

| Platz | V.-Nr. | Verein | Mä / Fr | Jgd A | Jgd B | Sch A | Sch B | Sen. | Summe |
|-------|--------|-----------------------------------|---------|-------|-------|-------|-------|------|-------------|
| 1. | 3444 | LG Hannover | 950 | 436 | 351 | 154 | 145 | 519 | 2555 |
| 2. | 1332 | LG Göttingen | 703 | 210 | 330 | 136 | 116 | 749 | 2244 |
| 3. | 3246 | LG Weserbergland | 497 | 341 | 307 | 349 | 57 | 366 | 1917 |
| 4. | 5601 | LG Kreis Verden | 484 | 101 | 26 | 32 | 129 | 925 | 1697 |
| 5. | 1101 | LG Braunschweig | 716 | 65 | 65 | 291 | 0 | 342 | 1479 |
| 6. | 7602 | OTB Osnabrück | 429 | 77 | 87 | 208 | 1 | 376 | 1178 |
| 7. | 8107 | TV Norden | 527 | 123 | 79 | 43 | 103 | 149 | 1024 |
| 8. | 1509 | SV Germania Helmstedt | 278 | 0 | 8 | 118 | 101 | 426 | 931 |
| 9. | 1850 | LG Peiner Land | 99 | 354 | 93 | 169 | 39 | 107 | 861 |
| 10. | 3345 | TSV Kirchdorf | 404 | 0 | 0 | 4 | 63 | 387 | 858 |
| 11. | 4240 | LG Nordheide | 162 | 147 | 57 | 84 | 165 | 123 | 738 |
| 12. | 7609 | LG Osnabrück | 313 | 126 | 132 | 38 | 61 | 46 | 716 |
| 13. | 6602 | DSC Oldenburg | 310 | 0 | 46 | 110 | 149 | 62 | 677 |
| 14. | 6901 | LG Wilhelmshaven | 206 | 72 | 72 | 36 | 38 | 227 | 651 |
| 15. | 3418 | Hannover 96 | 334 | 22 | 20 | 0 | 0 | 261 | 637 |
| 16. | 1704 | LG Osterode | 103 | 43 | 21 | 23 | 15 | 421 | 626 |
| 17. | 5401 | LAV Zeven | 48 | 17 | 157 | 101 | 33 | 235 | 591 |
| 18. | 3383 | TuS Wunstorf | 268 | 119 | 111 | 26 | 0 | 64 | 588 |
| 19. | 3313 | TSV Burgdorf | 61 | 25 | 103 | 103 | 57 | 218 | 567 |
| 20. | 3302 | LG Wennigsen/Egestorf | 22 | 26 | 120 | 140 | 61 | 177 | 546 |
| 21. | 4423 | LG Lüneburg Stadt-Land | 50 | 23 | 23 | 32 | 103 | 310 | 541 |
| 22. | 2211 | VfL Wolfsburg | 266 | 48 | 17 | 0 | 0 | 207 | 538 |
| 23. | 2204 | VfB Fallersleben | 236 | 7 | 17 | 5 | 0 | 259 | 524 |
| 24. | 5550 | TSV Wiepenkathen | 182 | 147 | 32 | 26 | 58 | 57 | 502 |
| 25. | 3529 | Eintracht Hildesheim | 63 | 79 | 110 | 36 | 34 | 158 | 480 |
| 26. | 8307 | VfL Germania Leer | 140 | 46 | 21 | 0 | 46 | 211 | 464 |
| 27. | 6517 | LGG Ganderkesee | 99 | 46 | 57 | 1 | 22 | 236 | 461 |
| 28. | 4117 | LG Celle-Land | 165 | 20 | 7 | 94 | 40 | 111 | 437 |
| 29. | 3541 | TK Jahn Sarstedt | 35 | 3 | 10 | 7 | 53 | 309 | 417 |
| 30. | 1519 | TSV Lelm | 130 | 14 | 49 | 5 | 0 | 215 | 413 |
| | 7739 | LG Emstal Dörpen | 68 | 165 | 74 | 28 | 0 | 78 | 413 |
| 32. | 7722 | VfL Lingen | 54 | 5 | 0 | 124 | 39 | 170 | 392 |
| 33. | 4642 | LG Hanstedt II/Wellendorf/Wriedel | 88 | 60 | 143 | 84 | 6 | 10 | 391 |
| 34. | 6604 | VfL Oldenburg | 41 | 86 | 21 | 22 | 27 | 170 | 367 |
| 35. | 6206 | VfL Lönningen | 9 | 0 | 31 | 250 | 24 | 49 | 363 |
| 36. | 8208 | Emder Laufgemeinschaft | 128 | 75 | 3 | 1 | 17 | 138 | 362 |
| 37. | 1901 | SV Union Salzgitter | 37 | 13 | 16 | 25 | 0 | 260 | 351 |
| 38. | 6605 | LG Oldenburg | 50 | 3 | 83 | 65 | 93 | 47 | 341 |
| 39. | 7740 | LG Papenburg/Aschendorf | 31 | 149 | 13 | 56 | 33 | 52 | 334 |
| 40. | 5121 | TV Langen | 18 | 86 | 156 | 22 | 13 | 38 | 333 |
| 41. | 4125 | LAZ Celle | 39 | 109 | 9 | 82 | 34 | 55 | 328 |
| | 1334 | LG Eichsfeld | 19 | 39 | 93 | 69 | 96 | 12 | 328 |
| 43. | 3105 | FTSV Jahn Brinkum | 0 | 0 | 0 | 174 | 151 | 0 | 325 |
| 44. | 3336 | SV Germania Helstorf | 43 | 0 | 0 | 159 | 26 | 86 | 314 |
| 45. | 3120 | LC Hansa Stuhr | 27 | 54 | 38 | 44 | 0 | 149 | 312 |
| 46. | 4513 | MTV Soltau | 93 | 2 | 0 | 9 | 11 | 190 | 305 |
| 47. | 5146 | LG Wesermünde | 12 | 0 | 4 | 4 | 0 | 278 | 298 |
| 48. | 3701 | LG Nienburg | 36 | 0 | 0 | 0 | 51 | 200 | 287 |
| 49. | 1522 | MTV Schöningen | 36 | 32 | 17 | 85 | 0 | 114 | 284 |
| 50. | 4210 | MTV Hanstedt | 30 | 21 | 229 | 0 | 0 | 0 | 280 |
| 51. | 3327 | Garbsener SC | 53 | 12 | 40 | 18 | 14 | 137 | 274 |
| 52. | 7551 | SC Melle 03 | 150 | 0 | 0 | 0 | 0 | 117 | 267 |
| 53. | 7201 | LC Nordhorn | 123 | 0 | 21 | 0 | 0 | 117 | 261 |
| 54. | 3607 | MTV 49 Holzminden | 25 | 11 | 95 | 85 | 13 | 28 | 257 |
| 55. | 8103 | SV Georgsheil | 99 | 8 | 77 | 0 | 0 | 72 | 256 |
| 56. | 5102 | ATS Cuxhaven | 42 | 0 | 116 | 0 | 0 | 96 | 254 |
| 57. | 3601 | Delligser SC | 154 | 0 | 0 | 0 | 0 | 93 | 247 |
| 58. | 8101 | MTV Aurich | 41 | 0 | 0 | 40 | 19 | 143 | 243 |
| 59. | 1614 | Einbecker SV | 6 | 39 | 34 | 126 | 7 | 18 | 230 |
| 60. | 3530 | VfV Hildesheim | 126 | 22 | 9 | 17 | 51 | 0 | 225 |

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|-------|--------|---------------------------|---------|-------|-------|-------|-------|------|-------|
| 61. | 6103 | SV Friedrichsfehn | 162 | 42 | 0 | 14 | 1 | 0 | 219 |
| 62. | 5545 | VfL Stade | 8 | 17 | 17 | 84 | 55 | 37 | 218 |
| 63. | 6701 | OSC Damme | 44 | 67 | 7 | 5 | 5 | 89 | 217 |
| 64. | 2129 | Laufclub BlueLiner | 94 | 16 | 0 | 0 | 0 | 106 | 216 |
| 65. | 4111 | SV Nienhagen | 17 | 0 | 0 | 88 | 8 | 102 | 215 |
| 66. | 7513 | TV Georgsmarienhütte | 125 | 0 | 0 | 0 | 0 | 88 | 213 |
| 67. | 5447 | TV Sottrum | 15 | 22 | 38 | 79 | 9 | 46 | 209 |
| 68. | 6204 | BV Garrel | 68 | 70 | 1 | 5 | 27 | 34 | 205 |
| 69. | 1843 | TV Klein Ilsede | 75 | 23 | 0 | 0 | 0 | 106 | 204 |
| | 7204 | TuS Gildehaus | 25 | 109 | 0 | 14 | 0 | 56 | 204 |
| 71. | 5413 | TSV Bremervörde | 2 | 0 | 63 | 24 | 84 | 23 | 196 |
| 72. | 5441 | TuS Rotenburg | 23 | 29 | 10 | 1 | 70 | 60 | 193 |
| 73. | 4211 | TSV Eintracht Hittfeld | 21 | 0 | 0 | 0 | 0 | 171 | 192 |
| 74. | 4614 | SC Kirch-u. Westerweyhe | 0 | 0 | 0 | 0 | 162 | 27 | 189 |
| 75. | 3137 | LG Delmenhorst/Diepholz | 144 | 0 | 27 | 0 | 0 | 17 | 188 |
| 76. | 1510 | TSV Helmstedt | 35 | 23 | 103 | 16 | 5 | 5 | 187 |
| 77. | 4625 | Post-SV Uelzen | 93 | 22 | 0 | 0 | 0 | 67 | 182 |
| 78. | 4524 | LG Fallingbostel | 12 | 2 | 41 | 19 | 27 | 75 | 176 |
| 79. | 1605 | LG Solling | 11 | 0 | 2 | 14 | 118 | 29 | 174 |
| 80. | 5409 | TuS Alfstedt | 42 | 0 | 77 | 33 | 11 | 7 | 170 |
| 81. | 8109 | Lauf-Gem. Ostfriesland | 21 | 0 | 30 | 0 | 0 | 114 | 165 |
| 82. | 1617 | SVG GW Bad Gandersheim | 55 | 43 | 34 | 16 | 3 | 12 | 163 |
| 83. | 4509 | SV Munster | 62 | 20 | 0 | 8 | 46 | 25 | 161 |
| | 6108 | TuS Ofen | 41 | 6 | 0 | 6 | 15 | 93 | 161 |
| 85. | 5527 | Post-SV Buxtehude | 28 | 4 | 0 | 0 | 0 | 128 | 160 |
| 86. | 4109 | TuS Lachendorf | 0 | 0 | 0 | 63 | 96 | 0 | 159 |
| 87. | 5144 | TSV Wehdel | 20 | 2 | 12 | 39 | 41 | 44 | 158 |
| | 7737 | SV Sparta Werlte | 0 | 0 | 32 | 25 | 98 | 3 | 158 |
| 89. | 5103 | Rot-Weiss Cuxhaven | 0 | 60 | 21 | 22 | 0 | 50 | 153 |
| 90. | 3821 | VT Rinteln | 23 | 14 | 17 | 0 | 0 | 97 | 151 |
| 91. | 5123 | TV Loxstedt | 0 | 43 | 30 | 65 | 0 | 11 | 149 |
| 92. | 6127 | Heidmühler FC | 19 | 3 | 1 | 33 | 40 | 47 | 143 |
| | 2116 | MTV Wolfenbüttel | 5 | 0 | 0 | 26 | 0 | 112 | 143 |
| 94. | 2111 | MTV Jahn Schladen | 23 | 14 | 4 | 16 | 33 | 50 | 140 |
| 95. | 3306 | SVE Hiddestorf | 49 | 0 | 0 | 0 | 0 | 90 | 139 |
| | 3323 | TuS Empelde | 0 | 0 | 0 | 0 | 0 | 139 | 139 |
| 97. | 4305 | TSV Hitzacker | 49 | 50 | 26 | 0 | 12 | 0 | 137 |
| | 1111 | MTV Hondelage | 3 | 0 | 1 | 0 | 0 | 133 | 137 |
