

| 5 km am 19.09.2010 | | | | | | | |
|------------------------|-----|----------------------------|------------|------|----|--------|---------|
| Ergebnisliste - Männer | | | | | | | |
| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Klasse | Endzeit |
| 1 | 484 | Meyer, Tobias | | | 90 | MH 1 | 17:24 |
| 2 | 464 | Spieß, Andy | | | 94 | MJB 1 | 18:13 |
| 3 | 490 | Michalek, Stefan | | | 66 | M40 1 | 18:55 |
| 4 | 481 | König, Nils | | | 74 | M35 1 | 19:10 |
| 5 | 459 | Mußmann, Kai | | | 68 | M40 2 | 19:22 |
| 6 | 488 | Möller, Wigbert | | | 60 | M50 1 | 20:39 |
| 7 | 485 | Anderson, Scott | | | 96 | MSA 1 | 20:49 |
| 8 | 491 | Anderson, Ian | | | 64 | M45 1 | 20:51 |
| 9 | 449 | Dr. Berwein, Lothar | | | 67 | M40 3 | 20:55 |
| 10 | 452 | Raasch, Andre | | | 92 | MJA 1 | 21:11 |
| 11 | 460 | Lippelt, Falk | | | 73 | M35 2 | 21:41 |
| 12 | 472 | Bleibaum, Thomas | | | 75 | M35 3 | 21:58 |
| 13 | 445 | Pinkenber, Wolfgang | | | 46 | M60 1 | 22:06 |
| 14 | 473 | Schwekendiek, Lando | | | 94 | MJB 2 | 22:16 |
| 15 | 465 | Lemhoefer, Alexander | | | 93 | MJB 3 | 22:17 |
| 16 | 492 | Helbig, Burkhard | | | 56 | M50 2 | 22:30 |
| 17 | 457 | Göbel, Eddi | | | 75 | M35 4 | 23:01 |
| 18 | 462 | Klimke, Richard | | | 52 | M55 1 | 24:24 |
| 19 | 455 | Lehmann, Benjamin | | | 89 | MH 2 | 26:37 |
| 20 | 446 | Hundertmark, Jens | | | 66 | M40 4 | 26:46 |
| 21 | 458 | Menssen, Karl-Heinz | | | 66 | M40 5 | 27:04 |
| 22 | 467 | von Stuckrad, Michael | | | 63 | M45 2 | 27:25 |
| 23 | 451 | Wenzel, Dirk | | | 69 | M40 6 | 27:29 |
| 24 | 478 | Schwekendiek, Thore | | | 96 | MSA 2 | 27:54 |
| 25 | 443 | Hamann, Ronny | | | 64 | M45 3 | 28:10 |
| 26 | 456 | Krückeberg, Rüdiger | | | 68 | M40 7 | 28:54 |
| 27 | 466 | Gonschorowski, Hans-Jürgen | | | 51 | M55 2 | 29:07 |
| 28 | 483 | Henze, Yanco | | | 01 | MSD 1 | 29:58 |
| 29 | 476 | Munzel, Gerhard | | | 49 | M60 2 | 30:20 |
| 30 | 480 | Meeske, Hartmud | | | 41 | M65 1 | 31:20 |
| 31 | 489 | Wagner, Bernhard | | | 53 | M55 3 | 33:18 |