

10 km am 26.03.2016

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Run | Run | Run | Run | Run | Endzeit | |
|-----|-----|--------------------------|--------------------------|----|-----|-----|-------|-----|-------|-----|-------|---------|-------|
| 1 | 165 | Gröschel, Tom | TC Fiko Rostock | 91 | MH | 1 | 8:28 | 1 | 8:18 | 1 | 7:58 | 1 | 32:55 |
| 2 | 230 | Ahrenberg, Mathias | LG Schwerin | 80 | M35 | 1 | 8:35 | 2 | 8:47 | 2 | 8:56 | 2 | 35:09 |
| 3 | 244 | Seemann, Jan | TC Fiko Rostock | 75 | M40 | 1 | 8:41 | 3 | 8:58 | 3 | 9:11 | 3 | 35:58 |
| 4 | 129 | Trettin, Stephan | TriFun Güstrow | 86 | M30 | 1 | 8:54 | 4 | 9:23 | 4 | 9:29 | 4 | 37:15 |
| 5 | 224 | Welenz, Arne | Team City Sport Rostock | 68 | M45 | 1 | 9:17 | 6 | - | - | 18:50 | - | 37:39 |
| 6 | 149 | Reinholdt, Ole | Sportclub Laage | 92 | MH | 2 | 9:16 | 5 | 9:50 | 5 | 9:53 | 5 | 38:54 |
| 7 | 162 | Noreck, Marcus | Schwerin | 89 | MH | 3 | 9:35 | 8 | 10:06 | 7 | 9:57 | 6 | 39:30 |
| 8 | 238 | Michaelis, Danny | Team City Sport Rostock | 78 | M35 | 2 | 9:42 | 9 | 10:00 | 6 | 9:58 | 7 | 39:37 |
| 9 | 222 | Kretschmer, Axel | Laufenten Göldenitz | 63 | M50 | 1 | 9:25 | 7 | 10:06 | 7 | 10:26 | 9 | 40:18 |
| 10 | 181 | Schadwinkel, Guido | TC FIKO Rostock e.V. / | 75 | M40 | 2 | 9:53 | 13 | 10:10 | 9 | 10:13 | 8 | 40:38 |
| 11 | 223 | Jabs, Andreas | Sarmstorf | 74 | M40 | 3 | 9:54 | 14 | 10:19 | 12 | 10:27 | 10 | 40:53 |
| 12 | 231 | Döring, Maik | LG Sockenwellen e.V. | 69 | M45 | 2 | 9:44 | 10 | 10:16 | 11 | 10:30 | 13 | 41:00 |
| 13 | 246 | Zerbel, Moritz | Miekenhagen | 99 | MJB | 1 | 9:47 | 11 | 10:15 | 10 | 10:32 | 14 | 41:04 |
| 14 | 140 | Litzenberg, Anne-Kathrin | Tri Fun Güstrow | 91 | WH | 1 | 9:52 | 12 | 10:19 | 12 | 10:27 | 10 | 41:16 |
| 15 | 159 | Jänike, Bernd | Sportclub Laage | 65 | M50 | 2 | 10:05 | 16 | 10:26 | 15 | 10:29 | 12 | 41:23 |
| 16 | 225 | Eckert, Roy | KSV Güstrow | 71 | M45 | 3 | 10:09 | 17 | 10:24 | 14 | 10:33 | 15 | 41:37 |
| 17 | 242 | Ehlert, Anett | Prüzen | 67 | W45 | 1 | 10:40 | 23 | 10:30 | 17 | 10:33 | 15 | 42:03 |
| 18 | 108 | Larisch, Maik | Laufen gegen Leiden | 71 | M45 | 4 | 10:04 | 15 | 10:26 | 15 | - | - | 42:42 |
| 19 | 229 | Ullrich, Gerald | Lohmen | 67 | M45 | 5 | 10:22 | 19 | 10:54 | 18 | 11:08 | 19 | 43:24 |
| 20 | 180 | Voß, Jonathan | Güstrow | 91 | MH | 4 | 10:20 | 18 | 11:14 | 26 | 11:02 | 17 | 43:32 |
| 21 | 150 | Grobbecker, Stefan | Sportclub Laage | 67 | M45 | 6 | - | - | 22:11 | - | 11:05 | 18 | 44:11 |
| 22 | 176 | Burisch, Steve | running monkey | 84 | M30 | 2 | 10:49 | 24 | 10:57 | 19 | 11:22 | 21 | 44:18 |
| 23 | 122 | Hesse, Stefanie | USC Kiel | 74 | W40 | 1 | 10:35 | 21 | 11:10 | 24 | 11:26 | 22 | 44:20 |
| 24 | 123 | Gunte, Jan | USC Kiel | 82 | M30 | 3 | 10:36 | 22 | 11:08 | 22 | 11:28 | 24 | 44:21 |
