

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|---------------------------|----|------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Behrndt, Yannik | 05 | Förderverein Sportplatz HoSe | 0:05:22 h | 1 | MK U10-1 | ° | ° | 771 |
| 2 | Richter, Guido | 04 | Mühlenschule Holm-Seppensen | 0:05:24 h | 2 | MK U10-2 | ° | ° | 846 |
| 2 | Tabbert, Jan Ole | 05 | SV Holm-Seppensen | 0:05:24 h | 2 | MK U10-2 | ° | ° | 787 |
| 4 | Hettling, Paula | 04 | TSV Winsen | 0:05:25 h | ° | ° | 1 | WK U10-1 | 765 |
| 5 | Strelow, Arne | 04 | | 0:05:26 h | 4 | MK U10-4 | ° | ° | 865 |
| 6 | Kannengießler, Sören | 04 | Waldschule | 0:05:33 h | 5 | MK U10-5 | ° | ° | 778 |
| 6 | Vomhoff, Carl | 05 | Mühlenschule Holm-Seppensen | 0:05:33 h | 5 | MK U10-5 | ° | ° | 813 |
| 8 | von Lossow, Maximilian | 05 | SV Holm-Seppensen | 0:05:37 h | 7 | MK U10-7 | ° | ° | 784 |
| 9 | Ring, Paul | 06 | | 0:05:38 h | 8 | KU 8-1 | ° | ° | 871 |
| 10 | Heidtmann, Niklas Til | 05 | Waldschule | 0:05:44 h | 9 | MK U10-8 | ° | ° | 747 |
| 11 | Linder, Frederik | 05 | Blau-Weiss Buchholz e.V. | 0:05:56 h | 10 | MK U10-9 | ° | ° | 745 |
| 12 | Junghans, Merit | 04 | TSV Winsen | 0:05:58 h | ° | ° | 2 | WK U10-2 | 746 |
| 13 | Meister, Svea | 04 | SV Holm-Seppensen | 0:06:02 h | ° | ° | 3 | WK U10-3 | 790 |
| 14 | Blankenstein, Julia | 05 | Mühlenschule Holm-Seppensen | 0:06:04 h | ° | ° | 4 | WK U10-4 | 821 |
| 15 | Loos, Piet | 05 | Mühlenschule Holm-Seppensen | 0:06:05 h | 11 | MK U10-10 | ° | ° | 878 |
| 16 | Wittlinger, Bennet Tobias | 05 | VfL Jesteburg | 0:06:06 h | 12 | MK U10-11 | ° | ° | 764 |
| 16 | Apitz, Toni | 06 | Mühlenschule Holm-Seppensen | 0:06:06 h | 12 | KU 8-2 | ° | ° | 835 |
| 18 | Apitz, Robin | 04 | Mühlenschule Holm-Seppensen | 0:06:07 h | 14 | MK U10-12 | ° | ° | 842 |
| 19 | Heuchert, Ole | 04 | SV Holm-Seppensen | 0:06:10 h | 15 | MK U10-13 | ° | ° | 818 |
| 20 | Fahrbach, Alisa | 07 | MTV Brackel | 0:06:12 h | ° | ° | 5 | KU 8-3 | 768 |
| 21 | Harms, Leonie | 04 | Mühlenschule Holm-Seppensen | 0:06:13 h | ° | ° | 6 | WK U10-5 | 849 |
| 22 | Mohns, Lara | 04 | Mühlenschule Holm-Seppensen | 0:06:14 h | ° | ° | 7 | WK U10-6 | 839 |
| 23 | Müller, Jonas | 04 | Montessori Lernwelt e.V. | 0:06:17 h | 16 | MK U10-14 | ° | ° | 752 |
| 23 | Sandström, Rike Nele | 04 | Mühlenschule Holm-Seppensen | 0:06:17 h | ° | ° | 8 | WK U10-7 | 840 |
