

| Ergebnisse | | | | 2. bis 5.4.2010 | | 02.04.2010 | | 03.04.2010 | | 04.04.2010 | | 05.04.2010 | | Summe | |
|--------------|----------------|-----|-----------------|-----------------|-----------|------------|-----------|------------|-----------|------------|-----------|-----------------|-----------|---------------|-------|
| Name | Vorname | AK | Verein | Zeit | Platz | Zeit | Platz | Zeit | Platz | Zeit | Platz | Zeit | Platz | Gesamtwertung | Platz |
| Eichner | Sigrid | W70 | 100 MC | 5:48:45 | 2. | 5:10:45 | 2. | 5:49:32 | 1. | 5:09:13 | 4. | 21:58:15 | 1. | | |
| Gormanns | Kurt | M55 | 100 MC | 5:26:15 | 10. | 4:50:53 | 5. | 4:48:11 | 4. | 4:45:30 | 4. | 19:50:49 | 1. | | |
| Eberle | Dietrich | M55 | 74 Marathon | 5:59:09 | 13. | 4:59:57 | 8. | 4:58:52 | 6. | 5:11:58 | 6. | 21:09:56 | 2. | | |
| Tank | Eike | M70 | LC Ron Hill | | | 5:30:26 | 9. | | | 4:56:45 | 5. | 10:27:11 | | | |
| Schädlich | Rainer | M65 | DUV | 5:24:32 | 9. | | | 4:52:36 | 5. | | | 10:17:08 | | | |
| Koenig | Jörg | M60 | 100 MC | | | 4:56:10 | 6. | 5:15:28 | 7. | | | 10:11:38 | | | |
| Preißler | Lothar | M60 | 100 MC | 5:15:01 | 8. | 4:50:51 | 4. | | | | | 10:05:52 | | | |
| Wendler | Anne | W45 | LT Bernd Hübner | 5:06:14 | 1. | | | | | 4:31:10 | 3. | 9:37:24 | | | |
| Steuck | Ekki | M60 | 100 MC | | | 4:31:12 | 3. | | | 4:28:51 | 3. | 9:00:03 | | | |
| Kiene | Michael | M35 | | | | 4:12:05 | 2. | 4:11:10 | 3. | | | 8:23:15 | | | |
| Friedrich | Bernd | M50 | LT Bernd Hübner | | | 4:07:03 | 1. | | | 3:50:30 | 2. | 7:57:33 | | | |
| Stein | Frank | M45 | Karower Dachse | 4:19:10 | 2. | | | | | 3:34:24 | 1. | 7:53:34 | | | |
| Bednarz | Jerzy | M60 | | | | 6:24:00 | 10. | | | | | 6:24:00 | | | |
| Grabner | Andrea | W40 | | 6:05:33 | 3. | | | | | | | 6:05:33 | | | |
| Preißler | Monika | W60 | 100 MC | | | 6:01:08 | 3. | | | | | 6:01:08 | | | |
| Ulmschneider | Klaus-Peter | M45 | 100 MC | 5:33:02 | 12. | | | | | | | 5:33:02 | | | |
| Friedl | Mike | M55 | | 5:30:09 | 11. | | | | | | | 5:30:09 | | | |
| Fromme | Dieter | M55 | | 5:10:30 | 7. | | | | | | | 5:10:30 | | | |
| Ruess | André | M50 | LT Bernd Hübner | 5:05:38 | 6. | | | | | | | 5:05:38 | | | |
| Labs | Michael | M45 | LT Bernd Hübner | | | 4:58:38 | 7. | | | | | 4:58:38 | | | |
| Ziener | Kai-Uwe | M45 | | 4:55:37 | 5. | | | | | | | 4:55:37 | | | |
| Hopp | Michael | M50 | Lok Potsdam | 4:40:13 | 4. | | | | | | | 4:40:13 | | | |
| Kainz | Felix | M50 | Lok Potsdam | 4:31:46 | 3. | | | | | | | 4:31:46 | | | |
| Möhr | Andrea | W45 | LAC Berlin | | | | | | | 4:26:37 | 2. | 4:26:37 | | | |
| Heinig | Marcel | MHK | 100 MC | 4:14:31 | 1. | | | | | | | 4:14:31 | | | |
| Kretschmar | Uwe | M50 | Sportfreak | | | | | 4:08:03 | 2. | | | 4:08:03 | | | |
| Marré | Sabine | W45 | | | | 4:07:03 | 1. | | | | | 4:07:03 | | | |
| Chouki | Nassera | W40 | | | | | | | | 3:50:30 | 1. | 3:50:30 | | | |
| Rymarcewicz | Axel | M40 | LG Nord | | | | | 3:36:46 | 1. | | | 3:36:46 | | | |
| Schlötke | Sabine | W45 | Karower Dachse | 2:17:10 | 6. | HM | | | | | | 2:17:10 | | | |
| Broy | Ekkart | M55 | LG Nord | 2:15:39 | 5. | HM | | | | | | 2:15:39 | | | |
| Kästner | Mario | M50 | Karower Dachse | 2:13:45 | 4. | HM | | | | | | 2:13:45 | | | |
| Hösl | Patrick | M35 | LG DUV | 2:12:54 | 3. | HM | | | | | | 2:12:54 | | | |
| Martin | Kurt | | | 1:58:03 | 1. | HM | | | | | | 1:58:03 | | | |
| Merz | Kai-Uwe | M50 | GRV / DUV | 2:04:00 | 2. | 6 Runden | | | | | | 2:04:00 | | | |
| Stein | Kerstin | W45 | Karower Dachse | 5:02:23 | 7. | 16 Runden | | | | | | 5:02:23 | | | |
| Ulrich | Kirsten | W45 | Karower Dachse | 5:02:23 | 8. | 16 Runden | | | | | | 5:02:23 | | | |