

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|----------------------|----|--------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Kroll, Eric | 98 | SG Athletico | 0:18:51 h | 1 | M U23-1 | ° | ° | 258 |
| 2 | Kunz, Jannis | 01 | SG Athletico Büdelsdorf | 0:19:06 h | 2 | MJ U18-1 | ° | ° | 207 |
| 3 | Anderle, Jan | 86 | LAC Langenhagen | 0:19:12 h | 3 | M30-1 | ° | ° | 261 |
| 4 | Wrage, Jonas | 95 | SG Athletico | 0:19:56 h | 4 | M-1 | ° | ° | 264 |
| 5 | Bährs, Malte | 77 | SV Grün-Weiß Todenbüttel | 0:20:23 h | 5 | M40-1 | ° | ° | 238 |
| 6 | Wolst, Tobias | 02 | LG Rendsburg/Büdelsdorf | 0:20:27 h | 6 | MJ U18-2 | ° | ° | 233 |
| 7 | Große, Dirk | 69 | SG Athletico Büdelsdorf | 0:20:32 h | 7 | M45-1 | ° | ° | 228 |
| 8 | Schlüter, Martin | 86 | SG Athletico Büdelsdorf | 0:20:51 h | 8 | M30-2 | ° | ° | 222 |
| 9 | Bohl, Thorsten | 69 | BSG HanseWerk AG | 0:21:02 h | 9 | M45-2 | ° | ° | 239 |
| 10 | Wolst, Oliver | 06 | LG Rendsburg/Büdelsdorf | 0:21:05 h | 10 | MJ U14-1 | ° | ° | 234 |
| 10 | Stief, Silvana | 70 | Spiridon Schleswig | 0:21:05 h | ° | ° | 1 | W45-1 | 263 |
| 12 | Bönning, Hennes | 06 | Heinrich Heine Schule Büdelsdc | 0:21:41 h | 11 | MJ U14-2 | ° | ° | 218 |
| 13 | Mumm, Jacob | 00 | LG Rendsburg -Büdelsdorf | 0:22:19 h | 12 | MJ U20-1 | ° | ° | 211 |
| 14 | Langmaack, Ole | 80 | BSG Hansewerk | 0:22:36 h | 13 | M35-1 | ° | ° | 241 |
| 15 | Raetsch, Nils-Marten | 06 | SG Athletico Büdelsdorf | 0:22:44 h | 14 | MJ U14-3 | ° | ° | 204 |
| 16 | Greve, Björn | 83 | Fräulein Schick aus Fockbek | 0:23:08 h | 15 | M35-2 | ° | ° | 247 |
| 16 | Behrens, Jule | 98 | LG Rendsburg/Büdelsdorf | 0:23:08 h | ° | ° | 2 | W U23-1 | 214 |
| 18 | Latendorf, Helge | 79 | Hüsby | 0:23:44 h | 16 | M35-3 | ° | ° | 226 |
| 19 | Rueß, Matthias | 78 | Eiderwaldläufer | 0:23:50 h | 17 | M40-2 | ° | ° | 217 |
| 20 | Borawski, Matti | 07 | SV Wiking Kiel | 0:24:01 h | 18 | MK U12-1 | ° | ° | 260 |
| 21 | Peter-Köster, Roland | 78 | Feuerwehr Osterrönnfeld | 0:24:10 h | 19 | M40-3 | ° | ° | 212 |
| 22 | Thun, Peter | 56 | SpVg Eidertal Molfsee | 0:24:11 h | 20 | M60-1 | ° | ° | 265 |
| 22 | Gauger, Torsten | 78 | Fräulein Schick aus Fockbek | 0:24:11 h | 20 | M40-4 | ° | ° | 246 |
| 24 | Olf, Hanna | 00 | SG Athletico Büdelsdorf | 0:24:13 h | ° | ° | 3 | WJ U20-1 | 206 |
| 25 | Detlefs, Maike | 86 | Fockbek | 0:24:25 h | ° | ° | 4 | W30-1 | 231 |
| 26 | Friedrichs, Tyron | 09 | Fockebk | 0:24:54 h | 22 | MK U10-1 | ° | ° | 250 |
| 27 | Schmidt, Norbert | 52 | Gut Heil | 0:24:55 h | 23 | M65-1 | ° | ° | 255 |
| 28 | Holm, Miriam | 71 | Westerrönnfeld | 0:25:07 h | ° | ° | 5 | W45-2 | 251 |
