

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|------------------------|----|-------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Gräber, Fynn | 96 | SG Athletico Büdelsdorf | 0:17:05 h | 1 | M-1 | ° | ° | 348 |
| 2 | Radestock, Nils Kalle | 02 | LG Neumünster | 0:18:16 h | 2 | MJGD-1 | ° | ° | 336 |
| 3 | Noak, Jens | 71 | ALG-VfL Bokel | 0:18:42 h | 3 | M40-1 | ° | ° | 362 |
| 4 | Hedderich, Valentin | 05 | Westerröfelder SV | 0:18:58 h | 4 | MSA-1 | ° | ° | 377 |
| 5 | Rohwer, Simon | 06 | SG Athletico Büdelsdorf | 0:19:17 h | 5 | MSB-1 | ° | ° | 353 |
| 6 | Schnoor, Niels | 80 | ALG-VfL Bokel | 0:20:09 h | 6 | M30-1 | ° | ° | 365 |
| 7 | Delfs, Ferris | 00 | TuS Bargstedt | 0:20:32 h | 7 | MJGD-2 | ° | ° | 389 |
| 8 | Haberkorn, Bjarne | 05 | ALG-VfL Bokel | 0:20:50 h | 8 | MSA-2 | ° | ° | 363 |
| 9 | Korn, Markus | 77 | | 0:21:07 h | 9 | M40-2 | ° | ° | 401 |
| 10 | Noak, Robert | 04 | ALG-VfL Bokel | 0:21:18 h | 10 | MSA-3 | ° | ° | 361 |
| 11 | Harbs, Carolin | 01 | TuS Bargstedt | 0:21:22 h | ° | ° | 1 | WJGD-1 | 375 |
| 12 | Schlüter, Martin | 86 | SG Athletico Büdelsdorf | 0:21:32 h | 11 | M30-2 | ° | ° | 369 |
| 13 | Westmann, Nicola | 81 | SG Athletico Büdelsdorf | 0:21:39 h | ° | ° | 2 | W30-1 | 378 |
| 14 | Stauß, Lukas | 91 | SSV Mörel | 0:22:13 h | 12 | M-2 | ° | ° | 410 |
| 15 | Ramlow, Kenneth | 00 | ALG-VfL Bokel | 0:22:15 h | 13 | MJGD-3 | ° | ° | 360 |
| 16 | Rudies, Bernd | 63 | Borener SV | 0:22:25 h | 14 | M50-1 | ° | ° | 372 |
| 17 | Raetsch, Nils-Marten | 06 | SG Athletico Büdelsdorf | 0:22:31 h | 15 | MSB-2 | ° | ° | 357 |
| 18 | Schulze, Rolf | 58 | Dannenberg Lauftraining | 0:22:37 h | 16 | M50-2 | ° | ° | 380 |
| 19 | Krug, Stephan | 85 | TuS Bargstedt | 0:22:41 h | 17 | M30-3 | ° | ° | 398 |
| 20 | Jurkat-Einfeldt, Lilly | 03 | SV Nienkattbek | 0:22:42 h | ° | ° | 3 | WSA-1 | 383 |
| 21 | Krug, Niels | 87 | TuS Bargstedt | 0:22:45 h | 18 | M30-4 | ° | ° | 397 |
| 22 | Knöß, Matthias | 55 | | 0:22:51 h | 19 | M60-1 | ° | ° | 339 |
| 23 | Thun, Peter | 56 | SpVG Eidertal | 0:22:59 h | 20 | M60-2 | ° | ° | 411 |
| 24 | Bunge, Philomena | 04 | SG Atletico Büdelsdorf | 0:23:16 h | ° | ° | 4 | WSA-2 | 409 |
| 24 | Mühlenberg, Lukas | 07 | HSG Eider Harde | 0:23:16 h | 21 | MSB-3 | ° | ° | 334 |
| 26 | Rohwer, Luisa | 04 | HG OKT | 0:23:32 h | ° | ° | 5 | WSA-3 | 405 |
| 27 | Olf, Hanna | 00 | SG Athletico Büdelsdorf | 0:23:34 h | ° | ° | 6 | WJGD-2 | 354 |
| 28 | Krogmann, Jan | 01 | TuS Bargstedt | 0:23:37 h | 22 | MJGD-4 | ° | ° | 390 |
| 28 | Noah, Philip | 01 | TuS Bargstedt | 0:23:37 h | 22 | MJGD-4 | ° | ° | 391 |
| 30 | Schütz, Carolin | 00 | ALG-VfL Bokel | 0:23:39 h | ° | ° | 7 | WJGD-3 | 364 |
| 31 | Jurkat-Einfeldt, Dirk | 70 | SV Nienkattbek | 0:23:45 h | 24 | M40-3 | ° | ° | 381 |
| 32 | Molero-Membrilla, José | 41 | Borener SV | 0:24:18 h | 25 | M70-1 | ° | ° | 371 |
| 33 | Pawelzik, Ella | 03 | Ratpaw's | 0:24:25 h | ° | ° | 8 | WSA-4 | 370 |
| 34 | Jurkat-Einfeldt, Silas | 06 | SV Nienkattbek | 0:25:31 h | 26 | MSB-4 | ° | ° | 384 |
| 35 | Sitarek, Michael | 59 | | 0:25:34 h | 27 | M50-3 | ° | ° | 413 |
| 36 | Clausen, Gerhard | 58 | Dannenberg Training | 0:26:06 h | 28 | M50-4 | ° | ° | 385 |

