

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|-------------------------------|----|-----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Tschumi, Tilo | 77 | www.osteopathie-elmshorn.de | 0:37:24 h | 1 | M40-1 | ° | ° | 2 |
| 2 | Rheker, Maximilian | 92 | Hamburg | 0:38:48 h | 2 | M-1 | ° | ° | 51 |
| 3 | Merklinger, Sergej | 79 | LT TuS Esingen | 0:40:10 h | 3 | M40-2 | ° | ° | 68 |
| 4 | Reimer, Tobias | 74 | Hamburg | 0:40:37 h | 4 | M45-1 | ° | ° | 49 |
| 5 | Grebe, Marco | 81 | Klein Nordende | 0:40:51 h | 5 | M35-1 | ° | ° | 64 |
| 6 | Hundsödörfer, Jannik | 01 | Klein Nordende | 0:42:47 h | 6 | MJ U20-1 | ° | ° | 59 |
| 7 | Link, Torben | 79 | Team Steinbeis Papier | 0:44:04 h | 7 | M40-3 | ° | ° | 1 |
| 8 | Theel, Andreas | 67 | Barmstedter MTV | 0:44:55 h | 8 | M50-1 | ° | ° | 82 |
| 9 | Wrage, Sven | 69 | EMTV | 0:46:29 h | 9 | M50-2 | ° | ° | 45 |
| 10 | Ritzmann, Katja | 79 | TRI EMTV | 0:47:16 h | ° | ° | 1 | W40-1 | 77 |
| 11 | Neumann, Udo | 65 | Lt Seeth-Ekholt | 0:47:17 h | 10 | M50-3 | ° | ° | 34 |
| 12 | Letje, Stephan | 64 | MC Kollmar | 0:47:32 h | 11 | M55-1 | ° | ° | 56 |
| 13 | Ray, Holger | 61 | Barmstedter MTV | 0:47:43 h | 12 | M55-2 | ° | ° | 53 |
| 14 | Goettsche, Eddie | 86 | judäische Volksfront | 0:47:54 h | 13 | M30-1 | ° | ° | 13 |
| 15 | Kuhn, Thomas | 70 | FTSV | 0:48:06 h | 14 | M45-2 | ° | ° | 16 |
| 16 | Stank, Janine | 90 | Klein Nordende | 0:48:19 h | ° | ° | 2 | W-1 | 3 |
| 17 | Ewert, Peter | 58 | LT Seeth-Ekholt | 0:48:37 h | 15 | M60-1 | ° | ° | 30 |
| 18 | Nordgren, Gustav | 88 | Hamburg | 0:49:00 h | 16 | M30-2 | ° | ° | 9 |
| 19 | Güttner, Jan-Pidder | 65 | Barmstedter MTV | 0:49:04 h | 17 | M50-4 | ° | ° | 43 |
| 20 | Liedtke, Christin | 93 | Klein Nordende | 0:49:23 h | ° | ° | 3 | W-2 | 8 |
| 21 | Pankratz, Klaus-Günter | 52 | LT Seeth-Ekholt | 0:49:36 h | 18 | M65-1 | ° | ° | 25 |
| 22 | Völling, Jens | 66 | TRI-EMTV Elmshorn | 0:49:48 h | 19 | M50-5 | ° | ° | 52 |
| 23 | Schabram, Norbert | 62 | Elmshorn | 0:49:58 h | 20 | M55-3 | ° | ° | 21 |
| 24 | Ruffert, Jana | 90 | Hetlingen | 0:50:07 h | ° | ° | 4 | W-3 | 65 |
| 25 | Falckenthal, Christian | 57 | LT Seeth-Ekholt | 0:50:10 h | 21 | M60-2 | ° | ° | 36 |
| 26 | Sommer, Anja | 66 | LT Seeth-Ekholt | 0:50:52 h | ° | ° | 5 | W50-1 | 58 |
| 27 | Krohn, Hauke | 59 | LT Seeth-Ekholt | 0:51:24 h | 22 | M60-3 | ° | ° | 29 |
| 28 | Seifert, Regina | 68 | MC Kollmar | 0:51:40 h | ° | ° | 6 | W50-2 | 57 |
| 29 | Tichelofen, Günter | 66 | LT Seeth-Ekholt | 0:52:03 h | 23 | M50-6 | ° | ° | 31 |
| 30 | Mühlenkamp, Ole | 68 | Barmstedt | 0:52:09 h | 24 | M50-7 | ° | ° | 66 |
| 31 | Kater, Jannik | 83 | Klein Nordende | 0:52:29 h | 25 | M35-2 | ° | ° | 32 |
| 32 | Kossak-Glowczewski, Christoph | 84 | TRI EMTV | 0:52:40 h | 26 | M35-3 | ° | ° | 47 |
| 33 | Sievers, Sven | 76 | Barmstedter MTV | 0:52:46 h | 27 | M40-4 | ° | ° | 55 |