| | 5301 | SG Osterholzer LA | 0 | 14 | 35 | 0 | 15 | 73 | 137 |
| 100. | 5611 | TSV Kirchlinteln | 26 | 0 | 14 | 59 | 30 | 7 | 136 |
| 101. | 4516 | TV Jahn Schneverdingen | 11 | 3 | 15 | 41 | 35 | 29 | 134 |
| | 3822 | SG Rodenberg | 6 | 0 | 7 | 11 | 0 | 110 | 134 |
| 103. | 3363 | SV Wacker Osterwald | 0 | 19 | 4 | 0 | 5 | 105 | 133 |
| 104. | 4311 | SC Lüchow | 26 | 1 | 20 | 13 | 0 | 59 | 119 |
| 105. | 3356 | TV Lohnde | 27 | 0 | 0 | 0 | 0 | 91 | 118 |
| 106. | 6221 | SG Essen-Garthe-Molbergen | 66 | 35 | 0 | 3 | 13 | 0 | 117 |
| 107. | 3101 | TSV Asendorf | 19 | 0 | 41 | 22 | 34 | 0 | 116 |
| 108. | 7502 | TuS Bersenbrück | 103 | 6 | 0 | 0 | 0 | 5 | 114 |
| 109. | 6826 | SV Brake | 8 | 53 | 0 | 0 | 15 | 35 | 111 |
| 110. | 3505 | LAV Alfeld | 16 | 0 | 0 | 0 | 0 | 93 | 109 |
| | 6825 | SV Lemwerder | 0 | 91 | 18 | 0 | 0 | 0 | 109 |
| 112. | 3305 | TSV Barsinghausen | 8 | 0 | 0 | 0 | 0 | 99 | 107 |
| 113. | 8402 | SC Dunum | 67 | 0 | 0 | 0 | 0 | 38 | 105 |
| | 3540 | FSV Sarstedt | 40 | 0 | 13 | 36 | 6 | 10 | 105 |
| 115. | 7726 | SV Union Meppen | 45 | 0 | 8 | 0 | 12 | 39 | 104 |
| 116. | 7729 | SC Osterbrock | 60 | 0 | 0 | 0 | 6 | 37 | 103 |
| 117. | 8113 | Fortuna Wirdum | 7 | 13 | 20 | 0 | 3 | 57 | 100 |
| 118. | 1443 | TSG Bad Harzburg | 10 | 4 | 15 | 0 | 53 | 17 | 99 |
| 119. | 7710 | SV Concordia Emsbüren | 96 | 0 | 0 | 0 | 0 | 0 | 96 |
| | 6310 | LC Delmenhorst | 10 | 0 | 0 | 0 | 0 | 86 | 96 |

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|-------|--------|---------------------------|---------|-------|-------|-------|-------|------|-------|
| 121. | 3373 | TV Eintracht Sehnde | 0 | 0 | 32 | 0 | 61 | 1 | 94 |
| 122. | 3826 | Post-SV Stadthagen | 2 | 0 | 0 | 28 | 60 | 0 | 90 |
| 123. | 6803 | Blexer TB | 31 | 0 | 0 | 2 | 3 | 52 | 88 |
| | 7731 | TV Rütenbrock | 26 | 0 | 0 | 0 | 2 | 60 | 88 |
| | 3708 | Holtorfer SV | 10 | 78 | 0 | 0 | 0 | 0 | 88 |
| | 1106 | PSV Braunschweig | 0 | 0 | 0 | 0 | 88 | 0 | 88 |
| 127. | 1201 | LG Kreis Gifhorn | 0 | 0 | 0 | 0 | 0 | 87 | 87 |
| 128. | 7501 | SV Quitt Ankum | 0 | 0 | 0 | 0 | 8 | 77 | 85 |
| 129. | 3322 | StG Kreis Steinhuder Meer | 42 | 9 | 12 | 15 | 5 | 0 | 83 |
| 130. | 1606 | LG Weper | 55 | 0 | 0 | 0 | 0 | 27 | 82 |
| 131. | 1738 | LG SG Hattorf | 0 | 0 | 0 | 0 | 60 | 21 | 81 |
| 132. | 3608 | Post-SV Holzminden | 5 | 2 | 0 | 0 | 0 | 72 | 79 |
| | 6512 | TV Hude | 0 | 2 | 43 | 0 | 0 | 34 | 79 |
| 134. | 6214 | STV Barßel | 56 | 11 | 0 | 6 | 0 | 5 | 78 |
| 135. | 3352 | Lehrter SV | 14 | 0 | 12 | 10 | 11 | 30 | 77 |
| | 3847 | VfL Bückeburg | 8 | 0 | 0 | 3 | 18 | 48 | 77 |
| | 5420 | TSV Gnarrenburg | 0 | 17 | 3 | 18 | 14 | 25 | 77 |
| 138. | 1803 | SVG Groß Bülten | 24 | 0 | 0 | 0 | 0 | 51 | 75 |
| | 8304 | SV Holtland | 19 | 20 | 0 | 10 | 0 | 26 | 75 |
| 140. | 4503 | MTV Bispingen | 16 | 0 | 0 | 0 | 0 | 57 | 73 |
| | 3301 | TSG Ahlten | 0 | 34 | 30 | 0 | 9 | 0 | 73 |
| | 7725 | LAV Meppen | 0 | 0 | 16 | 45 | 12 | 0 | 73 |
| | 3507 | SV Alfeld | 0 | 0 | 0 | 0 | 52 | 21 | 73 |
| 144. | 4229 | TSV Stelle | 5 | 19 | 0 | 10 | 0 | 38 | 72 |
| 145. | 3559 | CJD Elze | 0 | 17 | 13 | 41 | 0 | 0 | 71 |
| 146. | 6625 | 1. TC Oldenburg | 0 | 0 | 0 | 0 | 0 | 69 | 69 |
| 147. | 4527 | TuSV Stellichte | 16 | 0 | 0 | 0 | 0 | 49 | 65 |
| | 1310 | DSC Dransfeld | 0 | 0 | 0 | 3 | 0 | 62 | 65 |
| 149. | 4621 | TuS Soltendieck | 0 | 56 | 6 | 1 | 0 | 0 | 63 |
| 150. | 3348 | DJK Sparta Langenhagen | 24 | 0 | 0 | 0 | 0 | 37 | 61 |
| | 7216 | LG Grafschaft Bentheim | 0 | 0 | 0 | 39 | 22 | 0 | 61 |
| 152. | 7209 | TuS Neuenhaus | 7 | 29 | 24 | 0 | 0 | 0 | 60 |
| 153. | 1619 | LG Altes Amt | 6 | 0 | 13 | 21 | 11 | 8 | 59 |
| 154. | 3812 | MTV Messenkamp | 19 | 11 | 4 | 5 | 0 | 19 | 58 |
| | 5132 | TSV Otterndorf | 3 | 16 | 0 | 29 | 0 | 10 | 58 |
| 156. | 7733 | SC Spelle-Venhaus | 5 | 0 | 0 | 0 | 0 | 52 | 57 |
| | 1832 | MTV Vechelde | 0 | 0 | 51 | 0 | 6 | 0 | 57 |
| 158. | 6115 | TSG Westerstede | 0 | 0 | 0 | 0 | 0 | 53 | 53 |
| 159. | 3135 | SC Weyhe | 22 | 0 | 0 | 0 | 0 | 30 | 52 |
| 160. | 4622 | VfL Suderburg | 6 | 0 | 0 | 0 | 14 | 31 | 51 |
| 161. | 8141 | StG TV Norden- VfL Leer | 50 | 0 | 0 | 0 | 0 | 0 | 50 |
| | 7507 | TSG Dissen | 11 | 0 | 35 | 4 | 0 | 0 | 50 |
| | 1205 | MTV Gifhorn | 0 | 3 | 12 | 7 | 0 | 28 | 50 |
| | 7713 | TuS Haren | 0 | 2 | 24 | 0 | 14 | 10 | 50 |
| 165. | 4106 | TuS Celle | 0 | 0 | 0 | 0 | 0 | 46 | 46 |
| 166. | 1902 | MTV Salzgitter | 0 | 14 | 3 | 0 | 1 | 26 | 44 |
| 167. | 3415 | SG Misburg | 0 | 0 | 0 | 0 | 0 | 43 | 43 |
| 168. | 8211 | SV Emden-Harsweg | 0 | 19 | 0 | 22 | 1 | 0 | 42 |
| 169. | 7597 | SC Herringhausen | 15 | 0 | 0 | 0 | 0 | 26 | 41 |
| | 3839 | TSV Hagenburg | 7 | 0 | 0 | 0 | 0 | 34 | 41 |
| 171. | 1447 | TSV Eintracht Wolfshagen | 11 | 0 | 17 | 0 | 9 | 3 | 40 |
| | 4110 | MTV Müden/Örtze | 8 | 0 | 0 | 0 | 0 | 32 | 40 |
| | 2121 | TSV Winnigstedt | 0 | 0 | 0 | 0 | 0 | 40 | 40 |
| 174. | 6705 | TuS Blau-Weiß Lohne | 13 | 0 | 11 | 0 | 0 | 15 | 39 |
| | 5126 | TSV Midlum | 0 | 0 | 0 | 0 | 0 | 39 | 39 |
| 176. | 1611 | Dasseler SC | 18 | 0 | 0 | 0 | 18 | 2 | 38 |
| | 1415 | MTV Goslar | 10 | 13 | 1 | 0 | 14 | 0 | 38 |
| | 6509 | TSG Hatten-Sandkrug | 5 | 0 | 1 | 0 | 9 | 23 | 38 |
| | 8214 | StG LAC Emden / Aurich | 0 | 0 | 4 | 26 | 8 | 0 | 38 |
| 180. | 8121 | TuS Weene | 0 | 0 | 3 | 6 | 0 | 28 | 37 |

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|-------|--------|-----------------------------------|---------|-------|-------|-------|-------|------|-------|
| 181. | 8204 | SV BW Emden-Borssum | 0 | 0 | 29 | 6 | 0 | 0 | 35 |
| | 5129 | TSG Nordholz | 0 | 0 | 0 | 0 | 0 | 35 | 35 |
| 183. | 3203 | TuSpo Bad Münde | 0 | 0 | 11 | 12 | 0 | 11 | 34 |
| 184. | 3303 | TuS Altwarmbüchen | 20 | 0 | 11 | 0 | 0 | 2 | 33 |
| | 4603 | MTV Bad Bevensen | 0 | 0 | 0 | 0 | 32 | 1 | 33 |
| 186. | 6303 | Delmenhorster TV | 0 | 7 | 0 | 0 | 8 | 17 | 32 |
| 187. | 2207 | MTV Vorsfelde | 8 | 0 | 0 | 1 | 17 | 5 | 31 |
| | 6611 | SG SW Oldenburg | 6 | 0 | 0 | 0 | 7 | 18 | 31 |
| | 8104 | TuS Eintracht Hinte | 0 | 0 | 0 | 30 | 1 | 0 | 31 |
| | 3523 | TSV Gronau | 0 | 0 | 0 | 0 | 0 | 31 | 31 |
| | 1438 | TSV Münchehof | 0 | 0 | 0 | 0 | 0 | 31 | 31 |
| 192. | 3349 | SC Langenhagen | 6 | 0 | 0 | 0 | 3 | 21 | 30 |
| | 5503 | TuS Harsefeld | 0 | 0 | 4 | 13 | 0 | 13 | 30 |
| | 1711 | TSV Bad Sachsa | 0 | 0 | 0 | 0 | 0 | 30 | 30 |
| 195. | 6312 | Eintracht Delmenhorst | 0 | 0 | 27 | 0 | 2 | 0 | 29 |
| | 4223 | MTV Pattensen | 0 | 0 | 0 | 0 | 29 | 0 | 29 |
| 197. | 4604 | TSV Bienenbüttel | 2 | 0 | 0 | 0 | 7 | 19 | 28 |
| | 2126 | TSV Sickinge | 1 | 22 | 0 | 1 | 4 | 0 | 28 |
| | 3566 | TSV Warzen | 0 | 0 | 1 | 3 | 0 | 24 | 28 |
| | 1720 | TSC Eisdorf | 0 | 0 | 0 | 13 | 0 | 15 | 28 |
| | 3206 | TuS Bad Pyrmont | 0 | 0 | 0 | 0 | 0 | 28 | 28 |
| 202. | 6506 | TSV Großenkneten | 16 | 0 | 0 | 0 | 0 | 11 | 27 |
| | 6112 | VfL Rastede | 0 | 0 | 0 | 14 | 0 | 13 | 27 |
| | 4634 | TSV Wriedel | 0 | 0 | 0 | 0 | 27 | 0 | 27 |
| | 1833 | TSV Arminia Vöhrum | 0 | 0 | 0 | 0 | 0 | 27 | 27 |
