

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|------------------------|----|---------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Hiekmann, Thorben | 79 | Hamburg | 0:36:27 h | 1 | M30-1 | ° | ° | 11 |
| 2 | Wellpott, Thomas | 81 | SG Tantalus Kiel | 0:37:38 h | 2 | M30-2 | ° | ° | 163 |
| 3 | Siegmund, Alexander | 90 | Triabolos Hamburg e.V. | 0:37:57 h | 3 | M-1 | ° | ° | 141 |
| 4 | Mews, Martin | 58 | Möllner SV | 0:38:38 h | 4 | M55-1 | ° | ° | 94 |
| 5 | Lopez, Santiago | 67 | Adyton | 0:39:08 h | 5 | M45-1 | ° | ° | 88 |
| 6 | Ewert, Christian | 90 | LT Seeth-Ekholt | 0:40:15 h | 6 | M-2 | ° | ° | 23 |
| 7 | Heister, Christian | 86 | I run for life | 0:40:40 h | 7 | M-3 | ° | ° | 46 |
| 8 | Szwirblatt, Bastian | 79 | Stadtwerke Barmstedt | 0:40:47 h | 8 | M30-3 | ° | ° | 148 |
| 9 | Liedtke, Christin | 93 | Bismarckschule Elmshorn | 0:41:10 h | ° | ° | 1 | W U23-1 | 1 |
| 10 | Meyer, Stefan | 61 | Barmstedt | 0:41:14 h | 9 | M50-1 | ° | ° | 97 |
| 11 | Conrad, Daniel | 88 | Stadt Elmshorn | 0:41:16 h | 10 | M-4 | ° | ° | 19 |
| 12 | Wischmann, Romy | 83 | Westerhorn | 0:41:19 h | ° | ° | 2 | W30-1 | 2 |
| 13 | Kayser, Oliver | 75 | BSG Vattenfall | 0:42:00 h | 11 | M35-1 | ° | ° | 65 |
| 14 | Riewesell, Benjamin | 81 | Elmshorn | 0:42:48 h | 12 | M30-4 | ° | ° | 118 |
| 15 | Girnius, Helge | 89 | Uetersen | 0:43:05 h | 13 | M-5 | ° | ° | 30 |
| 16 | Schmidt, Torben | 78 | Alveslohe | 0:43:14 h | 14 | M35-2 | ° | ° | 131 |
| 17 | Goemann, Christoph | 74 | Barmstedt | 0:43:39 h | 15 | M35-3 | ° | ° | 32 |
| 18 | Lange, Gabriela | 60 | BW 96 Schenefeld | 0:43:41 h | ° | ° | 3 | W50-1 | 78 |
| 19 | Sorge, Thorsten | 82 | Team Erdinger Alkoholfrei | 0:43:47 h | 16 | M30-5 | ° | ° | 150 |
| 20 | Herrmann, Sven | 68 | Barmstedt | 0:43:53 h | 17 | M45-2 | ° | ° | 48 |
| 21 | Link, Torben | 79 | Elmshorn | 0:44:01 h | 18 | M30-6 | ° | ° | 84 |
| 22 | Pielke, Kevin | 92 | Henstedt-Ulzburg | 0:44:10 h | 19 | M U23-1 | ° | ° | 110 |
| 23 | Karp, Patrick | 73 | Volksbank Elmshorn | 0:44:15 h | 20 | M40-1 | ° | ° | 63 |
| 24 | Schönfelder, Christian | 78 | BMTV | 0:44:39 h | 21 | M35-4 | ° | ° | 135 |
| 25 | Seeba, Jürgen | 61 | LT TuS Esingen | 0:44:59 h | 22 | M50-2 | ° | ° | 139 |
| 26 | Nitt, Thorsten | 70 | Wedel | 0:45:05 h | 23 | M40-2 | ° | ° | 105 |
| 27 | Bohnenkamp, Claudia | 72 | BSG Tchibo | 0:45:13 h | ° | ° | 4 | W40-1 | 179 |
| 28 | Steinkühler, Thomas | 57 | Hamburg | 0:45:41 h | 24 | M55-2 | ° | ° | 145 |
| 29 | Spaja, Peter | 61 | Fit&Fun Barmstedt | 0:45:44 h | 25 | M50-3 | ° | ° | 143 |
