

3.000m Männer

Stand 19.11.2017

| | | | | |
|---------|-----------------------|----|------------|-----------------|
| 8:01,6 | Klaus Storbeck (05) | 49 | 07.09.1968 | London/GBR |
| 8:05,9 | Torsten Tiller | 62 | 18.09.1982 | Steyerberg |
| 8:08,8 | Ulrich Parthier | 57 | 18.09.1982 | Steyerberg |
| 8:08,90 | Ingo Müller | 78 | 09.07.2005 | Cuxhaven |
| 8:11,8 | Peter Heine | 57 | 24.05.1980 | Göttingen |
| 8:15,1 | Wilfried Waldmann | 53 | 27.06.1979 | Menden |
| 8:17,5 | Heinz Volkmer | 54 | 07.09.1979 | Menden |
| 8:17,78 | Jürgen Austin-Kerl | 70 | 27.06.2004 | Rhede |
| 8:17,8 | Adolf Wallheinke | 54 | 31.08.1976 | Göttingen |
| 8:19,15 | Henrik Menzel | 79 | 20.05.2004 | Hamel |
| 8:19,5 | Wilhelm Graeber | 55 | 20.07.1988 | Oldenburg |
| 8:25,5 | Uwe Grande | 55 | 26.04.1980 | Troisdorf |
| 8:26,9 | Bernd Wojtyna | 58 | 27.04.1982 | Wolfsburg |
| 8:27,5 | Volker Rieche | 54 | 04.06.1975 | Göttingen |
| 8:30,2 | Wilfried Teuteberg | 51 | 05.07.1975 | Kassl |
| 8:31,20 | Dennis Jünemann | 81 | 20.05.2001 | Schweinfurt |
| 8:31,6 | Rune Skjesol | 61 | 01.05.1986 | Göttingen |
| 8:34,4 | Horst von Gaza | 59 | 01.05.1986 | Göttingen |
| 8:35,0 | Norbert Scheele | 61 | 1981 | |
| 8:36,2 | Bodo Theel | 55 | 07.09.1979 | Menden |
| 8:37,9 | Ulrich Witzel | 59 | 1985 | |
| 8:41,3 | Horst Tartler | 63 | 30.06.1987 | Göttingen |
| 8:41,7 | Till Manning | 77 | 14.09.2005 | Heiligenrode |
| 8:42,58 | Sebastian Hanelt | 79 | 14.07.2009 | Osterode |
| 8:47,0 | Manfred Wessel | 44 | 01.06.1977 | Wolfsburg |
| 8:47,50 | Erick Towett | 81 | 23.07.2008 | Osterode |
| 8:47,52 | Paul Mengerlinghausen | 95 | 10.08.2014 | Wattenscheidt |
| 8:48,0 | Klaus Kumbier | 48 | 01.06.1977 | Wolfsburg |
| 8:49,01 | Jasper Cirkel | 89 | 31.05.2016 | Osterode |
| 8:49,54 | Hermann-Josef Hotze | 65 | 01.05.1995 | Göttingen |
| 8:49,6 | Sascha Dessi | 73 | 11.09.2002 | Heiligenrode |
| 8:49,95 | Andreas Gerrits | 80 | 17.09.2014 | Heiligenrode |
| 8:52,3 | Markus Bezold | 73 | 17.06.1992 | Höxter |
| 8:52,8 | Frerk Schenker | 80 | 14.09.2005 | Heiligenrode |
| 8:54,2 | Heinrich Klensang | 62 | 1987 | |
| 8:54,2 | Christian Hoefs | 73 | 25. 6.1993 | Baunatal |
| 8:54,82 | Knut Hoehler | 83 | 18.06.2008 | Hildesheim |
| 8:55,4 | Herbert Brakebusch | 54 | 1987 | |
| 8:56,88 | Tobias Butterbrodt | 70 | 01.05.1992 | Göttingen |
| 8:56,8 | Thomas Laue | 60 | 1980 | |
| 8:57,8 | Dieter Heimann | 51 | 1976 | |
| 8:58,70 | Matthis Reichert | 90 | 18.06.2008 | Hildesheim |
| 8:59,3 | Andre Kwiatkowski | 69 | 06.09.1995 | Heiligenrode |
