

1. bis 20.Läuferzehnkampf

| Lauf | Datum | m/w | Name, Vorname | Alter | 60m | Punkte | 1500m | Punkte | 400m | Punkte | Summe | 100m | Punkte | 3000m | Punkte | 800m | Punkte | Summe | 200m | Punkte | 5000m | Punkte | 1000m | Punkte | Summe | 10km | Summe | Gesamt |
|------|--------------|-----|----------------------|-------|------|--------|--------|--------|--------|--------|------------|------|--------|---------|--------|--------|--------|------------|------|--------|---------|--------|--------|--------|------------|-----------|------------|------------|
| 20 | 16.-19.08.10 | m | Prescher, Thomas | 48 | 12.2 | 129 | 7:18.7 | 46 | 1:36.4 | 31 | 206 | 20.8 | 73 | 15:51.1 | 57 | 3:41.0 | 22 | 152 | 42.5 | 62 | 26:32.6 | 84 | 4:41.2 | 43 | 189 | 0:55:53.7 | 91 | 638 |
| 19 | 06.08.2009 | m | Röder,Dirk | 40 | 10.2 | 352 | 6:20.3 | 180 | 1:32.2 | 60 | 592 | | | | | | | | | | | | | | | | | 592 |
| 12 | 21.08.2002 | m | Hintz,Rene | | | 39 | | | | | | | | | | | | | 34.4 | 293 | 24:14.2 | 177 | 4:16.5 | 120 | 590 | | 590 | |
| 13 | 27.08.2003 | m | Röder,Dirk | 34 | 8.7 | 590 | | | | | 590 | | | | | | | | | | | | | | | | | 590 |
| 20 | 16.-19.08.10 | m | Georgi, Gotthard | 60 | 10.5 | 311 | 7:40.8 | 18 | 1:36.2 | 32 | 361 | 18.5 | 191 | 18:50.9 | 1 | 4:19.9 | 1 | 193 | | | | | | | | | | 554 |
| 19 | 06.08.2009 | m | Röder,Jan | 11 | 10.6 | 298 | 7:36.2 | 23 | 1:53.9 | 1 | 322 | 19.6 | 128 | | | 4:01.5 | 1 | 129 | 42.1 | 69 | | | 4:55.2 | 16 | 85 | | 536 | |
| 10 | 31.07.2000 | m | Bauer,Hardy | 41 | 10.9 | 261 | 6:20.0 | 181 | 1:28.7 | 92 | 534 | | | | | | | | | | | | | | | | | 534 |
| 20 | 16.-19.08.10 | m | Brauns, Jobst | 72 | 11.4 | 205 | 8:00.0 | 4 | 1:47.1 | 1 | 210 | 19.1 | 155 | 16:51.1 | 19 | 4:08.0 | 1 | 175 | 42.0 | 71 | 29:33.1 | 15 | 5:27.6 | 1 | 87 | 0:59:03.9 | 47 | 519 |
| 6 | 21.08.1996 | w | Amsel,Daniela | 25 | 11.5 | 347 | 8:26.7 | 74 | 1:46.6 | 66 | 487 | | | | | | | | | | | | | | | | | 487 |
| 20 | 16.-19.08.10 | m | Polleschner, Gerhard | 69 | 11.7 | 175 | 7:04.4 | 71 | 1:37.3 | 26 | 272 | 21.2 | 58 | 15:58.2 | 51 | 3:44.5 | 15 | 124 | 44.4 | 32 | 28:25.4 | 34 | 5:05.6 | 5 | 71 | | 467 | |
| 20 | 16.-19.08.10 | m | Witschas, Lothar | 59 | 10.8 | 273 | 7:26.2 | 35 | 1:26.5 | 116 | 424 | | | | | | | | | | | | | | | | | 424 |
| 5 | 09.08.1995 | w | Stoppe,Carolyn | 8 | 13 | 188 | 8:37.7 | 57 | 1:51.5 | 35 | 280 | | | | | | | | | | | | | | | | | 280 |
| 19 | 06.08.2009 | m | Brauns,Jobst | 71 | | | | | | | | | | | | | | | | | 28:06.4 | 41 | | | 41 | 0:58:58.9 | 48 | 89 |

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