| 206. | 3361 | TSV Neustadt | 26 | 0 | 0 | 0 | 0 | 0 | 26 |
| | 3204 | SC Bad Münde | 7 | 0 | 0 | 0 | 0 | 19 | 26 |
| | 3147 | StG StOttLox | 0 | 11 | 15 | 0 | 0 | 0 | 26 |
| | 7504 | TV Bissendorf-Holte | 0 | 5 | 0 | 0 | 0 | 21 | 26 |
| | 3108 | SG Diepholz | 0 | 0 | 26 | 0 | 0 | 0 | 26 |
| | 1103 | BTSV Eintracht Braunschweig | 0 | 0 | 0 | 0 | 26 | 0 | 26 |
| 212. | 6628 | StG DSC Oldburg/SV Friedrichsfehn | 25 | 0 | 0 | 0 | 0 | 0 | 25 |
| | 5147 | VfL Wingst | 0 | 14 | 0 | 0 | 10 | 1 | 25 |
| | 1817 | SV Lengede | 0 | 0 | 0 | 0 | 7 | 18 | 25 |
| 215. | 7545 | SV Eintracht Neuenkirchen | 12 | 3 | 0 | 0 | 0 | 9 | 24 |
| | 8410 | MTV Wittmund | 8 | 0 | 13 | 0 | 0 | 3 | 24 |
| | 3514 | MTV Bockenem | 0 | 4 | 0 | 2 | 2 | 16 | 24 |
| 218. | 3392 | TSV Schloß Ricklingen | 1 | 0 | 0 | 0 | 0 | 22 | 23 |
| | 3539 | SVE Bad Salzdetfurth | 0 | 13 | 0 | 0 | 10 | 0 | 23 |
| | 1431 | TV Germania Wiedelah | 0 | 0 | 0 | 0 | 9 | 14 | 23 |
| 221. | 7517 | Blau-Weiß Hollage | 0 | 22 | 0 | 0 | 0 | 0 | 22 |
| | 1437 | MTV Seesen | 0 | 8 | 0 | 0 | 0 | 14 | 22 |
| | 5450 | TuS Tarmstedt | 0 | 0 | 0 | 0 | 1 | 21 | 22 |
| 224. | 8108 | TuS Norderney | 6 | 0 | 0 | 0 | 0 | 15 | 21 |
| | 3119 | TuS Sulingen | 0 | 0 | 0 | 0 | 6 | 15 | 21 |
| | 6811 | ATV Rodenkirchen | 0 | 0 | 0 | 0 | 0 | 21 | 21 |
| 227. | 3574 | TriAs Hildesheim | 0 | 0 | 12 | 0 | 8 | 0 | 20 |
| 228. | 3509 | TV Eintracht Algermissen | 0 | 0 | 13 | 0 | 6 | 0 | 19 |
| | 5451 | SG Unterstedt | 0 | 0 | 0 | 0 | 0 | 19 | 19 |
| | 4207 | TuS Fleestedt | 0 | 0 | 0 | 0 | 0 | 19 | 19 |
| | 3393 | 1. WV Wunstorf | 0 | 0 | 0 | 0 | 0 | 19 | 19 |
| 232. | 5109 | TSV Altenwalde | 0 | 0 | 0 | 0 | 18 | 0 | 18 |
| 233. | 3367 | TSV Rethen | 16 | 0 | 0 | 0 | 0 | 1 | 17 |
| | 7616 | StG OTB-Nordhorn | 8 | 0 | 0 | 0 | 0 | 9 | 17 |
| | 3828 | TSV Eintracht Bückeberge | 4 | 0 | 0 | 0 | 0 | 13 | 17 |
| | 1502 | TV Bornum | 0 | 0 | 0 | 0 | 4 | 13 | 17 |
| 237. | 6629 | StG DSC / VfL Oldenburg | 16 | 0 | 0 | 0 | 0 | 0 | 16 |
| | 3451 | Polonia SK Hannover | 1 | 0 | 0 | 0 | 0 | 15 | 16 |
| | 1922 | SV Borussia Salzgitter | 0 | 2 | 0 | 10 | 4 | 0 | 16 |
| 240. | 7618 | StG OTB OS / SC Herringhausen | 15 | 0 | 0 | 0 | 0 | 0 | 15 |

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|-------|--------|--|---------|-------|-------|-------|-------|------|-------|
| | 7708 | SV Grün-Weiß Dersum | 7 | 0 | 0 | 0 | 0 | 8 | 15 |
| | 5508 | LG Kehdingen | 7 | 0 | 0 | 0 | 0 | 8 | 15 |
| | 6314 | StG Delme-Hude/Cuxhaven | 0 | 3 | 12 | 0 | 0 | 0 | 15 |
| | 3838 | TWG Nienstädt/Sülbeck | 0 | 0 | 0 | 0 | 15 | 0 | 15 |
| | 3515 | MTV Eintracht Borsum | 0 | 0 | 0 | 0 | 0 | 15 | 15 |
| | 1110 | TuRa Braunschweig | 0 | 0 | 0 | 0 | 0 | 15 | 15 |
| 247. | 5452 | VfL Visselhövede | 8 | 0 | 0 | 0 | 0 | 6 | 14 |
| | 5151 | StG Cuxland | 0 | 0 | 14 | 0 | 0 | 0 | 14 |
| | 3745 | MTV Bücken | 0 | 0 | 0 | 9 | 0 | 5 | 14 |
| | 3221 | VfL Hessisch Oldendorf | 0 | 0 | 0 | 0 | 0 | 14 | 14 |
| 251. | 4537 | StG Soltau / Schneverdingen | 0 | 0 | 13 | 0 | 0 | 0 | 13 |
| | 8315 | SV Warsingsfehn | 0 | 0 | 8 | 5 | 0 | 0 | 13 |
| | 1626 | MTV Moringen | 0 | 0 | 6 | 7 | 0 | 0 | 13 |
| | 5440 | PSG Rotenburg/Wümme | 0 | 0 | 0 | 0 | 0 | 13 | 13 |
| | 4608 | TuS Ebstorf | 0 | 0 | 0 | 0 | 0 | 13 | 13 |
| | 3804 | TuS Germania Hohnhorst | 0 | 0 | 0 | 0 | 0 | 13 | 13 |
| | 3409 | TSV Victoria Linden | 0 | 0 | 0 | 0 | 0 | 13 | 13 |
| | 3403 | Post-SV Hannover | 0 | 0 | 0 | 0 | 0 | 13 | 13 |
| 259. | 8317 | LG Uplengen | 12 | 0 | 0 | 0 | 0 | 0 | 12 |
| | 1529 | LG Heeseberg | 9 | 0 | 0 | 0 | 0 | 3 | 12 |
| | 3239 | TV Jahn Welsede | 0 | 0 | 8 | 4 | 0 | 0 | 12 |
| | 4242 | LAC Meckelfeld | 0 | 0 | 5 | 7 | 0 | 0 | 12 |
| | 5408 | TuS Bothel | 0 | 0 | 0 | 0 | 5 | 7 | 12 |
| | 7732 | DJK Spahnharrenstätte | 0 | 0 | 0 | 0 | 0 | 12 | 12 |
| | 3814 | TuS Niedernwöhren | 0 | 0 | 0 | 0 | 0 | 12 | 12 |
| 266. | 7208 | FC Schüttorf | 10 | 0 | 0 | 0 | 0 | 1 | 11 |
| | 4533 | StG Soltau/Schneverdingen/Neuenkirchen | 0 | 0 | 1 | 0 | 10 | 0 | 11 |
| | 3521 | LSV Road Runner Elze | 0 | 0 | 0 | 0 | 11 | 0 | 11 |
| | 1204 | SV Ettenbüttel | 0 | 0 | 0 | 0 | 7 | 4 | 11 |
| | 5516 | LG Kreis Nord Stade | 0 | 0 | 0 | 0 | 6 | 5 | 11 |
| | 8310 | SV Concordia Neermoor | 0 | 0 | 0 | 0 | 0 | 11 | 11 |
| | 6124 | TuS Westerloy | 0 | 0 | 0 | 0 | 0 | 11 | 11 |
| | 3408 | TuS Ricklingen | 0 | 0 | 0 | 0 | 0 | 11 | 11 |
| | 1320 | TG Münden | 0 | 0 | 0 | 0 | 0 | 11 | 11 |
| 275. | 3613 | MTV Wangelnstedt | 10 | 0 | 0 | 0 | 0 | 0 | 10 |
| | 7714 | Haselünner SV | 2 | 0 | 0 | 0 | 0 | 8 | 10 |
| 277. | 4319 | IGAS Wendland | 9 | 0 | 0 | 0 | 0 | 0 | 9 |
| | 1819 | TSV Mehrum | 3 | 6 | 0 | 0 | 0 | 0 | 9 |
| | 8316 | TuS Weener | 0 | 9 | 0 | 0 | 0 | 0 | 9 |
| | 1353 | Judo Club Landwehrhagen | 0 | 9 | 0 | 0 | 0 | 0 | 9 |
| | 3577 | StG Eintracht / VfV Hildesheim | 0 | 2 | 7 | 0 | 0 | 0 | 9 |
| | 4620 | SV Rosche | 0 | 0 | 0 | 0 | 9 | 0 | 9 |
| | 4606 | TuS Bodenteich | 0 | 0 | 0 | 0 | 0 | 9 | 9 |
| 284. | 3331 | TS Großburgwedel | 3 | 0 | 0 | 0 | 0 | 5 | 8 |
| | 4538 | Marathonclub Walsrode | 2 | 0 | 0 | 0 | 0 | 6 | 8 |
| | 7206 | SC Union Emlichheim | 0 | 0 | 8 | 0 | 0 | 0 | 8 |
| | 3358 | MTV Mellendorf | 0 | 0 | 0 | 0 | 8 | 0 | 8 |
| | 1630 | TG Northeim | 0 | 0 | 0 | 0 | 7 | 1 | 8 |
| | 6808 | SV Nordenham | 0 | 0 | 0 | 0 | 0 | 8 | 8 |
| | 1612 | TSV Germania Dassensen | 0 | 0 | 0 | 0 | 0 | 8 | 8 |
| 291. | 7748 | StG Haren-Meppen | 0 | 7 | 0 | 0 | 0 | 0 | 7 |
| | 8407 | SV Ochtersum | 0 | 0 | 0 | 7 | 0 | 0 | 7 |
| | 1311 | TSV Ebergötzen | 0 | 0 | 0 | 1 | 6 | 0 | 7 |
| | 7205 | SG Bad Bentheim | 0 | 0 | 0 | 0 | 0 | 7 | 7 |
| | 4609 | MTV Gerdau | 0 | 0 | 0 | 0 | 0 | 7 | 7 |
| | 4303 | MTV Dannenberg | 0 | 0 | 0 | 0 | 0 | 7 | 7 |
| | 3560 | TuS Hasede | 0 | 0 | 0 | 0 | 0 | 7 | 7 |
| | 1445 | Läufer-Team Oker | 0 | 0 | 0 | 0 | 0 | 7 | 7 |
| 299. | 4205 | Blau-Weiß Buchholz | 0 | 1 | 0 | 0 | 0 | 5 | 6 |
| | 4313 | TSV Schnega | 0 | 0 | 0 | 0 | 6 | 0 | 6 |

| Platz | V.-Nr. | Verein | Mä / Fr | Jgd A | Jgd B | Sch A | Sch B | Sen. | Summe |
|-------|--------|--------------------------------------|---------|-------|-------|-------|-------|------|-------|
| | 2206 | SSV Neuhaus | 0 | 0 | 0 | 0 | 4 | 2 | 6 |
| | 2119 | WSV Wolfenbüttel | 0 | 0 | 0 | 0 | 2 | 4 | 6 |
| | 7744 | SV Germania Twist | 0 | 0 | 0 | 0 | 0 | 6 | 6 |
| | 6220 | TuS Emsteckerfeld | 0 | 0 | 0 | 0 | 0 | 6 | 6 |
| | 5118 | TuRa Hechthausen | 0 | 0 | 0 | 0 | 0 | 6 | 6 |
| | 4521 | TSV Wietzendorf | 0 | 0 | 0 | 0 | 0 | 6 | 6 |
| 307. | 4243 | SC Drestedt | 3 | 0 | 0 | 0 | 0 | 2 | 5 |
| | 3528 | MTV 48 Hildesheim | 0 | 3 | 1 | 0 | 0 | 1 | 5 |
| | 7219 | StG Grafschaft Bentheim | 0 | 0 | 5 | 0 | 0 | 0 | 5 |
| | 6702 | TV Dinklage | 0 | 0 | 0 | 0 | 5 | 0 | 5 |
| | 4627 | TV Uelzen | 0 | 0 | 0 | 0 | 2 | 3 | 5 |
| | 7525 | VfL Kloster Oesede | 0 | 0 | 0 | 0 | 0 | 5 | 5 |
| | 5523 | SC Balje | 0 | 0 | 0 | 0 | 0 | 5 | 5 |
| | 3527 | DJK BW Hildesheim | 0 | 0 | 0 | 0 | 0 | 5 | 5 |