| 25 | 128 | Krause, Thomas | SV Turbine Neubranden | 65 | M50 | 3 | 10:34 | 20 | 11:09 | 23 | 11:27 | 23 | 44:26 |
| 26 | 113 | Peter, Katrin | Radgiganten | 65 | W50 | 1 | 11:09 | 33 | 11:07 | 21 | 11:13 | 20 | 44:47 |
| 27 | 169 | Gajek, Lothar | Laufgruppe Schwerin e.V | 57 | M55 | 1 | 10:52 | 27 | 11:14 | 26 | 11:29 | 25 | 44:55 |
| 28 | 237 | Mair, Sandra | TC Fiko Rostock | 77 | W35 | 1 | 10:53 | 28 | 11:19 | 29 | 11:31 | 26 | 45:01 |
| 29 | 203 | Mischinger, Marco | AWG Güstrow | 77 | M35 | 3 | 11:00 | 29 | 11:01 | 20 | 11:40 | 28 | 45:02 |
| 30 | 236 | Lange, Jörg | Krakow | 73 | M40 | 4 | 11:30 | 38 | 11:23 | 30 | 11:32 | 27 | 45:33 |
| 31 | 146 | Kalinowski, Ulf | Vietgest | 76 | M40 | 5 | 10:50 | 25 | 11:24 | 31 | 11:43 | 31 | 45:36 |
| 32 | 134 | Gerstmann, Michael | LG-Madlen | 62 | M50 | 4 | 11:06 | 32 | 11:11 | 25 | 11:44 | 33 | 45:53 |
| 33 | 167 | Hoffmann, Klaus | SV Motor Wolgast | 73 | M40 | 6 | 11:05 | 31 | 11:26 | 33 | 11:42 | 30 | 45:57 |
| 34 | 245 | Cords, Olaf | Schwerin | 67 | M45 | 7 | 11:15 | 34 | 11:37 | 35 | 11:43 | 31 | 46:17 |
| 35 | 235 | Strasen, Jens | Krakow am See | 80 | M35 | 4 | 11:29 | 37 | 11:25 | 32 | 11:40 | 28 | 46:42 |
| 36 | 228 | Lange, Peter | Rostocker Ruderclub e.V | 87 | MH | 5 | 11:21 | 35 | 11:34 | 34 | 11:58 | 37 | 47:01 |
| 37 | 130 | Ellner, Jörg | Bekelauf | 70 | M45 | 8 | 11:49 | 51 | 11:18 | 28 | 11:54 | 36 | 47:07 |
| 38 | 171 | Glaseapp, Jörg | Krakow am See OT Gro | 67 | M45 | 9 | 11:59 | 54 | 11:50 | 40 | 11:47 | 34 | 47:12 |
| 39 | 142 | Purwin, Jette | Krakow am See OT Gr. | 98 | WJA | 1 | 11:58 | 53 | 11:50 | 40 | 11:49 | 35 | 47:13 |
| 40 | 248 | Vietzke, Michael | Enduro-Store Bützow | 72 | M40 | 7 | 11:50 | 52 | 11:47 | 36 | 12:04 | 41 | 47:24 |
| 41 | 163 | Göhler, Rebecca | Lübeck | 90 | WH | 2 | 11:04 | 30 | 11:47 | 36 | 12:09 | 44 | 47:25 |
| 42 | 126 | Günther, André | SV HK Stralsund | 78 | M35 | 5 | 10:51 | 26 | 11:51 | 42 | 12:25 | 50 | 47:27 |
| 43 | 243 | Weise, Jens | Plaaz | 64 | M50 | 5 | 11:39 | 44 | 11:47 | 36 | 12:00 | 38 | 47:32 |
| 44 | 157 | Plump, Gerd | Volks- und Raiffeisenban | 65 | M50 | 6 | 11:40 | 45 | 11:47 | 36 | 12:02 | 39 | 47:33 |
| 45 | 132 | Wiedewald, Dirk | Schwerin | 67 | M45 | 10 | 11:34 | 40 | 11:54 | 43 | 12:12 | 46 | 47:52 |
| 46 | 155 | Ostertag, Steffen | Sportclub Laage | 66 | M50 | 7 | 12:05 | 59 | 12:03 | 45 | 12:03 | 40 | 48:05 |
| 47 | 137 | Heise, Henry | Nordlauf Boizenburg | 57 | M55 | 2 | 11:33 | 39 | 12:03 | 45 | 12:25 | 50 | 48:11 |
| 48 | 115 | Beese, Knut | Güstrow | 68 | M45 | 11 | 12:06 | 60 | 12:07 | 48 | 12:08 | 42 | 48:16 |
| 49 | 202 | Pätzelt, Frank | Hamburg | 81 | M35 | 6 | 12:04 | 58 | 12:05 | 47 | 12:10 | 45 | 48:22 |
