

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|----------------------------|----|--------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 1 | von Hobe, Cord – Friedrich | 93 | MTV Gelting 08 | 0:17:07,4 h | 1 | M JgB-1 | ° | ° | 817 |
| 2 | Harms, Thorsten | 65 | Spiridon Schleswig | 0:18:09,7 h | 2 | M 45-1 | ° | ° | 722 |
| 3 | Jahnke, Hendrik | 91 | MTV Gelting 08 | 0:19:06,9 h | 3 | M JgA-1 | ° | ° | 875 |
| 4 | Nielsen, Eskild | 65 | | 0:19:53,3 h | 4 | M 45-2 | ° | ° | 740 |
| 5 | Welz, Detlef | 71 | MTV Gelting 08 | 0:20:39,1 h | 5 | M 35-1 | ° | ° | 818 |
| 6 | Müller, Andreas Martin | 64 | DJK Ewaldi Aplerbeck | 0:20:46,4 h | 6 | M 45-3 | ° | ° | 739 |
| 7 | Lüth, Hendrik | 93 | Klaus – Harms – Schule | 0:22:30,2 h | 7 | M JgB-2 | ° | ° | 733 |
| 8 | Linke, Ulrich | 57 | TSV Kappeln | 0:22:45,9 h | 8 | M 50-1 | ° | ° | 883 |
| 9 | Thiesen, Elke | 66 | Güllerup 02 | 0:22:49,6 h | ° | ° | 1 | W 40-1 | 815 |
| 10 | Fasel, Frank | 65 | | 0:22:50,3 h | 9 | M 45-4 | ° | ° | 876 |
| 11 | Riedel, Emil | 95 | Freie Waldorfschule Flbg | 0:23:01,8 h | 10 | M 15-1 | ° | ° | 747 |
| 12 | Riedel, Linus | 97 | Freie Waldorfschule Flbg | 0:23:14,6 h | 11 | M 13-1 | ° | ° | 746 |
| 13 | Harloff, Heike | 65 | TSV Großsolt-Freienwill | 0:23:18,4 h | ° | ° | 2 | W 45-1 | 874 |
| 14 | Schiffmann, Lauritz | 02 | MTV Gelting 08 | 0:23:23,1 h | 12 | M 8-1 | ° | ° | 811 |
| 15 | Rottschäfer, Christian | 01 | STV Sörup | 0:23:39,8 h | 13 | M 9-1 | ° | ° | 748 |
| 16 | Rump – Nielsen, Cornelia | 68 | | 0:23:55,9 h | ° | ° | 3 | W 40-2 | 749 |
| 17 | Hansen, Eckhard | 66 | MTV Gelting 08 | 0:24:03,6 h | 14 | M 40-1 | ° | ° | 812 |
| 18 | Hansen, Wenke | 97 | TSV Doppeleiche Viöl | 0:24:27,7 h | ° | ° | 4 | W 13-1 | 721 |
| 19 | Molzen, Kjell Christian | 01 | Waldorfschule Flensburg | 0:24:59,7 h | 15 | M 9-2 | ° | ° | 738 |
| 20 | Riedel, Ida | 01 | Freie Waldorfschule Flbg | 0:24:59,8 h | ° | ° | 5 | W 9-1 | 745 |
| 21 | Fasel, Fritz | 39 | | 0:25:17,7 h | 16 | M 70-1 | ° | ° | 877 |
| 22 | Feilner, Karl – Hans | 48 | TSV Glücksburg 09 | 0:25:32,8 h | 17 | M 60-1 | ° | ° | 716 |
| 23 | Anderson, David | 63 | Royal Rangers Stamm 124 | 0:25:41,4 h | 18 | M 45-5 | ° | ° | 700 |
| 24 | Bendixen, Niklas | 00 | MTV Gelting 08 | 0:25:44,9 h | 19 | M 10-1 | ° | ° | 705 |
| 25 | Behnke, Karsten | 72 | SG Flensburg – Handewitt | 0:25:52,3 h | 20 | M 35-2 | ° | ° | 704 |
| 26 | Matthiesen, Sylvana | 59 | medifit Schwentinental | 0:26:14,9 h | ° | ° | 6 | W 50-1 | 736 |