| 8:59,79 | Paul Lennart Kruse | 92 | 09.09.2009 | Heiligenrode |
| 8:59,82 | Jens Schymzyk | 64 | 16.07.1982 | Menden |
| 8:59,84 | Julius Lembke | 95 | 20.07.2012 | Mönchengladbach |
| 9:02,19 | Michael Höffker | 78 | 14.09.1999 | Göttingen |
| 9:02,76 | Christian Giesler | 77 | 28.07.2004 | Osterode |
| 9:02,89 | Axel Wölk | 73 | 01.05.1998 | Göttingen |
| 9:04,0 | Gerhard Skroch | 36 | 18.09.1973 | Kassel |
| 9:04,71 | Markus Engelhardt | 72 | 01.07.1990 | Verden |
| 9:06,35 | Dirk Hennigsen | 71 | 12.06.1996 | Hannover |
| 9:08,6 | Steffen Graeber | 88 | 14.09.2005 | Heiligenrode |
| 9:08,98 | Detlef Meyer | 71 | 18. 5.1995 | Salzgitter |
| 9:08,9 | Heinz Meier | 40 | 1986 | |
| 9:10,42 | Mirco Hanke | 74 | 22.07.1998 | Wunstorf |
| 9:10,86 | Johannes Utermöhle | 84 | 22.06.2005 | Baunatal |
| 9:11,7 | Gerhard Haake | 57 | 1985 | |

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|---------|-------------------------|----|-------------|--------------|
| 9:12,0 | Manfred Johanning | 36 | 1976 | |
| 9:12,53 | Hannes Synofzik | 70 | 1987 | |
| 9:12,62 | Thorsten Wienecke | 71 | 22.06.2003 | Salzgitter |
| 9:14,00 | Daniel Pöch | 75 | 06.06.1993 | Goslar |
| 9:14,7 | Heiko Schneider | 70 | 12.05.1988 | Lüneburg |
| 9:14,8 | Axel David | 63 | 21.04.1979 | Göttingen |
| 9:16,21 | Frederic Taube | 98 | 24.05.2016 | Göttingen |
| 9:17,5 | Nikolaus Rama | 74 | 25. 6.1993 | Baunatal |
| 9:19,06 | Bjarne Friedrichs | 90 | 15.07.2017 | Walldorf |
| 9:19,72 | Mirco Hanke | 74 | 23. 5.1993 | Delmenhorst |
| 9:20,7 | Christian Rüger | 70 | 12. 5.1988 | Lüneburg |
| 9:21,2 | Kornelius Rucks | 59 | 1985 | |
| 9:23,59 | Thomas Graeber | 90 | 23.05.2017 | Göttingen |
| 9:23,7 | Marcus Fürle | 69 | 06.09.1995 | Heiligenrode |
| 9:24,16 | Dirk Bierkamp | 64 | 16.05.1982 | Verden |
| 9:24,7 | Dietmar Weber | 68 | 14.09.2005 | Heiligenrode |
| 9:25,2 | Andreas Christmann | 54 | 1978 | |
| 9:25,5 | Ahmad Mahmud | 89 | 14,.09.2016 | Heiligenrode |
| 9:27,0 | Bernward Steinmetz | 62 | 1978 | |
| 9:27,35 | Thomas Hobrecht | 74 | 15. 7.1989 | Scheeßel |
| 9:29,8 | Til Ammermann | 67 | 1986 | |
| 9:30,9 | Volker Müller | 56 | 1984 | |
| 9:30,9 | Peter Ludowizi | 47 | 07.06.1989 | Osterode |
| 9:31,48 | Arne Christmann | 87 | 29.06.2005 | Hildesheim |
| 9:32,43 | Mario Finck | 70 | 15. 07.1992 | Osterode |
| 9:33,4 | Alfred Simon | 66 | 12.09.2007 | Heiligenrode |
| 9:33,49 | Jens Pahl | 65 | 24.07.1991 | Osterode |
| 9:35,8 | Norbert Finke | 55 | 30.09.1973 | Heidesheim |
| 9:37,6 | Daniel Gahr | 70 | 13.08.1988 | Greene |
