



Liste der Siegerinnen und Sieger

	Frauen	Jahr	Männer	
		1986		
		1987		
		1988		
St. Küsel		1989	A. Drosdowsky	
		1990		
Thordis Jacobsen	1:17:00	1991	Kai Zabel	1:07:00
Sandra Fischer	1:16:58	1992	Ole Bergmann	1:10:20
Maike Eisenberg	1:11:36	1993	Sascha Heinsohn	1:06:46
Julia Buchholtz	1:22:10	1994	Thore Zantop	1:17:27
Julia Buchholtz	1:12:31	1995	Niels Grützmacher	1:09:27
Kerrin Kemlein-Schiller	1:06:20	1996	Olaf Jantz	1:07:17
Kerrin Kemlein-Schiller	1:09:31	1997	Matthias Kowalczyk	1:05:28
Kerrin Kemlein-Schiller	1:06:31	1998	Matthias Kowalczyk	1:04:48
Irina Hagedorn	1:06:15	1999	Matthias Kowalczyk	1:01:59
Indra Erichsen	1:08:46	2000	Peter Strzezyk	1:01:31
Ina Reese	1:09:19	2001	Christian Würger	1:04:26
Anke Sibbersen	1:05:56	2002	Sibbern Sibbersen	1:04:41
Anke Sibbersen	1:07:31	2003	Christian Würger	1:04:12
Denise Herrig	1:08:02	2004	Roland Schlehofer	1:11:42
Denise Herrig	1:04:37	2005	Roland Schlehofer	1:04:42
Imke Oelerich	1:11:32	2006	Yannic Corinth	1:06:50
Imke Oelerich		2007		
Imke Oelerich	1:07:35	2008	Jan Hendrik Nothbaar	1:03:33
Beeke Oelerich	1:13:05	2009	Jan Hendrik Nothbaar	1:04:17
Wienke Peters	1:07:02*	2010	Jan Hendrik Nothbaar	1:00:51
Wienke Peters	1:14:07	2011	Frank Erdmann	1:11:38
Godje Paulsen	1:18:06	2012	Rouven Corinth	1:06:59
Marieke Löbkens	1:16:45	2013	Hendrik Wellen	1:09:58
Marieke Löbkens	1:11:10	2014	Adrian Nehls	1:15:07
Kira Hansen (Engl.)	1:15:28	2015	Adrian Nehls (M. Leßmann)	1:21:14 1:20:19
Lene Andresen (Kira Hansen)	1:06:16 1:05:35	2016	Malte Raddatz (Mads Höfer)	1:12:59 1:10:51
Lene Andresen	1:10:39	2017	Paul Jordan	1:12:15
Jane Andresen	1:13:48	2018	Kjell Gildner	1:12:56
Silja Greve	1:02:13	2019	Lennert Jessen	1:06:57
Kira Stybalkowski	54:52	2020	Jorve Hoffmann (M. Leßmann)	1:05:56 1:02:34
Jenny Gerasimov	1:19:39	2021	Mads Witt	1:13:01
Jolina Albrecht	1:22:37	2022	Temme Greve	1:19:31
Mia Pauls	1:15:25	2023	Temme Greve	1:10:54
