

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|----------------------|----|-------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 1 | Bach, Rene | 81 | Lufthansa SV Hamburg | 0:37:23,5 h | 1 | M HK-1 | ° | ° | 96 |
| 2 | Masurek, Claes | 70 | LG Urania | 0:38:29,6 h | 2 | M 35-1 | ° | ° | 168 |
| 3 | Bruhn, Marc | 75 | Henstedt-Ulzburg | 0:38:51,2 h | 3 | M 30-1 | ° | ° | 146 |
| 4 | Bülk, Jens | 61 | Dr. Dörfelt, Schumacher, Grüt | 0:39:29,8 h | 4 | M 45-1 | ° | ° | 141 |
| 5 | Wandschneider, Dirk | 63 | Team Endorphin Henstedt-Ulz | 0:39:53,3 h | 5 | M 45-2 | ° | ° | 37 |
| 6 | Bessert, Jan | 84 | Firma Frey & Lau | 0:40:32,3 h | 6 | M HK-2 | ° | ° | 108 |
| 7 | Oehme, Bjoern | 66 | Kisdorf | 0:41:17,4 h | 7 | M 40-1 | ° | ° | 151 |
| 8 | Westphal, Nils | 77 | Kiel | 0:42:25,7 h | 8 | M 30-2 | ° | ° | 218 |
| 9 | Wendel, Jakob | 72 | Kaltenkirchen | 0:42:27,1 h | 9 | M 35-2 | ° | ° | 147 |
| 10 | Günter, Frank | 66 | Kaltenkirchen | 0:42:42,5 h | 10 | M 40-2 | ° | ° | 170 |
| 11 | Wulf, Jan | 65 | Henstedt-Ulzburg | 0:42:54,8 h | 11 | M 40-3 | ° | ° | 240 |
| 12 | Laedtke, Volker | 63 | Elmshorn | 0:43:08,7 h | 12 | M 45-3 | ° | ° | 92 |
| 13 | Lobach, Bente | 81 | BSG Radsportzentrum Hambu | 0:43:40,8 h | ° | ° | 1 | W HK-1 | 219 |
| 14 | Klocke, Lennart | 89 | SV Henstedt-Ulzburg | 0:43:43,8 h | 13 | M HK-3 | ° | ° | 227 |
| 15 | Bornemann, Eric | 66 | Firma Frey & Lau | 0:44:02,9 h | 14 | M 40-4 | ° | ° | 106 |
| 16 | Fiedler, Andreas | 65 | RSC-Kattenberg | 0:44:05,8 h | 15 | M 40-5 | ° | ° | 169 |
| 17 | Uphagen, Thomas | 65 | Neumünster | 0:44:09,2 h | 16 | M 40-6 | ° | ° | 171 |
| 18 | Unrau, Rudi | 67 | Henstedt-Ulzburg | 0:44:39,0 h | 17 | M 40-7 | ° | ° | 60 |
| 19 | Adam, Jens | 76 | Firma Frey & Lau | 0:44:56,1 h | 18 | M 30-3 | ° | ° | 105 |
| 20 | Löbel, Regina | 66 | Kaltenkirchen | 0:45:05,2 h | ° | ° | 2 | W 40-1 | 224 |
| 21 | Münster, Ulrich | 60 | Henstedt-Ulzburg | 0:45:24,0 h | 19 | M 45-4 | ° | ° | 4 |
| 22 | Ackermann, Michael | 68 | Firma Frey & Lau | 0:45:38,2 h | 20 | M 40-8 | ° | ° | 107 |
| 23 | Ott, Gunnar | 78 | Ellerau | 0:45:43,7 h | 21 | M 30-4 | ° | ° | 36 |
| 24 | Rüsbüldt, Ole | 78 | Raiffeisenbank eG | 0:45:56,7 h | 22 | M 30-5 | ° | ° | 132 |
| 25 | Foerster, Axel | 66 | Berlin-Import-Läufer | 0:46:07,8 h | 23 | M 40-9 | ° | ° | 67 |
| 26 | Bach, Burkhard | 56 | Henstedt-Ulzburg | 0:46:10,7 h | 24 | M 50-1 | ° | ° | 6 |
