 01:51:50,6   |
| 51    | <b>Horst</b>           | Ingo         | 1977 | <b>01:48:59</b> | 2005              | 31,1           | 28           | 01:48:59,0   |
| 52    | <b>Kolkhorst</b>       | Henrich      | 1989 | <b>01:49:03</b> | 2013              | 31,1           | 24           | 01:49:03,0   |
| 52    | <b>Sivulka</b>         | Juraj        | 1969 | <b>01:49:03</b> | 1998              | 30,7           | 29           | 01:50:28,2   |
| 54    | <b>HOLZ</b>            | KLAUS-DIETER | 1942 | <b>01:49:06</b> | 1976              | 29,7           | 34           | 01:54:14,6   |
| 54    | <b>Sengenberger</b>    | Ulf          | 1969 | <b>01:49:06</b> | 1996              | 30,7           | 27           | 01:50:31,3   |
| 56    | <b>Peters</b>          | Erik         | 1992 | <b>01:49:09</b> | 2024              | 31,1           | 32           | 01:49:09,0   |
| 57    | <b>Thaesler</b>        | Klaus        | 1956 | <b>01:49:22</b> | 1987              | 30,3           | 31           | 01:52:15,3   |
| 58    | <b>Meder</b>           | Ralf         | 1958 | <b>01:49:28</b> | 1988              | 30,3           | 30           | 01:52:21,4   |
| 59    | <b>Kohlmeier</b>       | Axel         | 1955 | <b>01:49:34</b> | 1987              | 30,3           | 32           | 01:52:27,6   |
| 60    | <b>BODE</b>            | Helmut       | 1929 | <b>01:49:39</b> | 1976              | 29,7           | 47           | 01:54:49,1   |
| 61    | <b>Bochert</b>         | Florian      | 2000 | <b>01:49:42</b> | 2024              | 31,1           | 24           | 01:49:42,0   |
| 62    | <b>Cain</b>            | Billy CPL    | 1956 | <b>01:49:47</b> | 1979              | 30,3           | 23           | 01:52:40,9   |
| 63    | <b>Weigelt</b>         | Claudius     | 1967 | <b>01:49:54</b> | 1991              | 30,3           | 24           | 01:52:48,1   |
| 64    | <b>Kerkmann</b>        | Jan          | 1991 | <b>01:49:55</b> | 2018              | 31,1           | 27           | 01:49:55,0   |
| 65    | <b>Wieser</b>          | Jürgen       | 1969 | <b>01:49:58</b> | 2007              | 31,1           | 38           | 01:49:58,0   |
| 66    | <b>Martin</b>          | Wilfried     | 1951 | <b>01:50:04</b> | 1991              | 30,3           | 40           | 01:52:58,4   |
| 67    | <b>Grub</b>            | Timo         | 1978 | <b>01:50:05</b> | 2013              | 31,1           | 35           | 01:50:05,0   |
| 68    | <b>Oppermann</b>       | Klaus        | 1961 | <b>01:50:06</b> | 1988              | 30,3           | 27           | 01:53:00,4   |
| 69    | <b>HOWELL</b>          | FREDERIK     | 1943 | <b>01:50:07</b> | 1977              | 30,3           | 34           | 01:53:01,4   |
| 69    | <b>Strothmann</b>      | Jörn         | 1973 | <b>01:50:07</b> | 2004              | 30,6           | 31           | 01:51:55,0   |
| 71    | <b>Brand</b>           | Michael      | 1982 | <b>01:50:14</b> | 2010              | 31,1           | 28           | 01:50:14,0   |
| 72    | <b>Owen</b>            | Martin       | 1961 | <b>01:50:16</b> | 1990              | 30,3           | 29           | 01:53:10,7   |
| 72    | <b>Bartholome</b>      | Thomas       | 1969 | <b>01:50:16</b> | 2008              | 31,1           | 39           | 01:50:16,0   |
| 74    | <b>Warlich</b>         | Matthias     | 1957 | <b>01:50:23</b> | 1988              | 30,3           | 31           | 01:53:17,9   |
| 74    | <b>Boehme</b>          | Patrick      | 1988 | <b>01:50:23</b> | 2022              | 31,1           | 34           | 01:50:23,0   |
| 76    | <b>van Staa</b>        | Sascha       | 1992 | <b>01:50:25</b> | 2023              | 31,1           | 31           | 01:50:25,0   |
| 77    | <b>Roberts</b>         | Stephen      | 1954 | <b>01:50:28</b> | 1983              | 30,3           | 29           | 01:53:23,0   |
| 78    | <b>Kerim</b>           | Peter        | 1956 | <b>01:50:29</b> | 1991              | 30,3           | 35           | 01:53:24,0   |
| 79    | <b>Schröper</b>        | Jörg         | 1959 | <b>01:50:31</b> | 1995              | 30,3           | 36           | 01:53:26,1   |
| 80    | <b>Ernesti</b>         | Ferdinand    | 1968 | <b>01:50:32</b> | 1990              | 30,3           | 22           | 01:53:27,1   |
| 81    | <b>Yoxall</b>          | J.A. CPL     | 1960 | <b>01:50:33</b> | 1987              | 30,3           | 27           | 01:53:28,1   |
| 82    | <b>Schulz</b>          | Robert       | 1966 | <b>01:50:34</b> | 2003              | 30,6           | 37           | 01:52:22,4   |
| 83    | <b>Becker</b>          | Detlef       | 1966 | <b>01:50:36</b> | 1991              | 30,3           | 25           | 01:53:31,2   |
| 83    | <b>Schweer</b>         | HELMUT       | 1958 | <b>01:50:36</b> | 1982              | 30,3           | 24           | 01:53:31,2   |
| 85    | <b>Brandt-Hüdepohl</b> | Udo          | 1955 | <b>01:50:43</b> | 1995              | 30,3           | 40           | 01:53:38,4   |
| 86    | <b>Niklas</b>          | Hänze        | 1995 | <b>01:50:45</b> | 2022              | 31,1           | 27           | 01:50:45,0   |
| 87    | <b>Rolfes</b>          | Volkmar      | 1970 | <b>01:50:46</b> | 2004              | 30,6           | 34           | 01:52:34,6   |
| 88    | <b>Fabian</b>          | Thomas       | 1967 | <b>01:50:58</b> | 1988              | 30,3           | 21           | 01:53:53,8   |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname       | Vorname   | Geb. | Bestzeit | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von | Bestzeit entspricht<br>auf der <i>aktuellen</i><br><i>31,1Km</i> Strecke: |
|-------|----------------|-----------|------|----------|----------------------|----------------|--------------------|---|
| 89    | Baumgärtner    | Klaus     | 1959 | 01:51:00 | 1992                 | 30,3           | 33                 | 01:53:55,8  |
| 90    | Böhl           | Timo      | 1988 | 01:51:02 | 2023                 | 31,1           | 35                 | 01:51:02,0  |
| 91    | Kaschura       | Jan       | 1985 | 01:51:04 | 2019                 | 31,1           | 34                 | 01:51:04,0  |
| 92    | Lulka          | Marek     | 1959 | 01:51:07 | 1991                 | 30,3           | 32                 | 01:54:03,0  |
| 93    | Benning        | Dietmar   | 1958 | 01:51:11 | 1984                 | 30,3           | 26                 | 01:54:07,1  |
| 93    | Lee            | Eddie     | 1946 | 01:51:11 | 1989                 | 30,3           | 43                 | 01:54:07,1  |
| 93    | Reins          | Oliver    | 1973 | 01:51:11 | 2004                 | 30,6           | 31                 | 01:53:00,0  |
| 96    | Breit          | Jürgen    | 1962 | 01:51:12 | 1989                 | 30,3           | 27                 | 01:54:08,2  |
| 97    | Leusink        | Erik      | 1989 | 01:51:17 | 2019                 | 31,1           | 30                 | 01:51:17,0  |
| 98    | Poggemann      | Jürgen    | 1953 | 01:51:19 | 1989                 | 30,3           | 36                 | 01:54:15,3  |
| 99    | Neu            | Andreas   | 1960 | 01:51:20 | 1985                 | 30,3           | 25                 | 01:54:16,4  |
| 100   | Storrie        | Kevin     | 1965 | 01:51:21 | 1984                 | 30,3           | 19                 | 01:54:17,4  |
| 101   | Hoyte          | Kurt GB   | 1963 | 01:51:24 | 1996                 | 30,7           | 33                 | 01:52:51,1  |
| 102   | Lenz           | Thorsten  | 1961 | 01:51:27 | 1992                 | 30,3           | 31                 | 01:54:23,6  |
| 103   | Würfel         | Markus    | 1969 | 01:51:30 | 2000                 | 30,7           | 31                 | 01:52:57,1  |
| 104   | Koski          | Kipsuba   | 1948 | 01:51:31 | 1996                 | 30,7           | 48                 | 01:52:58,1  |
| 105   | Waldemichael   | Robiel    | 1992 | 01:51:33 | 2017                 | 31,1           | 25                 | 01:51:33,0  |
| 106   | Krumsiek       | Ole       | 1970 | 01:51:36 | 2011                 | 31,1           | 41                 | 01:51:36,0  |
| 107   | Lippe          | Dieter    | 1956 | 01:51:46 | 1980                 | 30,3           | 24                 | 01:54:43,1  |
| 108   | Neuschwander   | Florian   | 1981 | 01:51:53 | 2019                 | 31,1           | 38                 | 01:51:53,0  |
| 109   | Kersting       | Gerhard   | 1962 | 01:51:56 | 1995                 | 30,3           | 33                 | 01:54:53,3  |
| 110   | Peschel        | Sascha    | 1970 | 01:51:59 | 1997                 | 30,7           | 27                 | 01:53:26,5  |
| 111   | Tinlin         | Richard   | ?    | 01:52:00 | 1972                 | 29,7           | ?                  | 01:57:16,8  |
| 112   | Naegele        | Lukas     | 1989 | 01:52:04 | 2014                 | 31,1           | 25                 | 01:52:04,0  |
| 112   | Vehlewald      | Wolfgang  | 1960 | 01:52:04 | 1995                 | 30,3           | 35                 | 01:55:01,5  |
| 114   | Flassbeck      | Jens      | 1967 | 01:52:05 | 1998                 | 30,7           | 31                 | 01:53:32,6  |
| 114   | BIENERT        | Klaus     | 1946 | 01:52:05 | 1979                 | 30,3           | 33                 | 01:55:02,6  |
| 116   | Asperger       | Michael   | 1968 | 01:52:06 | 1996                 | 30,7           | 28                 | 01:53:33,6  |
| 117   | Rasch          | Reinhard  | ?    | 01:52:07 | 1972                 | 29,7           | ?                  | 01:57:24,1  |
| 118   | Siekmann       | Friedhelm | 1956 | 01:52:08 | 1988                 | 30,3           | 32                 | 01:55:05,6  |
| 118   | Masjosthusmann | Martin    | 1962 | 01:52:08 | 1989                 | 30,3           | 27                 | 01:55:05,6  |
| 120   | Ruthe          | Ralf      | 1981 | 01:52:09 | 2016                 | 31,1           | 35                 | 01:52:09,0  |
| 121   | Dally          | Tim       | 1985 | 01:52:11 | 2019                 | 31,1           | 34                 | 01:52:11,0  |
| 122   | Strube         | Joachim   | 1941 | 01:52:13 | 1982                 | 30,3           | 41                 | 01:55:10,8  |
| 123   | SCHMIDT        | HELMUT    | 1944 | 01:52:15 | 1981                 | 30,3           | 37                 | 01:55:12,8  |
| 124   | Pretsel        | D.        | 1966 | 01:52:16 | 1989                 | 30,3           | 23                 | 01:55:13,8  |
| 125   | Matthe         | Jörg      | 1968 | 01:52:18 | 1996                 | 30,7           | 28                 | 01:53:45,8  |
| 126   | Schröder       | Stephan   | 1971 | 01:52:19 | 1998                 | 30,7           | 27                 | 01:53:46,8  |
| 127   | Fischer        | Axel      | 1976 | 01:52:22 | 2004                 | 30,6           | 28                 | 01:54:12,2  |
| 128   | Kellner        | Dirk      | 1961 | 01:52:23 | 1993                 | 30,3           | 32                 | 01:55:21,0  |
| 129   | Kuttich        | Björn     | 1986 | 01:52:24 | 2019                 | 31,1           | 33                 | 01:52:24,0  |
| 129   | Kaldewei       | Philipp   | 1981 | 01:52:24 | 2011                 | 31,1           | 30                 | 01:52:24,0  |
| 131   | Niedermeyer    | Jochen    | 1962 | 01:52:27 | 1989                 | 30,3           | 27                 | 01:55:25,1  |
| 132   | Heidbreder     | Thomas    | 1965 | 01:52:29 | 2000                 | 30,7           | 35                 | 01:53:56,9  |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname     | Vorname      | Geb. | Bestzeit | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von | Bestzeit entspricht<br>auf der <i>aktuellen</i><br>31,1Km Strecke: |
|-------|--------------|--------------|------|----------|----------------------|----------------|--------------------|--|
| 133   | Gebauer      | Klaus        | 1958 | 01:52:30 | 1988                 | 30,3           | 30                 | 01:55:28,2   |
| 133   | Kipkogei     | Stanley K.   | 1980 | 01:52:30 | 2016                 | 31,1           | 36                 | 01:52:30,0   |
| 135   | Severin      | Tobias       | 1975 | 01:52:33 | 2008                 | 31,1           | 33                 | 01:52:33,0   |
| 136   | Clemens      | Horst        | 1938 | 01:52:35 | 1984                 | 30,3           | 46                 | 01:55:33,3   |
| 136   | Bender       | Rolf         | 1952 | 01:52:35 | 1991                 | 30,3           | 39                 | 01:55:33,3   |
| 138   | Josefcak     | Lutz         | 1966 | 01:52:36 | 1995                 | 30,3           | 29                 | 01:55:34,4   |
| 138   | Linden       | Werner       | 1949 | 01:52:36 | 1984                 | 30,3           | 35                 | 01:55:34,4   |
| 140   | Müller       | Klaus        | 1969 | 01:52:42 | 1996                 | 30,7           | 27                 | 01:54:10,1   |
| 141   | Appelbaum    | Markus       | 1964 | 01:52:43 | 1989                 | 30,3           | 25                 | 01:55:41,6   |
| 142   | Paetsch      | Klaus        | 1941 | 01:52:53 | 1975                 | 29,7           | 34                 | 01:58:12,3   |
| 143   | Niesser      | Michael      | 1954 | 01:52:55 | 1980                 | 30,3           | 26                 | 01:55:53,9   |
| 144   | Frigger      | Andreas      | 1970 | 01:52:58 | 2002                 | 30,6           | 32                 | 01:54:48,8   |
| 145   | Kowalczyk    | Janosch      | 1990 | 01:53:00 | 2015                 | 31,1           | 25                 | 01:53:00,0   |
| 146   | Kruse        | Günter       | 1952 | 01:53:01 | 1991                 | 30,3           | 39                 | 01:56:00,0   |
| 147   | Boesang      | Klaus        | 1959 | 01:53:03 | 1995                 | 30,3           | 36                 | 01:56:02,1   |
| 148   | von Gaza     | Horst        | 1959 | 01:53:05 | 1996                 | 30,7           | 37                 | 01:54:33,4   |
| 149   | Rocker       | Wjatscheslaw | 1956 | 01:53:06 | 1991                 | 30,3           | 35                 | 01:56:05,2   |
| 150   | Gehrmann     | Horst        | 1966 | 01:53:07 | 1997                 | 30,7           | 31                 | 01:54:35,4   |
| 151   | Schouren     | Frank        | 1971 | 01:53:09 | 2010                 | 31,1           | 39                 | 01:53:09,0   |
| 152   | Ward         | A.M.         | 1954 | 01:53:12 | 1988                 | 30,3           | 34                 | 01:56:11,3   |
| 152   | Daubel       | Andreas      | 1972 | 01:53:12 | 1995                 | 30,3           | 23                 | 01:56:11,3   |
| 154   | Siegel       | HELMUT       | 1950 | 01:53:19 | 1987                 | 30,3           | 37                 | 01:56:18,5   |
| 155   | Lancashire   | Stephen L.   | 1957 | 01:53:21 | 1982                 | 30,3           | 25                 | 01:56:20,6   |
| 156   | KUEHN        | HARTMUT      | 1952 | 01:53:24 | 1981                 | 30,3           | 29                 | 01:56:23,6   |
| 156   | Lehmann      | Joachim      | 1938 | 01:53:24 | 1972                 | 29,7           | 34                 | 01:58:44,7   |
| 158   | Jazbec       | Tobias       | 1981 | 01:53:25 | 2004                 | 30,6           | 23                 | 01:55:16,2   |
| 159   | Cpl Murphy   | P.           | 1963 | 01:53:29 | 1990                 | 30,3           | 27                 | 01:56:28,8   |
| 159   | Kleinschmidt | Stephan      | 1965 | 01:53:29 | 1998                 | 30,7           | 33                 | 01:54:57,7   |
| 161   | Pieper       | Boris        | 1969 | 01:53:31 | 2004                 | 30,6           | 35                 | 01:55:22,3   |
| 161   | Oestreich    | Frank        | 1961 | 01:53:31 | 1985                 | 30,3           | 24                 | 01:56:30,8   |
| 163   | Cpl Chapman  | K.           | 1966 | 01:53:32 | 1990                 | 30,3           | 24                 | 01:56:31,9   |
| 164   | Muenzner     | Frank        | 1957 | 01:53:34 | 1997                 | 30,7           | 40                 | 01:55:02,7   |
| 165   | Gerrits      | Andreas      | 1980 | 01:53:36 | 2013                 | 31,1           | 33                 | 01:53:36,0   |
| 166   | Potter       | Jah.         | 1959 | 01:53:37 | 1982                 | 30,3           | 23                 | 01:56:37,0   |
| 166   | Northen      | S:SSGT       | 1952 | 01:53:37 | 1983                 | 30,3           | 31                 | 01:56:37,0   |
| 168   | Nott         | Hans Dieter  | 1951 | 01:53:39 | 1979                 | 30,3           | 28                 | 01:56:39,0   |
| 169   | Booth        | David        | 1950 | 01:53:40 | 1984                 | 30,3           | 34                 | 01:56:40,1   |
| 170   | Williams     | G.J.         | 1966 | 01:53:46 | 1990                 | 30,3           | 24                 | 01:56:46,2   |
| 171   | Paul         | Josef        | 1961 | 01:53:47 | 1997                 | 30,7           | 36                 | 01:55:15,9   |
| 172   | Schulz       | Konrad       | 1966 | 01:53:49 | 2011                 | 31,1           | 45                 | 01:53:49,0   |
| 173   | Shields      | ----         | ?    | 01:53:50 | 1975                 | 29,7           | ?                  | 01:59:12,0   |
| 174   | Wortmann     | Tim          | 1983 | 01:53:53 | 2011                 | 31,1           | 28                 | 01:53:53,0   |
| 175   | Abraham      | Lothar       | 1947 | 01:53:54 | 1982                 | 30,3           | 35                 | 01:56:54,4   |
| 176   | Hankemeier   | Sven         | 1976 | 01:53:57 | 2000                 | 30,7           | 24                 | 01:55:26,0   |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname        | Vorname     | Geb. | Bestzeit | Gelaufen im Jahr: | Streckenlänge: | Im Alter von | Bestzeit entspricht auf der <i>aktuellen</i> 31,1Km Strecke: |
|-------|-----------------|-------------|------|----------|-------------------|----------------|--------------|--|
| 177   | Wuppinger       | Klaus       | 1969 | 01:53:58 | 2004              | 30,6           | 35           | 01:55:49,7   |
| 178   | Downes          | Mike        | 1962 | 01:53:59 | 1991              | 30,3           | 29           | 01:56:59,6   |
| 179   | Schmitt         | Ralph       | 1969 | 01:54:00 | 2003              | 30,6           | 34           | 01:55:51,8   |
| 180   | Achten          | Joerg       | 1971 | 01:54:01 | 2001              | 30,6           | 30           | 01:55:52,8   |
| 181   | Molero-Eichwein | Miguel      | 1968 | 01:54:02 | 1998              | 30,7           | 30           | 01:55:31,1   |
| 182   | Dingenotto      | Markus      | 1963 | 01:54:04 | 1987              | 30,3           | 24           | 01:57:04,7   |
| 183   | Scherg          | Jürgen      | 1963 | 01:54:05 | 2004              | 30,6           | 41           | 01:55:56,8   |
| 184   | Peglar          | A.M.        | 1960 | 01:54:06 | 1988              | 30,3           | 28           | 01:57:06,8   |
| 184   | Susmann         | Markus      | 1975 | 01:54:06 | 2002              | 30,6           | 27           | 01:55:57,9   |
| 186   | Arnold          | Keith John  | 1947 | 01:54:08 | 1992              | 30,3           | 45           | 01:57:08,8   |
| 187   | Westphal        | Jörg        | 1964 | 01:54:09 | 1991              | 30,3           | 27           | 01:57:09,8   |
| 188   | Hoffmann        | Henrik      | 1990 | 01:54:14 | 2024              | 31,1           | 34           | 01:54:14,0   |
| 189   | HEINE           | MICHAEL     | 1947 | 01:54:16 | 1978              | 30,3           | 31           | 01:57:17,0   |
| 190   | Van Galen       | JoostJens   | 1967 | 01:54:17 | 1991              | 30,3           | 24           | 01:57:18,0   |
| 191   | Hauertmann      | Achim       | 1965 | 01:54:19 | 1992              | 30,3           | 27           | 01:57:20,1   |
| 192   | Toelle          | Heinz       | 1951 | 01:54:20 | 1986              | 30,3           | 35           | 01:57:21,1   |
| 192   | Carlisle        | Mark        | 1968 | 01:54:20 | 2002              | 30,6           | 34           | 01:56:12,1   |
| 194   | Rieke           | Horst       | 1938 | 01:54:23 | 1973              | 29,7           | 35           | 01:59:46,5   |
| 195   | Albrecht        | Thomas      | 1965 | 01:54:25 | 1987              | 30,3           | 22           | 01:57:26,3   |
| 196   | Schabel         | Eugen       | 1925 | 01:54:26 | 1976              | 29,7           | 51           | 01:59:49,6   |
| 196   | Waßmuth         | Jens        | 1961 | 01:54:26 | 1991              | 30,3           | 30           | 01:57:27,3   |
| 198   | Bateson         | Nicholas    | 1960 | 01:54:30 | 1992              | 30,3           | 32           | 01:57:31,4   |
| 199   | Klein           | Manfred     | 1958 | 01:54:32 | 1990              | 30,3           | 32           | 01:57:33,4   |
| 200   | Roßmann         | Hagen       | 1969 | 01:54:35 | 2002              | 30,6           | 33           | 01:56:27,3   |
| 201   | Wittwer         | Stefan      | 1968 | 01:54:37 | 1997              | 30,7           | 29           | 01:56:06,6   |
| 202   | Bauer           | Leo         | 1947 | 01:54:38 | 1982              | 30,3           | 35           | 01:57:39,6   |
| 203   | Götze           | Frank       | 1972 | 01:54:40 | 1999              | 30,7           | 27           | 01:56:09,6   |
| 204   | Scheller        | Markus      | 1989 | 01:54:41 | 2022              | 31,1           | 33           | 01:54:41,0   |
| 205   | Nahen           | Mathias     | 1970 | 01:54:43 | 2011              | 31,1           | 41           | 01:54:43,0   |
| 206   | Osterheider     | Andreas     | 1962 | 01:54:45 | 1986              | 30,3           | 24           | 01:57:46,8   |
| 207   | Herden          | Stefan      | 1970 | 01:54:47 | 2002              | 30,6           | 32           | 01:56:39,5   |
| 208   | Wächter         | Marco       | 1978 | 01:54:50 | 2005              | 31,1           | 27           | 01:54:50,0   |
| 209   | Marten          | Rene        | 1971 | 01:54:52 | 1997              | 30,7           | 26           | 01:56:21,8   |
| 210   | Stuke           | Kai-Michael | 1967 | 01:54:53 | 2001              | 30,6           | 34           | 01:56:45,6   |
| 210   | Rotthaus        | Wilfried    | 1943 | 01:54:53 | 1982              | 30,3           | 39           | 01:57:55,0   |
