

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | BSV Ges | Mann AK | BSV Ges | Frau AK | Start- Nr. |
|-------|-------------------------------|----|---|-----------|------------|------------|------------|------------|---------------|
| 1 | Poyatos Castillo, Jose Carlos | 73 | BSG Airbus SG HH | 0:35:56 h | 1 | M 45-1 | ° | ° | 187 |
| 2 | Koudougou, Halidou | 79 | BSG Philips LG | 0:38:38 h | 2 | M 40-1 | ° | ° | 213 |
| 3 | Kupper, Frank | 64 | BSG TÜV Nord / Post SV Buxtehude | 0:40:52 h | 3 | M 55-1 | ° | ° | 140 |
| 4 | Würpel, Nico | 74 | BSG Philips LG / ÄSIKX Backrunner Hamburg | 0:41:37 h | 4 | M 45-2 | ° | ° | 190 |
| 5 | Tychsen, Frederik | 75 | BSG Hamburger Laufladen | 0:41:59 h | 5 | M 40-2 | ° | ° | 195 |
| 6 | Handwerger, Jürgen | 86 | BSG Hamburger Laufladen | 0:43:56 h | 6 | M 30-1 | ° | ° | 232 |
| 7 | Witt, Sebastian | 76 | BSG Hapag Lloyd | 0:44:16 h | 7 | M 40-3 | ° | ° | 202 |
| 8 | Wagner, Dirk | 72 | BSG ERGOsports Hamburg | 0:46:10 h | 8 | M 45-3 | ° | ° | 185 |
| 9 | Kozieras, Norbert | 50 | BSG ERGOsports Hamburg | 0:47:02 h | 9 | M 65-1 | ° | ° | 111 |
| 10 | Fuchs, Bettina | 73 | BSG Philips LG | 0:47:33 h | ° | ° | 1 | W 45-1 | 39 |
| 11 | Rittmeister, Lutz | 59 | Philips LG | 0:47:40 h | 10 | M 60-1 | ° | ° | 277 |
| 12 | Radou, Frederic | 67 | BSG SG Stern Hamburg | 0:49:53 h | 11 | M 50-1 | ° | ° | 157 |
| 13 | Gieseke, Markus | 65 | BSG Generali Versicherungen | 0:51:57 h | 12 | M 50-2 | ° | ° | 145 |
| 14 | Raether-Egger, Andrea | 74 | BSG SV Signal Iduna | 0:52:24 h | ° | ° | 2 | W 45-2 | 46 |
| 15 | Steinhorst, Jürgen | 53 | Hochbahn/ BSV Hamburg | 0:52:55 h | 13 | M 65-2 | ° | ° | 323 |
| 16 | Boehlke, Florian | 75 | BSG Airbus SG HH | 0:53:05 h | 14 | M 40-4 | ° | ° | 191 |
| 17 | Damm, Wolfgang | 46 | Siemens | 0:54:39 h | 15 | M 70-1 | ° | ° | 288 |
| 18 | Maruhn, Clas | 71 | BSG SIGNAL IDUNA | 0:54:54 h | 16 | M 45-4 | ° | ° | 176 |
| 19 | Schliephake, Katrin | 68 | BSG Gaden | 0:55:41 h | ° | ° | 3 | W 50-1 | 22 |
| 20 | Kaiser, Peter | 47 | Lufthansa SV Hamburg | 0:55:48 h | 17 | M 70-2 | ° | ° | 289 |
| 21 | Rubiales Jiménez, Luis | 38 | BSG SG Zoll Hamburg | 0:56:26 h | 18 | M 80-1 | ° | ° | 104 |
| 22 | Hahn, Andreas | 58 | RCK | 0:57:40 h | 19 | M 60-2 | ° | ° | 299 |
| 23 | Scheile-Bängsson, Barb | 68 | BSG Die Goten / HPA | 0:58:19 h | ° | ° | 4 | W 50-2 | 21 |
| 24 | Grimm, Ariane | 87 | BSG Beiersdorf | 0:59:12 h | ° | ° | 5 | W 30-1 | 87 |
| 25 | Grandsitzki, Janine | 89 | BSG Beiersdorf | 0:59:12 h | ° | ° | 6 | W 30-2 | 95 |
| 26 | Grimm, Florian | 80 | BSG Beiersdorf | 0:59:14 h | 20 | M 35-1 | ° | ° | 217 |
| 27 | Wendt, Mareike | 69 | BSG SG Stern Hamburg | 0:59:24 h | ° | ° | 7 | W 50-3 | 26 |
| 28 | Wagner, Ratchaneekorn | 72 | BSG ERGOsports Hamburg | 1:01:42 h | ° | ° | 8 | W 45-3 | 36 |
| 29 | Krysiak, Martina | 59 | BSG Airbus SG HH | 1:01:44 h | ° | ° | 9 | W 60-1 | 5 |
| 30 | Adolff, Sandra | 75 | BSG Haspa / Team Erdinger Alkoholfrei | 1:06:44 h | ° | ° | 10 | W 40-1 | 50 |
| 31 | Schlizio, Petra | 66 | BSG Albertinen | 1:07:38 h | ° | ° | 11 | W 50-4 | 18 |
| 32 | Schröder, Günter | 47 | BSG Commerzbank AG | 1:14:15 h | 21 | M 70-3 | ° | ° | 109 |
| 33 | Fuhr, Karin | 41 | Rot Gelb Hamburg | 1:15:02 h | ° | ° | 12 | W 75-1 | 283 |