

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|----------------------|----|-----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Dethlefs, Pascal | 83 | TSV Glücksburg 09 | 0:34:27 h | 1 | M35-1 | ° | ° | 1 |
| 2 | Rusch, Philipp | 96 | TOYOTA Auto Centrum Lass | 0:38:26 h | 2 | M-1 | ° | ° | 176 |
| 3 | Farah, Mansor | 96 | SG Kronshagen Kieler TB | 0:38:27 h | 3 | M-2 | ° | ° | 204 |
| 4 | Ohm, Sören | 77 | TuS Jevenstedt | 0:39:38 h | 4 | M40-1 | ° | ° | 56 |
| 5 | Berolo, Attilio | 90 | kein Verein | 0:40:06 h | 5 | M-3 | ° | ° | 190 |
| 6 | Jachmann, Natalie | 91 | TSV Glücksburg 09 | 0:40:19 h | ° | ° | 1 | W-1 | 97 |
| 7 | Reuter, Benjamin | 87 | SG Athletico Büdelsdorf | 0:41:04 h | 6 | M30-1 | ° | ° | 76 |
| 8 | Heyer, Tom | 01 | TSV Glücksburg 09 | 0:42:12 h | 7 | MJ-1 | ° | ° | 102 |
| 8 | Brade, Karsten | 77 | ALG-Vfl Bokel | 0:42:12 h | 7 | M40-2 | ° | ° | 181 |
| 10 | Meinert, Lars | 83 | SG TSV Kronshagen/Kieler TB | 0:42:43 h | 9 | M35-2 | ° | ° | 205 |
| 11 | Ehlers, Jessika | 96 | SG Athletico Büdelsdorf | 0:43:08 h | ° | ° | 2 | W-2 | 75 |
| 12 | Schwennsen, Ron | 80 | TSV Oeversee | 0:43:30 h | 10 | M35-3 | ° | ° | 174 |
| 13 | Mozin, Marc | 87 | Garbsener SC | 0:44:31 h | 11 | M30-2 | ° | ° | 149 |
| 14 | Müller, Erik | 72 | Feuerwehr Ellerdorf | 0:44:59 h | 12 | M45-1 | ° | ° | 7 |
| 15 | Johannsen, Sönke | 78 | STV Sörup | 0:45:23 h | 13 | M40-3 | ° | ° | 138 |
| 16 | Reiter, Arvid | 94 | TSV Schleswig | 0:45:31 h | 14 | M-4 | ° | ° | 82 |
| 17 | Schiefelbein, Magnus | 79 | ALG-Vfl Bokel | 0:45:43 h | 15 | M40-4 | ° | ° | 182 |
| 18 | Alnor, Mats Laurits | 95 | Mudane Team | 0:45:50 h | 16 | M-5 | ° | ° | 92 |
| 19 | Ardelt, Beatrice | 97 | Rendsburg | 0:46:17 h | ° | ° | 3 | W-3 | 67 |
| 20 | Trapp, Trixi | 76 | LG POWER-Schnecken Kiel | 0:46:43 h | ° | ° | 4 | W40-1 | 167 |
| 21 | Dose, Karsten | 66 | SV Fortuna Bösdorf | 0:46:48 h | 17 | M50-1 | ° | ° | 168 |
| 22 | Bark, Sebastian | 85 | 1. Flensburger Laufftreff | 0:47:14 h | 18 | M30-3 | ° | ° | 201 |
| 23 | Faesel, Philipp | 01 | TSV Borgstedt | 0:47:52 h | 19 | MJ-2 | ° | ° | 26 |
| 24 | Ulbrich, Thomas | 69 | Team Osteopathie Werner | 0:48:00 h | 20 | M50-2 | ° | ° | 69 |
| 25 | Pflaumann, Andreas | 73 | kein Verein | 0:48:03 h | 21 | M45-2 | ° | ° | 198 |
| 26 | Timme, Hinnerk | 55 | TSV Fahrdorf | 0:48:29 h | 22 | M60-1 | ° | ° | 144 |
| 27 | Fock, Eggert | 65 | Wacken | 0:48:39 h | 23 | M50-3 | ° | ° | 91 |
| 28 | Lachenmann, Michael | 64 | Felde | 0:48:42 h | 24 | M55-1 | ° | ° | 101 |