| | 3146 | StG StuhraurichBurgdorf | 0 | 0 | 0 | 0 | 0 | 5 | 5 |
| | 1852 | Eintracht Oelerse | 0 | 0 | 0 | 0 | 0 | 5 | 5 |
| | 1544 | SV Esbeck | 0 | 0 | 0 | 0 | 0 | 5 | 5 |
| | 1508 | Helmstedter SV | 0 | 0 | 0 | 0 | 0 | 5 | 5 |
| 319. | 3372 | RSV Seelze | 2 | 0 | 0 | 0 | 0 | 2 | 4 |
| | 4511 | TSV Neuenkirchen | 0 | 0 | 0 | 4 | 0 | 0 | 4 |
| | 4128 | StG Lachendorf-Nienhagen | 0 | 0 | 0 | 4 | 0 | 0 | 4 |
| | 3414 | TSV Bemerode | 0 | 0 | 0 | 4 | 0 | 0 | 4 |
| | 3576 | StG Algermissen/Borsum | 0 | 0 | 0 | 0 | 4 | 0 | 4 |
| | 3516 | TSV Brunkensen | 0 | 0 | 0 | 0 | 4 | 0 | 4 |
| | 7718 | SV Groß Hesepe | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 7503 | Bippener SC | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 3542 | TSV Sibbesse | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 3512 | SC Barienrode | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 3436 | TuS Wettbergen | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 3420 | SpVg Nds. Hannover-Döhren | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 1917 | LG Salzgitter | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| | 1403 | MTV Astfeld | 0 | 0 | 0 | 0 | 0 | 4 | 4 |
| 333. | 6131 | Vareler TB | 3 | 0 | 0 | 0 | 0 | 0 | 3 |
| | 1449 | LAV 07 Bad Harzburg | 1 | 0 | 0 | 0 | 0 | 2 | 3 |
| | 1604 | LG Greene/Naensen | 0 | 0 | 0 | 2 | 0 | 1 | 3 |
| | 5536 | VfL Kutenholz | 0 | 0 | 0 | 0 | 3 | 0 | 3 |
| | 4233 | MTV Tostedt | 0 | 0 | 0 | 0 | 3 | 0 | 3 |
| | 3807 | LC Lauenau | 0 | 0 | 0 | 0 | 3 | 0 | 3 |
| | 8321 | SV Teutonia Stapelmoor | 0 | 0 | 0 | 0 | 0 | 3 | 3 |
| | 8130 | TSV Friesenstolz Riepe | 0 | 0 | 0 | 0 | 0 | 3 | 3 |
| | 5143 | TSV Wanna | 0 | 0 | 0 | 0 | 0 | 3 | 3 |
| | 1426 | TV Lautenthal | 0 | 0 | 0 | 0 | 0 | 3 | 3 |
| 343. | 1721 | MTV Gittelde | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| | 3449 | TSV Anderten | 0 | 0 | 2 | 0 | 0 | 0 | 2 |
| | 6136 | StG Heidmühle-Rastede-Friedrichsfehn | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| | 6313 | StG Delmenhorst | 0 | 0 | 0 | 0 | 2 | 0 | 2 |
| | 6205 | SV Schwarz-Weiß Lindern | 0 | 0 | 0 | 0 | 2 | 0 | 2 |
| | 3428 | TB Stöcken | 0 | 0 | 0 | 0 | 2 | 0 | 2 |
| | 7727 | TV Meppen | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 7721 | SV Lengerich-Handrup | 0 | 0 | 0 | 0 | 0 | 2 | 2 |

| Platz | V.-Nr. | Verein | Mä / Fr | Jgd A | Jgd B | Sch A | Sch B | Sen. | Summe |
|-------|--------|---------------------------------|------------|------------|------------|------------|------------|------------|--------------|
| | 5456 | LG Samtgemeinde Fintel | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 4416 | TuS Hohnstorf/Elbe | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 3304 | SV Arnum | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 1908 | SV Innerstetal | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 1658 | TSV Jahn Dörrigsen | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 1317 | TSV Jühnde | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| | 1233 | FSG Eiche Stüde | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| 358. | 6502 | Bookholzberger TB | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| | 6133 | TuS Zetel | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| | 5428 | SVE Hepstedt/Breddorf | 0 | 0 | 0 | 0 | 1 | 0 | 1 |
| | 5113 | LAV Bokel | 0 | 0 | 0 | 0 | 1 | 0 | 1 |
| | 8120 | TuS Aurich Ost | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 5455 | SV Taaken | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 4231 | Freizeit GM Tangendorf | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | 1227 | MTV Adenbüttel | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| | | Gesamtpunkte: 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: 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 | 950 | 51. 1606 LG Weper | 55 |
| 2. 1101 LG Braunschweig | 716 | 52. 7722 VfL Lingen | 54 |
| 3. 1332 LG Göttingen | 703 | 53. 3327 Garbsener SC | 53 |
| 4. 8107 TV Norden | 527 | 54. 8141 StG TV Norden- VfL Leer | 50 |
| 5. 3246 LG Weserbergland | 497 | 6605 LG Oldenburg | 50 |
| 6. 5601 LG Kreis Verden | 484 | 4423 LG Lüneburg Stadt-Land | 50 |
| 7. 7602 OTB Osnabrück | 429 | 57. 4305 TSV Hitzacker | 49 |
| 8. 3345 TSV Kirchdorf | 404 | 3306 SVE Hiddestorf | 49 |
| 9. 3418 Hannover 96 | 334 | 59. 5401 LAV Zeven | 48 |
| 10. 7609 LG Osnabrück | 313 | 60. 7726 SV Union Meppen | 45 |
| 11. 6602 DSC Oldenburg | 310 | 61. 6701 OSC Damme | 44 |
| 12. 1509 SV Germania Helmstedt | 278 | 62. 3336 SV Germania Helstorf | 43 |
| 13. 3383 TuS Wunstorf | 268 | 63. 5409 TuS Alfstedt | 42 |
| 14. 2211 VfL Wolfsburg | 266 | 5102 ATS Cuxhaven | 42 |
| 15. 2204 VfB Fallersleben | 236 | 3322 StG Kreis Steinhuder Meer | 42 |
| 16. 6901 LG Wilhelmshaven | 206 | 66. 8101 MTV Aurich | 41 |
| 17. 5550 TSV Wiepenkathen | 182 | 6604 VfL Oldenburg | 41 |
| 18. 4117 LG Celle-Land | 165 | 6108 TuS Ofen | 41 |
| 19. 6103 SV Friedrichsfehn | 162 | 69. 3540 FSV Sarstedt | 40 |
| 4240 LG Nordheide | 162 | 70. 4125 LAZ Celle | 39 |
| 21. 3601 Delligser SC | 154 | 71. 1901 SV Union Salzgitter | 37 |
| 22. 7551 SC Melle 03 | 150 | 72. 3701 LG Nienburg | 36 |
| 23. 3137 LG Delmenhorst/Diepholz | 144 | 1522 MTV Schöningen | 36 |
| 24. 8307 VfL Germania Leer | 140 | 74. 3541 TK Jahn Sarstedt | 35 |
| 25. 1519 TSV Lelm | 130 | 1510 TSV Helmstedt | 35 |
| 26. 8208 Emder Laufgemeinschaft | 128 | 76. 7740 LG Papenburg/Aschendorf | 31 |
| 27. 3530 VfV Hildesheim | 126 | 6803 Blexer TB | 31 |
| 28. 7513 TV Georgsmarienhütte | 125 | 78. 4210 MTV Hanstedt | 30 |
| 29. 7201 LC Nordhorn | 123 | 79. 5527 Post-SV Buxtehude | 28 |
| 30. 7502 TuS Bersenbrück | 103 | 80. 3356 TV Lohnde | 27 |
| 31. 1704 LG Osterode | 103 | 3120 LC Hansa Stuhr | 27 |
| 32. 8103 SV Georgsheil | 99 | 82. 7731 TV Rütenbrock | 26 |
| 6517 LGG Ganderkesee | 99 | 5611 TSV Kirchlinteln | 26 |
| 1850 LG Peiner Land | 99 | 4311 SC Lüchow | 26 |
| 35. 7710 SV Concordia Emsbüren | 96 | 3361 TSV Neustadt | 26 |
| 36. 2129 Laufclub BlueLiner | 94 | 86. 7204 TuS Gildehaus | 25 |
| 37. 4625 Post-SV Uelzen | 93 | 6628 StG DSC Oldburg/SV Friedrichsfehn | 25 |
| 4513 MTV Soltau | 93 | 3607 MTV 49 Holzminden | 25 |
| 39. 4642 LG Hanstedt II/Wellendorf/Wriede | 88 | 89. 3348 DJK Sparta Langenhagen | 24 |
| 40. 1843 TV Klein Ilsede | 75 | 1803 SVG Groß Bülten | 24 |
| 41. 7739 LG Emstal Dörpen | 68 | 91. 5441 TuS Rotenburg | 23 |
| 6204 BV Garrel | 68 | 3821 VT Rinteln | 23 |
| 43. 8402 SC Dunum | 67 | 2111 MTV Jahn Schladen | 23 |
| 44. 6221 SG Essen-Garthe-Molbergen | 66 | 94. 3302 LG Wennigsen/Egestorf | 22 |
| 45. 3529 Eintracht Hildesheim | 63 | 3135 SC Weyhe | 22 |
| 46. 4509 SV Munster | 62 | 96. 8109 Lauf-Gem. Ostfriesland | 21 |
| 47. 3313 TSV Burgdorf | 61 | 4211 TSV Eintracht Hittfeld | 21 |
| 48. 7729 SC Osterbrock | 60 | 98. 5144 TSV Wehdel | 20 |
| 49. 6214 STV Barßel | 56 | 3303 TuS Altwarmbüchen | 20 |