| 50 | 219 | Brenner, Paul | Rostock | 84 | M30 | 4 | 12:10 | 64 | 12:22 | 54 | 12:08 | 42 | 48:28 |
| 51 | 147 | Kanserske, Stefan | Sportclub Laage | 93 | MH | 6 | 12:18 | 65 | 12:15 | 53 | 12:28 | 52 | 48:37 |
| 52 | 207 | Möller, Martin | KSV Güstrow | 85 | M30 | 5 | 12:07 | 61 | 12:07 | 48 | 12:18 | 47 | 48:43 |
| 53 | 182 | Jörns, Jette | Bremer Hockey Club | 99 | WJB | 1 | 11:28 | 36 | 12:22 | 54 | 12:57 | 65 | 48:52 |
| 54 | 205 | Stohl, Daniel | Boitin | 87 | MH | 7 | 11:35 | 41 | 12:00 | 44 | 12:31 | 53 | 48:53 |
| 55 | 183 | Lindhorst, Klaus | Güstrow | 58 | M55 | 3 | 11:38 | 43 | 12:07 | 48 | 13:03 | 69 | 48:57 |
| 56 | 175 | Radtke, Ringo | astro cycling Team Rost | 69 | M45 | 12 | 12:02 | 56 | 12:08 | 51 | 12:31 | 53 | 49:02 |
| 57 | 109 | Meyer, Sebastian | Warlitz | 89 | MH | 8 | 12:22 | 67 | 12:35 | 61 | 12:38 | 55 | 49:23 |
| 58 | 213 | Schmidt, Michael | Rostock | 81 | M35 | 7 | 11:48 | 50 | 12:32 | 59 | 12:54 | 61 | 49:29 |
| 59 | 212 | Manthey, Henrik | Rostock | 79 | M35 | 8 | 11:41 | 46 | 12:12 | 52 | 12:57 | 65 | 49:47 |
| 60 | 240 | Fritz, Mathias | TC Fiko Rostock | 84 | M30 | 6 | 12:01 | 55 | 12:36 | 62 | 12:42 | 57 | 49:53 |

10 km am 26.03.2016

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Run | Run | Run | Run | Run | Run | Run | Run | Endzeit |
|-----|-----|--------------------------|---------------------------|----|-----|-----|-------|-----|-------|-----|-------|-----|-------|-----|---------|
| 61 | 124 | Rowoldt, Thomas | Güstrow | 86 | M30 | 7 | 11:46 | 48 | 12:25 | 56 | 12:54 | 61 | 12:51 | 67 | 49:56 |
| 62 | 116 | Liefke, Hannes | Jena | 90 | MH | 9 | 12:21 | 66 | 12:56 | 71 | 12:23 | 49 | 12:20 | 56 | 50:00 |
| 63 | 226 | Harms, Michael | Tri Fun Güstrow | 76 | M40 | 8 | 13:36 | 92 | 12:49 | 70 | 12:21 | 48 | 11:16 | 25 | 50:02 |
| 64 | 117 | Liefke, Björn | Güstrower SC 09 | 69 | M45 | 13 | 11:37 | 42 | 12:30 | 58 | 12:59 | 68 | 12:59 | 71 | 50:05 |
| 65 | 227 | Westphal, Dirk | ETSV Güstrow | 69 | M45 | 14 | 11:45 | 47 | 12:27 | 57 | 12:55 | 63 | 13:01 | 73 | 50:08 |
| 66 | 118 | Murr, Felix | Güstrow | 89 | MH | 10 | 12:09 | 63 | - | - | 25:56 | - | 12:15 | 54 | 50:20 |
| 67 | 178 | Brandenburg, Jens | LAC Mühl Rosin | 77 | M35 | 9 | 11:47 | 49 | 12:41 | 67 | 12:58 | 67 | 12:55 | 68 | 50:21 |
| 68 | 215 | Paap, Mario | Flessenow | 70 | M45 | 15 | 12:38 | 73 | 12:36 | 62 | 12:48 | 58 | 12:20 | 56 | 50:22 |
| 69 | 119 | Kürschner, Sebastian | Güstrow OT Suckow | 87 | MH | 11 | 12:08 | 62 | 12:48 | 68 | 13:08 | 72 | 12:20 | 56 | 50:24 |
| 70 | 103 | Jonda, Alexander | Güstrow | 67 | M45 | 16 | 12:56 | 79 | 12:36 | 62 | 12:38 | 55 | 12:26 | 62 | 50:36 |
| 71 | 184 | Kohagen, Jeanette | Volks- und Raiffeisenban | 76 | W40 | 2 | 12:24 | 68 | 12:39 | 65 | 12:55 | 63 | 12:44 | 65 | 50:42 |