| 30 | Blume, Nis | 98 | Haseldorf | 0:45:56 h | 26 | MJ U16-1 | ° | ° | 10 |
| 31 | Chirivi, Franco | 62 | Barmstedt | 0:45:58 h | 27 | M50-4 | ° | ° | 17 |
| 32 | Poplawski, Ralf | 67 | BMTV | 0:46:00 h | 28 | M45-3 | ° | ° | 113 |
| 33 | König, Rüdiger | 59 | SC Itzehoe | 0:46:03 h | 29 | M50-5 | ° | ° | 180 |
| 34 | de Jong, Olaf | 61 | Team KAO Architekten | 0:46:04 h | 30 | M50-6 | ° | ° | 21 |
| 35 | Güttner, Jan-Pidder | 65 | BMTV | 0:46:16 h | 31 | M45-4 | ° | ° | 39 |
| 36 | Held, Frank | 59 | Elmshorn | 0:46:27 h | 32 | M50-7 | ° | ° | 47 |
| 37 | Köhler, Sebastian | 73 | LT Seeth-Ekholt | 0:46:37 h | 33 | M40-3 | ° | ° | 68 |

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|-------|------------------------|----|-------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 38 | Saul, Jörn | 62 | Barmstedt | 0:46:50 h | 34 | M50-8 | ◦ | ◦ | 126 |
| 39 | Warns, Ralf | 69 | Fußballabt. TUS Hemdingen-Bil | 0:46:52 h | 35 | M40-4 | ◦ | ◦ | 159 |
| 40 | Götting, Tobias | 70 | Elmshorn | 0:47:04 h | 36 | M40-5 | ◦ | ◦ | 33 |
| 41 | Lang, Joachim | 64 | TRI-EMTV Elmshorn | 0:47:11 h | 37 | M45-5 | ◦ | ◦ | 77 |
| 42 | Jordan, Volker | 62 | Barmstedt | 0:47:13 h | 38 | M50-9 | ◦ | ◦ | 59 |
| 43 | Verch, Jonni | 59 | Langeln | 0:47:17 h | 39 | M50-10 | ◦ | ◦ | 154 |
| 44 | Werner, Detlef | 58 | Tornesch | 0:47:26 h | 40 | M55-3 | ◦ | ◦ | 168 |
| 45 | Liedtke, Susanne | 59 | Klein-Nordende | 0:47:30 h | ◦ | ◦ | 5 | W50-2 | 82 |
| 46 | Wendt, Steen | 98 | Elmshorn | 0:47:31 h | 41 | MJ U16-2 | ◦ | ◦ | 165 |
| 47 | Clausen, Uwe | 56 | Elmshorn | 0:47:32 h | 42 | M55-4 | ◦ | ◦ | 18 |
| 48 | Polley, Frank | 67 | Tornesch | 0:47:47 h | 43 | M45-6 | ◦ | ◦ | 125 |
| 49 | von Ahn, Jonas | 95 | Fit&Fun Barmstedt | 0:47:49 h | 44 | MJ U20-1 | ◦ | ◦ | 156 |
| 50 | Wegener, Antonia | 76 | Quickborn | 0:47:56 h | ◦ | ◦ | 6 | W35-1 | 160 |
| 51 | Kasprzak, Roland | 67 | Hamburg | 0:47:58 h | 45 | M45-7 | ◦ | ◦ | 64 |
| 52 | Wolters, Peter | 63 | TuS Holstein Quickborn | 0:48:19 h | 46 | M50-11 | ◦ | ◦ | 174 |
| 53 | Ederer, Robert | 59 | Tornesch | 0:48:40 h | 47 | M50-12 | ◦ | ◦ | 22 |
| 54 | Büttner, Lars | 79 | Lehre | 0:48:45 h | 48 | M30-7 | ◦ | ◦ | 16 |
| 55 | Christians, Hedda | 69 | Hamburg | 0:48:58 h | ◦ | ◦ | 7 | W40-2 | 43 |
| 56 | Ewert, Peter | 58 | LT Seeth-Ekholt | 0:48:59 h | 49 | M55-5 | ◦ | ◦ | 24 |
| 57 | Keller, Stephan | 87 | Fit&Fun Barmstedt | 0:49:04 h | 50 | M-6 | ◦ | ◦ | 66 |
| 58 | Breuel, Nico | 99 | Fit&Fun Barmstedt | 0:49:05 h | 51 | MJ U16-3 | ◦ | ◦ | 13 |