| 212   | Joosten         | Lau         | 1947 | 01:54:55 | 1990              | 30,3           | 43           | 01:57:57,0   |
| 213   | Vorsteher       | Peter       | 1956 | 01:54:57 | 1984              | 30,3           | 28           | 01:57:59,1   |
| 214   | Duscha          | Michael     | 1960 | 01:54:58 | 1990              | 30,3           | 30           | 01:58:00,1   |
| 215   | Trachte         | Helmut      | 1950 | 01:54:59 | 1988              | 30,3           | 38           | 01:58:01,2   |
| 216   | Malcherek       | Arnim       | 1967 | 01:55:03 | 1995              | 30,3           | 28           | 01:58:05,3   |
| 217   | Wyatt           | Jonathan    | 1972 | 01:55:08 | 2014              | 31,1           | 42           | 01:55:08,0   |
| 218   | Zenge           | Klaus       | 1951 | 01:55:11 | 1987              | 30,3           | 36           | 01:58:13,5   |
| 219   | Olschewsky      | Jörg        | 1967 | 01:55:13 | 1991              | 30,3           | 24           | 01:58:15,5   |
| 219   | Schlosser       | Torsten     | 1964 | 01:55:13 | 1996              | 30,7           | 32           | 01:56:43,0   |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname            | Vorname   | Geb. | Bestzeit        | Gelaufen im Jahr: | Streckenlänge: | Im Alter von | Bestzeit entspricht auf der <i>aktuellen</i> 31,1Km Strecke: |
|-------|---------------------|-----------|------|-----------------|-------------------|----------------|--------------|--|
| 219   | <b>Dohmann</b>      | Christoph | ?    | <b>01:55:13</b> | 2024              | 31,1           | ?            | 01:55:13,0   |
| 222   | <b>Akkerman</b>     | Erwin     | 1979 | <b>01:55:15</b> | 2019              | 31,1           | 40           | 01:55:15,0   |
| 223   | <b>Menne</b>        | Elmar     | 1973 | <b>01:55:19</b> | 2001              | 30,6           | 28           | 01:57:12,1   |
| 224   | <b>Meymann</b>      | Jürgen    | 1973 | <b>01:55:22</b> | 2003              | 30,6           | 30           | 01:57:15,1   |
| 224   | <b>Rahe</b>         | Rolf      | 1957 | <b>01:55:22</b> | 1988              | 30,3           | 31           | 01:58:24,8   |
| 224   | <b>Weising</b>      | Wolfgang  | 1952 | <b>01:55:22</b> | 1991              | 30,3           | 39           | 01:58:24,8   |
| 227   | <b>Gutthoff</b>     | Werner    | 1951 | <b>01:55:23</b> | 1989              | 30,3           | 38           | 01:58:25,8   |
| 228   | <b>Rabe</b>         | Gerhard   | 1950 | <b>01:55:24</b> | 1993              | 30,3           | 43           | 01:58:26,8   |
| 228   | <b>Schüder</b>      | U.        | ?    | <b>01:55:24</b> | 1975              | 29,7           | ?            | 02:00:50,4   |
| 230   | <b>Homuth</b>       | Reinhard  | ?    | <b>01:55:25</b> | 1972              | 29,7           | ?            | 02:00:51,4   |
| 231   | <b>Demoliner</b>    | Rainer    | 1965 | <b>01:55:26</b> | 1998              | 30,7           | 33           | 01:56:56,2   |
| 232   | <b>Vogt</b>         | Holger    | 1949 | <b>01:55:28</b> | 1984              | 30,3           | 35           | 01:58:30,9   |
| 233   | <b>Niehaus</b>      | Klemens   | 1944 | <b>01:55:31</b> | 1988              | 30,3           | 44           | 01:58:34,0   |
| 233   | <b>KARTNER</b>      | WILHELM   | 1945 | <b>01:55:31</b> | 1977              | 30,3           | 32           | 01:58:34,0   |
| 235   | <b>Specht</b>       | Gerold    | 1963 | <b>01:55:34</b> | 1987              | 30,3           | 24           | 01:58:37,1   |
| 236   | <b>Marshal</b>      | BOB       | 1959 | <b>01:55:36</b> | 1983              | 30,3           | 24           | 01:58:39,1   |
| 237   | <b>Wierum</b>       | Guenther  | 1941 | <b>01:55:37</b> | 1982              | 30,3           | 41           | 01:58:40,2   |
| 238   | <b>Risse</b>        | Joe-Max   | 1967 | <b>01:55:38</b> | 1993              | 30,3           | 26           | 01:58:41,2   |
| 239   | <b>Le Cheminant</b> | Galen     | 1971 | <b>01:55:39</b> | 1990              | 30,3           | 19           | 01:58:42,2   |
| 239   | <b>Düwel</b>        | Mario     | 1981 | <b>01:55:39</b> | 2004              | 30,6           | 23           | 01:57:32,4   |
| 241   | <b>Fricke</b>       | Marc      | 1974 | <b>01:55:40</b> | 2002              | 30,6           | 28           | 01:57:33,4   |
| 242   | <b>SCHMIDT</b>      | Bruno     | 1946 | <b>01:55:41</b> | 1984              | 30,3           | 38           | 01:58:44,3   |
| 242   | <b>MC Lean</b>      | Stuart    | 1957 | <b>01:55:41</b> | 1988              | 30,3           | 31           | 01:58:44,3   |
| 244   | <b>Stober</b>       | Achim     | 1947 | <b>01:55:42</b> | 1974              | 29,7           | 27           | 02:01:09,2   |
| 244   | <b>Janicki</b>      | ADAM      | 1988 | <b>01:55:42</b> | 2016              | 31,1           | 28           | 01:55:42,0   |
| 244   | <b>Teicher</b>      | Jürgen    | 1969 | <b>01:55:42</b> | 1993              | 30,3           | 24           | 01:58:45,3   |
| 247   | <b>Mischke</b>      | Mathias   | 1956 | <b>01:55:43</b> | 1986              | 30,3           | 30           | 01:58:46,3   |
| 248   | <b>Bonke</b>        | Siegbert  | 1961 | <b>01:55:44</b> | 1990              | 30,3           | 29           | 01:58:47,3   |
| 248   | <b>Wuestefeld</b>   | Wolfgang  | 1958 | <b>01:55:44</b> | 1986              | 30,3           | 28           | 01:58:47,3   |
| 250   | <b>Schüßler</b>     | Dominik   | ?    | <b>01:55:47</b> | 2023              | 31,1           | ?            | 01:55:47,0   |
| 251   | <b>Assmann</b>      | Ingo      | 1979 | <b>01:55:48</b> | 2005              | 31,1           | 26           | 01:55:48,0   |
| 251   | <b>Henseleit</b>    | Philipp   | 1988 | <b>01:55:48</b> | 2019              | 31,1           | 31           | 01:55:48,0   |
| 253   | <b>Cpl McKeown</b>  | Geordie   | 1964 | <b>01:55:49</b> | 1991              | 30,3           | 27           | 01:58:52,5   |
| 254   | <b>Pasch</b>        | Frank     | 1963 | <b>01:55:50</b> | 1988              | 30,3           | 25           | 01:58:53,5   |
| 254   | <b>SCHMIDT</b>      | Karl      | 1936 | <b>01:55:50</b> | 1982              | 30,3           | 46           | 01:58:53,5   |
| 254   | <b>Harder</b>       | Tom       | 1997 | <b>01:55:50</b> | 2024              | 31,1           | 27           | 01:55:50,0   |
| 257   | <b>Lehmenkötter</b> | Burkhard  | 1964 | <b>01:55:52</b> | 1997              | 30,7           | 33           | 01:57:22,5   |
| 257   | <b>Makarowski</b>   | Reiner    | 1956 | <b>01:55:52</b> | 1990              | 30,3           | 34           | 01:58:55,6   |
| 257   | <b>Geilich</b>      | Niklas    | 1986 | <b>01:55:52</b> | 2023              | 31,1           | 37           | 01:55:52,0   |
| 260   | <b>Logemann</b>     | Rainer    | 1965 | <b>01:55:53</b> | 1994              | 30,3           | 29           | 01:58:56,6   |
| 260   | <b>Kropp</b>        | Ralf      | 1962 | <b>01:55:53</b> | 1995              | 30,3           | 33           | 01:58:56,6   |
| 260   | <b>Kersten</b>      | Tobias    | 1967 | <b>01:55:53</b> | 1988              | 30,3           | 21           | 01:58:56,6   |
| 263   | <b>Capt Osborne</b> |           | 1955 | <b>01:55:55</b> | 1990              | 30,3           | 35           | 01:58:58,6   |
| 264   | <b>Drilling</b>     | Carsten   | 1972 | <b>01:55:58</b> | 2006              | 31,1           | 34           | 01:55:58,0   |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname            | Vorname     | Geb. | Bestzeit        | Gelaufen<br>im Jahr: | Streckenlänge: | Im<br>Alter<br>von | Bestzeit entspricht<br>auf der <i>aktuellen</i><br><i>31,1Km</i> Strecke: |
|-------|---------------------|-------------|------|-----------------|----------------------|----------------|--------------------|---|
| 264   | <b>Basak</b>        | Necat       | 1987 | <b>01:55:58</b> | 2013                 | 31,1           | 26                 | 01:55:58,0  |
| 266   | <b>Dr. Karthaus</b> | Meinolf     | 1958 | <b>01:55:59</b> | 1991                 | 30,3           | 33                 | 01:59:02,7  |
| 267   | <b>Rodefeld</b>     | Bernd       | 1952 | <b>01:56:00</b> | 1991                 | 30,3           | 39                 | 01:59:03,8  |
| 268   | <b>Eishof</b>       | Jos         | 1957 | <b>01:56:02</b> | 1991                 | 30,3           | 34                 | 01:59:05,8  |
| 269   | <b>Pauli</b>        | Felix       | 1990 | <b>01:56:04</b> | 2016                 | 31,1           | 26                 | 01:56:04,0  |
| 270   | <b>Jäckel</b>       | Thorsten    | 1968 | <b>01:56:05</b> | 1990                 | 30,3           | 22                 | 01:59:08,9  |
| 271   | <b>Poggenklas</b>   | Tommy       | 1970 | <b>01:56:07</b> | 1990                 | 30,3           | 20                 | 01:59:10,9  |
| 272   | <b>Everz</b>        | Alfons      | 1947 | <b>01:56:09</b> | 1980                 | 30,3           | 33                 | 01:59:13,0  |
| 273   | <b>Glosse</b>       | Bernd       | 1958 | <b>01:56:10</b> | 1999                 | 30,7           | 41                 | 01:57:40,8  |
| 274   | <b>Krüger</b>       | Thorsten    | 1975 | <b>01:56:13</b> | 2012                 | 31,1           | 37                 | 01:56:13,0  |
| 275   | <b>FUHRMANN</b>     | GERD        | 1956 | <b>01:56:14</b> | 1986                 | 30,3           | 30                 | 01:59:18,1  |
| 275   | <b>Niemann</b>      | Oliver      | 1968 | <b>01:56:14</b> | 1997                 | 30,7           | 29                 | 01:57:44,8  |
| 277   | <b>Eickmeyer</b>    | Cord-Henrik | 1972 | <b>01:56:15</b> | 2004                 | 30,6           | 32                 | 01:58:09,0  |
| 277   | <b>BRAND</b>        | DIETER      | 1944 | <b>01:56:15</b> | 1985                 | 30,3           | 41                 | 01:59:19,2  |
| 277   | <b>Winkler</b>      | Guido       | 1963 | <b>01:56:15</b> | 2000                 | 30,7           | 37                 | 01:57:45,8  |
| 277   | <b>BIRKNER</b>      | KARSTEN     | 1962 | <b>01:56:15</b> | 1984                 | 30,3           | 22                 | 01:59:19,2  |
| 277   | <b>Wright</b>       | Steve       | 1957 | <b>01:56:15</b> | 1979                 | 30,3           | 22                 | 01:59:19,2  |
| 277   | <b>Wellensiek</b>   | Wolfgang    | 1972 | <b>01:56:15</b> | 2005                 | 31,1           | 33                 | 01:56:15,0  |
| 283   | <b>MEEKINES</b>     | A.R. MAJ.   | 1947 | <b>01:56:16</b> | 1983                 | 30,3           | 36                 | 01:59:20,2  |
| 284   | <b>AVEREY</b>       | G CPL       | 1955 | <b>01:56:17</b> | 1982                 | 30,3           | 27                 | 01:59:21,2  |
| 284   | <b>Nakielski</b>    | Markus      | 1971 | <b>01:56:17</b> | 2003                 | 30,6           | 32                 | 01:58:11,0  |
| 286   | <b>Strothmann</b>   | Dirk        | 1969 | <b>01:56:18</b> | 2008                 | 31,1           | 39                 | 01:56:18,0  |
| 286   | <b>KLEIN</b>        | HEIKO       | 1960 | <b>01:56:18</b> | 1987                 | 30,3           | 27                 | 01:59:22,2  |
| 286   | <b>MUELLER</b>      | JOERG       | 1964 | <b>01:56:18</b> | 1984                 | 30,3           | 20                 | 01:59:22,2  |
| 286   | <b>Kamrath</b>      | Reinhard    | 1941 | <b>01:56:18</b> | 1980                 | 30,3           | 39                 | 01:59:22,2  |
| 286   | <b>Düben</b>        | Tobias      | ?    | <b>01:56:18</b> | 2023                 | 31,1           | ?                  | 01:56:18,0  |
| 291   | <b>Stomber</b>      | Heinz       | 1947 | <b>01:56:19</b> | 1989                 | 30,3           | 42                 | 01:59:23,3  |
| 291   | <b>Braukmann</b>    | Thomas      | 1966 | <b>01:56:19</b> | 1990                 | 30,3           | 24                 | 01:59:23,3  |
| 293   | <b>Wendt</b>        | Arne        | 1973 | <b>01:56:20</b> | 1996                 | 30,7           | 23                 | 01:57:50,9  |
| 294   | <b>Nicholson</b>    | Paul        | 1961 | <b>01:56:22</b> | 1993                 | 30,3           | 32                 | 01:59:26,3  |
| 295   | <b>SPYCHALA</b>     | HANS-RAINER | 1940 | <b>01:56:23</b> | 1984                 | 30,3           | 44                 | 01:59:27,4  |
| 296   | <b>Biere</b>        | Horst       | 1948 | <b>01:56:24</b> | 1988                 | 30,3           | 40                 | 01:59:28,4  |
| 296   | <b>Paulus</b>       | Rudolf      | 1966 | <b>01:56:24</b> | 1997                 | 30,7           | 31                 | 01:57:55,0  |
| 298   | <b>Grass</b>        | Björn       | 1961 | <b>01:56:25</b> | 2000                 | 30,7           | 39                 | 01:57:56,0  |
| 298   | <b>Ender</b>        | Björn       | 1985 | <b>01:56:25</b> | 2019                 | 31,1           | 34                 | 01:56:25,0  |
| 300   | <b>ADOMEIT</b>      | JOCHEN      | 1941 | <b>01:56:29</b> | 1986                 | 30,3           | 45                 | 01:59:33,5  |
| 300   | <b>Dittrich</b>     | Kai-Uwe     | 1967 | <b>01:56:29</b> | 2003                 | 30,6           | 36                 | 01:58:23,2  |
| 300   | <b>Winkler</b>      | Roland      | 1947 | <b>01:56:29</b> | 1992                 | 30,3           | 45                 | 01:59:33,5  |
| 303   | <b>Brauer</b>       | Hermann     | 1956 | <b>01:56:30</b> | 1980                 | 30,3           | 24                 | 01:59:34,6  |
| 303   | <b>Wolff</b>        | Horst       | 1953 | <b>01:56:30</b> | 1988                 | 30,3           | 35                 | 01:59:34,6  |
| 303   | <b>Tschernoster</b> | Jan         | 1996 | <b>01:56:30</b> | 2024                 | 31,1           | 28                 | 01:56:30,0  |
| 306   | <b>Fabian</b>       | Jürgen      | 1961 | <b>01:56:32</b> | 1994                 | 30,3           | 33                 | 01:59:36,6  |
| 306   | <b>Kemper</b>       | Karl        | 1941 | <b>01:56:32</b> | 1990                 | 30,3           | 49                 | 01:59:36,6  |
| 308   | <b>Nedderhoff</b>   | Bernd       | 1959 | <b>01:56:33</b> | 2004                 | 30,6           | 45                 | 01:58:27,3  |



# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname               | Vorname     | Geb. | Bestzeit        | Gelaufen im Jahr: | Streckenlänge: | Im Alter von | Bestzeit entspricht auf der <i>aktuellen</i> 31,1Km Strecke: |
|-------|------------------------|-------------|------|-----------------|-------------------|----------------|--------------|--|
| 309   | <b>Stern</b>           | Christian   | 1980 | <b>01:56:34</b> | 2019              | 31,1           | 39           | 01:56:34,0   |
| 309   | <b>Rahmann</b>         | Christoph   | 1977 | <b>01:56:34</b> | 2002              | 30,6           | 25           | 01:58:28,3   |
| 311   | <b>Begemann</b>        | Dieter      | 1952 | <b>01:56:35</b> | 1995              | 30,3           | 43           | 01:59:39,7   |
| 311   | <b>Güths</b>           | Marius      | 1991 | <b>01:56:35</b> | 2016              | 31,1           | 25           | 01:56:35,0   |
| 313   | <b>GREENWELL</b>       | James Major | 1950 | <b>01:56:36</b> | 1981              | 30,3           | 31           | 01:59:40,7   |
| 313   | <b>Fisahn</b>          | Stefan      | 1957 | <b>01:56:36</b> | 1991              | 30,3           | 34           | 01:59:40,7   |
| 315   | <b>Schumann</b>        | Frank       | 1960 | <b>01:56:37</b> | 1999              | 30,7           | 39           | 01:58:08,1   |
| 316   | <b>Gredzinski</b>      | Andreas     | 1959 | <b>01:56:38</b> | 2003              | 30,6           | 44           | 01:58:32,3   |
| 316   | <b>FOERSTER</b>        | ANDREAS     | 1965 | <b>01:56:38</b> | 1985              | 30,3           | 20           | 01:59:42,8   |
| 318   | <b>LANGE</b>           | UDO         | 1948 | <b>01:56:41</b> | 1984              | 30,3           | 36           | 01:59:45,8   |
| 319   | <b>Thör</b>            | Axel        | 1963 | <b>01:56:44</b> | 1991              | 30,3           | 28           | 01:59:48,9   |
| 320   | <b>GERKE</b>           | BRUNO       | 1947 | <b>01:56:45</b> | 1984              | 30,3           | 37           | 01:59:50,0   |
| 321   | <b>Krug</b>            | Garvin      | 1981 | <b>01:56:46</b> | 2021              | 31,1           | 40           | 01:56:46,0   |
| 322   | <b>Losch</b>           | Stefan      | 1968 | <b>01:56:48</b> | 2003              | 30,6           | 35           | 01:58:42,5   |
| 323   | <b>Lubina</b>          | Alexander   | 1979 | <b>01:56:49</b> | 2010              | 31,1           | 31           | 01:56:49,0   |
| 324   | <b>RICKERT</b>         | WOLFGANG    | 1956 | <b>01:56:50</b> | 1983              | 30,3           | 27           | 01:59:55,1   |
| 324   | <b>Rose</b>            | Tim         | 1997 | <b>01:56:50</b> | 2024              | 31,1           | 27           | 01:56:50,0   |
| 326   | <b>Meißner</b>         | Stefan      | 1972 | <b>01:56:51</b> | 1998              | 30,7           | 26           | 01:58:22,3   |
| 326   | <b>Sievert</b>         | Tobias      | 1992 | <b>01:56:51</b> | 2023              | 31,1           | 31           | 01:56:51,0   |
| 328   | <b>Schnepf</b>         | Helmer      | 1943 | <b>01:56:52</b> | 1980              | 30,3           | 37           | 01:59:57,1   |
| 329   | <b>Kalin</b>           | Detlef      | 1954 | <b>01:56:54</b> | 1991              | 30,3           | 37           | 01:59:59,2   |
| 329   | <b>Schneider</b>       | Xavier      | 1993 | <b>01:56:54</b> | 2024              | 31,1           | 31           | 01:56:54,0   |
| 331   | <b>Kretschmer</b>      | Detlef      | 1953 | <b>01:56:56</b> | 1992              | 30,3           | 39           | 02:00:01,2   |
| 331   | <b>Schedler</b>        | Martin      | 1980 | <b>01:56:56</b> | 2012              | 31,1           | 32           | 01:56:56,0   |
| 333   | <b>BENNETT</b>         | A. SGT      | 1949 | <b>01:57:00</b> | 1983              | 30,3           | 34           | 02:00:05,3   |
| 333   | <b>SHELTE</b>          | HANS-GEORG  | ?    | <b>01:57:00</b> | 1982              | 30,3           | ?            | 02:00:05,3   |
| 333   | <b>IRLE</b>            | WOLFGANG    | 1959 | <b>01:57:00</b> | 1984              | 30,3           | 25           | 02:00:05,3   |
| 336   | <b>Oberpenning</b>     | Carsten     | 1978 | <b>01:57:01</b> | 2002              | 30,6           | 24           | 01:58:55,7   |
| 337   | <b>Wittreck</b>        | Ferdi       | 1958 | <b>01:57:02</b> | 1997              | 30,7           | 39           | 01:58:33,5   |
| 337   | <b>Schoppmeier</b>     | Martin      | 1972 | <b>01:57:02</b> | 2005              | 31,1           | 33           | 01:57:02,0   |
| 337   | <b>Barwinski</b>       | Jonas       | 1997 | <b>01:57:02</b> | 2022              | 31,1           | 25           | 01:57:02,0   |
| 340   | <b>BUNTE</b>           | VOLKER      | 1963 | <b>01:57:05</b> | 1986              | 30,3           | 23           | 02:00:10,5   |
| 340   | <b>HENSELMEYER</b>     | WERNER      | 1934 | <b>01:57:05</b> | 1984              | 30,3           | 50           | 02:00:10,5   |
| 340   | <b>Dahmen</b>          | Martin      | 1987 | <b>01:57:05</b> | 2022              | 31,1           | 35           | 01:57:05,0   |
| 343   | <b>Wintrip</b>         | Clive       | 1957 | <b>01:57:06</b> | 1989              | 30,3           | 32           | 02:00:11,5   |
| 343   | <b>Walch</b>           | Dominic     | 1986 | <b>01:57:06</b> | 2015              | 31,1           | 29           | 01:57:06,0   |
| 345   | <b>Lampert</b>         | Walter      | 1952 | <b>01:57:10</b> | 1992              | 30,3           | 40           | 02:00:15,6   |
| 346   | <b>Krois</b>           | Dietmar     | 1959 | <b>01:57:11</b> | 2000              | 30,7           | 41           | 01:58:42,6   |
| 346   | <b>Kleinhagenbrock</b> | Mattias     | 1961 | <b>01:57:11</b> | 1991              | 30,3           | 30           | 02:00:16,6   |
| 348   | <b>Beier</b>           | Detlef      | 1957 | <b>01:57:12</b> | 1996              | 30,7           | 39           | 01:58:43,6   |
| 348   | <b>Nilson</b>          | Per         | 1969 | <b>01:57:12</b> | 1992              | 30,3           | 23           | 02:00:17,7   |
| 350   | <b>Rieke</b>           | Bernd       | 1965 | <b>01:57:14</b> | 1995              | 30,3           | 30           | 02:00:19,7   |
| 350   | <b>Schiermeyer</b>     | Ingo        | 1960 | <b>01:57:14</b> | 1989              | 30,3           | 29           | 02:00:19,7   |
| 352   | <b>Aron</b>            | Ralf        | 1964 | <b>01:57:15</b> | 1995              | 30,3           | 31           | 02:00:20,7   |



# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname     | Vorname    | Geb. | Bestzeit | Gelaufen im Jahr: | Streckenlänge: | Im Alter von | Bestzeit entspricht auf der <i>aktuellen</i> 31,1Km Strecke: |
|-------|--------------|------------|------|----------|-------------------|----------------|--------------|--|
| 353   | Simon        | Christophe | 1965 | 01:57:18 | 1991              | 30,3           | 26           | 02:00:23,8   |
| 353   | Lüning       | Sebastian  | 1970 | 01:57:18 | 2004              | 30,6           | 34           | 01:59:13,0   |
| 355   | Adolf        | Claus      | 1965 | 01:57:19 | 1999              | 30,7           | 34           | 01:58:50,7   |
| 355   | PFALZER      | JUERGEN    | 1956 | 01:57:19 | 1987              | 30,3           | 31           | 02:00:24,8   |
| 357   | Zamora       | German     | 1965 | 01:57:20 | 1988              | 30,3           | 23           | 02:00:25,9   |
| 358   | Krüger       | Torsten    | 1976 | 01:57:21 | 2011              | 31,1           | 35           | 01:57:21,0   |
| 359   | Schulte      | Stefan     | 1959 | 01:57:22 | 1989              | 30,3           | 30           | 02:00:27,9   |
| 360   | Weber        | Bernd      | 1975 | 01:57:24 | 2004              | 30,6           | 29           | 01:59:19,1   |
| 360   | Neumann      | Burkhard   | 1967 | 01:57:24 | 1997              | 30,7           | 30           | 01:58:55,7   |
| 362   | Godlewski    | Zbigniew   | 1960 | 01:57:27 | 1991              | 30,3           | 31           | 02:00:33,1   |
| 363   | Schneider    | Torsten    | 1972 | 01:57:29 | 2013              | 31,1           | 41           | 01:57:29,0   |