| 72 | 208 | Deck, Jan | LSG Elmenhorst | 77 | M35 | 10 | 12:42 | 75 | 12:39 | 65 | 12:53 | 60 | 12:55 | 68 | 51:09 |
| 73 | 173 | Werner, Dieter | Güstrow | 51 | M65 | 1 | 12:34 | 71 | 12:34 | 60 | 13:03 | 69 | 13:19 | 77 | 51:30 |
| 74 | 135 | Gerstmann, Silke | LG-Madlen | 64 | W50 | 2 | 13:27 | 89 | 13:02 | 74 | 12:52 | 59 | 12:29 | 63 | 51:50 |
| 75 | 174 | Kiesendahl, Fred | Laufgruppe Schwerin | 61 | M55 | 4 | 12:36 | 72 | 12:59 | 73 | 13:07 | 71 | 13:10 | 76 | 51:52 |
| 76 | 218 | Große-Freese, Dorit | Fiko Rostock | 77 | W35 | 2 | 12:55 | 78 | 12:57 | 72 | 13:17 | 73 | 13:07 | 74 | 52:16 |
| 77 | 101 | Seidel, Ricardo | Gelbensande | 84 | M30 | 8 | 12:54 | 77 | 13:05 | 75 | 13:32 | 75 | 13:28 | 81 | 52:59 |
| 78 | 131 | Clauser, Matthias | Güstrow | 85 | M30 | 9 | 12:33 | 70 | 13:23 | 78 | 13:45 | 77 | 13:51 | 88 | 53:32 |
| 79 | 239 | Stindl, Thoralf | GSC 09 Güstrow | 69 | M45 | 17 | 12:03 | 57 | 13:22 | 77 | 14:07 | 86 | 14:05 | 93 | 53:37 |
| 80 | 211 | Panten, Philipp-Sebastia | Gutow | 98 | MJA | 1 | 12:25 | 69 | 13:21 | 76 | 14:24 | 93 | 13:32 | 82 | 53:42 |
| 81 | 221 | Vogt, Stefan | SV Breitling e.V. Rostock | 84 | M30 | 10 | 12:59 | 80 | 13:29 | 80 | 13:48 | 79 | 13:37 | 84 | 53:53 |
| 82 | 220 | Meier, Matthias | Lüssow | 71 | M45 | 18 | 14:09 | 98 | 13:25 | 79 | 13:23 | 74 | 13:00 | 72 | 53:57 |
| 83 | 168 | Schneider, Jana | Balance Schwerin e.V. | 66 | W50 | 3 | 13:23 | 87 | 13:46 | 84 | 13:47 | 78 | 13:20 | 78 | 54:16 |
| 84 | 210 | Kratzsch, Kerstin | Mucheln | 64 | W50 | 4 | 13:05 | 82 | 13:49 | 85 | 14:00 | 84 | 13:36 | 83 | 54:30 |
| 85 | 209 | Apel, Eckart | München | 63 | M50 | 8 | 13:04 | 81 | 13:49 | 85 | 13:59 | 83 | 13:39 | 86 | 54:31 |
| 86 | 241 | Schuldt, Arne | GSC 09 Güstrow | 59 | M55 | 5 | 13:28 | 90 | 13:56 | 90 | 13:57 | 81 | 13:27 | 79 | 54:48 |
| 87 | 234 | Frind, Steffen | Sildemow | 66 | M50 | 9 | 13:07 | 83 | 13:31 | 81 | 14:07 | 86 | 14:05 | 93 | 54:50 |
| 88 | 125 | Günther, Doreen | SV HK Stralsund | 79 | W35 | 3 | 13:22 | 86 | 13:44 | 83 | 13:55 | 80 | 14:00 | 91 | 55:01 |
| 89 | 201 | Meissner, Sabine | SV Turbine Neubranden | 59 | W55 | 1 | 13:14 | 85 | 13:49 | 85 | 14:01 | 85 | 14:01 | 92 | 55:05 |
| 90 | 247 | Oelke, Doreen | SV Einheit | 69 | W45 | 2 | 14:29 | 104 | 14:00 | 94 | 13:32 | 75 | 13:09 | 75 | 55:10 |
| 91 | 216 | Dech, Steffen | SV Pastow | 85 | M30 | 11 | 12:43 | 76 | 12:48 | 68 | 16:22 | 106 | 13:27 | 79 | 55:20 |
| 92 | 153 | Gießler, Michaela | Sportclub Laage | 78 | W35 | 4 | 13:35 | 91 | 13:52 | 89 | 14:15 | 88 | 13:54 | 89 | 55:36 |
| 93 | 121 | Hoffmann, Uwe | Volks- und Raiffeisenban | 71 | M45 | 19 | 14:28 | 103 | 13:49 | 85 | 13:58 | 82 | 13:37 | 84 | 55:52 |
