

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Gesamt Ges | Mann | AK | Gesamt Ges | Frau | AK | BSV Ges | Mann AK | BSV Ges | Frau AK | Start-Nr. |
|-------|---------------|------------------------------|----------------------|-----------|------------|----------|----|------------|--------|----|---------|---------|---------|---------|-----------|
| | 1 | MERESIE, Hailezgi | 90 HNT | 0:32:47 h | 1 | M-1 | | ° | ° | | ° | ° | ° | ° | 793 |
| | 2 | GEBREBRHAN, Brhane | 95 HNT | 0:34:07 h | 2 | M-2 | | ° | ° | | ° | ° | ° | ° | 789 |
| B | 3 | Poyatos-Castillo, Jose Carlo | 73 BSG Airbus SG t | 0:36:18 h | 3 | M 45-1 | | ° | ° | | 1 | M 45-1 | ° | ° | 724 |
| | 4 | May, Dirk | 77 Sandesneben | 0:36:19 h | 4 | M 40-1 | | ° | ° | | ° | ° | ° | ° | 740 |
| | 5 | Hein, Markus | 86 Hannover 96 Tria | 0:37:03 h | 5 | M 30-1 | | ° | ° | | ° | ° | ° | ° | 867 |
| | 6 | Teegen, Sven | 80 SV Wiking Kiel | 0:37:24 h | 6 | M 35-1 | | ° | ° | | ° | ° | ° | ° | 773 |
| | 7 | Schröder, Arne | 87 Vereinigung orier | 0:38:11 h | 7 | M 30-2 | | ° | ° | | ° | ° | ° | ° | 782 |
| B | 8 | Ayala Guijarro, Gregorio | 75 BSG Airbus SG t | 0:38:54 h | 8 | M 40-2 | | ° | ° | | 2 | M 40-1 | ° | ° | 732 |
| | 9 | Martinez Egea, Ignacio | 82 Triabolos | 0:39:00 h | 9 | M 35-2 | | ° | ° | | ° | ° | ° | ° | 762 |
| | 10 | Asmusen, Tom | 99 Lauftreff Quickbc | 0:39:18 h | 10 | MJ U20-1 | | ° | ° | | ° | ° | ° | ° | 803 |
| | 11 | Sandras, Habtom | 99 TH Eilbeck | 0:39:40 h | 11 | MJ U20-2 | | ° | ° | | ° | ° | ° | ° | 834 |
| | 12 | Röwen, Toni | 88 SV Motor Barth | 0:39:45 h | 12 | M 30-3 | | ° | ° | | ° | ° | ° | ° | 819 |
| | 13 | Riedel, Tobias | 81 Elbe Lübeck Kan | 0:40:08 h | 13 | M 35-3 | | ° | ° | | ° | ° | ° | ° | 767 |
| | 14 | Zimmermann, Dörte | 89 SEALS Bikefitting | 0:40:10 h | ° | ° | | 1 | W-1 | | ° | ° | ° | ° | 628 |
| | 15 | Schuart, Gerrit | 93 Team Blitz&Donr | 0:40:24 h | 14 | M-3 | | ° | ° | | ° | ° | ° | ° | 798 |
| | 16 | rath, Domenik | 86 SG Athletiko Büd | 0:40:26 h | 15 | M 30-4 | | ° | ° | | ° | ° | ° | ° | 880 |
| | 17 | Witt, Jonas | 89 VfL Oldesloe | 0:40:30 h | 16 | M-4 | | ° | ° | | ° | ° | ° | ° | 801 |
| | 18 | Thoms, Michael | 70 LG Nordheide | 0:40:45 h | 17 | M 45-2 | | ° | ° | | ° | ° | ° | ° | 729 |
| | 19 | Kwiatkowska, Justyna | 87 LG Nordheide | 0:40:46 h | ° | ° | | 2 | W 30-1 | | ° | ° | ° | ° | 605 |
| | 20 | Claudius, Stephan | 59 MC Pirate e.V. | 0:41:40 h | 18 | M 55-1 | | ° | ° | | ° | ° | ° | ° | 823 |
| B | 21 | Patzer, Ralf | 67 BSG OTTO | 0:41:44 h | 19 | M 50-1 | | ° | ° | | 3 | M 50-1 | ° | ° | 700 |
| | 22 | Ehlers, Benjamin | 78 Hamburg | 0:41:48 h | 20 | M 40-3 | | ° | ° | | ° | ° | ° | ° | 853 |
| | 23 | Scheele, Sören | 93 Top-Tri-Team-Ha | 0:42:09 h | 21 | M-5 | | ° | ° | | ° | ° | ° | ° | 871 |
| | 24 | Bunge, Nils | 82 Lauftreff Hambur | 0:42:12 h | 22 | M 35-4 | | ° | ° | | ° | ° | ° | ° | 750 |
| | 25 | Jansen, Tim | 79 Borener SV | 0:42:16 h | 23 | M 35-5 | | ° | ° | | ° | ° | ° | ° | 824 |
| | 26 | Burmester, Michael | 69 Schenefeld | 0:42:59 h | 24 | M 45-3 | | ° | ° | | ° | ° | ° | ° | 708 |
| | 27 | Feidieker, Thomas | 82 | 0:43:15 h | 25 | M 35-6 | | ° | ° | | ° | ° | ° | ° | 815 |
| | 28 | Isenberg, Verena | 81 Triabolos | 0:43:16 h | ° | ° | | 3 | W 35-1 | | ° | ° | ° | ° | 580 |
| B | 29 | Matthiessen, Nils | 85 BSG LG Finanzä | 0:43:21 h | 26 | M 30-5 | | ° | ° | | 4 | M 30-1 | ° | ° | 875 |
| | 30 | Hoppe, Sascha | 79 Küstenrebelln | 0:43:26 h | 27 | M 35-7 | | ° | ° | | ° | ° | ° | ° | 754 |
| | 31 | v.Privaloff, Janina | 78 Küstenrebelln | 0:43:27 h | ° | ° | | 4 | W 40-1 | | ° | ° | ° | ° | 569 |
| | 32 | Harmann, Dirk | 70 Hamburg | 0:43:29 h | 28 | M 45-4 | | ° | ° | | ° | ° | ° | ° | 716 |
| | 33 | Heuer, Michael | 57 Hamburg | 0:43:48 h | 29 | M 60-1 | | ° | ° | | ° | ° | ° | ° | 658 |
| | 34 | Nienhaus, Carina | 86 Laufen in Lübeck | 0:44:00 h | ° | ° | | 5 | W 30-2 | | ° | ° | ° | ° | 606 |
| | 35 | Asmus, Calvin | 00 KT | 0:44:09 h | 30 | MJ U20-3 | | ° | ° | | ° | ° | ° | ° | 802 |
| | 36 | Nikitin, Nikolaj | 76 Pinneberg | 0:44:11 h | 31 | M 40-4 | | ° | ° | | ° | ° | ° | ° | 874 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Gesamt Ges | Mann AK | Gesamt Ges | Frau AK | BSV Ges | Mann AK | BSV Ges | Frau AK | Start-Nr. |
|-------|-------------------------|----|--------------------|-----------|------------|----------|------------|---------|---------|---------|---------|---------|-----------|