| 50. 1617 SVG GW Bad Gandersheim | 55 | 100. 8304 SV Holtland | 19 |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-------------------------------|--------|-------|--------|--------------------------|--------|
| 100. | 6127 | Heidmühler FC | 19 | 151. | 8108 | TuS Norderney | 6 |
| | 3812 | MTV Messenkamp | 19 | | 6611 | SG SW Oldenburg | 6 |
| | 3101 | TSV Asendorf | 19 | | 4622 | VfL Suderburg | 6 |
| | 1334 | LG Eichsfeld | 19 | | 3822 | SG Rodenberg | 6 |
| 105. | 5121 | TV Langen | 18 | | 3349 | SC Langenhagen | 6 |
| | 1611 | Dasseler SC | 18 | | 1619 | LG Altes Amt | 6 |
| 107. | 4111 | SV Nienhagen | 17 | | 1614 | Einbecker SV | 6 |
| 108. | 6629 | StG DSC / VfL Oldenburg | 16 | 158. | 7733 | SC Spelle-Venhaus | 5 |
| | 6506 | TSV Großenkneten | 16 | | 6509 | TSG Hatten-Sandkrug | 5 |
| | 4527 | TuSV Stellichte | 16 | | 4229 | TSV Stelle | 5 |
| | 4503 | MTV Bispingen | 16 | | 3608 | Post-SV Holzminden | 5 |
| | 3505 | LAV Alfeld | 16 | | 2116 | MTV Wolfenbüttel | 5 |
| | 3367 | TSV Rethen | 16 | 163. | 3828 | TSV Eintracht Bückeberge | 4 |
| 114. | 7618 | StG OTB OS / SC Herringhausen | 15 | 164. | 6131 | Vareler TB | 3 |
| | 7597 | SC Herringhausen | 15 | | 5132 | TSV Otterndorf | 3 |
| | 5447 | TV Sottrum | 15 | | 4243 | SC Drestedt | 3 |
| 117. | 3352 | Lehrter SV | 14 | | 3331 | TS Großburgwedel | 3 |
| 118. | 6705 | TuS Blau-Weiß Lohne | 13 | | 1819 | TSV Mehrum | 3 |
| 119. | 8317 | LG Uplengen | 12 | | 1111 | MTV Hondelage | 3 |
| | 7545 | SV Eintracht Neuenkirchen | 12 | 170. | 7714 | Haselünner SV | 2 |
| | 5146 | LG Wesermünde | 12 | | 5413 | TSV Bremervörde | 2 |
| | 4524 | LG Fallingbostal | 12 | | 4604 | TSV Bienenbüttel | 2 |
| 123. | 7507 | TSG Dissen | 11 | | 4538 | Marathonclub Walsrode | 2 |
| | 4516 | TV Jahn Schneverdingen | 11 | | 3826 | Post-SV Stadthagen | 2 |
| | 1605 | LG Solling | 11 | | 3372 | RSV Seelze | 2 |
| | 1447 | TSV Eintracht Wolfshagen | 11 | | 1721 | MTV Gittelde | 2 |
| 127. | 7208 | FC Schüttorf | 10 | 177. | 3451 | Polonia SK Hannover | 1 |
| | 6310 | LC Delmenhorst | 10 | | 3392 | TSV Schloß Ricklingen | 1 |
| | 3708 | Holtorfer SV | 10 | | 2126 | TSV Sickte | 1 |
| | 3613 | MTV Wangelnstedt | 10 | | 1449 | LAV 07 Bad Harzburg | 1 |
| | 1443 | TSG Bad Harzburg | 10 | | | | |
| | 1415 | MTV Goslar | 10 | | 180 | Vereine | 12.889 |
| 133. | 6206 | VfL Lönigen | 9 | | | | |
| | 4319 | IGAS Wendland | 9 | | | | |
| | 1529 | LG Heeseberg | 9 | | | | |
| 136. | 8410 | MTV Wittmund | 8 | | | | |
| | 7616 | StG OTB-Nordhorn | 8 | | | | |
| | 6826 | SV Brake | 8 | | | | |
| | 5545 | VfL Stade | 8 | | | | |
| | 5452 | VfL Visselhövede | 8 | | | | |
| | 4110 | MTV Müden/Örtze | 8 | | | | |
| | 3847 | VfL Bückeburg | 8 | | | | |
| | 3305 | TSV Barsinghausen | 8 | | | | |
| | 2207 | MTV Vorsfelde | 8 | | | | |
| 145. | 8113 | Fortuna Wirdum | 7 | | | | |
| | 7708 | SV Grün-Weiß Dersum | 7 | | | | |
| | 7209 | TuS Neuenhaus | 7 | | | | |
| | 5508 | LG Kehdingen | 7 | | | | |
| | 3839 | TSV Hagenburg | 7 | | | | |
| | 3204 | SC Bad Münder | 7 | | | | |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-----------------------------------|--------|-------|-------------|--------------------------------|--------|
| 1. | 3444 | LG Hannover | 436 | 61. | 8211 | SV Emden-Harsweg | 19 |
| 2. | 1850 | LG Peiner Land | 354 | | 4229 | TSV Stelle | 19 |
| 3. | 3246 | LG Weserbergland | 341 | | 3363 | SV Wacker Osterwald | 19 |
| 4. | 1332 | LG Göttingen | 210 | 64. | 5545 | VfL Stade | 17 |
| 5. | 7739 | LG Emstal Dörpen | 165 | | 5420 | TSV Gnarrenburg | 17 |
| 6. | 7740 | LG Papenburg/Aschendorf | 149 | | 5401 | LAV Zeven | 17 |
| 7. | 5550 | TSV Wiepenkathen | 147 | | 3559 | CJD Elze | 17 |
| | 4240 | LG Nordheide | 147 | 68. | 5132 | TSV Otterndorf | 16 |
| 9. | 7609 | LG Osnabrück | 126 | | 2129 | Laufclub BlueLiner | 16 |
| 10. | 8107 | TV Norden | 123 | 70. | 5301 | SG Osterholzer LA | 14 |
| | | | | | | | |
| 11. | 3383 | TuS Wunstorf | 119 | | 5147 | VfL Wingst | 14 |
| 12. | 7204 | TuS Gildehaus | 109 | | 3821 | VT Rinteln | 14 |
| | 4125 | LAZ Celle | 109 | | 2111 | MTV Jahn Schladen | 14 |
| 14. | 5601 | LG Kreis Verden | 101 | | 1902 | MTV Salzgitter | 14 |
| 15. | 6825 | SV Lemwerder | 91 | | 1519 | TSV Lelm | 14 |
| 16. | 6604 | VfL Oldenburg | 86 | 76. | 8113 | Fortuna Wirdum | 13 |
| | 5121 | TV Langen | 86 | | 3539 | SVE Bad Salzdetfurth | 13 |
| 18. | 3529 | Eintracht Hildesheim | 79 | | 1901 | SV Union Salzgitter | 13 |
| 19. | 3708 | Holtorfer SV | 78 | | 1415 | MTV Goslar | 13 |
| 20. | 7602 | OTB Osnabrück | 77 | 80. | 3327 | Garbsener SC | 12 |
| | | | | | | | |
| 21. | 8208 | Emdener Laufgemeinschaft | 75 | 81. | 6214 | STV Barßel | 11 |
| 22. | 6901 | LG Wilhelmshaven | 72 | | 3812 | MTV Messenkamp | 11 |
| 23. | 6204 | BV Garrel | 70 | | 3607 | MTV 49 Holzminden | 11 |
| 24. | 6701 | OSC Damme | 67 | | 3147 | StG StOttLox | 11 |
| 25. | 1101 | LG Braunschweig | 65 | 85. | 8316 | TuS Weener | 9 |
| 26. | 5103 | Rot-Weiss Cuxhaven | 60 | | 3322 | StG Kreis Steinhuder Meer | 9 |
| | 4642 | LG Hanstedt II/Wellendorf/Wriedel | 60 | | 1353 | Judo Club Landwehrhagen | 9 |
| 28. | 4621 | TuS Soltendieck | 56 | 88. | 8103 | SV Georgsheil | 8 |
| 29. | 3120 | LC Hansa Stuhr | 54 | | 1437 | MTV Seesen | 8 |
| 30. | 6826 | SV Brake | 53 | 90. | 7748 | StG Haren-Meppen | 7 |
| | | | | | | | |
| 31. | 4305 | TSV Hitzacker | 50 | | 6303 | Delmenhorster TV | 7 |
| 32. | 2211 | VfL Wolfsburg | 48 | | 2204 | VfB Fallersleben | 7 |
| | 8307 | VfL Germania Leer | 46 | 93. | 7502 | TuS Bersenbrück | 6 |
| 34. | 6517 | LGG Ganderkesee | 46 | | 6108 | TuS Ofen | 6 |
| 35. | 5123 | TV Loxstedt | 43 | | 1819 | TSV Mehrum | 6 |
| | 1704 | LG Osterode | 43 | 96. | 7722 | VfL Lingen | 5 |
| | 1617 | SVG GW Bad Gandersheim | 43 | | 7504 | TV Bissendorf-Holte | 5 |
| 38. | 6103 | SV Friedrichsfehn | 42 | 98. | 5527 | Post-SV Buxtehude | 4 |
| 39. | 1614 | Einbecker SV | 39 | | 3514 | MTV Bockenem | 4 |
| | 1334 | LG Eichsfeld | 39 | | 1443 | TSG Bad Harzburg | 4 |
| | | | | | | | |
| 41. | 6221 | SG Essen-Garthe-Molbergen | 35 | 101. | 7545 | SV Eintracht Neuenkirchen | 3 |
| 42. | 3301 | TSG Ahlten | 34 | | 6605 | LG Oldenburg | 3 |
| 43. | 1522 | MTV Schöningen | 32 | | 6314 | StG Delme-Hude/Cuxhaven | 3 |
| 44. | 7209 | TuS Neuenhaus | 29 | | 6127 | Heidmühler FC | 3 |
| | 5441 | TuS Rotenburg | 29 | | 4516 | TV Jahn Schneverdingen | 3 |
| 46. | 3302 | LG Wennigsen/Egestorf | 26 | | 3541 | TK Jahn Sarstedt | 3 |
| 47. | 3313 | TSV Burgdorf | 25 | | 3528 | MTV 48 Hildesheim | 3 |
| 48. | 4423 | LG Lüneburg Stadt-Land | 23 | | 1205 | MTV Gifhorn | 3 |
| | 1843 | TV Klein Ilsede | 23 | 109. | 7713 | TuS Haren | 2 |
| | 1510 | TSV Helmstedt | 23 | | 6512 | TV Hude | 2 |
| | | | | | | | |
| 51. | 7517 | Blau-Weiß Hollage | 22 | | 5144 | TSV Wehdel | 2 |
| | 5447 | TV Sottrum | 22 | | 4524 | LG Fallingbostel | 2 |
| | 4625 | Post-SV Uelzen | 22 | | 4513 | MTV Soltau | 2 |
| | 3530 | VfV Hildesheim | 22 | | 3608 | Post-SV Holzminden | 2 |
| | 3418 | Hannover 96 | 22 | | 3577 | StG Eintracht / VfV Hildesheim | 2 |