| 25 | Hoog, Joey | 05 | Grundschule Handeloh | 0:06:20 h | 17 | MK U10-15 | ° | ° | 798 |
| 26 | Tietz, Louis | 04 | Montessori Lernwelt e.V. | 0:06:21 h | 18 | MK U10-16 | ° | ° | 755 |
| 26 | Zietz, Thilo | 06 | Mühlenschule Holm-Seppensen | 0:06:21 h | 18 | KU 8-4 | ° | ° | 836 |
| 28 | Kahnert, Chris | 05 | Heideschule | 0:06:23 h | 20 | MK U10-17 | ° | ° | 770 |
| 28 | Lühr, Merten | 05 | Mühlenschule Holm-Seppensen | 0:06:23 h | 20 | MK U10-17 | ° | ° | 827 |
| 28 | Compaore, Maya | 06 | Brake(Unterweser) | 0:06:23 h | ° | ° | 9 | KU 8-5 | 750 |
| 31 | Röhrs, Hendrik | 06 | TSV Buchholz 08 e.V. | 0:06:24 h | 22 | KU 8-6 | ° | ° | 763 |
| 32 | Vogt, Jannis | 05 | Mühlenschule Holm-Seppensen | 0:06:25 h | 23 | MK U10-19 | ° | ° | 826 |
| 33 | Kerlin, Nele | 05 | Grundschule Sprötze | 0:06:27 h | ° | ° | 10 | WK U10-8 | 877 |
| 34 | Wohlers, Fabian | 04 | Mühlenschule Holm-Seppensen | 0:06:28 h | 24 | MK U10-20 | ° | ° | 822 |
| 34 | Dannen, Jantje | 05 | Montessori Lernwelt e.V. | 0:06:28 h | ° | ° | 11 | WK U10-9 | 754 |
| 36 | Prätsch, Niilo Junis | 04 | | 0:06:29 h | 25 | MK U10-21 | ° | ° | 749 |
| 36 | Schwarz, Jillian | 05 | Grün-Weiß Harburg | 0:06:29 h | ° | ° | 12 | WK U10-10 | 869 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-------------------------|----|-----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 38 | Tietz, Henry | 06 | Montessori Lernwelt e.V. | 0:06:30 h | 26 | KU 8-7 | ° | ° | 756 |
| 39 | Marggraf, Lars | 05 | Mühlenschule Holm-Seppensen | 0:06:33 h | 27 | MK U10-22 | ° | ° | 828 |
| 39 | Höfer, Anton | 07 | Wiesenschule | 0:06:33 h | 27 | KU 8-8 | ° | ° | 738 |
| 41 | Becker-Heins, Bernhard | 04 | Mühlenschule Holm-Seppensen | 0:06:35 h | 29 | MK U10-23 | ° | ° | 841 |
| 42 | Prätsch, Lahja Eden | 06 | | 0:06:39 h | ° | ° | 13 | KU 8-9 | 748 |
| 43 | Sandström, Ole Lasse | 05 | Mühlenschule Holm-Seppensen | 0:06:40 h | 30 | MK U10-24 | ° | ° | 847 |
| 44 | Herzfeld, Valentin | 05 | Waldschule | 0:06:41 h | 31 | MK U10-25 | ° | ° | 777 |
| 44 | Aulert, Niclas | 05 | Mühlenschule Holm-Seppensen | 0:06:41 h | 31 | MK U10-25 | ° | ° | 825 |
| 44 | Apel, Joe | 06 | Grundschule Handeloh | 0:06:41 h | 31 | KU 8-10 | ° | ° | 809 |
| 47 | Langenhorst, Luca | 04 | SV Holm-Seppensen | 0:06:42 h | 34 | MK U10-27 | ° | ° | 852 |
| 48 | Plehn, Rosanna | 04 | Mühlenschule Holm-Seppensen | 0:06:43 h | ° | ° | 14 | WK U10-11 | 844 |