| 37 | von See, Torben | 89 | Die Mettläufer | 0:44:17 h | 32 | M-6 | ° | ° | ° | ° | ° | ° | 800 |
| 38 | Heifler, Tobias | 82 | | 0:44:28 h | 33 | M 35-8 | ° | ° | ° | ° | ° | ° | 753 |
| 39 | Kurch, Jörg | 59 | VfL 28 Ellrich | 0:44:48 h | 34 | M 55-2 | ° | ° | ° | ° | ° | ° | 674 |
| 40 | Möhle, Sebastian | 80 | Fehmarn | 0:44:49 h | 35 | M 35-9 | ° | ° | ° | ° | ° | ° | 764 |
| 40 | Rathke, thomas | 80 | Norderstedt | 0:44:49 h | 35 | M 35-9 | ° | ° | ° | ° | ° | ° | 841 |
| 42 | Römer, Sebastian | 85 | Norderstedt | 0:44:59 h | 37 | M 30-6 | ° | ° | ° | ° | ° | ° | 780 |
| 43 | Hamkens, Boy-Jens | 69 | | 0:45:00 h | 38 | M 45-5 | ° | ° | ° | ° | ° | ° | 714 |
| 44 | Rothe, Michael | 78 | KT Triathlon | 0:45:13 h | 39 | M 40-5 | ° | ° | ° | ° | ° | ° | 745 |
| 45 | Jemlich, Silke | 88 | Kiel | 0:45:26 h | ° | ° | 6 | W 30-3 | ° | ° | ° | ° | 602 |
| 46 | Buck, Stella | 73 | | 0:45:38 h | ° | ° | 7 | W 45-1 | ° | ° | ° | ° | 870 |
| 47 | Janzon, Ron | 72 | SG Dangesen | 0:45:51 h | 40 | M 45-6 | ° | ° | ° | ° | ° | ° | 858 |
| 48 | Erdtmann, Knut | 62 | TuS Hohnstorf/El | 0:45:55 h | 41 | M 55-3 | ° | ° | ° | ° | ° | ° | 670 |
| 49 | Ritter, Daniel | 82 | Bad Bramstedt | 0:45:59 h | 42 | M 35-11 | ° | ° | ° | ° | ° | ° | 768 |
| 50 | Romero Ros, Alejandro | 93 | | 0:46:01 h | 43 | M-7 | ° | ° | ° | ° | ° | ° | 796 |
| 50 | Vollmers, Laurin | 05 | BSG Signal Iduna | 0:46:01 h | 43 | M JU14-1 | ° | ° | ° | ° | ° | ° | 810 |
| 52 | Oliveira, Joao | 81 | Hamburg | 0:46:09 h | 45 | M 35-12 | ° | ° | ° | ° | ° | ° | 765 |
| 53 | Zervas, Holger | 63 | FTSV fit & fun | 0:46:11 h | 46 | M 55-4 | ° | ° | ° | ° | ° | ° | 682 |
| 54 | Giebert, Guido | 70 | Ahnsen | 0:46:12 h | 47 | M 45-7 | ° | ° | ° | ° | ° | ° | 712 |
| 55 | Stahl, Fred | 51 | LG Neumünster | 0:46:14 h | 48 | M 65-1 | ° | ° | ° | ° | ° | ° | 648 |
| 56 | Bark, Marcus | 67 | Doppeleins-runne | 0:46:22 h | 49 | M 50-2 | ° | ° | ° | ° | ° | ° | 827 |
| 57 | List, Steffen | 81 | Quickborn | 0:46:44 h | 50 | M 35-13 | ° | ° | ° | ° | ° | ° | 761 |
| 58 | Genest, Joachim | 73 | Triabolos | 0:46:55 h | 51 | M 45-8 | ° | ° | ° | ° | ° | ° | 711 |
| B 59 | Kozieras, Norbert | 50 | BSG ERGOsport | 0:47:00 h | 52 | M 65-2 | ° | ° | 5 | M 65-1 | ° | ° | 644 |
| 60 | Nolting, Thomas | 61 | TuS Holstein Qui | 0:47:17 h | 53 | M 55-5 | ° | ° | ° | ° | ° | ° | 675 |
| 61 | Sauter, Christoph | 93 | Hamburg | 0:47:20 h | 54 | M-8 | ° | ° | ° | ° | ° | ° | 797 |
| 62 | König, Rüdiger | 59 | SC Itzehoe | 0:47:29 h | 55 | M 55-6 | ° | ° | ° | ° | ° | ° | 673 |
| 63 | Styma, Mandy | 81 | | 0:47:30 h | ° | ° | 8 | W 35-2 | ° | ° | ° | ° | 594 |
| B 64 | Gehle, Friedhelm | 56 | BSG BA Eimsbüt | 0:47:48 h | 56 | M 60-2 | ° | ° | 6 | M 60-1 | ° | ° | 655 |
| 65 | Stuhm, Beate | 83 | LG Flensburg | 0:48:01 h | ° | ° | 9 | W 35-3 | ° | ° | ° | ° | 593 |
| 66 | Wagner, Tobias | 87 | | 0:48:04 h | 57 | M 30-7 | ° | ° | ° | ° | ° | ° | 784 |
| 67 | Kunze, Claudia | 74 | Quickborn | 0:48:07 h | ° | ° | 10 | W 40-2 | ° | ° | ° | ° | 563 |
| 68 | Mustroph, Thomas | 75 | Fehmarn | 0:48:08 h | 58 | M 40-6 | ° | ° | ° | ° | ° | ° | 741 |
| 68 | Tank-Falarzik, Thorsten | 69 | Spiridon-Club-Ba | 0:48:08 h | 58 | M 45-9 | ° | ° | ° | ° | ° | ° | 830 |
| 70 | Pfeifer, Ringo | 76 | Quickborn | 0:48:12 h | 60 | M 40-7 | ° | ° | ° | ° | ° | ° | 742 |
| 70 | Lehnig, Jakob | 01 | Quickborn | 0:48:12 h | 60 | MJ U18-1 | ° | ° | ° | ° | ° | ° | 806 |
| 72 | Steinhaus, Christoph | 91 | Schenefeld | 0:48:22 h | 62 | M-9 | ° | ° | ° | ° | ° | ° | 799 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Gesamt Ges | Mann | AK | Gesamt Ges | Frau | AK | BSV Ges | Mann AK | BSV Ges | Frau AK | Start-Nr. | |
|-------|----------------|------------------------|---------------------|--------------------|------------------|-----------|----------|------------|----------|--------|---------|----------|---------|---------|-----------|-----|
| B | 73 | Lacombe, Amandine | 89 | BSG Beiersdorf | 0:48:31 h | ° | ° | 11 | W-2 | | ° | ° | 1 | W-1 | 618 | |
| | 74 | Friedl, Thomas | 63 | Geschendorf | 0:48:33 h | 63 | M 55-7 | ° | ° | | ° | ° | ° | ° | 832 | |
| | 75 | Jargstorff, Arne | 76 | Owschlag | 0:48:37 h | 64 | M 40-8 | ° | ° | | ° | ° | ° | ° | 737 | |
| | 76 | Peise, Carsten | 70 | Norderstedt | 0:48:41 h | 65 | M 45-10 | ° | ° | | ° | ° | ° | ° | 828 | |
| | 77 | Brambring, Jens | 72 | Kirchengemeinde | 0:48:47 h | 66 | M 45-11 | ° | ° | | ° | ° | ° | ° | 707 | |
