

| Ju | Kiga | | Vorschule | | AK1 | | AK2 | | AK3 | | AK4 | |
|------|------------------|-------|------------------|-------|------------------|-------|-------------------|-------|------------------|-------|-------------------|-------|
| 1994 | | | | | Markus Trepte | | Robert Minsel | | Steffen Thiele | | Steve Kretzschmar | |
| 1995 | | | | | Falko Luck | | Matthias Hoffmann | | Stephan Rothe | | Stefan Trepte | 03:06 |
| 1996 | | | | | Felix Jarsumbek | 03:54 | Marcus Grille | 03:47 | Markus Trepte | 03:24 | Nico Müller | 03:28 |
| 1997 | | | | | Florian Gebhardt | 03:45 | Andreas Hausmann | 03:35 | Steve Zorn | 03:35 | Marcus Thiele | 03:29 |
| 1998 | | | | | Steve Schneider | 03:50 | Florian Gebhardt | 03:30 | Robert Kalex | 03:26 | Marcus Grille | 03:20 |
| 1999 | | | | | Paul Bolz | 03:54 | Steve Schneider | 03:25 | Florian Gebhardt | 03:18 | Tino Vogel | 03:15 |
| 2000 | | | | | Stefan Simsohn | 03:50 | Christian Höna | 03:39 | Nick Wilhelm | 03:22 | Florian Gebhardt | 03:12 |
| 2001 | | | | | Julian Gebhardt | 03:57 | Benjamin Sachse | 03:38 | Christian Höna | 03:31 | Nick Wilhelm | 03:10 |
| 2002 | | | | | Marvin Luck | 03:51 | Sven Bennewitz | 03:35 | Benjamin Sachse | 03:34 | Christian Höna | 03:15 |
| 2003 | | | | | Stefan Frost | 04:07 | Robert Schröter | 03:26 | Sven Bennewitz | 03:24 | Benjamin Sachse | 03:22 |
| 2004 | | | Rudolf Möller | 02:49 | Philipp Claus | 04:01 | Tobias Gebhardt | 04:01 | Marvin Luck | 03:17 | Sven Bennewitz | 03:07 |
| 2005 | | | Marvin Purl | 03:23 | Rudolf Möller | 03:44 | Philipp Frommhold | 03:45 | Tobias Gebhardt | 03:45 | Marvin Luck | 03:11 |
| 2006 | | | Mark Thieme | 03:10 | Leon Thräne | 04:42 | Erik May | 04:01 | Max Krohe | 03:46 | Tobias Gebhardt | 03:25 |
| 2007 | | | Henry Voß | 02:55 | Mark Thieme | 03:47 | Johannes Alm | 03:49 | Rudolf Möller | 03:32 | Nico Scheiblich | 03:28 |
| 2008 | | | Moritz Stahn | 03:01 | Tom Ruhner | 03:52 | Mark Thieme | 03:23 | Johannes Alm | 03:31 | Rudolf Möller | 03:28 |
| 2009 | | | Christoph Sulak | 02:57 | Moritz Stahn | 03:54 | Henry Voß | 03:38 | Michael Zschunke | 03:33 | Johannes Alm | 03:31 |
| 2010 | Cedric Eckert | 03:11 | Paul Hoyer | 02:58 | Frederik Badelt | 03:34 | Jan Winkler | 03:39 | Henry Voß | 03:27 | Michael Zschunke | 03:21 |
| 2011 | | | Cedrik Eckert | 02:46 | Paul Hoyer | 03:38 | Frederik Badelt | 03:29 | Jan Winkler | 03:32 | Tom Ruhner | 03:32 |
| 2012 | Janek Bachmann | 03:00 | Justin Jopke | 02:53 | Cedric Eckert | 03:32 | Paul Hoyer | 03:19 | Frederik Badelt | 03:12 | Jan Winkler | 03:25 |
| 2013 | Willy Richter | 03:27 | Janek Bachmann | 02:52 | Justin Jopke | 03:39 | Cedrick Eckert | 03:20 | Paul Hoyer | 03:08 | Frederik Badelt | 03:04 |
| 2014 | Oscar Rennert | 03:05 | Nik Ulbricht | 02:59 | Janek Bachmann | 03:34 | Justin Jopke | 03:26 | Cedric Eckert | 03:13 | Paul Hoyer | 03:09 |
| 2015 | Tyren Wolf | 03:14 | Oscar Rennert | 02:51 | Nik Ulbricht | 03:47 | Janek Bachmann | 03:25 | Justin Jopke | 03:16 | Cedric Eckert | 03:11 |
| 2016 | Hans Erik Thiele | 03:10 | Tyren Wolf | 02:57 | Lukas Arnhold | 03:34 | Nik Ulbricht | 03:28 | Janek Bachmann | 03:15 | Justin Jopke | 03:13 |
| 2017 | Arne Jaeschke | 03:18 | Henry Dehmel | 02:45 | Paul Pönitz | 03:39 | Lukas Arnhold | 03:22 | Nik Ulbricht | 03:23 | Janek Bachmann | 03:14 |
| 2018 | Ludwig Proy | 03:09 | Linus Gabrisch | 02:52 | Henry Dehmel | 03:28 | Paul Pönitz | 03:21 | Lukas Arnhold | 03:17 | Nik Ulbricht | 03:16 |
| 2019 | Konrad Riemer | 03:18 | Aaron Reising | 02:49 | Linus Gabrisch | 03:35 | Hans Erik Thiele | 03:17 | Paul Pönitz | 03:14 | Lukas Arnhold | 03:22 |
| 2022 | Lio Sucher | 03:22 | Denny Langkabel | 02:47 | Timo Türke | 03:50 | Konrad Riemer | 03:27 | Ludwig Proy | 03:22 | Arne Jaeschke | 03:27 |
| 2023 | Johann Wenzel | 03:07 | Edgar Wannrich | 02:46 | Denny Langkabel | 03:33 | Aaron Sindel | 03:28 | Konrad Riemer | 03:21 | Ludwig Proy | 03:09 |
| 2024 | Johann Tönnigs | 03:22 | Johann Wenzel | 02:51 | Edgar Wannrich | 03:43 | Bruno Förster | 03:23 | Aaron Sindel | 03:29 | Konrad Riemer | 03:15 |
| 2025 | Tyler Illmann | 03:11 | Friedrich Herzog | 02:55 | Johann Wenzel | 03:23 | Edgar Wannrich | 03:27 | Denny Langkabel | 03:08 | Aaron Sindel | 03:18 |