

Sommerlaufcup 2022

Kurzstrecke Damen

| | | | | | | | |
|-------------------------|--------------|---|---|---|---|---|----|
| Altersklasse D | | | | | | | |
| 1 Schäller, Lisa | HapagLloyd | 1 | 1 | - | 1 | - | 3 |
| Altersklasse W30 | | | | | | | |
| 1 Goebel, Sonia Isabel | Knossos.de | - | 1 | - | 1 | - | 3 |
| Altersklasse W35 | | | | | | | |
| 1 Wittmar, Anna | OTTO | 1 | 1 | 1 | - | - | 3 |
| 2 Stefka, Veronika | Olympus OSTE | - | 3 | - | 1 | - | 6 |
| Hauert, Leonie | Knossos.de | 2 | 2 | - | - | - | 6 |
| Altersklasse W40 | | | | | | | |
| 1 Fahnenbruck, Nele | Polizei HH | - | 1 | - | 1 | - | 3 |
| 2 Spindler, Angela | Polizei HH | 1 | 2 | 1 | 2 | - | 4 |
| 3 Strauchmann, Maraike | HEK | 2 | 3 | - | - | - | 8 |
| Altersklasse W45 | | | | | | | |
| 1 Lehmer, Nicole | Signal Iduna | 1 | 1 | - | 1 | - | 3 |
| 2 Adloff, Sandra | Haspa | - | 2 | - | 2 | - | 6 |
| McGovern, Roberta | HapagLloyd | 2 | 3 | 1 | - | - | 6 |
| Altersklasse W50 | | | | | | | |
| 1 Baumann, Katja | ERGOsports | - | 1 | 1 | 1 | - | 3 |
| 2 Buchmann, Sigrid | AK Nord | 1 | 2 | - | 2 | - | 5 |
| 3 Beilke, Stephanie | ERGOsports | 2 | - | - | 3 | - | 8 |
| Karge, Iris | EDEKA | 3 | 3 | 2 | 4 | - | 8 |
| 5 Brand, Martina | Polizei HH | 4 | 4 | - | - | - | 12 |
| 6 Engelmann, Heike | Polizei HH | - | 5 | 3 | 5 | - | 13 |
| Altersklasse W55 | | | | | | | |
| 1 Buß, Dirka | AK Nord | 1 | 1 | - | 1 | - | 3 |
| 2 Zuncke, Sonja | Polizei HH | 2 | 2 | 1 | 2 | - | 5 |
| Altersklasse W60 | | | | | | | |
| 1 Bühler-Becker, Heidi | G+J | 1 | 1 | - | - | - | 3 |
| 2 Stahlbock, Astrid | ERGOsports | 2 | 2 | - | - | - | 6 |
| 3 Reese-Theege, Kirsten | Signal Iduna | 3 | 3 | - | - | - | 9 |
| Altersklasse W65 | | | | | | | |
| 1 Bartels, Petra | Deut.Bank | - | 1 | 1 | 1 | - | 3 |
| Altersklasse W80 | | | | | | | |
| 1 Clausen, Sylvia | ERGOsports | 1 | 1 | - | 1 | - | 3 |
| 2 Orłowski, Elke | PHILIPS | 2 | 2 | 1 | - | - | 5 |

Langstrecke Damen

Altersklasse W30

| | | | | | | | | |
|---|----------------------|------------|---|---|---|---|---|----|
| 1 | Goebel, Sonia Isabel | Knossos.de | 1 | 1 | - | 1 | - | 3 |
| 2 | Wolf, Simone | HapagLloyd | - | 2 | 1 | - | - | 5 |
| 3 | Wolf, Corinna | HapagLloyd | 2 | 3 | 2 | - | - | 7 |
| 4 | Tell, Johanna | HapagLloyd | 3 | 4 | - | - | - | 11 |