| 34 | Markowitz, Hans-Günter | 54 | Heidgrabener SV | 0:52:57 h | 28 | M65-2 | ° | ° | 35 |
| 35 | Liedtke, Susanne | 59 | Klein Nordende | 0:53:00 h | ° | ° | 7 | W60-1 | 7 |
| 36 | Schenkies, Jens | 80 | Heidgrabener SV | 0:53:09 h | 29 | M35-4 | ° | ° | 37 |

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|-------|----------------------|----|------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 37 | Müller Elmer, Judith | 66 | Barmstedter MTV | 0:53:22 h | ° | ° | 8 | W50-3 | 44 |
| 38 | Liedtke, Rainer | 60 | Klein Nordende | 0:53:53 h | 30 | M55-4 | ° | ° | 6 |
| 39 | Welack, Leo | 01 | Glückstadt | 0:54:13 h | 31 | MJ U20-2 | ° | ° | 27 |
| 40 | Neidhardt, Holger | 63 | Klein Nordende | 0:55:51 h | 32 | M55-5 | ° | ° | 80 |
| 41 | Kleuker, Tim | 01 | Klein Nordende | 0:56:15 h | 33 | MJ U20-3 | ° | ° | 70 |
| 42 | Renzler, Marcus | 80 | Klein Nordende | 0:56:44 h | 34 | M35-5 | ° | ° | 12 |
| 43 | Mueller, Lutz | 75 | Elmshorn | 0:56:49 h | 35 | M40-5 | ° | ° | 63 |
| 44 | Köppe, Yvonne | 77 | Elmshorn | 0:57:14 h | ° | ° | 9 | W40-2 | 50 |
| 45 | Schmidt, Susanna | 59 | Prisdorf | 0:57:29 h | ° | ° | 10 | W60-2 | 46 |
| 46 | Bruhnsen, Jacqueline | 65 | Lauftreff Seeth Ekholt | 0:57:33 h | ° | ° | 11 | W50-4 | 20 |
| 47 | Pfeiffenberger, Marc | 69 | Elmshorn | 0:57:50 h | 36 | M50-8 | ° | ° | 11 |
| 48 | Zube, Andrea | 72 | Elmshorn | 0:58:45 h | ° | ° | 12 | W45-1 | 40 |
| 49 | Sottmann, Melanie | 71 | BAUHAUS läuft | 0:58:50 h | ° | ° | 13 | W45-2 | 74 |
| 50 | Sottmann, Michael | 80 | BAUHAUS läuft | 0:58:51 h | 37 | M35-6 | ° | ° | 73 |
| 51 | Schamuhn, Jörg | 59 | SVE | 0:59:01 h | 38 | M60-4 | ° | ° | 62 |
| 52 | Dechow, Meike | 73 | Elmshorn | 0:59:37 h | ° | ° | 14 | W45-3 | 23 |
| 53 | Ress, Svea | 87 | Crossfit Elmshorn | 0:59:53 h | ° | ° | 15 | W30-1 | 4 |
| 54 | Bock, Gorden | 78 | Elmshorn | 1:00:00 h | 39 | M40-6 | ° | ° | 60 |
| 55 | von Leesen, Nicole | 80 | Elmshorn | 1:00:10 h | ° | ° | 16 | W35-1 | 10 |
| 56 | Paap, Eiko | 67 | Sparrieshoop | 1:00:49 h | 40 | M50-9 | ° | ° | 38 |
| 56 | Glombik, Carmen | 73 | Sparrieshoop | 1:00:49 h | ° | ° | 17 | W45-4 | 39 |
| 58 | Pohlers, Kathleen | 79 | TSG Glauchau e.V. | 1:01:26 h | ° | ° | 18 | W40-3 | 33 |
| 59 | Stehr, Thomas | 72 | SV Lieth | 1:01:54 h | 41 | M45-3 | ° | ° | 69 |
| 60 | Bröcker, Mark | 71 | Elmshorn | 1:02:05 h | 42 | M45-4 | ° | ° | 14 |
| 61 | Asmussen, Gina | 63 | LG Seestermühe | 1:02:46 h | ° | ° | 19 | W55-1 | 76 |
| 62 | Kahl, Axel | 64 | Klein Offenseth-Sparrieshoop | 1:04:30 h | 43 | M55-6 | ° | ° | 72 |
| 62 | Merschel, Christine | 92 | Elmshorn | 1:04:30 h | ° | ° | 20 | W-4 | 71 |
| 64 | Schwerdt, Monika | 57 | Barmstedter MTV | 1:04:39 h | ° | ° | 21 | W60-3 | 54 |
| 65 | Theel, Meike | 68 | Barmstedter MTV | 1:04:40 h | ° | ° | 22 | W50-5 | 81 |
| 66 | Purina, Krista | 88 | Klein Nordende | 1:11:14 h | ° | ° | 23 | W30-2 | 18 |
| 67 | Fölschow, Otto | 59 | LT-Seeth-Ekholt | 1:11:15 h | 44 | M60-5 | ° | ° | 26 |