| 364   | HEERDE       | REINHARD   | 1950 | 01:57:30 | 1987              | 30,3           | 37           | 02:00:36,1   |
| 365   | Baim         | Archie     | 1957 | 01:57:31 | 1977              | 30,3           | 20           | 02:00:37,2   |
| 365   | Lewanzik     | Heiko      | 1981 | 01:57:31 | 2016              | 31,1           | 35           | 01:57:31,0   |
| 367   | Dinkhoff     | Dieter     | 1959 | 01:57:32 | 1991              | 30,3           | 32           | 02:00:38,2   |
| 367   | Drüke        | Harald     | 1969 | 01:57:32 | 2000              | 30,7           | 31           | 01:59:03,8   |
| 369   | Helm         | Jürgen     | 1962 | 01:57:33 | 1991              | 30,3           | 29           | 02:00:39,2   |
| 370   | Brand        | Nils       | 1990 | 01:57:34 | 2023              | 31,1           | 33           | 01:57:34,0   |
| 371   | Wendler      | Hilmar     | 1963 | 01:57:35 | 1990              | 30,3           | 27           | 02:00:41,3   |
| 371   | Kreiansiek   | Jens       | 1967 | 01:57:35 | 2002              | 30,6           | 35           | 01:59:30,3   |
| 373   | Detert       | Thomas     | 1960 | 01:57:36 | 1989              | 30,3           | 29           | 02:00:42,3   |
| 374   | Klingbeil    | Heinz      | 1959 | 01:57:37 | 1998              | 30,7           | 39           | 01:59:08,9   |
| 374   | Sgt Foster   | J.         | 1958 | 01:57:37 | 1990              | 30,3           | 32           | 02:00:43,3   |
| 376   | Stuke        | Gerhard    | 1938 | 01:57:38 | 1988              | 30,3           | 50           | 02:00:44,3   |
| 376   | Birkner      | H.         | 1959 | 01:57:38 | 1988              | 30,3           | 29           | 02:00:44,3   |
| 376   | KRUEGER      | HANS-GEORG | 1936 | 01:57:38 | 1983              | 30,3           | 47           | 02:00:44,3   |
| 379   | Naumann      | Daniel     | 1985 | 01:57:39 | 2016              | 31,1           | 31           | 01:57:39,0   |
| 380   | LEONHARDT    | ANSGAR     | 1960 | 01:57:43 | 1984              | 30,3           | 24           | 02:00:49,5   |
| 380   | Battermann   | Dirk       | 1964 | 01:57:43 | 1991              | 30,3           | 27           | 02:00:49,5   |
| 382   | Hohmeier     | Dieter     | 1960 | 01:57:44 | 1996              | 30,7           | 36           | 01:59:16,0   |
| 383   | Mangel       | Alexander  | 1986 | 01:57:45 | 2019              | 31,1           | 33           | 01:57:45,0   |
| 383   | TIMM         | GUENTHER   | 1937 | 01:57:45 | 1982              | 30,3           | 45           | 02:00:51,5   |
| 383   | Forrester    | Brendan    | ?    | 01:57:45 | 2022              | 31,1           | ?            | 01:57:45,0   |
| 383   | Otsuka       | Ryo        | 1998 | 01:57:45 | 2024              | 31,1           | 26           | 01:57:45,0   |
| 387   | Kersten      | Perez      | 1971 | 01:57:46 | 2004              | 30,6           | 33           | 01:59:41,5   |
| 388   | SCHNEIDER    | PETER      | 1954 | 01:57:47 | 1982              | 30,3           | 28           | 02:00:53,6   |
| 388   | Schöneberger | Thomas     | 1956 | 01:57:47 | 1989              | 30,3           | 33           | 02:00:53,6   |
| 390   | Mehlfeld     | Dennis     | 1987 | 01:57:48 | 2012              | 31,1           | 25           | 01:57:48,0   |
| 391   | Herden       | Thomas     | 1966 | 01:57:49 | 2002              | 30,6           | 36           | 01:59:44,5   |
| 392   | Engel        | Philipp    | 1968 | 01:57:50 | 1999              | 30,7           | 31           | 01:59:22,1   |
| 393   | SCHROEDER    | ANDREAS    | 1960 | 01:57:51 | 1984              | 30,3           | 24           | 02:00:57,7   |
| 394   | Bussieweke   | Reinhold   | 1949 | 01:57:52 | 1990              | 30,3           | 41           | 02:00:58,7   |
| 394   | Ferger       | Thorsten   | 1963 | 01:57:52 | 2007              | 31,1           | 44           | 01:57:52,0   |
| 396   | Raulf        | Stefan     | 1973 | 01:57:53 | 2014              | 31,1           | 41           | 01:57:53,0   |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname          | Vorname   | Geb. | Bestzeit | Gelaufen im Jahr: | Streckenlänge: | Im Alter von | Bestzeit entspricht auf der <i>aktuellen</i> 31,1Km Strecke: |
|-------|-------------------|-----------|------|----------|-------------------|----------------|--------------|--|
| 396   | Fortströer        | Stefan    | 1968 | 01:57:53 | 1994              | 30,3           | 26           | 02:00:59,7   |
| 398   | Homeier           | Dieter    | 1960 | 01:57:54 | 1991              | 30,3           | 31           | 02:01:00,8   |
| 398   | SPERLING          | WALTER    | 1938 | 01:57:54 | 1987              | 30,3           | 49           | 02:01:00,8   |
| 400   | Deiß              | Bernhard  | 1992 | 01:57:55 | 2024              | 31,1           | 32           | 01:57:55,0   |
| 401   | Buckley           | Paul      | 1959 | 01:57:57 | 1989              | 30,3           | 30           | 02:01:03,9   |
| 402   | MC Dermott        | John      | 1964 | 01:57:58 | 1989              | 30,3           | 25           | 02:01:04,9   |
| 402   | Gollisch          | Tim       | 1973 | 01:57:58 | 1993              | 30,3           | 20           | 02:01:04,9   |
| 404   | Frense            | Horst     | 1941 | 01:57:59 | 1977              | 30,3           | 36           | 02:01:05,9   |
| 404   | Heyne             | Volker    | 1966 | 01:57:59 | 2004              | 30,6           | 38           | 01:59:54,7   |
| 406   | Grünebaum         | Manfred   | 1957 | 01:58:00 | 1996              | 30,7           | 39           | 01:59:32,2   |
| 407   | Ward              | Brian     | 1963 | 01:58:01 | 1989              | 30,3           | 26           | 02:01:08,0   |
| 407   | Böttge            | Olaf      | 1962 | 01:58:01 | 1998              | 30,7           | 36           | 01:59:33,2   |
| 407   | Wolf              | Peter     | 1951 | 01:58:01 | 1989              | 30,3           | 38           | 02:01:08,0   |
| 410   | Purmann           | Dirk      | 1965 | 01:58:02 | 1990              | 30,3           | 25           | 02:01:09,0   |
| 410   | Petri             | Ulrich    | 1973 | 01:58:02 | 2003              | 30,6           | 30           | 01:59:57,7   |
| 412   | HOVELER           | REINHARD  | 1940 | 01:58:03 | 1982              | 30,3           | 42           | 02:01:10,0   |
| 412   | Burke             | W.B.      | 1956 | 01:58:03 | 1989              | 30,3           | 33           | 02:01:10,0   |
| 414   | FIDELES           | P. CPL.   | 1949 | 01:58:07 | 1982              | 30,3           | 33           | 02:01:14,1   |
| 415   | Schlenker         | Edmund    | 1944 | 01:58:08 | 1998              | 30,7           | 54           | 01:59:40,3   |
| 416   | Nickel            | Thomas    | 1966 | 01:58:09 | 1994              | 30,3           | 28           | 02:01:16,2   |
| 417   | Bradler           | Claas     | 1983 | 01:58:10 | 2023              | 31,1           | 40           | 01:58:10,0   |
| 418   | Schröder          | Andreas   | 1961 | 01:58:11 | 1995              | 30,3           | 34           | 02:01:18,2   |
| 419   | Ragone            | Sascha    | 1970 | 01:58:12 | 1997              | 30,7           | 27           | 01:59:44,4   |
| 420   | Rawe              | Klaus     | 1968 | 01:58:13 | 1996              | 30,7           | 28           | 01:59:45,4   |
| 421   | Matzk             | Holger    | 1967 | 01:58:14 | 1996              | 30,7           | 29           | 01:59:46,4   |
| 421   | Sgt Cunningham    | s.        | 1962 | 01:58:14 | 1992              | 30,3           | 30           | 02:01:21,3   |
| 423   | Columbro          | Maurizio  | 1976 | 01:58:15 | 2002              | 30,6           | 26           | 02:00:10,9   |
| 424   | Leach             | Allan     | 1951 | 01:58:17 | 1988              | 30,3           | 37           | 02:01:24,4   |
| 425   | Knoepke           | Daniel    | 1982 | 01:58:21 | 2011              | 31,1           | 29           | 01:58:21,0   |
| 425   | Schwarzfeld       | Helmut    | 1943 | 01:58:21 | 1988              | 30,3           | 45           | 02:01:28,5   |
| 427   | Laurence          | W.J.      | 1960 | 01:58:22 | 1988              | 30,3           | 28           | 02:01:29,5   |
| 428   | Pahl              | Christian | 1973 | 01:58:24 | 2011              | 31,1           | 38           | 01:58:24,0   |
| 429   | Schulz            | Waldemar  | 1970 | 01:58:25 | 2006              | 31,1           | 36           | 01:58:25,0   |
| 429   | Wagner            | Frank     | 1987 | 01:58:25 | 2023              | 31,1           | 36           | 01:58:25,0   |
| 431   | HUEBNER           | HELMUT    | 1946 | 01:58:26 | 1983              | 30,3           | 37           | 02:01:33,6   |
| 431   | Ernst             | Simon     | 1987 | 01:58:26 | 2021              | 31,1           | 34           | 01:58:26,0   |
| 433   | Henne             | Alexander | 1985 | 01:58:27 | 2022              | 31,1           | 37           | 01:58:27,0   |
| 434   | Beinlich          | Joachim   | 1957 | 01:58:29 | 1997              | 30,7           | 40           | 02:00:01,6   |
| 435   | HOFF_VON          | SAMUEL    | 1970 | 01:58:30 | 1987              | 30,3           | 17           | 02:01:37,7   |
| 435   | Fabian            | Werner    | 1939 | 01:58:30 | 1977              | 30,3           | 38           | 02:01:37,7   |
| 437   | HOLTMANN          | GERHARD   | 1941 | 01:58:31 | 1982              | 30,3           | 41           | 02:01:38,7   |
| 437   | Mückner-Dellinger | Wolfg.    | 1952 | 01:58:31 | 2000              | 30,7           | 48           | 02:00:03,6   |
| 439   | Kempmann          | Raoul     | 1966 | 01:58:32 | 2001              | 30,6           | 35           | 02:00:28,2   |
| 440   | Kunze             | Wilfried  | 1958 | 01:58:33 | 1997              | 30,7           | 39           | 02:00:05,6   |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname             | Vorname    | Geb. | Bestzeit        | Gelaufen im Jahr: | Streckenlänge: | Im Alter von | Bestzeit entspricht auf der <i>aktuellen</i> 31,1Km Strecke: |
|-------|----------------------|------------|------|-----------------|-------------------|----------------|--------------|--|
| 441   | <b>Freuer</b>        | Michael    | 1956 | <b>01:58:36</b> | 1995              | 30,3           | 39           | 02:01:43,9   |
| 442   | <b>Kelker</b>        | Ruben      | 1985 | <b>01:58:38</b> | 2014              | 31,1           | 29           | 01:58:38,0   |
| 443   | <b>Coenen</b>        | Clemens    | 1978 | <b>01:58:39</b> | 2016              | 31,1           | 38           | 01:58:39,0   |
| 444   | <b>Breer</b>         | Robin      | 1983 | <b>01:58:41</b> | 2012              | 31,1           | 29           | 01:58:41,0   |
| 445   | <b>Becker</b>        | Michael    | 1968 | <b>01:58:43</b> | 2004              | 30,6           | 36           | 02:00:39,4   |
| 445   | <b>Pöhlker</b>       | Nils       | 1976 | <b>01:58:43</b> | 2019              | 31,1           | 43           | 01:58:43,0   |
| 447   | <b>Sutherland</b>    | Garry      | 1962 | <b>01:58:48</b> | 1998              | 30,7           | 36           | 02:00:20,8   |
| 448   | <b>Wunderlich</b>    | Carsten    | 1972 | <b>01:58:49</b> | 2005              | 31,1           | 33           | 01:58:49,0   |
| 448   | <b>Potthast</b>      | Martin     | 1962 | <b>01:58:49</b> | 2004              | 30,6           | 42           | 02:00:45,5   |
| 450   | <b>Dunker</b>        | Arne       | 1964 | <b>01:58:51</b> | 1996              | 30,7           | 32           | 02:00:23,9   |
| 450   | <b>Bossow</b>        | Christian  | 1960 | <b>01:58:51</b> | 1998              | 30,7           | 38           | 02:00:23,9   |
| 452   | <b>Zell</b>          | Bernd      | 1969 | <b>01:58:52</b> | 1996              | 30,7           | 27           | 02:00:24,9   |
| 452   | <b>Sylvester</b>     | Karl       | 1958 | <b>01:58:52</b> | 1998              | 30,7           | 40           | 02:00:24,9   |
| 452   | <b>Luismeier</b>     | Michael    | 1976 | <b>01:58:52</b> | 2003              | 30,6           | 27           | 02:00:48,5   |
| 452   | <b>Brinkmann</b>     | Sebastian  | 1983 | <b>01:58:52</b> | 2013              | 31,1           | 30           | 01:58:52,0   |
| 456   | <b>Siepmann</b>      | Stefan     | 1974 | <b>01:58:53</b> | 2004              | 30,6           | 30           | 02:00:49,6   |
| 456   | <b>Kriszeleit</b>    | Leon       | 1989 | <b>01:58:53</b> | 2024              | 31,1           | 35           | 01:58:53,0   |
| 458   | <b>Trems</b>         | Torsten    | 1977 | <b>01:58:54</b> | 2013              | 31,1           | 36           | 01:58:54,0   |
| 459   | <b>Grobmeier</b>     | Daniel     | ?    | <b>01:58:55</b> | 2023              | 31,1           | ?            | 01:58:55,0   |
| 460   | <b>Denham-Smith</b>  | Mark       | 1967 | <b>01:58:56</b> | 2002              | 30,6           | 35           | 02:00:52,6   |
| 461   | <b>Reetz</b>         | David K.   | 1982 | <b>01:58:57</b> | 2004              | 30,6           | 22           | 02:00:53,6   |
| 461   | <b>Sedman-Smith</b>  | Robin      | 1974 | <b>01:58:57</b> | 2007              | 31,1           | 33           | 01:58:57,0   |
| 461   | <b>Kremer</b>        | Stevie     | 1983 | <b>01:58:57</b> | 2013              | 31,1           | 30           | 01:58:57,0   |
| 461   | <b>Bekemeier</b>     | Bastian    | 1991 | <b>01:58:57</b> | 2023              | 31,1           | 32           | 01:58:57,0   |
| 465   | <b>Worm</b>          | Maximilian | 1997 | <b>01:58:58</b> | 2024              | 31,1           | 27           | 01:58:58,0   |
| 466   | <b>Wrieden</b>       | Jürgen     | 1952 | <b>01:58:59</b> | 1997              | 30,7           | 45           | 02:00:32,0   |
| 467   | <b>Riethues</b>      | Jörg       | 1970 | <b>01:59:06</b> | 1996              | 30,7           | 26           | 02:00:39,1   |
| 468   | <b>Hinze</b>         | Stefan     | 1963 | <b>01:59:07</b> | 1996              | 30,7           | 33           | 02:00:40,1   |
| 469   | <b>Johannhörster</b> | Thomas     | 1988 | <b>01:59:08</b> | 2016              | 31,1           | 28           | 01:59:08,0   |
| 469   | <b>Grotendiek</b>    | Thomas     | 1969 | <b>01:59:08</b> | 2006              | 31,1           | 37           | 01:59:08,0   |
| 469   | <b>Kramp</b>         | Uwe        | 1973 | <b>01:59:08</b> | 2006              | 31,1           | 33           | 01:59:08,0   |
| 472   | <b>Grundkötter</b>   | Werner     | 1971 | <b>01:59:09</b> | 2001              | 30,6           | 30           | 02:01:05,8   |
| 473   | <b>Marquardt</b>     | Christian  | 1987 | <b>01:59:10</b> | 2013              | 31,1           | 26           | 01:59:10,0   |
| 474   | <b>Aumann</b>        | Ralf       | 1961 | <b>01:59:15</b> | 1997              | 30,7           | 36           | 02:00:48,2   |
| 475   | <b>Diedrichs</b>     | Christian  | 1976 | <b>01:59:18</b> | 1997              | 30,7           | 21           | 02:00:51,2   |
| 475   | <b>Dammann</b>       | Moritz     | ?    | <b>01:59:18</b> | 2023              | 31,1           | ?            | 01:59:18,0   |
| 477   | <b>Ohligschläger</b> | Rainer     | 1951 | <b>01:59:22</b> | 1997              | 30,7           | 46           | 02:00:55,3   |
| 477   | <b>Cornils</b>       | Uwe        | 1963 | <b>01:59:22</b> | 2000              | 30,7           | 37           | 02:00:55,3   |
| 477   | <b>Wehrhahn</b>      | Justus     | 1998 | <b>01:59:22</b> | 2024              | 31,1           | 26           | 01:59:22,0   |
| 480   | <b>Hempfen</b>       | Ansgar     | 1980 | <b>01:59:23</b> | 2005              | 31,1           | 25           | 01:59:23,0   |
| 480   | <b>Stutenbäumer</b>  | Martin     | 1964 | <b>01:59:23</b> | 1998              | 30,7           | 34           | 02:00:56,3   |
| 482   | <b>Wissmann</b>      | Ingo       | 1966 | <b>01:59:26</b> | 2016              | 31,1           | 50           | 01:59:26,0   |
| 482   | <b>Brand</b>         | Kevin      | 1992 | <b>01:59:26</b> | 2023              | 31,1           | 31           | 01:59:26,0   |
| 484   | <b>Fischer</b>       | Gert       | 1974 | <b>01:59:27</b> | 2011              | 31,1           | 37           | 01:59:27,0   |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| Platz | Nachname        | Vorname     | Geb. | Bestzeit | Gelaufen im Jahr: | Streckenlänge: | Im Alter von | Bestzeit entspricht auf der <i>aktuellen</i> 31,1Km Strecke: |
|-------|-----------------|-------------|------|----------|-------------------|----------------|--------------|--|
| 485   | Schlegel        | Bernhard    | 1962 | 01:59:28 | 2003              | 30,6           | 41           | 02:01:25,1   |
| 485   | Diestler        | Gerd Helmut | 1959 | 01:59:28 | 1998              | 30,7           | 39           | 02:01:01,4   |
| 487   | Wennemann       | Dirk        | 1968 | 01:59:29 | 2003              | 30,6           | 35           | 02:01:26,1   |
| 488   | Eßbach          | Tobias      | 1990 | 01:59:30 | 2023              | 31,1           | 33           | 01:59:30,0   |
| 489   | Karwinkel       | Helmut      | 1969 | 01:59:31 | 2011              | 31,1           | 42           | 01:59:31,0   |
| 490   | Kaiser          | Felix       | 1976 | 01:59:32 | 2008              | 31,1           | 32           | 01:59:32,0   |
| 491   | Teiwes          | Carsten     | 1984 | 01:59:34 | 2007              | 31,1           | 23           | 01:59:34,0   |
| 491   | Amt             | Jörg        | 1968 | 01:59:34 | 2004              | 30,6           | 36           | 02:01:31,2   |
| 493   | Freitag         | Wolfgang    | 1967 | 01:59:36 | 2011              | 31,1           | 44           | 01:59:36,0   |
| 494   | Schirmmacher    | Michael     | 1963 | 01:59:41 | 2012              | 31,1           | 49           | 01:59:41,0   |
| 495   | Schäfers        | Markus      | 1974 | 01:59:42 | 1999              | 30,7           | 25           | 02:01:15,5   |
| 495   | Pfenningschmidt | Silke       | 1982 | 01:59:42 | 2012              | 31,1           | 30           | 01:59:42,0   |
| 497   | Eckstein        | Klaus       | 1967 | 01:59:43 | 2005              | 31,1           | 38           | 01:59:43,0   |
| 497   | Haferkamp       | Lars        | 1979 | 01:59:43 | 2013              | 31,1           | 34           | 01:59:43,0   |
| 497   | Schaefers       | Martin      | 1957 | 01:59:43 | 2005              | 31,1           | 48           | 01:59:43,0   |
| 500   | Brüll           | Freddy      | 1972 | 01:59:47 | 2018              | 31,1           | 46           | 01:59:47,0   |
| 501   | von Bracht      | Till        | 1985 | 01:59:50 | 2024              | 31,1           | 39           | 01:59:50,0   |
| 502   | Jürgens         | Mario       | 1969 | 01:59:51 | 2007              | 31,1           | 38           | 01:59:51,0   |
| 503   | Eichmann        | Michael     | 1962 | 01:59:53 | 1997              | 30,7           | 35           | 02:01:26,7   |
| 503   | Maher           | Peter       | 1955 | 01:59:53 | 1999              | 30,7           | 44           | 02:01:26,7   |
| 505   | Matthe          | Frank       | 1968 | 01:59:54 | 1996              | 30,7           | 28           | 02:01:27,7   |
| 506   | Warszawski      | Henryk      | 1955 | 01:59:55 | 1998              | 30,7           | 43           | 02:01:28,7   |
| 507   | Wagner          | Klaus       | 1942 | 02:00:03 | 1996              | 30,7           | 54           | 02:01:36,8   |
| 508   | Strate          | Stephanie   | 1991 | 02:00:09 | 2021              | 31,1           | 30           | 02:00:09,0   |
| 509   | Goldbeck        | Cornelius   | 1989 | 02:00:10 | 2014              | 31,1           | 25           | 02:00:10,0   |
| 509   | Tassani-Prell   | Stephan     | 1970 | 02:00:10 | 2013              | 31,1           | 43           | 02:00:10,0   |
| 511   | Berkemeier      | Matthias    | 2000 | 02:00:13 | 2021              | 31,1           | 21           | 02:00:13,0   |
| 512   | Schär           | Sebastian   | 1991 | 02:00:14 | 2017              | 31,1           | 26           | 02:00:14,0   |
| 513   | Paetzke         | Christoph   | 1983 | 02:00:15 | 2018              | 31,1           | 35           | 02:00:15,0   |
| 513   | Heckmann        | Sascha      | 1973 | 02:00:15 | 2006              | 31,1           | 33           | 02:00:15,0   |
| 515   | Ulber           | Werner      | 1968 | 02:00:19 | 1999              | 30,7           | 31           | 02:01:53,0   |
| 516   | Herberg         | Rainer      | 1984 | 02:00:23 | 2016              | 31,1           | 32           | 02:00:23,0   |
| 516   | Kruse           | Thomas      | 1990 | 02:00:23 | 2024              | 31,1           | 34           | 02:00:23,0   |
| 518   | Schulz          | Johann      | 1973 | 02:00:24 | 2006              | 31,1           | 33           | 02:00:24,0   |
| 519   | Butschkat       | Guido       | 1974 | 02:00:28 | 2014              | 31,1           | 40           | 02:00:28,0   |
| 519   | Schumacher      | Jonas       | 2002 | 02:00:28 | 2024              | 31,1           | 22           | 02:00:28,0   |
| 521   | Zingler         | Benny       | 1984 | 02:00:29 | 2023              | 31,1           | 39           | 02:00:29,0   |
| 522   | Rath            | Marco       | 1975 | 02:00:34 | 2013              | 31,1           | 38           | 02:00:34,0   |
| 523   | Bohle           | Björn       | 1977 | 02:00:38 | 2016              | 31,1           | 39           | 02:00:38,0   |
| 524   | Winkler         | Till        | 1976 | 02:00:47 | 2013              | 31,1           | 37           | 02:00:47,0   |
| 525   | Kipp            | Achim       | 1972 | 02:00:52 | 2006              | 31,1           | 34           | 02:00:52,0   |
| 525   | Fiedler         | Christian   | 1976 | 02:00:52 | 2012              | 31,1           | 36           | 02:00:52,0   |
| 527   | Wetzel          | David       | 1990 | 02:00:59 | 2014              | 31,1           | 24           | 02:00:59,0   |
| 528   | Wimmer          | Daniel      | 1979 | 02:01:03 | 2017              | 31,1           | 38           | 02:01:03,0   |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

Liste 2 : Nach der *Bestzeit* sortiert; wegen der verschiedenen Distanzen sind die Zeiten *nicht vergleichbar*.