| | 78 | Hansen, Soeren | 73 | Hamburg | 0:48:49 h | 67 | M 45-12 | ° | ° | | ° | ° | ° | ° | 715 | |
| | 79 | Toschke, Lena | 00 | AG Hamburg We | 0:48:50 h | ° | ° | 12 | WJ U20-1 | | ° | ° | ° | ° | 629 | |
| | 80 | Vietor, Andre | 64 | Harsefeld | 0:48:54 h | 68 | M 50-3 | ° | ° | | ° | ° | ° | ° | 706 | |
| | 81 | Böker, Selena | 97 | Hamburg | 0:48:58 h | ° | ° | 13 | W-3 | | ° | ° | ° | ° | 614 | |
| | 82 | Boettger, Sina | 91 | Christian-Albrecht | 0:49:11 h | ° | ° | 14 | W-4 | | ° | ° | ° | ° | 613 | |
| | 83 | Ladiges, Sven | 68 | | 0:49:26 h | 69 | M 50-4 | ° | ° | | ° | ° | ° | ° | 696 | |
| | B | 84 | Nalivkin, Alexander | 72 | BSG Airbus SG f | 0:49:29 h | 70 | M 45-13 | ° | ° | | 7 | M 45-2 | ° | ° | 722 |
| | | 85 | Sobczak, Udo | 55 | MTV Soltau | 0:49:32 h | 71 | M 60-3 | ° | ° | | ° | ° | ° | ° | 820 |
| 86 | | Trautmann, Thies | 65 | Pinneberg | 0:49:42 h | 72 | M 50-5 | ° | ° | | ° | ° | ° | ° | 704 | |
| 87 | | Wendt, Hannes | 04 | TuS Holstein Qui | 0:49:54 h | 73 | M JU16-1 | ° | ° | | ° | ° | ° | ° | 844 | |
| 88 | | Hildebrand, Björn | 97 | Elmshorn | 0:49:55 h | 74 | M-10 | ° | ° | | ° | ° | ° | ° | 792 | |
| 89 | | ABDULLAH ELIAS, Nawzat | 92 | Fit4run Süderelb | 0:50:01 h | 75 | M-11 | ° | ° | | ° | ° | ° | ° | 786 | |
| 90 | | Engel, Viktor | 59 | | 0:50:05 h | 76 | M 55-8 | ° | ° | | ° | ° | ° | ° | 669 | |
| 90 | | Sanftleben, Thomas | 68 | Norderstedt | 0:50:05 h | 76 | M 50-6 | ° | ° | | ° | ° | ° | ° | 702 | |
| 90 | | Srock, Michael | 69 | Hamburg | 0:50:05 h | 76 | M 45-14 | ° | ° | | ° | ° | ° | ° | 727 | |
| 93 | | Boeckel, Birger | 84 | Kaltenkirchen | 0:50:06 h | 79 | M 30-8 | ° | ° | | ° | ° | ° | ° | 776 | |
| 94 | | Carstensen, Saskia | 89 | | 0:50:10 h | ° | ° | 15 | W-5 | | ° | ° | ° | ° | 615 | |
| 95 | | Rether, Heiko | 60 | ELIXIA Hamburg | 0:50:11 h | 80 | M 55-9 | ° | ° | | ° | ° | ° | ° | 676 | |
| 96 | | Selle, Daniel | 81 | Team Turbo | 0:50:23 h | 81 | M 35-14 | ° | ° | | ° | ° | ° | ° | 771 | |
| B | | 97 | Vollmers, Anja | 70 | BSG Signal Iduna | 0:50:24 h | ° | ° | 16 | W 45-2 | | ° | ° | 2 | W 45-1 | 550 |
| | | 98 | Brinkmann, Steffen | 68 | Cross Country Cl | 0:50:41 h | 82 | M 50-7 | ° | ° | | ° | ° | ° | ° | 685 |
| | | 99 | Carstensen, Carsten | 51 | ACNF / Team Eric | 0:50:43 h | 83 | M 65-3 | ° | ° | | ° | ° | ° | ° | 642 |
| 100 | Kunze, Barbara | 66 | Polizei SV Berlin | 0:50:51 h | ° | ° | 17 | W 50-1 | | ° | ° | ° | ° | 525 | | |
| B | 101 | Glaser, Steffi | 70 | BSG OTTO | 0:50:52 h | ° | ° | 18 | W 45-3 | | ° | ° | 3 | W 45-2 | 541 | |
| B | 102 | Odefey, Lars | 70 | BSG HSH Nordb | 0:50:55 h | 84 | M 45-15 | ° | ° | | 8 | M 45-3 | ° | ° | 723 | |
| | 102 | Dieckmann, Christina | 79 | KT Triathlon | 0:50:55 h | ° | ° | 19 | W 35-4 | | ° | ° | ° | ° | 812 | |
| 104 | Remer, Stephan | 69 | Kirchengemeinde | 0:50:56 h | 85 | M 45-16 | ° | ° | | ° | ° | ° | ° | 725 | | |
| B | 104 | Schwenck, Jonatan | 02 | BSG HSH Nordb | 0:50:56 h | 85 | MJ U18-2 | ° | ° | | 9 | MJ U18-1 | ° | ° | 807 | |
| B | 106 | Damm, Wolfgang | 46 | BSG Siemens | 0:50:58 h | 87 | M 70-1 | ° | ° | | 10 | M 70-1 | ° | ° | 861 | |
| | 107 | Dahnke, Carsten | 67 | Signal Iduna Gru | 0:50:59 h | 88 | M 50-8 | ° | ° | | ° | ° | ° | ° | 879 | |
| | 108 | Cebulla, Daniela | 77 | Kaltenkirchner Tu | 0:51:03 h | ° | ° | 20 | W 40-3 | | ° | ° | ° | ° | 555 | |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Gesamt Ges | Mann AK | Gesamt Ges | Frau AK | BSV Ges | Mann AK | BSV Ges | Frau AK | Start-Nr. |
|-------|------------------------|----|--------------------|-----------|------------|----------|------------|---------|---------|---------|---------|---------|-----------|
| 108 | Mellmann, Dirk | 77 | TuS Holstein Qui | 0:51:03 h | 89 | M 40-9 | ° | ° | ° | ° | ° | ° | 852 |
| 110 | Waurisch, Markus | 86 | Fitness-Lauftreff | 0:51:06 h | 90 | M 30-9 | ° | ° | ° | ° | ° | ° | 785 |
| 111 | Unger, Daniela | 66 | FC St. Pauli Triat | 0:51:13 h | ° | ° | 21 | W 50-2 | ° | ° | ° | ° | 535 |
| 112 | Sadlowski, Jörg | 64 | Duvenstedter Lau | 0:51:16 h | 91 | M 50-9 | ° | ° | ° | ° | ° | ° | 701 |
| B 113 | Marquardt, Volker | 57 | BSG ERGOsport | 0:51:26 h | 92 | M 60-4 | ° | ° | 11 | M 60-2 | ° | ° | 660 |
| 114 | Odefey, Nicola | 71 | TuS Holstein Qui | 0:51:28 h | ° | ° | 22 | W 45-4 | ° | ° | ° | ° | 547 |
| 115 | Puhl, Jasmin | 91 | LSG Schmelz-Hü | 0:51:32 h | ° | ° | 23 | W-6 | ° | ° | ° | ° | 838 |