| 29 | Knebel, Michael | 66 | Rennschnecke | 0:49:03 h | 25 | M50-4 | ° | ° | 70 |
| 30 | Möller, André | 90 | TSV Schleswig | 0:49:41 h | 26 | M-6 | ° | ° | 208 |
| 31 | Cordes, Ralf | 67 | Plön | 0:49:52 h | 27 | M50-5 | ° | ° | 85 |
| 32 | Scheiermann, Olga | 90 | Jevenstedt | 0:50:06 h | ° | ° | 5 | W-4 | 19 |
| 33 | Rasikh, Nawroz | 99 | Welt in Schwung Halter | 0:50:14 h | 28 | M-7 | ° | ° | 72 |
| 34 | Hahn, Anna | 81 | Stop-Apotheke | 0:50:25 h | ° | ° | 6 | W35-1 | 5 |
| 35 | Emminghaus, Nadine | 80 | Die Laufpartner | 0:50:54 h | ° | ° | 7 | W35-2 | 164 |
| 36 | Becker, Norbert | 66 | SV Kieholm | 0:51:11 h | 29 | M50-6 | ° | ° | 152 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
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| 37 | Stephani, Winfried | 58 | Lg Norderbrarup | 0:51:15 h | 30 | M60-2 | ° | ° | 66 |
| 38 | Thoms, Klaus | 59 | Grün Weiß Bovenau | 0:51:22 h | 31 | M60-3 | ° | ° | 87 |
| 39 | Wieczorek, Niklas | 88 | Kiel | 0:51:30 h | 32 | M30-4 | ° | ° | 93 |
| 39 | Vorspohl, Nina | 88 | Kiel | 0:51:30 h | ° | ° | 8 | W30-1 | 94 |
| 41 | Nielson, Werner | 51 | Bredenbeker Renntiere | 0:51:40 h | 33 | M65-1 | ° | ° | 99 |
| 42 | Steffensen, Kai | 75 | TSV Schleswig | 0:51:51 h | 34 | M40-5 | ° | ° | 46 |
| 43 | Krüger, Günter | 63 | Schuby | 0:51:55 h | 35 | M55-2 | ° | ° | 47 |
| 44 | Lipski, Ulf | 80 | Team Turbo | 0:51:56 h | 36 | M35-4 | ° | ° | 9 |
| 45 | Gentile, Cosmo | 50 | Itzehoe | 0:52:36 h | 37 | M65-2 | ° | ° | 189 |
| 46 | Becker, Verena | 77 | SG TSV Kronshagen/Kieler TB | 0:52:51 h | ° | ° | 9 | W40-2 | 131 |
| 47 | Kloss, Stephan | 79 | TSV Schleswig | 0:53:15 h | 38 | M40-6 | ° | ° | 42 |
| 48 | Witte, Henri | 97 | Welt in Schwung Halter | 0:53:25 h | 39 | M-8 | ° | ° | 210 |
| 49 | Schneider, Thomas | 72 | STV Sörup | 0:53:32 h | 40 | M45-3 | ° | ° | 175 |
| 50 | Kroll, Gerd | 66 | Grün Weiß Bovenau | 0:53:34 h | 41 | M50-7 | ° | ° | 15 |
| 51 | Greve, Beate | 70 | Dannenberg Training | 0:53:39 h | ° | ° | 10 | W45-1 | 207 |
| 52 | Ardelt, Uwe | 63 | TuS Holtenau | 0:53:46 h | 42 | M55-3 | ° | ° | 142 |
| 53 | Dengler, Marcus | 67 | Kiel | 0:53:53 h | 43 | M50-8 | ° | ° | 137 |
| 54 | König, Rüdiger | 59 | SC-Itzehoe | 0:54:04 h | 44 | M60-4 | ° | ° | 147 |
| 55 | Marcinowski, Mario | 83 | Eider Aktiv | 0:54:21 h | 45 | M-9 | ° | ° | 462 |
| 56 | Paulsen, Niklas | 90 | FLS Runners | 0:54:27 h | 46 | M-10 | ° | ° | 64 |
| 57 | Diedrich, Florian | 77 | Kiel | 0:54:28 h | 47 | M40-7 | ° | ° | 62 |