| 59 | Lötje, Klaus-Dieter | 53 | Uetersen | 0:49:15 h | 52 | M60-1 | ◦ | ◦ | 89 |
| 60 | Wegener, Thomas | 74 | Quickborn | 0:49:44 h | 53 | M35-5 | ◦ | ◦ | 161 |
| 61 | von Appen, Gudrun | 54 | Uetersen | 0:49:45 h | ◦ | ◦ | 8 | W55-1 | 157 |
| 62 | Jansen, Thorsten | 64 | Hemdingen | 0:49:48 h | 54 | M45-8 | ◦ | ◦ | 52 |
| 63 | Brandt, Hartmut | 65 | TuS Holstein Quickborn | 0:50:14 h | 55 | M45-9 | ◦ | ◦ | 12 |
| 64 | Bornholdt, Bernd | 69 | Langeln | 0:50:15 h | 56 | M40-6 | ◦ | ◦ | 178 |
| 65 | Conrad, Dirk | 59 | Elmshorn | 0:50:23 h | 57 | M50-13 | ◦ | ◦ | 20 |
| 66 | Wendt, Thore | 98 | Elmshorn | 0:50:28 h | 58 | MJ U16-4 | ◦ | ◦ | 166 |
| 67 | Quaak, William | 57 | Groß Offenseth-Aspern | 0:50:30 h | 59 | M55-6 | ◦ | ◦ | 114 |
| 68 | Gehle, Tobias | 74 | Barmstedt | 0:50:37 h | 60 | M35-6 | ◦ | ◦ | 29 |
| 69 | Pawlowski, Hans-Jürgen | 62 | Barmstedt | 0:50:40 h | 61 | M50-14 | ◦ | ◦ | 108 |
| 70 | Schmidt, Holger | 51 | Elmshorn | 0:50:44 h | 62 | M60-2 | ◦ | ◦ | 129 |
| 71 | Stange, Michael | 70 | Elmshorn | 0:51:11 h | 63 | M40-7 | ◦ | ◦ | 144 |
| 72 | Schmidt, Marion | 54 | Elmshorn | 0:51:13 h | ◦ | ◦ | 9 | W55-2 | 130 |
| 73 | Nielsen, Holger | 57 | Seegurken Elmshorn | 0:51:23 h | 64 | M55-7 | ◦ | ◦ | 103 |
| 74 | Aksoy, Coskun | 78 | Barmstedt | 0:51:44 h | 65 | M35-7 | ◦ | ◦ | 81 |

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|-------|--------------------------|----|-------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 75 | Vahl, Tobias | 92 | Barmstedt | 0:51:55 h | 66 | M U23-2 | ° | ° | 153 |
| 76 | Schnoor, Sven | 85 | Barmstedt | 0:51:56 h | 67 | M-7 | ° | ° | 132 |
| 77 | Baldt, Martin | 75 | Elmshorn | 0:51:57 h | 68 | M35-8 | ° | ° | 4 |
| 78 | Mühlenkamp, Olaf | 68 | Fit&Fun Barmstedt | 0:52:01 h | 69 | M45-10 | ° | ° | 98 |
| 79 | Schramm, Martin | 62 | BMTV | 0:52:19 h | 70 | M50-15 | ° | ° | 136 |
| 80 | Sarter, Björn | 88 | DLRG-Wedel | 0:52:32 h | 71 | M-8 | ° | ° | 124 |
| 81 | Schenkies, Jens | 80 | Heidgraben | 0:52:37 h | 72 | M30-8 | ° | ° | 127 |
| 82 | Siefke, Klaus | 57 | Barmstedt | 0:52:39 h | 73 | M55-8 | ° | ° | 140 |
| 83 | Güttner, Nick-Jonas | 98 | Barmstedt | 0:52:53 h | 74 | MJ U16-5 | ° | ° | 40 |
| 84 | Wehrhahn, Maren | 82 | Elmshorn | 0:53:08 h | ° | ° | 10 | W30-2 | 162 |
| 85 | Loop, Daniel | 77 | Uetersen | 0:53:11 h | 75 | M35-9 | ° | ° | 87 |
| 86 | Witt, Stefanie | 82 | Barmstedt | 0:53:12 h | ° | ° | 11 | W30-3 | 173 |
| 87 | Andreasson, Nico | 88 | Barmstedt | 0:53:15 h | 76 | M-9 | ° | ° | 172 |