| 94 | 154 | Fischer, Jana | Sportclub Laage | 73 | W40 | 3 | 14:07 | 96 | 13:56 | 90 | 14:18 | 90 | 13:40 | 87 | 56:01 |
| 95 | 170 | Mey, Gunnar | Bölkow | 67 | M45 | 20 | 13:24 | 88 | 14:05 | 95 | 14:23 | 92 | 14:24 | 95 | 56:16 |
| 96 | 151 | Grobbecker, Petra | Sportclub Laage | 68 | W45 | 3 | 14:06 | 95 | 13:58 | 92 | 14:18 | 90 | 13:55 | 90 | 56:17 |
| 97 | 206 | Schmidt, Anja | FHSG Stralsund | 71 | W45 | 4 | 14:01 | 94 | 13:59 | 93 | 14:16 | 89 | 14:27 | 96 | 56:43 |
| 98 | 214 | Salzmann, Claudia | Wismar | 76 | W40 | 4 | 14:15 | 100 | 13:36 | 82 | 14:36 | 96 | 15:03 | 101 | 57:30 |
| 99 | 106 | Heidrich, Frank | Parchim | 86 | M30 | 12 | 12:39 | 74 | 14:21 | 96 | 15:25 | 101 | 15:19 | 104 | 57:44 |
| 100 | 217 | Göbel-Kallies, Bianka | SV Pastow | 70 | W45 | 5 | 14:38 | 105 | 14:21 | 96 | 14:27 | 94 | 14:29 | 97 | 57:55 |
| 101 | 164 | Schwarzl, Julia | Saunateam Boddenther | 84 | W30 | 1 | 14:22 | 101 | 14:39 | 98 | 14:30 | 95 | 14:31 | 98 | 58:02 |
| 102 | 120 | Westphal, Bianca | Volks- und Raiffeisenban | 73 | W40 | 5 | 13:52 | 93 | 14:44 | 99 | 14:48 | 97 | 14:53 | 99 | 58:17 |
| 103 | 166 | Schöne, Ulrike | Balance Schwerin e.V. | 68 | W45 | 6 | 13:11 | 84 | 15:55 | 107 | 15:13 | 100 | 15:16 | 103 | 59:35 |
| 104 | 136 | Woytaszek, Bodo | Schwerin | 58 | M55 | 6 | 14:43 | 106 | 15:07 | 100 | 15:01 | 99 | 15:00 | 100 | 59:51 |
| 105 | 148 | Kanserske, Andreas | Sportclub Laage | 64 | M50 | 10 | 14:46 | 107 | 15:10 | 101 | 15:39 | 102 | 15:45 | 106 | 1:01:20 |
| 106 | 172 | Koch, Andre | SV Putzbrunn | 67 | M45 | 21 | 14:26 | 102 | 15:13 | 102 | 15:57 | 103 | 16:20 | 108 | 1:01:56 |
| 107 | 127 | Mauer, Horst-Günter | Laufftreff Güstrow | 58 | M55 | 7 | 14:08 | 97 | 15:27 | 103 | 16:31 | 107 | 16:54 | 109 | 1:03:00 |
| 108 | 233 | Zeug, Rüdiger | TSV Bienenbüttel | 64 | M50 | 11 | 15:22 | 108 | 15:52 | 105 | 16:18 | 105 | 15:40 | 105 | 1:03:12 |
| 109 | 232 | Hornburg, Simone | Rostock | 70 | W45 | 7 | 15:25 | 109 | 15:52 | 105 | 16:17 | 104 | 15:52 | 107 | 1:03:26 |
| 110 | 144 | Ackermann, Simone | Knirpsenland e.V. | 66 | M50 | 5 | 17:27 | 114 | 16:22 | 108 | 15:00 | 98 | 15:11 | 102 | 1:04:00 |
| 111 | 145 | Großmann, Frank | Wilhelmminenhof | 58 | M55 | 8 | 14:10 | 99 | 15:50 | 104 | 17:09 | 108 | 17:16 | 112 | 1:04:25 |
| 112 | 139 | Lux, Silke | Güstrow | 65 | W50 | 6 | 16:20 | 111 | 17:13 | 109 | 17:30 | 109 | 16:58 | 110 | 1:08:01 |
| 113 | 138 | Deharde, Ines | Hamburg | 68 | W45 | 8 | 16:19 | 110 | 17:15 | 110 | 17:30 | 109 | 16:58 | 110 | 1:08:02 |
| 114 | 156 | Stache, André | Sportclub Laage | 65 | M50 | 12 | 16:29 | 112 | 17:42 | 111 | 18:49 | 111 | 19:27 | 113 | 1:12:27 |
| 115 | 152 | Fink, Christina | Sportclub Laage | 78 | W35 | 5 | 16:30 | 113 | 17:42 | 111 | 18:49 | 111 | 19:27 | 113 | 1:12:28 |