| 58 | Steen, Gerd | 64 | LG Albatros Kiel | 0:54:47 h | 48 | M55-4 | ° | ° | 206 |
| 59 | Andresen, Lars | 83 | Zahn zu Leger | 0:54:58 h | 49 | M35-5 | ° | ° | 121 |
| 60 | Nørregaard, Uwe | 53 | Westensee | 0:55:04 h | 50 | M65-3 | ° | ° | 60 |
| 61 | Bastian, Siegfried | 52 | MTV Wilster | 0:55:05 h | 51 | M65-4 | ° | ° | 106 |
| 62 | Rudies, Bernd | 63 | Borener SV | 0:55:12 h | 52 | M55-5 | ° | ° | 209 |
| 63 | Kreuzig, Michael | 79 | kein Verein | 0:55:17 h | 53 | M40-8 | ° | ° | 199 |
| 64 | Harder, Thorsten | 71 | RTSV Tischtennis | 0:55:23 h | 54 | M45-4 | ° | ° | 166 |
| 65 | Johannsen, Inken | 81 | STV Sörup | 0:55:27 h | ° | ° | 11 | W35-3 | 139 |
| 66 | Schoeler, Christoph | 63 | Büdelsdorf | 0:55:35 h | 55 | M55-6 | ° | ° | 173 |
| 67 | Gawrisch, Rüdiger | 58 | TSV Vineta Audorf | 0:55:44 h | 56 | M60-5 | ° | ° | 141 |
| 67 | Reinert, Sebastian | 80 | Stryker | 0:55:44 h | 56 | M35-6 | ° | ° | 21 |
| 69 | Rohwer, Birgit | 73 | Welt in Schwung Halter | 0:55:47 h | ° | ° | 12 | W45-2 | 127 |
| 70 | Frank, Peter | 58 | bgm.läuft | 0:55:48 h | 58 | M60-6 | ° | ° | 113 |
| 71 | Stuhlmann-Laeisz, Christiane | 81 | Kiel | 0:56:05 h | ° | ° | 13 | W35-4 | 163 |
| 72 | Bock, Milena Marie | 93 | Bredenbeker Renntiere | 0:56:06 h | ° | ° | 14 | W-5 | 185 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-----------------------|----|---------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 73 | Grüneberg, Thomas | 72 | Halte-Dich-gesund.de | 0:56:07 h | 59 | M45-5 | ° | ° | 161 |
| 73 | Raith, Christian | 73 | Rendsburg | 0:56:07 h | 59 | M45-5 | ° | ° | 162 |
| 73 | Salutzki, Peter | 74 | TSV Fahrdorf | 0:56:07 h | 59 | M45-5 | ° | ° | 145 |
| 76 | Sauer, Iliane Annette | 64 | LTV Kiel-Ost | 0:56:11 h | ° | ° | 15 | W55-1 | 80 |
| 77 | Best, Hans-Jörg | 63 | TSV Fahrdorf | 0:56:17 h | 62 | M55-7 | ° | ° | 146 |
| 78 | Liebmann, Marc | 68 | MSV Duisburg | 0:56:22 h | 63 | M50-9 | ° | ° | 96 |
| 79 | Liesegang, Sventje | 79 | TSV Schleswig | 0:56:29 h | ° | ° | 16 | W40-3 | 61 |
| 80 | Schulz, Michael | 85 | Team ERDINGER Alkoholfrei | 0:56:33 h | 64 | M30-5 | ° | ° | 48 |
| 81 | Müller, Martin | 74 | Stryker | 0:56:39 h | 65 | M45-7 | ° | ° | 24 |
| 82 | Katte, Holger | 66 | Motion-center Sports | 0:56:43 h | 66 | M50-10 | ° | ° | 177 |
| 83 | Dengler, Gesa | 72 | Kiel | 0:56:45 h | ° | ° | 17 | W45-3 | 136 |
| 84 | Siemens, Frank | 69 | TSV Vineta Audorf | 0:57:42 h | 67 | M50-11 | ° | ° | 171 |
| 85 | Vietheer, Jan | 65 | Höki Runners | 0:58:14 h | 68 | M50-12 | ° | ° | 98 |