| 48 | Groth, Melia | 06 | Mühlenschule Holm-Seppensen | 0:06:43 h | ° | ° | 14 | KU 8-11 | 815 |
| 48 | Breede, Amy | 06 | SV Holm-Seppensen | 0:06:43 h | ° | ° | 14 | KU 8-11 | 854 |
| 51 | Prätsch, Neela | 04 | | 0:06:45 h | ° | ° | 17 | WK U10-12 | 740 |
| 51 | van Haaster, Val | 04 | SV Holm-Seppensen | 0:06:45 h | 35 | MK U10-28 | ° | ° | 785 |
| 53 | Wilharm, Jon | 07 | Montessori Lernwelt e.V. | 0:06:46 h | 36 | KU 8-13 | ° | ° | 743 |
| 54 | Goroncy, Bennet | 04 | SV Holm-Seppensen | 0:06:47 h | 37 | MK U10-29 | ° | ° | 782 |
| 54 | Dörrbecker, Malte | 05 | Grundschule Sprötze | 0:06:47 h | 37 | MK U10-29 | ° | ° | 733 |
| 56 | Schubert, Hanna | 05 | SV Holm-Seppensen | 0:06:49 h | ° | ° | 18 | WK U10-13 | 864 |
| 57 | Brunke, Simon Christian | 07 | Grundschule Sprötze Trelde | 0:06:51 h | 39 | KU 8-14 | ° | ° | 860 |
| 58 | Hehling, Carlos | 04 | SV Holm-Seppensen | 0:06:52 h | 40 | MK U10-31 | ° | ° | 858 |
| 58 | Markefka, Paulina | 05 | Schule Grumbrechtstrasse | 0:06:52 h | ° | ° | 19 | WK U10-14 | 741 |
| 60 | Stein, Christian | 04 | Mühlenschule Holm-Seppensen | 0:06:53 h | 41 | MK U10-32 | ° | ° | 843 |
| 60 | Thunert, Lina | 06 | Grundschule Handeloh | 0:06:53 h | ° | ° | 20 | KU 8-15 | 804 |
| 62 | Breede, Cino | 06 | SV Holm-Seppensen | 0:06:55 h | 42 | KU 8-16 | ° | ° | 855 |
| 62 | Laser, Oscar | 07 | Mühlenschule Holm-Seppensen | 0:06:55 h | 42 | KU 8-16 | ° | ° | 867 |
| 64 | Kaisen, Jonas | 04 | SV Holm-Seppensen | 0:06:59 h | 44 | MK U10-33 | ° | ° | 857 |
| 65 | Schulze, Emma | 05 | Grundschule Handeloh | 0:07:00 h | ° | ° | 21 | WK U10-15 | 774 |
| 66 | von Allwörden, Mika | 05 | SV Holm-Seppensen | 0:07:01 h | 45 | MK U10-34 | ° | ° | 850 |
| 67 | Fuisting, Ole | 05 | SV Holm-Seppensen | 0:07:02 h | 46 | MK U10-35 | ° | ° | 786 |
| 68 | Mezlaw, Maxim | 05 | Grundschule Handeloh | 0:07:04 h | 47 | MK U10-36 | ° | ° | 807 |
| 69 | Runge, Vincent | 04 | SV Holm-Seppensen | 0:07:05 h | 48 | MK U10-37 | ° | ° | 856 |
| 69 | Bludau, Naja | 06 | SV Holm-Seppensen | 0:07:05 h | ° | ° | 22 | KU 8-18 | 744 |
| 71 | Wedemeier, Carolin | 04 | Mühlenschule Holm-Seppensen | 0:07:06 h | ° | ° | 23 | WK U10-16 | 829 |
| 72 | Zergänge, Fynn | 07 | desperados | 0:07:08 h | 49 | KU 8-19 | ° | ° | 732 |
| 73 | Pape, Ole | 05 | Grundschule Handeloh | 0:07:10 h | 50 | MK U10-38 | ° | ° | 805 |
