

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|---------------------------------|----|-------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Reimann, Mirko | 77 | Stadtwerke Quickborn | 0:33:08 h | 1 | M35-1 | ° | ° | 14 |
| 2 | Krumfuss, Dennis | 88 | Hamburg | 0:35:57 h | 2 | M-1 | ° | ° | 90 |
| 3 | Giering Fejerskov, Peder Martin | 87 | Familie Giering Fejerskov | 0:36:23 h | 3 | M-2 | ° | ° | 73 |
| 4 | Michaels, Kai | 70 | Hasloh | 0:37:16 h | 4 | M45-1 | ° | ° | 146 |
| 5 | Rasali, Mustafa | 98 | | 0:39:04 h | 5 | MJ U20-1 | ° | ° | 12 |
| 6 | Sommer, Sven | 67 | LT Seeth-Ekholt | 0:39:06 h | 6 | M45-2 | ° | ° | 123 |
| 7 | Plate, Michael | 77 | Norderstedt | 0:39:07 h | 7 | M35-2 | ° | ° | 26 |
| 8 | Reuschlein, Katja | 78 | Kaifu Tri Team e. V. | 0:39:08 h | ° | ° | 1 | W35-1 | 78 |
| 9 | Dörscher, Christine | 75 | SG TSV Kronshagen / Kieler TB | 0:39:23 h | ° | ° | 2 | W40-1 | 56 |
| 10 | Lazar, Ciprian | 80 | Quickborn | 0:39:32 h | 8 | M35-3 | ° | ° | 132 |
| 11 | Sangkuhl, Kolja | 70 | Quickborn | 0:40:27 h | 9 | M45-3 | ° | ° | 97 |
| 12 | Wirtz, Philipp | 76 | SC Ellerau | 0:42:12 h | 10 | M40-1 | ° | ° | 85 |
| 13 | Saeger, Maik | 81 | Greifswald | 0:42:16 h | 11 | M35-4 | ° | ° | 37 |
| 14 | Goldschmidt, Johanna | 69 | Hamburger Sportclub | 0:42:24 h | ° | ° | 3 | W45-1 | 62 |
| 15 | Örke, Sven | 70 | CareProfis GmbH | 0:43:08 h | ° | ° | 4 | W45-2 | 5 |
| 16 | Schwetke, Frank | 67 | Green Bay Packers | 0:44:11 h | 12 | M45-4 | ° | ° | 29 |
| 16 | Feil, Felix | 82 | | 0:44:11 h | 12 | M30-1 | ° | ° | 106 |
| 18 | Spaja, Peter | 61 | Barmstedt | 0:44:42 h | 14 | M55-1 | ° | ° | 60 |
| 19 | Jukszat, Tim | 73 | Echte Chaoten | 0:45:01 h | 15 | M40-2 | ° | ° | 68 |
| 20 | Reitlinger, Holger | 80 | Quickborn | 0:45:21 h | 16 | M35-5 | ° | ° | 150 |
| 21 | König, Rüdiger | 59 | Sport-Club Itzehoe | 0:45:38 h | 17 | M55-2 | ° | ° | 55 |
| 22 | Zielke, Britta | 76 | Elmshorn | 0:47:12 h | ° | ° | 5 | W40-2 | 142 |
| 23 | Gholami, Reza | 82 | LT Seeth-Ekholt | 0:47:13 h | 18 | M30-2 | ° | ° | 10 |
| 24 | Knickrehm, Jan | 83 | Quickborn | 0:47:20 h | 19 | M30-3 | ° | ° | 54 |
| 25 | Goebel, Philipp | 69 | Hamburg | 0:47:22 h | 20 | M45-5 | ° | ° | 75 |
| 26 | Sjut, Uta | 63 | MTV Wilster | 0:47:37 h | ° | ° | 6 | W50-1 | 25 |
| 27 | Attila, Gramal | 70 | Hamburg | 0:47:51 h | 21 | M45-6 | ° | ° | 145 |
| 28 | Wolters, Peter | 63 | TuS Holstein Quickborn | 0:48:09 h | 22 | M50-1 | ° | ° | 124 |
| 29 | Kaiser, Jan | 77 | CareProfis GmbH | 0:48:22 h | 23 | M35-6 | ° | ° | 9 |
| 30 | Schibilla, Andreas | 81 | TuS Holstein Quickborn | 0:48:23 h | 24 | M35-7 | ° | ° | 52 |
| 31 | Krohn, Hauke | 59 | LT Seeth-Ekholt | 0:48:24 h | 25 | M55-3 | ° | ° | 2 |
| 31 | Thiel, Birgit | 83 | TuS Holstein Quickborn | 0:48:24 h | ° | ° | 7 | W30-1 | 53 |