| 27 | Staden, Christian | 53 | Henstedt-Ulzburg | 0:46:20,2 h | 25 | M 55-1 | ° | ° | 174 |
| 28 | Willsch, Pascal | 78 | Lufthansa SV Hamburg | 0:46:27,1 h | 26 | M 30-6 | ° | ° | 2 |
| 29 | Ehlers, Annette | 65 | BSG Tchibo / BSV HH | 0:46:34,9 h | ° | ° | 3 | W 40-2 | 204 |
| 30 | Hörmann, Jürgen | 54 | Henstedt-Ulzburg | 0:46:46,1 h | 27 | M 55-2 | ° | ° | 27 |
| 31 | Muchow, Oliver | 89 | Henstedt-Ulzburg | 0:46:47,7 h | 28 | M HK-4 | ° | ° | 225 |
| 32 | Heinsonn, Sven | 82 | Kaltenkirchen | 0:46:50,2 h | 29 | M HK-5 | ° | ° | 145 |
| 33 | Schultz, Peter | 67 | Paul Kaders GmbH | 0:46:52,2 h | 30 | M 40-10 | ° | ° | 7 |
| 34 | Nörenberg, Jan | 81 | HSV Supporters Club | 0:46:58,3 h | 31 | M HK-6 | ° | ° | 167 |
| 35 | Scherlitzki, Norbert | 51 | LaTreDo Norderstedt | 0:46:58,3 h | 32 | M 55-3 | ° | ° | 138 |
| 36 | Tomm, Alexander | 66 | SV Henstedt-Ulzburg | 0:46:59,3 h | 33 | M 40-11 | ° | ° | 15 |
| 37 | Rademacher, Patrick | 79 | SV Henstedt-Ulzburg | 0:47:05,8 h | 34 | M 30-7 | ° | ° | 19 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
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| 38 | Lang, Stefan | 79 | Raiffeisenbank eG | 0:47:08,0 h | 35 | M 30-8 | ° | ° | 130 |
| 39 | Humfeldt, Klaus | 49 | Raiffeisenbank eG | 0:47:16,1 h | 36 | M 60-1 | ° | ° | 127 |
| 40 | Pohl, Marcel | 96 | Firma Frey & Lau | 0:47:17,3 h | 37 | M SB-1 | ° | ° | 238 |
| 41 | Schröder, Ralf | 63 | SG Wasserratten Norderstedt | 0:47:18,4 h | 38 | M 45-5 | ° | ° | 121 |
| 42 | Günther, Michael | 57 | SV Henstedt-Ulzburg | 0:47:21,6 h | 39 | M 50-2 | ° | ° | 187 |
| 43 | Balcke, Thorsten | 68 | Henstedt-Ulzburg | 0:47:25,1 h | 40 | M 40-12 | ° | ° | 21 |
| 44 | Wolters, Peter | 63 | Quickborn | 0:47:31,4 h | 41 | M 45-6 | ° | ° | 101 |
| 45 | Augustiniack, Björn | 81 | Hamburg | 0:47:37,9 h | 42 | M HK-7 | ° | ° | 144 |
| 46 | Peters, Stefan | 73 | Bad Bramstedt | 0:47:39,8 h | 43 | M 35-3 | ° | ° | 123 |
| 47 | Abel, Christoph | 80 | Henstedt-Ulzburg | 0:47:48,3 h | 44 | M HK-8 | ° | ° | 239 |
| 48 | Nickel, Frank | 63 | Kisdorf | 0:47:49,3 h | 45 | M 45-7 | ° | ° | 176 |
| 49 | Tölle, Dirk | 66 | Raiffeisenbank eG | 0:47:50,0 h | 46 | M 40-13 | ° | ° | 128 |
| 50 | Lucht, Soenke | 64 | Bad Bramstedt | 0:47:57,5 h | 47 | M 45-8 | ° | ° | 3 |
| 51 | Wrage, Jens-Peter | 65 | Firma Frey & Lau | 0:48:06,1 h | 48 | M 40-14 | ° | ° | 237 |
| 52 | Wunsch, Torsten | 70 | Keßler/ Wunsch Henstedt Ulzt | 0:48:15,0 h | 49 | M 35-4 | ° | ° | 87 |