Altersklasse W35

| | | | | | | | | |
|---|-----------------------|------------|---|---|---|---|---|----|
| 1 | Brockmann, Christina | Airbus | 1 | 1 | 1 | 1 | - | 3 |
| 2 | Voß, Katharina | K&M Sport | 2 | - | 2 | 2 | - | 6 |
| 3 | Dittmer, Friederike | Laufladen | 3 | - | - | 3 | - | 9 |
| | Gerloff, Anne-Mareike | HapagLloyd | 4 | 2 | 3 | 4 | - | 9 |
| 5 | Schmidt, Karen | ERGOsports | 5 | - | 4 | 5 | - | 14 |

Altersklasse W40

| | | | | | | | | |
|---|------------------|------------|---|---|---|---|---|---|
| 1 | Rohlfs, Daniela | Laufwerk | - | - | 1 | 1 | - | 3 |
| 2 | Chery, Jennyfer | Airbus | 1 | 2 | - | - | - | 5 |
| | Baron, Franziska | Polizei HH | 2 | 1 | - | - | - | 5 |
| 4 | Rattunde, Julia | Knossos.de | 3 | 3 | - | - | - | 9 |

Altersklasse W45

| | | | | | | | | |
|---|----------------------|------------|---|---|---|---|---|---|
| 1 | Kaßen, Dortje | Laufladen | 1 | 1 | - | - | - | 3 |
| 2 | Goldberg, Monika | FA HH | 2 | 2 | - | - | - | 6 |
| 3 | Winterstein, Daniela | ERGOsports | 3 | 3 | - | - | - | 9 |

Altersklasse W50

| | | | | | | | | |
|---|------------------|--------------|---|---|---|---|---|----|
| 1 | Giesen, Britta | Laufwerk | 1 | 1 | - | 1 | - | 3 |
| 2 | Vollmers, Anja | Signal Iduna | 2 | 2 | 1 | - | - | 5 |
| 3 | Buchmann, Sigrid | AK Nord | - | - | 2 | 3 | - | 8 |
| 4 | Quermann, Birgit | PHILIPS | 3 | 3 | - | - | - | 9 |
| 5 | Luderer, Britt | ERGOsports | 4 | 4 | - | 2 | - | 10 |

Altersklasse W55

| | | | | | | | | |
|---|------------------|------------|---|---|---|---|---|---|
| 1 | Berels, Marika | Lufthansa | 1 | - | 1 | 1 | - | 3 |
| 2 | Sievers, Susanne | ERGOsports | - | - | 2 | 2 | - | 6 |

Altersklasse W60

| | | | | | | | | |
|---|-----------------|------------|---|---|---|---|---|---|
| 1 | Fönschau, Silke | ERGOsports | 1 | 2 | - | 1 | - | 4 |
| | Macheit, Monika | Laufladen | - | 1 | 1 | 2 | - | 4 |
| 3 | Kersten, Ines | Laufwerk | - | - | 2 | 3 | - | 8 |

Altersklasse W70

| | | | | | | | | |
|---|----------------|------------|---|---|---|---|---|---|
| 1 | Hoeft, Gesine | Laufladen | - | 1 | 1 | - | - | 3 |
| 2 | Sagert, Erika | HapagLloyd | 1 | 2 | - | - | - | 5 |
| 3 | Marthiens, Ute | Polizei HH | 2 | 3 | 2 | - | - | 7 |

Altersklasse W75

| | | | | | | | | |
|---|----------------|-----|---|---|---|---|---|---|
| 1 | Hagemann, Anna | NDR | 1 | 1 | 1 | - | - | 3 |
|---|----------------|-----|---|---|---|---|---|---|