| 27 | Matthiesen, Eckhard | 53 | medifit Schwentinental | 0:26:16,8 h | 21 | M 55-1 | ° | ° | 735 |
| 28 | Cimbal, Michael | 63 | STV Sörup | 0:26:31,2 h | 22 | M 45-6 | ° | ° | 714 |
| 29 | Levsen, Susanne | 62 | MTV Gelting 08 | 0:26:50,3 h | ° | ° | 7 | W 45-2 | 732 |
| 30 | Brummack, Mirko | 01 | MTV Gelting 08 | 0:27:10,8 h | 23 | M 9-3 | ° | ° | 711 |
| 31 | Harms, Katharina | 98 | TSV Kropp | 0:27:11,6 h | ° | ° | 8 | W 12-1 | 724 |
| 32 | Heinrichs, Thies | 02 | TriAs Flensburg | 0:27:13,3 h | 24 | M 8-2 | ° | ° | 725 |
| 33 | Schiffmann, Anna | 99 | MTV Gelting 08 | 0:27:15,1 h | ° | ° | 9 | W 11-1 | 750 |
| 34 | Jacobsen, Annika | 97 | TSV Doppeleiche Viöl | 0:27:17,8 h | ° | ° | 10 | W 13-2 | 727 |
| 35 | Brummack, Annika | 72 | MTV Gelting 08 | 0:27:19,7 h | ° | ° | 11 | W 35-1 | 710 |
| 36 | Timme, Anke | 54 | LG Schleswig – Fahrndorf | 0:27:36,3 h | ° | ° | 12 | W 55-1 | 816 |
| 37 | Rottschäfer, Marcus | 96 | STV Sörup | 0:27:52,0 h | 25 | M 14-1 | ° | ° | 892 |

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|-------|-----------------------------|----|--------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 38 | Harms, Britta | 70 | TSV Kropp | 0:28:40,8 h | ° | ° | 13 | W 40-3 | 723 |
| 39 | Caton, Melanie | 97 | KTS Adelby | 0:28:44,4 h | ° | ° | 14 | W 13-3 | 713 |
| 40 | Hansen, Anne | 83 | | 0:28:52,8 h | ° | ° | 15 | W HK-1 | 720 |
| 41 | Wendland, Christian | 40 | TriAs Flensburg | 0:29:18,9 h | 26 | M 70-2 | ° | ° | 882 |
| 42 | Paulsen, Saskia | 78 | | 0:29:19,0 h | ° | ° | 16 | W 30-1 | 741 |
| 43 | Rossow, Ruwen | 02 | SSV Schafflund | 0:29:33,5 h | 27 | M 8-3 | ° | ° | 870 |
| 44 | Petersen-Koch, Hiltrud | 56 | Gråsten idæt og gymnastikforen | 0:30:47,0 h | ° | ° | 17 | W 50-2 | 743 |
| 45 | Hobus, Nicole | 75 | ttp AG | 0:31:26,7 h | ° | ° | 18 | W 35-2 | 726 |
| 46 | Lützen, Susanne | 65 | 1.Flensburger Laufftreff | 0:32:19,6 h | ° | ° | 19 | W 45-3 | 734 |
| 47 | Riedel, Jana | 74 | Freie Waldorfschule Flbg | 0:32:49,0 h | ° | ° | 20 | W 35-3 | 744 |
| 48 | Franz, Malte | 99 | | 0:32:51,8 h | 28 | M 11-1 | ° | ° | 719 |
| 49 | Franz, Matthias | 66 | | 0:32:53,3 h | 29 | M 40-2 | ° | ° | 718 |
| 50 | Krüger, Kathleen | 84 | ttp AG | 0:33:01,1 h | ° | ° | 21 | W HK-2 | 731 |
| 51 | Kasper, Nadeschda | 87 | ttp AG | 0:33:02,0 h | ° | ° | 22 | W HK-3 | 729 |
| 52 | Angermann – Kühl, Rosemarie | 46 | Freie Waldorfschule Flbg | 0:39:01,1 h | ° | ° | 23 | W 60-1 | 701 |