| 53 | Meier, Christian | 65 | SV Friedrichsgarbe | 0:48:20,3 h | 50 | M 40-15 | ° | ° | 48 |
| 54 | Schirdewahn, Mike | 62 | Roadrunners Norderstedt | 0:48:40,1 h | 51 | M 45-9 | ° | ° | 56 |
| 55 | Fydrich, Thorsten | 66 | SC Kisdorf | 0:48:48,1 h | 52 | M 40-16 | ° | ° | 212 |
| 56 | Vogt, Karl-Heinz | 46 | SV Henstedt-Ulzburg | 0:48:50,7 h | 53 | M 60-2 | ° | ° | 46 |
| 57 | Petschke, Franziska | 94 | HSG Henstedt-Ulzburg | 0:48:55,7 h | ° | ° | 4 | W SA-1 | 99 |
| 58 | Pohlmann, Barbara | 62 | Team Heinze Dental-Labor | 0:48:55,8 h | ° | ° | 5 | W 45-1 | 63 |
| 59 | Schönfeld, Volker | 57 | SV Friedrichsgabe | 0:48:57,6 h | 54 | M 50-3 | ° | ° | 76 |
| 60 | Marquis, Philipp | 91 | SV Henstedt-Ulzburg | 0:48:58,6 h | 55 | M Jg A-1 | ° | ° | 142 |
| 61 | Schütt, Andrea | 90 | TUS Wakendorf-Götzenberg | 0:49:01,6 h | ° | ° | 6 | W Jg A-1 | 34 |
| 62 | Kinzler, Eugen | 66 | Hamburg | 0:49:20,2 h | 56 | M 40-17 | ° | ° | 5 |
| 63 | Schäfer, Carsten | 59 | SV Henstedt-Ulzburg | 0:49:27,2 h | 57 | M 50-4 | ° | ° | 42 |
| 64 | Kuslits, Michael | 67 | SV Henstedt-Ulzburg | 0:49:38,7 h | 58 | M 40-18 | ° | ° | 161 |
| 65 | Zimmermann, Birgit | 73 | PHARMAZEUTIX Apotheken | 0:49:40,2 h | ° | ° | 7 | W 35-1 | 150 |
| 66 | Förtsch, Reinhard | 64 | Henstedt-Ulzburg | 0:49:55,8 h | 59 | M 45-10 | ° | ° | 125 |
| 67 | Beese, Thomas | 63 | Henstedt-Ulzburg | 0:49:58,1 h | 60 | M 45-11 | ° | ° | 44 |
| 68 | Paetzke, Yves | 74 | Kaltenkirchen | 0:50:03,5 h | 61 | M 35-5 | ° | ° | 208 |
| 69 | Jäger, Thorsten | 81 | Kaltenkirchen | 0:50:07,8 h | 62 | M HK-9 | ° | ° | 82 |
| 70 | Dierks, Sebastian | 78 | LG Nord-West Hamburg | 0:50:14,2 h | 63 | M 30-9 | ° | ° | 178 |
| 71 | Zang, Joachim | 52 | Pinneberg | 0:50:22,5 h | 64 | M 55-4 | ° | ° | 102 |
| 72 | Uschkureit, Thomas | 66 | SV Henstedt-Ulzburg | 0:50:24,3 h | 65 | M 40-19 | ° | ° | 191 |
| 73 | Diener, Melanie | 85 | Hamburg | 0:50:24,8 h | ° | ° | 8 | W HK-2 | 85 |
| 74 | Richter, Torsten | 71 | Henstedt-Ulzburg | 0:50:28,3 h | 66 | M 35-6 | ° | ° | 173 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|--------------------------|----|--------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 75 | Herzog, Juergen | 48 | LG Justiz Hamburg | 0:50:32,9 h | 67 | M 60-3 | ° | ° | 232 |
| 76 | Sönksen, Sven-Erik | 89 | Henstedt-Ulzburg | 0:50:36,7 h | 68 | M HK-10 | ° | ° | 152 |
