

Die Sieger auf einen Blick

Lauf der Asse		Jahr	Lauf der Frauen	
8.000 m			4.000 m	
Willi Wülbeck (LAV Essen)	24:13,0	1989	Ute Wallraff (DJK Kleinenbroich)	14:33,3
Peter Fallenius (Schweden)	23:07,5	1990	Mariann Freriks (Niederlande)	12:59,0
Jörg Peter (SCC Berlin)	23:02,9	1991	Mariann Freriks (Niederlande)	12:48,8
Joseph Keno (Kenia)	22:39,7	1992	Tegla Loroupe (Kenia)	12:33,0
Francis Nade (Tansania)	22:38,2	1993	Regina Cistjakowa (Litauen)	12:39,0
Andrew Eyapan (Kenia)	22:53,0	1994	Regina Cistjakowa (Litauen)	12:40,0
Laban Chege (Kenia)	22:07,0	1995	Claudia Lokar (LG Olympia Dortmund)	12:40,0
Laban Chege (Kenia)	22:43,0	1996	Melanie Kraus (ASV Köln)	12:43,0
Benson Lokorwa (Kenia)	22:21,0	1997	Susan Chepkunei (Kenia)	12:33,0
10.000 m			5.000 m	
Barnabas Koskai (Kenia)	28:42,0	1998	Leah Malot (Kenia)	16:14,0
William Kiplagath (Kenia)	28:48,0	1999	Luminita Zaituc (LG Braunschweig)	16:02,0
Tendai Chimusasa (Simbabwe)	28:38,0	2000	Luminita Zaituc (LG Braunschweig)	15:51,0
Michal Bartoszak (Polen)	29:15,0	2001	Petra Wassiluk (LG Eintracht Frankfurt)	15:54,0
Daniel Kirui (Kenia)	28:29,0	2002	Inga Juodeskiene (Litauen)	15:59,0
Wilfried Kigen (LC Rehlingen)	28:44,0	2003	Leah Malot (Kenia)	15:52,0
Daniel Kirui (Kenia)	29:18,0	2004	Petra Kaminkova (Czech. Republik)	16:12,0
Moses Kigen (Kenia)	28:36,0	2005	Sabrina Mockenhaupt (LG Sieg)	15:47,0
Moses Kigen (Kenia)	28:45,0	2006	Viola Bor (LG/USC Heidelberg, Kenia)	15:47,0
Moses Kigen (Kenia)	29:19,2	2007	Irina Mikitenko (TV Wattenscheid)	15:41,0
Wilson Kipgogei (Kenia)	28:35,6	2008	Anitha Kipthum (Kenia)	15:59,6
Vitaly Schafar (Ukraine)	29:32,0	2009	Analia Rosa (Portugal)	16:03,8
Daniel Chebii (Kenia)	28:54,2	2010	Caroline Chepkwony (Kenia)	15:49,5
Daniel Chebii (Kenia)	28:17,6*	2011	Karolina Jarzynska (Polen)	15:57,8
Elias Kiptoo (Kenia)	29:03,0	2012	Nadezda Trilinskaya (Russland)	15:41,0
Isaac Mukundi Mwangi (Kenia)	28:27,6	2013	Karolina Jarzynska (Polen)	15:33,0*
Abraham Kipyatich (Kenia)	28:41,9	2014	Swietlana Kudelich (Weißrussland)	15:44,2
Jamel Chatbi (Italien)	29:08,2	2015	Swietlana Kudelich (Weißrussland)	16:02,0
Mitku Seboka (LAC Quelle Fürth)	29:39,0	2016	Dominika Napieraj (Polen)	15:53,0
Roman Prodius (Moldavien)	29:27,0	2017	Isabella Trzaskalska (Polen)	15:48,0

(* = Streckenrekord)