

| Platz | V.-Nr. | Verein | Mä / Fr | Jgd A | Jgd B | Sch A | Sch B | Sen. | Summe |
|-------|--------|-------------------------|---------|-------|-------|-------|-------|------|-------------|
| 1. | 3444 | LG Hannover | 1097 | 657 | 303 | 153 | 154 | 318 | 2682 |
| 2. | 1332 | LG Göttingen | 549 | 131 | 182 | 308 | 102 | 692 | 1964 |
| 3. | 3246 | LG Weserbergland | 524 | 434 | 237 | 166 | 205 | 390 | 1956 |
| 4. | 5601 | LG Kreis Verden | 326 | 103 | 73 | 150 | 46 | 788 | 1486 |
| 5. | 1101 | LG Braunschweig | 684 | 137 | 171 | 117 | 0 | 278 | 1387 |
| 6. | 3345 | TSV Kirchdorf | 643 | 10 | 15 | 11 | 101 | 585 | 1365 |
| 7. | 7602 | OTB Osnabrück | 611 | 177 | 152 | 16 | 57 | 284 | 1297 |
| 8. | 5401 | LAV Zeven | 69 | 36 | 217 | 180 | 13 | 353 | 868 |
| 9. | 4240 | LG Nordheide | 47 | 182 | 135 | 159 | 261 | 80 | 864 |
| 10. | 7609 | LG Osnabrück | 267 | 256 | 129 | 91 | 41 | 46 | 830 |
| 11. | 1509 | SV Germania Helmstedt | 195 | 18 | 9 | 135 | 103 | 338 | 798 |
| 12. | 8107 | TV Norden | 350 | 94 | 53 | 40 | 176 | 74 | 787 |
| 13. | 3313 | TSV Burgdorf | 76 | 76 | 38 | 102 | 27 | 329 | 648 |
| 14. | 3418 | Hannover 96 | 411 | 20 | 0 | 0 | 0 | 213 | 644 |
| 15. | 1850 | LG Peiner Land | 98 | 91 | 192 | 149 | 6 | 93 | 629 |
| 16. | 6901 | LG Wilhelmshaven | 193 | 27 | 121 | 52 | 13 | 219 | 625 |
| 17. | 1704 | LG Osterode | 67 | 50 | 42 | 15 | 11 | 435 | 620 |
| 18. | 4423 | LG Lüneburg Stadt-Land | 70 | 46 | 5 | 101 | 52 | 331 | 605 |
| 19. | 3302 | LG Wennigsen/Egestorf | 32 | 0 | 159 | 153 | 20 | 193 | 557 |
| 20. | 3383 | TuS Wunstorf | 337 | 95 | 52 | 4 | 14 | 46 | 548 |
| 21. | 6602 | DSC Oldenburg | 169 | 37 | 21 | 110 | 86 | 91 | 514 |
| 22. | 3105 | FTSV Jahn Brinkum | 0 | 0 | 33 | 206 | 266 | 0 | 505 |
| 23. | 6517 | LGG Ganderkesee | 134 | 47 | 1 | 0 | 3 | 313 | 498 |
| 24. | 1519 | TSV Lelm | 132 | 51 | 52 | 11 | 6 | 236 | 488 |
| | 4642 | LG Hanst./Wellend/Wried | 39 | 85 | 152 | 212 | 0 | 0 | 488 |
| 26. | 3701 | LG Nienburg | 59 | 1 | 0 | 0 | 152 | 272 | 484 |
| 27. | 2204 | VfB Fallersleben | 150 | 6 | 30 | 0 | 51 | 241 | 478 |
| 28. | 2211 | VfL Wolfsburg | 219 | 28 | 1 | 26 | 5 | 196 | 475 |
| 29. | 5121 | TV Langen | 79 | 125 | 141 | 65 | 35 | 8 | 453 |
| 30. | 8142 | LAC Emden/Aurich | 61 | 8 | 38 | 108 | 103 | 113 | 431 |
| 31. | 6206 | VfL Lönningen | 76 | 22 | 101 | 65 | 98 | 59 | 421 |
| 32. | 3529 | Eintracht Hildesheim | 73 | 97 | 36 | 8 | 14 | 172 | 400 |
| 33. | 3137 | LG Delmenhorst/Diepholz | 220 | 0 | 25 | 0 | 16 | 118 | 379 |
| | 7740 | LG Papenburg/Aschendorf | 45 | 167 | 5 | 90 | 16 | 56 | 379 |
| 35. | 8307 | VfL Germania Leer | 200 | 20 | 5 | 0 | 7 | 136 | 368 |
| 36. | 1334 | LG Eichsfeld | 47 | 20 | 198 | 80 | 8 | 1 | 354 |
| 37. | 7722 | VfL Lingen | 19 | 10 | 17 | 94 | 79 | 133 | 352 |
| 38. | 3120 | LC Hansa Stuhr | 40 | 35 | 32 | 6 | 79 | 157 | 349 |
| 39. | 6701 | OSC Damme | 163 | 18 | 2 | 0 | 4 | 159 | 346 |
| 40. | 5146 | LG Wesermünde | 10 | 1 | 20 | 2 | 3 | 304 | 340 |
| 41. | 1901 | SV Union Salzgitter | 49 | 31 | 32 | 8 | 3 | 213 | 336 |
| 42. | 4210 | MTV Hanstedt | 42 | 186 | 89 | 0 | 0 | 0 | 317 |
| | 1614 | Einbecker SV | 37 | 20 | 198 | 39 | 10 | 13 | 317 |
| 44. | 3541 | TK Jahn Sarstedt | 19 | 6 | 0 | 8 | 49 | 233 | 315 |
| 45. | 4524 | LG Fallingbostal | 53 | 26 | 22 | 20 | 69 | 115 | 305 |
| 46. | 6601 | BTB Oldenburg | 65 | 16 | 80 | 74 | 19 | 44 | 298 |
| 47. | 7551 | SC Melle 03 | 81 | 0 | 0 | 3 | 14 | 196 | 294 |
| 48. | 3327 | Garbsener SC | 88 | 69 | 7 | 31 | 7 | 91 | 293 |
| | 3336 | SV Germania Helstorf | 7 | 0 | 38 | 105 | 20 | 123 | 293 |
| 50. | 7739 | LG Emstal Dörpen | 94 | 39 | 113 | 0 | 6 | 35 | 287 |
| 51. | 7204 | TuS Gildehaus | 120 | 65 | 19 | 0 | 16 | 63 | 283 |
| 52. | 4117 | LG Celle-Land | 83 | 6 | 44 | 48 | 26 | 66 | 273 |
| 53. | 2129 | Laufclub BlueLiner | 116 | 0 | 0 | 0 | 0 | 156 | 272 |
| 54. | 6604 | VfL Oldenburg | 25 | 33 | 43 | 48 | 2 | 120 | 271 |
| 55. | 5447 | TV Sottrum | 33 | 15 | 31 | 101 | 3 | 85 | 268 |
| 56. | 7513 | TV Georgsmarienhütte | 146 | 0 | 0 | 0 | 0 | 114 | 260 |
| 57. | 7201 | LC Nordhorn | 70 | 0 | 37 | 0 | 0 | 145 | 252 |
| 58. | 3607 | MTV 49 Holzminden | 24 | 83 | 34 | 76 | 12 | 18 | 247 |
| 59. | 6204 | BV Garrel | 107 | 0 | 28 | 33 | 28 | 33 | 229 |
| 60. | 7737 | SV Sparta Werthe | 24 | 74 | 10 | 102 | 4 | 6 | 220 |

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|-------|--------|--------------------------|---------|-------|-------|-------|-------|------|-------|
| 61. | 4513 | MTV Soltau | 54 | 11 | 17 | 2 | 10 | 125 | 219 |
| | 4111 | SV Nienhagen | 15 | 0 | 32 | 35 | 16 | 121 | 219 |
| 63. | 4509 | SV Munster | 75 | 0 | 0 | 119 | 11 | 9 | 214 |
| 64. | 6103 | SV Friedrichsfehn | 147 | 32 | 0 | 11 | 6 | 17 | 213 |
| 65. | 1106 | PSV Braunschweig | 0 | 0 | 0 | 0 | 208 | 0 | 208 |
| 66. | 5102 | ATS Cuxhaven | 40 | 98 | 0 | 0 | 0 | 69 | 207 |
| 67. | 1522 | MTV Schöningen | 34 | 57 | 36 | 19 | 0 | 58 | 204 |
| | 4620 | SV Rosche | 22 | 0 | 88 | 9 | 29 | 56 | 204 |
| 69. | 4211 | TSV Eintracht Hittfeld | 13 | 0 | 0 | 0 | 0 | 186 | 199 |
| 70. | 4625 | Post-SV Uelzen | 119 | 16 | 0 | 0 | 0 | 58 | 193 |
| 71. | 2111 | MTV Jahn Schladen | 76 | 0 | 0 | 0 | 4 | 107 | 187 |
| | 5409 | TuS Alfstedt | 32 | 0 | 116 | 25 | 0 | 14 | 187 |
| 73. | 4125 | LAZ Celle | 37 | 33 | 33 | 15 | 51 | 16 | 185 |
| 74. | 3821 | VT Rinteln | 30 | 17 | 8 | 0 | 12 | 115 | 182 |
| 75. | 8208 | Emdener Laufgemeinschaft | 35 | 0 | 2 | 49 | 1 | 92 | 179 |
| 76. | 3847 | VfL Bückeberg | 10 | 4 | 0 | 0 | 98 | 65 | 177 |
| 77. | 4614 | SC Kirch-u. Westerweyhe | 35 | 0 | 0 | 0 | 76 | 65 | 176 |
| | 5441 | TuS Rotenburg | 26 | 0 | 24 | 47 | 36 | 43 | 176 |
| 79. | 5413 | TSV Bremervörde | 0 | 0 | 40 | 32 | 78 | 22 | 172 |
| 80. | 7725 | LAV Meppen | 6 | 7 | 74 | 26 | 2 | 56 | 171 |
| 81. | 6108 | TuS Ofen | 52 | 0 | 4 | 4 | 14 | 93 | 167 |
| | 3826 | Post-SV Stadthagen | 3 | 7 | 2 | 155 | 0 | 0 | 167 |
| 83. | 1617 | SVG GW Bad Gandersheim | 54 | 63 | 26 | 18 | 2 | 0 | 163 |
| 84. | 5516 | LG Kreis Nord Stade | 95 | 0 | 0 | 0 | 9 | 52 | 156 |
| 85. | 5545 | VfL Stade | 11 | 22 | 29 | 33 | 41 | 16 | 152 |
| 86. | 3356 | TV Lohnde | 58 | 0 | 0 | 0 | 0 | 93 | 151 |
| | 1605 | LG Solling | 3 | 2 | 1 | 0 | 53 | 92 | 151 |
| 88. | 4516 | TV Jahn Schneverdingen | 2 | 0 | 12 | 6 | 106 | 24 | 150 |
| 89. | 4109 | TuS Lachendorf | 0 | 0 | 0 | 143 | 5 | 0 | 148 |
| 90. | 3101 | TSV Asendorf | 42 | 0 | 49 | 38 | 16 | 2 | 147 |
| 91. | 1111 | MTV Hondelage | 1 | 0 | 0 | 0 | 0 | 139 | 140 |
| 92. | 1443 | TSG Bad Harzburg | 12 | 2 | 10 | 57 | 3 | 51 | 135 |
| 93. | 3530 | VfV Hildesheim | 94 | 0 | 0 | 12 | 20 | 8 | 134 |
| | 1510 | TSV Helmstedt | 20 | 26 | 72 | 0 | 0 | 16 | 134 |
| 95. | 3363 | SV Wacker Osterwald | 0 | 44 | 0 | 0 | 5 | 83 | 132 |
| | 3373 | TV Eintracht Sehnde | 0 | 4 | 27 | 94 | 0 | 7 | 132 |
| 97. | 4503 | MTV Bispingen | 24 | 0 | 0 | 0 | 0 | 106 | 130 |
| 98. | 5132 | TSV Otterndorf | 22 | 0 | 29 | 40 | 21 | 15 | 127 |
| 99. | 6127 | Heidmühler FC | 0 | 0 | 3 | 48 | 50 | 25 | 126 |
| 100. | 3540 | FSV Sarstedt | 50 | 14 | 46 | 0 | 0 | 13 | 123 |
| 101. | 5123 | TV Loxstedt | 12 | 33 | 0 | 6 | 50 | 21 | 122 |
| 102. | 3306 | SVE Hiddestorf | 57 | 0 | 0 | 0 | 0 | 63 | 120 |
| | 8103 | SV Georgsheil | 36 | 36 | 18 | 0 | 4 | 26 | 120 |
| 104. | 8113 | Fortuna Wirdum | 3 | 5 | 51 | 5 | 0 | 55 | 119 |