| 77 | Hoffmann, Merle Christin | 89 | Henstedt-Ulzburg | 0:50:40,0 h | ° | ° | 9 | W HK-3 | 186 |
| 78 | Wagenknecht, Michael | 67 | SV Friedrichsgabe | 0:50:45,2 h | 69 | M 40-20 | ° | ° | 114 |
| 79 | Laskowski, Rolf | 63 | Sportschule Mudo Kwan | 0:50:49,9 h | 70 | M 45-12 | ° | ° | 95 |
| 80 | Stange, Karsten | 61 | Raiffeisenbank eG | 0:51:01,6 h | 71 | M 45-13 | ° | ° | 126 |
| 81 | Bodendörfer, Patrick | 77 | Kisdorf | 0:51:07,3 h | 72 | M 30-10 | ° | ° | 8 |
| 82 | Schumacher, Horst | 50 | Dr. Dörfelt, Schumacher, Grüt. | 0:51:10,8 h | 73 | M 55-5 | ° | ° | 140 |
| 83 | Lüttgens, Andreas | 70 | Umschau | 0:51:13,9 h | 74 | M 35-7 | ° | ° | 247 |
| 84 | Weihe, Holger | 56 | Henstedt-Ulzburg | 0:51:24,5 h | 75 | M 50-5 | ° | ° | 244 |
| 85 | Stier, Burghard | 41 | LG Justiz Hamburg | 0:51:25,8 h | 76 | M 65-1 | ° | ° | 172 |
| 86 | Wrage, Nadine | 84 | SCALA | 0:51:25,8 h | ° | ° | 10 | W HK-4 | 222 |
| 87 | Hoppe, Andreas | 64 | Hamburg | 0:51:26,8 h | 77 | M 45-14 | ° | ° | 103 |
| 88 | Burzlauff, Dirk | 65 | Henstedt-Ulzburg | 0:51:31,4 h | 78 | M 40-21 | ° | ° | 188 |
| 89 | Carstensen, Petra | 58 | SV Friedrichsgabe | 0:51:54,2 h | ° | ° | 11 | W 50-1 | 57 |
| 90 | Foerster, Kay | 67 | SV Henstedt-Ulzburg | 0:51:55,0 h | 79 | M 40-22 | ° | ° | 64 |
| 91 | Lohmann, Heiner | 50 | Philips LG | 0:52:06,3 h | 80 | M 55-6 | ° | ° | 11 |
| 92 | Wysocki, Rico | 89 | Wakendorf II | 0:52:13,1 h | 81 | M HK-11 | ° | ° | 184 |
| 93 | Böhle, Mica | 67 | Quickborn | 0:52:13,6 h | ° | ° | 12 | W 40-3 | 202 |
| 94 | Landt, Lars-Uwe | 65 | Henstedt-Ulzburg | 0:52:14,5 h | 82 | M 40-23 | ° | ° | 17 |
| 95 | Sagasser, Doris | 68 | SV Henstedt-Ulzburg | 0:52:32,6 h | ° | ° | 13 | W 40-4 | 196 |
| 96 | Webel, Heiko | 88 | Henstedt-Ulzburg | 0:52:49,2 h | 83 | M HK-12 | ° | ° | 197 |
| 97 | Grube, Claudia | 63 | SG Wasserratten Norderstedt | 0:52:50,4 h | ° | ° | 14 | W 45-2 | 241 |
| 98 | Schütt, Harald | 92 | TUS Wakendorf-Götzenberg | 0:53:16,6 h | 84 | M Jg B-1 | ° | ° | 68 |
| 99 | Mattwig, Alyssa | 90 | Henstedt-Ulzburg | 0:53:16,8 h | ° | ° | 15 | W Jg A-2 | 194 |
| 100 | Kruse, Alien | 89 | Henstedt-Ulzburg | 0:53:17,4 h | ° | ° | 16 | W HK-5 | 160 |
| 101 | Mertens, Ralf | 57 | SAGA | 0:53:19,4 h | 85 | M 50-6 | ° | ° | 73 |
| 102 | Zang, Julia | 89 | Henstedt-Ulzburg | 0:53:22,8 h | ° | ° | 17 | W HK-6 | 94 |
| 103 | Zang, Karl | 59 | SV Henstedt-Ulzburg | 0:53:23,5 h | 86 | M 50-7 | ° | ° | 93 |