| 116 | Jürs, Mathias | 80 | Top-Tri-Team Ha | 0:51:43 h | 93 | M 35-15 | ° | ° | ° | ° | ° | ° | 756 |
| 117 | Hartung, Linda | 86 | TV Hörden | 0:51:54 h | ° | ° | 24 | W 30-4 | ° | ° | ° | ° | 599 |
| 118 | Belger, Stefan | 66 | QAB-PROJECT | 0:52:07 h | 94 | M 50-10 | ° | ° | ° | ° | ° | ° | 684 |
| 118 | Beier, Patrick | 91 | QAB-project | 0:52:07 h | 94 | M-12 | ° | ° | ° | ° | ° | ° | 787 |
| 120 | Gerckens, Clemens | 58 | Squash Club Altc | 0:52:13 h | 96 | M 60-5 | ° | ° | ° | ° | ° | ° | 656 |
| 120 | Kuhr, Torsten | 79 | | 0:52:13 h | 96 | M 35-16 | ° | ° | ° | ° | ° | ° | 760 |
| 122 | Cordes, Henry | 55 | Fredenbeck | 0:52:17 h | 98 | M 60-6 | ° | ° | ° | ° | ° | ° | 653 |
| B 123 | Radou, Frederic | 67 | BSG SG Stern | 0:52:22 h | 99 | M 50-11 | ° | ° | 12 | M 50-2 | ° | ° | 843 |
| 124 | Kolb, Torsten | 65 | TSV Uetersen | 0:52:25 h | 100 | M 50-12 | ° | ° | ° | ° | ° | ° | 876 |
| 125 | Böhle, Mica | 67 | TuS Holstein Qui | 0:52:26 h | ° | ° | 25 | W 50-3 | ° | ° | ° | ° | 521 |
| 126 | Holst, Ingo | 66 | SV Rugenbergen | 0:52:27 h | 101 | M 50-13 | ° | ° | ° | ° | ° | ° | 690 |
| 127 | Rohde, Lea | 92 | Kiel | 0:52:30 h | ° | ° | 26 | W-7 | ° | ° | ° | ° | 623 |
| 128 | Rohde, Kim | 89 | Kiel | 0:52:31 h | 102 | M-13 | ° | ° | ° | ° | ° | ° | 795 |
| 129 | Ellmers, Manfred | 47 | SV Bliedersdorf | 0:52:35 h | 103 | M 70-2 | ° | ° | ° | ° | ° | ° | 637 |
| B 130 | Böhlke, Florian | 75 | BSG Airbus SG H | 0:52:36 h | 104 | M 40-10 | ° | ° | 13 | M 40-2 | ° | ° | 733 |
| 131 | Hohmann, Peter | 59 | SG Sparkasse H | 0:52:37 h | 105 | M 55-10 | ° | ° | ° | ° | ° | ° | 672 |
| 132 | Schütt, Torsten | 72 | Team Erdinger Al | 0:52:50 h | 106 | M 45-17 | ° | ° | ° | ° | ° | ° | 835 |
| 133 | Jessen, Susanne | 78 | DLRG Norderste | 0:52:51 h | ° | ° | 27 | W 40-4 | ° | ° | ° | ° | 562 |
| B 134 | Kayser, Oliver | 75 | BSG Energie SV | 0:52:52 h | 107 | M 40-11 | ° | ° | 14 | M 40-3 | ° | ° | 739 |
| 135 | Ladiges, Lukas | 02 | VfL Pinneberg | 0:52:57 h | 108 | MJ U18-3 | ° | ° | ° | ° | ° | ° | 805 |
| B 136 | Hoffmann, Kristina | 77 | BSG Orthopädie | 0:52:58 h | ° | ° | 28 | W 40-5 | ° | ° | 4 | W 40-1 | 559 |
| 137 | Müller, Philipp Hannes | 88 | | 0:53:00 h | 109 | M 30-10 | ° | ° | ° | ° | ° | ° | 779 |
| 138 | Janßen, Uwe | 60 | TuS Holstein Qui | 0:53:02 h | 110 | M 55-11 | ° | ° | ° | ° | ° | ° | 811 |
| 139 | Jemlich, Björn Lars | 87 | Kiel | 0:53:03 h | 111 | M 30-11 | ° | ° | ° | ° | ° | ° | 778 |
| B 140 | Kramer, Philipp | 67 | BSG Elbe-Sport | 0:53:07 h | 112 | M 50-14 | ° | ° | 15 | M 50-3 | ° | ° | 692 |
| 141 | Tyszka, Karsten | 67 | Kirchengemeinde | 0:53:13 h | 113 | M 50-15 | ° | ° | ° | ° | ° | ° | 705 |
| 141 | Hinzke, Jan-Hendrik | 86 | | 0:53:13 h | 113 | M 30-12 | ° | ° | ° | ° | ° | ° | 777 |
| 143 | Gaudlitz, Johanna | 90 | TuS Holstein Qui | 0:53:15 h | ° | ° | 29 | W-8 | ° | ° | ° | ° | 859 |
| 144 | Krüger, Evelyn | 81 | Ellerau | 0:53:26 h | ° | ° | 30 | W 35-5 | ° | ° | ° | ° | 582 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Gesamt Ges | Mann AK | Gesamt Ges | Frau AK | BSV Ges | Mann AK | BSV Ges | Frau AK | Start-Nr. |
|-------|---------------------------|----|--------------------|-----------|------------|---------|------------|---------|---------|---------|---------|---------|-----------|
| 145 | Albrecht, Michael | 80 | Team Turbo | 0:53:31 h | 115 | M 35-17 | ° | ° | ° | ° | ° | ° | 747 |
| 145 | Donaubauer, Benjamin | 83 | Team Turbo | 0:53:31 h | 115 | M 35-17 | ° | ° | ° | ° | ° | ° | 751 |
| B 147 | Gessert, Frank | 59 | BSG Energie SV | 0:53:37 h | 117 | M 55-12 | ° | ° | 16 | M 55-1 | ° | ° | 671 |
| 148 | Weber, Martin | 59 | Elmshorn | 0:53:38 h | 118 | M 55-13 | ° | ° | ° | ° | ° | ° | 681 |
| 149 | Schenkies, Jens | 80 | Heidgrabener SV | 0:53:42 h | 119 | M 35-19 | ° | ° | ° | ° | ° | ° | 770 |
| B 150 | Hellmuth, Daniela | 83 | BSG Der Fahrrad | 0:53:49 h | ° | ° | 31 | W 35-6 | ° | ° | 5 | W 35-1 | 578 |
| 151 | Kruse, Oliver | 80 | Quickborn | 0:53:50 h | 120 | M 35-20 | ° | ° | ° | ° | ° | ° | 759 |
| B 152 | Schliephake, Katrin | 68 | BSG Gaden | 0:53:52 h | ° | ° | 32 | W 50-4 | ° | ° | 6 | W 50-1 | 865 |
| 153 | Dannehl, Gerhard | 59 | STV Sörup | 0:54:03 h | 121 | M 55-14 | ° | ° | ° | ° | ° | ° | 667 |
| 154 | Hinrichsen, Wibke | 73 | | 0:54:08 h | ° | ° | 33 | W 45-5 | ° | ° | ° | ° | 543 |
| 154 | Hinrichsen, Daniel | 76 | | 0:54:08 h | 122 | M 40-12 | ° | ° | ° | ° | ° | ° | 735 |