| DSQ | 110 | Doering, Tim | Sarmstorf | 86 | M30 | - | 13:30 | - | 15:14 | - | - | - | 1:29 | - | 30:13 |
| DSQ | 158 | Schilberg, Ronny | Laufteam Hamburg | 79 | M35 | - | 12:53 | - | - | - | - | - | 12:57 | - | 25:50 |
| DNF | 179 | Mohamad, Nuur Ahmad | LAC Mühl Rosin | 94 | MH | - | 9:13 | - | 9:25 | - | - | - | - | - | - |

10 km am 26.03.2016 Ergebnisliste - Männer

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Run | Run | Run | Run | Run | Run | Run | Run | Endzeit |
|-----|-----|--------------------------|---------------------------|----|-----|-----|-------|-----|-------|-----|-------|-----|-------|-----|---------|
| 61 | 119 | Kürschner, Sebastian | Güstrow OT Suckow | 87 | MH | 11 | 12:08 | 54 | 12:48 | 59 | 13:08 | 62 | 12:20 | 49 | 50:24 |
| 62 | 103 | Jonda, Alexander | Güstrow | 67 | M45 | 16 | 12:56 | 69 | 12:36 | 54 | 12:38 | 48 | 12:26 | 54 | 50:36 |
| 63 | 208 | Deck, Jan | LSG Elmenhorst | 77 | M35 | 10 | 12:42 | 66 | 12:39 | 57 | 12:53 | 52 | 12:55 | 58 | 51:09 |
| 64 | 173 | Werner, Dieter | Güstrow | 51 | M65 | 1 | 12:34 | 62 | 12:34 | 52 | 13:03 | 59 | 13:19 | 65 | 51:30 |
| 65 | 174 | Kiesendahl, Fred | Laufgruppe Schwerin | 61 | M55 | 4 | 12:36 | 63 | 12:59 | 63 | 13:07 | 61 | 13:10 | 64 | 51:52 |
| 66 | 101 | Seidel, Ricardo | Gelbensande | 84 | M30 | 8 | 12:54 | 68 | 13:05 | 64 | 13:32 | 64 | 13:28 | 68 | 52:59 |
| 67 | 131 | Clauser, Matthias | Güstrow | 85 | M30 | 9 | 12:33 | 61 | 13:23 | 67 | 13:45 | 65 | 13:51 | 73 | 53:32 |
| 68 | 239 | Stindl, Thoralf | GSC 09 Güstrow | 69 | M45 | 17 | 12:03 | 49 | 13:22 | 66 | 14:07 | 70 | 14:05 | 74 | 53:37 |
| 69 | 211 | Panten, Philipp-Sebastia | Gutow | 98 | MJA | 1 | 12:25 | 60 | 13:21 | 65 | 14:24 | 73 | 13:32 | 69 | 53:42 |
| 70 | 221 | Vogt, Stefan | SV Breitling e.V. Rostock | 84 | M30 | 10 | 12:59 | 70 | 13:29 | 69 | 13:48 | 66 | 13:37 | 70 | 53:53 |
| 71 | 220 | Meier, Matthias | Lüssow | 71 | M45 | 18 | 14:09 | 77 | 13:25 | 68 | 13:23 | 63 | 13:00 | 62 | 53:57 |
| 72 | 209 | Apel, Eckart | München | 63 | M50 | 8 | 13:04 | 71 | 13:49 | 71 | 13:59 | 69 | 13:39 | 72 | 54:31 |
| 73 | 241 | Schuldt, Arne | GSC 09 Güstrow | 59 | M55 | 5 | 13:28 | 74 | 13:56 | 73 | 13:57 | 67 | 13:27 | 66 | 54:48 |
| 74 | 234 | Frind, Steffen | Sildemow | 66 | M50 | 9 | 13:07 | 72 | 13:31 | 70 | 14:07 | 70 | 14:05 | 74 | 54:50 |
| 75 | 216 | Dech, Steffen | SV Pastow | 85 | M30 | 11 | 12:43 | 67 | 12:48 | 59 | 16:22 | 79 | 13:27 | 66 | 55:20 |
| 76 | 121 | Hoffmann, Uwe | Volks- und Raiffeisenban | 71 | M45 | 19 | 14:28 | 80 | 13:49 | 71 | 13:58 | 68 | 13:37 | 70 | 55:52 |
| 77 | 170 | Mey, Gunnar | Bölkow | 67 | M45 | 20 | 13:24 | 73 | 14:05 | 74 | 14:23 | 72 | 14:24 | 76 | 56:16 |
| 78 | 106 | Heidrich, Frank | Parchim | 86 | M30 | 12 | 12:39 | 65 | 14:21 | 75 | 15:25 | 75 | 15:19 | 78 | 57:44 |