| 104 | Nidzwetzki, Andrea | 68 | SV Henstedt-Ulzburg | 0:53:29,0 h | ° | ° | 18 | W 40-5 | 28 |
| 105 | Krüner-Marquis., Dr. Uwe | 61 | SV Henstedt-Ulzburg | 0:53:29,4 h | 87 | M 45-15 | ° | ° | 143 |
| 106 | Schulze, Sabine | 64 | SV Henstedt-Ulzburg | 0:53:30,8 h | ° | ° | 19 | W 45-3 | 162 |
| 107 | Schulze, Stephan | 64 | SV Henstedt-Ulzburg | 0:53:32,1 h | 88 | M 45-16 | ° | ° | 163 |
| 108 | Westphal, Thomas | 60 | BSG HAKO Trappenkamp | 0:53:38,1 h | 89 | M 45-17 | ° | ° | 148 |
| 109 | Grube, Miriam | 91 | SG Wasserratten Norderstedt | 0:53:44,0 h | ° | ° | 20 | W Jg A-3 | 242 |
| 110 | Thienel-Winkelmann, Lutz | 61 | SV Polizei Hamburg | 0:53:44,3 h | 90 | M 45-18 | ° | ° | 113 |
| 111 | Siemers, Jan | 61 | SV Henstedt-Ulzburg | 0:53:45,8 h | 91 | M 45-19 | ° | ° | 245 |

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| 112 | Bialek, Thomas | 82 | Hamburg | 0:53:52,4 h | 92 | M HK-13 | ° | ° | 231 |
| 113 | Reimers, Wiebke | 65 | SG Wasserratten Norderstedt | 0:53:54,8 h | ° | ° | 21 | W 40-6 | 59 |
| 114 | Roesner, Meike | 70 | Tangstedt | 0:54:08,7 h | ° | ° | 22 | W 35-2 | 77 |
| 115 | Ringleb, Steven | 97 | Henstedt-Ulzburg | 0:54:15,6 h | 93 | M SB-2 | ° | ° | 249 |
| 116 | Fischer, Philipp | 97 | SV Henstedt-Ulzburg | 0:54:21,1 h | 94 | M SB-3 | ° | ° | 206 |
| 117 | Schmüser, Jürgen | 62 | SV Henstedt-Ulzburg | 0:54:22,2 h | 95 | M 45-20 | ° | ° | 35 |
| 118 | Gummert, Wolfgang | 56 | Laufftreff Quickborn/Ellerau | 0:54:23,2 h | 96 | M 50-8 | ° | ° | 22 |
| 119 | Sprandel, Corinna | 63 | Henstedt-Ulzburg | 0:54:32,3 h | ° | ° | 23 | W 45-4 | 50 |
| 120 | Timm, Elke | 58 | Henstedt-Ulzburg | 0:54:35,0 h | ° | ° | 24 | W 50-2 | 209 |
| 121 | Timm, Günter | 52 | Henstedt-Ulzburg | 0:54:37,2 h | 97 | M 55-7 | ° | ° | 210 |
| 122 | Goihl, Klaus | 56 | Team Heinze Dental-Labor | 0:54:37,5 h | 98 | M 50-9 | ° | ° | 61 |
| 123 | Nordmann, Heinz Jürgen | 48 | SV Henstedt-Ulzburg | 0:54:37,9 h | 99 | M 60-4 | ° | ° | 190 |
| 124 | Krummacker, Oliver | 77 | Team Heinze Dental-Labor | 0:54:43,8 h | 100 | M 30-11 | ° | ° | 62 |
| 125 | Schlüter, Birgit | 64 | SG Wasserratten Norderstedt | 0:54:46,3 h | ° | ° | 25 | W 45-5 | 58 |
| 126 | Nigbur, Kerstin | 69 | SV Henstedt-Ulzburg | 0:54:46,6 h | ° | ° | 26 | W 40-7 | 220 |
| 127 | Rauterberg, Sebastian | 65 | Henstedt-Ulzburg | 0:54:50,8 h | 101 | M 40-24 | ° | ° | 213 |
| 128 | Petschke, Benjamin | 69 | Henstedt-Ulzburg | 0:55:00,7 h | 102 | M 40-25 | ° | ° | 100 |