Kurzstrecke Herren

| | | | | | | | |
|------------------------------|--------------|---|---|---|---|---|----|
| Altersklasse MJ | | | | | | | |
| 1 Wissuwa, Felix | CLD HH | 1 | - | 1 | - | - | 3 |
| Altersklasse M | | | | | | | |
| 1 Liebers, Robin | Zoll | 1 | 1 | 1 | - | - | 3 |
| Altersklasse M30 | | | | | | | |
| 1 Fennen, Dr. Michael | ERGOsports | 1 | 1 | 1 | 1 | - | 3 |
| Altersklasse M35 | | | | | | | |
| 1 Köndgen, David | NDR | 1 | 1 | - | 1 | - | 3 |
| Altersklasse M40 | | | | | | | |
| 1 Kosbü, Marco | PHILIPS | 1 | 1 | - | 1 | - | 3 |
| 2 Scholz, Christian | Haspa | 2 | 2 | - | 2 | - | 6 |
| Altersklasse M45 | | | | | | | |
| 1 Schröter, Stefan | NDR | 1 | 1 | 1 | - | - | 3 |
| 2 Steinfeld, Marco | Dataport | 2 | 2 | 2 | 1 | - | 5 |
| Altersklasse M50 | | | | | | | |
| 1 Krastev, Ulli | BACARDI | - | 1 | - | 1 | - | 3 |
| 2 Balzer, Klaus | Zoll | 1 | 2 | 1 | - | - | 4 |
| 3 Wulff, Lars | CLD HH | 2 | - | 2 | - | - | 6 |
| 4 Becker, Michael | G+J | 3 | 3 | - | - | - | 9 |
| 5 Ahrens, Ingo | HEK | 4 | 4 | - | 2 | - | 10 |
| 6 Kreismer, Sven | Energie SV H | 5 | 5 | - | - | - | 15 |
| Altersklasse M55 | | | | | | | |
| 1 Kupper, Frank | TÜV-Nord | 1 | 1 | 1 | - | - | 3 |
| 2 Liebers, Ralf | Zoll | 2 | 2 | 2 | - | - | 6 |
| 3 Rowedder, Frank | Deut.Bank | 4 | 4 | - | 1 | - | 9 |
| Jahrbeck, Joachim | HPA | 3 | 3 | 3 | - | - | 9 |
| Altersklasse M60 | | | | | | | |
| 1 Becker, Jens-Gerrit | OTTO | - | 1 | - | 1 | - | 3 |
| Altersklasse M65 | | | | | | | |
| 1 Stamm, Volker | Signal Iduna | 1 | - | 1 | 1 | - | 3 |
| 2 Eis, Walter | DESY | - | 1 | 2 | - | - | 5 |
| 3 Diezel, Günter | Haspa | 2 | 2 | - | - | - | 6 |
| 4 Wolff, Mario | Deut.Bank | 3 | 3 | 3 | - | - | 9 |
| Altersklasse M70 | | | | | | | |
| 1 Holzkamp-Heise, Karl-Heinz | Lufthansa | - | 1 | 1 | 1 | - | 3 |
| Altersklasse M75 | | | | | | | |
| 1 Krause, Reinhard | ERGOsports | 1 | - | 1 | 1 | - | 3 |
| 2 Schulz, Hans-Joachim | Gaden | 2 | 1 | - | 2 | - | 5 |
| 3 Ahrens, Claus-Werner | Basler | 3 | 2 | 2 | 3 | - | 7 |
| 4 Gläser, Heinz | ELBE-Sport | 4 | 3 | - | 4 | - | 11 |
| 5 Schröder, Günter | Commerzbank | 5 | 4 | - | - | - | 14 |
| Altersklasse M80 | | | | | | | |
| 1 Münster, Reinhold | HEK | 1 | 1 | 1 | 1 | - | 3 |
| 2 Meier, Manfred | PHILIPS | 2 | 2 | 2 | 2 | - | 6 |
| 3 Uhl, Manfred | Lufthansa | 3 | 3 | 3 | 3 | - | 9 |
| 4 Orłowski, Rolf | PHILIPS | 4 | 4 | 4 | - | - | 12 |
| Altersklasse M85 | | | | | | | |
| 1 Hintz, Martin | Lufthansa | 1 | 1 | 1 | - | - | 3 |

Langstrecke Herren

Altersklasse M

| | | | | | | | |
|--------------------|--------------|---|---|---|---|---|---|
| 1 Vollmers, Laurin | Signal Iduna | 1 | 1 | 1 | - | - | 3 |
| 2 Ahrens, Julian | HEK | 2 | 2 | - | - | - | 6 |

