

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|------------------------|----|---------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Tomaschewski, Vilmos | 87 | TOYOTA Auto Centrum Lass | 0:35:44 h | 1 | M30-1 | ° | ° | 159 |
| 2 | Weidinger, Lukas | 99 | Segeberger Ruderclub | 0:36:18 h | 2 | MJ U23-1 | ° | ° | 129 |
| 3 | Hartmann, Tim | 91 | Lüneburger SV | 0:36:38 h | 3 | M-1 | ° | ° | 152 |
| 4 | Reuter, Benjamin | 87 | SG Athletico Büdelsdorf | 0:38:13 h | 4 | M30-2 | ° | ° | 110 |
| 5 | Ohm, Sören | 77 | TuS Jevenstedt | 0:38:29 h | 5 | M40-1 | ° | ° | 123 |
| 6 | Berolo, Attilio | 90 | Büdelsdorf | 0:39:09 h | 6 | M-2 | ° | ° | 174 |
| 7 | Riebe, Christoph | 94 | SG Athletico Büdelsdorf | 0:41:22 h | 7 | M-3 | ° | ° | 134 |
| 8 | Schiefelbein, Magnus | 79 | ALG-VfL Bokel | 0:41:57 h | 8 | M40-2 | ° | ° | 135 |
| 9 | Mertens, Fabian | 89 | Bredenbeker Renntiere | 0:43:21 h | 9 | M30-3 | ° | ° | 157 |
| 10 | Raith, Christian | 73 | Rendsburg | 0:43:30 h | 10 | M45-1 | ° | ° | 177 |
| 11 | Hoop, Thomas | 70 | TuS Jevenstedt | 0:43:49 h | 11 | M45-2 | ° | ° | 176 |
| 12 | Krüger, Michael | 67 | TuS Jevenstedt | 0:44:00 h | 12 | M50-1 | ° | ° | 150 |
| 13 | Brade, Torben | 84 | ALG-VfL Bokel | 0:44:43 h | 13 | M35-1 | ° | ° | 137 |
| 14 | Noak, Jens | 71 | ALG-VfL Bokel | 0:44:53 h | 14 | M45-3 | ° | ° | 140 |
| 15 | Jöhnk, Alf | 62 | Cafe klatsch Julianenebene / Hc | 0:45:48 h | 15 | M55-1 | ° | ° | 124 |
| 15 | Schröder, Julian | 85 | USC Kiel | 0:45:48 h | 15 | M30-4 | ° | ° | 143 |
| 17 | Seifert, Sebastian | 80 | Schülldorf | 0:46:41 h | 17 | M35-2 | ° | ° | 171 |
| 18 | Emminghaus, Nadine | 80 | Die Laufpartner | 0:46:42 h | ° | ° | 1 | W35-1 | 125 |
| 19 | Gutzeit, Mara | 92 | Theoretische Physik CAU Kiel | 0:47:57 h | ° | ° | 2 | W-1 | 132 |
| 20 | Stief, Silvana | 70 | Spiridon Schleswig | 0:48:19 h | ° | ° | 3 | W45-1 | 165 |
| 21 | Themm, Thorsten | 72 | ALG-VfL Bokel | 0:48:25 h | 18 | M45-4 | ° | ° | 139 |
| 22 | Riek, Dania | 00 | SG Athletico Büdelsdorf | 0:48:34 h | ° | ° | 4 | WJ U20-1 | 103 |
| 23 | Asmussen, Sandra | 78 | Kein Verein | 0:48:50 h | ° | ° | 5 | W40-1 | 151 |
| 24 | Schuckart, Dr. Manfred | 58 | SG Athletico Büdelsdorf | 0:49:59 h | 19 | M60-1 | ° | ° | 115 |
| 25 | Wachlin, Kai | 73 | MTSV Hohenwestedt | 0:50:20 h | 20 | M45-5 | ° | ° | 148 |
| 26 | Andersen, Victor | 90 | Bredenbeker Renntiere | 0:50:49 h | 21 | M-4 | ° | ° | 146 |
| 27 | Bruhn, Henning | 58 | tus jevenstedt | 0:51:04 h | 22 | M60-2 | ° | ° | 158 |
| 28 | Siegmund, Arne | 73 | LTV Kiel-Ost | 0:51:27 h | 23 | M45-6 | ° | ° | 105 |
| 29 | Klegin, Gero | 64 | ALG-VfL Bokel | 0:51:35 h | 24 | M55-2 | ° | ° | 141 |
| 30 | Seifert, Helge | 71 | SC Strande | 0:51:38 h | 25 | M45-7 | ° | ° | 154 |
| 31 | Bock, Milena | 93 | Bredenbeker Renntiere | 0:51:43 h | ° | ° | 6 | W-2 | 142 |
| 32 | Fiedler, René | 64 | | 0:52:02 h | 26 | M55-3 | ° | ° | 161 |
| 33 | Kilders, Jörg | 63 | Spiridon Schleswig | 0:53:07 h | 27 | M55-4 | ° | ° | 122 |
| 34 | Günther, Lars | 68 | LH Stadt Kiel | 0:53:08 h | 28 | M50-2 | ° | ° | 173 |