| 129 | Holm, Silke | 65 | SV Friedrichsgabe | 0:55:05,8 h | ° | ° | 27 | W 40-8 | 97 |
| 130 | Lorenzen, Ines | 59 | Henstedt-Ulzburg | 0:55:07,7 h | ° | ° | 28 | W 50-3 | 33 |
| 131 | Tews, Kerstin | 65 | Lentförhden | 0:55:35,0 h | ° | ° | 29 | W 40-9 | 157 |
| 132 | Roth, Annika | 90 | SV Henstedt-Ulzburg | 0:55:39,5 h | ° | ° | 30 | W Jg A-4 | 181 |
| 133 | Hecht, Ingo | 69 | Team Endorphin Henstedt-Ulz | 0:55:39,9 h | 103 | M 40-26 | ° | ° | 52 |
| 134 | Möller, Michael | 65 | SV Henstedt-Ulzburg | 0:55:41,4 h | 104 | M 40-27 | ° | ° | 24 |
| 135 | Wördemann, Maic | 66 | Henstedt-Ulzburg | 0:55:43,8 h | 105 | M 40-28 | ° | ° | 189 |
| 136 | Kämmerling, Werner | 53 | SV Henstedt-Ulzburg | 0:56:07,0 h | 106 | M 55-8 | ° | ° | 16 |
| 137 | Skidzun, Bernd | 71 | LØBETIDENS VENNER M/K | 0:56:09,9 h | 107 | M 35-8 | ° | ° | 159 |
| 138 | Schichler, Siegfried | 43 | SV Henstedt-Ulzburg | 0:56:10,1 h | 108 | M 65-2 | ° | ° | 54 |
| 139 | Siemers, Vincent | 92 | Henstedt-Ulzburg | 0:56:16,6 h | 109 | M Jg B-2 | ° | ° | 246 |
| 140 | Warncke, Knut | 65 | Team Orchideenweg | 0:56:18,7 h | 110 | M 40-29 | ° | ° | 71 |
| 141 | Bolhuis, Wolfgang | 56 | TuRa Harksheide | 0:56:18,9 h | 111 | M 50-10 | ° | ° | 53 |
| 142 | Landt, Birthe | 65 | Henstedt-Ulzburg | 0:56:28,6 h | ° | ° | 31 | W 40-10 | 18 |
| 143 | Fügemann, Helge | 85 | Raiffeisenbank eG | 0:56:29,7 h | 112 | M HK-14 | ° | ° | 135 |
| 144 | Köllen, Thomas | 62 | SVHU Laufenten | 0:56:40,4 h | 113 | M 45-21 | ° | ° | 120 |
| 145 | Richter, Brigitta | 64 | SVHU Laufenten | 0:56:40,8 h | ° | ° | 32 | W 45-6 | 116 |
| 146 | Heise, Sven | 66 | Henstedt-Ulzburg | 0:56:41,4 h | 114 | M 40-30 | ° | ° | 217 |
| 147 | Fiergolla, Dagmar | 64 | SVHU Laufenten | 0:56:41,8 h | ° | ° | 33 | W 45-7 | 115 |
| 148 | Hamacher, Manny | 61 | SVHU Laufenten | 0:56:41,8 h | 115 | M 45-22 | ° | ° | 117 |

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| 149 | Behrendt, Thorsten | 61 | SVHU Laufenten | 0:56:42,6 h | 116 | M 45-23 | ° | ° | 118 |
| 150 | Hannemann, Torsten | 61 | SV Henstedt-Ulzburg | 0:56:43,0 h | 117 | M 45-24 | ° | ° | 55 |
| 151 | Weihe, Marcel | 89 | Raiffeisenbank eG | 0:56:52,4 h | 118 | M HK-15 | ° | ° | 131 |
| 152 | Kostein, Andreas | 65 | SV Friedrichsgabe, 1x VHS HI | 0:57:03,4 h | 119 | M 40-31 | ° | ° | 166 |
| 153 | Dorn, Susanne | 67 | Team Prosecco | 0:57:15,6 h | ° | ° | 34 | W 40-11 | 79 |