Altersklasse M30

| | | | | | | | |
|---------------------|--------------|---|---|---|---|---|---|
| 1 Huhn, Philipp | Runn Green | 1 | 2 | 1 | 1 | - | 3 |
| 2 Sommer, Tobias | Marien-Krh | 2 | 1 | 2 | 2 | - | 5 |
| 3 Kroll, Kristoffer | Olympus OSTE | - | 3 | - | 3 | - | 9 |

Altersklasse M35

| | | | | | | | |
|-----------------------|-------------|---|---|---|---|---|----|
| 1 Wöstmann, Sebastian | CLD HH | 1 | 1 | - | - | - | 3 |
| 2 Schmidt, Birger | Polizei HH | 2 | 2 | - | - | - | 6 |
| 3 Ruf, Martin | EDEKA | 4 | 3 | - | 1 | - | 8 |
| Ramirez, Juan | Airbus | 3 | - | - | 2 | - | 8 |
| 5 Holt, Johannes | ERGOsports | 5 | 4 | - | - | - | 14 |
| 6 Kwaschny, Pascal | Commerzbank | 6 | 5 | - | - | - | 17 |

Altersklasse M40

| | | | | | | | |
|----------------------|-------------|----|----|---|---|---|----|
| 1 Wittmar, Johannes | OTTO | 1 | 1 | 1 | - | - | 3 |
| 2 Grüter, Daniel | Laufladen | - | 2 | - | 1 | - | 5 |
| 3 Winter, Christian | ERGOsports | 3 | 3 | 2 | - | - | 8 |
| 4 Jennrich, Nils | Laufladen | 2 | 4 | - | - | - | 9 |
| 5 Merklinger, Sergej | Laufladen | - | 6 | 4 | 2 | - | 12 |
| Vahlhaus, Richard | Runn Green | - | 5 | 3 | - | - | 12 |
| 7 Busse, Hagen | DZ HYP | 4 | 8 | - | - | - | 18 |
| Oswald, Mathias | Knossos.de | 6 | - | 6 | - | - | 18 |
| Schwärzel, Ricky | NDR | - | 7 | 5 | - | - | 18 |
| 10 Brockmann, Achim | Airbus | - | - | 9 | 4 | - | 20 |
| 11 Sägert, Jan | wellnuss.de | 5 | 9 | - | - | - | 21 |
| 12 Scholz, Christian | Haspa | - | 14 | - | 3 | - | 26 |
| 13 Willsch, Pascal | Lufthansa | 9 | 10 | 8 | - | - | 27 |
| 14 Sprenger, Mathias | K&M Sport | 8 | 13 | 7 | - | - | 28 |
| 15 Kuhr, Jan-Oliver | Basler | 7 | 12 | - | - | - | 29 |
| 16 Wegert, Danny | G+J | 10 | 11 | - | - | - | 32 |
| 17 Stark, Jöran | Funkgruppe | 11 | 15 | - | - | - | 39 |

Altersklasse M45

| | | | | | | | |
|---------------------|------------|---|---|---|---|---|----|
| 1 Brehmer, Simon | Laufladen | 1 | 1 | - | - | - | 3 |
| 2 Goldschmidt, Sven | ERGOsports | 2 | 2 | - | 1 | - | 5 |
| 3 Gauter, Sebastian | Airbus | - | 4 | 1 | - | - | 8 |
| 4 Hauck, Michael | FA HH | 3 | 3 | - | - | - | 9 |
| 5 Schubert, Ralph | HapagLloyd | 4 | 5 | 2 | - | - | 11 |
| 6 Hampel, Michael | Funkgruppe | 5 | 6 | - | - | - | 17 |