| <u>Platz</u> | <u>Nachname</u> | <u>Vorname</u> | <u>Geb.</u> | <u>Bestzeit</u> | <u>Gelaufen<br/>im Jahr:</u> | <u>Streckenlänge:</u> | <u>Im<br/>Alter<br/>von</u> | <u>Bestzeit entspricht<br/>auf der <i>aktuellen</i><br/>31,1Km Strecke:</u> |
|--------------|-----------------|----------------|-------------|-----------------|------------------------------|-----------------------|-----------------------------|---|
| 529          | Bongartz        | Stephan        | 1982        | 02:01:04        | 2018                         | 31,1                  | 36                          | 02:01:04,0  |
| 530          | Brandt          | Peter          | 1966        | 02:01:05        | 2006                         | 31,1                  | 40                          | 02:01:05,0  |
| 530          | Röthemeyer      | Marvin         | 1989        | 02:01:05        | 2023                         | 31,1                  | 34                          | 02:01:05,0  |
| 532          | Schlüter        | Andreas        | 1978        | 02:01:14        | 2013                         | 31,1                  | 35                          | 02:01:14,0  |
| 533          | Jazwiec         | Patrick        | 1982        | 02:01:15        | 2024                         | 31,1                  | 42                          | 02:01:15,0  |
| 534          | Bade            | Jan            | 1999        | 02:01:28        | 2024                         | 31,1                  | 25                          | 02:01:28,0  |
| 535          | Sanchez-Tojar   | Alfredo        | ?           | 02:01:31        | 2022                         | 31,1                  | ?                           | 02:01:31,0  |
| 536          | Rehmeier        | Marco          | 1993        | 02:01:33        | 2021                         | 31,1                  | 28                          | 02:01:33,0  |
| 537          | Steinmann       | Jörg           | 1978        | 02:01:38        | 2009                         | 31,1                  | 31                          | 02:01:38,0  |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| Lfd. Nr. | Platz in: Liste 2 | Platz in: Liste 3 | Nachname    | Vorname     | Geb. | Bestzeit | Gelaufen im Jahr: | Im Alter von | Bestzeit entspricht auf der aktuellen Strecke: | Bester Km - Schnitt eines Laufs | Gelaufen im Jahr: | Im Alter von |
|----------|-------------------|-------------------|-------------|-------------|------|----------|-------------------|--------------|--|---------------------------------|-------------------|--------------|
| 1        | 214               | 175               | Abraham     | Lothar      | 1947 | 01:53:54 | 1982              | 35           | 01:56:54,4                                     | 3:45,54                         | 1982              | 35           |
| 2        | 171               | 180               | Achten      | Joerg       | 1971 | 01:54:01 | 2001              | 30           | 01:55:52,8                                     | 3:43,56                         | 2001              | 30           |
| 3        | 313               | 355               | Adolf       | Claus       | 1965 | 01:57:19 | 1999              | 34           | 01:58:50,7                                     | 3:49,28                         | 1999              | 34           |
| 4        | 376               | 300               | ADOMEIT     | JOCHEN      | 1941 | 01:56:29 | 1986              | 45           | 01:59:33,5                                     | 3:50,66                         | 1986              | 45           |
| 5        | 150               | 222               | Akkerman    | Erwin       | 1979 | 01:55:15 | 2019              | 40           | 01:55:15,0                                     | 3:42,35                         | 2019              | 40           |
| 6        | 236               | 195               | Albrecht    | Thomas      | 1965 | 01:54:25 | 1987              | 22           | 01:57:26,3                                     | 3:46,57                         | 1987              | 22           |
| 7        | 17                | 10                | Amstutz     | Michael     | 1967 | 01:45:00 | 1992              | 25           | 01:47:46,3                                     | 3:27,92                         | 1992              | 25           |
| 8        | 528               | 491               | Amt         | Jörg        | 1968 | 01:59:34 | 2004              | 36           | 02:01:31,2                                     | 3:54,44                         | 2004              | 36           |
| 9        | 162               | 141               | Appelbaum   | Markus      | 1964 | 01:52:43 | 1989              | 25           | 01:55:41,6                                     | 3:43,20                         | 1989              | 25           |
| 10       | 225               | 186               | Arnold      | Keith John  | 1947 | 01:54:08 | 1992              | 45           | 01:57:08,8                                     | 3:46,01                         | 1992              | 45           |
| 11       | 435               | 352               | Aron        | Ralf        | 1964 | 01:57:15 | 1995              | 31           | 02:00:20,7                                     | 3:52,18                         | 1995              | 31           |
| 12       | 107               | 116               | Asperger    | Michael     | 1968 | 01:52:06 | 1996              | 28           | 01:53:33,6                                     | 3:39,09                         | 1996              | 28           |
| 13       | 165               | 251               | Assmann     | Ingo        | 1979 | 01:55:48 | 2005              | 26           | 01:55:48,0                                     | 3:43,41                         | 2005              | 26           |
| 14       | 12                | 30                | Atey        | Yohannes H. | 1991 | 01:47:03 | 2015              | 24           | 01:47:03,0                                     | 3:26,53                         | 2015              | 24           |
| 15       | 472               | 474               | Aumann      | Ralf        | 1961 | 01:59:15 | 1997              | 36           | 02:00:48,2                                     | 3:53,06                         | 1997              | 36           |
| 16       | 355               | 284               | AVEREY      | G CPL       | 1955 | 01:56:17 | 1982              | 27           | 01:59:21,2                                     | 3:50,26                         | 1982              | 27           |
| 537      | 524               | 534               | Bade        | Jan         | 1999 | 02:01:28 | 2024              | 25           | 02:01:28,0                                     | 3:54,34                         | 2024              | 25           |
| 17       | 457               | 365               | Baim        | Archie      | 1957 | 01:57:31 | 1977              | 20           | 02:00:37,2                                     | 3:52,71                         | 1977              | 20           |
| 18       | 47                | 72                | Bartholome  | Thomas      | 1969 | 01:50:16 | 2008              | 39           | 01:50:16,0                                     | 3:32,73                         | 2008              | 39           |
| 19       | 218               | 337               | Barwinski   | Jonas       | 1997 | 01:57:02 | 2022              | 25           | 01:57:02,0                                     | 3:45,79                         | 2022              | 25           |
| 20       | 174               | 264               | Basak       | Necat       | 1987 | 01:55:58 | 2013              | 26           | 01:55:58,0                                     | 3:43,73                         | 2013              | 26           |
| 21       | 240               | 198               | Bateson     | Nicholas    | 1960 | 01:54:30 | 1992              | 32           | 01:57:31,4                                     | 3:46,73                         | 1992              | 32           |
| 22       | 474               | 380               | Battermann  | Dirk        | 1964 | 01:57:43 | 1991              | 27           | 02:00:49,5                                     | 3:53,10                         | 1991              | 27           |
| 23       | 246               | 202               | Bauer       | Leo         | 1947 | 01:54:38 | 1982              | 35           | 01:57:39,6                                     | 3:47,00                         | 1982              | 35           |
| 24       | 115               | 89                | Baumgärtner | Klaus       | 1959 | 01:51:00 | 1992              | 33           | 01:53:55,8                                     | 3:39,80                         | 1992              | 33           |
| 25       | 48                | 35                | Becker      | Robert      | 1964 | 01:47:29 | 1988              | 24           | 01:50:19,3                                     | 3:32,84                         | 1988              | 24           |
| 26       | 104               | 83                | Becker      | Detlef      | 1966 | 01:50:36 | 1991              | 25           | 01:53:31,2                                     | 3:39,01                         | 1991              | 25           |
| 27       | 462               | 445               | Becker      | Michael     | 1968 | 01:58:43 | 2004              | 36           | 02:00:39,4                                     | 3:52,78                         | 2004              | 36           |
| 28       | 384               | 311               | Begemann    | Dieter      | 1952 | 01:56:35 | 1995              | 43           | 01:59:39,7                                     | 3:50,86                         | 1995              | 43           |
| 29       | 304               | 348               | Beier       | Detlef      | 1957 | 01:57:12 | 1996              | 39           | 01:58:43,6                                     | 3:49,06                         | 1996              | 39           |
| 30       | 413               | 434               | Beinlich    | Joachim     | 1957 | 01:58:29 | 1997              | 40           | 02:00:01,6                                     | 3:51,56                         | 1997              | 40           |
| 31       | 327               | 461               | Bekemeier   | Bastian     | 1991 | 01:58:57 | 2023              | 32           | 01:58:57,0                                     | 3:49,49                         | 2023              | 32           |
| 32       | 158               | 136               | Bender      | Rolf        | 1952 | 01:52:35 | 1991              | 39           | 01:55:33,3                                     | 3:42,94                         | 1991              | 39           |
| 33       | 415               | 333               | BENNETT     | A. SGT      | 1949 | 01:57:00 | 1983              | 34           | 02:00:05,3                                     | 3:51,68                         | 1983              | 34           |
| 34       | 118               | 93                | Benning     | Dietmar     | 1958 | 01:51:11 | 1984              | 26           | 01:54:07,1                                     | 3:40,17                         | 1984              | 26           |
| 35       | 426               | 511               | Berkemeier  | Matthias    | 2000 | 02:00:13 | 2021              | 21           | 02:00:13,0                                     | 3:51,93                         | 2021              | 21           |
| 36       | 7                 | 7                 | Biehl       | Marcus      | 1969 | 01:44:36 | 2004              | 35           | 01:46:18,5                                     | 3:25,10                         | 2004              | 35           |
| 37       | 139               | 114               | BIENERT     | Klaus       | 1946 | 01:52:05 | 1979              | 33           | 01:55:02,6                                     | 3:41,95                         | 1979              | 33           |
| 38       | 369               | 296               | Biere       | Horst       | 1948 | 01:56:24 | 1988              | 40           | 01:59:28,4                                     | 3:50,50                         | 1988              | 40           |
| 39       | 350               | 277               | BIRKNER     | KARSTEN     | 1962 | 01:56:15 | 1984              | 22           | 01:59:19,2                                     | 3:50,20                         | 1984              | 22           |
| 40       | 467               | 376               | Birkner     | H.          | 1959 | 01:57:38 | 1988              | 29           | 02:00:44,3                                     | 3:52,94                         | 1988              | 29           |
| 524      | 35                | 61                | Bochert     | Florian     | 2000 | 01:49:42 | 2024              | 24           | 01:49:42,0                                     | 3:31,64                         | 2024              | 24           |
| 41       | 18                | 19                | Böckenholt  | Thomas      | 1974 | 01:46:13 | 2002              | 28           | 01:47:57,1                                     | 3:28,27                         | 2002              | 28           |
| 42       | 134               | 60                | BODE        | Helmut      | 1929 | 01:49:39 | 1976              | 47           | 01:54:49,1                                     | 3:41,52                         | 1976              | 47           |



# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| <u>Lfd. Nr.</u> | <u>Platz in:</u> | <u>Platz in:</u> | <u>Nachname</u> | <u>Vorname</u> | <u>Geb.</u> | <u>Bestzeit</u> | <u>Gelaufen im Jahr:</u> | <u>Im Alter von</u> | <u>Bestzeit entspricht auf der aktuellen Strecke:</u> | <u>Bester Km - Schnitt eines Laufs</u> | <u>Gelaufen im Jahr:</u> | <u>Im Alter von</u> |
|-----------------|------------------|------------------|-----------------|----------------|-------------|-----------------|--------------------------|---------------------|---|--|--------------------------|---------------------|
| 43              | 50               | 74               | Boehme          | Patrick        | 1988        | 01:50:23        | 2022                     | 34                  | 01:50:23,0  | 3:32,96                                | 2022                     | 34                  |
| 44              | 178              | 147              | Boesang         | Klaus          | 1959        | 01:53:03        | 1995                     | 36                  | 01:56:02,1  | 3:43,86                                | 1995                     | 36                  |
| 45              | 57               | 90               | Böhl            | Timo           | 1988        | 01:51:02        | 2023                     | 35                  | 01:51:02,0  | 3:34,21                                | 2023                     | 35                  |
| 46              | 458              | 523              | Bohle           | Björn          | 1977        | 02:00:38        | 2016                     | 39                  | 02:00:38,0  | 3:52,73                                | 2016                     | 39                  |
| 47              | 43               | 33               | Bollweg         | Norbert        | 1955        | 01:47:15        | 1985                     | 30                  | 01:50:04,9  | 3:32,38                                | 1985                     | 30                  |
| 48              | 499              | 529              | Bongartz        | Stephan        | 1982        | 02:01:04        | 2018                     | 36                  | 02:01:04,0  | 3:53,57                                | 2018                     | 36                  |
| 49              | 310              | 248              | Bonke           | Siegbert       | 1961        | 01:55:44        | 1990                     | 29                  | 01:58:47,3  | 3:49,17                                | 1990                     | 29                  |
| 50              | 205              | 169              | Booth           | David          | 1950        | 01:53:40        | 1984                     | 34                  | 01:56:40,1  | 3:45,08                                | 1984                     | 34                  |
| 51              | 23               | 28               | Borgers         | Norbert        | 1965        | 01:46:55        | 1997                     | 32                  | 01:48:18,5  | 3:28,96                                | 1997                     | 32                  |
| 52              | 440              | 450              | Bossow          | Christian      | 1960        | 01:58:51        | 1998                     | 38                  | 02:00:23,9  | 3:52,28                                | 1998                     | 38                  |
| 53              | 375              | 407              | Böttge          | Olaf           | 1962        | 01:58:01        | 1998                     | 36                  | 01:59:33,2  | 3:50,65                                | 1998                     | 36                  |
| 54              | 269              | 417              | Bradler         | Claas          | 1983        | 01:58:10        | 2023                     | 40                  | 01:58:10,0  | 3:47,97                                | 2023                     | 40                  |
| 55              | 46               | 71               | Brand           | Michael        | 1982        | 01:50:14        | 2010                     | 28                  | 01:50:14,0  | 3:32,67                                | 2010                     | 28                  |
| 56              | 244              | 370              | Brand           | Nils           | 1990        | 01:57:34        | 2023                     | 33                  | 01:57:34,0  | 3:46,82                                | 2023                     | 33                  |
| 57              | 350              | 277              | BRAND           | DIETER         | 1944        | 01:56:15        | 1985                     | 41                  | 01:59:19,2  | 3:50,20                                | 1985                     | 41                  |
| 58              | 364              | 482              | Brand           | Kevin          | 1992        | 01:59:26        | 2023                     | 31                  | 01:59:26,0  | 3:50,42                                | 2023                     | 31                  |
| 59              | 500              | 530              | Brandt          | Peter          | 1966        | 02:01:05        | 2006                     | 40                  | 02:01:05,0  | 3:53,60                                | 2006                     | 40                  |
| 60              | 109              | 85               | Brandt-Hüdepohl | Udo            | 1955        | 01:50:43        | 1995                     | 40                  | 01:53:38,4  | 3:39,24                                | 1995                     | 40                  |
| 61              | 379              | 303              | Brauer          | Hermann        | 1956        | 01:56:30        | 1980                     | 24                  | 01:59:34,6  | 3:50,69                                | 1980                     | 24                  |
| 62              | 362              | 291              | Braukmann       | Thomas         | 1966        | 01:56:19        | 1990                     | 24                  | 01:59:23,3  | 3:50,33                                | 1990                     | 24                  |
| 63              | 298              | 444              | Breer           | Robin          | 1983        | 01:58:41        | 2012                     | 29                  | 01:58:41,0  | 3:48,97                                | 2012                     | 29                  |
| 64              | 120              | 96               | Breit           | Jürgen         | 1962        | 01:51:12        | 1989                     | 27                  | 01:54:08,2  | 3:40,20                                | 1989                     | 27                  |
| 65              | 21               | 25               | Breitenbach     | Carsten        | 1968        | 01:46:51        | 1999                     | 31                  | 01:48:14,5  | 3:28,83                                | 1999                     | 31                  |
| 66              | 314              | 452              | Brinkmann       | Sebastian      | 1983        | 01:58:52        | 2013                     | 30                  | 01:58:52,0  | 3:49,32                                | 2013                     | 30                  |
| 67              | 20               | 21               | Brouwer         | Philipp        | 1982        | 01:46:23        | 2003                     | 21                  | 01:48:07,3  | 3:28,59                                | 2003                     | 21                  |
| 68              | 401              | 500              | Brüll           | Freddy         | 1972        | 01:59:47        | 2018                     | 46                  | 01:59:47,0  | 3:51,09                                | 2018                     | 46                  |
| 69              | 498              | 401              | Buckley         | Paul           | 1959        | 01:57:57        | 1989                     | 30                  | 02:01:03,9  | 3:53,56                                | 1989                     | 30                  |
| 70              | 84               | 37               | Bulk            | Heribert       | 1948        | 01:47:33        | 1976                     | 28                  | 01:52:37,2  | 3:37,27                                | 1976                     | 28                  |
| 71              | 60               | 44               | Bunert          | Jörg           | 1954        | 01:48:21        | 1991                     | 37                  | 01:51:12,6  | 3:34,55                                | 1991                     | 37                  |
| 72              | 422              | 340              | BUNTE           | VOLKER         | 1963        | 01:57:05        | 1986                     | 23                  | 02:00:10,5  | 3:51,85                                | 1986                     | 23                  |
| 73              | 510              | 412              | Burke           | W.B.           | 1956        | 01:58:03        | 1989                     | 33                  | 02:01:10,0  | 3:53,76                                | 1989                     | 33                  |
| 74              | 34               | 23               | Bussemeier      | Peter          | 1961        | 01:46:41        | 1985                     | 24                  | 01:49:30,0  | 3:31,25                                | 1985                     | 24                  |
| 75              | 491              | 394              | Bussieweke      | Reinhold       | 1949        | 01:57:52        | 1990                     | 41                  | 02:00:58,7  | 3:53,40                                | 1990                     | 41                  |
| 76              | 448              | 519              | Butschkat       | Guido          | 1974        | 02:00:28        | 2014                     | 40                  | 02:00:28,0  | 3:52,41                                | 2014                     | 40                  |
| 77              | 85               | 62               | Cain            | Billy CPL      | 1956        | 01:49:47        | 1979                     | 23                  | 01:52:40,9  | 3:37,39                                | 1979                     | 23                  |
| 78              | 29               | 17               | Capt Marshall   | A.J.           | 1962        | 01:46:01        | 1989                     | 27                  | 01:48:48,9  | 3:29,93                                | 1989                     | 27                  |
| 79              | 331              | 263              | Capt Osborne    |                | 1955        | 01:55:55        | 1990                     | 35                  | 01:58:58,6  | 3:49,54                                | 1990                     | 35                  |
| 80              | 184              | 192              | Carlisle        | Mark           | 1968        | 01:54:20        | 2002                     | 34                  | 01:56:12,1  | 3:44,18                                | 2002                     | 34                  |
| 81              | 158              | 136              | Clemens         | Horst          | 1938        | 01:52:35        | 1984                     | 46                  | 01:55:33,3  | 3:42,94                                | 1984                     | 46                  |
| 82              | 295              | 443              | Coenen          | Clemens        | 1978        | 01:58:39        | 2016                     | 38                  | 01:58:39,0  | 3:48,91                                | 2016                     | 38                  |
| 83              | 424              | 423              | Columbro        | Maurizio       | 1976        | 01:58:15        | 2002                     | 26                  | 02:00:10,9  | 3:51,86                                | 2002                     | 26                  |
| 84              | 487              | 477              | Cornils         | Uwe            | 1963        | 01:59:22        | 2000                     | 37                  | 02:00:55,3  | 3:53,29                                | 2000                     | 37                  |
| 85              | 198              | 163              | Cpl Chapman     | K.             | 1966        | 01:53:32        | 1990                     | 24                  | 01:56:31,9  | 3:44,82                                | 1990                     | 24                  |
| 86              | 315              | 253              | Cpl McKeown     | Geordie        | 1964        | 01:55:49        | 1991                     | 27                  | 01:58:52,5  | 3:49,34                                | 1991                     | 27                  |



# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| <u>Lfd.</u><br><u>Nr.</u> | <u>Platz</u><br><u>in:</u> | <u>Platz</u><br><u>in:</u> | <u>Nachname</u> | <u>Vorname</u> | <u>Geb.</u> | <u>Bestzeit</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> | <u>Bestzeit entspricht</u><br><u>auf der aktuellen</u><br><u>Strecke:</u> | <u>Bester</u><br><u>Km -</u><br><u>Schnitt</u><br><u>eines Laufs</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> |
|---------------------------|----------------------------|----------------------------|-----------------|----------------|-------------|-----------------|------------------------------------|---|---|--|------------------------------------|---|
| 87                        | 195                        | 159                        | Cpl Murphy      | P.             | 1963        | 01:53:29        | 1990                               | 27                                      | 01:56:28,8  | 3:44,72  | 1990                               | 27                                      |
| 88                        | 222                        | 340                        | Dahmen          | Martin         | 1987        | 01:57:05        | 2022                               | 35                                      | 01:57:05,0  | 3:45,88  | 2022                               | 35                                      |
| 89                        | 75                         | 121                        | Dally           | Tim            | 1985        | 01:52:11        | 2019                               | 34                                      | 01:52:11,0  | 3:36,43  | 2019                               | 34                                      |
| 90                        | 348                        | 475                        | Dammann         | Moritz         | ?           | 01:59:18        | 2023                               | ?                                       | 01:59:18,0  | 3:50,16  | 2023                               | ?                                       |
| 91                        | 147                        | 152                        | Daubel          | Andreas        | 1972        | 01:53:12        | 1995                               | 23                                      | 01:56:11,3  | 3:42,31  | 1996                               | 24                                      |
| 529                       | 258                        | 400                        | Deiß            | Bernhard       | 1992        | 01:57:55        | 2024                               | 32                                      | 01:57:55,0  | 3:47,49  | 2024                               | 32                                      |
| 92                        | 216                        | 231                        | Demoliner       | Rainer         | 1965        | 01:55:26        | 1998                               | 33                                      | 01:56:56,2  | 3:45,60  | 1998                               | 33                                      |
| 93                        | 483                        | 460                        | Denham-Smith    | Mark           | 1967        | 01:58:56        | 2002                               | 35                                      | 02:00:52,6  | 3:53,20  | 2002                               | 35                                      |
| 94                        | 465                        | 373                        | Detert          | Thomas         | 1960        | 01:57:36        | 1989                               | 29                                      | 02:00:42,3  | 3:52,87  | 1989                               | 29                                      |
| 95                        | 478                        | 475                        | Diedrichs       | Christian      | 1976        | 01:59:18        | 1997                               | 21                                      | 02:00:51,2  | 3:53,16  | 1997                               | 21                                      |
| 96                        | 496                        | 485                        | Diestler        | Gerd Helmut    | 1959        | 01:59:28        | 1998                               | 39                                      | 02:01:01,4  | 3:53,49  | 1998                               | 39                                      |
| 97                        | 221                        | 182                        | Dingenotto      | Markus         | 1963        | 01:54:04        | 1987                               | 24                                      | 01:57:04,7  | 3:45,87  | 1987                               | 24                                      |
| 98                        | 459                        | 367                        | Dinkhoff        | Dieter         | 1959        | 01:57:32        | 1991                               | 32                                      | 02:00:38,2  | 3:52,74  | 1991                               | 32                                      |
| 99                        | 276                        | 300                        | Dittrich        | Kai-Uwe        | 1967        | 01:56:29        | 2003                               | 36                                      | 01:58:23,2  | 3:48,40  | 2003                               | 36                                      |
| 100                       | 145                        | 219                        | Dohmann         | Christoph      | ?           | 01:55:13        | 2024                               | ?                                       | 01:55:13,0  | 3:42,28  | 2024                               | ?                                       |
| 101                       | 217                        | 178                        | Downes          | Mike           | 1962        | 01:53:59        | 1991                               | 29                                      | 01:56:59,6  | 3:45,71  | 1991                               | 29                                      |
| 102                       | 333                        | 266                        | Dr. Karthaus    | Meinolf        | 1958        | 01:55:59        | 1991                               | 33                                      | 01:59:02,7  | 3:49,67  | 1991                               | 33                                      |
