

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-------------------------|----|----------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 1 | Gerlach, Hartmut | 72 | FF Dummersdorf | 0:36:59,2 h | 1 | M HK-1 | ° | ° | 911 |
| 2 | Koslowski, Bennet | 91 | FF Dummersdorf | 0:38:34,1 h | 2 | M HK-2 | ° | ° | 901 |
| 3 | Bock, Petra | 68 | FF Martensrade | 0:40:27,5 h | ° | ° | 1 | W HK-1 | 910 |
| 4 | Hiller, Heike | 80 | FF Bad Malente Gremsmühlen | 0:40:42,4 h | ° | ° | 2 | W HK-2 | 907 |
| 5 | Timm, Burkhard | 72 | FF Bad Malente Gremsmühlen | 0:41:18,9 h | 3 | M HK-3 | ° | ° | 908 |
| 6 | Voß, Britta | 74 | FF Nortorf | 0:42:31,4 h | ° | ° | 3 | W HK-3 | 904 |
| 7 | Cordes, Marion | 63 | FF Martensrade | 0:42:38,5 h | ° | ° | 4 | W HK-4 | 909 |
| 8 | Matalewski, Hans | 56 | FF Nortorf | 0:42:42,7 h | 4 | M HK-4 | ° | ° | 905 |
| 9 | Gill, Andreas | 66 | FF Nortorf | 0:42:57,1 h | 5 | M HK-5 | ° | ° | 946 |
| 10 | Koslowski, Julian | 87 | FF Dummersdorf | 0:45:31,1 h | 6 | M HK-6 | ° | ° | 913 |
| 11 | Hoffmann, Peter | 49 | FF Mönkeberg | 0:45:48,1 h | 7 | M HK-7 | ° | ° | 903 |
| 12 | Möller, Anna-Lena | 87 | FF Bad Malente Gremsmühlen | 0:50:21,5 h | ° | ° | 5 | W HK-5 | 914 |
| 13 | Gregorczyk, Christopher | 84 | FF Dummersdorf | 0:51:28,1 h | 8 | M HK-8 | ° | ° | 912 |
| 14 | Fahrenkrog, Nadine | 96 | JF Kühren-Wahlstorf | 0:53:49,0 h | ° | ° | 6 | W HK-6 | 916 |
| 15 | Drews, Eileen | 96 | JF Kühren-Wahlstorf | 0:53:51,1 h | ° | ° | 7 | W HK-7 | 915 |