| 79 | 136 | Woytaszek, Bodo | Schwerin | 58 | M55 | 6 | 14:43 | 81 | 15:07 | 76 | 15:01 | 74 | 15:00 | 77 | 59:51 |
| 80 | 148 | Kanserske, Andreas | Sportclub Laage | 64 | M50 | 10 | 14:46 | 82 | 15:10 | 77 | 15:39 | 76 | 15:45 | 80 | 1:01:20 |
| 81 | 172 | Koch, Andre | SV Putzbrunn | 67 | M45 | 21 | 14:26 | 79 | 15:13 | 78 | 15:57 | 77 | 16:20 | 81 | 1:01:56 |
| 82 | 127 | Mauer, Horst-Günter | Lauftreff Güstrow | 58 | M55 | 7 | 14:08 | 76 | 15:27 | 79 | 16:31 | 80 | 16:54 | 82 | 1:03:00 |
| 83 | 233 | Zeug, Rüdiger | TSV Bienenbüttel | 64 | M50 | 11 | 15:22 | 83 | 15:52 | 81 | 16:18 | 78 | 15:40 | 79 | 1:03:12 |
| 84 | 145 | Großmann, Frank | Wilhelminenhof | 58 | M55 | 8 | 14:10 | 78 | 15:50 | 80 | 17:09 | 81 | 17:16 | 83 | 1:04:25 |
| 85 | 156 | Stache, André | Sportclub Laage | 65 | M50 | 12 | 16:29 | 84 | 17:42 | 82 | 18:49 | 82 | 19:27 | 84 | 1:12:27 |
| DSQ | 110 | Doering, Tim | Sarmstorf | 86 | M30 | - | 13:30 | - | 15:14 | - | - | - | 1:29 | - | 30:13 |
| DSQ | 158 | Schilberg, Ronny | Laufteam Hamburg | 79 | M35 | - | 12:53 | - | - | - | - | - | 12:57 | - | 25:50 |
| DNF | 179 | Mohamad, Nuur Ahmad | LAC Mühl Rosin | 94 | MH | - | 9:13 | - | 9:25 | - | - | - | - | - | - |

10 km am 26.03.2016 Ergebnisliste - Frauen

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Run | Run | Run | Run | Run | Run | Run | Run | Run | Endzeit |
|-----|-----|--------------------------|--------------------------|----|-----|-----|-------|-----|-------|-----|-------|-----|-------|-----|---------|---------|
| 1 | 140 | Litzenberg, Anne-Kathrin | Tri Fun Güstrow | 91 | WH | 1 | 9:52 | 1 | 10:19 | 1 | 10:27 | 1 | 10:38 | 2 | 41:16 | |
| 2 | 242 | Ehlert, Anett | Prüzen | 67 | W45 | 1 | 10:40 | 3 | 10:30 | 2 | 10:33 | 2 | 10:20 | 1 | 42:03 | |
| 3 | 122 | Hesse, Stefanie | USC Kiel | 74 | W40 | 1 | 10:35 | 2 | 11:10 | 4 | 11:26 | 4 | 11:09 | 3 | 44:20 | |
| 4 | 113 | Peter, Katrin | Radgiganten | 65 | W50 | 1 | 11:09 | 6 | 11:07 | 3 | 11:13 | 3 | 11:18 | 4 | 44:47 | |
| 5 | 237 | Mair, Sandra | TC Fiko Rostock | 77 | W35 | 1 | 10:53 | 4 | 11:19 | 5 | 11:31 | 5 | 11:18 | 4 | 45:01 | |
| 6 | 142 | Purwin, Jette | Krakow am See OT Gr. | 98 | WJA | 1 | 11:58 | 8 | 11:50 | 7 | 11:49 | 6 | 11:36 | 6 | 47:13 | |
| 7 | 163 | Göhler, Rebecca | Lübeck | 90 | WH | 2 | 11:04 | 5 | 11:47 | 6 | 12:09 | 7 | 12:25 | 8 | 47:25 | |
| 8 | 182 | Jörns, Jette | Bremer Hockey Club | 99 | WJB | 1 | 11:28 | 7 | 12:22 | 8 | 12:57 | 10 | 12:05 | 7 | 48:52 | |
| 9 | 184 | Kohagen, Jeanette | Volks- und Raiffeisenban | 76 | W40 | 2 | 12:24 | 9 | 12:39 | 9 | 12:55 | 9 | 12:44 | 10 | 50:42 | |
| 10 | 135 | Gerstmann, Silke | LG-Madlen | 64 | W50 | 2 | 13:27 | 16 | 13:02 | 11 | 12:52 | 8 | 12:29 | 9 | 51:50 | |