| 103                       | 174                        | 264                        | Drilling        | Carsten        | 1972        | 01:55:58        | 2006                               | 34                                      | 01:55:58,0  | 3:43,73  | 2006                               | 34                                      |
| 104                       | 335                        | 367                        | Drüke           | Harald         | 1969        | 01:57:32        | 2000                               | 31                                      | 01:59:03,8  | 3:49,71  | 2000                               | 31                                      |
| 105                       | 187                        | 286                        | Düben           | Tobias         | ?           | 01:56:18        | 2023                               | ?                                       | 01:56:18,0  | 3:44,37  | 2023                               | ?                                       |
| 106                       | 440                        | 450                        | Dunker          | Arne           | 1964        | 01:58:51        | 1996                               | 32                                      | 02:00:23,9  | 3:52,28  | 1996                               | 32                                      |
| 107                       | 264                        | 214                        | Duscha          | Michael        | 1960        | 01:54:58        | 1990                               | 30                                      | 01:58:00,1  | 3:47,66  | 1990                               | 30                                      |
| 108                       | 241                        | 239                        | Düwel           | Mario          | 1981        | 01:55:39        | 2004                               | 23                                      | 01:57:32,4  | 3:46,76  | 2004                               | 23                                      |
| 109                       | 391                        | 497                        | Eckstein        | Klaus          | 1967        | 01:59:43        | 2005                               | 38                                      | 01:59:43,0  | 3:50,96  | 2005                               | 38                                      |
| 110                       | 521                        | 503                        | Eichmann        | Michael        | 1962        | 01:59:53        | 1997                               | 35                                      | 02:01:26,7  | 3:54,30  | 1997                               | 35                                      |
| 111                       | 268                        | 277                        | Eickmeyer       | Cord-Henrik    | 1972        | 01:56:15        | 2004                               | 32                                      | 01:58:09,0  | 3:47,94  | 2004                               | 32                                      |
| 112                       | 336                        | 268                        | Elshof          | Jos            | 1957        | 01:56:02        | 1991                               | 34                                      | 01:59:05,8  | 3:49,77  | 1991                               | 34                                      |
| 113                       | 193                        | 298                        | Ender           | Björn          | 1985        | 01:56:25        | 2019                               | 34                                      | 01:56:25,0  | 3:44,60  | 2019                               | 34                                      |
| 114                       | 356                        | 392                        | Engel           | Philipp        | 1968        | 01:57:50        | 1999                               | 31                                      | 01:59:22,1  | 3:50,29  | 1999                               | 31                                      |
| 115                       | 101                        | 80                         | Ernesti         | Ferdinand      | 1968        | 01:50:32        | 1990                               | 22                                      | 01:53:27,1  | 3:38,88  | 1990                               | 22                                      |
| 116                       | 283                        | 431                        | Ernst           | Simon          | 1987        | 01:58:26        | 2021                               | 34                                      | 01:58:26,0  | 3:48,49  | 2021                               | 34                                      |
| 117                       | 370                        | 488                        | Eßbach          | Tobias         | 1990        | 01:59:30        | 2023                               | 33                                      | 01:59:30,0  | 3:50,55  | 2023                               | 33                                      |
| 118                       | 345                        | 272                        | Everz           | Alfons         | 1947        | 01:56:09        | 1980                               | 33                                      | 01:59:13,0  | 3:50,00  | 1980                               | 33                                      |
| 119                       | 11                         | 5                          | Ewert           | Andreas        | 1963        | 01:44:11        | 1995                               | 32                                      | 01:46:56,0  | 3:26,30  | 1995                               | 32                                      |
| 120                       | 114                        | 88                         | Fabian          | Thomas         | 1967        | 01:50:58        | 1988                               | 21                                      | 01:53:53,8  | 3:39,74  | 1988                               | 21                                      |
| 121                       | 382                        | 306                        | Fabian          | Jürgen         | 1961        | 01:56:32        | 1994                               | 33                                      | 01:59:36,6  | 3:50,76  | 1994                               | 33                                      |
| 122                       | 534                        | 435                        | Fabian          | Werner         | 1939        | 01:58:30        | 1977                               | 38                                      | 02:01:37,7  | 3:54,65  | 1977                               | 38                                      |
| 123                       | 56                         | 41                         | Faeseke         | Ekhard         | ?           | 01:48:06        | 1982                               | ?                                       | 01:50:57,2  | 3:34,06  | 1982                               | ?                                       |
| 124                       | 256                        | 394                        | Ferger          | Thorsten       | 1963        | 01:57:52        | 2007                               | 44                                      | 01:57:52,0  | 3:47,40  | 2007                               | 44                                      |
| 125                       | 512                        | 414                        | FIDELES         | P. CPL.        | 1949        | 01:58:07        | 1982                               | 33                                      | 02:01:14,1  | 3:53,89  | 1982                               | 33                                      |
| 126                       | 481                        | 525                        | Fiedler         | Christian      | 1976        | 02:00:52        | 2012                               | 36                                      | 02:00:52,0  | 3:53,18  | 2012                               | 36                                      |
| 127                       | 386                        | 313                        | Fisahn          | Stefan         | 1957        | 01:56:36        | 1991                               | 34                                      | 01:59:40,7  | 3:50,89  | 1991                               | 34                                      |
| 128                       | 10                         | 4                          | Fischer         | Heiko          | 1960        | 01:44:00        | 1984                               | 24                                      | 01:46:44,8  | 3:25,94  | 1984                               | 24                                      |
| 129                       | 122                        | 127                        | Fischer         | Axel           | 1976        | 01:52:22        | 2004                               | 28                                      | 01:54:12,2  | 3:40,33  | 2004                               | 28                                      |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| Lfd. Nr. | Platz in: Liste 2 | Platz in: Liste 3 | Nachname    | Vorname     | Geb. | Bestzeit | Gelaufen im Jahr: | Im Alter von | Bestzeit entspricht auf der aktuellen Strecke: | Bester Km - Schnitt eines Laufs | Gelaufen im Jahr: | Im Alter von |
|----------|-------------------|-------------------|-------------|-------------|------|----------|-------------------|--------------|--|---------------------------------|-------------------|--------------|
| 130      | 367               | 484               | Fischer     | Gert        | 1974 | 01:59:27 | 2011              | 37           | 01:59:27,0                                     | 3:50,45                         | 2011              | 37           |
| 131      | 106               | 114               | Flassbeck   | Jens        | 1967 | 01:52:05 | 1998              | 31           | 01:53:32,6                                     | 3:39,06                         | 1998              | 31           |
| 132      | 391               | 316               | FOERSTER    | ANDREAS     | 1965 | 01:56:38 | 1985              | 20           | 01:59:42,8                                     | 3:50,96                         | 1985              | 20           |
| 133      | 15                | 18                | Foeth       | Oliver      | 1967 | 01:46:11 | 1997              | 30           | 01:47:34,0                                     | 3:27,52                         | 1997              | 30           |
| 134      | 248               | 383               | Forrester   | Brendan     | ?    | 01:57:45 | 2022              | ?            | 01:57:45,0                                     | 3:47,17                         | 2022              | ?            |
| 135      | 493               | 396               | Fortströer  | Stefan      | 1968 | 01:57:53 | 1994              | 26           | 02:00:59,7                                     | 3:53,43                         | 1994              | 26           |
| 136      | 381               | 493               | Freitag     | Wolfgang    | 1967 | 01:59:36 | 2011              | 44           | 01:59:36,0                                     | 3:50,74                         | 2011              | 44           |
| 137      | 504               | 404               | Frense      | Horst       | 1941 | 01:57:59 | 1977              | 36           | 02:01:05,9                                     | 3:53,63                         | 1977              | 36           |
| 138      | 470               | 441               | Freuer      | Michael     | 1956 | 01:58:36 | 1995              | 39           | 02:01:43,9                                     | 3:52,96                         | 1997              | 41           |
| 139      | 242               | 241               | Fricke      | Marc        | 1974 | 01:55:40 | 2002              | 28           | 01:57:33,4                                     | 3:46,80                         | 2002              | 28           |
| 140      | 133               | 144               | Frigger     | Andreas     | 1970 | 01:52:58 | 2002              | 32           | 01:54:48,8                                     | 3:41,50                         | 2002              | 32           |
| 141      | 349               | 275               | FUHRMANN    | GERD        | 1956 | 01:56:14 | 1986              | 30           | 01:59:18,1                                     | 3:50,17                         | 1986              | 30           |
| 142      | 156               | 133               | Gebauer     | Klaus       | 1958 | 01:52:30 | 1988              | 30           | 01:55:28,2                                     | 3:42,77                         | 1988              | 30           |
| 143      | 129               | 150               | Gehrmann    | Horst       | 1966 | 01:53:07 | 1997              | 31           | 01:54:35,4                                     | 3:41,07                         | 1997              | 31           |
| 144      | 170               | 257               | Geilich     | Niklas      | 1986 | 01:55:52 | 2023              | 37           | 01:55:52,0                                     | 3:43,54                         | 2023              | 37           |
| 145      | 404               | 320               | GERKE       | BRUNO       | 1947 | 01:56:45 | 1984              | 37           | 01:59:50,0                                     | 3:51,19                         | 1984              | 37           |
| 146      | 108               | 165               | Gerrits     | Andreas     | 1980 | 01:53:36 | 2013              | 33           | 01:53:36,0                                     | 3:39,16                         | 2013              | 33           |
| 147      | 247               | 273               | Glosse      | Bernd       | 1958 | 01:56:10 | 1999              | 41           | 01:57:40,8                                     | 3:47,04                         | 1999              | 41           |
| 148      | 453               | 362               | Godlewski   | Zbigniew    | 1960 | 01:57:27 | 1991              | 31           | 02:00:33,1                                     | 3:52,57                         | 1991              | 31           |
| 149      | 420               | 509               | Goldbeck    | Cornelius   | 1989 | 02:00:10 | 2014              | 25           | 02:00:10,0                                     | 3:51,83                         | 2014              | 25           |
| 150      | 500               | 402               | Gollisch    | Tim         | 1973 | 01:57:58 | 1993              | 20           | 02:01:04,9                                     | 3:53,60                         | 1993              | 20           |
| 151      | 182               | 203               | Götze       | Frank       | 1972 | 01:54:40 | 1999              | 27           | 01:56:09,6                                     | 3:44,10                         | 1999              | 27           |
| 152      | 261               | 298               | Grass       | Björn       | 1961 | 01:56:25 | 2000              | 39           | 01:57:56,0                                     | 3:47,52                         | 2000              | 39           |
| 153      | 289               | 316               | Gredzinski  | Andreas     | 1959 | 01:56:38 | 2003              | 44           | 01:58:32,3                                     | 3:48,69                         | 2003              | 44           |
| 154      | 386               | 313               | GREENWELL   | James Major | 1950 | 01:56:36 | 1981              | 31           | 01:59:40,7                                     | 3:50,89                         | 1981              | 31           |
| 155      | 320               | 459               | Grobmeier   | Daniel      | ?    | 01:58:55 | 2023              | ?            | 01:58:55,0                                     | 3:49,42                         | 2023              | ?            |
| 156      | 337               | 469               | Grotendiek  | Thomas      | 1969 | 01:59:08 | 2006              | 37           | 01:59:08,0                                     | 3:49,84                         | 2006              | 37           |
| 157      | 43                | 67                | Grub        | Timo        | 1978 | 01:50:05 | 2013              | 35           | 01:50:05,0                                     | 3:32,38                         | 2013              | 35           |
| 158      | 504               | 472               | Grundkötter | Werner      | 1971 | 01:59:09 | 2001              | 30           | 02:01:05,8                                     | 3:53,63                         | 2001              | 30           |
| 159      | 374               | 406               | Grünebaum   | Manfred     | 1957 | 01:58:00 | 1996              | 39           | 01:59:32,2                                     | 3:50,62                         | 1996              | 39           |
| 160      | 200               | 311               | Güths       | Marius      | 1991 | 01:56:35 | 2016              | 25           | 01:56:35,0                                     | 3:44,92                         | 2016              | 25           |
| 161      | 282               | 227               | Gutthoff    | Werner      | 1951 | 01:55:23 | 1989              | 38           | 01:58:25,8                                     | 3:48,48                         | 1989              | 38           |
| 162      | 391               | 497               | Haferkamp   | Lars        | 1979 | 01:59:43 | 2013              | 34           | 01:59:43,0                                     | 3:50,96                         | 2013              | 34           |
| 163      | 155               | 176               | Hankemeier  | Sven        | 1976 | 01:53:57 | 2000              | 24           | 01:55:26,0                                     | 3:42,70                         | 2000              | 24           |
| 164      | 55                | 86                | Hänze       | Niklas      | 1995 | 01:50:45 | 2022              | 27           | 01:50:45,0                                     | 3:33,67                         | 2022              | 27           |
| 165      | 168               | 254               | Harder      | Tom         | 1997 | 01:55:50 | 2024              | 27           | 01:55:50,0                                     | 3:43,47                         | 2024              | 27           |
| 166      | 231               | 191               | Hauertmann  | Achim       | 1965 | 01:54:19 | 1992              | 27           | 01:57:20,1                                     | 3:46,37                         | 1992              | 27           |
| 167      | 428               | 513               | Heckmann    | Sascha      | 1973 | 02:00:15 | 2006              | 33           | 02:00:15,0                                     | 3:51,99                         | 2006              | 33           |
| 168      | 455               | 364               | HEERDE      | REINHARD    | 1950 | 01:57:30 | 1987              | 37           | 02:00:36,1                                     | 3:52,67                         | 1987              | 37           |
| 169      | 116               | 132               | Heidbreder  | Thomas      | 1965 | 01:52:29 | 2000              | 35           | 01:53:56,9                                     | 3:39,84                         | 2000              | 35           |
| 170      | 229               | 189               | HEINE       | MICHAEL     | 1947 | 01:54:16 | 1978              | 31           | 01:57:17,0                                     | 3:46,27                         | 1978              | 31           |
| 171      | 460               | 369               | Helm        | Jürgen      | 1962 | 01:57:33 | 1991              | 29           | 02:00:39,2                                     | 3:52,77                         | 1991              | 29           |
| 172      | 361               | 480               | Hempen      | Ansgar      | 1980 | 01:59:23 | 2005              | 25           | 01:59:23,0                                     | 3:50,32                         | 2005              | 25           |
| 173      | 285               | 433               | Henne       | Alexander   | 1985 | 01:58:27 | 2022              | 37           | 01:58:27,0                                     | 3:48,52                         | 2022              | 37           |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| Lfd. Nr. | Platz in: Liste 2 | Platz in: Liste 3 | Nachname      | Vorname      | Geb. | Bestzeit | Gelaufen im Jahr: | Im Alter von | Bestzeit entspricht auf der aktuellen Strecke: | Bester Km - Schnitt eines Laufs | Gelaufen im Jahr: | Im Alter von |
|----------|-------------------|-------------------|---------------|--------------|------|----------|-------------------|--------------|--|---------------------------------|-------------------|--------------|
| 174      | 165               | 251               | Henseleit     | Philipp      | 1988 | 01:55:48 | 2019              | 31           | 01:55:48,0                                     | 3:43,41                         | 2019              | 31           |
| 175      | 422               | 340               | HENSELMEYER   | WERNER       | 1934 | 01:57:05 | 1984              | 50           | 02:00:10,5                                     | 3:51,85                         | 1984              | 50           |
| 176      | 438               | 516               | Herberg       | Rainer       | 1984 | 02:00:23 | 2016              | 32           | 02:00:23,0                                     | 3:52,25                         | 2016              | 32           |
| 177      | 204               | 207               | Herden        | Stefan       | 1970 | 01:54:47 | 2002              | 32           | 01:56:39,5                                     | 3:45,07                         | 2002              | 32           |
| 178      | 395               | 391               | Herden        | Thomas       | 1966 | 01:57:49 | 2002              | 36           | 01:59:44,5                                     | 3:51,01                         | 2002              | 36           |
| 179      | 407               | 404               | Heyne         | Volker       | 1966 | 01:57:59 | 2004              | 38           | 01:59:54,7                                     | 3:51,34                         | 2004              | 38           |
| 180      | 463               | 468               | Hinze         | Stefan       | 1963 | 01:59:07 | 1996              | 33           | 02:00:40,1                                     | 3:52,80                         | 1996              | 33           |
| 181      | 27                | 15                | Hirschfeld    | Martin       | 1964 | 01:45:52 | 1988              | 24           | 01:48:39,7                                     | 3:29,64                         | 1988              | 24           |
| 182      | 62                | 47                | Hodey         | Jim          | 1951 | 01:48:23 | 1977              | 26           | 01:51:14,7                                     | 3:34,62                         | 1977              | 26           |
| 183      | 510               | 412               | HOEVELER      | REINHARD     | 1940 | 01:58:03 | 1982              | 42           | 02:01:10,0                                     | 3:53,76                         | 1982              | 42           |
| 184      | 534               | 435               | HOFF_VON      | SAMUEL       | 1970 | 01:58:30 | 1987              | 17           | 02:01:37,7                                     | 3:54,65                         | 1987              | 17           |
| 525      | 123               | 188               | Hoffmann      | Henrik       | 1990 | 01:54:14 | 2024              | 34           | 01:54:14,0                                     | 3:40,39                         | 2024              | 34           |
| 185      | 347               | 382               | Hohmeier      | Dieter       | 1960 | 01:57:44 | 1996              | 36           | 01:59:16,0                                     | 3:50,10                         | 1996              | 36           |
| 186      | 537               | 437               | HOLTMANN      | GERHARD      | 1941 | 01:58:31 | 1982              | 41           | 02:01:38,7                                     | 3:54,69                         | 1982              | 41           |
| 187      | 102               | 54                | HOLZ          | Klaus-Dieter | 1942 | 01:49:06 | 1976              | 34           | 01:54:14,6                                     | 3:38,91                         | 1977              | 35           |
| 188      | 494               | 398               | Homeier       | Dieter       | 1960 | 01:57:54 | 1991              | 31           | 02:01:00,8                                     | 3:53,47                         | 1991              | 31           |
| 189      | 478               | 230               | Homuth        | Reinhard     | ?    | 01:55:25 | 1972              | ?            | 02:00:51,4                                     | 3:53,16                         | 1972              | ?            |
| 190      | 30                | 51                | Horst         | Ingo         | 1977 | 01:48:59 | 2005              | 28           | 01:48:59,0                                     | 3:30,26                         | 2005              | 28           |
| 191      | 93                | 69                | HOWELL        | FREDERIK     | 1943 | 01:50:07 | 1977              | 34           | 01:53:01,4                                     | 3:38,05                         | 1977              | 34           |
| 192      | 87                | 101               | Hoyte         | Kurt GB      | 1963 | 01:51:24 | 1996              | 33           | 01:52:51,1                                     | 3:37,72                         | 1996              | 33           |
| 193      | 531               | 431               | HUEBNER       | HELMUT       | 1946 | 01:58:26 | 1983              | 37           | 02:01:33,6                                     | 3:54,52                         | 1983              | 37           |
| 194      | 415               | 333               | IRLE          | WOLFGANG     | 1959 | 01:57:00 | 1984              | 25           | 02:00:05,3                                     | 3:51,68                         | 1984              | 25           |
| 195      | 340               | 270               | Jäckel        | Thorsten     | 1968 | 01:56:05 | 1990              | 22           | 01:59:08,9                                     | 3:49,87                         | 1990              | 22           |
| 196      | 1                 | 1                 | Jafari        | Ezekiel      | 1989 | 01:40:58 | 2011              | 22           | 01:40:58,0                                     | 3:14,79                         | 2011              | 22           |
| 197      | 40                | 43                | James         | Carlton      | 1961 | 01:48:13 | 2002              | 41           | 01:49:59,1                                     | 3:32,19                         | 2002              | 41           |
| 198      | 163               | 244               | Janicki       | ADAM         | 1988 | 01:55:42 | 2016              | 28           | 01:55:42,0                                     | 3:43,22                         | 2016              | 28           |
| 199      | 152               | 158               | Jazbec        | Tobias       | 1981 | 01:53:25 | 2004              | 23           | 01:55:16,2                                     | 3:42,39                         | 2004              | 23           |
| 536      | 514               | 533               | Jazwiec       | Patrick      | 1982 | 02:01:15 | 2024              | 42           | 02:01:15,0                                     | 3:53,92                         | 2024              | 42           |
| 200      | 337               | 469               | Johannhörster | Thomas       | 1988 | 01:59:08 | 2016              | 28           | 01:59:08,0                                     | 3:49,84                         | 2016              | 28           |
| 201      | 262               | 212               | Joosten       | Lau          | 1947 | 01:54:55 | 1990              | 43           | 01:57:57,0                                     | 3:47,56                         | 1990              | 43           |
| 202      | 160               | 138               | Josefcak      | Lutz         | 1966 | 01:52:36 | 1995              | 29           | 01:55:34,4                                     | 3:42,97                         | 1995              | 29           |
| 203      | 406               | 502               | Jürgens       | Mario        | 1969 | 01:59:51 | 2007              | 38           | 01:59:51,0                                     | 3:51,22                         | 2007              | 38           |
| 204      | 373               | 490               | Kaiser        | Felix        | 1976 | 01:59:32 | 2008              | 32           | 01:59:32,0                                     | 3:50,61                         | 2008              | 32           |
| 205      | 79                | 129               | Kaldewei      | Philipp      | 1981 | 01:52:24 | 2011              | 30           | 01:52:24,0                                     | 3:36,85                         | 2011              | 30           |
| 206      | 411               | 329               | Kalin         | Detlef       | 1954 | 01:56:54 | 1991              | 37           | 01:59:59,2                                     | 3:51,49                         | 1991              | 37           |
| 207      | 358               | 286               | Kamrath       | Reinhard     | 1941 | 01:56:18 | 1980              | 39           | 01:59:22,2                                     | 3:50,30                         | 1980              | 39           |
| 208      | 291               | 233               | KARTNER       | WILHELM      | 1945 | 01:55:31 | 1977              | 32           | 01:58:34,0                                     | 3:48,75                         | 1977              | 32           |
| 209      | 372               | 489               | Karwinkel     | Helmut       | 1969 | 01:59:31 | 2011              | 42           | 01:59:31,0                                     | 3:50,58                         | 2011              | 42           |
| 210      | 59                | 91                | Kaschura      | Jan          | 1985 | 01:51:04 | 2019              | 34           | 01:51:04,0                                     | 3:34,28                         | 2019              | 34           |
| 211      | 294               | 442               | Kelker        | Ruben        | 1985 | 01:58:38 | 2014              | 29           | 01:58:38,0                                     | 3:48,87                         | 2014              | 29           |
| 212      | 153               | 128               | Kellner       | Dirk         | 1961 | 01:52:23 | 1993              | 32           | 01:55:21,0                                     | 3:42,54                         | 1993              | 32           |
| 213      | 382               | 306               | Kemper        | Karl         | 1941 | 01:56:32 | 1990              | 49           | 01:59:36,6                                     | 3:50,76                         | 1990              | 49           |
| 214      | 437               | 439               | Kempmann      | Raoul        | 1966 | 01:58:32 | 2001              | 35           | 02:00:28,2                                     | 3:52,21                         | 2000              | 34           |
| 215      | 98                | 78                | Kerim         | Peter        | 1956 | 01:50:29 | 1991              | 35           | 01:53:24,0                                     | 3:38,78                         | 1991              | 35           |

# Bestenliste aller Hermannsläufe 1972-2024

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## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| <u>Lfd.</u><br><u>Nr.</u> | <u>Platz</u><br><u>in:</u> | <u>Platz</u><br><u>in:</u> | <u>Nachname</u> | <u>Vorname</u> | <u>Geb.</u> | <u>Bestzeit</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> | <u>Bestzeit entspricht</u><br><u>auf der aktuellen</u><br><u>Strecke:</u> | <u>Bester</u><br><u>Km -</u><br><u>Schnitt</u><br><u>eines Laufs</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> |