| 74 | Isanovic, Leomir | 04 | Mühlenschule Holm-Seppensen | 0:07:12 h | 51 | MK U10-39 | ° | ° | 820 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-------------------------------|----|-----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 75 | Langenhorst, Mia | 07 | SV Holm-Seppensen | 0:07:13 h | ° | ° | 24 | KU 8-20 | 875 |
| 76 | Müller, Cordelia | 05 | Mühlenschule Holm-Seppensen | 0:07:15 h | ° | ° | 25 | WK U10-17 | 837 |
| 77 | de Jong, Jeanne | 05 | Grundschule Handeloh | 0:07:17 h | ° | ° | 26 | WK U10-18 | 772 |
| 77 | Falk, Amrei | 06 | Sonnenschule Bendestorf | 0:07:17 h | ° | ° | 26 | KU 8-21 | 876 |
| 79 | Dallmann, Julian | 05 | Grundschule Handeloh | 0:07:18 h | 52 | MK U10-40 | ° | ° | 773 |
| 80 | Mohns, Leon | 06 | Mühlenschule Holm-Seppensen | 0:07:20 h | 53 | KU 8-22 | ° | ° | 831 |
| 81 | Zornig, Paul | 06 | Grundschule Handeloh | 0:07:23 h | 54 | KU 8-23 | ° | ° | 801 |
| 82 | Weitendorf, Lea Sophie | 04 | SV Holm-Seppensen | 0:07:24 h | ° | ° | 28 | WK U10-19 | 853 |
| 83 | Rössler, Thorge | 05 | SV Holm-Seppensen | 0:07:26 h | 55 | MK U10-41 | ° | ° | 788 |
| 83 | Poggel, Mia | 05 | Mühlenschule Holm-Seppensen | 0:07:26 h | ° | ° | 29 | WK U10-20 | 817 |
| 85 | Braeuer, Konstantin | 07 | SV Todtglüsingern | 0:07:27 h | 56 | KU 8-24 | ° | ° | 769 |
| 86 | Kersten, Laura | 05 | Mühlenschule Holm-Seppensen | 0:07:29 h | ° | ° | 30 | WK U10-21 | 838 |
| 86 | Mayer-Lindenberg, Sophie | 07 | Mühlenschule Holm-Seppensen | 0:07:29 h | ° | ° | 30 | KU 8-25 | 872 |
| 88 | Althonus, Coco | 05 | Grundschule Handeloh | 0:07:30 h | ° | ° | 32 | WK U10-22 | 775 |
| 89 | Bosselmann, Jean Audric | 07 | | 0:07:33 h | 57 | KU 8-26 | ° | ° | 767 |
| 90 | Bonner, Marie | 06 | Mühlenschule Holm-Seppensen | 0:07:34 h | ° | ° | 33 | KU 8-27 | 863 |
| 91 | Pape, Lina | 05 | Grundschule Handeloh | 0:07:35 h | ° | ° | 34 | WK U10-23 | 806 |
| 92 | Tetzlaff, Jessica Marlena | 07 | Blau-Weiss Buchholz e.V. | 0:07:37 h | ° | ° | 35 | KU 8-28 | 861 |
| 93 | Gerhardt, Fenja | 05 | Grundschule Handeloh | 0:07:39 h | ° | ° | 36 | WK U10-24 | 794 |
| 94 | Knubbe, Tom Elias | 06 | VfL Jesteburg | 0:07:40 h | 58 | KU 8-29 | ° | ° | 735 |
| 95 | Bunk, Leif | 04 | SV Holm-Seppensen | 0:07:42 h | 59 | MK U10-42 | ° | ° | 783 |
| 95 | Steiner, Jette Merrit | 05 | Grundschule Handeloh | 0:07:42 h | ° | ° | 37 | WK U10-25 | 796 |