| 105. | 3601 | Delligser SC | 51 | 0 | 0 | 0 | 0 | 65 | 116 |
| 106. | 3349 | SC Langenhagen | 8 | 0 | 0 | 0 | 40 | 67 | 115 |
| | 3323 | TuS Empelde | 3 | 0 | 0 | 0 | 0 | 112 | 115 |
| 108. | 6221 | SG Essen-Garthe-Molbgn. | 0 | 41 | 25 | 1 | 47 | 0 | 114 |
| 109. | 3348 | DJK Sparta Langenhagen | 42 | 0 | 0 | 0 | 0 | 70 | 112 |
| 110. | 6826 | SV Brake | 2 | 25 | 0 | 7 | 29 | 45 | 108 |
| 111. | 5550 | TSV Wiepenkathen | 59 | 28 | 0 | 0 | 2 | 17 | 106 |
| | 3708 | Holtorfer SV | 10 | 30 | 0 | 12 | 54 | 0 | 106 |
| 113. | 1447 | TSV Eintr. Wolfshagen | 33 | 27 | 16 | 13 | 15 | 0 | 104 |
| 114. | 3812 | MTV Messenkamp | 55 | 28 | 0 | 0 | 0 | 20 | 103 |
| 115. | 5103 | Rot-Weiss Cuxhaven | 0 | 20 | 19 | 33 | 0 | 29 | 101 |
| 116. | 5420 | TSV Gnarrenburg | 0 | 11 | 0 | 40 | 0 | 49 | 100 |
| 117. | 6803 | Blexer TB | 33 | 0 | 0 | 6 | 4 | 56 | 99 |
| 118. | 1529 | LG Heeseberg | 46 | 0 | 0 | 0 | 0 | 51 | 97 |
| 119. | 4229 | TSV Stelle | 6 | 0 | 5 | 0 | 0 | 84 | 95 |
| 120. | 3322 | StG Krs Steinhuder Meer | 63 | 13 | 8 | 8 | 0 | 0 | 92 |

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|-------|--------|-------------------------|---------|-------|-------|-------|-------|------|-------|
| | 7501 | SV Quitt Ankum | 0 | 0 | 0 | 10 | 0 | 82 | 92 |
| 122. | 7209 | TuS Neuenhaus | 52 | 36 | 0 | 0 | 0 | 0 | 88 |
| | 3505 | LAV Alfeld | 23 | 0 | 0 | 0 | 0 | 65 | 88 |
| 124. | 8109 | Lauf-Gem. Ostfriesland | 7 | 0 | 0 | 0 | 0 | 80 | 87 |
| | 5144 | TSV Wehdel | 0 | 0 | 8 | 20 | 25 | 34 | 87 |
| | 3608 | Post-SV Holzminden | 0 | 0 | 0 | 0 | 0 | 87 | 87 |
| | 3415 | SG Misburg | 0 | 0 | 0 | 0 | 0 | 87 | 87 |
| 128. | 1204 | SV Ettenbüttel | 76 | 0 | 0 | 1 | 8 | 0 | 85 |
| | 7731 | TV Rütenbrock | 36 | 0 | 0 | 0 | 0 | 49 | 85 |
| | 3409 | TSV Victoria Linden | 16 | 0 | 0 | 0 | 0 | 69 | 85 |
| | 3352 | Lehrter SV | 13 | 0 | 11 | 18 | 0 | 43 | 85 |
| 132. | 1843 | TV Klein Ilsede | 6 | 15 | 0 | 0 | 0 | 63 | 84 |
| | 3745 | MTV Bücken | 0 | 0 | 0 | 13 | 62 | 9 | 84 |
| 134. | 8304 | SV Holtland | 19 | 19 | 12 | 8 | 0 | 23 | 81 |
| | 5508 | LG Kehdingen | 15 | 0 | 0 | 0 | 0 | 66 | 81 |
| 136. | 1449 | LAV 07 Bad Harzburg | 32 | 0 | 0 | 0 | 0 | 48 | 80 |
| 137. | 1902 | MTV Salzgitter | 0 | 5 | 0 | 30 | 0 | 42 | 77 |
| 138. | 2116 | MTV Wolfenbüttel | 0 | 0 | 3 | 0 | 5 | 68 | 76 |
| 139. | 3392 | TSV Schloß Ricklingen | 28 | 0 | 0 | 0 | 0 | 47 | 75 |
| | 1201 | LG Kreis Gifhorn | 0 | 0 | 0 | 0 | 0 | 75 | 75 |
| 141. | 5527 | Post-SV Buxtehude | 10 | 0 | 0 | 0 | 0 | 64 | 74 |
| 142. | 1803 | SVG Groß Bülten | 12 | 0 | 0 | 0 | 0 | 61 | 73 |
| 143. | 3559 | CJD Elze | 0 | 11 | 57 | 0 | 0 | 0 | 68 |
| | 4311 | SC Lüchow | 0 | 4 | 26 | 4 | 0 | 34 | 68 |
| 145. | 7729 | SC Osterbrock | 16 | 0 | 0 | 8 | 0 | 43 | 67 |
| 146. | 4538 | Marathonclub Walsrode | 17 | 0 | 12 | 0 | 0 | 36 | 65 |
| 147. | 7710 | SV Concordia Emsbüren | 64 | 0 | 0 | 0 | 0 | 0 | 64 |
| | 3391 | StG Burgdorf-Helstorf | 51 | 0 | 0 | 0 | 0 | 13 | 64 |
| 149. | 3358 | MTV Mellendorf | 0 | 0 | 0 | 0 | 63 | 0 | 63 |
| 150. | 6512 | TV Hude | 0 | 8 | 19 | 0 | 5 | 29 | 61 |
| 151. | 4621 | TuS Soltendieck | 0 | 59 | 0 | 0 | 0 | 0 | 59 |
| 152. | 3515 | MTV Eintracht Borsum | 20 | 0 | 0 | 0 | 0 | 38 | 58 |
| 153. | 6115 | TSG Westerstede | 0 | 0 | 0 | 0 | 0 | 57 | 57 |
| 154. | 1606 | LG Weper | 35 | 0 | 0 | 0 | 0 | 21 | 56 |
| 155. | 4205 | Blau-Weiß Buchholz | 5 | 0 | 1 | 0 | 13 | 35 | 54 |
| | 3301 | TSG Ahlten | 0 | 39 | 0 | 15 | 0 | 0 | 54 |
| 157. | 1819 | TSV Mehrum | 33 | 0 | 5 | 0 | 15 | 0 | 53 |
| | 3135 | SC Weyhe | 4 | 0 | 0 | 0 | 40 | 9 | 53 |
| | 5301 | SG Osterholzer LA | 2 | 18 | 6 | 0 | 6 | 21 | 53 |
| | 3507 | SV Alfeld | 0 | 0 | 0 | 0 | 48 | 5 | 53 |
| 161. | 3839 | TSV Hagenburg | 1 | 0 | 0 | 0 | 0 | 51 | 52 |
| 162. | 7517 | Blau-Weiß Hollage | 47 | 4 | 0 | 0 | 0 | 0 | 51 |
| | 8402 | SC Dunum | 27 | 0 | 0 | 0 | 0 | 24 | 51 |
| | 1619 | LG Altes Amt | 0 | 0 | 0 | 30 | 6 | 15 | 51 |
| 165. | 3566 | TSV Warzen | 1 | 0 | 0 | 0 | 0 | 49 | 50 |
| | 1832 | MTV Vechede | 0 | 0 | 45 | 5 | 0 | 0 | 50 |
| | 4106 | TuS Celle | 0 | 0 | 0 | 0 | 0 | 50 | 50 |
| 168. | 3382 | StG Burgd.-Helst.-Stuhr | 0 | 30 | 19 | 0 | 0 | 0 | 49 |
| | 3574 | TriAs Hildesheim | 0 | 26 | 0 | 15 | 5 | 3 | 49 |
| | 1723 | TV Germania Hattorf | 0 | 0 | 0 | 38 | 11 | 0 | 49 |
| 171. | 3303 | TuS Altwarmbüchen | 22 | 0 | 13 | 0 | 5 | 8 | 48 |
| 172. | 7713 | TuS Haren | 0 | 22 | 17 | 1 | 0 | 7 | 47 |
| 173. | 6705 | TuS Blau-Weiß Lohne | 32 | 0 | 14 | 0 | 0 | 0 | 46 |
| | 7507 | TSG Dissen | 11 | 10 | 25 | 0 | 0 | 0 | 46 |
| | 4223 | MTV Pattensen | 0 | 0 | 0 | 37 | 0 | 9 | 46 |
| | 1310 | DSC Dransfeld | 0 | 0 | 0 | 0 | 0 | 46 | 46 |
| 177. | 6214 | STV Barßel | 29 | 0 | 7 | 0 | 0 | 8 | 44 |
| | 3206 | TuS Bad Pyrmont | 3 | 0 | 0 | 0 | 0 | 41 | 44 |
| | 1917 | LG Salzgitter | 0 | 0 | 0 | 0 | 0 | 44 | 44 |
| 180. | 7216 | LG Grafschaft Bentheim | 0 | 0 | 0 | 15 | 28 | 0 | 43 |

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|-------|--------|-------------------------|---------|-------|-------|-------|-------|------|-------|
| | 8108 | TuS Norderney | 0 | 0 | 0 | 0 | 0 | 43 | 43 |
| 182. | 3305 | TSV Barsinghausen | 6 | 0 | 0 | 0 | 0 | 36 | 42 |
| 183. | 5428 | SVE Hepstedt/Breddorf | 10 | 0 | 0 | 0 | 0 | 31 | 41 |
| | 3523 | TSV Gronau | 2 | 0 | 0 | 0 | 0 | 39 | 41 |
| 185. | 6506 | TSV Großenkneten | 13 | 0 | 0 | 0 | 0 | 27 | 40 |
| | 4622 | VfL Suderburg | 0 | 0 | 0 | 0 | 6 | 34 | 40 |
| 187. | 6509 | TSG Hatten-Sandkrug | 14 | 0 | 0 | 0 | 6 | 19 | 39 |
| | 1720 | TSC Eisdorf | 0 | 1 | 0 | 24 | 0 | 14 | 39 |
| | 6133 | TuS Zetel | 0 | 0 | 0 | 0 | 25 | 14 | 39 |
| 190. | 8141 | StG TV Norden- VfL Leer | 37 | 0 | 0 | 0 | 0 | 0 | 37 |
| | 3516 | TSV Brunkensen | 4 | 0 | 0 | 0 | 0 | 33 | 37 |
| 192. | 1437 | MTV Seesen | 0 | 0 | 0 | 0 | 0 | 36 | 36 |
| 193. | 1205 | MTV Gifhorn | 0 | 11 | 0 | 0 | 0 | 24 | 35 |
| | 3119 | TuS Sulingen | 0 | 0 | 0 | 0 | 22 | 13 | 35 |
| 195. | 5128 | TSV Neuenwalde | 19 | 0 | 0 | 0 | 0 | 15 | 34 |
| | 3108 | SG Diepholz | 0 | 29 | 0 | 0 | 0 | 5 | 34 |
| 197. | 3822 | SG Rodenberg | 0 | 4 | 2 | 0 | 4 | 23 | 33 |
| 198. | 1415 | MTV Goslar | 0 | 13 | 12 | 2 | 5 | 0 | 32 |
| | 3203 | TuSpo Bad Münder | 0 | 10 | 8 | 0 | 0 | 14 | 32 |
| | 3204 | SC Bad Münder | 0 | 1 | 0 | 0 | 0 | 31 | 32 |
| | 4305 | TSV Hitzacker | 0 | 0 | 29 | 3 | 0 | 0 | 32 |
| | 8410 | MTV Wittmund | 0 | 0 | 28 | 0 | 0 | 4 | 32 |
| 203. | 6603 | Oldenburger TB | 0 | 0 | 0 | 15 | 16 | 0 | 31 |
| | 1445 | Läufer-Team Oker | 0 | 0 | 0 | 0 | 0 | 31 | 31 |
| 205. | 8315 | SV Warsingsfehn | 0 | 6 | 6 | 0 | 18 | 0 | 30 |
| | 7726 | SV Union Meppen | 0 | 0 | 0 | 2 | 0 | 28 | 30 |
| | 6303 | Delmenhorster TV | 0 | 0 | 0 | 0 | 27 | 3 | 30 |
| | 3304 | SV Arnum | 0 | 0 | 0 | 0 | 0 | 30 | 30 |
| 209. | 6825 | SV Lemwerder | 18 | 11 | 0 | 0 | 0 | 0 | 29 |
| 210. | 6628 | StG DSC/BTB OI/SV Ffehn | 16 | 12 | 0 | 0 | 0 | 0 | 28 |
| | 5503 | TuS Harsefeld | 0 | 0 | 0 | 6 | 0 | 22 | 28 |
| 212. | 7718 | SV Groß Hesepe | 19 | 0 | 0 | 0 | 0 | 8 | 27 |
| | 1438 | TSV Münchehof | 0 | 0 | 0 | 0 | 0 | 27 | 27 |
| 214. | 4606 | TuS Bodenteich | 4 | 0 | 0 | 0 | 0 | 22 | 26 |
| 215. | 3451 | Polonia SK Hannover | 11 | 0 | 0 | 0 | 0 | 14 | 25 |
| | 7708 | SV Grün-Weiß Dersum | 7 | 0 | 0 | 0 | 0 | 18 | 25 |
| | 2126 | TSV Sickte | 0 | 17 | 0 | 0 | 8 | 0 | 25 |
| | 7502 | TuS Bersenbrück | 0 | 7 | 0 | 0 | 7 | 11 | 25 |