| 29 | Rengers, Marc | 78 | OTSV | 0:25:13 h | 24 | M40-5 | ° | ° | 256 |
| 30 | Till, Thomas | 56 | ohne Verein | 0:25:33 h | 25 | M60-2 | ° | ° | 215 |
| 31 | Till, Sabine | 58 | ohne Verein | 0:26:06 h | ° | ° | 6 | W60-1 | 216 |
| 32 | Burke, Lars | 74 | Fockbek | 0:26:09 h | 26 | M40-6 | ° | ° | 225 |
| 33 | Janzen, Zoe | 07 | Athletico Büdelsdorf | 0:26:55 h | ° | ° | 7 | WK U12-1 | 262 |
| 34 | Petrat, Joachim | 59 | HypoVereinsbank | 0:27:21 h | 27 | M55-1 | ° | ° | 242 |
| 35 | Rickerts, Darleen | 03 | Tsv Pahlhude | 0:27:41 h | ° | ° | 8 | WJ U16-1 | 220 |
| 36 | Casper, Thomas | 84 | Rabel | 0:27:43 h | 28 | M30-3 | ° | ° | 235 |

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|-------|--------------------|----|-------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 37 | Gawarecki, Andreas | 67 | Team Volksbank Raiffeisenbank | 0:27:48 h | 29 | M50-1 | ° | ° | 223 |
| 38 | Cordsen, Aaron | 08 | TUS Rotenhof | 0:28:14 h | 30 | MK U12-2 | ° | ° | 257 |
| 39 | Sohrweide, Kai | 70 | Berend | 0:28:26 h | 31 | M45-3 | ° | ° | 232 |
| 40 | Wamser, Cornelia | 83 | Westerrönfeld | 0:28:36 h | ° | ° | 9 | W35-1 | 208 |
| 41 | Clauß, Timm | 49 | Dannenberg Training | 0:28:47 h | 32 | M65-2 | ° | ° | 224 |
| 42 | Daniels, Sabine | 69 | Osterrönfeld | 0:29:03 h | ° | ° | 10 | W45-3 | 248 |
| 42 | Latendorf, Hilke | 81 | Hüsby | 0:29:03 h | ° | ° | 10 | W35-2 | 227 |
| 44 | Parnow, Jürgen | 65 | Bredenbeker Renntiere | 0:29:05 h | 33 | M50-2 | ° | ° | 259 |
| 45 | Jochimsen, Niklas | 04 | ALG-VfL Bokel | 0:30:29 h | 34 | MJ U16-1 | ° | ° | 237 |
| 46 | Rickerts, Sandra | 80 | Tsv Pahlhude | 0:30:30 h | ° | ° | 12 | W35-3 | 219 |
| 47 | Denker, Katrin | 84 | Westerrönfeld | 0:30:58 h | ° | ° | 13 | W30-2 | 209 |
| 48 | Steffen, Anette | 74 | Osterrönfeld | 0:31:10 h | ° | ° | 14 | W40-1 | 240 |
| 49 | Dreyer, Jorina | 90 | Osterrönfeld | 0:31:19 h | ° | ° | 15 | W-1 | 221 |
| 50 | Jarck, Anne | 96 | Kiel | 0:32:12 h | ° | ° | 16 | W U23-2 | 210 |
| 51 | Frank, Sebastian | 71 | Feuerwehr Schülldorf | 0:32:52 h | 35 | M45-4 | ° | ° | 245 |
| 52 | Pohlmann, Anke | 63 | Team Volksbank Raiffeisenbank | 0:32:55 h | ° | ° | 17 | W55-1 | 244 |
| 53 | Torkler, Gerhard | 37 | LG Rendsburg -Büdelsdorf | 0:33:58 h | 36 | M80-1 | ° | ° | 253 |
| 54 | Torkler, Siegfried | 40 | LG Rendsburg -Büdelsdorf | 0:33:59 h | 37 | M75-1 | ° | ° | 252 |
| 55 | Ostermaier, Walter | 55 | Rendsburg | 0:34:49 h | 38 | M60-3 | ° | ° | 201 |
| 56 | Wolst, Daniela | 76 | Kiel Baltic Hurricanes Ladies | 0:35:40 h | ° | ° | 18 | W40-2 | 229 |
| 57 | Küllsen, Rolf | 69 | RKiSH | 0:39:27 h | 39 | M45-5 | ° | ° | 236 |
| 58 | Garbs, Willi | 34 | Gut Heil | 0:43:50 h | 40 | M80-2 | ° | ° | 254 |