| 9:37,9 | Volker Hillebrecht | 75 | 12.09.2007 | Heiligenrode |
| 9:38,4 | Barnim Lettow | 54 | 1976 | |
| 9:38,72 | Jörg Focken | 55 | 1983 | |
| 9:38,6 | Johannes Seidel | 53 | 1986 | |
| 9:39,3 | Michele Salvi | 88 | 27.09.2017 | Heiligenrode |
| 9:40,49 | Manfred Vollmer | 57 | 10.09.2008 | Heiligenrode |
| 9:40,50 | Gerrit Graebel | 91 | 30.08.2011 | Göttingen |
| 9:41,08 | Yannick Lowin | 87 | 30.08.2011 | Göttingen |
| 9:41,66 | Romain Fardel | 93 | 24.05.2016 | Göttingen |
| 9:42,6 | Friedrich Rennecke | 41 | 1975 | |
| 9:42,8 | Stefan Thoms | 64 | 1979 | |
| 9:44,20 | Francisco Welter-Schult | 65 | 14.08.2001 | Göttingen |
| 9:44,89 | Torsten Dieber | 65 | 1983 | |
| 9:49,17 | Neil Donovan | 83 | 22.06.2005 | Baunatal |
| 9:49,8 | Bjarki Bjarnason | 52 | 00.00.1975 | |
| 9:51,9 | Alfred Müller | 47 | 00.00.1986 | |
| 9:52,41 | Uwe Kassner | 57 | 29.06.2005 | Hildesheim |
| 9:53,6 | Dirk Dorra | 65 | 00.00.1981 | |
| 9:53,93 | Christian Spieß | 92 | 29.05.2012 | Göttingen |
| 9:54,2 | Paul Fender | 55 | 1979 | |
| 9:54,9 | Harald Walter | 69 | 1984 | |
| 9:55,0 | Nils Behrendt | 74 | 22. 4.1989 | Göttingen |
| 9:55,03 | Lars Spickhoff | 99 | 19.05.2015 | Göttingen |
| 9:55,09 | Chris Lemke | 82 | 20.06.2012 | Greene |
| 9:57,23 | Martin Schwarze | 73 | 07.07.1993 | Osterode |
| 10:00,3 | Jörg Haberl | 67 | 1984 | |
| 10:00,4 | Tim David | 65 | 1982 | |
| 10:00,6 | Fabian Rexhausen | 67 | 1984 | |
| 10:01,7 | Rolf-Dieter Gerlach | 61 | 1977 | |
| 10:03,3 | Joachim Degenhardt | 51 | 25.07.1989 | Göttingen |
| 10:04,0 | Luis Alpizar | 53 | 1983 | |

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|----------|-------------------------|----|-------------|---------------|
| 10:04,29 | Arne Duncker | 64 | 27.06.1995 | Göttingen |
| 10:04,53 | Nicolas Nikuradse | 98 | 17.09.2014 | Heiligenrode |
| 10:04,92 | Andreas Kelterborn | 70 | 15. 07.1992 | Osterode |
| 10:06,6 | Walter Loose | 34 | 00.00.1980 | |
| 10:07,4 | Wolfgang Werst | 45 | 1982 | |
| 10:07,4 | Kai Goldmann | 67 | 1985 | |
| 10:09,2 | Hans-Günther Vomhof | 49 | 1984 | |
| 10:10,37 | Robin von Gaza | 91 | 19.05.2015 | Göttingen |
| 10:11,8 | Matthias Steinmetz | 63 | 1978 | |
| 10:12,1 | Volker Butterwegge | 58 | 10.09.2003 | Heiligenrode |
| 10:17,0 | Ulrich Pfingsten | 40 | 12.06.1991 | Göttingen |
| 10:17,6 | Michael Pickart | 73 | 1987 | |
| 10:19,90 | Matthias Schmidt | 75 | 15.07.1989 | Scheeßel |
| 10:19,97 | Till Knappke | 77 | 21.05.1995 | Verden |
| 10:21,2 | Matthias Winkelbach | 70 | 1986 | |