| | 7733 | SC Spelle-Venhaus | 0 | 0 | 0 | 0 | 0 | 25 | 25 |
| 220. | 4604 | TSV Bienenbüttel | 1 | 0 | 0 | 0 | 0 | 23 | 24 |
| | 3364 | StG Sehnde/Lehrte | 0 | 6 | 12 | 6 | 0 | 0 | 24 |
| 222. | 3514 | MTV Bockenem | 0 | 0 | 0 | 8 | 5 | 10 | 23 |
| | 7504 | TV Bissendorf-Holte | 0 | 0 | 0 | 0 | 0 | 23 | 23 |
| 224. | 6310 | LC Delmenhorst | 5 | 0 | 0 | 0 | 0 | 17 | 22 |
| | 7545 | SV Eintr. Neuenkirchen | 2 | 0 | 0 | 0 | 0 | 20 | 22 |
| | 3509 | TV Eintr. Algermissen | 0 | 1 | 13 | 0 | 8 | 0 | 22 |
| | 6112 | VfL Rastede | 0 | 0 | 4 | 0 | 0 | 18 | 22 |
| | 4319 | IGAS Wendland | 0 | 0 | 0 | 0 | 7 | 15 | 22 |
| | 1110 | TuRa Braunschweig | 0 | 0 | 0 | 0 | 0 | 22 | 22 |
| 230. | 3539 | SVE Bad Salzdetfurth | 6 | 14 | 0 | 1 | 0 | 0 | 21 |
| | 1431 | TV Germania Wiedelah | 0 | 0 | 0 | 0 | 2 | 19 | 21 |
| 232. | 6627 | Team Laufrausch | 6 | 0 | 0 | 0 | 0 | 14 | 20 |
| | 1817 | SV Lengede | 0 | 0 | 0 | 0 | 0 | 20 | 20 |
| 234. | 3361 | TSV Neustadt | 19 | 0 | 0 | 0 | 0 | 0 | 19 |
| 235. | 6629 | StG DSC/VfL/BTB Oldenbg | 18 | 0 | 0 | 0 | 0 | 0 | 18 |
| | 8316 | TuS Weener | 0 | 17 | 0 | 1 | 0 | 0 | 18 |
| | 6702 | TV Dinklage | 0 | 8 | 0 | 0 | 0 | 10 | 18 |
| | 1922 | SV Borussia Salzgitter | 0 | 2 | 5 | 11 | 0 | 0 | 18 |
| | 1320 | TG Münden | 0 | 0 | 0 | 0 | 7 | 11 | 18 |
| | 3221 | VfL Hessisch Oldendorf | 0 | 0 | 0 | 0 | 0 | 18 | 18 |

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|-------|--------|-------------------------|---------|-------|-------|-------|-------|------|-------|
| | 2121 | TSV Winnigstedt | 0 | 0 | 0 | 0 | 0 | 18 | 18 |
| 242. | 4242 | LAC Meckelfeld | 0 | 7 | 10 | 0 | 0 | 0 | 17 |
| | 5147 | VfL Wingst | 0 | 0 | 0 | 0 | 7 | 10 | 17 |
| | 6811 | ATV Rodenkirchen | 0 | 0 | 0 | 0 | 0 | 17 | 17 |
| | 5129 | TSG Nordholz | 0 | 0 | 0 | 0 | 0 | 17 | 17 |
| | 3449 | TSV Anderten | 0 | 0 | 0 | 0 | 0 | 17 | 17 |
| 247. | 2115 | TSV VJ Wittmar | 0 | 0 | 0 | 0 | 16 | 0 | 16 |
| | 2207 | MTV Vorsfelde | 0 | 0 | 0 | 0 | 13 | 3 | 16 |
| | 5408 | TuS Bothel | 0 | 0 | 0 | 0 | 4 | 12 | 16 |
| 250. | 6621 | SV Ofenerdiek | 10 | 0 | 0 | 0 | 0 | 5 | 15 |
| | 4527 | TuSV Stellichte | 2 | 0 | 0 | 0 | 0 | 13 | 15 |
| | 1421 | TSV Immenrode | 0 | 0 | 0 | 15 | 0 | 0 | 15 |
| | 3838 | TWG Nienstädt/Sülbeck | 0 | 0 | 0 | 5 | 6 | 4 | 15 |
| | 4207 | TuS Fleestedt | 0 | 0 | 0 | 0 | 0 | 15 | 15 |
| 255. | 1833 | TSV Arminia Vöhrum | 0 | 6 | 0 | 0 | 8 | 0 | 14 |
| | 4313 | TSV Schnega | 0 | 0 | 0 | 14 | 0 | 0 | 14 |
| | 7744 | SV Germania Twist | 0 | 0 | 0 | 0 | 0 | 14 | 14 |
| | 3814 | TuS Niedernwöhren | 0 | 0 | 0 | 0 | 0 | 14 | 14 |
| 259. | 7721 | SV Lengerich-Handrup | 10 | 0 | 0 | 0 | 0 | 3 | 13 |
| | 3331 | TS Großburgwedel | 0 | 0 | 0 | 0 | 13 | 0 | 13 |
| | 5451 | SG Unterstedt | 0 | 0 | 0 | 0 | 0 | 13 | 13 |
| | 5450 | TuS Tarmstedt | 0 | 0 | 0 | 0 | 0 | 13 | 13 |
| | 1612 | TSV Germania Dassensen | 0 | 0 | 0 | 0 | 0 | 13 | 13 |
| 264. | 3618 | MTV Altendorf | 1 | 5 | 6 | 0 | 0 | 0 | 12 |
| | 5440 | PSG Rotenburg/Wümme | 0 | 0 | 0 | 0 | 0 | 12 | 12 |
| 266. | 1611 | Dasseler SC | 10 | 0 | 0 | 0 | 0 | 1 | 11 |
| 267. | 1433 | TSG Wildemann | 10 | 0 | 0 | 0 | 0 | 0 | 10 |
| | 3372 | RSV Seelze | 5 | 0 | 0 | 0 | 0 | 5 | 10 |
| | 5151 | StG Cuxland | 0 | 10 | 0 | 0 | 0 | 0 | 10 |
| | 3560 | TuS Hasede | 0 | 0 | 0 | 0 | 0 | 10 | 10 |
| | 1502 | TV Bornum | 0 | 0 | 0 | 0 | 0 | 10 | 10 |
| 272. | 3436 | TuS Wettbergen | 6 | 0 | 0 | 0 | 0 | 3 | 9 |
| | 1526 | Velpker SV | 2 | 0 | 0 | 0 | 0 | 7 | 9 |
| | 1213 | TVC Wahrenholz | 0 | 0 | 0 | 0 | 9 | 0 | 9 |
| | 8310 | SV Concordia Neermoor | 0 | 0 | 0 | 0 | 0 | 9 | 9 |
| | 7616 | StG OTB-Nordhorn | 0 | 0 | 0 | 0 | 0 | 9 | 9 |
| | 5456 | LG Samtgemeinde Fintel | 0 | 0 | 0 | 0 | 0 | 9 | 9 |
| | 1631 | SV Grün-Weiß Parnsen | 0 | 0 | 0 | 0 | 0 | 9 | 9 |
| 279. | 4307 | SV Lemgow/Dangenstorf | 0 | 0 | 0 | 0 | 8 | 0 | 8 |
| | 5444 | TV Scheessel | 0 | 0 | 0 | 0 | 7 | 1 | 8 |
| | 5556 | Stader SV | 0 | 0 | 0 | 0 | 0 | 8 | 8 |
| | 4633 | TSV Wrestdt/Stederdorf | 0 | 0 | 0 | 0 | 0 | 8 | 8 |
| | 3828 | TSV Eintr. Bückeberge | 0 | 0 | 0 | 0 | 0 | 8 | 8 |
| | 3804 | TuS Germania Hohnhorst | 0 | 0 | 0 | 0 | 0 | 8 | 8 |
| 285. | 7219 | StG Grafschaft Bentheim | 0 | 7 | 0 | 0 | 0 | 0 | 7 |
| | 8317 | LG Uplengen | 0 | 0 | 7 | 0 | 0 | 0 | 7 |
| | 4511 | TSV Neuenkirchen | 0 | 0 | 0 | 7 | 0 | 0 | 7 |
| | 3521 | LSV Road Runner Elze | 0 | 0 | 0 | 7 | 0 | 0 | 7 |
| | 6205 | SV Schwarz-Weiß Lindern | 0 | 0 | 0 | 0 | 7 | 0 | 7 |
| | 1604 | LG Greene/Naensen | 0 | 0 | 0 | 0 | 6 | 1 | 7 |
| | 4603 | MTV Bad Bevensen | 0 | 0 | 0 | 0 | 2 | 5 | 7 |
| | 8130 | TSV Friesenstolz Riepe | 0 | 0 | 0 | 0 | 0 | 7 | 7 |
| 293. | 4128 | StG Lachendf.-Nienhagen | 0 | 0 | 0 | 6 | 0 | 0 | 6 |
| | 7732 | DJK Spahnharrenstätte | 0 | 0 | 0 | 0 | 0 | 6 | 6 |
| | 7727 | TV Meppen | 0 | 0 | 0 | 0 | 0 | 6 | 6 |
| | 3316 | Laufclub Burgwedel | 0 | 0 | 0 | 0 | 0 | 6 | 6 |
| | 3102 | MTV Jahn Barnstorf | 0 | 0 | 0 | 0 | 0 | 6 | 6 |
| 298. | 7597 | SC Herringhausen | 1 | 0 | 0 | 0 | 0 | 4 | 5 |
| | 7748 | StG Haren-Meppen | 0 | 5 | 0 | 0 | 0 | 0 | 5 |
| | 1114 | SV Grün-Weiß Waggum | 0 | 0 | 0 | 0 | 5 | 0 | 5 |

| Platz | V.-Nr. | Verein | Mä / Fr | Jgd A | Jgd B | Sch A | Sch B | Sen. | Summe |
|-------|--------|-------------------------|---------|-------|-------|-------|-------|------|-------|
| | 1426 | TV Lautenthal | 0 | 0 | 0 | 0 | 0 | 5 | 5 |
| | 1317 | TSV Jühnde | 0 | 0 | 0 | 0 | 0 | 5 | 5 |
| 303. | 1223 | TuS Müden-Dieckhorst | 3 | 0 | 0 | 0 | 0 | 1 | 4 |
| | 8321 | SV Teutonia Stapelmoor | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 8121 | TuS Weene | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 6220 | TuS Emstekerfeld | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 4422 | TuS Neetze | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 4416 | TuS Hohnstorf/Elbe | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 3533 | TuS Holle/Grasdorf | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 3522 | TG Freden | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| 311. | 3528 | MTV 48 Hildesheim | 0 | 2 | 0 | 0 | 0 | 1 | 3 |
| | 3239 | TV Jahn Welsede | 0 | 0 | 0 | 3 | 0 | 0 | 3 |
| | 6131 | Vareler TB | 0 | 0 | 0 | 0 | 3 | 0 | 3 |
| | 5113 | LAV Bokel | 0 | 0 | 0 | 0 | 3 | 0 | 3 |
| | 4233 | MTV Tostedt | 0 | 0 | 0 | 0 | 3 | 0 | 3 |
| | 1103 | BTSV Eintr.Braunschweig | 0 | 0 | 0 | 0 | 3 | 0 | 3 |
| | 6608 | TuS Eversten | 0 | 0 | 0 | 0 | 0 | 3 | 3 |
| | 6222 | SV Evenkamp | 0 | 0 | 0 | 0 | 0 | 3 | 3 |
| | 4110 | MTV Müden/Örtze | 0 | 0 | 0 | 0 | 0 | 3 | 3 |
| | 3148 | StG Stuhr-Ankum-Burgdor | 0 | 0 | 0 | 0 | 0 | 3 | 3 |
| | 1236 | SV GW Calberlah | 0 | 0 | 0 | 0 | 0 | 3 | 3 |
| 322. | 3414 | TSV Bemerode | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| | 7208 | FC Schüttorf | 0 | 0 | 0 | 0 | 2 | 0 | 2 |
| | 5118 | TuRa Hechthausen | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 4431 | OLC Lüneburg | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 3393 | 1. WV Wunstorf | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 3369 | MTV Rethmar | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 3329 | SV Gehrden | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 3308 | VSV Benthe | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 1311 | TSV Ebergötzen | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| 331. | 5531 | TuS Grünendeich/Steink. | 0 | 1 | 0 | 0 | 0 | 0 | 1 |