| 88 | Müller Elmer, Judith | 66 | Volketswil | 0:53:18 h | ° | ° | 12 | W45-1 | 100 |
| 89 | Kracht, Miriam | 77 | Itzehoe | 0:53:21 h | ° | ° | 13 | W35-2 | 70 |
| 90 | Behm, Mathias | 58 | Klein Nordende | 0:53:28 h | 77 | M55-9 | ° | ° | 7 |
| 91 | Strahl, Erik | 67 | Najaden Running Section | 0:53:39 h | 78 | M45-11 | ° | ° | 147 |
| 92 | Stockfleth, Marcel | 94 | DLRG-Wedel | 0:54:06 h | 79 | MJ U20-2 | ° | ° | 146 |
| 93 | Beutin, Albrecht | 44 | Kölln-Reisiek | 0:54:10 h | 80 | M65-1 | ° | ° | 9 |
| 94 | Gaudlitz, Gunter | 56 | Quickborn | 0:54:11 h | 81 | M55-10 | ° | ° | 27 |
| 95 | Poplawski, Inken | 66 | BMTV | 0:54:19 h | ° | ° | 14 | W45-2 | 112 |
| 95 | Meyer, Heike | 68 | Barmstedt | 0:54:19 h | ° | ° | 14 | W45-2 | 96 |
| 97 | Gummert, Wolfgang | 56 | LT Quickborn-Ellerau | 0:54:34 h | 82 | M55-11 | ° | ° | 36 |
| 98 | Scholz, Björn | 81 | Elmshorn | 0:54:42 h | 83 | M30-9 | ° | ° | 134 |
| 99 | Baumgarten, Michael | 85 | Brande-Hörnerkirchen | 0:54:47 h | 84 | M-10 | ° | ° | 6 |
| 100 | Gleißmann, Sven | 66 | Hemdingen | 0:55:02 h | 85 | M45-12 | ° | ° | 31 |
| 101 | Meyer, Alexandra | 76 | Barmstedt | 0:55:04 h | ° | ° | 16 | W35-3 | 95 |
| 102 | Maaß, Peter | 51 | Elmshorn | 0:55:05 h | 86 | M60-3 | ° | ° | 91 |
| 103 | Lohse, Sabine | 79 | Norderstedt | 0:55:12 h | ° | ° | 17 | W30-4 | 86 |
| 104 | Wenk, Lars | 67 | Norderstedt | 0:55:13 h | 87 | M45-13 | ° | ° | 167 |
| 105 | Nikukar, Lars | 75 | Elmshorn | 0:55:14 h | 88 | M35-10 | ° | ° | 104 |
| 106 | Güttner, Isabell-Antonia | 96 | Barmstedt | 0:55:18 h | ° | ° | 18 | WJ U18-1 | 38 |
| 107 | Schnoor, Thea | 83 | Barmstedt | 0:55:28 h | ° | ° | 19 | W30-5 | 133 |
| 108 | Wiontzek, Mathias | 65 | Stadtwerke Elmshorn | 0:55:39 h | 89 | M45-14 | ° | ° | 171 |
| 109 | Otzen, Behrend | 48 | Barmstedt | 0:55:46 h | 90 | M65-2 | ° | ° | 106 |
| 110 | Preusser, Harry | 56 | Schenefeld | 0:55:50 h | 91 | M55-12 | ° | ° | 177 |
| 111 | Behnemann, Andreas | 60 | SSV Rantzaу | 0:55:52 h | 92 | M50-16 | ° | ° | 8 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-----------------------|----|-------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 112 | Verch, Karin | 63 | Jungheinrich/BSV HH | 0:55:57 h | ° | ° | 20 | W50-3 | 155 |
| 113 | Wendt, Christian | 64 | Elmshorn | 0:56:09 h | 93 | M45-15 | ° | ° | 164 |
| 114 | Jaster, Manfred | 51 | Bokholt-Hanredder | 0:56:19 h | 94 | M60-4 | ° | ° | 54 |
| 115 | Krieter, Armin | 60 | Lauffreunde Itzehoe | 0:56:23 h | 95 | M50-17 | ° | ° | 71 |
| 116 | Böttcher, Winfried | 68 | Horst | 0:56:30 h | 96 | M45-16 | ° | ° | 50 |