| 156 | Treu, Olav | 61 | TuS Hasloh | 0:54:09 h | 123 | M 55-15 | ° | ° | ° | ° | ° | ° | 869 |
| 157 | Noack-Bergstedt, Michaela | 86 | Fitness-Lauftreff | 0:54:10 h | ° | ° | 34 | W 30-5 | ° | ° | ° | ° | 607 |
| 158 | Sattler, Jan | 78 | Hamburg | 0:54:15 h | 124 | M 40-13 | ° | ° | ° | ° | ° | ° | 746 |
| B 159 | Bublitz, Manfred | 39 | BSG Philips LG | 0:54:22 h | 125 | M 75-1 | ° | ° | 17 | M 75-1 | ° | ° | 634 |
| 160 | Dietrich, Sven | 66 | Quickborn | 0:54:23 h | 126 | M 50-16 | ° | ° | ° | ° | ° | ° | 689 |
| 161 | Meißner, Charlotte | 91 | Fitness-Lauftreff | 0:54:36 h | ° | ° | 35 | W-9 | ° | ° | ° | ° | 621 |
| 162 | Bold, Iris | 66 | Fun Arena | 0:54:39 h | ° | ° | 36 | W 50-5 | ° | ° | ° | ° | 836 |
| 163 | Jargstorff, Katja | 76 | Owschlag | 0:54:40 h | ° | ° | 37 | W 40-6 | ° | ° | ° | ° | 561 |
| 164 | Soetebeer, Michael | 55 | BSG AXA Hambu | 0:54:45 h | 127 | M 60-7 | ° | ° | ° | ° | ° | ° | 663 |
| B 165 | Schild, Antje | 66 | BSG ERGOsport | 0:54:47 h | ° | ° | 38 | W 50-6 | ° | ° | 7 | W 50-2 | 527 |
| 166 | Unrau, Rudi | 67 | | 0:54:53 h | 128 | M 50-17 | ° | ° | ° | ° | ° | ° | 862 |
| 166 | Schlichting, Dirk | 69 | | 0:54:53 h | 128 | M 45-18 | ° | ° | ° | ° | ° | ° | 837 |
| 168 | ten Venne, Kristina | 83 | | 0:55:00 h | ° | ° | 39 | W 35-7 | ° | ° | ° | ° | 595 |
| B 169 | Becker, Uwe | 56 | BSG Hamburger | 0:55:06 h | 130 | M 60-8 | ° | ° | 18 | M 60-3 | ° | ° | 651 |
| 170 | Barnekow, Frank | 63 | #norderstedtläuft | 0:55:08 h | 131 | M 55-16 | ° | ° | ° | ° | ° | ° | 666 |
| 170 | Demuth, Matthias | 68 | #norderstedtläuft | 0:55:08 h | 131 | M 50-18 | ° | ° | ° | ° | ° | ° | 688 |
| 172 | Seelke, Frank | 57 | Bremen | 0:55:13 h | 133 | M 60-9 | ° | ° | ° | ° | ° | ° | 662 |
| B 173 | Rubiales Jiménez, Luis | 38 | BSG Zoll Hambu | 0:55:22 h | 134 | M 80-1 | ° | ° | 19 | M 80-1 | ° | ° | 631 |
| 174 | Holste, Thorsten | 60 | FC St. Pauli Triat | 0:55:24 h | 135 | M 55-17 | ° | ° | ° | ° | ° | ° | 855 |
| 175 | Kuhn, Ruediger | 68 | Hamburg | 0:55:26 h | 136 | M 50-19 | ° | ° | ° | ° | ° | ° | 694 |
| 176 | Hillebrand, Ralph | 71 | TuS Holstein Qui | 0:55:30 h | 137 | M 45-19 | ° | ° | ° | ° | ° | ° | 717 |
| 177 | Finkeisen, Martina | 58 | Happy Feet Itzeh | 0:55:37 h | ° | ° | 40 | W 60-1 | ° | ° | ° | ° | 506 |
| B 177 | Pieconka, Antje | 59 | BSG OTTO | 0:55:37 h | ° | ° | 40 | W 55-1 | ° | ° | 8 | W 55-1 | 514 |
| B 179 | Almstedt, Doris | 80 | BSG Der Fahrrad | 0:55:53 h | ° | ° | 42 | W 35-8 | ° | ° | 9 | W 35-2 | 571 |
| 180 | Priebe, Wiebke | 74 | KT Triathlon | 0:55:56 h | ° | ° | 43 | W 40-7 | ° | ° | ° | ° | 566 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Gesamt Ges | Mann AK | Gesamt Ges | Frau AK | BSV Ges | Mann AK | BSV Ges | Frau AK | Start-Nr. |
|-------|---------------|-----------------------|---------------------|-----------|------------|----------|------------|---------|---------|---------|---------|---------|-----------|
| | 180 | Groß, Sven | 76 KT Triathlon | 0:55:56 h | 138 | M 40-14 | ° | ° | ° | ° | ° | ° | 734 |
| B | 182 | Oltrogge, Hans-Jürgen | 48 BSG Jungheinric | 0:56:08 h | 139 | M 70-3 | ° | ° | 20 | M 70-2 | ° | ° | 638 |
| | 183 | Jabs, Michael | 76 Hamburg | 0:56:11 h | 140 | M 40-15 | ° | ° | ° | ° | ° | ° | 736 |
| | 184 | Albrecht, Bernd | 54 Westerrönfeld | 0:56:13 h | 141 | M 60-10 | ° | ° | ° | ° | ° | ° | 650 |
| | 185 | Lüdemann, Carsten | 66 Cosmos Wedel | 0:56:21 h | 142 | M 50-20 | ° | ° | ° | ° | ° | ° | 697 |
| | 186 | Klafs, Ute | 71 DLRG Quickborn | 0:56:24 h | ° | ° | 44 | W 45-6 | ° | ° | ° | ° | 545 |
| | 186 | Mohrdiek, Dirk | 67 DLRG Quickborn | 0:56:24 h | 143 | M 50-21 | ° | ° | ° | ° | ° | ° | 882 |
| | 188 | Weber, Torben | 99 Hasloh | 0:56:34 h | 144 | MJ U20-4 | ° | ° | ° | ° | ° | ° | 804 |
| | 188 | Hahn, Andreas | 58 | 0:56:34 h | 144 | M 60-11 | ° | ° | ° | ° | ° | ° | 868 |
| | 190 | Wesche, Kim | 96 Hamburg | 0:56:36 h | ° | ° | 45 | W-10 | ° | ° | ° | ° | 627 |
| | 191 | Paust, Iska | 70 TuS Holstein Qui | 0:56:43 h | ° | ° | 46 | W 45-7 | ° | ° | ° | ° | 548 |
| | 192 | Wiegert, Wolfgang | 53 | 0:56:48 h | 146 | M 65-4 | ° | ° | ° | ° | ° | ° | 826 |
| | 193 | Dankowski, Nina | 77 Hamburg | 0:56:53 h | ° | ° | 47 | W 40-8 | ° | ° | ° | ° | 556 |
| | 194 | Gaudlitz, Gunter | 56 TuS Holstein Qui | 0:56:59 h | 147 | M 60-12 | ° | ° | ° | ° | ° | ° | 654 |
| | 195 | Bartels, Gudrun | 49 AG Hamburg We | 0:57:03 h | ° | ° | 48 | W 65-1 | ° | ° | ° | ° | 504 |