| | 2126 | TSV Sickinge | 22 | | 1922 | SV Borussia Salzgitter | 2 |
| 57. | 4210 | MTV Hanstedt | 21 | 117. | 4311 | SC Lüchow | 1 |
| 58. | 8304 | SV Holtland | 20 | | 4205 | Blau-Weiß Buchholz | 1 |
| | 4509 | SV Munster | 20 | | | | |
| | 4117 | LG Celle-Land | 20 | | | | |
| | | | | | | | |
| | | | | | 118 Vereine | | 5.191 |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte | |
|-------|--------|-----------------------------------|-------------------------|-------|--------|--|-------------------------|-------|
| 1. | 3444 | LG Hannover | 351 | | 1522 | MTV Schöningen | 17 | |
| 2. | 1332 | LG Göttingen | 330 | | 1447 | TSV Eintracht Wolfshagen | 17 | |
| 3. | 3246 | LG Weserbergland | 307 | 73. | 7725 | LAV Meppen | 16 | |
| 4. | 4210 | MTV Hanstedt | 229 | | 1901 | SV Union Salzgitter | 16 | |
| 5. | 5401 | LAV Zeven | 157 | 75. | 4516 | TV Jahn Schneverdingen | 15 | |
| 6. | 5121 | TV Langen | 156 | | 3147 | StG StOttLox | 15 | |
| 7. | 4642 | LG Hanstedt II/Wellendorf/Wriedel | 143 | | 1443 | TSG Bad Harzburg | 15 | |
| 8. | 7609 | LG Osnabrück | 132 | 78. | 5611 | TSV Kirchlinteln | 14 | |
| 9. | 3302 | LG Wennigsen/Egestorf | 120 | | 5151 | StG Cuxland | 14 | |
| 10. | 5102 | ATS Cuxhaven | 116 | 80. | 8410 | MTV Wittmund | 13 | |
| 11. | 3383 | TuS Wunstorf | 111 | | 7740 | LG Papenburg/Aschendorf | 13 | |
| 12. | 3529 | Eintracht Hildesheim | 110 | | 4537 | StG Soltau / Schneverdingen | 13 | |
| 13. | 3313 | TSV Burgdorf | 103 | | 3559 | CJD Elze | 13 | |
| | | 1510 | TSV Helmstedt | 103 | | 3540 | FSV Sarstedt | 13 |
| 15. | 3607 | MTV 49 Holzminde | 95 | | 3509 | TV Eintracht Algermissen | 13 | |
| 16. | 1850 | LG Peiner Land | 93 | | 1619 | LG Altes Amt | 13 | |
| | | 1334 | LG Eichsfeld | 93 | 87. | 6314 | StG Delme-Hude/Cuxhaven | 12 |
| 18. | 7602 | OTB Osnabrück | 87 | | 5144 | TSV Wehdel | 12 | |
| 19. | 6605 | LG Oldenburg | 83 | | 3574 | TriAs Hildesheim | 12 | |
| 20. | 8107 | TV Norden | 79 | | 3352 | Lehrter SV | 12 | |
| 21. | 8103 | SV Georgsheil | 77 | | 3322 | StG Kreis Steinhuder Meer | 12 | |
| | | 5409 | TuS Alfstedt | 77 | | 1205 | MTV Gifhorn | 12 |
| 23. | 7739 | LG Emstal Dörpen | 74 | 93. | 6705 | TuS Blau-Weiß Lohne | 11 | |
| 24. | 6901 | LG Wilhelmshaven | 72 | | 3303 | TuS Altwarmbüchen | 11 | |
| 25. | 1101 | LG Braunschweig | 65 | | 3203 | TuSpo Bad Münder | 11 | |
| 26. | 5413 | TSV Bremervörde | 63 | 96. | 5441 | TuS Rotenburg | 10 | |
| 27. | 6517 | LGG Ganderkesee | 57 | | 3541 | TK Jahn Sarstedt | 10 | |
| | | 4240 | LG Nordheide | 57 | 98. | 4125 | LAZ Celle | 9 |
| 29. | 1832 | MTV Vechelde | 51 | | 3530 | VfV Hildesheim | 9 | |
| 30. | 1519 | TSV Lelm | 49 | 100. | 8315 | SV Warsingsfehn | 8 | |
| 31. | 6602 | DSC Oldenburg | 46 | | 7726 | SV Union Meppen | 8 | |
| 32. | 6512 | TV Hude | 43 | | 7206 | SC Union Emlichheim | 8 | |
| 33. | 4524 | LG Fallingbostal | 41 | | 3239 | TV Jahn Welsede | 8 | |
| | | 3101 | TSV Asendorf | 41 | | 1509 | SV Germania Helmstedt | 8 |
| 35. | 3327 | Garbsener SC | 40 | 105. | 6701 | OSC Damme | 7 | |
| 36. | 5447 | TV Sottrum | 38 | | 4117 | LG Celle-Land | 7 | |
| | | 3120 | LC Hansa Stuhr | 38 | | 3822 | SG Rodenberg | 7 |
| 38. | 7507 | TSG Dissen | 35 | | 3577 | StG Eintracht / VfV Hildesheim | 7 | |
| | | 5301 | SG Osterholzer LA | 35 | 109. | 4621 | TuS Soltendieck | 6 |
| 40. | 1617 | SVG GW Bad Gandersheim | 34 | | 1626 | MTV Moringen | 6 | |
| | | 1614 | Einbecker SV | 34 | 111. | 7219 | StG Grafschaft Bentheim | 5 |
| 42. | 7737 | SV Sparta Werlte | 32 | | 4242 | LAC Meckelfeld | 5 | |
| | | 5550 | TSV Wiepenkathen | 32 | 113. | 8214 | StG LAC Emden / Aurich | 4 |
| | | 3373 | TV Eintracht Sehnde | 32 | | 5503 | TuS Harsefeld | 4 |
| 45. | 6206 | VfL Lönningen | 31 | | 5146 | LG Wesermünde | 4 | |
| 46. | 8109 | Lauf-Gem. Ostfriesland | 30 | | 3812 | MTV Messenkamp | 4 | |
| | | 5123 | TV Loxstedt | 30 | | 3363 | SV Wacker Osterwald | 4 |
| | | 3301 | TSG Ahlten | 30 | | 2111 | MTV Jahn Schladen | 4 |
| 49. | 8204 | SV BW Emden-Borssum | 29 | 119. | 8208 | Emder Laufgemeinschaft | 3 | |
| 50. | 6312 | Eintracht Delmenhorst | 27 | | 8121 | TuS Weene | 3 | |
| | | 3137 | LG Delmenhorst/Diepholz | 27 | | 5420 | TSV Gnarrenburg | 3 |
| 52. | 5601 | LG Kreis Verden | 26 | | 1902 | MTV Salzgitter | 3 | |
| | | 4305 | TSV Hitzacker | 26 | 123. | 3449 | TSV Anderten | 2 |
| | | 3108 | SG Diepholz | 26 | | 1605 | LG Solling | 2 |
| 55. | 7713 | TuS Haren | 24 | 125. | 6509 | TSG Hatten-Sandkrug | 1 | |
| | | 7209 | TuS Neuenhaus | 24 | | 6204 | BV Garrel | 1 |
| 57. | 4423 | LG Lüneburg Stadt-Land | 23 | | 6127 | Heidmühler FC | 1 | |
| 58. | 8307 | VfL Germania Leer | 21 | | 4533 | StG Soltau/Schneverdingen/Neuenkirchen | 1 | |
| | | 7201 | LC Nordhorn | 21 | | 3566 | TSV Warzen | 1 |
| | | 6604 | VfL Oldenburg | 21 | | 3528 | MTV 48 Hildesheim | 1 |
| | | 5103 | Rot-Weiss Cuxhaven | 21 | | 1415 | MTV Goslar | 1 |
| | | 1704 | LG Osterode | 21 | | 1111 | MTV Hondelage | 1 |
| 63. | 8113 | Fortuna Wirdum | 20 | | | | ----- | |
| | | 4311 | SC Lüchow | 20 | | 132 | Vereine | 5.276 |
| | | 3418 | Hannover 96 | 20 | | | | |
| 66. | 6825 | SV Lemwerder | 18 | | | | | |
| 67. | 5545 | VfL Stade | 17 | | | | | |
| | | 3821 | VT Rinteln | 17 | | | | |
| | | 2211 | VfL Wolfsburg | 17 | | | | |
| | | 2204 | VfB Fallersleben | 17 | | | | |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-------------------------|--------|-------|--------|--|--------|
| 1. | 4240 | LG Nordheide | 165 | 51. | 4223 | MTV Pattensen | 29 |
| 2. | 4614 | SC Kirch-u. Westerweyhe | 162 | 52. | 6604 | VfL Oldenburg | 27 |
| 3. | 3105 | FTSV Jahn Brinkum | 151 | | 6204 | BV Garrel | 27 |
| 4. | 6602 | DSC Oldenburg | 149 | | 4634 | TSV Wriedel | 27 |
| 5. | 3444 | LG Hannover | 145 | | 4524 | LG Fallingbostal | 27 |
| 6. | 5601 | LG Kreis Verden | 129 | 56. | 3336 | SV Germania Helstorf | 26 |
| 7. | 1605 | LG Solling | 118 | | 1103 | BTSV Eintracht Braunschweig | 26 |
| 8. | 1332 | LG Göttingen | 116 | 58. | 6206 | VfL Lönningen | 24 |
| 9. | 8107 | TV Norden | 103 | 59. | 7216 | LG Grafschaft Bentheim | 22 |
| | 4423 | LG Lüneburg Stadt-Land | 103 | | 6517 | LGG Ganderkesee | 22 |
| 11. | 1509 | SV Germania Helmstedt | 101 | 61. | 8101 | MTV Aurich | 19 |
| 12. | 7737 | SV Sparta Werlte | 98 | 62. | 5109 | TSV Altenwalde | 18 |
| 13. | 4109 | TuS Lachendorf | 96 | | 3847 | VfL Bückeburg | 18 |
| | 1334 | LG Eichsfeld | 96 | | 1611 | Dasseler SC | 18 |
| 15. | 6605 | LG Oldenburg | 93 | 65. | 8208 | Emder Laufgemeinschaft | 17 |
| 16. | 1106 | PSV Braunschweig | 88 | | 2207 | MTV Vorsfelde | 17 |
| 17. | 5413 | TSV Bremervörde | 84 | 67. | 6826 | SV Brake | 15 |
| 18. | 5441 | TuS Rotenburg | 70 | | 6108 | TuS Ofen | 15 |
| 19. | 3345 | TSV Kirchdorf | 63 | | 5301 | SG Osterholzer LA | 15 |
| 20. | 7609 | LG Osnabrück | 61 | | 3838 | TWG Nienstädt/Sülbeck | 15 |
| | 3373 | TV Eintracht Sehnde | 61 | | 1704 | LG Osterode | 15 |