| 86 | Harms, Helmut | 51 | STV Sörup | 0:58:22 h | 69 | M65-5 | ° | ° | 140 |
| 86 | Schulz-Soltau, Frank | 58 | Zahn zu Leger | 0:58:22 h | 69 | M60-7 | ° | ° | 122 |
| 88 | Schneider, Harry | 55 | Tura Meldorf | 0:58:23 h | 71 | M60-8 | ° | ° | 148 |
| 88 | Huß, Dirk | 65 | TSV Schleswig | 0:58:23 h | 71 | M50-13 | ° | ° | 151 |
| 90 | Brosius, Marc | 68 | Delingsdorf | 0:58:24 h | 73 | M50-14 | ° | ° | 81 |
| 91 | Wodka, Sabine | 67 | TSV Schleswig | 0:58:25 h | ° | ° | 18 | W50-1 | 44 |
| 92 | Hülsmann, Christoph | 62 | Kiel | 0:58:26 h | 74 | M55-8 | ° | ° | 29 |
| 93 | Kaack, Heike | 58 | SG Athletico Büdelsdorf | 0:58:27 h | ° | ° | 19 | W60-1 | 52 |
| 94 | Cordes, Andrea | 71 | Plön | 0:58:28 h | ° | ° | 20 | W45-4 | 86 |
| 95 | Stechmann, Peter | 58 | Welt in Schwunghalter | 0:58:36 h | 75 | M60-9 | ° | ° | 191 |
| 95 | Pahl, Nils | 96 | Wellyou Rendsburg | 0:58:36 h | 75 | M-11 | ° | ° | 116 |
| 97 | Lardong, Uwe | 63 | Seemühlen-Nord | 0:58:39 h | 77 | M55-9 | ° | ° | 125 |
| 97 | Wettlin, Marco | 67 | Mecalac Baumaschinen | 0:58:39 h | 77 | M50-15 | ° | ° | 109 |
| 99 | Brötz, Maike | 80 | Stryker | 0:58:41 h | ° | ° | 21 | W35-5 | 23 |
| 100 | Schwarz, Philipp | 92 | Bredenbeker Renntiere | 0:59:08 h | 79 | M-12 | ° | ° | 134 |
| 101 | Schmidt, Adrian | 87 | Wellyou Rendsburg | 0:59:16 h | 80 | M30-6 | ° | ° | 115 |
| 102 | Küllsen, Rolf-Dieter | 69 | RKiSH | 0:59:32 h | 81 | M50-16 | ° | ° | 133 |
| 103 | Portukat, Raphael | 69 | LG Albatros Kiel | 0:59:45 h | 82 | M50-17 | ° | ° | 59 |
| 103 | Agge, Claudia | 70 | WSV | 0:59:45 h | ° | ° | 22 | W45-5 | 95 |
| 105 | Thomsen, Elke | 48 | Spiridon Schleswig | 1:00:17 h | ° | ° | 23 | W70-1 | 203 |
| 106 | Stechmann, Max | 92 | Welt in Schwunghalter | 1:00:34 h | 83 | M-13 | ° | ° | 193 |
| 107 | Schneider, Gerrit | 84 | Team Turbo | 1:00:38 h | 84 | M35-7 | ° | ° | 10 |
| 108 | Lorenz, Frank | 72 | Team Turbo | 1:00:39 h | 85 | M45-8 | ° | ° | 12 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|---------------------|----|-------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 109 | Sauer, Edgar | 57 | LTV Kiel-Ost | 1:00:50 h | 86 | M60-10 | ° | ° | 79 |
| 110 | Hansen, Sascha | 76 | SV Kieholm | 1:00:57 h | 87 | M40-9 | ° | ° | 159 |
| 111 | Fischer, Stefan | 69 | RTSV Tischtennis | 1:01:21 h | 88 | M50-18 | ° | ° | 165 |
| 112 | Pietsch, Hartmut | 62 | Heizungstechnik Kapusuz Heike | 1:01:55 h | 89 | M55-10 | ° | ° | 54 |