| 33 | Erichson, Ole | 84 | Rellingen | 0:48:27 h | 26 | M30-4 | ° | ° | 88 |
| 34 | Bornemann, Matthias | 63 | Hamburg | 0:48:52 h | 27 | M50-2 | ° | ° | 93 |
| 35 | Treu, Olav | 61 | TUS Hasloh | 0:48:55 h | 28 | M55-4 | ° | ° | 86 |
| 36 | Gaudlitz, Johanna | 90 | TuS Holstein Quickborn | 0:48:56 h | ° | ° | 8 | W-1 | 48 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|--------------------------|----|-------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 37 | Pahl, Stefan | 90 | DLRG Quickborn e.V. | 0:49:02 h | 29 | M-3 | ° | ° | 98 |
| 38 | Andrees, Nadja | 73 | Filthy50 Bad Bramstedt | 0:49:18 h | ° | ° | 9 | W40-3 | 39 |
| 39 | Stoeter, Udo | 67 | Stadtwerke Quickborn | 0:49:22 h | 30 | M45-7 | ° | ° | 13 |
| 40 | Stange, Michael | 70 | Quickborn | 0:49:31 h | 31 | M45-8 | ° | ° | 63 |
| 41 | Timmermann, Dirk | 66 | Norrderstedt | 0:49:36 h | 32 | M50-3 | ° | ° | 149 |
| 42 | Wagener, Horst | 61 | BSG Gaden | 0:49:41 h | 33 | M55-5 | ° | ° | 31 |
| 42 | Schliephake, Katrin | 68 | BSG Gaden | 0:49:41 h | ° | ° | 10 | W45-3 | 27 |
| 44 | Kunitzsch, Kristof David | 81 | Dr. Dörfelt & Partner | 0:49:50 h | 34 | M35-8 | ° | ° | 119 |
| 45 | Schmalfuß, Mario | 71 | Stadtwerke Quickborn | 0:49:52 h | 35 | M45-9 | ° | ° | 15 |
| 46 | Andrees, Isaiah | 59 | Filthy50 Bad Bramstedt | 0:49:55 h | 36 | M55-6 | ° | ° | 40 |
| 47 | Koliwer, Bernd | 59 | Teutonen Lauftreff Alveslohe | 0:49:57 h | 37 | M55-7 | ° | ° | 45 |
| 48 | Brehm, Manuel | 77 | Hasloh | 0:49:58 h | 38 | M35-9 | ° | ° | 59 |
| 49 | Rohde, Lothar | 53 | TUS Hasloh | 0:49:59 h | 39 | M60-1 | ° | ° | 23 |
| 50 | Engel, Jürgen | 50 | Lauftreff Quickborn / Ellerau | 0:50:04 h | 40 | M65-1 | ° | ° | 36 |
| 51 | Adam, Thorsten | 62 | Ellerbek | 0:50:08 h | 41 | M50-4 | ° | ° | 35 |
| 52 | Maack, Sesle-Marin | 92 | Hamburg | 0:50:12 h | ° | ° | 11 | W-2 | 114 |
| 53 | Maack, Rainer | 57 | Mobil.fit | 0:50:13 h | 42 | M55-8 | ° | ° | 91 |
| 54 | Sommer, Anja | 66 | Koelln-Reisiek | 0:50:14 h | ° | ° | 12 | W50-2 | 141 |
| 55 | Goebel, Katrin | 70 | Hamburg | 0:50:19 h | ° | ° | 13 | W45-4 | 76 |
| 56 | Pöhls, Bastian | 80 | FC St. Pauli Triathlon | 0:51:09 h | 43 | M35-10 | ° | ° | 104 |
| 57 | Behnke, Jutta | 62 | TuS Holstein Quickborn | 0:51:15 h | ° | ° | 14 | W50-3 | 126 |
| 58 | Timmermann, Petra | 69 | Stadtpark Runners Norderstedt | 0:51:20 h | ° | ° | 15 | W45-5 | 105 |
| 59 | Keck, Olga | 75 | Quickborn | 0:51:26 h | ° | ° | 16 | W40-4 | 99 |
| 60 | Hartwich, Timon | 95 | Quickborn | 0:51:46 h | 44 | M U23-1 | ° | ° | 42 |
| 61 | Rehbein, Sabrina | 83 | Lentförden | 0:51:47 h | ° | ° | 17 | W30-2 | 111 |
| 62 | Schmidt, Susanna | 59 | Prisdorf | 0:52:04 h | ° | ° | 18 | W55-1 | 38 |
| 63 | Fuhrmann, Karin | 52 | TuS Holstein Quickborn | 0:52:23 h | ° | ° | 19 | W60-1 | 81 |
| 64 | Behrens, Thies | 75 | Norderstedt | 0:52:28 h | 45 | M40-3 | ° | ° | 144 |
