

Männer 30 Minuten				
1. Läufer	2. Läufer	Verein	Distanz	Jahr
Abd Alhran, Al Jaber	Koester, Laurids	SCC	10.075	2021
Pape, Louis	Strauß, Dominik	SCC	9.700	2015
Langenbrink, Kiran	Makowski, Nils	SCC	9.660	2021
Sasmzun, Gildas	Mescher, Sebastian	SCC	9.560	2013
Hopp, Max	Dittrich, Helge	SCC	9.520	2016
Strauß, Dominik	Tommasio, Francesco	SCC	9.400	2016
Bezgachev, Vitaly	Bezgachev, Vladislav	Te/TuS Lichte	9.343	2025
Nils M.	Awd. A.	SCC	9.285	2022
Lukac, Sebastian	Lukac, Oscar Lierre	SCC	9.200	2019
Mainusch, Albert	Langenbrinck, Kiran	SCC	9.175	2019
Gill, Christoph	Schilff, Heiko	SCC	8.990	2013
Hepke, Marian	Spohn, Oliver	SCC	8.775	2019
Woyte, Carsten	Neutzner, Christoph	SCC	8.750	2016
Schmele, Hannes	Kramer, Andreas	SCC	8.840	2013
Mark Homann	Kolja Wilutzky	SCC/n.n.	8.816	2024
Mainusch, Oskar	Nagel, Luka	SCC	8.754	2017
Buggel, Sven	Schröder, Markus	SCC	8.725	2015
May, Dietmar	Kus, Carsten	SCC	8.670	2013
Pauker, Semjon	Gill, N.	SCC	8.670	2013
Dahns, Christian	Nasdal, Reinhard	SCC	8.650	2023
Cinieri, Ciro	Molina, Marco	SCC	8.620	2013
Schmidt, Niclas	Tewodros, Amani	SCC	8.600	2015
Berzgacher, Vladi	Grade, Michael	SCC	8.572	2023
Hepke, Marian	Schatz, Michael	SCC	8.550	2015
Rolef, Leander	Schröder, Markus	SCC	8.450	2014
Krappe, Lukas	Lock, Jasper	SCC	8.442	2017
Mainusch, Henryk	Mainusch, Albert	SCC	8.428	2023
Weinreich, Neo	Hopsch, Thaddäus	SCC	8.375	2019
Poelking, Wolfram	Siehler, Oliver	SCC	8.370	2013
Mehdi Nacer-Bey	Benjamin Dockal	SCC	8.332	2024
Mulugeta, Zelalem	Neutzner, Christoph	SCC	8.322	2017
Schnelle, Markus	Steiniger, Bernd	SCC	8.310	2013
Schauer, Mark	Brauckhoff, Patrick	SCC	8.300	2013
Ohene-Okae, Nathan	Tschei, Yaw	SCC	8.280	2016
Vita, Hendrik	Schilff, Heiko	TG Südwest	8.250	2015
Jüngel, Lucas	Fütling, Jannes	SCC	8.125	2019
Schauer, Mark	Nowak, Markus	SCC	8.100	2014
Jüngel, Lucas	Weinreich, Neo	SCC	8.040	2017
Rusch, Daniel	Schatz, Michael	SCC	7.950	2013
Bellof, Dennis	Plümke, Bash	SCC	7.900	2021
Farahmand, Adrian	Makowski, Nils	SCC	7.875	2019
Liersch, Marian	Kihr, Götz	SCC	7.800	2014
Eberhardt, Dirk	Hoang, Truc Lam	Vivantes	7.775	2025
Kersten, Holger	Winter, Philip	SCC	7.770	2022
Ritter, Tom	Wehner, Roland	SCC	7.740	2013
Laack, Patrick	Sager, Frank	SCC	7.268	2017
Hoffmann, Peter	Robiné, Stefan	SCC	7.120	2016
Wiets, Elias	Wiets, Vincent	SCC	7.110	2013
Langenbrinck, Gregor	Sühlo, Bertram	SCC	7.036	2017
Fahl-Spiewack	Renke Spiewack, David	SCC	6.910	2013
Köbisch, Niklas	Köbisch, Julius	SCC	6.900	2022
Volker, Haas	Wiets, Waldemar	SCC	6.880	2013
Knobloch, Jörg	Akkordeon, Petrus	SCC	6.860	2013
Swart, Wolf	Hein, Thomas	SCC	6.540	2013
Kuhnlein, Franz	Seyfahrt, Michael	SCC	6.440	2013
Wrede, Tobias	Wrede, Tom	SF Kladow	6.380	2025
Hahn, Jobst	Muß, Frank	SCC	6.070	2013
Krause, Oscar	Santos Jonker, Jakomo	SCC	5.902	2017
Haddad, Adam	Haddad, Yusuf	SCC	5.370	2017