| 113 | Schreiber, Matthias | 73 | kein Verein | 1:02:17 h | 90 | M45-9 | ° | ° | 197 |
| 114 | Ihde, Kirsten | 75 | Bredenbeker Renntiere | 1:02:27 h | ° | ° | 24 | W40-4 | 105 |
| 115 | Bock, Karl Willi | 61 | Bredenbeker Renntiere | 1:02:40 h | 91 | M55-11 | ° | ° | 128 |
| 116 | Golz, Timo | 85 | SV Kieholm | 1:02:49 h | 92 | M30-7 | ° | ° | 155 |
| 117 | Michalczyk, Josef | 52 | SV Kieholm | 1:02:56 h | 93 | M65-6 | ° | ° | 156 |
| 118 | Rohwer, Merle | 03 | Welt in Schwung Halter | 1:02:57 h | ° | ° | 25 | WJ-1 | 126 |
| 118 | Wittwer, Katja | 82 | Rendsburg | 1:02:57 h | ° | ° | 25 | W35-6 | 132 |
| 120 | Hartmann, Axel | 72 | Hollingstedt | 1:03:13 h | 94 | M45-10 | ° | ° | 129 |
| 121 | Sjut, Uta | 63 | HÖKIWIS | 1:03:47 h | ° | ° | 27 | W55-2 | 100 |
| 122 | Stolley, Hennes | 63 | TLwG 51"l" | 1:03:49 h | 95 | M55-12 | ° | ° | 170 |
| 123 | Haack, Wolfgang | 53 | kein Verein | 1:04:05 h | 96 | M65-7 | ° | ° | 194 |
| 124 | Trowe, Michael | 64 | Heizungstechnik Kapusuz Heike | 1:04:20 h | 97 | M55-13 | ° | ° | 211 |
| 125 | Baurhenne, Uwe | 61 | Wasserfreunde Kropp e.V. | 1:04:41 h | 98 | M55-14 | ° | ° | 196 |
| 126 | Thomsen, Martin | 74 | SG Athletico Büdelsdorf | 1:04:42 h | 99 | M45-11 | ° | ° | 43 |
| 127 | Preußke, Sabine | 68 | Welt in Schwung Halter | 1:04:50 h | ° | ° | 28 | W50-2 | 68 |
| 128 | Witte, Marlies | 67 | Welt in Schwung Halter | 1:04:51 h | ° | ° | 29 | W50-3 | 73 |
| 129 | Meyn, Franc | 67 | WELLYOU Bergedorf GmbH | 1:05:09 h | 100 | M50-19 | ° | ° | 71 |
| 130 | Heuchmer, Axel | 66 | Stryker | 1:05:51 h | 101 | M50-20 | ° | ° | 39 |
| 131 | Simon, Tom | 92 | Hamburg | 1:06:15 h | 102 | M-14 | ° | ° | 38 |
| 132 | Reicher, Thomas | 61 | Feuerwehr Osterrönfeld | 1:06:28 h | 103 | M55-15 | ° | ° | 53 |
| 133 | Lucht, Soenke | 64 | TSV 05 NMS | 1:07:08 h | 104 | M55-16 | ° | ° | 2 |
| 134 | Winter, Gerhard | 42 | 60 plus Bünsdorf | 1:07:48 h | 105 | M70-1 | ° | ° | 187 |
| 135 | Schmidt, Sven | 75 | Pihlajavesi | 1:08:15 h | 106 | M40-10 | ° | ° | 16 |
| 136 | Hasse, Jaqueline | 96 | Neumünster | 1:08:55 h | ° | ° | 30 | W-6 | 17 |
| 137 | Möller, Peter | 47 | LG Rendsburg/Büdelsdorf | 1:09:00 h | 107 | M70-2 | ° | ° | 55 |
| 138 | Schmidt, Horst | 72 | Kiel | 1:09:03 h | 108 | M45-12 | ° | ° | 8 |
| 139 | Stult, Renate | 67 | SV Kieholm | 1:09:10 h | ° | ° | 31 | W50-4 | 158 |
| 139 | Awe, Anette | 80 | SV Kieholm | 1:09:10 h | ° | ° | 31 | W35-7 | 157 |
| 141 | Söth, Urte | 62 | Heinkenborstel | 1:10:10 h | ° | ° | 33 | W55-3 | 57 |