| | 6625 | 1. TC Oldenburg | 0 | 0 | 1 | 0 | 0 | 0 | 1 |
| | 4627 | TV Uelzen | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| | 3428 | TB Stöcken | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| | 5535 | TuS Jork | 0 | 0 | 0 | 0 | 1 | 0 | 1 |
| | 7525 | VfL Kloster Oesede | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 6611 | SG SW Oldenburg | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 6124 | TuS Westerloy | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 5504 | VfL Horneburg | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 3420 | SpVg Nds. Hann.-Döhren | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 1852 | Eintracht Oelerse | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 1508 | Helmstedter SV | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 1227 | MTV Adenbüttel | 0 | 0 | 0 | 0 | 0 | 1 | 1 |

| Platz | V.-Nr. | Verein | Mä / Fr | Jgd A | Jgd B | Sch A | Sch B | Sen. | Summe |
|-------|--------|---------------------------------|--------------|-------------|-------------|-------------|-------------|--------------|--------------|
| | | Gesamtpunkte: 2009 | 12794 | 5362 | 5385 | 5457 | 4593 | 16906 | 50497 |
| | | 2008 | 12889 | 5191 | 5276 | 5374 | 4513 | 17120 | 50363 |
| | | 2007 | 12859 | 5015 | 5564 | 5573 | 4518 | 17436 | 50965 |
| | | 2006 | 12695 | 5105 | 5517 | 5609 | 4588 | 16793 | 50307 |
| | | 2005 | 13029 | 5413 | 5432 | 5611 | 4669 | 17020 | 51174 |
| | | 2004 | 13142 | 5032 | 5575 | 5286 | 4481 | 16499 | 50015 |
| | | 2003 | 13219 | 5050 | 5619 | 5640 | 4532 | 16654 | 50714 |
| | | 2002 | 10609 | 4883 | 5449 | 5705 | 4599 | 9121 | 40366 |
| | | 2001 | 10563 | 5127 | 5207 | 5265 | 4566 | 8797 | 39525 |
| | | 2000 | 9487 | 5165 | 5143 | 5511 | 4570 | 6375 | 36251 |
| | | 1999 | 9639 | 4987 | 5315 | 5219 | 4500 | 6140 | 35800 |
| | | 1998 | 10252 | 5630 | 5481 | 5173 | 4544 | 6114 | 37194 |
| | | 1997 | 9669 | 5484 | 5585 | 5163 | 4531 | 6319 | 36751 |
| | | 1996 | 7731 | 5583 | 5444 | 4981 | 4535 | 8032 | 36306 |
| | | 1995 | 9902 | 5319 | 5456 | 5146 | 4555 | 7882 | 33705 |
| | | 1994 | 10252 | 5360 | 4319 | 4988 | 4403 | 7361 | 36689 |
| | | Beteiligte Vereine: 2009 | 175 | 122 | 117 | 119 | 142 | 271 | 343 |
| | | 2008 | 180 | 118 | 132 | 128 | 152 | 275 | 365 |
| | | 2007 | 163 | 109 | 123 | 136 | 138 | 268 | 349 |
| | | 2006 | 163 | 109 | 123 | 136 | 140 | 262 | 334 |
| | | 2005 | 172 | 108 | 125 | 136 | 134 | 277 | 354 |
| | | 2004 | 157 | 112 | 114 | 136 | 156 | 256 | 334 |
| | | 2003 | 170 | 101 | 120 | 137 | 152 | 259 | 338 |
| | | 2002 | 136 | 108 | 106 | 139 | 143 | 227 | 326 |
| | | 2001 | 138 | 106 | 117 | 135 | 148 | 229 | 334 |
| | | 2000 | 145 | 107 | 110 | 140 | 143 | 210 | 319 |
| | | 1999 | 146 | 111 | 112 | 137 | 127 | 199 | 311 |
| | | 1998 | 140 | 120 | 116 | 143 | 140 | 189 | 303 |
| | | 1997 | 139 | 111 | 106 | 129 | 120 | 182 | 291 |
| | | 1996 | 126 | 110 | 113 | 124 | 127 | 210 | 307 |
| | | 1995 | 138 | 111 | 112 | 133 | 113 | 202 | 303 |
| | | 1994 | 152 | 113 | 114 | 137 | 124 | 205 | 310 |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-------------------------|--------|-------|--------|-------------------------|--------|
| 1. | 3444 | LG Hannover | 1097 | 3701 | | LG Nienburg | 59 |
| 2. | 1101 | LG Braunschweig | 684 | 52. | 3356 | TV Lohnde | 58 |
| 3. | 3345 | TSV Kirchdorf | 643 | 53. | 3306 | SVE Hiddestorf | 57 |
| 4. | 7602 | OTB Osnabrück | 611 | 54. | 3812 | MTV Messenkamp | 55 |
| 5. | 1332 | LG Göttingen | 549 | 55. | 4513 | MTV Sołtau | 54 |
| 6. | 3246 | LG Weserbergland | 524 | | 1617 | SVG GW Bad Gandersheim | 54 |
| 7. | 3418 | Hannover 96 | 411 | 57. | 4524 | LG Fallingbostel | 53 |
| 8. | 8107 | TV Norden | 350 | 58. | 7209 | TuS Neuenhaus | 52 |
| 9. | 3383 | TuS Wunstorf | 337 | | 6108 | TuS Ofen | 52 |
| 10. | 5601 | LG Kreis Verden | 326 | 60. | 3601 | Delligser SC | 51 |
| 11. | 7609 | LG Osnabrück | 267 | | 3391 | StG Burgdorf-Helstorf | 51 |
| 12. | 3137 | LG Delmenhorst/Diepholz | 220 | 62. | 3540 | FSV Sarstedt | 50 |
| 13. | 2211 | VfL Wolfsburg | 219 | 63. | 1901 | SV Union Salzgitter | 49 |
| 14. | 8307 | VfL Germania Leer | 200 | 64. | 7517 | Blau-WeiÙ Hollage | 47 |
| 15. | 1509 | SV Germania Helmstedt | 195 | | 4240 | LG Nordheide | 47 |
| 16. | 6901 | LG Wilhelmshaven | 193 | | 1334 | LG Eichsfeld | 47 |
| 17. | 6602 | DSC Oldenburg | 169 | 67. | 1529 | LG Heeseberg | 46 |
| 18. | 6701 | OSC Damme | 163 | 68. | 7740 | LG Papenburg/Aschendorf | 45 |
| 19. | 2204 | VfB Fallersleben | 150 | 69. | 4210 | MTV Hanstedt | 42 |
| 20. | 6103 | SV Friedrichsfehn | 147 | | 3348 | DJK Sparta Langenhagen | 42 |
| 21. | 7513 | TV Georgsmarienhütte | 146 | | 3101 | TSV Asendorf | 42 |
| 22. | 6517 | LGG Ganderkesee | 134 | 72. | 5102 | ATS Cuxhaven | 40 |
| 23. | 1519 | TSV Lelm | 132 | | 3120 | LC Hansa Stuhr | 40 |
| 24. | 7204 | TuS Gildehaus | 120 | 74. | 4642 | LG Hanst./Wellend/Wried | 39 |
| 25. | 4625 | Post-SV Uelzen | 119 | 75. | 8141 | StG TV Norden- VfL Leer | 37 |
| 26. | 2129 | Laufclub BlueLiner | 116 | | 4125 | LAZ Celle | 37 |
| 27. | 6204 | BV Garrel | 107 | | 1614 | Einbecker SV | 37 |
| 28. | 1850 | LG Peiner Land | 98 | 78. | 8103 | SV Georgsheil | 36 |
| 29. | 5516 | LG Kreis Nord Stade | 95 | | 7731 | TV Rütenbrock | 36 |
| 30. | 7739 | LG Emstal Dörpen | 94 | 80. | 8208 | Emder Laufgemeinschaft | 35 |
| | 3530 | VfV Hildesheim | 94 | | 4614 | SC Kirch-u. Westerweyhe | 35 |
| 32. | 3327 | Garbsener SC | 88 | | 1606 | LG Weper | 35 |
| 33. | 4117 | LG Celle-Land | 83 | 83. | 1522 | MTV Schöningen | 34 |
| 34. | 7551 | SC Melle 03 | 81 | 84. | 6803 | Blexer TB | 33 |
| 35. | 5121 | TV Langen | 79 | | 5447 | TV Sottrum | 33 |
| 36. | 6206 | VfL Lönigen | 76 | | 1819 | TSV Mehrum | 33 |
| | 3313 | TSV Burgdorf | 76 | | 1447 | TSV Eintr. Wolfshagen | 33 |
| | 2111 | MTV Jahn Schladen | 76 | 88. | 6705 | TuS Blau-WeiÙ Lohne | 32 |
| | 1204 | SV Ettenbüttel | 76 | | 5409 | TuS Alfstedt | 32 |
| 40. | 4509 | SV Munster | 75 | | 3302 | LG Wennigsen/Egestorf | 32 |
| 41. | 3529 | Eintracht Hildesheim | 73 | | 1449 | LAV 07 Bad Harzburg | 32 |
| 42. | 7201 | LC Nordhorn | 70 | 92. | 3821 | VT Rinteln | 30 |
| | 4423 | LG Lüneburg Stadt-Land | 70 | 93. | 6214 | STV Barßel | 29 |
| 44. | 5401 | LAV Zeven | 69 | 94. | 3392 | TSV Schloß Ricklingen | 28 |
| 45. | 1704 | LG Osterode | 67 | 95. | 8402 | SC Dunum | 27 |
| 46. | 6601 | BTB Oldenburg | 65 | 96. | 5441 | TuS Rotenburg | 26 |
| 47. | 7710 | SV Concordia Emsbüren | 64 | 97. | 6604 | VfL Oldenburg | 25 |
| 48. | 3322 | StG Krs Steinhuder Meer | 63 | 98. | 7737 | SV Sparta Werlte | 24 |
| 49. | 8142 | LAC Emden/Aurich | 61 | | 4503 | MTV Bispingen | 24 |
| 50. | 5550 | TSV Wiepenkathen | 59 | | 3607 | MTV 49 Holzminden | 24 |

| Platz V.-Nr. Verein | Punkte | Platz V.-Nr. Verein | Punkte |
|----------------------------------|--------|----------------------------------|--------|
| 101. 3505 LAV Alfeld | 23 | 151. 6310 LC Delmenhorst | 5 |
| 102. 5132 TSV Otterndorf | 22 | 4205 Blau-Weiß Buchholz | 5 |
| 4620 SV Rosche | 22 | 3372 RSV Seelze | 5 |
| 3303 TuS Altwarmbüchen | 22 | 154. 4606 TuS Bodenteich | 4 |
| 105. 3515 MTV Eintracht Borsum | 20 | 3516 TSV Brunkensen | 4 |
| 1510 TSV Helmstedt | 20 | 3135 SC Weyhe | 4 |
| 107. 8304 SV Holtland | 19 | 157. 8113 Fortuna Wirdum | 3 |