| | 196 | Wittstock, Isia | 75 Hamburg | 0:57:04 h | ° | ° | 49 | W 40-9 | ° | ° | ° | ° | 570 |
| | 197 | Raabe, Jürgen | 50 AG Hamburg We | 0:57:05 h | 148 | M 65-5 | ° | ° | ° | ° | ° | ° | 647 |
| | 198 | Behnke, Jutta | 62 TuS Holstein Qui | 0:57:17 h | ° | ° | 50 | W 55-2 | ° | ° | ° | ° | 508 |
| B | 199 | Wagener, Horst | 61 BSG Gaden | 0:57:20 h | 149 | M 55-18 | ° | ° | 21 | M 55-2 | ° | ° | 866 |
| | 200 | Tardel, Gita | 60 Lg Niendorf | 0:57:24 h | ° | ° | 51 | W 55-3 | ° | ° | ° | ° | 517 |
| | 201 | Kröner, Stephan | 67 Open Sports Har | 0:57:34 h | 150 | M 50-22 | ° | ° | ° | ° | ° | ° | 693 |
| | 202 | Martens, Imke | 71 Büsum | 0:57:44 h | ° | ° | 52 | W 45-8 | ° | ° | ° | ° | 546 |
| | 203 | Höpfner, Arne | 69 Triathlon Team B | 0:57:45 h | 151 | M 45-20 | ° | ° | ° | ° | ° | ° | 829 |
| | 204 | Seeling-Maaß, Meike | 65 Open Sports Har | 0:57:49 h | ° | ° | 53 | W 50-7 | ° | ° | ° | ° | 530 |
| | 205 | Timpe, Kerstin | 68 Open Sports Har | 0:57:54 h | ° | ° | 54 | W 50-8 | ° | ° | ° | ° | 534 |
| | 206 | Chudzinska, Agnieszka | 82 Hamburg | 0:57:55 h | ° | ° | 55 | W 35-9 | ° | ° | ° | ° | 572 |
| | 207 | Godefroy, Asken | 90 | 0:58:08 h | 152 | M-14 | ° | ° | ° | ° | ° | ° | 791 |
| | 208 | Hochrinner, Hannah | 83 Triabolos | 0:58:17 h | ° | ° | 56 | W 35-10 | ° | ° | ° | ° | 579 |
| | 208 | Isenberg, Simon | 83 Triabolos | 0:58:17 h | 153 | M 35-21 | ° | ° | ° | ° | ° | ° | 755 |
| | 210 | von Thun, Sigrid | 64 | 0:58:20 h | ° | ° | 57 | W 50-9 | ° | ° | ° | ° | 537 |
| B | 211 | Steinhorst, Jürgen | 53 BSG Hochbahn | 0:58:23 h | 154 | M 65-6 | ° | ° | 22 | M 65-2 | ° | ° | 649 |
| | 212 | Reimann, Jenny | 79 Norderstedt | 0:58:25 h | ° | ° | 58 | W 35-11 | ° | ° | ° | ° | 589 |
| B | 213 | Schweder, Klaus | 62 BSG AXA Hambu | 0:58:30 h | 155 | M 55-19 | ° | ° | 23 | M 55-3 | ° | ° | 677 |
| | 214 | Brosius, Marc | 68 Delingsdorfer SV | 0:58:42 h | 156 | M 50-23 | ° | ° | ° | ° | ° | ° | 884 |
| | 215 | Behnke, Lia | 93 Hamburg | 0:58:52 h | ° | ° | 59 | W-11 | ° | ° | ° | ° | 873 |
| | 215 | Behnke, Saskia | 91 Hamburg | 0:58:52 h | ° | ° | 59 | W-11 | ° | ° | ° | ° | 872 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Gesamt Ges | Mann | AK | Gesamt Ges | Frau | AK | BSV Ges | Mann AK | BSV Ges | Frau AK | Start-Nr. |
|-------|---------------|------------------------|--------------------|-------------------|------------|------|---------|------------|----------|----|---------|---------|---------|---------|-----------|
| | 217 | Rohlf-Grüning, Susanne | 66 | Itzehoe | 0:58:55 h | ° | ° | 61 | W 50-10 | ° | ° | ° | ° | ° | 526 |
| B | 218 | Wendt, Mareike | 69 | BSG SG Stern | 0:59:01 h | ° | ° | 62 | W 45-9 | ° | ° | ° | 10 | W 45-3 | 842 |
| | 219 | Hoffmann, Roland | 59 | FG Tangendorf | 0:59:10 h | 157 | M 55-20 | ° | ° | ° | ° | ° | ° | ° | 860 |
| | 220 | Barthmann, Susanne | 74 | Pinneberg | 0:59:19 h | ° | ° | 63 | W 40-10 | ° | ° | ° | ° | ° | 553 |
| | 221 | Falarzik, Andrea | 69 | Spiridon-Club-Ba | 0:59:23 h | ° | ° | 64 | W 45-10 | ° | ° | ° | ° | ° | 831 |
| | 222 | Kapuschat, Rolf | 50 | TuS Rotenburg | 0:59:24 h | 158 | M 65-7 | ° | ° | ° | ° | ° | ° | ° | 643 |
| B | 223 | Krysiak, Martina | 59 | BSG Airbus SG t | 0:59:30 h | ° | ° | 65 | W 55-4 | ° | ° | ° | 11 | W 55-2 | 513 |
| B | 224 | Leist, Friedrich | 79 | BSG NDR | 0:59:35 h | 159 | M 35-22 | ° | ° | 24 | M 35-1 | ° | ° | ° | 863 |
| | 225 | Schumann, Antonia | 01 | Lauftreff Quickbc | 0:59:37 h | ° | ° | 66 | WJ U18-1 | ° | ° | ° | ° | ° | 630 |
| | 226 | Wöhlk, Wolfgang | 47 | DAS HAT ART ! | 0:59:39 h | 160 | M 70-4 | ° | ° | ° | ° | ° | ° | ° | 641 |
| B | 227 | Sievers, Susanne | 67 | BSG ERGOsport | 0:59:46 h | ° | ° | 67 | W 50-11 | ° | ° | ° | 12 | W 50-3 | 531 |
| | 228 | Stange, Michael | 70 | | 0:59:48 h | 161 | M 45-21 | ° | ° | ° | ° | ° | ° | ° | 883 |
| | 229 | Bumann, Rolf | 43 | TuS Holstein Qui | 0:59:51 h | 162 | M 75-2 | ° | ° | ° | ° | ° | ° | ° | 635 |
| | 230 | Bartels, Olaf | 77 | Rhentiere | 0:59:52 h | 163 | M 40-16 | ° | ° | ° | ° | ° | ° | ° | 878 |
| | 231 | Steffen, Rüdiger | 60 | Lauftreff Hambur | 0:59:56 h | 164 | M 55-21 | ° | ° | ° | ° | ° | ° | ° | 678 |
| | 232 | Gaudlitz, Ingrid | 52 | TuS Holstein Qui | 1:00:03 h | ° | ° | 68 | W 65-2 | ° | ° | ° | ° | ° | 505 |
| B | 233 | Hagemann, Anna | 47 | BSG Rot Gelb H | 1:00:06 h | ° | ° | 69 | W 70-1 | ° | ° | ° | 13 | W 70-1 | 502 |