| 10:22,47 | Tiago Feichtner | 98 | 24.05.2016 | Göttingen |
| 10:22,73 | Hans-Joachim Wiedersich | 55 | 16.09.1989 | Göttingen |
| 10:23,1 | Thibaut Haake | 95 | 09.04.2011 | Uslar |
| 10:23,2 | Andreas Passek | 68 | 24:04:1982 | Göttingen |
| 10:24,1 | Thomas Gebauer | 71 | 1986 | |
| 10:25,1 | Jens Kerl | 63 | 1979 | |
| 10:25,27 | Markus Geese | 78 | 29. 05.1994 | Göttingen |
| 10:26,8 | Erich Kruzycki | 11 | 05.05.1973 | Göttingen |
| 10:27,04 | Lutz Lindigkeit | 73 | 29.07.1997 | Göttingen |
| 10:27,35 | Yannis Hippe | 96 | 19.05.2015 | Göttingen |
| 10:28,3 | Steffen Baumbach | 69 | 1983 | |
| 10:30,25 | Jörn Heine | 87 | 20.08.2013 | Göttingen |
| 10:31,79 | Benjamin Krüll | 84 | 27.05.2000 | Goslar |
| 10:33,3 | Björn Heidbreder | 73 | 23.04.1988 | Göttingen |
| 10:34,1 | Harald Hennies | 50 | 08.09.2004 | Heiligenrode |
| 10:36,12 | Manuel Schulz | 76 | 23.06.1990 | Bad Pyrmont |
| 10:37,6 | Wolfgang Grosse | 60 | 05.04.1975 | Göttingen |
| 10:37,9 | Thorsten Magerhans | 64 | 1981 | |
| 10:38,87 | Daniel Ganz | 81 | 23.05.2017 | Göttingen |
| 10:38,9 | Holger Amecke | 67 | 1984 | |
| 10:41,40 | Jan Rühaak | 80 | 22.06.2005 | Baunatal |
| 10:44,0 | Selemon Wondumu | 74 | 1987 | |
| 10:44,8 | Ulrich Finke | 64 | 1979 | |
| 10:46,0 | Robert Mallison | 76 | 23.06.1991 | Lilles/F |
| 10:49,3 | Wolfgang Schulze | 71 | 1985 | |
| 10:53,0 | Niles Rackwitz | 70 | 1985 | |
| 10:57,45 | Jörg Wrobel | 63 | 22.06.2003 | Salzgitter |
| 11:01,2 | Matthias Mann | 74 | 1987 | |
| 11:02,1 | Rupert Helbig | 63 | 04.10.2014 | Uslar |
| 11:09,5 | Paul Knüppel | 36 | 05.08.1990 | Göttingen |
| 11:18,2 | Niklas Poser | 75 | 17. 05.1991 | Göttingen |
| 11:20,7 | Jan-Hendrik Martin | 74 | 1987 | |
| 11:23,19 | Linus Stach | 00 | 24.05.2016 | Göttingen |
| 11:28,89 | Lorenz Geer | 38 | 12.06.1999 | Göttingen |
| 11:30,78 | Tilo Battistini | 95 | 30.08.2011 | Göttingen |
| 11:31,9 | Jens Döring | 75 | 22.04.1989 | Göttingen |
| 11:35,42 | Tilo Steins | 93 | 29.05.2012 | Göttingen |
| 11:35,7 | Frederick Pache | 75 | 22. 04.1989 | Göttingen |
| 11:35,9 | Frank Rümenap | 68 | 1986 | |
| 11:39,49 | Markus Tiller | 73 | 07.08.2004 | Großburgwedel |
| 11:44,96 | Tim Birkefeld | 94 | 30.08.2011 | Göttingen |
| 11:49,7 | Walter Pitsch | 28 | 04. 05.1993 | Göttingen |
| 11:53,7 | Ewald Schröter | 39 | 22.06.1991 | Göttingen |
| 12:11,94 | Timo Krüger | 79 | 21.09. | Dörpen |
| 12:13,51 | Christian Rath | 79 | 21.09.1997 | Dörpen |

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|----------|---------------------|----|------------|-----------|
