

# TopTen2025

| Top Ten Männer    |             |      | 2025 | Top Ten Frauen      |            |      |
|-------------------|-------------|------|------|---------------------|------------|------|
| Mann              | Verein      | Km   |      | Frau                | Verein     | Km   |
| Thomas Windelberg | VKL         | 6066 | 1.   | Monika Höhne        | LKV        | 6066 |
| Jan Keller        | KCG         | 5518 | 2.   | Martina Flint       | BVO        | 4441 |
| Harald Adam       | TUS Gaarden | 5158 | 3.   | Maditha Kröger      | KVK        | 3446 |
| Ulrich Hobus      | BVO         | 3553 | 4.   | Karin Hack          | Ratzeb. KC | 3113 |
| Knut Bondesen     | IWW         | 3535 | 5.   | Antje Möller        | PTSV       | 2901 |
| Reimer Demnick    | KGW         | 3530 | 6.   | Rebecca Peters      | TSVK       | 2800 |
| Olaf Utech        | TSVK        | 3412 | 7.   | Ursula Bondesen     | IWW        | 2626 |
| Ole Holstein      | IWW         | 3179 | 8.   | Martina Niedermeier | SKC        | 2438 |
| Fred Köster       | LKV         | 3095 | 9.   | Luise Weidner       | LKV        | 2367 |
| Oliver Rausch     | SVH         | 2900 | 10.  | Lisa Fröse          | IWW        | 2328 |