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|-------|---------------------|----|--------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 37 | Quicke, Tobias | 01 | TuS Bargstedt | 0:26:35 h | 29 | MJGD-6 | ° | ° | 392 |
| 38 | Wachlin, Alica | 04 | MTSV Hohenwestedt | 0:26:36 h | ° | ° | 9 | WSA-5 | 333 |
| 39 | Buchholz, Yannik | 91 | TuS Bargstedt | 0:26:37 h | 30 | M-3 | ° | ° | 396 |
| 40 | Wachlin, Janine | 75 | MTSV Hohenwestedt | 0:26:39 h | ° | ° | 10 | W40-1 | 332 |
| 41 | Greve, Beate | 70 | | 0:26:59 h | ° | ° | 11 | W40-2 | 412 |
| 42 | Venzke, Wolfgang | 43 | | 0:27:05 h | 31 | M70-2 | ° | ° | 374 |
| 43 | Tamm, Mario | 75 | TuS Bargstedt | 0:27:12 h | 32 | M40-4 | ° | ° | 395 |
| 44 | Delfs, Dirk | 68 | TuS Bargstedt | 0:27:13 h | 33 | M40-5 | ° | ° | 351 |
| 45 | Lippold, Jerome | 04 | Schleihüpfen-Heilpädagogium ar | 0:28:11 h | 34 | MSA-4 | ° | ° | 345 |
| 46 | Knöß, Felix | 08 | TuS Bargstedt | 0:28:31 h | 35 | MSB-5 | ° | ° | 331 |
| 47 | Clauß, Angelika | 52 | LG Rendsburg/Büdelsdorf | 0:28:50 h | ° | ° | 12 | W60-1 | 373 |
| 48 | Clements, Lisa | 61 | De Hillbillis | 0:29:12 h | ° | ° | 13 | W50-1 | 337 |
| 49 | Clausen, Telse | 64 | Dannenberg Training | 0:29:15 h | ° | ° | 14 | W50-2 | 386 |
| 50 | Delfs, Sven | 07 | TuS Bargstedt | 0:29:17 h | 36 | MSB-6 | ° | ° | 352 |
| 51 | Knopf, Marco | 72 | | 0:29:40 h | 37 | M40-6 | ° | ° | 407 |
| 52 | Zaumseil, Stefanie | 80 | SV Nienkattbek | 0:29:42 h | ° | ° | 15 | W30-2 | 382 |
| 53 | Latacz, Benno | 06 | TuS Bargstedt | 0:30:38 h | 38 | MSB-7 | ° | ° | 406 |
| 54 | Ohm, Dana | 85 | | 0:31:09 h | ° | ° | 16 | W30-3 | 400 |
| 55 | Sump, Sigurd | 40 | LG NMS | 0:31:17 h | 39 | M70-3 | ° | ° | 404 |
| 56 | Ziesche, Ingo | 73 | TuS Bargstedt | 0:31:19 h | 40 | M40-7 | ° | ° | 402 |
| 57 | Andresen, Birte | 79 | TSV Flintbek | 0:31:39 h | ° | ° | 17 | W30-4 | 359 |
| 58 | Torkler, Gerhard | 37 | LG Rendsburg / Büdelsdorf | 0:32:28 h | 41 | M80-1 | ° | ° | 349 |
| 59 | Hedderich, Johann | 07 | keiner | 0:32:33 h | 42 | MSB-8 | ° | ° | 376 |
| 60 | Gräber-Newe, Heike | 62 | | 0:32:36 h | ° | ° | 18 | W50-3 | 340 |
| 61 | Schröder, Tobias | 97 | Schleihüpfen-Heilpädagogium ar | 0:32:38 h | 43 | M-4 | ° | ° | 350 |
| 62 | Wolff, Lenny | 09 | TuS Bargstedt | 0:32:39 h | 44 | MSB-9 | ° | ° | 387 |
| 63 | El Azzouni, Mohamed | 06 | Schleihüpfen-Heilpädagogium ar | 0:33:10 h | 45 | MSB-10 | ° | ° | 347 |
| 64 | Schläger, Bärbel | 72 | | 0:33:42 h | ° | ° | 19 | W40-3 | 408 |
| 65 | Torkler, Siegfried | 40 | LG Rendsburg / Büdelsdorf | 0:34:26 h | 46 | M70-4 | ° | ° | 338 |
| 66 | Knopf, Jonah | 07 | | 0:34:39 h | 47 | MSB-11 | ° | ° | 367 |
| 67 | Knopf, Sandra | 75 | | 0:35:02 h | ° | ° | 20 | W40-4 | 366 |
| 68 | Ziesche, Jannik | 08 | TuS Bargstedt | 0:38:03 h | 48 | MSB-12 | ° | ° | 403 |
| 69 | Krone, Nils | 07 | Schleihüpfen-Heilpädagogium ar | 0:43:14 h | 49 | MSB-13 | ° | ° | 342 |
| 70 | Reinecke, Liam | 08 | Schleihüpfen-Heilpädagogium ar | 0:43:22 h | 50 | MSB-14 | ° | ° | 344 |
| 71 | Richter, Miar | 05 | Schleihüpfen-Heilpädagogium ar | 0:45:03 h | 51 | MSA-5 | ° | ° | 346 |
| 72 | Sellwig, Jannek | 06 | Schleihüpfen-Heilpädagogium ar | 0:45:19 h | 52 | MSB-15 | ° | ° | 343 |