| 65 | Zsivin, Laszlo | 80 | Quickborn | 0:52:29 h | 46 | M35-11 | ° | ° | 58 |
| 66 | Jung-Wohlleben, Dorothee | 67 | TuS Holstein Quickborn | 0:52:33 h | ° | ° | 20 | W45-6 | 127 |
| 67 | Massmann, Marlene | 95 | SV Lurup | 0:53:15 h | ° | ° | 21 | W U23-1 | 96 |
| 68 | Dahnke, Carsten | 67 | Signal-Iduna | 0:53:19 h | 47 | M45-10 | ° | ° | 128 |
| 68 | Bengtsson, Gunnar | 72 | Signal Iduna Gruppe | 0:53:19 h | 47 | M40-4 | ° | ° | 44 |
| 70 | Knickrehm, Tobias | 78 | Norderstedt | 0:53:25 h | 49 | M35-12 | ° | ° | 77 |
| 71 | Massmann, Kay | 55 | SV Lurup | 0:53:26 h | 50 | M60-2 | ° | ° | 95 |
| 72 | Göthert-Mest, Susanne | 72 | Quickborn | 0:53:39 h | ° | ° | 22 | W40-5 | 83 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-------------------------|----|-----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 73 | Hinrichs, Marielle | 88 | Stadtwerke Quickborn | 0:53:42 h | ° | ° | 23 | W-3 | 16 |
| 74 | Röhrs, Melanie | 66 | Kaltenkirchen | 0:54:05 h | ° | ° | 24 | W50-4 | 79 |
| 75 | Todeskino, Carina | 96 | Quickborn | 0:54:19 h | ° | ° | 25 | W U23-2 | 66 |
| 76 | Banks, Theresa | 76 | Quickborn | 0:54:25 h | ° | ° | 26 | W40-6 | 46 |
| 77 | Schiffe, Dr. Andreas | 64 | Dr. Dörfelt & Partner | 0:54:30 h | 51 | M50-5 | ° | ° | 121 |
| 78 | Jukszat, Julia | 75 | Echte Chaoten | 0:54:45 h | ° | ° | 27 | W40-7 | 67 |
| 79 | Paesch, Angela | 96 | Quickborn | 0:54:49 h | ° | ° | 28 | W U23-3 | 57 |
| 80 | Gaudlitz, Gunter | 56 | TuS Holstein Quickborn | 0:54:50 h | 52 | M60-3 | ° | ° | 50 |
| 81 | Schlüter, Birgit | 64 | TUS Hasloh | 0:55:08 h | ° | ° | 29 | W50-5 | 87 |
| 82 | Siegler, Fabian | 76 | Ellerau | 0:55:09 h | 53 | M40-5 | ° | ° | 34 |
| 83 | Herbst, Kathrin | 60 | TuS Hasloh | 0:55:19 h | ° | ° | 30 | W55-2 | 82 |
| 84 | Berghahn, Lutz | 64 | Sievershütten | 0:55:20 h | 54 | M50-6 | ° | ° | 147 |
| 85 | Bornemann, Viola | 69 | Halstenbeker Turnerschaft | 0:55:24 h | ° | ° | 31 | W45-7 | 94 |
| 86 | Holtz, Friedrich | 38 | Bönningstedt | 0:55:25 h | 55 | M75-1 | ° | ° | 140 |
| 87 | Brößkamp, Stephan | 66 | Henstedt-Ulzburg | 0:55:38 h | 56 | M50-7 | ° | ° | 22 |
| 88 | Hagemann, Anna | 47 | Hamburg | 0:55:49 h | ° | ° | 32 | W65-1 | 137 |
| 89 | Jacobsen, Sönke | 77 | Quickborn | 0:56:33 h | 57 | M35-13 | ° | ° | 20 |
| 90 | Lemmrigh, Frank | 60 | Quickborn | 0:56:36 h | 58 | M55-9 | ° | ° | 70 |
| 91 | Groth, Martina | 67 | LT TuS Esingen | 0:56:38 h | ° | ° | 33 | W45-8 | 107 |
| 92 | Hintzke, Manuel | 66 | LT TuS Esingen | 0:57:06 h | 59 | M50-8 | ° | ° | 108 |
| 93 | Seemann, Burkhardt | 55 | Kölln-Reisiek | 0:57:09 h | 60 | M60-4 | ° | ° | 130 |
| 94 | Helms, Maike | 74 | Kaltenkirchen | 0:57:16 h | ° | ° | 34 | W40-8 | 131 |
| 95 | Aniszewski, Grazyna | 58 | Alveslohe | 0:57:17 h | ° | ° | 35 | W55-3 | 32 |