Altersklasse M50

| | | | | | | | |
|--------------------------|--------------|----|----|---|---|---|----|
| 1 Krastev, Ulli | BACARDI | 1 | 1 | 1 | 2 | - | 3 |
| 2 Giesen, Frank | Laufwerk | 2 | - | - | 1 | - | 5 |
| 3 Fielitz, Andreas | Commerzbank | - | 2 | 2 | - | - | 6 |
| 4 Lambracht, Gerald | Stern | 4 | 3 | 3 | - | - | 10 |
| 5 Jansen, Thies | Airbus | 2 | - | 6 | - | - | 12 |
| 6 Böttcher, Dirk | Laufladen | 5 | 4 | 4 | - | - | 13 |
| 7 Ludwig, Dirk | Knossos.de | 6 | - | - | 3 | - | 14 |
| 8 Wenzlaff, Borwin | BBK | 7 | - | - | 4 | - | 17 |
| 9 Seliger, Niels-Michael | Tchibo | 8 | 5 | - | - | - | 20 |
| 10 Sperfeld, Dirk | EDEKA | 10 | 6 | - | 5 | - | 21 |
| Vollmers, Thomas | Signal Iduna | 9 | - | 5 | - | - | 21 |
| 12 Braeuer, Karsten | Stern | 11 | 7 | - | 6 | - | 24 |
| 13 Scharf, Dietmar | Signal Iduna | 15 | 11 | 8 | 8 | - | 27 |
| 14 Gottwald, Kristian | Airbus | 12 | 9 | - | 7 | - | 28 |
| 15 Dose, Jörg | Knossos.de | 14 | 10 | 7 | - | - | 31 |
| 16 Weitmann, Daniel | Signal Iduna | 13 | 8 | - | - | - | 32 |
| 17 Dreise, Gösta | PHILIPS | 17 | 13 | - | 9 | - | 39 |
| 18 Hofsommer, Steffen | Siemens | 16 | 12 | - | - | - | 42 |

Altersklasse M55

| | | | | | | | | |
|----|----------------------|--------------|----|----|----|---|---|----|
| 1 | Langer, Mathias | Gaden | 1 | 1 | - | 1 | - | 3 |
| 2 | Gauger, Jens | Laufladen | 2 | - | - | 1 | - | 5 |
| | Gniechwitz, Peter | Nordmark | - | 2 | 1 | - | - | 5 |
| 4 | Ahlfeld, Carsten | TUV-Nord | - | 3 | 2 | 3 | - | 8 |
| 5 | Banck, Sönke | ERGOsports | 3 | - | 4 | - | - | 11 |
| 6 | Voß, Thomas | Deut.Bank | 4 | - | 3 | 6 | - | 13 |
| 7 | Bohn, Holger | Hochbahn | 5 | 5 | - | 4 | - | 14 |
| 8 | Patzer, Ralf | OTTO | 6 | 4 | - | - | - | 15 |
| 9 | Trümper, Michael | Airbus | 19 | 9 | 5 | 5 | - | 19 |
| 10 | Freitag, Jens | Laufladen | - | 7 | 6 | - | - | 20 |
| 11 | Jakobsen, Frank | Airbus | 7 | - | 7 | 7 | - | 21 |
| 12 | Behrend, Till | Laufladen | 9 | 6 | - | - | - | 23 |
| 13 | Kramer, Philipp | ELBE-Sport | 8 | 11 | - | - | - | 29 |
| 14 | Persiel, Arne | Commerzbank | 10 | 10 | - | - | - | 30 |
| | Hillmann, Roy | EDEKA | - | 12 | 8 | - | - | 30 |
| 16 | Lemkau, Niels | HEK | 12 | - | 9 | - | - | 32 |
| | Lucke, Marcus | Airbus | 13 | 8 | - | - | - | 32 |
| 18 | Stäcker, Frank | PHILIPS | 20 | 17 | 10 | 9 | - | 36 |
| | Cornelius, Ingo | Laufladen | 11 | 13 | - | - | - | 36 |
| 20 | Swoboda, Peter | Nordmark | 15 | - | 11 | - | - | 39 |
| 21 | Manthei, Jan | Signal Iduna | 18 | 14 | - | 8 | - | 40 |
| 22 | Kück, Oliver | Energie SV H | 14 | 15 | - | - | - | 44 |
| 23 | Mutz, Michael | Beiersdorf | 17 | 16 | - | - | - | 50 |
| 24 | Parthesius, Matthias | Airbus | 16 | 18 | - | - | - | 51 |
| 25 | Niefanger, Thomas | Airbus | 21 | 19 | 12 | - | - | 52 |

