

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-----------------------|----|----------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 1 | Jarck, Mathias | 93 | LG Rendsburg-Büdelndorf | 0:23:59,4 h | 1 | M JgB-1 | ° | ° | 11 |
| 2 | Arndt, Ayke | 96 | SG Athletico Büdelndorf | 0:24:26,4 h | 2 | M SA-1 | ° | ° | 4 |
| 3 | Preußner, Timo | 90 | SG Athletico Büdelndorf | 0:25:36,5 h | 3 | M HK-1 | ° | ° | 60 |
| 4 | Brinkmöller, Günther | 62 | | 0:25:37,2 h | 4 | M 45-1 | ° | ° | 31 |
| 5 | Große, Dirk | 69 | SG Athletico Büdelndorf | 0:25:53,2 h | 5 | M 40-1 | ° | ° | 10 |
| 6 | Wegert, Maximilian | 94 | SG Athletico Büdelndorf | 0:27:09,2 h | 6 | M JgB-2 | ° | ° | 29 |
| 7 | Schließ, Torsten | 65 | ALG-VfL Bokel | 0:27:33,7 h | 7 | M 45-2 | ° | ° | 38 |
| 8 | Bartelsen, Frank | 66 | Post Schwerin | 0:27:56,5 h | 8 | M 40-2 | ° | ° | 5 |
| 9 | Kolling, Sascha | 96 | TSV Kropp | 0:28:11,8 h | 9 | M SA-2 | ° | ° | 14 |
| 10 | Stiller, Philipp | 96 | HSG Schülper/Westerrönfeld | 0:28:14,9 h | 10 | M SA-3 | ° | ° | 44 |
| 11 | Sommer, Dirk | 65 | LG Oldenburg i.H. | 0:28:30,9 h | 11 | M 45-3 | ° | ° | 21 |
| 12 | Konowalczyk, Philip | 88 | | 0:28:37,0 h | 12 | M HK-2 | ° | ° | 16 |
| 13 | Tschullik, Meirit | 96 | ALG-VfL Bokel | 0:28:53,9 h | ° | ° | 1 | W SA-1 | 34 |
| 14 | Hornig, Kjell Ole | 96 | HSG Schülper/Westerrönfeld | 0:29:00,1 h | 13 | M SA-4 | ° | ° | 43 |
| 15 | Sawitzki, Christopher | 96 | HSG Schülper/Westerrönfeld | 0:29:25,1 h | 14 | M SA-5 | ° | ° | 41 |
| 16 | Claußen, Jakob | 96 | HSG Schülper/Westerrönfeld | 0:29:26,6 h | 15 | M SA-6 | ° | ° | 40 |
| 17 | Binder, Laura | 97 | SG Athletico Büdelndorf | 0:30:05,7 h | ° | ° | 2 | W SB-1 | 6 |
| 18 | Sommer, Paul | 95 | W rönfelder SV | 0:30:32,6 h | 16 | M SA-7 | ° | ° | 22 |
| 19 | Fiedler, René | 64 | Westerrönfeld | 0:30:39,3 h | 17 | M 45-4 | ° | ° | 9 |
| 20 | Engel, Leo | 96 | HSG Schülper/Westerrönfeld | 0:31:16,4 h | 18 | M SA-8 | ° | ° | 46 |
| 21 | Marx, Daniel | 96 | Westerrönfeld | 0:31:27,3 h | 19 | M SA-9 | ° | ° | 52 |
| 22 | Storm, Sönke | 65 | WSV | 0:32:02,2 h | 20 | M 45-5 | ° | ° | 23 |
| 23 | Stump, Niklas | 96 | HSG Schülper/Westerrönfeld | 0:32:08,0 h | 21 | M SA-10 | ° | ° | 47 |
| 24 | Hornig, Thorsten | 68 | HSG Schülper/Westerrönfeld | 0:32:24,8 h | 22 | M 40-3 | ° | ° | 39 |
| 25 | Schwiersch, Lennart | 99 | | 0:32:31,3 h | 23 | M SC-1 | ° | ° | 20 |
| 26 | Kolling, Kim Oliver | 96 | TSV Kropp | 0:32:32,9 h | 24 | M SA-11 | ° | ° | 13 |
| 27 | Trawny, Dietmar | 66 | Fockbek | 0:33:05,9 h | 25 | M 40-4 | ° | ° | 27 |
| 28 | Wieben, Volker | 65 | WSV | 0:33:35,2 h | 26 | M 45-6 | ° | ° | 48 |
| 29 | Lange, Sebastian | 96 | HSG Schülper/Westerrönfeld | 0:33:38,4 h | 27 | M SA-12 | ° | ° | 45 |