| 11 | 218 | Große-Freese, Dorit | Fiko Rostock | 77 | W35 | 2 | 12:55 | 10 | 12:57 | 10 | 13:17 | 11 | 13:07 | 11 | 52:16 | |
| 12 | 168 | Schneider, Jana | Balance Schwerin e.V. | 66 | W50 | 3 | 13:23 | 15 | 13:46 | 14 | 13:47 | 13 | 13:20 | 13 | 54:16 | |
| 13 | 210 | Kratzsch, Kerstin | Mucheln | 64 | W50 | 4 | 13:05 | 11 | 13:49 | 15 | 14:00 | 15 | 13:36 | 14 | 54:30 | |
| 14 | 125 | Günther, Doreen | SV HK Stralsund | 79 | W35 | 3 | 13:22 | 14 | 13:44 | 13 | 13:55 | 14 | 14:00 | 18 | 55:01 | |
| 15 | 201 | Meissner, Sabine | SV Turbine Neubranden | 59 | W55 | 1 | 13:14 | 13 | 13:49 | 15 | 14:01 | 16 | 14:01 | 19 | 55:05 | |
| 16 | 247 | Oelke, Doreen | SV Einheit | 69 | W45 | 2 | 14:29 | 24 | 14:00 | 21 | 13:32 | 12 | 13:09 | 12 | 55:10 | |
| 17 | 153 | Gießler, Michaela | Sportclub Laage | 78 | W35 | 4 | 13:35 | 17 | 13:52 | 17 | 14:15 | 17 | 13:54 | 16 | 55:36 | |
| 18 | 154 | Fischer, Jana | Sportclub Laage | 73 | W40 | 3 | 14:07 | 21 | 13:56 | 18 | 14:18 | 19 | 13:40 | 15 | 56:01 | |
| 19 | 151 | Grobbecker, Petra | Sportclub Laage | 68 | W45 | 3 | 14:06 | 20 | 13:58 | 19 | 14:18 | 19 | 13:55 | 17 | 56:17 | |
| 20 | 206 | Schmidt, Anja | FHSG Stralsund | 71 | W45 | 4 | 14:01 | 19 | 13:59 | 20 | 14:16 | 18 | 14:27 | 20 | 56:43 | |
| 21 | 214 | Salzmann, Claudia | Wismar | 76 | W40 | 4 | 14:15 | 22 | 13:36 | 12 | 14:36 | 23 | 15:03 | 24 | 57:30 | |
| 22 | 217 | Göbel-Kallies, Bianka | SV Pastow | 70 | W45 | 5 | 14:38 | 25 | 14:21 | 22 | 14:27 | 21 | 14:29 | 21 | 57:55 | |
| 23 | 164 | Schwartz, Julia | Saunateam Boddenter | 84 | W30 | 1 | 14:22 | 23 | 14:39 | 23 | 14:30 | 22 | 14:31 | 22 | 58:02 | |
| 24 | 120 | Westphal, Bianca | Volks- und Raiffeisenban | 73 | W40 | 5 | 13:52 | 18 | 14:44 | 24 | 14:48 | 24 | 14:53 | 23 | 58:17 | |
| 25 | 166 | Schöne, Ulrike | Balance Schwerin e.V. | 68 | W45 | 6 | 13:11 | 12 | 15:55 | 26 | 15:13 | 26 | 15:16 | 26 | 59:35 | |
| 26 | 232 | Hornburg, Simone | Rostock | 70 | W45 | 7 | 15:25 | 26 | 15:52 | 25 | 16:17 | 27 | 15:52 | 27 | 1:03:26 | |

10 km am 26.03.2016

Ergebnisliste - Frauen

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Run | Run | Run | Endzeit | | | | |
|-----|-----|-------------------|-------------------|----|-------|-------|-----|-------|-----|---------|----|-------|----|---------|
| 27 | 144 | Ackermann, Simone | Knirpsenland e.V. | 66 | W50 5 | 17:27 | 30 | 16:22 | 27 | 15:00 | 25 | 15:11 | 25 | 1:04:00 |
| 28 | 139 | Lux, Silke | Güstrow | 65 | W50 6 | 16:20 | 28 | 17:13 | 28 | 17:30 | 28 | 16:58 | 28 | 1:08:01 |
| 29 | 138 | Deharde, Ines | Hamburg | 68 | W45 8 | 16:19 | 27 | 17:15 | 29 | 17:30 | 28 | 16:58 | 28 | 1:08:02 |
| 30 | 152 | Fink, Christina | Sportclub Laage | 78 | W35 5 | 16:30 | 29 | 17:42 | 30 | 18:49 | 30 | 19:27 | 30 | 1:12:28 |