|---------------------------|----------------------------|----------------------------|-----------------|----------------|-------------|-----------------|------------------------------------|---|---|--|------------------------------------|---|
| 216                       | 38                         | 64                         | Kerkmann        | Jan            | 1991        | 01:49:55        | 2018                               | 27                                      | 01:49:55,0  | 3:32,06  | 2018                               | 27                                      |
| 217                       | 324                        | 260                        | Kersten         | Tobias         | 1967        | 01:55:53        | 1988                               | 21                                      | 01:58:56,6  | 3:49,47  | 1988                               | 21                                      |
| 218                       | 389                        | 387                        | Kersten         | Perez          | 1971        | 01:57:46        | 2004                               | 33                                      | 01:59:41,5  | 3:50,92  | 2004                               | 33                                      |
| 219                       | 136                        | 109                        | Kersting        | Gerhard        | 1962        | 01:51:56        | 1995                               | 33                                      | 01:54:53,3  | 3:41,65  | 1995                               | 33                                      |
| 220                       | 82                         | 133                        | Kipkogei        | Stanley K.     | 1980        | 01:52:30        | 2016                               | 36                                      | 01:52:30,0  | 3:37,04  | 2016                               | 36                                      |
| 221                       | 481                        | 525                        | Kipp            | Achim          | 1972        | 02:00:52        | 2006                               | 34                                      | 02:00:52,0  | 3:53,18  | 2006                               | 34                                      |
| 222                       | 242                        | 199                        | Klein           | Manfred        | 1958        | 01:54:32        | 1990                               | 32                                      | 01:57:33,4  | 3:46,80  | 1990                               | 32                                      |
| 223                       | 358                        | 286                        | KLEIN           | HEIKO          | 1960        | 01:56:18        | 1987                               | 27                                      | 01:59:22,2  | 3:50,30  | 1987                               | 27                                      |
| 224                       | 431                        | 346                        | Kleinhagenbrock | Mattias        | 1961        | 01:57:11        | 1991                               | 30                                      | 02:00:16,6  | 3:52,05  | 1991                               | 30                                      |
| 225                       | 137                        | 159                        | Kleinschmidt    | Stephan        | 1965        | 01:53:29        | 1998                               | 33                                      | 01:54:57,7  | 3:41,79  | 1998                               | 33                                      |
| 226                       | 340                        | 374                        | Klingbeil       | Heinz          | 1959        | 01:57:37        | 1998                               | 39                                      | 01:59:08,9  | 3:49,87  | 1998                               | 39                                      |
| 227                       | 274                        | 425                        | Knoepke         | Daniel         | 1982        | 01:58:21        | 2011                               | 29                                      | 01:58:21,0  | 3:48,33  | 2011                               | 29                                      |
| 228                       | 81                         | 59                         | Kohlmeier       | Axel           | 1955        | 01:49:34        | 1987                               | 32                                      | 01:52:27,6  | 3:36,96  | 1987                               | 32                                      |
| 229                       | 31                         | 52                         | Kolkhorst       | Henrich        | 1989        | 01:49:03        | 2013                               | 24                                      | 01:49:03,0  | 3:30,39  | 2013                               | 24                                      |
| 230                       | 33                         | 40                         | Koritz          | Ralph          | 1967        | 01:48:05        | 1997                               | 30                                      | 01:49:29,5  | 3:31,24  | 1997                               | 30                                      |
| 231                       | 89                         | 104                        | Koski           | Kipsuba        | 1948        | 01:51:31        | 1996                               | 48                                      | 01:52:58,1  | 3:37,95  | 1996                               | 48                                      |
| 232                       | 91                         | 145                        | Kowalczyk       | Janosch        | 1990        | 01:53:00        | 2015                               | 25                                      | 01:53:00,0  | 3:38,01  | 2015                               | 25                                      |
| 233                       | 337                        | 469                        | Kramp           | Uwe            | 1973        | 01:59:08        | 2006                               | 33                                      | 01:59:08,0  | 3:49,84  | 2006                               | 33                                      |
| 234                       | 371                        | 371                        | Kreienziek      | Jens           | 1967        | 01:57:35        | 2002                               | 35                                      | 01:59:30,3  | 3:50,56  | 2002                               | 35                                      |
| 235                       | 327                        | 461                        | Kremer          | Stevie         | 1983        | 01:58:57        | 2013                               | 30                                      | 01:58:57,0  | 3:49,49  | 2013                               | 30                                      |
| 236                       | 412                        | 331                        | Kretschmer      | Detlef         | 1953        | 01:56:56        | 1992                               | 39                                      | 02:00:01,2  | 3:51,55  | 1992                               | 39                                      |
| 237                       | 68                         | 49                         | Kriewen         | Klaus          | 1961        | 01:48:56        | 1988                               | 27                                      | 01:51:48,6  | 3:35,71  | 1988                               | 27                                      |
| 530                       | 316                        | 456                        | Kriszeleit      | Leon           | 1989        | 01:58:53        | 2024                               | 35                                      | 01:58:53,0  | 3:49,36  | 2024                               | 35                                      |
| 238                       | 302                        | 346                        | Krois           | Dietmar        | 1959        | 01:57:11        | 2000                               | 41                                      | 01:58:42,6  | 3:49,02  | 2000                               | 41                                      |
| 239                       | 324                        | 260                        | Kropp           | Ralf           | 1962        | 01:55:53        | 1995                               | 33                                      | 01:58:56,6  | 3:49,47  | 1995                               | 33                                      |
| 240                       | 467                        | 376                        | KRUEGER         | HANS-GEORG     | 1936        | 01:57:38        | 1983                               | 47                                      | 02:00:44,3  | 3:52,94  | 1983                               | 47                                      |
| 241                       | 208                        | 321                        | Krug            | Garvin         | 1981        | 01:56:46        | 2021                               | 40                                      | 01:56:46,0  | 3:45,27  | 2021                               | 40                                      |
| 242                       | 185                        | 274                        | Krüger          | Thorsten       | 1975        | 01:56:13        | 2012                               | 37                                      | 01:56:13,0  | 3:44,21  | 2012                               | 37                                      |
| 243                       | 232                        | 358                        | Krüger          | Torsten        | 1976        | 01:57:21        | 2011                               | 35                                      | 01:57:21,0  | 3:46,40  | 2011                               | 35                                      |
| 244                       | 66                         | 106                        | Krumsiek        | Ole            | 1970        | 01:51:36        | 2011                               | 41                                      | 01:51:36,0  | 3:35,31  | 2011                               | 41                                      |
| 245                       | 177                        | 146                        | Kruse           | Günter         | 1952        | 01:53:01        | 1991                               | 39                                      | 01:56:00,0  | 3:43,80  | 1991                               | 39                                      |
| 534                       | 438                        | 516                        | Kruse           | Thomas         | 1990        | 02:00:23        | 2024                               | 34                                      | 02:00:23,0  | 3:52,25  | 2024                               | 34                                      |
| 246                       | 192                        | 156                        | KUEHN           | HARTMUT        | 1952        | 01:53:24        | 1981                               | 29                                      | 01:56:23,6  | 3:44,55  | 1981                               | 29                                      |
| 247                       | 14                         | 34                         | Kühlmann        | Thomas         | 1990        | 01:47:22        | 2018                               | 28                                      | 01:47:22,0  | 3:27,14  | 2018                               | 28                                      |
| 248                       | 418                        | 440                        | Kunze           | Wilfried       | 1958        | 01:58:33        | 1997                               | 39                                      | 02:00:05,6  | 3:51,69  | 1997                               | 39                                      |
| 249                       | 79                         | 129                        | Kuttich         | Björn          | 1986        | 01:52:24        | 2019                               | 33                                      | 01:52:24,0  | 3:36,85  | 2019                               | 33                                      |
| 250                       | 430                        | 345                        | Lampert         | Walter         | 1952        | 01:57:10        | 1992                               | 40                                      | 02:00:15,6  | 3:52,01  | 1992                               | 40                                      |
| 251                       | 190                        | 155                        | Lancashire      | Stephen L.     | 1957        | 01:53:21        | 1982                               | 25                                      | 01:56:20,6  | 3:44,46  | 1982                               | 25                                      |
| 252                       | 398                        | 318                        | LANGE           | UDO            | 1948        | 01:56:41        | 1984                               | 36                                      | 01:59:45,8  | 3:51,06  | 1984                               | 36                                      |
| 253                       | 527                        | 427                        | Laurence        | W.J.           | 1960        | 01:58:22        | 1988                               | 28                                      | 02:01:29,5  | 3:54,39  | 1988                               | 28                                      |
| 254                       | 301                        | 239                        | Le Cheminant    | Galen          | 1971        | 01:55:39        | 1990                               | 19                                      | 01:58:42,2  | 3:49,01  | 1990                               | 19                                      |
| 255                       | 518                        | 424                        | Leach           | Allan          | 1951        | 01:58:17        | 1988                               | 37                                      | 02:01:24,4  | 3:54,22  | 1988                               | 37                                      |
| 256                       | 118                        | 93                         | Lee             | Eddie          | 1946        | 01:51:11        | 1989                               | 43                                      | 01:54:07,1  | 3:40,17  | 1989                               | 43                                      |
| 257                       | 307                        | 156                        | Lehmann         | Joachim        | 1938        | 01:53:24        | 1972                               | 34                                      | 01:58:44,7  | 3:49,09  | 1972                               | 34                                      |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| <u>Lfd.</u><br><u>Nr.</u> | <u>Platz</u><br><u>in:</u> | <u>Platz</u><br><u>in:</u> | <u>Nachname</u>   | <u>Vorname</u> | <u>Geb.</u> | <u>Bestzeit</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> | <u>Bestzeit entspricht</u><br><u>auf der aktuellen</u><br><u>Strecke:</u> | <u>Bester</u><br><u>Km -</u><br><u>Schnitt</u><br><u>eines Laufs</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> |
|---------------------------|----------------------------|----------------------------|-------------------|----------------|-------------|-----------------|------------------------------------|---|---|--|------------------------------------|---|
| 258                       | 234                        | 257                        | Lehmenkötter      | Burkhard       | 1964        | 01:55:52        | 1997                               | 33                                      | 01:57:22,5  | 3:46,45  | 1997                               | 33                                      |
| 259                       | 127                        | 102                        | Lenz              | Thorsten       | 1961        | 01:51:27        | 1992                               | 31                                      | 01:54:23,6  | 3:40,69  | 1992                               | 31                                      |
| 260                       | 474                        | 380                        | LEONHARDT         | ANSGAR         | 1960        | 01:57:43        | 1984                               | 24                                      | 02:00:49,5  | 3:53,10  | 1984                               | 24                                      |
| 261                       | 63                         | 97                         | Leusink           | Erik           | 1989        | 01:51:17        | 2019                               | 30                                      | 01:51:17,0  | 3:34,69  | 2019                               | 30                                      |
| 262                       | 239                        | 365                        | Lewanzik          | Heiko          | 1981        | 01:57:31        | 2016                               | 35                                      | 01:57:31,0  | 3:46,72  | 2016                               | 35                                      |
| 263                       | 160                        | 138                        | Linden            | Werner         | 1949        | 01:52:36        | 1984                               | 35                                      | 01:55:34,4  | 3:42,97  | 1984                               | 35                                      |
| 264                       | 131                        | 107                        | Lippe             | Dieter         | 1956        | 01:51:46        | 1980                               | 24                                      | 01:54:43,1  | 3:41,32  | 1980                               | 24                                      |
| 265                       | 324                        | 260                        | Logemann          | Rainer         | 1965        | 01:55:53        | 1994                               | 29                                      | 01:58:56,6  | 3:49,47  | 1994                               | 29                                      |
| 266                       | 298                        | 322                        | Losch             | Stefan         | 1968        | 01:56:48        | 2003                               | 35                                      | 01:58:42,5  | 3:48,97  | 2011                               | 43                                      |
| 267                       | 210                        | 323                        | Lubina            | Alexander      | 1979        | 01:56:49        | 2010                               | 31                                      | 01:56:49,0  | 3:45,37  | 2010                               | 31                                      |
| 268                       | 473                        | 452                        | Luismeier         | Michael        | 1976        | 01:58:52        | 2003                               | 27                                      | 02:00:48,5  | 3:53,07  | 2003                               | 27                                      |
| 269                       | 117                        | 92                         | Lulka             | Marek          | 1959        | 01:51:07        | 1991                               | 32                                      | 01:54:03,0  | 3:40,03  | 1991                               | 32                                      |
| 270                       | 21                         | 25                         | Lundström         | Ingmar         | 1972        | 01:46:51        | 1999                               | 27                                      | 01:48:14,5  | 3:28,83  | 1999                               | 27                                      |
| 271                       | 345                        | 353                        | Lüning            | Sebastian      | 1970        | 01:57:18        | 2004                               | 34                                      | 01:59:13,0  | 3:50,00  | 2004                               | 34                                      |
| 272                       | 521                        | 503                        | Maher             | Peter          | 1955        | 01:59:53        | 1999                               | 44                                      | 02:01:26,7  | 3:54,30  | 1999                               | 44                                      |
| 273                       | 321                        | 257                        | Makarowski        | Reiner         | 1956        | 01:55:52        | 1990                               | 34                                      | 01:58:55,6  | 3:49,44  | 1990                               | 34                                      |
| 274                       | 266                        | 216                        | Malcherek         | Arnim          | 1967        | 01:55:03        | 1995                               | 28                                      | 01:58:05,3  | 3:47,82  | 1995                               | 28                                      |
| 275                       | 248                        | 383                        | Mangel            | Alexander      | 1986        | 01:57:45        | 2019                               | 33                                      | 01:57:45,0  | 3:47,17  | 2019                               | 33                                      |
| 276                       | 342                        | 473                        | Marquardt         | Christian      | 1987        | 01:59:10        | 2013                               | 26                                      | 01:59:10,0  | 3:49,90  | 2013                               | 26                                      |
| 277                       | 295                        | 236                        | Marshal           | BOB            | 1959        | 01:55:36        | 1983                               | 24                                      | 01:58:39,1  | 3:48,91  | 1983                               | 24                                      |
| 278                       | 41                         | 31                         | Marshall          | T.             | 1960        | 01:47:13        | 1987                               | 27                                      | 01:50:02,8  | 3:32,31  | 1987                               | 27                                      |
| 279                       | 191                        | 209                        | Marten            | Rene           | 1971        | 01:54:52        | 1997                               | 26                                      | 01:56:21,8  | 3:44,50  | 1997                               | 26                                      |
| 280                       | 89                         | 66                         | Martin            | Wilfried       | 1951        | 01:50:04        | 1991                               | 40                                      | 01:52:58,4  | 3:37,95  | 1991                               | 40                                      |
| 281                       | 141                        | 118                        | Masjosthusmann    | Martin         | 1962        | 01:52:08        | 1989                               | 27                                      | 01:55:05,6  | 3:42,05  | 1989                               | 27                                      |
| 282                       | 110                        | 125                        | Matthe            | Jörg           | 1968        | 01:52:18        | 1996                               | 28                                      | 01:53:45,8  | 3:39,48  | 1996                               | 28                                      |
| 283                       | 523                        | 505                        | Matthe            | Frank          | 1968        | 01:59:54        | 1996                               | 28                                      | 02:01:27,7  | 3:54,33  | 1996                               | 28                                      |
| 284                       | 399                        | 421                        | Matzk             | Holger         | 1967        | 01:58:14        | 1996                               | 29                                      | 01:59:46,4  | 3:51,07  | 1996                               | 29                                      |
| 285                       | 500                        | 402                        | MC Dermott        | John           | 1964        | 01:57:58        | 1989                               | 25                                      | 02:01:04,9  | 3:53,60  | 1989                               | 25                                      |
| 286                       | 305                        | 242                        | MC Lean           | Stuart         | 1957        | 01:55:41        | 1988                               | 31                                      | 01:58:44,3  | 3:49,08  | 1988                               | 31                                      |
| 287                       | 77                         | 58                         | Meder             | Ralf           | 1958        | 01:49:28        | 1988                               | 30                                      | 01:52:21,4  | 3:36,77  | 1988                               | 30                                      |
| 288                       | 354                        | 283                        | MEEKINES          | A.R. MAJ.      | 1947        | 01:56:16        | 1983                               | 36                                      | 01:59:20,2  | 3:50,23  | 1983                               | 36                                      |
| 289                       | 254                        | 390                        | Mehlfeld          | Dennis         | 1987        | 01:57:48        | 2012                               | 25                                      | 01:57:48,0  | 3:47,27  | 2012                               | 25                                      |
| 290                       | 275                        | 326                        | Meißner           | Stefan         | 1972        | 01:56:51        | 1998                               | 26                                      | 01:58:22,3  | 3:48,37  | 1998                               | 26                                      |
| 291                       | 227                        | 223                        | Menne             | Elmar          | 1973        | 01:55:19        | 2001                               | 28                                      | 01:57:12,1  | 3:46,11  | 2001                               | 28                                      |
| 292                       | 220                        | 224                        | Meymann           | Jürgen         | 1973        | 01:55:22        | 2003                               | 30                                      | 01:57:15,1  | 3:45,86  | 2000                               | 27                                      |
| 293                       | 309                        | 247                        | Mischke           | Mathias        | 1956        | 01:55:43        | 1986                               | 30                                      | 01:58:46,3  | 3:49,14  | 1986                               | 30                                      |
| 294                       | 157                        | 181                        | Molero-Eichwein   | Miguel         | 1968        | 01:54:02        | 1998                               | 30                                      | 01:55:31,1  | 3:42,87  | 1998                               | 30                                      |
| 295                       | 414                        | 437                        | Mückner-Dellinger | Wolfg.         | 1952        | 01:58:31        | 2000                               | 48                                      | 02:00:03,6  | 3:51,63  | 2000                               | 48                                      |
| 296                       | 26                         | 14                         | Muehlenmeier      | Bernd          | 1956        | 01:45:45        | 1986                               | 30                                      | 01:48:32,5  | 3:29,41  | 1986                               | 30                                      |
| 297                       | 358                        | 286                        | MUELLER           | JOERG          | 1964        | 01:56:18        | 1984                               | 20                                      | 01:59:22,2  | 3:50,30  | 1984                               | 20                                      |
| 298                       | 139                        | 164                        | Muenzner          | Frank          | 1957        | 01:53:34        | 1997                               | 40                                      | 01:55:02,7  | 3:41,95  | 1997                               | 40                                      |
| 299                       | 121                        | 140                        | Müller            | Klaus          | 1969        | 01:52:42        | 1996                               | 27                                      | 01:54:10,1  | 3:40,26  | 1996                               | 27                                      |
| 300                       | 72                         | 112                        | Naegele           | Lukas          | 1989        | 01:52:04        | 2014                               | 25                                      | 01:52:04,0  | 3:36,21  | 2014                               | 25                                      |
| 301                       | 131                        | 205                        | Nahen             | Mathias        | 1970        | 01:54:43        | 2011                               | 41                                      | 01:54:43,0  | 3:41,32  | 2011                               | 41                                      |



# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| Lfd. Nr. | Platz in: Liste 2 | Platz in: Liste 3 | Nachname        | Vorname     | Geb. | Bestzeit | Gelaufen im Jahr: | Im Alter von | Bestzeit entspricht auf der aktuellen Strecke: | Bester Km - Schnitt eines Laufs | Gelaufen im Jahr: | Im Alter von |
|----------|-------------------|-------------------|-----------------|-------------|------|----------|-------------------|--------------|--|---------------------------------|-------------------|--------------|
| 302      | 270               | 284               | Nakielski       | Markus      | 1971 | 01:56:17 | 2003              | 32           | 01:58:11,0                                     | 3:48,01                         | 2003              | 32           |
| 303      | 245               | 379               | Naumann         | Daniel      | 1985 | 01:57:39 | 2016              | 31           | 01:57:39,0                                     | 3:46,98                         | 2016              | 31           |
| 304      | 28                | 16                | Navrade         | Jörg        | 1964 | 01:45:53 | 1991              | 27           | 01:48:40,7                                     | 3:29,67                         | 1991              | 27           |
| 305      | 286               | 308               | Nedderhoff      | Bernd       | 1959 | 01:56:33 | 2004              | 45           | 01:58:27,3                                     | 3:48,53                         | 2004              | 45           |
| 306      | 125               | 99                | Neu             | Andreas     | 1960 | 01:51:20 | 1985              | 25           | 01:54:16,4                                     | 3:40,46                         | 1985              | 25           |
| 307      | 323               | 360               | Neumann         | Burkhard    | 1967 | 01:57:24 | 1997              | 30           | 01:58:55,7                                     | 3:49,45                         | 1997              | 30           |
| 308      | 70                | 108               | Neuschwander    | Florian     | 1981 | 01:51:53 | 2019              | 38           | 01:51:53,0                                     | 3:35,85                         | 2019              | 38           |