| 117 | Gampl, Christoph | 71 | Kaltenkirchen | 0:56:41 h | 97 | M40-8 | ° | ° | 26 |
| 118 | Uhl, Manfred | 39 | Prisdorf | 0:57:02 h | 98 | M70-1 | ° | ° | 151 |
| 119 | Otzen, Ingrid | 54 | Laufftreff Barmstedt | 0:57:17 h | ° | ° | 21 | W55-3 | 107 |
| 120 | Heuser, Jürgen | 69 | Bramstedter TS | 0:57:19 h | 99 | M40-9 | ° | ° | 49 |
| 121 | Bauer, Bernhard | 48 | Laufftreff TSV Uetersen | 0:57:43 h | 100 | M65-3 | ° | ° | 5 |
| 121 | Bahde, Maren | 59 | Norderstedt | 0:57:43 h | ° | ° | 22 | W50-4 | 3 |
| 123 | Lohmann, Elke | 63 | Langeln | 0:57:48 h | ° | ° | 23 | W50-5 | 85 |
| 124 | Slomianka, Carina | 72 | Fußballabt. TUS Hemdingen-Bil | 0:57:52 h | ° | ° | 24 | W40-3 | 142 |
| 125 | Kampf, Susanne | 63 | Bilsen | 0:58:17 h | ° | ° | 25 | W50-6 | 62 |
| 126 | Gaudlitz, Johanna | 90 | Quickborn | 0:58:36 h | ° | ° | 26 | W-1 | 28 |
| 127 | Johannsen, Karen | 63 | Barmstedt | 0:58:55 h | ° | ° | 27 | W50-7 | 58 |
| 128 | Johannsen, Helge | 44 | Wyk auf Föhr | 0:59:23 h | 101 | M65-4 | ° | ° | 57 |
| 129 | Kurzeja, Chris | 96 | DLRG-Wedel | 0:59:45 h | 102 | MJ U18-1 | ° | ° | 75 |
| 130 | Ludwig, Brigitte | 48 | Uetersen | 1:00:39 h | ° | ° | 28 | W65-1 | 90 |
| 131 | Reumann, Linda | 85 | Langenhagen | 1:01:02 h | ° | ° | 29 | W-2 | 117 |
| 132 | Schultz, Angela | 47 | Kölln-Reisiek | 1:02:14 h | ° | ° | 30 | W65-2 | 137 |
| 133 | Schultz, Horst | 43 | Kölln-Reisiek | 1:02:15 h | 103 | M70-2 | ° | ° | 138 |
| 134 | Quistorf, Sandra | 72 | Bokel | 1:02:28 h | ° | ° | 31 | W40-4 | 115 |
| 135 | Lange, Peter | 58 | Seeth-Ekholz | 1:02:56 h | 104 | M55-13 | ° | ° | 79 |
| 136 | Nehlsen, Sandra | 73 | Elmshorn | 1:03:33 h | ° | ° | 32 | W40-5 | 101 |
| 137 | Kwiatkowski, Wilfried | 41 | TuS Holstein Quickborn | 1:03:57 h | 105 | M70-3 | ° | ° | 76 |
| 138 | Kersch, Alexander | 66 | Barmstedt | 1:05:04 h | 106 | M45-17 | ° | ° | 67 |
| 139 | Köpp, Gerd | 58 | Uetersen | 1:05:22 h | 107 | M55-14 | ° | ° | 69 |
| 140 | Gröger, Gerlinde | 50 | LT TSV Uetersen | 1:07:06 h | ° | ° | 33 | 60-1 | 175 |
| 141 | Raabe, Inka | 76 | Elmshorn | 1:07:34 h | ° | ° | 34 | W35-4 | 116 |
| 142 | Wiebe, Hans-Walter | 58 | Barmstedt | 1:07:39 h | 108 | M55-15 | ° | ° | 169 |
| 143 | Lehmann, Andreas | 57 | Kollmar | 1:08:19 h | 109 | M55-16 | ° | ° | 80 |
| 144 | Haats, Veronika | 86 | Bokel | 1:08:21 h | ° | ° | 35 | W-3 | 41 |
| 145 | Kamlage, Jens | 43 | SV Signal Iduna | 1:08:22 h | 110 | M70-4 | ° | ° | 61 |
| 146 | Kamlage, Frauke | 56 | SV Signal Iduna | 1:08:23 h | ° | ° | 36 | W55-4 | 60 |