| | 234 | Moeller, Thomas | 64 | Running Team W | 1:00:10 h | 165 | M 50-24 | ° | ° | ° | ° | ° | ° | ° | 698 |
| | 234 | Bendig, Florian | 91 | Running Team W | 1:00:10 h | 165 | M-15 | ° | ° | ° | ° | ° | ° | ° | 788 |
| | 236 | Ebinger, Ingwer | 59 | Runstrenner | 1:00:11 h | 167 | M 55-22 | ° | ° | ° | ° | ° | ° | ° | 833 |
| | 237 | Zindler, Yvonne | 59 | SV Henstedt-Ulzl | 1:00:29 h | ° | ° | 70 | W 55-5 | ° | ° | ° | ° | ° | 518 |
| | 238 | Jukszat, Julia | 75 | | 1:00:30 h | ° | ° | 71 | W 40-11 | ° | ° | ° | ° | ° | 840 |
| | 238 | Jukszat, Tim | 73 | | 1:00:30 h | 168 | M 45-22 | ° | ° | ° | ° | ° | ° | ° | 839 |
| | 240 | Bach, Sandra | 75 | Norderstedt | 1:00:35 h | ° | ° | 72 | W 40-12 | ° | ° | ° | ° | ° | 551 |
| | 241 | Schröder, Isabel | 65 | #norderstedtläuft | 1:00:46 h | ° | ° | 73 | W 50-12 | ° | ° | ° | ° | ° | 529 |
| B | 242 | Wulff, Britta | 67 | BSG Airbus SG t | 1:00:48 h | ° | ° | 74 | W 50-13 | ° | ° | ° | 14 | W 50-4 | 538 |
| | 243 | Abendroth, Thomas | 60 | Hamburg | 1:00:52 h | 169 | M 55-23 | ° | ° | ° | ° | ° | ° | ° | 665 |
| | 244 | Dietrich, Peter | 39 | HNT Hamburg | 1:00:53 h | 170 | M 75-3 | ° | ° | ° | ° | ° | ° | ° | 822 |
| | 245 | Kellermann, Rebecca | 82 | Halstenbek | 1:00:55 h | ° | ° | 75 | W 35-12 | ° | ° | ° | ° | ° | 581 |
| | 245 | Dechmann, Marc | 67 | Halstenbek | 1:00:55 h | 171 | M 50-25 | ° | ° | ° | ° | ° | ° | ° | 687 |
| B | 247 | Neumann, Yvonne | 83 | BSG Beiersdorf | 1:01:03 h | ° | ° | 76 | W 35-13 | ° | ° | ° | 15 | W 35-3 | 586 |
| | 248 | Wunderlich, Peter | 56 | Lg Niendorf | 1:01:17 h | 172 | M 60-13 | ° | ° | ° | ° | ° | ° | ° | 664 |
| | 249 | Pollok, Ascol | 78 | Hasloh | 1:01:23 h | ° | ° | 77 | W 40-13 | ° | ° | ° | ° | ° | 565 |
| | 250 | Beitz, Ursula | 64 | Hamburg | 1:01:37 h | ° | ° | 78 | W 50-14 | ° | ° | ° | ° | ° | 519 |
| | 251 | Weber, Ilona | 80 | Norderstedt läuft | 1:01:57 h | ° | ° | 79 | W 35-14 | ° | ° | ° | ° | ° | 816 |
| | 252 | Vogelgesang, Michael | 61 | Hamburg | 1:01:59 h | 173 | M 55-24 | ° | ° | ° | ° | ° | ° | ° | 679 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Gesamt Ges | Mann AK | Gesamt Ges | Frau AK | BSV Ges | Mann AK | BSV Ges | Frau AK | Start-Nr. |
|-------|-----------------------|----|--------------------|-----------|------------|---------|------------|---------|---------|---------|---------|---------|-----------|
| 253 | Barenthin, Klaus | 42 | TuS Holstein Qui | 1:02:06 h | 174 | M 75-4 | ° | ° | ° | ° | ° | ° | 633 |
| 254 | Müller, Jessica | 82 | KT Triathlon | 1:02:13 h | ° | ° | 80 | W 35-15 | ° | ° | ° | ° | 585 |
| 255 | Jacobsen, Kai | 75 | DLRG Quickborn | 1:02:26 h | 175 | M 40-17 | ° | ° | ° | ° | ° | ° | 814 |
| 256 | Sobczak, Antje | 54 | MTV Soltau | 1:02:29 h | ° | ° | 81 | W 60-2 | ° | ° | ° | ° | 821 |
| 257 | Packhäuser, Katharina | 92 | Die Flitzer | 1:02:48 h | ° | ° | 82 | W-13 | ° | ° | ° | ° | 622 |
| 258 | Maszke, Wolfgang | 50 | Open Sports Har | 1:02:49 h | 176 | M 65-8 | ° | ° | ° | ° | ° | ° | 645 |
| 259 | Bannat-Reimers, Tanya | 76 | SVHU Team Smi | 1:02:51 h | ° | ° | 83 | W 40-14 | ° | ° | ° | ° | 552 |
| 260 | Zeidler, Axel | 56 | Hamburg | 1:03:01 h | 177 | M 60-14 | ° | ° | ° | ° | ° | ° | 813 |
| 261 | Vogt, Gabriele | 67 | Team Pirate | 1:03:04 h | ° | ° | 84 | W 50-15 | ° | ° | ° | ° | 536 |
| 262 | Harms, Volkert | 58 | | 1:03:33 h | 178 | M 60-15 | ° | ° | ° | ° | ° | ° | 657 |
| 263 | Rode, Gesine | 63 | Fitness-Lauftreff | 1:03:34 h | ° | ° | 85 | W 55-6 | ° | ° | ° | ° | 515 |
| 264 | Goertz, Silke | 61 | Oersdorf | 1:03:40 h | ° | ° | 86 | W 55-7 | ° | ° | ° | ° | 511 |
| 265 | Buttchereit, Klaus | 65 | Team Pirate | 1:03:41 h | 179 | M 50-26 | ° | ° | ° | ° | ° | ° | 686 |
| 266 | Kokerbeck, Heidrun | 61 | #norderstedtläuft | 1:04:09 h | ° | ° | 87 | W 55-8 | ° | ° | ° | ° | 512 |
| 267 | Drews, Viktoria | 83 | Hamburg | 1:04:10 h | ° | ° | 88 | W 35-16 | ° | ° | ° | ° | 576 |
| 268 | Zsivin, Laszlo | 80 | | 1:04:11 h | 180 | M 35-23 | ° | ° | ° | ° | ° | ° | 774 |
| 269 | Blöcker, Silke | 68 | Oersdorf | 1:04:28 h | ° | ° | 89 | W 50-16 | ° | ° | ° | ° | 520 |
| 270 | Möller, Michael | 71 | Rhentiere HU | 1:04:35 h | 181 | M 45-23 | ° | ° | ° | ° | ° | ° | 877 |
| 271 | Lee, Bona | 79 | | 1:04:45 h | ° | ° | 90 | W 35-17 | ° | ° | ° | ° | 583 |
| 271 | Hüttner, Peter | 64 | AG Hamburg We | 1:04:45 h | 182 | M 50-27 | ° | ° | ° | ° | ° | ° | 691 |
| 273 | Meyer, Alois | 46 | | 1:05:07 h | 183 | M 70-5 | ° | ° | ° | ° | ° | ° | 881 |