Altersklasse M60

| | | | | | | | | |
|----|---------------------|--------------|----|---|---|---|---|----|
| 1 | Becker, Jens-Gerrit | OTTO | 2 | 1 | - | 1 | - | 4 |
| 2 | Babinsky, Dierk | Laufladen | 1 | - | - | 2 | - | 5 |
| 3 | Krüger, Wilfried | Polizei HH | - | 3 | 1 | - | - | 6 |
| 4 | Petsch, Wolfgang | Signal Iduna | 3 | 2 | - | - | - | 8 |
| 5 | Faust, Thomas | ERGOsports | 4 | 4 | - | 3 | - | 11 |
| | Meyer-Reim, Utz | DZ HYP | 5 | - | 2 | 4 | - | 11 |
| 7 | Felger, Fritz | Airbus | 7 | - | - | 5 | - | 18 |
| | Ahrens, Jörg | Laufladen | 6 | 6 | - | - | - | 18 |
| 9 | Haasenleder, Ralf | Gaden | 9 | 5 | - | 6 | - | 20 |
| 10 | Ehrenberg, Frank | Deut.Bank | 8 | 7 | - | - | - | 23 |
| 11 | Baier, Alois | Olympus OSTE | 10 | 8 | - | 7 | - | 25 |

Altersklasse M65

| | | | | | | | | |
|---|---------------------|------------|---|---|---|---|---|----|
| 1 | Schmidt, Jürgen | DZ HYP | 1 | 1 | - | - | - | 3 |
| 2 | Hornung, Jürgen | AlbeDiakon | 2 | 2 | 1 | 1 | - | 4 |
| 3 | Goergens, Michael | Laufladen | 3 | - | - | 2 | - | 8 |
| 4 | Hildebrandt, Edgard | ELBE-Sport | 5 | 3 | 2 | 4 | - | 9 |
| 5 | Rohde, Lothar | PHILIPS | 6 | - | 3 | 3 | - | 12 |
| | Schnabel, Harald | HapagLloyd | 4 | 4 | - | - | - | 12 |

Altersklasse M70

| | | | | | | | | |
|---|--------------|-----|---|---|---|---|---|---|
| 1 | Thimm, Erich | NDR | 1 | 1 | - | 1 | - | 3 |
|---|--------------|-----|---|---|---|---|---|---|

Altersklasse M75

| | | | | | | | | |
|---|-------------------|------------|---|---|---|---|---|---|
| 1 | Meyer, Peter | Postbank-H | 1 | 1 | - | 1 | - | 3 |
| 2 | Haubrich, Gerhard | PHILIPS | 2 | 2 | - | 2 | - | 6 |

Kurzstrecke Damenmannschaften

| | | | | | | | | |
|---|------------|---|---|---|---|---|---|---|
| 1 | Polizei HH | 1 | 1 | 1 | 1 | 1 | - | 3 |
| 2 | ERGOsports | 1 | 2 | 2 | - | 2 | - | 6 |

Langstrecke Damenmannschaften

| | | | | | | | |
|--------------|---|---|---|---|---|---|---|
| 1 HapagLloyd | 1 | 2 | 1 | 1 | - | - | 4 |
| 2 Laufwerk | 1 | - | - | 2 | 1 | - | 5 |
| Airbus | 1 | 1 | 2 | - | - | - | 5 |
| 4 ERGOsports | 1 | 3 | 3 | - | 2 | - | 8 |

Kurzstrecke Herrenmannschaften

| | | | | | | | |
|-------------|---|---|---|---|---|---|---|
| 1 Zoll | 1 | 1 | 1 | 1 | - | - | 3 |
| 2 PHILIPS | 1 | 2 | 2 | - | 1 | - | 5 |
| 3 Lufthansa | 1 | - | 3 | 2 | - | - | 8 |