| | 3302 | LG Wennigsen/Egestorf | 61 | 72. | 7713 | TuS Haren | 14 |
| 23. | 3826 | Post-SV Stadthagen | 60 | | 5420 | TSV Gnarrenburg | 14 |
| | 1738 | LG SG Hattorf | 60 | | 4622 | VfL Suderburg | 14 |
| 25. | 5550 | TSV Wiepenkathen | 58 | | 3327 | Garbsener SC | 14 |
| 26. | 3313 | TSV Burgdorf | 57 | | 1415 | MTV Goslar | 14 |
| | 3246 | LG Weserbergland | 57 | 77. | 6221 | SG Essen-Garthe-Molbergen | 13 |
| 28. | 5545 | VfL Stade | 55 | | 5121 | TV Langen | 13 |
| 29. | 3541 | TK Jahn Sarstedt | 53 | | 3607 | MTV 49 Holzminden | 13 |
| | 1443 | TSG Bad Harzburg | 53 | 80. | 7726 | SV Union Meppen | 12 |
| 31. | 3507 | SV Alfeld | 52 | | 7725 | LAV Meppen | 12 |
| 32. | 3701 | LG Nienburg | 51 | | 4305 | TSV Hitzacker | 12 |
| | 3530 | VfV Hildesheim | 51 | 83. | 5409 | TuS Alfstedt | 11 |
| 34. | 8307 | VfL Germania Leer | 46 | | 4513 | MTV Soltau | 11 |
| | 4509 | SV Munster | 46 | | 3521 | LSV Road Runner Elze | 11 |
| 36. | 5144 | TSV Wehdel | 41 | | 3352 | Lehrter SV | 11 |
| 37. | 6127 | Heidmühler FC | 40 | | 1619 | LG Altes Amt | 11 |
| | 4117 | LG Celle-Land | 40 | 88. | 5147 | VfL Wingst | 10 |
| 39. | 7722 | VfL Lingen | 39 | | 4533 | StG Soltau/Schneverdingen/Neuenkirchen | 10 |
| | 1850 | LG Peiner Land | 39 | | 3539 | SVE Bad Salzdetfurth | 10 |
| 41. | 6901 | LG Wilhelmshaven | 38 | 91. | 6509 | TSG Hatten-Sandkrug | 9 |
| 42. | 4516 | TV Jahn Schneverdingen | 35 | | 5447 | TV Sottrum | 9 |
| 43. | 4125 | LAZ Celle | 34 | | 4620 | SV Rosche | 9 |
| | 3529 | Eintracht Hildesheim | 34 | | 3301 | TSG Ahlten | 9 |
| | 3101 | TSV Asendorf | 34 | | 1447 | TSV Eintracht Wolfshagen | 9 |
| 46. | 7740 | LG Papenburg/Aschendorf | 33 | | 1431 | TV Germania Wiedelah | 9 |
| | 5401 | LAV Zeven | 33 | 97. | 8214 | StG LAC Emden / Aurich | 8 |
| | 2111 | MTV Jahn Schladen | 33 | | 7501 | SV Quitt Ankum | 8 |
| 49. | 4603 | MTV Bad Bevensen | 32 | | 6303 | Delmenhorster TV | 8 |
| 50. | 5611 | TSV Kirchlinteln | 30 | | 4111 | SV Nienhagen | 8 |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|-----------------------------------|--------|-------|--------|----------------|--------|
| 97. | 3574 | TriAs Hildesheim | 8 | | 5113 | LAV Bokel | 1 |
| | 3358 | MTV Mellendorf | 8 | | 1902 | MTV Salzgitter | 1 |
| 103. | 6611 | SG SW Oldenburg | 7 | | | | |
| | 4604 | TSV Bienenbüttel | 7 | | | | ----- |
| | 1817 | SV Lengede | 7 | | 152 | Vereine | 4.513 |
| | 1630 | TG Northeim | 7 | | | | |
| | 1614 | Einbecker SV | 7 | | | | |
| | 1204 | SV Ettenbüttel | 7 | | | | |
| 109. | 7729 | SC Osterbrock | 6 | | | | |
| | 5516 | LG Kreis Nord Stade | 6 | | | | |
| | 4642 | LG Hanstedt II/Wellendorf/Wriedel | 6 | | | | |
| | 4313 | TSV Schnega | 6 | | | | |
| | 3540 | FSV Sarstedt | 6 | | | | |
| | 3509 | TV Eintracht Algermissen | 6 | | | | |
| | 3119 | TuS Sulingen | 6 | | | | |
| | 1832 | MTV Vechede | 6 | | | | |
| | 1311 | TSV Ebergötzen | 6 | | | | |
| 118. | 6702 | TV Dinklage | 5 | | | | |
| | 6701 | OSC Damme | 5 | | | | |
| | 5408 | TuS Bothel | 5 | | | | |
| | 3363 | SV Wacker Osterwald | 5 | | | | |
| | 3322 | StG Kreis Steinhuder Meer | 5 | | | | |
| | 1510 | TSV Helmstedt | 5 | | | | |
| 124. | 3576 | StG Algermissen/Borsum | 4 | | | | |
| | 3516 | TSV Brunkensen | 4 | | | | |
| | 2206 | SSV Neuhaus | 4 | | | | |
| | 2126 | TSV Sickte | 4 | | | | |
| | 1922 | SV Borussia Salzgitter | 4 | | | | |
| | 1502 | TV Bornum | 4 | | | | |
| 130. | 8113 | Fortuna Wirdum | 3 | | | | |
| | 6803 | Blexer TB | 3 | | | | |
| | 5536 | VfL Kutenholz | 3 | | | | |
| | 4233 | MTV Tostedt | 3 | | | | |
| | 3807 | LC Lauenau | 3 | | | | |
| | 3349 | SC Langenhagen | 3 | | | | |
| | 1617 | SVG GW Bad Gandersheim | 3 | | | | |
| 137. | 7731 | TV Rütenbrock | 2 | | | | |
| | 6313 | StG Delmenhorst | 2 | | | | |
| | 6312 | Eintracht Delmenhorst | 2 | | | | |
| | 6205 | SV Schwarz-Weiß Lindern | 2 | | | | |
| | 4627 | TV Uelzen | 2 | | | | |
| | 3514 | MTV Bockenem | 2 | | | | |
| | 3428 | TB Stöcken | 2 | | | | |
| | 2119 | WSV Wolfenbüttel | 2 | | | | |
| 145. | 8211 | SV Emden-Harsweg | 1 | | | | |
| | 8104 | TuS Eintracht Hinte | 1 | | | | |
| | 7602 | OTB Osnabrück | 1 | | | | |
| | 6103 | SV Friedrichsfehn | 1 | | | | |
| | 5450 | TuS Tarmstedt | 1 | | | | |
| | 5428 | SVE Hepstedt/Breddorf | 1 | | | | |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|------------------------|--------|-------|--------|-------------------------|--------|
| 1. | 5601 | LG Kreis Verden | 925 | 51. | 3305 | TSV Barsinghausen | 99 |
| 2. | 1332 | LG Göttingen | 749 | 52. | 3821 | VT Rinteln | 97 |
| 3. | 3444 | LG Hannover | 519 | 53. | 5102 | ATS Cuxhaven | 96 |
| 4. | 1509 | SV Germania Helmstedt | 426 | 54. | 6108 | TuS Ofen | 93 |
| 5. | 1704 | LG Osterode | 421 | | 3601 | Delligser SC | 93 |
| 6. | 3345 | TSV Kirchdorf | 387 | | 3505 | LAV Alfeld | 93 |
| 7. | 7602 | OTB Osnabrück | 376 | 57. | 3356 | TV Lohnde | 91 |
| 8. | 3246 | LG Weserbergland | 366 | 58. | 3306 | SVE Hiddestorf | 90 |
| 9. | 1101 | LG Braunschweig | 342 | 59. | 6701 | OSC Damme | 89 |
| 10. | 4423 | LG Lüneburg Stadt-Land | 310 | 60. | 7513 | TV Georgsmarienhütte | 88 |
| 11. | 3541 | TK Jahn Sarstedt | 309 | 61. | 1201 | LG Kreis Gifhorn | 87 |
| 12. | 5146 | LG Wesermünde | 278 | 62. | 6310 | LC Delmenhorst | 86 |
| 13. | 3418 | Hannover 96 | 261 | | 3336 | SV Germania Helstorf | 86 |
| 14. | 1901 | SV Union Salzgitter | 260 | 64. | 7739 | LG Emstal Dörpen | 78 |
| 15. | 2204 | VfB Fallersleben | 259 | 65. | 7501 | SV Quitt Ankum | 77 |
| 16. | 6517 | LGG Ganderkesee | 236 | 66. | 4524 | LG Fallingbostel | 75 |
| 17. | 5401 | LAV Zeven | 235 | 67. | 5301 | SG Osterholzer LA | 73 |
| 18. | 6901 | LG Wilhelmshaven | 227 | 68. | 8103 | SV Georgsheil | 72 |
| 19. | 3313 | TSV Burgdorf | 218 | | 3608 | Post-SV Holzminden | 72 |
| 20. | 1519 | TSV Lelm | 215 | 70. | 6625 | 1. TC Oldenburg | 69 |
| 21. | 8307 | VfL Germania Leer | 211 | 71. | 4625 | Post-SV Uelzen | 67 |
| 22. | 2211 | VfL Wolfsburg | 207 | 72. | 3383 | TuS Wunstorf | 64 |
| 23. | 3701 | LG Nienburg | 200 | 73. | 6602 | DSC Oldenburg | 62 |
| 24. | 4513 | MTV Soltau | 190 | | 1310 | DSC Dransfeld | 62 |
| 25. | 3302 | LG Wennigsen/Egestorf | 177 | 75. | 7731 | TV Rütenbrock | 60 |
| 26. | 4211 | TSV Eintracht Hittfeld | 171 | | 5441 | TuS Rotenburg | 60 |
| 27. | 7722 | VfL Lingen | 170 | 77. | 4311 | SC Lüchow | 59 |
| | 6604 | VfL Oldenburg | 170 | 78. | 8113 | Fortuna Wirdum | 57 |
| 29. | 3529 | Eintracht Hildesheim | 158 | | 5550 | TSV Wiepenkathen | 57 |
| 30. | 8107 | TV Norden | 149 | | 4503 | MTV Bispingen | 57 |
| | 3120 | LC Hansa Stuhr | 149 | 81. | 7204 | TuS Gildehaus | 56 |
| 32. | 8101 | MTV Aurich | 143 | 82. | 4125 | LAZ Celle | 55 |
| 33. | 3323 | TuS Empelde | 139 | 83. | 6115 | TSG Westerstede | 53 |
| 34. | 8208 | Emder Laufgemeinschaft | 138 | 84. | 7740 | LG Papenburg/Aschendorf | 52 |
| 35. | 3327 | Garbsener SC | 137 | | 7733 | SC Spelle-Venhaus | 52 |
| 36. | 1111 | MTV Hondelage | 133 | | 6803 | Blexer TB | 52 |
| 37. | 5527 | Post-SV Buxtehude | 128 | 87. | 1803 | SVG Groß Bülten | 51 |
| 38. | 4240 | LG Nordheide | 123 | 88. | 5103 | Rot-Weiss Cuxhaven | 50 |
| 39. | 7551 | SC Melle 03 | 117 | | 2111 | MTV Jahn Schladen | 50 |
| | 7201 | LC Nordhorn | 117 | 90. | 6206 | VfL Lönigen | 49 |
| 41. | 8109 | Lauf-Gem. Ostfriesland | 114 | | 4527 | TuSV Stellichte | 49 |
| | 1522 | MTV Schöningen | 114 | 92. | 3847 | VfL Bückeberg | 48 |
| 43. | 2116 | MTV Wolfenbüttel | 112 | 93. | 6605 | LG Oldenburg | 47 |
| 44. | 4117 | LG Celle-Land | 111 | | 6127 | Heidmühler FC | 47 |
| 45. | 3822 | SG Rodenberg | 110 | 95. | 7609 | LG Osnabrück | 46 |
| 46. | 1850 | LG Peiner Land | 107 | | 5447 | TV Sottrum | 46 |
| 47. | 2129 | Laufclub BlueLiner | 106 | | 4106 | TuS Celle | 46 |
| | 1843 | TV Klein Ilsede | 106 | 98. | 5144 | TSV Wehdel | 44 |
| 49. | 3363 | SV Wacker Osterwald | 105 | 99. | 3415 | SG Misburg | 43 |
| 50. | 4111 | SV Nienhagen | 102 | 100. | 2121 | TSV Winnigstedt | 40 |

| Platz V.-Nr. Verein | Punkte | Platz V.-Nr. Verein | Punkte |
|-----------------------------------|--------|---------------------------------------|--------|
| 101. 7726 SV Union Meppen | 39 | 151. 6611 SG SW Oldenburg | 18 |
| 5126 TSV Midlum | 39 | 1817 SV Lengede | 18 |
| 103. 8402 SC Dunum | 38 | 1614 Einbecker SV | 18 |
| 5121 TV Langen | 38 | 154. 6303 Delmenhorster TV | 17 |
| 4229 TSV Stelle | 38 | 3137 LG Delmenhorst/Diepholz | 17 |
| 106. 7729 SC Osterbrock | 37 | 1443 TSG Bad Harzburg | 17 |
| 5545 VfL Stade | 37 | 157. 3514 MTV Bockenem | 16 |
| 3348 DJK Sparta Langenhagen | 37 | 158. 8108 TuS Norderney | 15 |
| 109. 6826 SV Brake | 35 | 6705 TuS Blau-Weiß Lohne | 15 |
| 5129 TSG Nordholz | 35 | 3515 MTV Eintracht Borsum | 15 |
| 111. 6512 TV Hude | 34 | 3451 Polonia SK Hannover | 15 |
| 6204 BV Garrel | 34 | 3119 TuS Sulingen | 15 |
| 3839 TSV Hagenburg | 34 | 1720 TSC Eisdorf | 15 |
| 114. 4110 MTV Müden/Örtze | 32 | 1110 TuRa Braunschweig | 15 |
| 115. 4622 VfL Suderburg | 31 | 165. 3221 VfL Hessisch Oldendorf | 14 |
| 3523 TSV Gronau | 31 | 1437 MTV Seesen | 14 |
| 1438 TSV Münchehof | 31 | 1431 TV Germania Wiedelah | 14 |
| 118. 3352 Lehrter SV | 30 | 168. 6112 VfL Rastede | 13 |
| 3135 SC Weyhe | 30 | 5503 TuS Harsefeld | 13 |
| 1711 TSV Bad Sachsa | 30 | 5440 PSG Rotenburg/Wümme | 13 |
| 121. 4516 TV Jahn Schneverdingen | 29 | 4608 TuS Ebstorf | 13 |
| 1605 LG Solling | 29 | 3828 TSV Eintracht Bückeberge | 13 |
| 123. 8121 TuS Weene | 28 | 3804 TuS Germania Hohnhorst | 13 |
| 3607 MTV 49 Holzminden | 28 | 3409 TSV Victoria Linden | 13 |
| 3206 TuS Bad Pyrmont | 28 | 3403 Post-SV Hannover | 13 |
| 1205 MTV Gifhorn | 28 | 1502 TV Bornum | 13 |
| 127. 4614 SC Kirch-u. Westerweyhe | 27 | 177. 7732 DJK Spahnharrenstätte | 12 |
| 1833 TSV Arminia Vöhrum | 27 | 3814 TuS Niedernwöhren | 12 |
| 1606 LG Weper | 27 | 1617 SVG GW Bad Gandersheim | 12 |
| 130. 8304 SV Holtland | 26 | 1334 LG Eichsfeld | 12 |
| 7597 SC Herringhausen | 26 | 181. 8310 SV Concordia Neermoor | 11 |
| 1902 MTV Salzgitter | 26 | 6506 TSV Großenkneten | 11 |
| 133. 5420 TSV Gnarrenburg | 25 | 6124 TuS Westerloy | 11 |
| 4509 SV Munster | 25 | 5123 TV Loxstedt | 11 |
| 135. 3566 TSV Warzen | 24 | 3408 TuS Ricklingen | 11 |
| 136. 6509 TSG Hatten-Sandkrug | 23 | 3203 TuSpo Bad Münder | 11 |
| 5413 TSV Bremervörde | 23 | 1320 TG Münden | 11 |
| 138. 3392 TSV Schloß Ricklingen | 22 | 188. 7713 TuS Haren | 10 |
| 139. 7504 TV Bissendorf-Holte | 21 | 5132 TSV Otterndorf | 10 |
| 6811 ATV Rodenkirchen | 21 | 4642 LG Hanstedt II/Wellendorf/Wriede | 10 |
| 5450 TuS Tarmstedt | 21 | 3540 FSV Sarstedt | 10 |
| 3507 SV Alfeld | 21 | 192. 7616 StG OTB-Nordhorn | 9 |
| 3349 SC Langenhagen | 21 | 7545 SV Eintracht Neuenkirchen | 9 |
| 1738 LG SG Hattorf | 21 | 4606 TuS Bodenteich | 9 |
| 145. 5451 SG Unterstedt | 19 | 195. 7714 Haselünner SV | 8 |
| 4604 TSV Bienenbüttel | 19 | 7708 SV Grün-Weiß Dersum | 8 |
| 4207 TuS Fleestedt | 19 | 6808 SV Nordenham | 8 |
| 3812 MTV Messenkamp | 19 | 5508 LG Kehdingen | 8 |
| 3393 1. WV Wunstorf | 19 | 1619 LG Altes Amt | 8 |
| 3204 SC Bad Münder | 19 | 1612 TSV Germania Dassensen | 8 |

| Platz | V.-Nr. | Verein | Punkte | Platz | V.-Nr. | Verein | Punkte |
|-------|--------|---------------------------|--------|-------|--------|------------------------|--------|
| 201. | 7205 | SG Bad Bentheim | 7 | | 5456 | LG Samtgemeinde Fintel | 2 |
| | 5611 | TSV Kirchlinteln | 7 | | 4416 | TuS Hohnstorf/Elbe | 2 |
| | 5409 | TuS Alfstedt | 7 | | 4243 | SC Drestedt | 2 |
| | 5408 | TuS Bothel | 7 | | 3372 | RSV Seelze | 2 |
| | 4609 | MTV Gerdau | 7 | | 3304 | SV Arnum | 2 |
| | 4303 | MTV Dannenberg | 7 | | 3303 | TuS Altwarmbüchen | 2 |
| | 3560 | TuS Hasede | 7 | | 2206 | SSV Neuhaus | 2 |
| | 1445 | Läufer-Team Oker | 7 | | 1908 | SV Innerstetal | 2 |
| 209. | 7744 | SV Germania Twist | 6 | | 1658 | TSV Jahn Dörrigsen | 2 |
| | 6220 | TuS Emstekerfeld | 6 | | 1611 | Dasseler SC | 2 |
| | 5452 | VfL Visselhövede | 6 | | 1449 | LAV 07 Bad Harzburg | 2 |
| | 5118 | TuRa Hechthausen | 6 | | 1317 | TSV Jühnde | 2 |
| | 4538 | Marathonclub Walsrode | 6 | | 1233 | FSG Eiche Stüde | 2 |
| | 4521 | TSV Wietzendorf | 6 | 264. | 8120 | TuS Aurich Ost | 1 |
| 215. | 7525 | VfL Kloster Oesede | 5 | | 7208 | FC Schüttdorf | 1 |
| | 7502 | TuS Bersenbrück | 5 | | 5455 | SV Taaken | 1 |
| | 6214 | STV Barßel | 5 | | 5147 | VfL Wingst | 1 |
| | 5523 | SC Balje | 5 | | 4603 | MTV Bad Bevensen | 1 |
| | 5516 | LG Kreis Nord Stade | 5 | | 4231 | Freizeit GM Tangendorf | 1 |
| | 4205 | Blau-Weiß Buchholz | 5 | | 3528 | MTV 48 Hildesheim | 1 |
| | 3745 | MTV Bücken | 5 | | 3373 | TV Eintracht Sehnde | 1 |
| | 3527 | DJK BW Hildesheim | 5 | | 3367 | TSV Rethen | 1 |
| | 3331 | TS Großburgwedel | 5 | | 1630 | TG Northeim | 1 |
| | 3146 | StG StuhrAurichBurgdorf | 5 | | 1604 | LG Greene/Naensen | 1 |
| | 2207 | MTV Vorsfelde | 5 | | 1227 | MTV Adenbüttel | 1 |
| | 1852 | Eintracht Oelerse | 5 | | | | |
| | 1544 | SV Esbeck | 5 | | | | |
| | 1510 | TSV Helmstedt | 5 | | 275 | Vereine | 17.120 |
| | 1508 | Helmstedter SV | 5 | | | | |
| 230. | 7718 | SV Groß Hesepe | 4 | | | | |
| | 7503 | Bippener SC | 4 | | | | |
| | 3542 | TSV Sibbesse | 4 | | | | |
| | 3512 | SC Barienrode | 4 | | | | |
| | 3436 | TuS Wettbergen | 4 | | | | |
| | 3420 | SpVg Nds. Hannover-Döhren | 4 | | | | |
| | 2119 | WSV Wolfenbüttel | 4 | | | | |
| | 1917 | LG Salzgitter | 4 | | | | |
| | 1403 | MTV Astfeld | 4 | | | | |
| | 1204 | SV Ettenbüttel | 4 | | | | |
| 240. | 8410 | MTV Wittmund | 3 | | | | |
| | 8321 | SV Teutonia Stapelmoor | 3 | | | | |
| | 8130 | TSV Friesenstolz Riepe | 3 | | | | |
| | 7737 | SV Sparta Werlte | 3 | | | | |
| | 5143 | TSV Wanna | 3 | | | | |
| | 4627 | TV Uelzen | 3 | | | | |
| | 1529 | LG Heeseberg | 3 | | | | |
| | 1447 | TSV Eintracht Wolfshagen | 3 | | | | |
| | 1426 | TV Lautenthal | 3 | | | | |
| 249. | 7727 | TV Meppen | 2 | | | | |
| | 7721 | SV Lengerich-Handrup | 2 | | | | |