| 7722 VfL Lingen | 19 | 3826 Post-SV Stadthagen | 3 |
| 7718 SV Groß Hesepe | 19 | 3323 TuS Empelde | 3 |
| 5128 TSV Neuenwalde | 19 | 3206 TuS Bad Pyrmont | 3 |
| 3541 TK Jahn Sarstedt | 19 | 1605 LG Solling | 3 |
| 3361 TSV Neustadt | 19 | 1223 TuS Müden-Dieckhorst | 3 |
| 113. 6825 SV Lemwerder | 18 | 163. 7545 SV Eintr. Neuenkirchen | 2 |
| 6629 StG DSC/VfL/BTB Oldenbg | 18 | 6826 SV Brake | 2 |
| 115. 4538 Marathonclub Walsrode | 17 | 5301 SG Osterholzer LA | 2 |
| 116. 7729 SC Osterbrock | 16 | 4527 TuSV Stellichte | 2 |
| 6628 StG DSC/BTB Ol/SV Ffehn | 16 | 4516 TV Jahn Schneverdingen | 2 |
| 3409 TSV Victoria Linden | 16 | 3523 TSV Gronau | 2 |
| 119. 5508 LG Kehdingen | 15 | 1526 Velpker SV | 2 |
| 4111 SV Nienhagen | 15 | 170. 7597 SC Herringhausen | 1 |
| 121. 6509 TSG Hatten-Sandkrug | 14 | 4604 TSV Bienenbüttel | 1 |
| 122. 6506 TSV Großenkneten | 13 | 3839 TSV Hagenburg | 1 |
| 4211 TSV Eintracht Hittfeld | 13 | 3618 MTV Altendorf | 1 |
| 3352 Lehrter SV | 13 | 3566 TSV Warzen | 1 |
| 125. 5123 TV Loxstedt | 12 | 1111 MTV Hondelage | 1 |
| 1803 SVG Groß Bülten | 12 | | |
| 1443 TSG Bad Harzburg | 12 | 175 Vereine | 12.794 |
| 128. 7507 TSG Dissen | 11 | | |
| 5545 VfL Stade | 11 | | |
| 3451 Polonia SK Hannover | 11 | | |
| 131. 7721 SV Lengerich-Handrup | 10 | | |
| 6621 SV Ofenerdiek | 10 | | |
| 5527 Post-SV Buxtehude | 10 | | |
| 5428 SVE Hepstedt/Breddorf | 10 | | |
| 5146 LG Wesermünde | 10 | | |
| 3847 VfL Bückeburg | 10 | | |
| 3708 Holtorfer SV | 10 | | |
| 1611 Dasseler SC | 10 | | |
| 1433 TSG Wildemann | 10 | | |
| 140. 3349 SC Langenhagen | 8 | | |
| 141. 8109 Lauf-Gem. Ostfriesland | 7 | | |
| 7708 SV Grün-Weiß Dersum | 7 | | |
| 3336 SV Germania Helstorf | 7 | | |
| 144. 7725 LAV Meppen | 6 | | |
| 6627 Team Laufrausch | 6 | | |
| 4229 TSV Stelle | 6 | | |
| 3539 SVE Bad Salzdetfurth | 6 | | |
| 3436 TuS Wettbergen | 6 | | |
| 3305 TSV Barsinghausen | 6 | | |
| 1843 TV Klein Ilsede | 6 | | |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-------------------------|--------|-------|--------|-------------------------|--------|
| 1. | 3444 | LG Hannover | 657 | 59. | 3418 | Hannover 96 | 20 |
| 2. | 3246 | LG Weserbergland | 434 | | 1614 | Einbecker SV | 20 |
| 3. | 7609 | LG Osnabrück | 256 | | 1334 | LG Eichsfeld | 20 |
| 4. | 4210 | MTV Hanstedt | 186 | 64. | 8304 | SV Holtland | 19 |
| 5. | 4240 | LG Nordheide | 182 | 65. | 6701 | OSC Damme | 18 |
| 6. | 7602 | OTB Osnabrück | 177 | | 5301 | SG Osterholzer LA | 18 |
| 7. | 7740 | LG Papenburg/Aschendorf | 167 | | 1509 | SV Germania Helmstedt | 18 |
| 8. | 1101 | LG Braunschweig | 137 | 68. | 8316 | TuS Weener | 17 |
| 9. | 1332 | LG Göttingen | 131 | | 3821 | VT Rinteln | 17 |
| 10. | 5121 | TV Langen | 125 | | 2126 | TSV Sickinge | 17 |
| 11. | 5601 | LG Kreis Verden | 103 | 71. | 6601 | BTB Oldenburg | 16 |
| 12. | 5102 | ATS Cuxhaven | 98 | | 4625 | Post-SV Uelzen | 16 |
| 13. | 3529 | Eintracht Hildesheim | 97 | 73. | 5447 | TV Sottrum | 15 |
| 14. | 3383 | TuS Wunstorf | 95 | | 1843 | TV Klein Ilsede | 15 |
| 15. | 8107 | TV Norden | 94 | 75. | 3540 | FSV Sarstedt | 14 |
| 16. | 1850 | LG Peiner Land | 91 | | 3539 | SVE Bad Salzdetfurth | 14 |
| 17. | 4642 | LG Hanst./Wellend/Wried | 85 | 77. | 3322 | StG Krs Steinhuder Meer | 13 |
| 18. | 3607 | MTV 49 Holzminden | 83 | | 1415 | MTV Goslar | 13 |
| 19. | 3313 | TSV Burgdorf | 76 | 79. | 6628 | StG DSC/BTB OI/SV Ffehn | 12 |
| 20. | 7737 | SV Sparta Werlte | 74 | 80. | 6825 | SV Lemwerder | 11 |
| 21. | 3327 | Garbsener SC | 69 | | 5420 | TSV Gnarrenburg | 11 |
| 22. | 7204 | TuS Gildehaus | 65 | | 4513 | MTV Soltau | 11 |
| 23. | 1617 | SVG GW Bad Gandersheim | 63 | | 3559 | CJD Elze | 11 |
| 24. | 4621 | TuS Soltendieck | 59 | | 1205 | MTV Gifhorn | 11 |
| 25. | 1522 | MTV Schöningen | 57 | 85. | 7722 | VfL Lingen | 10 |
| 26. | 1519 | TSV Lelm | 51 | | 7507 | TSG Dissen | 10 |
| 27. | 1704 | LG Osterode | 50 | | 5151 | StG Cuxland | 10 |
| 28. | 6517 | LGG Ganderkesee | 47 | | 3345 | TSV Kirchdorf | 10 |
| 29. | 4423 | LG Lüneburg Stadt-Land | 46 | | 3203 | TuSpo Bad Münder | 10 |
| 30. | 3363 | SV Wacker Osterwald | 44 | 90. | 8142 | LAC Emden/Aurich | 8 |
| 31. | 6221 | SG Essen-Garthe-Molbgn. | 41 | | 6702 | TV Dinklage | 8 |
| 32. | 7739 | LG Emstal Dörpen | 39 | | 6512 | TV Hude | 8 |
| | 3301 | TSG Ahlten | 39 | 93. | 7725 | LAV Meppen | 7 |
| 34. | 6602 | DSC Oldenburg | 37 | | 7502 | TuS Bersenbrück | 7 |
| 35. | 8103 | SV Georgsheil | 36 | | 7219 | StG Grafschaft Bentheim | 7 |
| | 7209 | TuS Neuenhaus | 36 | | 4242 | LAC Meckelfeld | 7 |
| | 5401 | LAV Zeven | 36 | | 3826 | Post-SV Stadthagen | 7 |
| 38. | 3120 | LC Hansa Stuhr | 35 | 98. | 8315 | SV Warsingsfehn | 6 |
| 39. | 6604 | VfL Oldenburg | 33 | | 4117 | LG Celle-Land | 6 |
| | 5123 | TV Loxstedt | 33 | | 3541 | TK Jahn Sarstedt | 6 |
| | 4125 | LAZ Celle | 33 | | 3364 | StG Sehnde/Lehrte | 6 |
| 42. | 6103 | SV Friedrichsfehn | 32 | | 2204 | VfB Fallersleben | 6 |
| 43. | 1901 | SV Union Salzgitter | 31 | | 1833 | TSV Arminia Vöhrum | 6 |
| 44. | 3708 | Holtorfer SV | 30 | 104. | 8113 | Fortuna Wirdum | 5 |
| | 3382 | StG Burgd.-Helst.-Stuhr | 30 | | 7748 | StG Haren-Meppen | 5 |
| 46. | 3108 | SG Diepholz | 29 | | 3618 | MTV Altendorf | 5 |
| 47. | 5550 | TSV Wiepenkathen | 28 | | 1902 | MTV Salzgitter | 5 |
| | 3812 | MTV Messenkamp | 28 | 108. | 7517 | Blau-Weiß Hollage | 4 |
| | 2211 | VfL Wolfsburg | 28 | | 4311 | SC Lüchow | 4 |
| 50. | 6901 | LG Wilhelmshaven | 27 | | 3847 | VfL Bückeburg | 4 |
| | 1447 | TSV Eintr. Wolfshagen | 27 | | 3822 | SG Rodenberg | 4 |
| 52. | 4524 | LG Fallingbostel | 26 | | 3373 | TV Eintracht Sehnde | 4 |
| | 3574 | TriAs Hildesheim | 26 | 113. | 3528 | MTV 48 Hildesheim | 2 |
| | 1510 | TSV Helmstedt | 26 | | 1922 | SV Borussia Salzgitter | 2 |
| 55. | 6826 | SV Brake | 25 | | 1605 | LG Solling | 2 |
| 56. | 7713 | TuS Haren | 22 | | 1443 | TSG Bad Harzburg | 2 |
| | 6206 | VfL Lönningen | 22 | 117. | 5531 | TuS Grünendeich/Steink. | 1 |
| | 5545 | VfL Stade | 22 | | 5146 | LG Wesermünde | 1 |
| 59. | 8307 | VfL Germania Leer | 20 | | 3701 | LG Nienburg | 1 |
| | 5103 | Rot-Weiss Cuxhaven | 20 | | 3509 | TV Eintr. Algermissen | 1 |
| | | | | | 3204 | SC Bad Münder | 1 |
| | | | | | 1720 | TSC Eisdorf | 1 |
| | | | | | | | ----- |
| | | | | | 122 | Vereine | 5.362 |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-------------------------|--------|-------|--------|-------------------------|--------|
| 1. | 3444 | LG Hannover | 303 | | | | |
| 2. | 3246 | LG Weserbergland | 237 | 62. | 5441 | TuS Rotenburg | 24 |
| 3. | 5401 | LAV Zeven | 217 | 63. | 4524 | LG Fallingbostal | 22 |
| 4. | 1614 | Einbecker SV | 198 | 64. | 6602 | DSC Oldenburg | 21 |
| | 1334 | LG Eichsfeld | 198 | 65. | 5146 | LG Wesermünde | 20 |
| 6. | 1850 | LG Peiner Land | 192 | 66. | 7204 | TuS Gildehaus | 19 |
| 7. | 1332 | LG Göttingen | 182 | | 6512 | TV Hude | 19 |
| 8. | 1101 | LG Braunschweig | 171 | | 5103 | Rot-Weiss Cuxhaven | 19 |
| 9. | 3302 | LG Wennigsen/Egestorf | 159 | | 3382 | StG Burgd.-Helst.-Stuhr | 19 |
| 10. | 7602 | OTB Osnabrück | 152 | 70. | 8103 | SV Georgsheil | 18 |
| | 4642 | LG Hanst./Wellend/Wried | 152 | 71. | 7722 | VfL Lingen | 17 |
| 12. | 5121 | TV Langen | 141 | | 7713 | TuS Haren | 17 |
| 13. | 4240 | LG Nordheide | 135 | | 4513 | MTV Soltau | 17 |
| 14. | 7609 | LG Osnabrück | 129 | 74. | 1447 | TSV Eintr. Wolfshagen | 16 |
| 15. | 6901 | LG Wilhelmshaven | 121 | 75. | 3345 | TSV Kirchdorf | 15 |
| 16. | 5409 | TuS Alfstedt | 116 | 76. | 6705 | TuS Blau-Weiß Lohne | 14 |
| 17. | 7739 | LG Emstal Dörpen | 113 | 77. | 3509 | TV Eintr. Algermissen | 13 |
| 18. | 6206 | VfL Lönigen | 101 | | 3303 | TuS Altwarmbüchen | 13 |
| 19. | 4210 | MTV Hanstedt | 89 | 79. | 8304 | SV Holtland | 12 |
| 20. | 4620 | SV Rosche | 88 | | 4538 | Marathonclub Walsrode | 12 |
| 21. | 6601 | BTB Oldenburg | 80 | | 4516 | TV Jahn Schneverdingen | 12 |
| 22. | 7725 | LAV Meppen | 74 | | 3364 | StG Sehnde/Lehrte | 12 |
| 23. | 5601 | LG Kreis Verden | 73 | | 1415 | MTV Goslar | 12 |
| 24. | 1510 | TSV Helmstedt | 72 | 84. | 3352 | Lehrter SV | 11 |
| 25. | 3559 | CJD Elze | 57 | 85. | 7737 | SV Sparta Werlte | 10 |
| 26. | 8107 | TV Norden | 53 | | 4242 | LAC Meckelfeld | 10 |
| 27. | 3383 | TuS Wunstorf | 52 | | 1443 | TSG Bad Harzburg | 10 |
| | 1519 | TSV Lelm | 52 | 88. | 1509 | SV Germania Helmstedt | 9 |
| 29. | 8113 | Fortuna Wirdum | 51 | 89. | 5144 | TSV Wehdel | 8 |
| 30. | 3101 | TSV Asendorf | 49 | | 3821 | VT Rinteln | 8 |
| 31. | 3540 | FSV Sarstedt | 46 | | 3322 | StG Krs Steinhuder Meer | 8 |
| 32. | 1832 | MTV Vechelde | 45 | | 3203 | TuSpo Bad Münder | 8 |
| 33. | 4117 | LG Celle-Land | 44 | 93. | 8317 | LG Uplengen | 7 |
| 34. | 6604 | VfL Oldenburg | 43 | | 6214 | STV Barßel | 7 |
| 35. | 1704 | LG Osterode | 42 | | 3327 | Garbsener SC | 7 |
| 36. | 5413 | TSV Bremervörde | 40 | 96. | 8315 | SV Warsingsfehn | 6 |
| 37. | 8142 | LAC Emden/Aurich | 38 | | 5301 | SG Osterholzer LA | 6 |
| | 3336 | SV Germania Helstorf | 38 | | 3618 | MTV Altendorf | 6 |
| | 3313 | TSV Burgdorf | 38 | 99. | 8307 | VfL Germania Leer | 5 |
| 40. | 7201 | LC Nordhorn | 37 | | 7740 | LG Papenburg/Aschendorf | 5 |
| 41. | 3529 | Eintracht Hildesheim | 36 | | 4423 | LG Lüneburg Stadt-Land | 5 |
| | 1522 | MTV Schöningen | 36 | | 4229 | TSV Stelle | 5 |
| 43. | 3607 | MTV 49 Holzminden | 34 | | 1922 | SV Borussia Salzgitter | 5 |
| 44. | 4125 | LAZ Celle | 33 | | 1819 | TSV Mehrum | 5 |
| | 3105 | FTSV Jahn Brinkum | 33 | 105. | 6112 | VfL Rastede | 4 |
| 46. | 4111 | SV Nienhagen | 32 | | 6108 | TuS Ofen | 4 |
| | 3120 | LC Hansa Stuhr | 32 | 107. | 6127 | Heidmühler FC | 3 |
| | 1901 | SV Union Salzgitter | 32 | | 2116 | MTV Wolfenbüttel | 3 |
| 49. | 5447 | TV Sottrum | 31 | 109. | 8208 | Emder Laufgemeinschaft | 2 |
| 50. | 2204 | VfB Fallersleben | 30 | | 6701 | OSC Damme | 2 |
| 51. | 5545 | VfL Stade | 29 | | 3826 | Post-SV Stadthagen | 2 |
| | 5132 | TSV Otterndorf | 29 | | 3822 | SG Rodenberg | 2 |
| | 4305 | TSV Hitzacker | 29 | 113. | 6625 | 1. TC Oldenburg | 1 |
| 54. | 8410 | MTV Wittmund | 28 | | 6517 | LGG Ganderkesee | 1 |
| | 6204 | BV Garrel | 28 | | 4205 | Blau-Weiß Buchholz | 1 |
| 56. | 3373 | TV Eintracht Sehnde | 27 | | 2211 | VfL Wolfsburg | 1 |
| 57. | 4311 | SC Lüchow | 26 | | 1605 | LG Solling | 1 |
| | 1617 | SVG GW Bad Gandersheim | 26 | | | | ----- |
| 59. | 7507 | TSG Dissen | 25 | | 117 | Vereine | 5.385 |
| | 6221 | SG Essen-Garthe-Molbgn. | 25 | | | | |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-------------------------|--------|-------|--------|-------------------------|--------|
| 1. | 1332 | LG Göttingen | 308 | 61. | 3352 | Lehrter SV | 18 |
| 2. | 4642 | LG Hanst./Wellend/Wried | 212 | | 1617 | SVG GW Bad Gandersheim | 18 |
| 3. | 3105 | FTSV Jahn Brinkum | 206 | 63. | 7602 | OTB Osnabrück | 16 |
| 4. | 5401 | LAV Zeven | 180 | 64. | 7216 | LG Grafschaft Bentheim | 15 |
| 5. | 3246 | LG Weserbergland | 166 | | 6603 | Oldenburger TB | 15 |
| 6. | 4240 | LG Nordheide | 159 | | 4125 | LAZ Celle | 15 |
| 7. | 3826 | Post-SV Stadthagen | 155 | | 3574 | TriAs Hildesheim | 15 |
| 8. | 3444 | LG Hannover | 153 | | 3301 | TSG Ahlten | 15 |
| | 3302 | LG Wennigsen/Egestorf | 153 | | 1704 | LG Osterode | 15 |
| 10. | 5601 | LG Kreis Verden | 150 | | 1421 | TSV Immenrode | 15 |
| 11. | 1850 | LG Peiner Land | 149 | 71. | 4313 | TSV Schnega | 14 |
| 12. | 4109 | TuS Lachendorf | 143 | 72. | 3745 | MTV Bücken | 13 |
| 13. | 1509 | SV Germania Helmstedt | 135 | | 1447 | TSV Eintr. Wolfshagen | 13 |
| 14. | 4509 | SV Munster | 119 | 74. | 3708 | Holtorfer SV | 12 |
| 15. | 1101 | LG Braunschweig | 117 | | 3530 | VfV Hildesheim | 12 |
| 16. | 6602 | DSC Oldenburg | 110 | 76. | 6103 | SV Friedrichsfehn | 11 |
| 17. | 8142 | LAC Emden/Aurich | 108 | | 3345 | TSV Kirchdorf | 11 |
| 18. | 3336 | SV Germania Helstorf | 105 | | 1922 | SV Borussia Salzgitter | 11 |
| 19. | 7737 | SV Sparta Werlte | 102 | | 1519 | TSV Lelm | 11 |
| | 3313 | TSV Burgdorf | 102 | 80. | 7501 | SV Quitt Ankum | 10 |
| 21. | 5447 | TV Sottrum | 101 | 81. | 4620 | SV Rosche | 9 |
| | 4423 | LG Lüneburg Stadt-Land | 101 | 82. | 8304 | SV Holtland | 8 |
| 23. | 7722 | VfL Lingen | 94 | | 7729 | SC Osterbrock | 8 |
| | 3373 | TV Eintracht Sehnde | 94 | | 3541 | TK Jahn Sarstedt | 8 |
| 25. | 7609 | LG Osnabrück | 91 | | 3529 | Eintracht Hildesheim | 8 |
| 26. | 7740 | LG Papenburg/Aschendorf | 90 | | 3514 | MTV Bockenem | 8 |
| 27. | 1334 | LG Eichsfeld | 80 | | 3322 | StG Krs Steinhuder Meer | 8 |
| 28. | 3607 | MTV 49 Holzminden | 76 | | 1901 | SV Union Salzgitter | 8 |
| 29. | 6601 | BTB Oldenburg | 74 | 89. | 6826 | SV Brake | 7 |
| 30. | 6206 | VfL Lönigen | 65 | | 4511 | TSV Neuenkirchen | 7 |
| | 5121 | TV Langen | 65 | | 3521 | LSV Road Runner Elze | 7 |
| 32. | 1443 | TSG Bad Harzburg | 57 | 92. | 6803 | Blexer TB | 6 |
| 33. | 6901 | LG Wilhelmshaven | 52 | | 5503 | TuS Harsefeld | 6 |
| 34. | 8208 | Emder Laufgemeinschaft | 49 | | 5123 | TV Loxstedt | 6 |
| 35. | 6604 | VfL Oldenburg | 48 | | 4516 | TV Jahn Schneverdingen | 6 |
| | 6127 | Heidmühler FC | 48 | | 4128 | StG Lachendf.-Nienhagen | 6 |
| | 4117 | LG Celle-Land | 48 | | 3364 | StG Sehnde/Lehrte | 6 |
| 38. | 5441 | TuS Rotenburg | 47 | | 3120 | LC Hansa Stuhr | 6 |
| 39. | 8107 | TV Norden | 40 | 99. | 8113 | Fortuna Wirdum | 5 |
| | 5420 | TSV Gnarrenburg | 40 | | 3838 | TWG Nienstädt/Sülbeck | 5 |
| | 5132 | TSV Otterndorf | 40 | | 1832 | MTV Vechelde | 5 |
| 42. | 1614 | Einbecker SV | 39 | 102. | 6108 | TuS Ofen | 4 |
| 43. | 3101 | TSV Asendorf | 38 | | 4311 | SC Lüchow | 4 |
| | 1723 | TV Germania Hattorf | 38 | | 3383 | TuS Wunstorf | 4 |
| 45. | 4223 | MTV Pattensen | 37 | 105. | 7551 | SC Melle 03 | 3 |
| 46. | 4111 | SV Nienhagen | 35 | | 4305 | TSV Hitzacker | 3 |
| 47. | 6204 | BV Garrel | 33 | | 3239 | TV Jahn Welsede | 3 |
| | 5545 | VfL Stade | 33 | 108. | 7726 | SV Union Meppen | 2 |
| | 5103 | Rot-Weiss Cuxhaven | 33 | | 5146 | LG Wesermünde | 2 |
| 50. | 5413 | TSV Bremervörde | 32 | | 4513 | MTV Soltau | 2 |
| 51. | 3327 | Garbsener SC | 31 | | 3414 | TSV Bemerode | 2 |
| 52. | 1902 | MTV Salzgitter | 30 | | 1415 | MTV Goslar | 2 |
| | 1619 | LG Altes Amt | 30 | 113. | 8316 | TuS Weener | 1 |
| 54. | 7725 | LAV Meppen | 26 | | 7713 | TuS Haren | 1 |
| | 2211 | VfL Wolfsburg | 26 | | 6221 | SG Essen-Garthe-Molbgn. | 1 |
| 56. | 5409 | TuS Alfstedt | 25 | | 4627 | TV Uelzen | 1 |
| 57. | 1720 | TSC Eisdorf | 24 | | 3539 | SVE Bad Salzdetfurth | 1 |
| 58. | 5144 | TSV Wehdel | 20 | | 3428 | TB Stöcken | 1 |
| | 4524 | LG Fallingbostal | 20 | | 1204 | SV Ettenbüttel | 1 |
| 60. | 1522 | MTV Schöninghen | 19 | | | | ----- |
| | | | | | 119 | Vereine | 5.457 |

| Platz V.-Nr. Verein | Punkte | Platz V.-Nr. Verein | Punkte |
|----------------------------------|--------|----------------------------------|--------|
| 1. 3105 FTSV Jahn Brinkum | 266 | 51. 5132 TSV Otterndorf | 21 |
| 2. 4240 LG Nordheide | 261 | 52. 3530 VfV Hildesheim | 20 |
| 3. 1106 PSV Braunschweig | 208 | 3336 SV Germania Helstorf | 20 |
| 4. 3246 LG Weserbergland | 205 | 3302 LG Wennigsen/Egestorf | 20 |
| 5. 8107 TV Norden | 176 | 55. 6601 BTB Oldenburg | 19 |
| 6. 3444 LG Hannover | 154 | 56. 8315 SV Warsingsfehn | 18 |
| 7. 3701 LG Nienburg | 152 | 57. 7740 LG Papenburg/Aschendorf | 16 |
| 8. 4516 TV Jahn Schneverdingen | 106 | 7204 TuS Gildehaus | 16 |
| 9. 8142 LAC Emden/Aurich | 103 | 6603 Oldenburger TB | 16 |
| 1509 SV Germania Helmstedt | 103 | 4111 SV Nienhagen | 16 |
| 11. 1332 LG Göttingen | 102 | 3137 LG Delmenhorst/Diepholz | 16 |
| 12. 3345 TSV Kirchdorf | 101 | 3101 TSV Asendorf | 16 |
| 13. 6206 VfL Lönningen | 98 | 2115 TSV VJ Wittmar | 16 |
| 3847 VfL Bückeburg | 98 | 64. 1819 TSV Mehrum | 15 |
| 15. 6602 DSC Oldenburg | 86 | 1447 TSV Eintr. Wolfshagen | 15 |
| 16. 7722 VfL Lingen | 79 | 66. 7551 SC Melle 03 | 14 |
| 3120 LC Hansa Stuhr | 79 | 6108 TuS Ofen | 14 |
| 18. 5413 TSV Bremervörde | 78 | 3529 Eintracht Hildesheim | 14 |
| 19. 4614 SC Kirch-u. Westerweyhe | 76 | 3383 TuS Wunstorf | 14 |
| 20. 4524 LG Fallingbostal | 69 | 70. 6901 LG Wilhelmshaven | 13 |
| 21. 3358 MTV Mellendorf | 63 | 5401 LAV Zeven | 13 |
| 22. 3745 MTV Bücken | 62 | 4205 Blau-Weiß Buchholz | 13 |
| 23. 7602 OTB Osnabrück | 57 | 3331 TS Großburgwedel | 13 |
| 24. 3708 Holtorfer SV | 54 | 2207 MTV Vorsfelde | 13 |
| 25. 1605 LG Solling | 53 | 75. 3821 VT Rinteln | 12 |
| 26. 4423 LG Lüneburg Stadt-Land | 52 | 3607 MTV 49 Holzminden | 12 |
| 27. 4125 LAZ Celle | 51 | 77. 4509 SV Munster | 11 |
| 2204 VfB Fallersleben | 51 | 1723 TV Germania Hattorf | 11 |
| 29. 6127 Heidmühler FC | 50 | 1704 LG Osterode | 11 |
| 5123 TV Loxstedt | 50 | 80. 4513 MTV Soltau | 10 |
| 31. 3541 TK Jahn Sarstedt | 49 | 1614 Einbecker SV | 10 |
| 32. 3507 SV Alfeld | 48 | 82. 5516 LG Kreis Nord Stade | 9 |
| 33. 6221 SG Essen-Garthe-Molbgn. | 47 | 1213 TVC Wahrenholz | 9 |
| 34. 5601 LG Kreis Verden | 46 | 84. 4307 SV Lemgow/Dangenstorf | 8 |
| 35. 7609 LG Osnabrück | 41 | 3509 TV Eintr. Algermissen | 8 |
| 5545 VfL Stade | 41 | 2126 TSV Sickte | 8 |
| 37. 3349 SC Langenhagen | 40 | 1833 TSV Arminia Vöhrum | 8 |
| 3135 SC Weyhe | 40 | 1334 LG Eichsfeld | 8 |
| 39. 5441 TuS Rotenburg | 36 | 1204 SV Ettenbüttel | 8 |
| 40. 5121 TV Langen | 35 | 90. 8307 VfL Germania Leer | 7 |
| 41. 6826 SV Brake | 29 | 7502 TuS Bersenbrück | 7 |
| 4620 SV Rosche | 29 | 6205 SV Schwarz-Weiß Lindern | 7 |
| 43. 7216 LG Grafschaft Bentheim | 28 | 5444 TV Scheessel | 7 |
| 6204 BV Garrel | 28 | 5147 VfL Wingst | 7 |
| 45. 6303 Delmenhorster TV | 27 | 4319 IGAS Wendland | 7 |
| 3313 TSV Burgdorf | 27 | 3327 Garbsener SC | 7 |
| 47. 4117 LG Celle-Land | 26 | 1320 TG Münden | 7 |
| 48. 6133 TuS Zetel | 25 | 98. 7739 LG Emstal Dörpen | 6 |
| 5144 TSV Wehdel | 25 | 6509 TSG Hatten-Sandkrug | 6 |
| 50. 3119 TuS Sulingen | 22 | 6103 SV Friedrichsfehn | 6 |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-------------------------|--------|-------|--------|--------|--------|
| 98. | 5301 | SG Osterholzer LA | 6 | | | | |
| | 4622 | VfL Suderburg | 6 | | | | |
| | 3838 | TWG Nienstädt/Sülbeck | 6 | | | | |
| | 1850 | LG Peiner Land | 6 | | | | |
| | 1619 | LG Altes Amt | 6 | | | | |
| | 1604 | LG Greene/Naensen | 6 | | | | |
| | 1519 | TSV Lelm | 6 | | | | |
| 108. | 6512 | TV Hude | 5 | | | | |
| | 4109 | TuS Lachendorf | 5 | | | | |
| | 3574 | TriAs Hildesheim | 5 | | | | |
| | 3514 | MTV Bockenem | 5 | | | | |
| | 3363 | SV Wacker Osterwald | 5 | | | | |
| | 3303 | TuS Altwarmbüchen | 5 | | | | |
| | 2211 | VfL Wolfsburg | 5 | | | | |
| | 2116 | MTV Wolfenbüttel | 5 | | | | |
| | 1415 | MTV Goslar | 5 | | | | |
| | 1114 | SV Grün-Weiß Waggum | 5 | | | | |
| 118. | 8103 | SV Georgsheil | 4 | | | | |
| | 7737 | SV Sparta Werlte | 4 | | | | |
| | 6803 | Blexer TB | 4 | | | | |
| | 6701 | OSC Damme | 4 | | | | |
| | 5408 | TuS Bothel | 4 | | | | |
| | 3822 | SG Rodenberg | 4 | | | | |
| | 2111 | MTV Jahn Schladen | 4 | | | | |
| 125. | 6517 | LGG Ganderkesee | 3 | | | | |
| | 6131 | Vareler TB | 3 | | | | |
| | 5447 | TV Sottrum | 3 | | | | |
| | 5146 | LG Wesermünde | 3 | | | | |
| | 5113 | LAV Bokel | 3 | | | | |
| | 4233 | MTV Tostedt | 3 | | | | |
| | 1901 | SV Union Salzgitter | 3 | | | | |
| | 1443 | TSG Bad Harzburg | 3 | | | | |
| | 1103 | BTSV Eintr.Braunschweig | 3 | | | | |
| 134. | 7725 | LAV Meppen | 2 | | | | |
| | 7208 | FC Schüttorf | 2 | | | | |
| | 6604 | VfL Oldenburg | 2 | | | | |
| | 5550 | TSV Wiepenkathen | 2 | | | | |
| | 4603 | MTV Bad Bevensen | 2 | | | | |
| | 1617 | SVG GW Bad Gandersheim | 2 | | | | |
| | 1431 | TV Germania Wiedelah | 2 | | | | |
| 141. | 8208 | Emder Laufgemeinschaft | 1 | | | | |
| | 5535 | TuS Jork | 1 | | | | |
| | | | ----- | | | | |
| | | 142 Vereine | 4.593 | | | | |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-------------------------|--------|-------|--------|-------------------------|--------|
| 1. | 5601 | LG Kreis Verden | 788 | 51. | 6602 | DSC Oldenburg | 91 |
| 2. | 1332 | LG Göttingen | 692 | | 3327 | Garbsener SC | 91 |
| 3. | 3345 | TSV Kirchdorf | 585 | 53. | 3608 | Post-SV Holzminden | 87 |
| 4. | 1704 | LG Osterode | 435 | | 3415 | SG Misburg | 87 |
| 5. | 3246 | LG Weserbergland | 390 | 55. | 5447 | TV Sottrum | 85 |
| 6. | 5401 | LAV Zeven | 353 | 56. | 4229 | TSV Stelle | 84 |
| 7. | 1509 | SV Germania Helmstedt | 338 | 57. | 3363 | SV Wacker Osterwald | 83 |
| 8. | 4423 | LG Lüneburg Stadt-Land | 331 | 58. | 7501 | SV Quitt Ankum | 82 |
| 9. | 3313 | TSV Burgdorf | 329 | 59. | 8109 | Lauf-Gem. Ostfriesland | 80 |
| 10. | 3444 | LG Hannover | 318 | | 4240 | LG Nordheide | 80 |
| 11. | 6517 | LGG Ganderkesee | 313 | 61. | 1201 | LG Kreis Gifhorn | 75 |
| 12. | 5146 | LG Wesermünde | 304 | 62. | 8107 | TV Norden | 74 |
| 13. | 7602 | OTB Osnabrück | 284 | 63. | 3348 | DJK Sparta Langenhagen | 70 |
| 14. | 1101 | LG Braunschweig | 278 | 64. | 5102 | ATS Cuxhaven | 69 |
| 15. | 3701 | LG Nienburg | 272 | | 3409 | TSV Victoria Linden | 69 |
| 16. | 2204 | VfB Fallersleben | 241 | 66. | 2116 | MTV Wolfenbüttel | 68 |
| 17. | 1519 | TSV Lelm | 236 | 67. | 3349 | SC Langenhagen | 67 |
| 18. | 3541 | TK Jahn Sarstedt | 233 | 68. | 5508 | LG Kehdingen | 66 |
| 19. | 6901 | LG Wilhelmshaven | 219 | | 4117 | LG Celle-Land | 66 |
| 20. | 3418 | Hannover 96 | 213 | 70. | 4614 | SC Kirch-u. Westerweyhe | 65 |
| | 1901 | SV Union Salzgitter | 213 | | 3847 | VfL Bückeberg | 65 |
| 22. | 7551 | SC Melle 03 | 196 | | 3601 | Delligser SC | 65 |
| | 2211 | VfL Wolfsburg | 196 | | 3505 | LAV Alfeld | 65 |
| 24. | 3302 | LG Wennigsen/Egestorf | 193 | 74. | 5527 | Post-SV Buxtehude | 64 |
| 25. | 4211 | TSV Eintracht Hittfeld | 186 | 75. | 7204 | TuS Gildehaus | 63 |
| 26. | 3529 | Eintracht Hildesheim | 172 | | 3306 | SVE Hiddestorf | 63 |
| 27. | 6701 | OSC Damme | 159 | | 1843 | TV Klein Ilsede | 63 |
| 28. | 3120 | LC Hansa Stuhr | 157 | 78. | 1803 | SVG Groß Bülten | 61 |
| 29. | 2129 | Laufclub BlueLiner | 156 | 79. | 6206 | VfL Lönningen | 59 |
| 30. | 7201 | LC Nordhorn | 145 | 80. | 4625 | Post-SV Uelzen | 58 |
| 31. | 1111 | MTV Hondelage | 139 | | 1522 | MTV Schöningen | 58 |
| 32. | 8307 | VfL Germania Leer | 136 | 82. | 6115 | TSG Westerstede | 57 |
| 33. | 7722 | VfL Lingen | 133 | 83. | 7740 | LG Papenburg/Aschendorf | 56 |
| 34. | 4513 | MTV Soltau | 125 | | 7725 | LAV Meppen | 56 |
| 35. | 3336 | SV Germania Helstorf | 123 | | 6803 | Blexer TB | 56 |
| 36. | 4111 | SV Nienhagen | 121 | | 4620 | SV Rosche | 56 |
| 37. | 6604 | VfL Oldenburg | 120 | 87. | 8113 | Fortuna Wirdum | 55 |
| 38. | 3137 | LG Delmenhorst/Diepholz | 118 | 88. | 5516 | LG Kreis Nord Stade | 52 |
| 39. | 4524 | LG Fallingbostel | 115 | 89. | 3839 | TSV Hagenburg | 51 |
| | 3821 | VT Rinteln | 115 | | 1529 | LG Heeseberg | 51 |
| 41. | 7513 | TV Georgsmarienhütte | 114 | | 1443 | TSG Bad Harzburg | 51 |
| 42. | 8142 | LAC Emden/Aurich | 113 | 92. | 4106 | TuS Celle | 50 |
| 43. | 3323 | TuS Empelde | 112 | 93. | 7731 | TV Rütenbrock | 49 |
| 44. | 2111 | MTV Jahn Schladen | 107 | | 5420 | TSV Gnarrenburg | 49 |
| 45. | 4503 | MTV Bispingen | 106 | | 3566 | TSV Warzen | 49 |
| 46. | 6108 | TuS Ofen | 93 | 96. | 1449 | LAV 07 Bad Harzburg | 48 |
| | 3356 | TV Lohnde | 93 | 97. | 3392 | TSV Schloß Ricklingen | 47 |
| | 1850 | LG Peiner Land | 93 | 98. | 7609 | LG Osnabrück | 46 |
| 49. | 8208 | Emder Laufgemeinschaft | 92 | | 3383 | TuS Wunstorf | 46 |
| | 1605 | LG Solling | 92 | | 1310 | DSC Dransfeld | 46 |

| Platz V.-Nr. Verein | Punkte | Platz V.-Nr. Verein | Punkte |
|----------------------------------|--------|---------------------------------|--------|
| 101. 6826 SV Brake | 45 | 151. 6509 TSG Hatten-Sandkrug | 19 |
| 102. 6601 BTB Oldenburg | 44 | 1431 TV Germania Wiedelah | 19 |
| 1917 LG Salzgitter | 44 | 153. 7708 SV Grün-Weiß Dersum | 18 |
| 104. 8108 TuS Norderney | 43 | 6112 VfL Rastede | 18 |
| 7729 SC Osterbrock | 43 | 3607 MTV 49 Holzminden | 18 |
| 5441 TuS Rotenburg | 43 | 3221 VfL Hessisch Oldendorf | 18 |
| 3352 Lehrter SV | 43 | 2121 TSV Winnigstedt | 18 |
| 108. 1902 MTV Salzgitter | 42 | 158. 6811 ATV Rodenkirchen | 17 |
| 109. 3206 TuS Bad Pyrmont | 41 | 6310 LC Delmenhorst | 17 |
| 110. 3523 TSV Gronau | 39 | 6103 SV Friedrichsfehn | 17 |
| 111. 3515 MTV Eintracht Borsum | 38 | 5550 TSV Wiepenkathen | 17 |
| 112. 4538 Marathonclub Walsrode | 36 | 5129 TSG Nordholz | 17 |
| 3305 TSV Barsinghausen | 36 | 3449 TSV Anderten | 17 |
| 1437 MTV Seesen | 36 | 164. 5545 VfL Stade | 16 |
| 115. 7739 LG Emstal Dörpen | 35 | 4125 LAZ Celle | 16 |
| 4205 Blau-Weiß Buchholz | 35 | 1510 TSV Helmstedt | 16 |
| 117. 5144 TSV Wehdel | 34 | 167. 5132 TSV Otterndorf | 15 |
| 4622 VfL Suderburg | 34 | 5128 TSV Neuenwalde | 15 |
| 4311 SC Lüchow | 34 | 4319 IGAS Wendland | 15 |
| 120. 6204 BV Garrel | 33 | 4207 TuS Fleestedt | 15 |
| 3516 TSV Brunkensen | 33 | 1619 LG Altes Amt | 15 |
| 122. 5428 SVE Hepstedt/Breddorf | 31 | 172. 7744 SV Germania Twist | 14 |
| 3204 SC Bad Münder | 31 | 6627 Team Laufrausch | 14 |
| 1445 Läufer-Team Oker | 31 | 6133 TuS Zetel | 14 |
| 125. 3304 SV Arnum | 30 | 5409 TuS Alfstedt | 14 |
| 126. 6512 TV Hude | 29 | 3814 TuS Niedernwöhren | 14 |
| 5103 Rot-Weiss Cuxhaven | 29 | 3451 Polonia SK Hannover | 14 |
| 128. 7726 SV Union Meppen | 28 | 3203 TuSpo Bad Münder | 14 |
| 129. 6506 TSV Großenkneten | 27 | 1720 TSC Eisdorf | 14 |
| 1438 TSV Münchehof | 27 | 180. 5451 SG Unterstedt | 13 |
| 131. 8103 SV Georgsheil | 26 | 5450 TuS Tarmstedt | 13 |
| 132. 7733 SC Spelle-Venhaus | 25 | 4527 TuSV Stellichte | 13 |
| 6127 Heidmühler FC | 25 | 3540 FSV Sarstedt | 13 |
| 134. 8402 SC Dunum | 24 | 3391 StG Burgdorf-Helstorf | 13 |
| 4516 TV Jahn Schneverdingen | 24 | 3119 TuS Sulingen | 13 |
| 1205 MTV Gifhorn | 24 | 1614 Einbecker SV | 13 |
| 137. 8304 SV Holtland | 23 | 1612 TSV Germania Dassensen | 13 |
| 7504 TV Bissendorf-Holte | 23 | 188. 5440 PSG Rotenburg/Wümme | 12 |
| 4604 TSV Bienenbüttel | 23 | 5408 TuS Bothel | 12 |
| 3822 SG Rodenberg | 23 | 190. 7502 TuS Bersenbrück | 11 |
| 141. 5503 TuS Harsefeld | 22 | 1320 TG Münden | 11 |
| 5413 TSV Bremervörde | 22 | 192. 6702 TV Dinklage | 10 |
| 4606 TuS Bodenteich | 22 | 5147 VfL Wingst | 10 |
| 1110 TuRa Braunschweig | 22 | 3560 TuS Hasede | 10 |
| 145. 5301 SG Osterholzer LA | 21 | 3514 MTV Bockenem | 10 |
| 5123 TV Loxstedt | 21 | 1502 TV Bornum | 10 |
| 1606 LG Weper | 21 | 197. 8310 SV Concordia Neermoor | 9 |
| 148. 7545 SV Eintr. Neuenkirchen | 20 | 7616 StG OTB-Nordhorn | 9 |
| 3812 MTV Messenkamp | 20 | 5456 LG Samtgemeinde Fintel | 9 |
| 1817 SV Lengede | 20 | 4509 SV Munster | 9 |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-------------------------|--------|-------|-------------------------|--------|--------|
| 197. | 4223 | MTV Pattensen | 9 | 4431 | OLC Lüneburg | | 2 |
| | 3745 | MTV Bücken | 9 | 3393 | 1. WV Wunstorf | | 2 |
| | 3135 | SC Weyhe | 9 | 3369 | MTV Rethmar | | 2 |
| | 1631 | SV Grün-Weiß Parenden | 9 | 3329 | SV Gehrden | | 2 |
| 205. | 7718 | SV Groß Hesepe | 8 | 3308 | VSV Benthe | | 2 |
| | 6214 | STV Barßel | 8 | 3101 | TSV Asendorf | | 2 |
| | 5556 | Stader SV | 8 | 1311 | TSV Ebergötzen | | 2 |
| | 5121 | TV Langen | 8 | 258. | 7525 VfL Kloster Oesede | | 1 |
| | 4633 | TSV Wrestedt/Stederdorf | 8 | 6611 | SG SW Oldenburg | | 1 |
| | 3828 | TSV Eintr. Bückeberge | 8 | 6124 | TuS Westerloy | | 1 |
| | 3804 | TuS Germania Hohnhorst | 8 | 5504 | VfL Horneburg | | 1 |
| | 3530 | VfV Hildesheim | 8 | 5444 | TV Scheessel | | 1 |
| | 3303 | TuS Altwarmbüchen | 8 | 3528 | MTV 48 Hildesheim | | 1 |
| 214. | 8130 | TSV Friesenstolz Riepe | 7 | 3420 | SpVg Nds. Hann.-Döhren | | 1 |
| | 7713 | TuS Haren | 7 | 1852 | Eintracht Oelerse | | 1 |
| | 3373 | TV Eintracht Sehnde | 7 | 1611 | Dasseler SC | | 1 |
| | 1526 | Velpker SV | 7 | 1604 | LG Greene/Naensen | | 1 |
| 218. | 7737 | SV Sparta Werlte | 6 | 1508 | Helmstedter SV | | 1 |
| | 7732 | DJK Spahnharrenstätte | 6 | 1334 | LG Eichsfeld | | 1 |
| | 7727 | TV Meppen | 6 | 1227 | MTV Adenbüttel | | 1 |
| | 3316 | Laufclub Burgwedel | 6 | 1223 | TuS Müden-Dieckhorst | | 1 |
| | 3102 | MTV Jahn Barnstorf | 6 | | | | ----- |
| 223. | 6621 | SV Ofenerdiek | 5 | 271 | Vereine | | 16.906 |
| | 4603 | MTV Bad Bevensen | 5 | | | | |
| | 3507 | SV Alfeld | 5 | | | | |
| | 3372 | RSV Seelze | 5 | | | | |
| | 3108 | SG Diepholz | 5 | | | | |
| | 1426 | TV Lautenthal | 5 | | | | |
| | 1317 | TSV Jühnde | 5 | | | | |
| 230. | 8410 | MTV Wittmund | 4 | | | | |
| | 8321 | SV Teutonia Stapelmoor | 4 | | | | |
| | 8121 | TuS Weene | 4 | | | | |
| | 7597 | SC Herringhausen | 4 | | | | |
| | 6220 | TuS Emstekerfeld | 4 | | | | |
| | 4422 | TuS Neetze | 4 | | | | |
| | 4416 | TuS Hohnstorf/Elbe | 4 | | | | |
| | 3838 | TWG Nienstädt/Sülbeck | 4 | | | | |
| | 3533 | TuS Holle/Grasdorf | 4 | | | | |
| | 3522 | TG Freden | 4 | | | | |
| 240. | 7721 | SV Lengerich-Handrup | 3 | | | | |
| | 6608 | TuS Eversten | 3 | | | | |
| | 6303 | Delmenhorster TV | 3 | | | | |
| | 6222 | SV Evenkamp | 3 | | | | |
| | 4110 | MTV Müden/Örtze | 3 | | | | |
| | 3574 | TriAs Hildesheim | 3 | | | | |
| | 3436 | TuS Wettbergen | 3 | | | | |
| | 3148 | StG Stuhr-Ankum-Burgdor | 3 | | | | |
| | 2207 | MTV Vorsfelde | 3 | | | | |
| | 1236 | SV GW Calberlah | 3 | | | | |
| 250. | 5118 | TuRa Hechthausen | 2 | | | | |