| 12:51,6 | Jens-Uwe Schmidt | 65 | 00.00.1979 | |
| 13:04,0 | Horst Nolte | 36 | 09.06.1996 | Göttingen |
| 13:11,6 | Winfried Weigel | 66 | 00.00.1979 | |
| 13:31,58 | Romanus Grütz | 86 | 01.05.2002 | Göttingen |
| 13:48,20 | Heiko Nolte | 42 | 10.06.1997 | Göttingen |
| 14:02,5 | Peter-Jürgen Marcus | 35 | 09.06.1996 | Göttingen |
| 15:46,78 | Klaus Bräuer | 38 | 30.06.2004 | Göttingen |
| 16:05,42 | Joachim Fritsche | 39 | 04.07.2001 | Göttingen |
| 16:36,36 | Josef Weczerek | 32 | 04.07.2001 | Göttingen |
| 17:56,89 | Reinhardt Marquardt | 33 | 10.06.1997 | Göttingen |

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|----------|----------------------|----|------------|----------------|
| 9:00,03 | Antje Winkelmann | 65 | 13.06.1986 | Lage |
| 9:10,13 | Christiane Finke | 62 | 19.05.1984 | Koblenz |
| 9:20,6 | Christine Klemme | 50 | 13.06.1976 | Fürth |
| 9:28,32 | Almut Potschka | 61 | 01.06.1988 | Koblenz |
| 9:39,4 | Christiane Mülle | 60 | 14.06.1979 | Gütersloh |
| 9:49,09 | Sabine Nolte | 68 | 29.05.1994 | Hamburg |
| 9:50,65 | Julia Börner | 90 | 23.05.2017 | Göttingen |
| 9:51,06 | Luisa Kuhn | 83 | 16.08.2004 | Uslar |
| 9:52,17 | Susanne Schulze | 75 | 14.05.2008 | Osterode |
| 9:55,0 | Josephine Mintel | 91 | 14.09.2016 | Heiligenrode |
| 9:56,41 | Julia Tietze | 78 | 26.04.1997 | Baunatal |
| 10:01,36 | Christine Berndt | 82 | 30.07.2003 | Osterode |
| 10:17,21 | Anke von Gaza | 71 | 15.05.1999 | Verden |
| 10:20,54 | Anne Spickhoff | 97 | 27.06.2014 | Osterode |
| 10:21,2 | Frauke Galda | 60 | 16.05.1982 | Göttingen |
| 10:22,71 | Ines Graeber | 58 | 1981 | |
| 10:27,46 | Alexandra Scholz | 86 | 19.05.2015 | Göttingen |
| 10:35,63 | Coline Ricard | 86 | 25.04.2009 | Osterode |
| 10:38,87 | Maureen Raabe | 82 | 26.05.2004 | Koblenz |
| 10:41,1 | Martina Haase | 70 | 12.05.1988 | Lüneburg |
| 10:42,43 | Ida-Sophie Hegemann | 97 | 27.06.2014 | Osterode |
| 10:47,1 | Tanja Hupfeld | 73 | 11.10.2008 | Uslar Osterode |
| 10:48,4 | Sabine Schmitt | 57 | 04.05.1978 | Wolfsburg |
| 10:48,8 | Marina Kerl | 62 | 04.05.1978 | Wolfsburg |
| 10:51,85 | Dörte Schulz-Eichner | 78 | 25.04.1998 | Baunatal |
| 10:51,53 | Cathrin Cronjäger | 81 | 14.07.2009 | Osterode |
| 11:02,2 | Carolin Hauck | 89 | 27.09.2017 | Heiligenrode |
| 11:02,3 | Martina Czasch | 71 | 10.09.2003 | Heiligenr. |
| 11:08,6 | Sabine Diederich | 60 | 21.04.1979 | Göttingen |
| 11:12,90 | Stephanie Hartmann | 76 | 08.09.2004 | Heiligenr. |
| 11:13,4 | Janna Fangmann | 90 | 17.07.2011 | Aurich |