| 97 | Brenning, Peer | 04 | Grundschule Handeloh | 0:07:43 h | 60 | MK U10-43 | ° | ° | 795 |
| 98 | Külper, Justin | 04 | Grundschule Handeloh | 0:07:44 h | 61 | MK U10-44 | ° | ° | 808 |
| 98 | Höhn, Dean Marco | 06 | Grundschule Sprötze | 0:07:44 h | 61 | KU 8-30 | ° | ° | 779 |
| 100 | Behr, Thorbjörn | 04 | Grundschule Handeloh | 0:07:46 h | 63 | MK U10-45 | ° | ° | 792 |
| 101 | Herzfeld, Melvin | 06 | Waldschule | 0:07:47 h | 64 | KU 8-31 | ° | ° | 776 |
| 101 | Stein, Michael | 06 | Mühlenschule Holm-Seppensen | 0:07:47 h | 64 | KU 8-31 | ° | ° | 834 |
| 103 | Behr, Thies | 06 | Grundschule Handeloh | 0:07:48 h | 66 | KU 8-33 | ° | ° | 793 |
| 104 | Schwertner de Almeida, Adrian | 07 | Montessori Lernwelt e.V. | 0:07:51 h | 67 | KU 8-34 | ° | ° | 761 |
| 105 | Martin-Sanchez, Emilio | 07 | Mühlenschule Holm-Seppensen | 0:07:53 h | 68 | KU 8-35 | ° | ° | 731 |
| 105 | Prätsch, Noah | 07 | | 0:07:53 h | 68 | KU 8-35 | ° | ° | 739 |
| 107 | Strelow, Helen | 07 | | 0:07:54 h | ° | ° | 38 | KU 8-37 | 866 |
| 108 | Mayer-Lindenberg, Laura | 07 | | 0:07:57 h | ° | ° | 39 | KU 8-38 | 873 |
| 109 | Bensemman, Aimee | 06 | | 0:07:59 h | ° | ° | 40 | KU 8-39 | 762 |
| 110 | Baastrup, Tjark | 06 | Grundschule Sprötze | 0:08:03 h | 70 | KU 8-40 | ° | ° | 780 |
| 111 | Wegener, Alexander | 06 | Grundschule Handeloh | 0:08:11 h | 71 | KU 8-41 | ° | ° | 802 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-----------------------|----|-----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 112 | Martin-Sanchez, Greta | 04 | Mühlenschule Holm-Seppensen | 0:08:24 h | ° | ° | 41 | WK U10-26 | 823 |
| 113 | Bädker, Yannik | 05 | SV Holm-Seppensen | 0:08:29 h | 72 | MK U10-46 | ° | ° | 781 |
| 114 | Knubbe, Ben Noah | 07 | VfL Jesteburg | 0:08:43 h | 73 | KU 8-42 | ° | ° | 734 |
| 115 | Meggers, Emma | 06 | | 0:08:44 h | ° | ° | 42 | KU 8-43 | 751 |
| 116 | Dorner, Max | 06 | | 0:08:49 h | 74 | KU 8-44 | ° | ° | 874 |
| 117 | Benniß, David | 05 | SV Holm-Seppensen | 0:08:52 h | 75 | MK U10-47 | ° | ° | 791 |
| 118 | Niesner, Nilani | 07 | Montessori Lernwelt e.V. | 0:08:53 h | ° | ° | 43 | KU 8-45 | 870 |
| 119 | Seevers, Inja | 05 | SV Holm-Seppensen | 0:08:57 h | ° | ° | 44 | WK U10-27 | 789 |
| 120 | Ebeling, Malia | 04 | Grundschule Handeloh | 0:08:58 h | ° | ° | 45 | WK U10-28 | 799 |
| 121 | Szafran, Ruben | 06 | Grundschule Handeloh | 0:11:59 h | 76 | KU 8-46 | ° | ° | 800 |