| 96 | Tamani, Aris | 81 | CareProfis GmbH | 0:57:46 h | 61 | M35-14 | ° | ° | 6 |
| 97 | Bruske, Sabine | 65 | Stadtwerke Quickborn | 0:58:01 h | ° | ° | 36 | W50-6 | 1 |
| 98 | Danielowski, Beate | 45 | Lauftreff Quickborn/Ellerau | 0:58:23 h | ° | ° | 37 | W70-1 | 100 |
| 98 | Parchmann, Christa | 46 | Ellerau | 0:58:23 h | ° | ° | 37 | W70-1 | 143 |
| 100 | Gaudlitz, Ingrid | 52 | TuS Holstein Quickborn | 0:58:43 h | ° | ° | 39 | W60-2 | 49 |
| 101 | Eisenweiß, Dr. Dorothea | 80 | Dr. Dörfelt & Partner | 0:59:18 h | ° | ° | 40 | W35-2 | 117 |
| 102 | Rüter, Fleur | 77 | Dr. Dörfelt & Partner | 0:59:19 h | ° | ° | 41 | W35-3 | 120 |
| 103 | Dörfelt, Dr. Friedemann | 45 | Lions Quickborn | 0:59:39 h | 62 | M70-1 | ° | ° | 129 |
| 104 | Schumacher, Horst | 50 | Dr. Dörfelt & Partner | 0:59:43 h | 63 | M65-2 | ° | ° | 116 |
| 105 | Trepper, Celina | 94 | Quickborn | 0:59:56 h | ° | ° | 42 | W U23-4 | 133 |
| 106 | Brunner, Sybille | 59 | Quickborn | 0:59:58 h | ° | ° | 43 | W55-4 | 109 |
| 107 | Todeskino, Carola | 94 | Quickborn | 1:00:09 h | ° | ° | 44 | W U23-5 | 65 |
| 108 | Todeskino, Monika | 63 | Q | 1:00:18 h | ° | ° | 45 | W50-7 | 64 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-----------------------|----|------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 109 | Rau, Alexandra | 72 | Quickborn | 1:00:35 h | ° | ° | 46 | W40-9 | 69 |
| 110 | Hansen, Olaf | 65 | Lions | 1:01:01 h | 64 | M50-9 | ° | ° | 21 |
| 111 | Oanes, Dennis | 79 | CareProfis GmbH | 1:01:10 h | 65 | M35-15 | ° | ° | 7 |
| 112 | Climacosa, Jay | 73 | CareProfis GmbH | 1:02:12 h | 66 | M40-6 | ° | ° | 18 |
| 113 | Salzmann, Stefan | 62 | Kaltenkirchen | 1:02:54 h | 67 | M50-10 | ° | ° | 112 |
| 113 | Salzmann, Doris | 63 | Kaltenkirchen | 1:02:54 h | ° | ° | 47 | W50-8 | 113 |
| 115 | Gaedechens, Harriet | 59 | LT TuS Esingen | 1:03:03 h | ° | ° | 48 | W55-5 | 110 |
| 116 | Moesges, Jan | 65 | LC Kaltenkirchen | 1:03:07 h | 68 | M50-11 | ° | ° | 92 |
| 117 | Lemke-Jung, Elvira | 67 | Brokstedt | 1:03:11 h | ° | ° | 49 | W45-9 | 43 |
| 118 | Bode, Alexander | 71 | Echte Chaoten | 1:03:13 h | 69 | M45-11 | ° | ° | 71 |
| 119 | Bode, Katja | 68 | Echte Chaoten | 1:03:14 h | ° | ° | 50 | W45-10 | 72 |
| 120 | Kwiatkowski, Wilfried | 41 | TuS Holstein Quickborn | 1:07:34 h | 70 | M75-2 | ° | ° | 125 |
| 121 | Jodies, Gudrun | 72 | FC Wurzel | 1:07:47 h | ° | ° | 51 | W40-10 | 103 |
| 122 | Eberei, Christian | 91 | CareProfis GmbH | 1:08:45 h | 71 | M-4 | ° | ° | 11 |
| 123 | von Lowtzow, Caroline | 70 | Quickborn | 1:09:03 h | ° | ° | 52 | W45-11 | 28 |
| 124 | Winther, Stefanie | 65 | Sievershütten | 1:09:04 h | ° | ° | 53 | W50-9 | 148 |
| 125 | Schneider, Ina | 69 | Henstedt-Ulzburg | 1:09:37 h | ° | ° | 54 | W45-12 | 138 |
| 126 | Schneider, Klaus | 66 | Henstedt-Ulzburg | 1:09:39 h | 72 | M50-12 | ° | ° | 139 |