| 11:14,68 | Anja Vogelgesang | 89 | 19.05.2015 | Göttingen |
| 11:23,70 | Maren Freitag | 75 | 24.05.1990 | Delmenh. |
| 11:29,75 | Kirsti Engelke | 72 | 15.08.1998 | Garbsen |
| 11:30,60 | Katharina Hogrefe | 98 | 17.09.2014 | Heiligenrode |
| 11:31,86 | Miriam Held | 97 | 23.05.2017 | Göttingen |
| 11:33,20 | Maria Saborowski | 52 | 21.06.2008 | Verden |
| 11:34,92 | Birte Friedrichs | 98 | 23.05.2017 | Göttingen |
| 11:37,96 | Roswitha Meyer | 55 | 1981 | |
| 11:41,16 | Gisela Krafft | 61 | 13.06.1993 | Seesen |
| 11:41,95 | Katharina Linke | 96 | 24.05.2016 | Göttingen |
| 11:43,4 | Andrea Riechers | 64 | 1981 | |
| 11:44,9 | Niama Madlen Diesner | 90 | 08.10.2011 | Uslar |

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|----------|-------------------------|----|------------|--------------|
| 11:45,21 | Gwen Pache | 75 | 23.05.1993 | Delmenh. |
| 11:46,6 | Stefanie Haschke | 63 | 1978 | |
| 11:50,07 | Andrea Schmidt | 73 | 02.06.1991 | Braunschw. |
| 11:53,06 | Iris Giesler-Petersen | 78 | 12.07.2006 | Hildesheim. |
| 11:53,34 | Anne Schildmacher | 70 | 16.06.1990 | Menden |
| 11:55,61 | Lisa Rheker | 83 | 03.08.2005 | Osterode |
| 11:59,1 | Gundula Hengst | 65 | 1978 | |
| 11:59,5 | Hannelore Bezold | 49 | 13.10.2001 | Uslar |
| 12:02,92 | Heike Müller | 74 | 24.05.1990 | Delmenh. |
| 12:04,2 | Philline Fleckenstein | 95 | 09.04.2011 | Uslar |
| 12:08,4 | Claudia Bräuer | 63 | 1981 | |
| 12:03,77 | Sanna Almstedt | 73 | 28.06.2014 | Bad Harzburg |
| 12:13,9 | Karin Loos | 58 | 1982 | |
| 12:20,29 | Monika Krüger | 66 | 26.08.2017 | Edemissen |
| 12:21,60 | Elisabeth Switzer | 72 | 24.05.1997 | Greene |
| 12:21,7 | Stefanie Spiess | 68 | 1986 | |
| 12:24,4 | Stefanie Schulze | 65 | 1980 | |
| 12:25,20 | Lydia Cyganski | 77 | 29.05.1994 | Göttingen |
| 12:31,6 | Winnie Pennigstorff | 43 | 13.06.1989 | Göttingen |
| 12:37,0 | Astrid Werst | 68 | 1986 | |
| 12:39,2 | Christiane Kirmasch | 69 | 1985 | |
| 12:42,9 | Agnes Bauer | 56 | 10.09.2008 | Heiligenrode |
| 13:08,2 | Gisela Groger | 34 | 1976 | |
| 13:18,4 | Gertrud Mücke | 39 | 1975 | |
| 13:21,89 | Antonia von dem Behrens | 72 | 02.06.1991 | Braunschweig |
| 13:49,5 | Nina Döllgast | 93 | 27.09.2017 | Heiligenrode |
| 14:05,73 | Jennifer Schlieper | 83 | 14.09.1999 | Göttingen |
| 14:15,52 | Paulin Nikuradse | 95 | 14.09.2011 | Heiligenrode |
| 14:31,54 | Ina Nikuradse | 66 | 14.09.2011 | Heiligenrode |
| 15:22,3 | Marianne Hartmann | 32 | 19.06.1990 | Göttingen |
| 17:27,1 | Hilde Koll | 35 | 19.06.1990 | Göttingen |