| 274 | Bünz, Anja | 65 | Bevern runs | 1:05:23 h | ° | ° | 91 | W 50-17 | ° | ° | ° | ° | 522 |
| 275 | Kröplin, Klaus | 41 | SVHU Team Smi | 1:05:26 h | 184 | M 75-5 | ° | ° | ° | ° | ° | ° | 636 |
| 276 | Schiemann, Andreas | 85 | Hasloh | 1:05:27 h | 185 | M 30-13 | ° | ° | ° | ° | ° | ° | 781 |
| 277 | Dieck, Larissa | 83 | Schlammfuchse l | 1:05:33 h | ° | ° | 92 | W 35-18 | ° | ° | ° | ° | 575 |
| 278 | Ulrich, Anna-Sophie | 92 | Borstel-Hohenrac | 1:05:52 h | ° | ° | 93 | W-14 | ° | ° | ° | ° | 625 |
| 279 | Jasper, Birte | 85 | Borstel-Hohenrac | 1:05:53 h | ° | ° | 94 | W 30-6 | ° | ° | ° | ° | 601 |
| 280 | Lubisch, Inga | 82 | Barmstedt | 1:06:02 h | ° | ° | 95 | W 35-19 | ° | ° | ° | ° | 584 |
| 281 | Behnke, Rolf | 58 | TuS Holstein Qui | 1:06:14 h | 186 | M 60-16 | ° | ° | ° | ° | ° | ° | 652 |
| 282 | Bartl, Thomas | 65 | SG Wasserratter | 1:06:25 h | 187 | M 50-28 | ° | ° | ° | ° | ° | ° | 683 |
| 283 | Dmitrow, Paul | 71 | Kirchengemeinde | 1:06:40 h | 188 | M 45-24 | ° | ° | ° | ° | ° | ° | 709 |
| 284 | Sterll, Tasja | 88 | Pinneberg | 1:06:42 h | ° | ° | 96 | W 30-7 | ° | ° | ° | ° | 611 |
| 285 | Löhde, Ann Sophie | 90 | | 1:06:44 h | ° | ° | 97 | W-15 | ° | ° | ° | ° | 620 |
| 286 | Rieck, Julia | 87 | Hamburg | 1:06:51 h | ° | ° | 98 | W 30-8 | ° | ° | ° | ° | 825 |
| B 287 | Müller, Ilona | 76 | BSG ERGOsport | 1:06:58 h | ° | ° | 99 | W 40-15 | ° | ° | 16 | W 40-2 | 564 |
| 288 | Dreyer, Verena | 73 | Hasloh | 1:07:17 h | ° | ° | 100 | W 45-11 | ° | ° | ° | ° | 540 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Gesamt Ges | Mann AK | Gesamt Ges | Frau AK | BSV Ges | Mann AK | BSV Ges | Frau AK | Start-Nr. |
|-------|------------------------------|----|--------------------|-----------|------------|---------|------------|---------|---------|---------|---------|---------|-----------|
| | 289 Schulze, Bernhard | 55 | Lauftreff Quickbc | 1:07:20 h | 189 | M 60-17 | ° | ° | ° | ° | ° | ° | 661 |
| | 289 Poon, Marianne | 85 | SG Wasserratter | 1:07:20 h | ° | ° | 101 | W 30-9 | ° | ° | ° | ° | 851 |
| | 289 Wiesmann, Thomas | 64 | SG Wasserratter | 1:07:20 h | 189 | M 50-29 | ° | ° | ° | ° | ° | ° | 857 |
| | 292 Schirwinski, Anja | 82 | | 1:07:21 h | ° | ° | 102 | W 35-20 | ° | ° | ° | ° | 592 |
| | 293 Frehse, Sandra | 82 | Norderstedt läuft | 1:07:25 h | ° | ° | 103 | W 35-21 | ° | ° | ° | ° | 856 |
| B | 294 Schwenck, Jörn | 44 | BSG HSH Nordb | 1:07:34 h | 191 | M 70-6 | ° | ° | 25 | M 70-3 | ° | ° | 640 |
| B | 295 Plönsky, Wolfgang | 53 | BSG Lufthansa S | 1:07:38 h | 192 | M 65-9 | ° | ° | 26 | M 65-3 | ° | ° | 646 |
| | 296 Rubach, Philip | 80 | Hamburg | 1:07:50 h | 193 | M 35-24 | ° | ° | ° | ° | ° | ° | 769 |
| | 297 Nickel, Karin | 46 | TSV Stocksee | 1:08:14 h | ° | ° | 104 | W 70-2 | ° | ° | ° | ° | 503 |
| | 298 Pritzlaff-Scheele, Tanja | 69 | TFR | 1:08:20 h | ° | ° | 105 | W 45-12 | ° | ° | ° | ° | 549 |
| | 299 Prahl, Nicole | 66 | Lauftreff Wedel | 1:08:21 h | ° | ° | 106 | W 50-18 | ° | ° | ° | ° | 818 |
| | 300 Schatt, Michael | 61 | SG Förde Spark | 1:08:38 h | 194 | M 55-25 | ° | ° | ° | ° | ° | ° | 854 |
| | 301 Riecken, Jennifer | 84 | Fitness-Lauftreff | 1:09:34 h | ° | ° | 107 | W 30-10 | ° | ° | ° | ° | 610 |
| | 302 Meister, André | 69 | Lauftreff Wedel e | 1:09:47 h | 195 | M 45-25 | ° | ° | ° | ° | ° | ° | 864 |
| B | 303 Schröder, Günter | 47 | BSG Commerzb | 1:10:02 h | 196 | M 70-7 | ° | ° | 27 | M 70-4 | ° | ° | 639 |
| | 304 Stock, Lena | 91 | Ellerau | 1:10:43 h | ° | ° | 108 | W-16 | ° | ° | ° | ° | 624 |
| | 305 Weiss, Michael | 70 | Kaltenkirchen | 1:11:07 h | 197 | M 45-26 | ° | ° | ° | ° | ° | ° | 731 |
| | 305 Raabe, Sebastian | 76 | Kaltenkirchen | 1:11:07 h | 197 | M 40-18 | ° | ° | ° | ° | ° | ° | 743 |
| | 307 Kahler, Mirko | 75 | Hamburg | 1:11:09 h | 199 | M 40-19 | ° | ° | ° | ° | ° | ° | 738 |
| | 308 Müller, Frank | 67 | KT Triathlon | 1:13:02 h | 200 | M 50-30 | ° | ° | ° | ° | ° | ° | 699 |
| | 309 Edler, Marion | 77 | Team Pirate | 1:13:07 h | ° | ° | 109 | W 40-16 | ° | ° | ° | ° | 557 |
| | 310 Scheele, Juergen | 64 | TFR | 1:14:48 h | 201 | M 50-31 | ° | ° | ° | ° | ° | ° | 703 |
| | 311 Reichardt, Kathrin | 81 | Norderstedt | 1:15:04 h | ° | ° | 110 | W 35-22 | ° | ° | ° | ° | 588 |
| | 312 Echelmeyer, Joachim | 63 | Hamburg | 1:15:16 h | 202 | M 55-26 | ° | ° | ° | ° | ° | ° | 668 |
| B | 313 Fuhr, Karin | 41 | BSG Rot Gelb H | 1:28:23 h | ° | ° | 111 | W 75-1 | ° | ° | 17 | W 75-1 | 501 |