

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Start-Nr. |
|-------|-----------------------|----|-------------------------------|-----------|-----------|
| 1 | Holst, Rüdiger | 51 | TuS Esingen | 0:30:38 h | 459 |
| 2 | Chwalek, Bernd | 57 | Quickborn | 0:31:11 h | 452 |
| 3 | Nahrwold, Wiebke | 49 | Lohbarbek | 0:31:22 h | 465 |
| 4 | Schwartkop, Klaus | 39 | BSG Klinikum Bad Bramstedt e\ | 0:32:57 h | 461 |
| 5 | Hobuß, Ute | 60 | Pinneberg | 0:33:23 h | 474 |
| 6 | Schmidt, Ilka | 50 | Hasloh | 0:33:56 h | 477 |
| 7 | Lorenz, Ernst-Joachim | 49 | BSG Klinikum Bad Bramstedt e\ | 0:34:13 h | 467 |
| 8 | Holst, Kerstin | 55 | TuS Esingen | 0:34:28 h | 460 |
| 9 | Steinike, Susanne | 60 | BSG Klinikum Bad Bramstedt e\ | 0:34:46 h | 476 |
| 10 | Brasch, Kerstin | 65 | CareProfis GmbH | 0:34:55 h | 458 |
| 11 | Bartels, Fritz | 38 | HSV | 0:35:00 h | 471 |
| 12 | Neuenfeldt, Rosemarie | 46 | BSG Klinikum Bad Bramstedt e\ | 0:35:11 h | 462 |
| 13 | Krug, Veronica | 66 | BSG Klinikum Bad Bramstedt e\ | 0:35:19 h | 453 |
| 14 | Bublitz, Ute | 51 | BSG Klinikum Bad Bramstedt e\ | 0:36:50 h | 466 |
| 15 | Delfs, Rainer | 43 | BSG Klinikum Bad Bramstedt e\ | 0:36:51 h | 472 |
| 16 | Hanings, Margarete | 48 | Hamburg | 0:38:07 h | 470 |
| 17 | Höschele, Cornelia | 56 | Stadtwerke Quickborn | 0:38:39 h | 450 |
| 18 | Kuper, Katlin | 77 | CareProfis GmbH | 0:38:45 h | 456 |
| 19 | Lindemann, Doris | 52 | BSG Klinikum Bad Bramstedt e\ | 0:38:55 h | 475 |
| 20 | Wicherek, Jens | 84 | CareProfis | 0:41:49 h | 451 |
| 21 | Brasch, Laureen | 94 | CareProfis GmbH | 0:44:07 h | 457 |
| 22 | Sledz, Aleksandra | 69 | CareProfis GmbH | 0:56:13 h | 455 |