| 142 | Kalischke, Olivia | 92 | ALG-Vfl Bokel | 1:10:17 h | ° | ° | 34 | W-7 | 180 |
| 143 | Cizinski, Uwe | 56 | CEVENTOURS | 1:10:30 h | 109 | M60-11 | ° | ° | 83 |
| 144 | Thomas, Helmut | 55 | Eckernförder MTV | 1:10:36 h | 110 | M60-12 | ° | ° | 37 |

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| 145 | Ross, Uwe | 61 | Mecalac Baumaschinen | 1:10:37 h | 111 | M55-17 | ° | ° | 108 |
| 146 | Wichelmann, Lea | 00 | Walther-Lehmkuhl-Schule | 1:10:45 h | ° | ° | 35 | WJ-2 | 107 |
| 147 | Bickel, Hardy | 58 | Kiel | 1:10:56 h | 112 | M60-13 | ° | ° | 41 |
| 148 | Dins, Michael | 59 | SFC Ottendorf | 1:10:57 h | 113 | M60-14 | ° | ° | 40 |
| 149 | Krohn, Dörthe | 60 | TSV Vineta Audorf | 1:11:03 h | ° | ° | 36 | W55-4 | 172 |
| 150 | Timme, Anke | 54 | TSV Fahrdorf | 1:11:12 h | ° | ° | 37 | W65-1 | 143 |
| 151 | Pinto, Marco | 64 | LG POWER-Schnecken Kiel | 1:11:25 h | 114 | M55-18 | ° | ° | 130 |
| 152 | Enders, Cordt | 67 | MTV Meggerdorf | 1:12:35 h | 115 | M50-21 | ° | ° | 202 |
| 152 | Raetsch, Jan-Christian | 68 | SG Athletico Büdelsdorf | 1:12:35 h | 115 | M50-21 | ° | ° | 188 |
| 154 | Langmaack, Jessica | 92 | SV Kieholm | 1:13:17 h | ° | ° | 38 | W-8 | 160 |
| 154 | Langmaack, Michelle | 93 | SV Kieholm | 1:13:17 h | ° | ° | 38 | W-8 | 200 |
| 156 | Kell, Heidi | 60 | kein Verein | 1:13:19 h | ° | ° | 40 | W55-5 | 195 |
| 156 | Stechmann, Sabine | 61 | Welt in Schwunghalter | 1:13:19 h | ° | ° | 40 | W55-5 | 192 |
| 158 | Struzek, Anna-Maria | 92 | Bredenbeker Renntiere | 1:13:40 h | ° | ° | 42 | W-10 | 135 |
| 159 | Schmidt, Carsten | 62 | bgm.läuft | 1:13:42 h | 117 | M55-19 | ° | ° | 111 |
| 159 | Ciolkowski, Christiane | 64 | bgm.läuft | 1:13:42 h | ° | ° | 43 | W55-7 | 114 |
| 161 | Jacobi, Christian | 79 | Triabolos Hamburg e.V. | 1:14:31 h | 118 | M40-11 | ° | ° | 104 |
| 161 | Jacobi, Julia | 82 | Triabolos Hamburg e.V. | 1:14:31 h | ° | ° | 44 | W35-8 | 103 |
| 163 | Schulze, Klaus-Dieter | 52 | TSV Gross Rheide | 1:16:15 h | 119 | M65-8 | ° | ° | 50 |
| 164 | von der Heide, Karen | 72 | fitline Angeln | 1:16:20 h | ° | ° | 45 | W45-6 | 119 |
| 165 | Setzkorn, Andrea | 73 | SV Kieholm | 1:17:08 h | ° | ° | 46 | W45-7 | 153 |
| 166 | Cizinski, Antje | 56 | CEVENTOURS | 1:17:12 h | ° | ° | 47 | W60-2 | 84 |
| 167 | Becker, Ulrich | 47 | SG TSV Kronshagen/Kieler TB | 1:17:19 h | 120 | M70-3 | ° | ° | 123 |
| 168 | Golz, Saskia | 92 | SV Kieholm | 1:19:12 h | ° | ° | 48 | W-11 | 154 |
| 169 | Legewie, Jennifer | 90 | Büdelsdorf | 1:25:24 h | ° | ° | 49 | W-12 | 65 |