| 309      | 366               | 294               | Nicholson       | Paul        | 1961 | 01:56:22 | 1993              | 32           | 01:59:26,3                                     | 3:50,43                         | 1993              | 32           |
| 310      | 516               | 416               | Nickel          | Thomas      | 1966 | 01:58:09 | 1994              | 28           | 02:01:16,2                                     | 3:53,96                         | 1994              | 28           |
| 311      | 154               | 131               | Niedermeyer     | Jochen      | 1962 | 01:52:27 | 1989              | 27           | 01:55:25,1                                     | 3:42,67                         | 1989              | 27           |
| 312      | 291               | 233               | Niehaus         | Klemens     | 1944 | 01:55:31 | 1988              | 44           | 01:58:34,0                                     | 3:48,75                         | 1988              | 44           |
| 313      | 248               | 275               | Niemann         | Oliver      | 1968 | 01:56:14 | 1997              | 29           | 01:57:44,8                                     | 3:47,17                         | 1997              | 29           |
| 314      | 172               | 143               | Niesser         | Michael     | 1954 | 01:52:55 | 1980              | 26           | 01:55:53,9                                     | 3:43,60                         | 1980              | 26           |
| 315      | 432               | 348               | Nilson          | Per         | 1969 | 01:57:12 | 1992              | 23           | 02:00:17,7                                     | 3:52,08                         | 1992              | 23           |
| 316      | 201               | 166               | Northen         | S:SSGT      | 1952 | 01:53:37 | 1983              | 31           | 01:56:37,0                                     | 3:44,98                         | 1983              | 31           |
| 317      | 203               | 168               | Nott            | Hans Dieter | 1951 | 01:53:39 | 1979              | 28           | 01:56:39,0                                     | 3:45,05                         | 1979              | 28           |
| 318      | 321               | 336               | Oberpenning     | Carsten     | 1978 | 01:57:01 | 2002              | 24           | 01:58:55,7                                     | 3:49,44                         | 2002              | 24           |
| 319      | 197               | 161               | Oestreich       | Frank       | 1961 | 01:53:31 | 1985              | 24           | 01:56:30,8                                     | 3:44,79                         | 1985              | 24           |
| 320      | 487               | 477               | Ohligschläger   | Rainer      | 1951 | 01:59:22 | 1997              | 46           | 02:00:55,3                                     | 3:53,29                         | 1997              | 46           |
| 321      | 273               | 219               | Olschewsky      | Jörg        | 1967 | 01:55:13 | 1991              | 24           | 01:58:15,5                                     | 3:48,15                         | 1991              | 24           |
| 322      | 92                | 68                | Oppermann       | Klaus       | 1961 | 01:50:06 | 1988              | 27           | 01:53:00,4                                     | 3:38,02                         | 1988              | 27           |
| 323      | 253               | 206               | Osterheider     | Andreas     | 1962 | 01:54:45 | 1986              | 24           | 01:57:46,8                                     | 3:47,23                         | 1986              | 24           |
| 528      | 248               | 383               | Otsuka          | Ryo         | 1998 | 01:57:45 | 2024              | 26           | 01:57:45,0                                     | 3:47,17                         | 2024              | 26           |
| 324      | 95                | 72                | Owen            | Martin      | 1961 | 01:50:16 | 1990              | 29           | 01:53:10,7                                     | 3:38,35                         | 1990              | 29           |
| 325      | 271               | 142               | Paetsch         | Klaus       | 1941 | 01:52:53 | 1975              | 34           | 01:58:12,3                                     | 3:48,05                         | 1975              | 34           |
| 326      | 428               | 513               | Paetzke         | Christoph   | 1983 | 02:00:15 | 2018              | 35           | 02:00:15,0                                     | 3:51,99                         | 2018              | 35           |
| 327      | 277               | 428               | Pahl            | Christian   | 1973 | 01:58:24 | 2011              | 38           | 01:58:24,0                                     | 3:48,42                         | 2011              | 38           |
| 328      | 317               | 254               | Pasch           | Frank       | 1963 | 01:55:50 | 1988              | 25           | 01:58:53,5                                     | 3:49,37                         | 1988              | 25           |
| 329      | 151               | 171               | Paul            | Josef       | 1961 | 01:53:47 | 1997              | 36           | 01:55:15,9                                     | 3:42,38                         | 1997              | 36           |
| 330      | 179               | 269               | Pauli           | Felix       | 1990 | 01:56:04 | 2016              | 26           | 01:56:04,0                                     | 3:43,92                         | 2016              | 26           |
| 331      | 258               | 296               | Paulus          | Rudolf      | 1966 | 01:56:24 | 1997              | 31           | 01:57:55,0                                     | 3:47,49                         | 1997              | 31           |
| 332      | 224               | 184               | Peglar          | A.M.        | 1960 | 01:54:06 | 1988              | 28           | 01:57:06,8                                     | 3:45,94                         | 1988              | 28           |
| 333      | 100               | 110               | Peschel         | Sascha      | 1970 | 01:51:59 | 1997              | 27           | 01:53:26,5                                     | 3:38,86                         | 1997              | 27           |
| 334      | 32                | 56                | Peters          | Erik        | 1992 | 01:49:09 | 2024              | 32           | 01:49:09,0                                     | 3:30,58                         | 2024              | 32           |
| 335      | 410               | 410               | Petri           | Ulrich      | 1973 | 01:58:02 | 2003              | 30           | 01:59:57,7                                     | 3:51,44                         | 2003              | 30           |
| 336      | 444               | 355               | PfALZER         | JUERGEN     | 1956 | 01:57:19 | 1987              | 31           | 02:00:24,8                                     | 3:52,31                         | 1987              | 31           |
| 337      | 390               | 495               | Pfenningschmidt | Silke       | 1982 | 01:59:42 | 2012              | 30           | 01:59:42,0                                     | 3:50,93                         | 2012              | 30           |
| 338      | 5                 | 3                 | Philpott        | Adrian      | 1952 | 01:43:21 | 1984              | 32           | 01:46:04,7                                     | 3:24,65                         | 1984              | 32           |
| 339      | 149               | 161               | Pieper          | Boris       | 1969 | 01:53:31 | 2004              | 35           | 01:55:22,3                                     | 3:42,32                         | 2004              | 35           |
| 340      | 124               | 98                | Poggemann       | Jürgen      | 1953 | 01:51:19 | 1989              | 36           | 01:54:15,3                                     | 3:40,43                         | 1989              | 36           |
| 341      | 343               | 271               | Poggenklas      | Tommy       | 1970 | 01:56:07 | 1990              | 20           | 01:59:10,9                                     | 3:49,93                         | 1990              | 20           |
| 342      | 303               | 445               | Pöhlker         | Nils        | 1976 | 01:58:43 | 2019              | 43           | 01:58:43,0                                     | 3:49,04                         | 2019              | 43           |
| 343      | 201               | 166               | Potter          | Jah.        | 1959 | 01:53:37 | 1982              | 23           | 01:56:37,0                                     | 3:44,98                         | 1982              | 23           |
| 344      | 332               | 448               | Potthast        | Martin      | 1962 | 01:58:49 | 2004              | 42           | 02:00:45,5                                     | 3:49,58                         | 2004              | 42           |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| Lfd. Nr. | Platz in: | Platz in: | Nachname      | Vorname       | Geb. | Bestzeit | Gelaufen im Jahr: | Im Alter von | Bestzeit entspricht auf der aktuellen Strecke: | Bester Km - Schnitt eines Laufs | Gelaufen im Jahr: | Im Alter von |
|----------|-----------|-----------|---------------|---------------|------|----------|-------------------|--------------|--|---------------------------------|-------------------|--------------|
|          | Liste 2   | Liste 3   |               |               |      |          |                   |              |  |                                 |                   |              |
| 345      | 147       | 124       | Pretsel       | D.            | 1966 | 01:52:16 | 1989              | 23           | 01:55:13,8                                     | 3:42,31                         | 1989              | 23           |
| 346      | 508       | 410       | Purmann       | Dirk          | 1965 | 01:58:02 | 1990              | 25           | 02:01:09,0                                     | 3:53,73                         | 1990              | 25           |
| 347      | 4         | 6         | Pyl           | Bernd-Theodor | 1968 | 01:44:12 | 1996              | 28           | 01:45:33,4                                     | 3:23,65                         | 1996              | 28           |
| 348      | 284       | 228       | Rabe          | Gerhard       | 1950 | 01:55:24 | 1993              | 43           | 01:58:26,8                                     | 3:48,51                         | 1993              | 43           |
| 349      | 395       | 419       | Ragone        | Sascha        | 1970 | 01:58:12 | 1997              | 27           | 01:59:44,4                                     | 3:51,01                         | 1997              | 27           |
| 350      | 278       | 224       | Rahe          | Rolf          | 1957 | 01:55:22 | 1988              | 31           | 01:58:24,8                                     | 3:48,45                         | 1988              | 31           |
| 351      | 287       | 309       | Rahmann       | Christoph     | 1977 | 01:56:34 | 2002              | 25           | 01:58:28,3                                     | 3:48,56                         | 2002              | 25           |
| 352      | 235       | 117       | Rasch         | Reinhard      | ?    | 01:52:07 | 1972              | ?            | 01:57:24,1                                     | 3:46,50                         | 1972              | ?            |
| 353      | 454       | 522       | Rath          | Marco         | 1975 | 02:00:34 | 2013              | 38           | 02:00:34,0                                     | 3:52,60                         | 2013              | 38           |
| 354      | 257       | 396       | Raulf         | Stefan        | 1973 | 01:57:53 | 2014              | 41           | 01:57:53,0                                     | 3:47,43                         | 2014              | 41           |
| 355      | 397       | 420       | Rawe          | Klaus         | 1968 | 01:58:13 | 1996              | 28           | 01:59:45,4                                     | 3:51,04                         | 1996              | 28           |
| 356      | 486       | 461       | Reetz         | David K.      | 1982 | 01:58:57 | 2004              | 22           | 02:00:53,6                                     | 3:53,24                         | 2004              | 22           |
| 357      | 530       | 536       | Rehmeier      | Marco         | 1993 | 02:01:33 | 2021              | 28           | 02:01:33,0                                     | 3:54,50                         | 2021              | 28           |
| 358      | 8         | 22        | Reichert      | Florian       | 1982 | 01:46:24 | 2015              | 33           | 01:46:24,0                                     | 3:25,27                         | 2015              | 33           |
| 359      | 72        | 93        | Reins         | Oliver        | 1973 | 01:51:11 | 2004              | 31           | 01:53:00,0                                     | 3:36,21                         | 2005              | 32           |
| 360      | 408       | 324       | RICKERT       | WOLFGANG      | 1956 | 01:56:50 | 1983              | 27           | 01:59:55,1                                     | 3:51,35                         | 1983              | 27           |
| 361      | 400       | 194       | Rieke         | Horst         | 1938 | 01:54:23 | 1973              | 35           | 01:59:46,5                                     | 3:51,08                         | 1973              | 35           |
| 362      | 433       | 350       | Rieke         | Bernd         | 1965 | 01:57:14 | 1995              | 30           | 02:00:19,7                                     | 3:52,15                         | 1995              | 30           |
| 363      | 460       | 467       | Riethues      | Jörg          | 1970 | 01:59:06 | 1996              | 26           | 02:00:39,1                                     | 3:52,77                         | 1996              | 26           |
| 364      | 300       | 238       | Risse         | Joe-Max       | 1967 | 01:55:38 | 1993              | 26           | 01:58:41,2                                     | 3:48,98                         | 1993              | 26           |
| 365      | 97        | 77        | Roberts       | Stephen       | 1954 | 01:50:28 | 1983              | 29           | 01:53:23,0                                     | 3:38,75                         | 1983              | 29           |
| 366      | 180       | 149       | Rocker        | Wjatscheslaw  | 1956 | 01:53:06 | 1991              | 35           | 01:56:05,2                                     | 3:43,96                         | 1991              | 35           |
| 367      | 334       | 267       | Rodefeld      | Bernd         | 1952 | 01:56:00 | 1991              | 39           | 01:59:03,8                                     | 3:49,70                         | 1991              | 39           |
| 368      | 54        | 38        | Rodgers       | Alec          | 1954 | 01:47:42 | 1989              | 35           | 01:50:32,6                                     | 3:33,27                         | 1989              | 35           |
| 369      | 67        | 87        | Rolfes        | Volkmar       | 1970 | 01:50:46 | 2004              | 34           | 01:52:34,6                                     | 3:35,69                         | 2006              | 36           |
| 370      | 211       | 324       | Rose          | Tim           | 1997 | 01:56:50 | 2024              | 27           | 01:56:50,0                                     | 3:45,40                         | 2024              | 27           |
| 371      | 194       | 200       | Roßmann       | Hagen         | 1969 | 01:54:35 | 2002              | 33           | 01:56:27,3                                     | 3:44,67                         | 2002              | 33           |
| 372      | 500       | 530       | Röthemeyer    | Marvin        | 1989 | 02:01:05 | 2023              | 34           | 02:01:05,0                                     | 3:53,60                         | 2023              | 34           |
| 373      | 258       | 210       | Rotthaus      | Wilfried      | 1943 | 01:54:53 | 1982              | 39           | 01:57:55,0                                     | 3:47,49                         | 1982              | 39           |
| 374      | 74        | 120       | Ruthe         | Ralf          | 1981 | 01:52:09 | 2016              | 35           | 01:52:09,0                                     | 3:36,37                         | 2016              | 35           |
| 375      | 528       | 535       | Sanchez-Tojar | Alfredo       | ?    | 02:01:31 | 2022              | ?            | 02:01:31,0                                     | 3:54,44                         | 2022              | ?            |
| 376      | 25        | 13        | Sander        | Dirk          | 1956 | 01:45:44 | 1985              | 29           | 01:48:31,5                                     | 3:29,37                         | 1985              | 29           |
| 377      | 3         | 9         | Sansar        | Elias         | 1980 | 01:44:54 | 2019              | 39           | 01:44:54,0                                     | 3:22,38                         | 2019              | 39           |
| 378      | 36        | 27        | Sauerstein    | Uwe           | 1968 | 01:46:54 | 1991              | 23           | 01:49:43,3                                     | 3:31,68                         | 1991              | 23           |
| 379      | 403       | 196       | Schabel       | Eugen         | 1925 | 01:54:26 | 1976              | 51           | 01:59:49,6                                     | 3:51,18                         | 1976              | 51           |
| 380      | 391       | 497       | Schaefers     | Martin        | 1957 | 01:59:43 | 2005              | 48           | 01:59:43,0                                     | 3:50,96                         | 2005              | 48           |
| 381      | 515       | 495       | Schäfers      | Markus        | 1974 | 01:59:42 | 1999              | 25           | 02:01:15,5                                     | 3:53,94                         | 1999              | 25           |
| 382      | 427       | 512       | Schär         | Sebastian     | 1991 | 02:00:14 | 2017              | 26           | 02:00:14,0                                     | 3:51,96                         | 2017              | 26           |
| 383      | 215       | 331       | Schedler      | Martin        | 1980 | 01:56:56 | 2012              | 32           | 01:56:56,0                                     | 3:45,59                         | 2012              | 32           |
| 384      | 130       | 204       | Scheller      | Markus        | 1989 | 01:54:41 | 2022              | 33           | 01:54:41,0                                     | 3:41,25                         | 2022              | 33           |
| 385      | 415       | 333       | SHELTE        | HANS-GEORG    | ?    | 01:57:00 | 1982              | ?            | 02:00:05,3                                     | 3:51,68                         | 1982              | ?            |
| 386      | 173       | 183       | Scherg        | Jürgen        | 1963 | 01:54:05 | 2004              | 41           | 01:55:56,8                                     | 3:43,69                         | 2004              | 41           |
| 387      | 433       | 350       | Schiermeyer   | Ingo          | 1960 | 01:57:14 | 1989              | 29           | 02:00:19,7                                     | 3:52,15                         | 1989              | 29           |
| 388      | 45        | 46        | Schiessl      | Helmut        | 1972 | 01:48:22 | 2002              | 30           | 01:50:08,2                                     | 3:32,48                         | 2002              | 30           |



# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| <u>Lfd.</u><br><u>Nr.</u> | <u>Platz</u><br><u>in:</u> | <u>Platz</u><br><u>in:</u> | <u>Nachname</u> | <u>Vorname</u> | <u>Geb.</u> | <u>Bestzeit</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> | <u>Bestzeit entspricht</u><br><u>auf der aktuellen</u><br><u>Strecke:</u> | <u>Bester</u><br><u>Km -</u><br><u>Schnitt</u><br><u>eines Laufs</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> |
|---------------------------|----------------------------|----------------------------|-----------------|----------------|-------------|-----------------|------------------------------------|---|---|--|------------------------------------|---|
| 389                       | 13                         | 12                         | Schinkitz       | Heiko          | 1956        | 01:45:34        | 2002                               | 46                                      | 01:47:17,5  | 3:26,99  | 2002                               | 46                                      |
| 390                       | 388                        | 494                        | Schirrmacher    | Michael        | 1963        | 01:59:41        | 2012                               | 49                                      | 01:59:41,0  | 3:50,90  | 2012                               | 49                                      |
| 391                       | 519                        | 485                        | Schlegel        | Bernhard       | 1962        | 01:59:28        | 2003                               | 41                                      | 02:01:25,1  | 3:54,25  | 2003                               | 41                                      |
| 392                       | 385                        | 415                        | Schlenker       | Edmund         | 1944        | 01:58:08        | 1998                               | 54                                      | 01:59:40,3  | 3:50,88  | 1998                               | 54                                      |
| 393                       | 58                         | 42                         | SCHLONSKI       | WALTER         | 1945        | 01:48:11        | 1984                               | 39                                      | 01:51:02,4  | 3:34,22  | 1984                               | 39                                      |
| 394                       | 206                        | 219                        | Schlosser       | Torsten        | 1964        | 01:55:13        | 1996                               | 32                                      | 01:56:43,0  | 3:45,18  | 1996                               | 32                                      |
| 395                       | 512                        | 532                        | Schlüter        | Andreas        | 1978        | 02:01:14        | 2013                               | 35                                      | 02:01:14,0  | 3:53,89  | 2013                               | 35                                      |
| 396                       | 145                        | 123                        | SCHMIDT         | HELMUT         | 1944        | 01:52:15        | 1981                               | 37                                      | 01:55:12,8  | 3:42,28  | 1981                               | 37                                      |
| 397                       | 305                        | 242                        | SCHMIDT         | Bruno          | 1946        | 01:55:41        | 1984                               | 38                                      | 01:58:44,3  | 3:49,08  | 1984                               | 38                                      |
| 398                       | 317                        | 254                        | SCHMIDT         | Karl           | 1936        | 01:55:50        | 1982                               | 46                                      | 01:58:53,5  | 3:49,37  | 1982                               | 46                                      |
| 399                       | 169                        | 179                        | Schmitt         | Ralph          | 1969        | 01:54:00        | 2003                               | 34                                      | 01:55:51,8  | 3:43,53  | 2003                               | 34                                      |
| 400                       | 238                        | 363                        | Schneider       | Torsten        | 1972        | 01:57:29        | 2013                               | 41                                      | 01:57:29,0  | 3:46,66  | 2013                               | 41                                      |
| 401                       | 484                        | 388                        | SCHNEIDER       | PETER          | 1954        | 01:57:47        | 1982                               | 28                                      | 02:00:53,6  | 3:53,23  | 1982                               | 28                                      |
| 527                       | 213                        | 329                        | Schneider       | Xavier         | 1993        | 01:56:54        | 2024                               | 31                                      | 01:56:54,0  | 3:45,53  | 2024                               | 31                                      |
| 402                       | 409                        | 328                        | Schnepp         | Helmer         | 1943        | 01:56:52        | 1980                               | 37                                      | 01:59:57,1  | 3:51,42  | 1980                               | 37                                      |
| 403                       | 484                        | 388                        | Schöneberger    | Thomas         | 1956        | 01:57:47        | 1989                               | 33                                      | 02:00:53,6  | 3:53,23  | 1989                               | 33                                      |
| 404                       | 218                        | 337                        | Schoppmeier     | Martin         | 1972        | 01:57:02        | 2005                               | 33                                      | 01:57:02,0  | 3:45,79  | 2005                               | 33                                      |
| 405                       | 94                         | 151                        | Schouren        | Frank          | 1971        | 01:53:09        | 2010                               | 39                                      | 01:53:09,0  | 3:38,30  | 2010                               | 39                                      |
| 406                       | 111                        | 126                        | Schröder        | Stephan        | 1971        | 01:52:19        | 1998                               | 27                                      | 01:53:46,8  | 3:39,51  | 1998                               | 27                                      |
| 407                       | 455                        | 418                        | Schröder        | Andreas        | 1961        | 01:58:11        | 1995                               | 34                                      | 02:01:18,2  | 3:52,67  | 1998                               | 37                                      |
| 408                       | 490                        | 393                        | SCHROEDER       | ANDREAS        | 1960        | 01:57:51        | 1984                               | 24                                      | 02:00:57,7  | 3:53,37  | 1984                               | 24                                      |
| 409                       | 99                         | 79                         | Schröper        | Jörg           | 1959        | 01:50:31        | 1995                               | 36                                      | 01:53:26,1  | 3:38,84  | 1995                               | 36                                      |
| 410                       | 477                        | 228                        | Schüder         | U.             | ?           | 01:55:24        | 1975                               | ?                                       | 02:00:50,4  | 3:53,13  | 1975                               | ?                                       |
| 411                       | 448                        | 359                        | Schulte         | Stefan         | 1959        | 01:57:22        | 1989                               | 30                                      | 02:00:27,9  | 3:52,41  | 1989                               | 30                                      |
| 412                       | 78                         | 82                         | Schulz          | Robert         | 1966        | 01:50:34        | 2003                               | 37                                      | 01:52:22,4  | 3:36,80  | 2003                               | 37                                      |
| 413                       | 112                        | 172                        | Schulz          | Konrad         | 1966        | 01:53:49        | 2011                               | 45                                      | 01:53:49,0  | 3:39,58  | 2011                               | 45                                      |
| 414                       | 280                        | 429                        | Schulz          | Waldemar       | 1970        | 01:58:25        | 2006                               | 36                                      | 01:58:25,0  | 3:48,46  | 2006                               | 36                                      |
| 415                       | 440                        | 518                        | Schulz          | Johann         | 1973        | 02:00:24        | 2006                               | 33                                      | 02:00:24,0  | 3:52,28  | 2006                               | 33                                      |
| 535                       | 448                        | 519                        | Schumacher      | Jonas          | 2002        | 02:00:28        | 2024                               | 22                                      | 02:00:28,0  | 3:52,41  | 2024                               | 22                                      |
| 416                       | 267                        | 315                        | Schumann        | Frank          | 1960        | 01:56:37        | 1999                               | 39                                      | 01:58:08,1  | 3:47,92  | 1999                               | 39                                      |
| 417                       | 164                        | 250                        | Schüßler        | Dominik        | ?           | 01:55:47        | 2023                               | ?                                       | 01:55:47,0  | 3:43,38  | 2023                               | ?                                       |
| 418                       | 525                        | 425                        | Schwarzfeld     | Helmut         | 1943        | 01:58:21        | 1988                               | 45                                      | 02:01:28,5  | 3:54,36  | 1988                               | 45                                      |
| 419                       | 104                        | 83                         | Schweer         | HELMUT         | 1958        | 01:50:36        | 1982                               | 24                                      | 01:53:31,2  | 3:39,01  | 1982                               | 24                                      |
| 420                       | 327                        | 461                        | Sedman-Smith    | Robin          | 1974        | 01:58:57        | 2007                               | 33                                      | 01:58:57,0  | 3:49,49  | 2007                               | 33                                      |
| 421                       | 9                          | 11                         | Seifert         | Claus          | 1968        | 01:45:03        | 1997                               | 29                                      | 01:46:25,1  | 3:25,31  | 1997                               | 29                                      |