| 154 | Kern, Melanie | 73 | Team Prosecco | 0:57:17,0 h | ° | ° | 35 | W 35-3 | 80 |
| 155 | Albert, Sandra | 89 | Henstedt-Ulzburg | 0:57:20,7 h | ° | ° | 36 | W HK-7 | 98 |
| 156 | Alsleben, Julia | 78 | Henstedt-Ulzburg | 0:57:22,2 h | ° | ° | 37 | W 30-1 | 23 |
| 157 | Barenthin, Klaus-Dieter | 42 | Laufftreff Quickborn/Ellerau | 0:57:31,9 h | 120 | M 65-3 | ° | ° | 12 |
| 158 | Grabbert, Simon | 89 | Norderstedt | 0:57:41,1 h | 121 | M HK-16 | ° | ° | 211 |
| 159 | Ellebrecht, Imme | 89 | Henstedt-Ulzburg | 0:58:03,8 h | ° | ° | 38 | W HK-8 | 215 |
| 160 | Harder, Claus-York | 75 | Team Speckmade | 0:58:06,3 h | 122 | M 30-12 | ° | ° | 10 |
| 161 | Schumann, Svenja | 90 | LG Alsternord | 0:58:13,5 h | ° | ° | 39 | W Jg A-5 | 207 |
| 162 | Gensch, Marc | 89 | Kaltenkirchen | 0:58:38,9 h | 123 | M HK-17 | ° | ° | 198 |
| 163 | Oswald, Max | 90 | Henstedt-Ulzburg | 0:58:45,9 h | 124 | M Jg A-2 | ° | ° | 228 |
| 164 | Marquardt, Lorenz | 62 | Henstedt-Ulzburg | 0:58:50,7 h | 125 | M 45-25 | ° | ° | 88 |
| 165 | Mühlhausen, Angela | 54 | Laufftreff Kaltenkirchen | 0:58:57,9 h | ° | ° | 40 | W 55-1 | 124 |
| 166 | Fentroß, Angela | 55 | Kaltenkirchen | 0:58:58,1 h | ° | ° | 41 | W 50-4 | 111 |
| 167 | Oswald, Rolf | 58 | Henstedt-Ulzburg | 0:59:03,7 h | 126 | M 50-11 | ° | ° | 229 |
| 168 | Bureau, Benjamin | 94 | Henstedt-Ulzburg | 0:59:14,4 h | 127 | M SA-1 | ° | ° | 38 |
| 169 | Valder, Claudia | 77 | Firma Frey & Lau | 0:59:25,0 h | ° | ° | 42 | W 30-2 | 110 |
| 170 | Kettler, Jens | 59 | SV Polizei Hamburg | 0:59:30,2 h | 128 | M 50-12 | ° | ° | 65 |
| 171 | Müller, Michi | 74 | BSG HAKO Trappenkamp | 0:59:30,7 h | 129 | M 35-9 | ° | ° | 149 |
| 172 | Wichert, Georg | 66 | Team Orchideenweg | 0:59:44,0 h | 130 | M 40-32 | ° | ° | 72 |
| 173 | Brockmann, Sabine | 71 | Team Orchideenweg | 0:59:45,2 h | ° | ° | 43 | W 35-4 | 69 |
| 174 | Brockmann, Matthias | 72 | Team Orchideenweg | 0:59:45,4 h | 131 | M 35-10 | ° | ° | 70 |
| 175 | Hohnholt, Werner | 39 | SV Henstedt-Ulzburg | 1:00:14,2 h | 132 | M 70-1 | ° | ° | 226 |
| 176 | Baesel, Andrea | 63 | SV Henstedt-Ulzburg | 1:00:16,0 h | ° | ° | 44 | W 45-8 | 45 |
| 177 | Peter, Kerstin | 63 | Team Champus | 1:00:17,5 h | ° | ° | 45 | W 45-9 | 201 |
| 178 | Kelch, Eberhard | 42 | Henstedt-Ulzburg | 1:00:20,7 h | 133 | M 65-4 | ° | ° | 193 |
| 179 | Liedtke, Harald | 32 | SV Henstedt-Ulzburg | 1:00:22,2 h | 134 | M 75-1 | ° | ° | 51 |
| 180 | Aagaard, