

1:36,38	TV Cloppenburg	Verden	25.09.2022
	Kolbe, Jan (1996); Prepens, Talea (2001); Prepens, Torben (2004); Wema, Nadia (2005)		
1:41,30	OTB Osnabrück	Verden	25.09.2022
	Köpke, Dominik (1997); Riemann, Hanna (2000); Stöhr, Marlene (2003); Gordon, Jordan (2002)		
1:41,60	LG Braunschweig	Braunschweig	30.04.2022
	Strauss, Denis (2006); Kühn, Emily (2003); Zalewski, Laura (2001); Bahnmüller, Simon (1998)		
1:43,08	BTB Oldenburg	Verden	25.09.2022
	Hintz, Vanessa (2000); Olivieri, Lukas (2001); Hinrichs, Pascal (1990); Schwarzkopf, Almut (2000)		
1:44,40	VfL Eintracht Hannover	Verden	25.09.2022
	Borchardt, Fabio (2004); Ronshausen, Jana (2004); Kolter, Lennard (1991); Ritter, Jana (2006)		
1:44,59	VfL Stade	Verden	25.09.2022
	Tonn, Felix (2004); Löschner, Thalia (2005); Schmidt, Merle (2005); Lorenz, Max (2005)		