Langstrecke Herrenmannschaften

| | | | | | | | | |
|----|--------------|---|----|----|---|---|---|----|
| 1 | Laufladen | 1 | 1 | 1 | 1 | 1 | - | 3 |
| 2 | ERGOsports | 1 | 2 | 4 | 2 | 4 | - | 8 |
| 3 | Airbus | 1 | 4 | 7 | 3 | 2 | - | 9 |
| | OTTO | 1 | 3 | 3 | - | - | - | 9 |
| 5 | Laufladen | 2 | 5 | 2 | - | 6 | - | 13 |
| 6 | Signal Iduna | 1 | 6 | 6 | 4 | - | - | 16 |
| 7 | DZ HYP | 1 | 8 | 5 | - | - | - | 20 |
| 8 | Airbus | 2 | 10 | 10 | 6 | 5 | - | 21 |
| | Knossos.de | 1 | 9 | - | 5 | - | - | 21 |
| 10 | EDEKA | 1 | 7 | 8 | - | - | - | 23 |
| 11 | PHILIPS | 1 | 13 | 12 | - | 3 | - | 28 |
| 12 | Laufladen | 3 | 12 | 9 | - | - | - | 32 |
| 13 | HapagLloyd | 1 | 11 | 11 | - | - | - | 33 |

Kurzstrecke Championsrace Damen

| Platz | Name | BSG | Punkte |
|--------------|----------------------|--------------|---------------|
| 1 | Baumann, Katja | ERGOsports | 31 |
| 2 | Spindler, Angela | Polizei HH | 27 |
| | Goebel, Sonia Isabel | Knossos.de | 27 |
| 4 | Buchmann, Sigrid | AK Nord | 25 |
| 5 | Fahnenbruck, Nele | Polizei HH | 20 |
| 6 | Wittmar, Anna | OTTO | 16 |
| 7 | Schilling, Elli | Polizei HH | 15 |
| | Voß, Katharina | K&M Sport | 15 |
| 9 | Recht, Janette | Haspa | 10 |
| | Lehmer, Nicole | Signal Iduna | 10 |
| | Höhn, Katharina | Stern | 10 |
| 12 | Bühler-Becker, Heidi | G+J | 9 |
| 13 | Liesenfeld, Melanie | Nordmark | 8 |
| 14 | Schlawinsky, Laura | Knossos.de | 6 |
| | Karge, Iris | EDEKA | 6 |
| 16 | Zuncke, Sonja | Polizei HH | 5 |
| 17 | Beilke, Stephanie | ERGOsports | 4 |
| | Engelmann, Heike | Polizei HH | 4 |
| | Wilm, Kathrin | NDR | 4 |
| 20 | Stahlbock, Astrid | ERGOsports | 3 |
| | Bartels, Petra | Deut.Bank | 3 |
| 22 | McGovern, Roberta | HapagLloyd | 2 |
| 23 | Strauchmann, Maraike | HEK | 1 |
| | Gloris, Sonja | TÜV-Nord | 1 |
| | Orlowski, Elke | PHILIPS | 1 |
| | Stefka, Veronika | Olympus OSTE | 1 |