| 30 | Schülldorf, Silke | 60 | Schülldorfs LT | 0:33:39,0 h | ° | ° | 3 | W 50-1 | 2 |
| 31 | Schreber, Merle | 00 | SG Athletico Büdelndorf | 0:33:42,9 h | ° | ° | 4 | W SC-1 | 19 |
| 32 | Dierks, Morten | 98 | SG Athletico Büdelndorf | 0:34:12,8 h | 28 | M SB-1 | ° | ° | 8 |
| 33 | Krabbenhöft, Klaus | 57 | Westerrönfelder SV | 0:34:13,4 h | 29 | M 50-1 | ° | ° | 32 |
| 34 | Klegin, Lukas | 00 | ALG-VfL Bokel | 0:34:16,6 h | 30 | M SC-2 | ° | ° | 36 |
| 35 | Ströh, Klaus | 45 | Osterrönfeld | 0:34:18,0 h | 31 | M 65-1 | ° | ° | 24 |
| 36 | Sump, Sigurd | 40 | LG Neumünster | 0:34:31,6 h | 32 | M 70-1 | ° | ° | 56 |
| 37 | lange, Jonas | 95 | Eichenhof 3 | 0:34:37,8 h | 33 | M SA-13 | ° | ° | 58 |

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|-------|-----------------------|----|------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 38 | Nissen, Christoph | 89 | SG Athletico Büdelsdorf | 0:34:49,0 h | 34 | M HK-3 | ° | ° | 17 |
| 39 | Claußen, Eike | 96 | HSG Schülper/Westerröfelfeld | 0:34:55,6 h | 35 | M SA-14 | ° | ° | 50 |
| 40 | Schreber, Janne | 02 | SG Athletico Büdelsdorf | 0:35:15,0 h | ° | ° | 5 | W SD-1 | 18 |
| 41 | Bröker, Bjarne | 97 | | 0:35:23,8 h | 36 | M SB-2 | ° | ° | 30 |
| 42 | Wiese, Matthis | 96 | HSG Schülper/Westerröfelfeld | 0:35:38,8 h | 37 | M SA-15 | ° | ° | 42 |
| 43 | Klegin, Philipp | 97 | ALG-VfL Bokel | 0:35:57,1 h | 38 | M SB-3 | ° | ° | 37 |
| 44 | Waller, Kai | 61 | WSV | 0:36:02,3 h | 39 | M 45-7 | ° | ° | 28 |
| 45 | Claußen, Monika | 64 | WSV Volleyball | 0:36:06,0 h | ° | ° | 6 | W 45-1 | 49 |
| 46 | Szenguleit, Finn | 96 | HSG Schülper/Westerröfelfeld | 0:36:29,6 h | 40 | M SA-16 | ° | ° | 61 |
| 47 | Sass, Siegfried | 54 | Westerröfelfeld | 0:36:46,5 h | 41 | M 55-1 | ° | ° | 33 |
| 48 | Lindhorst, Sven-Ole | 99 | Schülper | 0:37:05,9 h | 42 | M SC-3 | ° | ° | 54 |
| 49 | Kriesten, Philipp | 96 | HSG Schülper Westerröfelfeld | 0:37:32,9 h | 43 | M SA-17 | ° | ° | 55 |
| 50 | Koch, Svenja | 00 | SSV Bredenbek | 0:37:56,8 h | ° | ° | 7 | W SC-2 | 12 |
| 51 | Gage, Natascha | 90 | TUS Nortorf | 0:38:12,5 h | ° | ° | 8 | W HK-1 | 51 |
| 52 | Frahm, Dirk | 63 | | 0:38:49,2 h | 44 | M 45-8 | ° | ° | 57 |
| 53 | König, Martina | 70 | WSV | 0:39:12,3 h | ° | ° | 9 | W 40-1 | 3 |
| 54 | Torkler, Siegfried | 40 | LG Rendsburg-Büdelsdorf | 0:39:54,8 h | 45 | M 70-2 | ° | ° | 26 |
| 55 | Teoh, Krystina | 89 | Aachen | 0:39:56,2 h | ° | ° | 10 | W HK-2 | 25 |
| 56 | Jünke, Silke | 68 | Hohn | 0:42:10,2 h | ° | ° | 11 | W 40-2 | 59 |
| 57 | Schülldorf, Hans-Otto | 54 | Schülldorfs LT | 0:42:49,8 h | 46 | M 55-2 | ° | ° | 1 |
| 58 | Hönisch, Fabian | 99 | Rendsburg | 0:55:53,4 h | 47 | M SC-4 | ° | ° | 53 |