

Ostfriesische Sieben 2024: 5km – Männer

| Platz | Name | Jahrgang | Verein | Berglauf | Matjeslauf | Gesamt |
|--------------|-----------------------|-----------------|-------------------------|-----------------|-------------------|---------------|
| 1 | Fabian Weermann | 2005 | Braunschweiger Laufclub | 100 | 99 | 199 |
| 1 | Rouven-Manuel Mieke | 2001 | Emder LG | 99 | 100 | 199 |
| 3 | Holger Kruse | 1983 | | 98 | 97 | 195 |
| 4 | Malik Lübben | 2000 | | 97 | 96 | 193 |
| 5 | Andreas Aeilts | 1965 | Emder LG | 96 | 95 | 191 |
| 6 | Ralf Lottmann | 1971 | EWE Wattloopers, Norden | 95 | 94 | 189 |
| 7 | Dajo Gontjes | 1987 | | 94 | 91 | 185 |
| 7 | Tino Onnen | 2006 | FC Oldersum | 93 | 92 | 185 |
| 9 | Fred Plück | 1978 | Laufgruppe Unangenehm | 90 | 88 | 178 |
| 9 | Markus Bakker | 1992 | SV Frisch-Auf Wybelsum | 88 | 90 | 178 |
| 11 | Frank Basa | 1976 | Laufgruppe Unangenehm | 89 | 87 | 176 |
| 12 | Manuel Gerdes | 1989 | Laufgruppe Unangenehm | 87 | 86 | 173 |
| 13 | Johann Faß | 1957 | Laufgruppe Unangenehm | 86 | 84 | 170 |
| 14 | Johannes Mieke | 1972 | RouKoJoh M hoch 3 | 84 | 85 | 169 |
| 15 | Andreas Mammen | 1980 | | 85 | 83 | 168 |
| 16 | Jörg Peters | 1979 | MTV Aurich | 91 | 67 | 158 |
| 17 | Johann Wissmann | 1970 | FC Oldersum | 80 | 76 | 156 |
| 17 | Tole Beitelmann | 1979 | | 78 | 78 | 156 |
| 17 | Florian Bierschenk | 1979 | | 75 | 81 | 156 |
| 20 | Kai Tamminga | 1974 | TuS Eintracht Hinte | 82 | 73 | 155 |
| 20 | Hans-Dieter Lambertus | 1961 | | 76 | 79 | 155 |
| 22 | Rainer Hensmann | 1965 | FC Oldersum | 77 | 75 | 152 |
| 23 | Frank Meyer | 1972 | | 72 | 77 | 149 |
| 24 | Eike Janssen | 1992 | VIDELIO-FUNA GmbH | 73 | 74 | 147 |
| 25 | Matthias Tempel | 1972 | Team Tripple MMM | 74 | 72 | 146 |
| 26 | Thorsten Lübben | 1994 | | 69 | 68 | 137 |
| 27 | Werner Bönisch | 1957 | Emder LG | 70 | 66 | 136 |
| 28 | Carsten Till | 1972 | Running Gag | 68 | 64 | 132 |
| 28 | Jens Seemann | 1974 | | 67 | 65 | 132 |
| 30 | Dietrich Steinke | 1941 | SV Concordia Neermoor | 66 | 61 | 127 |
| 31 | Enno Klinkenborg | 1984 | TV Norden | 0 | 98 | 98 |
| 32 | Jörg Pauls | 1984 | VfB Fallersleben | 0 | 93 | 93 |
| 33 | Carsten Steen | 1992 | FC Oldersum | 92 | 0 | 92 |
| 34 | Friedel-Bernd Claaßen | 1972 | Emder LG | 0 | 89 | 89 |
| 35 | Sebastian Behrens | 1981 | Emder LG | 83 | 0 | 83 |
| 36 | Michael Eden | 1973 | EMA Running Group | 0 | 82 | 82 |
| 37 | Dennis Peter | 1986 | | 81 | 0 | 81 |
| 38 | Gerd Heeren | 1978 | SV FA Wybelsum | 0 | 80 | 80 |
| 39 | Bernhard Paul | 1963 | Emder LG | 79 | 0 | 79 |
| 40 | Patrick Egberts | 1987 | | 71 | 0 | 71 |
| 40 | Dennis Haake | 1991 | VW Werkfeuerwehr | 0 | 71 | 71 |
| 42 | Alfred Scholz | 1953 | Emder LG/ TUS Pewsum | 0 | 70 | 70 |
| 43 | Oliver Bungenstock | 1966 | Emder LG | 0 | 69 | 69 |
| 44 | Andreas Wurpts | 1976 | | 0 | 63 | 63 |
| 45 | Thomas Popp | 1969 | Emder LG | 0 | 62 | 62 |