Langstrecke Championsrace Damen

| Platz | Name | BSG | Punkte |
|--------------|------------------------|--------------|---------------|
| 1 | Brockmann, Christina | Airbus | 57 |
| 2 | Goebel, Sonia Isabel | Knossos.de | 33 |
| 3 | Voß, Katharina | K&M Sport | 32 |
| 4 | Giesen, Britta | Laufwerk | 28 |
| 5 | Wolf, Simone | HapagLloyd | 13 |
| 6 | Bruns, Miriam | Laufladen | 12 |
| | Rohlfs, Daniela | Laufwerk | 12 |
| 8 | Dittmer, Friederike | Laufladen | 9 |
| 9 | Kaßen, Dortje | Laufladen | 8 |
| | Vollmers, Anja | Signal Iduna | 8 |
| 11 | Wolf, Corinna | HapagLloyd | 6 |
| | von der Fecht, Solveig | Laufwerk | 6 |
| | Hennecke, Anke | Deut.Bank | 6 |
| 14 | Masing, Alexandra | Airbus | 5 |
| | Berghausen, Solveig | Laufladen | 5 |
| 16 | Staas, Kirsten | Krüss-OSH | 4 |
| | Gerloff, Anne-Mareike | HapagLloyd | 4 |
| | Macheit, Monika | Laufladen | 4 |
| 19 | Ahrens, Janet | HapagLloyd | 3 |
| | Eddelbüttel, Karin | Laufwerk | 3 |
| 21 | Berels, Marika | Lufthansa | 2 |
| | Fönschau, Silke | ERGOsports | 2 |
| 23 | Werner, Kristina | Krüss-OSH | 1 |
| | Spechtmeyer, Janne | Stern | 1 |

Kurzstrecke Championsrace Herren

| Platz | Name | BSG | Punkte |
|--------------|---------------------|------------|---------------|
| 1 | Köndgen, David | NDR | 45 |
| 2 | Schröter, Stefan | NDR | 34 |
| 3 | Liebers, Robin | Zoll | 28 |
| | Kupper, Frank | TÜV-Nord | 28 |
| 5 | Krastev, Ulli | BACARDI | 22 |
| 6 | Fennen, Dr. Michael | ERGOsports | 21 |
| 7 | Balzer, Klaus | Zoll | 18 |
| 8 | Steinfeld, Marco | Dataport | 12 |
| | Koudougou, Halidou | PHILIPS | 12 |
| 10 | Wissuwa, Felix | CLD HH | 9 |
| 11 | Kosbü, Marco | PHILIPS | 8 |
| 12 | Becker, Jens-Gerrit | OTTO | 6 |
| 13 | Sacher, Christian | CLD HH | 5 |
| 14 | Wulff, Anders | CLD HH | 4 |
| 15 | Heuss, Ralf | ERGOsports | 3 |
| | Scholz, Christian | Haspa | 3 |
| 17 | Wulff, Lars | CLD HH | 2 |
| | Meyer-Reim, Utz | DZ HYP | 2 |
| 19 | Liebers, Ralf | Zoll | 1 |
| | Rittmeister, Lutz | PHILIPS | 1 |

Langstrecke Championsrace Herren

| Platz | Name | BSG | Punkte |
|--------------|-----------------------|------------|---------------|
| 1 | Wittmar, Johannes | OTTO | 45 |
| 2 | Huhn, Philipp | Runn Green | 31 |
| 3 | Langer, Mathias | Gaden | 30 |
| 4 | Wöstmann, Sebastian | CLD HH | 20 |
| 5 | Winter, Christian | ERGOsports | 17 |
| | Grüter, Daniel | Laufladen | 17 |
| 7 | Brehmer, Simon | Laufladen | 12 |
| | Ingwersen, Jan | Laufladen | 12 |
| 9 | Gauger, Jens | Laufladen | 11 |
| 10 | Jennrich, Nils | Laufladen | 10 |
| 11 | Sommer, Tobias | Marien-Krh | 8 |
| | Vahlhaus, Richard | Runn Green | 8 |
| 13 | Gierach, Nils | Zoll | 6 |
| | Merklinger, Sergej | Laufladen | 6 |
| | Peters, Jan Christian | Haspa | 6 |
| 16 | Schmidt, Birger | Polizei HH | 5 |
| | Koudougou, Halidou | PHILIPS | 5 |
| 18 | Bünthe, Tobias | TK | 4 |
| | Krastev, Ulli | BACARDI | 4 |
| | Ebel, Thomas | NDR | 4 |
| 21 | Gniechwitz, Peter | Nordmark | 2 |
| | Rohlf, Torben | Airbus | 2 |
| 23 | Eisner, Eugen | DZ HYP | 1 |
| | Ahlfeld, Carsten | TÜV-Nord | 1 |