| 35 | Sator, Ralf | 66 | ALG-VfL Bokel | 0:53:18 h | 29 | M50-3 | ° | ° | 138 |
| 36 | Koltzau, Andreas B. | 69 | LG Bergholm | 0:53:58 h | 30 | M50-4 | ° | ° | 175 |

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|-------|----------------------|----|------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 37 | Schulz-Soltau, Frank | 58 | Welt in Schwung Halter | 0:54:04 h | 31 | M60-3 | ° | ° | 153 |
| 38 | Schneekloth, Jens | 64 | Bredenbeker Renntiere | 0:54:07 h | 32 | M55-5 | ° | ° | 149 |
| 39 | Haase, Sven | 78 | SH-Fitness | 0:54:10 h | 33 | M40-3 | ° | ° | 170 |
| 40 | Schulze, Rolf | 58 | Sentio Runners | 0:54:21 h | 34 | M60-4 | ° | ° | 118 |
| 41 | Bregas, Klaus-Peter | 70 | Manni das Mammut | 0:54:28 h | 35 | M45-8 | ° | ° | 113 |
| 42 | Röschmann, Nicole | 77 | TuS Jevenstedt | 0:55:05 h | ° | ° | 7 | W40-2 | 155 |
| 43 | Kaack, Heike | 58 | SG Athletico Büdelsdorf | 0:55:59 h | ° | ° | 8 | W60-1 | 127 |
| 44 | Bock, Karl Willi | 61 | Bredenbeker Renntiere | 0:56:12 h | 36 | M55-6 | ° | ° | 106 |
| 45 | Graumann, Kay | 93 | Zeitenjäger | 0:56:18 h | 37 | M-5 | ° | ° | 169 |
| 46 | Taubert, Ann-Kathrin | 91 | Kronshagen | 0:56:45 h | ° | ° | 9 | W-3 | 144 |
| 47 | Rathjen, Heiko | 72 | SSV Nienborstel | 0:56:54 h | 38 | M45-9 | ° | ° | 126 |
| 48 | Wachlin, Janine | 75 | MTSV Hohenwestedt | 0:56:55 h | ° | ° | 10 | W40-3 | 147 |
| 49 | Dammann, Rolf | 66 | TuS Jevenstedt | 0:57:25 h | 39 | M50-5 | ° | ° | 133 |
| 50 | Greve, Beate | 70 | Dannenberg Training | 0:57:29 h | ° | ° | 11 | W45-2 | 128 |
| 51 | Albrecht, Bernd | 54 | / | 0:57:46 h | 40 | M65-1 | ° | ° | 116 |
| 52 | Templin, Anja | 68 | SG Athletico Büdelsdorf | 0:57:58 h | ° | ° | 12 | W50-1 | 164 |
| 53 | Agge, Claudia | 70 | HSG Schülp/Westerrönfeld/Ren | 0:58:16 h | ° | ° | 13 | W45-3 | 156 |
| 54 | Bittkau, Kaya Saskia | 91 | Bredenbeker Renntiere | 0:58:27 h | ° | ° | 14 | W-4 | 145 |
| 55 | Köthe, Reiner | 60 | LG Burg Wiedenbrück | 0:58:34 h | 41 | M55-7 | ° | ° | 120 |
| 56 | Reicher, Thomas | 61 | Feuerwehr Osterrönfeld | 0:58:37 h | 42 | M55-8 | ° | ° | 102 |
| 57 | Rohde, Heinke | 81 | Kein Verein | 0:59:28 h | ° | ° | 15 | W35-2 | 160 |
| 58 | Wilking, Julia | 84 | SG Athletico Büdelsdorf | 1:00:59 h | ° | ° | 16 | W35-3 | 163 |
| 59 | Karrasch, Georg | 56 | | 1:02:44 h | 43 | M60-5 | ° | ° | 172 |
| 60 | Thiesen, Anja | 73 | LTV Kiel-Ost | 1:02:46 h | ° | ° | 17 | W45-4 | 101 |
| 61 | Klocke, Marion | 67 | Westerrönfelder Sportverein | 1:03:10 h | ° | ° | 18 | W50-2 | 166 |
| 62 | Struzek, Anna-Maria | 91 | Bredenbeker Renntiere | 1:04:12 h | ° | ° | 19 | W-5 | 168 |
| 63 | Küllsen, Rolf | 69 | RKiSH | 1:04:42 h | 44 | M50-6 | ° | ° | 104 |
| 64 | Kilders, Susanne | 61 | Spiridon Schleswig | 1:07:32 h | ° | ° | 20 | W55-1 | 121 |
| 65 | Schroeder, Norbert | 52 | ALG-VfL Bokel | 1:12:14 h | 45 | M65-2 | ° | ° | 136 |
| 66 | Schmude, Manfred | 40 | HanseWerk | 1:13:13 h | 46 | M75-1 | ° | ° | 112 |
| 67 | Parnow, Jürgen | 65 | Bredenbeker Renntiere | 1:18:48 h | 47 | M50-7 | ° | ° | 178 |