| 422                       | 53                         | 54                         | Sengenberger    | Ulf            | 1969        | 01:49:06        | 1996                               | 27                                      | 01:50:31,3  | 3:33,22  | 1996                               | 27                                      |
| 423                       | 83                         | 135                        | Severin         | Tobias         | 1975        | 01:52:33        | 2008                               | 33                                      | 01:52:33,0  | 3:37,14  | 2008                               | 33                                      |
| 424                       | 517                        | 421                        | Sgt Cunningham  | s.             | 1962        | 01:58:14        | 1992                               | 30                                      | 02:01:21,3  | 3:54,13  | 1982                               | 20                                      |
| 425                       | 466                        | 374                        | Sgt Foster      | J.             | 1958        | 01:57:37        | 1990                               | 32                                      | 02:00:43,3  | 3:52,90  | 1990                               | 32                                      |
| 426                       | 344                        | 173                        | Shields         | ----           | ?           | 01:53:50        | 1975                               | ?                                       | 01:59:12,0  | 3:49,97  | 1975                               | ?                                       |
| 427                       | 189                        | 154                        | Siegel          | HELMUT         | 1950        | 01:53:19        | 1987                               | 37                                      | 01:56:18,5  | 3:44,39  | 1987                               | 37                                      |
| 428                       | 141                        | 118                        | Siekmann        | Friedhelm      | 1956        | 01:52:08        | 1988                               | 32                                      | 01:55:05,6  | 3:42,05  | 1988                               | 32                                      |
| 429                       | 474                        | 456                        | Siepmann        | Stefan         | 1974        | 01:58:53        | 2004                               | 30                                      | 02:00:49,6  | 3:53,10  | 2004                               | 30                                      |
| 430                       | 212                        | 326                        | Sievert         | Tobias         | 1992        | 01:56:51        | 2023                               | 31                                      | 01:56:51,0  | 3:45,43  | 2023                               | 31                                      |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| Lfd. Nr. | Platz in: | Platz in: | Nachname      | Vorname     | Geb. | Bestzeit | Gelaufen im Jahr: | Im Alter von | Bestzeit entspricht auf der aktuellen Strecke: | Bester Km - Schnitt eines Laufs | Gelaufen im Jahr: | Im Alter von |
|----------|-----------|-----------|---------------|-------------|------|----------|-------------------|--------------|--|---------------------------------|-------------------|--------------|
| 431      | 440       | 353       | Simon         | Christophe  | 1965 | 01:57:18 | 1991              | 26           | 02:00:23,8                                     | 3:52,28                         | 1991              | 26           |
| 432      | 52        | 52        | Sivulka       | Juraj       | 1969 | 01:49:03 | 1998              | 29           | 01:50:28,2                                     | 3:33,13                         | 1998              | 29           |
| 433      | 293       | 235       | Specht        | Gerold      | 1963 | 01:55:34 | 1987              | 24           | 01:58:37,1                                     | 3:48,84                         | 1987              | 24           |
| 434      | 494       | 398       | SPERLING      | WALTER      | 1938 | 01:57:54 | 1987              | 49           | 02:01:00,8                                     | 3:53,47                         | 1987              | 49           |
| 435      | 15        | 8         | Sprenger      | Martin      | 1952 | 01:44:48 | 1988              | 36           | 01:47:34,0                                     | 3:27,52                         | 1988              | 36           |
| 436      | 368       | 295       | SPYCHALA      | Hans-Rainer | 1940 | 01:56:23 | 1984              | 44           | 01:59:27,4                                     | 3:50,46                         | 1984              | 44           |
| 437      | 60        | 44        | SSgt Wilson   | Tony        | 1958 | 01:48:21 | 1989              | 31           | 01:51:12,6                                     | 3:34,55                         | 1989              | 31           |
| 438      | 536       | 537       | Steinmann     | Jörg        | 1978 | 02:01:38 | 2009              | 31           | 02:01:38,0                                     | 3:54,66                         | 2009              | 31           |
| 439      | 199       | 309       | Stern         | Christian   | 1980 | 01:56:34 | 2019              | 39           | 01:56:34,0                                     | 3:44,89                         | 2019              | 39           |
| 440      | 37        | 29        | Stiede        | Volker      | 1964 | 01:46:59 | 1991              | 27           | 01:49:48,5                                     | 3:31,85                         | 1991              | 27           |
| 441      | 509       | 244       | Stober        | Achim       | 1947 | 01:55:42 | 1974              | 27           | 02:01:09,2                                     | 3:53,74                         | 1974              | 27           |
| 442      | 362       | 291       | Stomber       | Heinz       | 1947 | 01:56:19 | 1989              | 42           | 01:59:23,3                                     | 3:50,33                         | 1989              | 42           |
| 443      | 126       | 100       | Storrie       | Kevin       | 1965 | 01:51:21 | 1984              | 19           | 01:54:17,4                                     | 3:40,50                         | 1984              | 19           |
| 444      | 419       | 508       | Strate        | Stephanie   | 1991 | 02:00:09 | 2021              | 30           | 02:00:09,0                                     | 3:51,80                         | 2021              | 30           |
| 445      | 71        | 69        | Strothmann    | Jörn        | 1973 | 01:50:07 | 2004              | 31           | 01:51:55,0                                     | 3:35,92                         | 2004              | 31           |
| 446      | 187       | 286       | Strothmann    | Dirk        | 1969 | 01:56:18 | 2008              | 39           | 01:56:18,0                                     | 3:44,37                         | 2008              | 39           |
| 447      | 144       | 122       | Strube        | Joachim     | 1941 | 01:52:13 | 1982              | 41           | 01:55:10,8                                     | 3:42,21                         | 1982              | 41           |
| 448      | 207       | 210       | Stuke         | Kai-Michael | 1967 | 01:54:53 | 2001              | 34           | 01:56:45,6                                     | 3:45,26                         | 2001              | 34           |
| 449      | 467       | 376       | Stuke         | Gerhard     | 1938 | 01:57:38 | 1988              | 50           | 02:00:44,3                                     | 3:52,94                         | 1988              | 50           |
| 450      | 489       | 480       | Stutenbäumer  | Martin      | 1964 | 01:59:23 | 1998              | 34           | 02:00:56,3                                     | 3:53,32                         | 1998              | 34           |
| 451      | 174       | 184       | Susmann       | Markus      | 1975 | 01:54:06 | 2002              | 27           | 01:55:57,9                                     | 3:43,73                         | 2002              | 27           |
| 452      | 435       | 447       | Sutherland    | Garry       | 1962 | 01:58:48 | 1998              | 36           | 02:00:20,8                                     | 3:52,18                         | 1998              | 36           |
| 453      | 444       | 452       | Sylvester     | Karl        | 1958 | 01:58:52 | 1998              | 40           | 02:00:24,9                                     | 3:52,31                         | 1998              | 40           |
| 454      | 420       | 509       | Tassani-Prell | Stephan     | 1970 | 02:00:10 | 2013              | 43           | 02:00:10,0                                     | 3:51,83                         | 2013              | 43           |
| 455      | 6         | 19        | Teich         | Christian   | 1984 | 01:46:13 | 2013              | 29           | 01:46:13,0                                     | 3:24,92                         | 2013              | 29           |
| 456      | 308       | 244       | Teicher       | Jürgen      | 1969 | 01:55:42 | 1993              | 24           | 01:58:45,3                                     | 3:49,11                         | 1993              | 24           |
| 457      | 378       | 491       | Teiwes        | Carsten     | 1984 | 01:59:34 | 2007              | 23           | 01:59:34,0                                     | 3:50,68                         | 2007              | 23           |
| 458      | 76        | 57        | Thaesler      | Klaus       | 1956 | 01:49:22 | 1987              | 31           | 01:52:15,3                                     | 3:36,57                         | 1987              | 31           |
| 459      | 19        | 39        | Theodorakakos | Dimitrios   | 1978 | 01:48:01 | 2013              | 35           | 01:48:01,0                                     | 3:28,39                         | 2013              | 35           |
| 460      | 65        | 48        | Thierolf      | Michael     | 1962 | 01:48:42 | 1994              | 32           | 01:51:34,2                                     | 3:35,25                         | 1994              | 32           |
| 461      | 24        | 24        | Thoma         | Carsten     | 1971 | 01:46:43 | 2002              | 31           | 01:48:27,6                                     | 3:29,25                         | 2002              | 31           |
| 462      | 402       | 319       | Thör          | Axel        | 1963 | 01:56:44 | 1991              | 28           | 01:59:48,9                                     | 3:51,16                         | 1991              | 28           |
| 463      | 69        | 50        | Tighe         | M.          | ?    | 01:48:58 | 1985              | ?            | 01:51:50,6                                     | 3:35,78                         | 1985              | ?            |
| 464      | 480       | 383       | TIMM          | GUENTHER    | 1937 | 01:57:45 | 1982              | 45           | 02:00:51,5                                     | 3:53,17                         | 1982              | 45           |
| 465      | 228       | 111       | Tinlin        | Richard     | ?    | 01:52:00 | 1972              | ?            | 01:57:16,8                                     | 3:46,26                         | 1972              | ?            |
| 466      | 232       | 192       | Toelle        | Heinz       | 1951 | 01:54:20 | 1986              | 35           | 01:57:21,1                                     | 3:46,40                         | 1986              | 35           |
| 467      | 265       | 215       | Trachte       | Helmut      | 1950 | 01:54:59 | 1988              | 38           | 01:58:01,2                                     | 3:47,69                         | 1988              | 38           |
| 468      | 319       | 458       | Trems         | Torsten     | 1977 | 01:58:54 | 2013              | 36           | 01:58:54,0                                     | 3:49,39                         | 2013              | 36           |
| 526      | 196       | 303       | Tschernoster  | Jan         | 1996 | 01:56:30 | 2024              | 28           | 01:56:30,0                                     | 3:44,76                         | 2024              | 28           |
| 469      | 532       | 515       | Ulber         | Werner      | 1968 | 02:00:19 | 1999              | 31           | 02:01:53,0                                     | 3:54,60                         | 2005              | 37           |
| 470      | 49        | 36        | van de Mortel | Hans        | 1961 | 01:47:32 | 1995              | 34           | 01:50:22,3                                     | 3:32,94                         | 1995              | 34           |
| 471      | 230       | 190       | Van Galen     | JoostJens   | 1967 | 01:54:17 | 1991              | 24           | 01:57:18,0                                     | 3:46,30                         | 1991              | 24           |
| 472      | 51        | 76        | van Staa      | Sascha      | 1992 | 01:50:25 | 2023              | 31           | 01:50:25,0                                     | 3:33,02                         | 2023              | 31           |
| 473      | 138       | 112       | Vehlewald     | Wolfgang    | 1960 | 01:52:04 | 1995              | 35           | 01:55:01,5                                     | 3:41,91                         | 1995              | 35           |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| <u>Lfd.</u><br><u>Nr.</u> | <u>Platz</u><br><u>in:</u> | <u>Platz</u><br><u>in:</u> | <u>Nachname</u> | <u>Vorname</u> | <u>Geb.</u> | <u>Bestzeit</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> | <u>Bestzeit entspricht</u><br><u>auf der aktuellen</u><br><u>Strecke:</u> | <u>Bester</u><br><u>Km -</u><br><u>Schnitt</u><br><u>eines Laufs</u> | <u>Gelaufen</u><br><u>im Jahr:</u> | <u>Im</u><br><u>Alter</u><br><u>von</u> |
|---------------------------|----------------------------|----------------------------|-----------------|----------------|-------------|-----------------|------------------------------------|---|---|--|------------------------------------|---|
| 474                       | 288                        | 232                        | Vogt            | Holger         | 1949        | 01:55:28        | 1984                               | 35                                      | 01:58:30,9  | 3:48,65  | 1984                               | 35                                      |
| 533                       | 404                        | 501                        | von Bracht      | Till           | 1985        | 01:59:50        | 2024                               | 39                                      | 01:59:50,0  | 3:51,19  | 2024                               | 39                                      |
| 475                       | 128                        | 148                        | von Gaza        | Horst          | 1959        | 01:53:05        | 1996                               | 37                                      | 01:54:33,4  | 3:41,01  | 1996                               | 37                                      |
| 476                       | 263                        | 213                        | Vorsteher       | Peter          | 1956        | 01:54:57        | 1984                               | 28                                      | 01:57:59,1  | 3:47,62  | 1984                               | 28                                      |
| 477                       | 135                        | 208                        | Wächter         | Marco          | 1978        | 01:54:50        | 2005                               | 27                                      | 01:54:50,0  | 3:41,54  | 2005                               | 27                                      |
| 478                       | 280                        | 429                        | Wagner          | Frank          | 1987        | 01:58:25        | 2023                               | 36                                      | 01:58:25,0  | 3:48,46  | 2023                               | 36                                      |
| 479                       | 533                        | 507                        | Wagner          | Klaus          | 1942        | 02:00:03        | 1996                               | 54                                      | 02:01:36,8  | 3:54,63  | 1996                               | 54                                      |
| 480                       | 223                        | 343                        | Walch           | Dominic        | 1986        | 01:57:06        | 2015                               | 29                                      | 01:57:06,0  | 3:45,92  | 2015                               | 29                                      |
| 481                       | 64                         | 105                        | Waldemichael    | Robiel         | 1992        | 01:51:33        | 2017                               | 25                                      | 01:51:33,0  | 3:35,21  | 2017                               | 25                                      |
| 482                       | 183                        | 152                        | Ward            | A.M.           | 1954        | 01:53:12        | 1988                               | 34                                      | 01:56:11,3  | 3:44,16  | 1988                               | 34                                      |
| 483                       | 506                        | 407                        | Ward            | Brian          | 1963        | 01:58:01        | 1989                               | 26                                      | 02:01:08,0  | 3:53,70  | 1989                               | 26                                      |
| 484                       | 96                         | 74                         | Warlich         | Matthias       | 1957        | 01:50:23        | 1988                               | 31                                      | 01:53:17,9  | 3:38,58  | 1988                               | 31                                      |
| 485                       | 525                        | 506                        | Warszawski      | Henryk         | 1955        | 01:59:55        | 1998                               | 43                                      | 02:01:28,7  | 3:54,36  | 1998                               | 43                                      |
| 486                       | 237                        | 196                        | Waßmuth         | Jens           | 1961        | 01:54:26        | 1991                               | 30                                      | 01:57:27,3  | 3:46,60  | 1991                               | 30                                      |
| 487                       | 350                        | 360                        | Weber           | Bernd          | 1975        | 01:57:24        | 2004                               | 29                                      | 01:59:19,1  | 3:50,20  | 2004                               | 29                                      |
| 532                       | 356                        | 477                        | Wehrhahn        | Justus         | 1998        | 01:59:22        | 2024                               | 26                                      | 01:59:22,0  | 3:50,29  | 2024                               | 26                                      |
| 488                       | 41                         | 31                         | Weidler         | Frank          | 1963        | 01:47:13        | 1987                               | 24                                      | 01:50:02,8  | 3:32,31  | 1987                               | 24                                      |
| 489                       | 86                         | 63                         | Weigelt         | Claudius       | 1967        | 01:49:54        | 1991                               | 24                                      | 01:52:48,1  | 3:37,62  | 1991                               | 24                                      |
| 490                       | 278                        | 224                        | Weising         | Wolfgang       | 1952        | 01:55:22        | 1991                               | 39                                      | 01:58:24,8  | 3:48,45  | 1991                               | 39                                      |
| 491                       | 186                        | 277                        | Wellensiek      | Wolfgang       | 1972        | 01:56:15        | 2005                               | 33                                      | 01:56:15,0  | 3:44,28  | 2005                               | 33                                      |
| 492                       | 464                        | 371                        | Wendler         | Hilmar         | 1963        | 01:57:35        | 1990                               | 27                                      | 02:00:41,3  | 3:52,84  | 1990                               | 27                                      |
| 493                       | 255                        | 293                        | Wendt           | Arne           | 1973        | 01:56:20        | 1996                               | 23                                      | 01:57:50,9  | 3:47,36  | 1996                               | 23                                      |
| 494                       | 520                        | 487                        | Wennemann       | Dirk           | 1968        | 01:59:29        | 2003                               | 35                                      | 02:01:26,1  | 3:54,28  | 2003                               | 35                                      |
| 495                       | 226                        | 187                        | Westphal        | Jörg           | 1964        | 01:54:09        | 1991                               | 27                                      | 01:57:09,8  | 3:46,04  | 1991                               | 27                                      |
| 496                       | 492                        | 527                        | Wetzel          | David          | 1990        | 02:00:59        | 2014                               | 24                                      | 02:00:59,0  | 3:53,41  | 2014                               | 24                                      |
| 497                       | 297                        | 237                        | Wierum          | Guenther       | 1941        | 01:55:37        | 1982                               | 41                                      | 01:58:40,2  | 3:48,94  | 1982                               | 41                                      |
| 498                       | 39                         | 65                         | Wieser          | Jürgen         | 1969        | 01:49:58        | 2007                               | 38                                      | 01:49:58,0  | 3:32,15  | 2007                               | 38                                      |
| 499                       | 209                        | 170                        | Williams        | G.J.           | 1966        | 01:53:46        | 1990                               | 24                                      | 01:56:46,2  | 3:45,28  | 1990                               | 24                                      |
| 500                       | 497                        | 528                        | Wimmer          | Daniel         | 1979        | 02:01:03        | 2017                               | 38                                      | 02:01:03,0  | 3:53,54  | 2017                               | 38                                      |
| 501                       | 252                        | 277                        | Winkler         | Guido          | 1963        | 01:56:15        | 2000                               | 37                                      | 01:57:45,8  | 3:47,20  | 2000                               | 37                                      |
| 502                       | 376                        | 300                        | Winkler         | Roland         | 1947        | 01:56:29        | 1992                               | 45                                      | 01:59:33,5  | 3:50,66  | 1992                               | 45                                      |
| 503                       | 471                        | 524                        | Winkler         | Till           | 1976        | 02:00:47        | 2013                               | 37                                      | 02:00:47,0  | 3:53,02  | 2013                               | 37                                      |
| 504                       | 425                        | 343                        | Wintrip         | Clive          | 1957        | 01:57:06        | 1989                               | 32                                      | 02:00:11,5  | 3:51,88  | 1989                               | 32                                      |
| 505                       | 364                        | 482                        | Wissmann        | Ingo           | 1966        | 01:59:26        | 2016                               | 50                                      | 01:59:26,0  | 3:50,42  | 2016                               | 50                                      |
| 506                       | 2                          | 2                          | Witt            | Rene           | 1971        | 01:43:09        | 2002                               | 31                                      | 01:44:50,1  | 3:22,25  | 2002                               | 31                                      |
| 507                       | 290                        | 337                        | Wittreck        | Ferdi          | 1958        | 01:57:02        | 1997                               | 39                                      | 01:58:33,5  | 3:48,73  | 1997                               | 39                                      |
| 508                       | 181                        | 201                        | Wittwer         | Stefan         | 1968        | 01:54:37        | 1997                               | 29                                      | 01:56:06,6  | 3:44,01  | 1997                               | 29                                      |
| 509                       | 506                        | 407                        | Wolf            | Peter          | 1951        | 01:58:01        | 1989                               | 38                                      | 02:01:08,0  | 3:53,70  | Err:508                            | 38                                      |
| 510                       | 379                        | 303                        | Wolff           | Horst          | 1953        | 01:56:30        | 1988                               | 35                                      | 01:59:34,6  | 3:50,69  | 1988                               | 35                                      |
| 531                       | 330                        | 465                        | Worm            | Maximilian     | 1997        | 01:58:58        | 2024                               | 27                                      | 01:58:58,0  | 3:49,52  | 2024                               | 27                                      |
| 511                       | 113                        | 174                        | Wortmann        | Tim            | 1983        | 01:53:53        | 2011                               | 28                                      | 01:53:53,0  | 3:39,71  | 2011                               | 28                                      |
| 512                       | 452                        | 466                        | Wrieden         | Jürgen         | 1952        | 01:58:59        | 1997                               | 45                                      | 02:00:32,0  | 3:52,54  | 1997                               | 45                                      |
| 513                       | 350                        | 277                        | Wright          | Steve          | 1957        | 01:56:15        | 1979                               | 22                                      | 01:59:19,2  | 3:50,20  | 1979                               | 22                                      |
| 514                       | 310                        | 248                        | Wuestefeld      | Wolfgang       | 1958        | 01:55:44        | 1986                               | 28                                      | 01:58:47,3  | 3:49,17  | 1986                               | 28                                      |

# Bestenliste aller Hermannsläufe 1972-2024

Streckenlängen: 1972-1976 > 29,7km; 1977-1995 > 30,3km; 1996-2000 > 30,7km; 2001-2004 > 30,6km; 2005-2024 > 31,1km

## Liste 3 : Alphabetische Sortierung zum Auffinden der Läufer in den Listen 2 und 3

| <u>Lfd. Nr.</u> | <u>Platz in:</u> | <u>Platz in:</u> | <u>Nachname</u> | <u>Vorname</u> | <u>Geb.</u> | <u>Bestzeit</u> | <u>Gelaufen im Jahr:</u> | <u>Im Alter von</u> | <u>Bestzeit entspricht auf der aktuellen Strecke:</u> | <u>Bester Km - Schnitt eines Laufs</u> | <u>Gelaufen im Jahr:</u> | <u>Im Alter von</u> |
|-----------------|------------------|------------------|-----------------|----------------|-------------|-----------------|--------------------------|---------------------|---|--|--------------------------|---------------------|
| 515             | 312              | 448              | Wunderlich      | Carsten        | 1972        | 01:58:49        | 2005                     | 33                  | 01:58:49,0  | 3:49,23                                | 2005                     | 33                  |
| 516             | 167              | 177              | Wuppinger       | Klaus          | 1969        | 01:53:58        | 2004                     | 35                  | 01:55:49,7  | 3:43,46                                | 2004                     | 35                  |
| 517             | 88               | 103              | Würfel          | Markus         | 1969        | 01:51:30        | 2000                     | 31                  | 01:52:57,1  | 3:37,92                                | 2000                     | 31                  |
| 518             | 143              | 217              | Wyatt           | Jonathan       | 1972        | 01:55:08        | 2014                     | 42                  | 01:55:08,0  | 3:42,12                                | 2014                     | 42                  |
| 519             | 102              | 81               | Yoxall          | J.A. CPL       | 1960        | 01:50:33        | 1987                     | 27                  | 01:53:28,1  | 3:38,91                                | 1987                     | 27                  |
| 520             | 447              | 357              | Zamora          | German         | 1965        | 01:57:20        | 1988                     | 23                  | 02:00:25,9  | 3:52,34                                | 1988                     | 23                  |
| 521             | 444              | 452              | Zell            | Bernd          | 1969        | 01:58:52        | 1996                     | 27                  | 02:00:24,9  | 3:52,31                                | 1996                     | 27                  |
| 522             | 272              | 218              | Zenge           | Klaus          | 1951        | 01:55:11        | 1987                     | 36                  | 01:58:13,5  | 3:48,09                                | 1987                     | 36                  |
| 523             | 451              | 521              | Zingler         | Benny          | 1984        | 02:00:29        | 2023                     | 39                  | 02:00:29,0  | 3:52,44                                | 2023                     | 39                  |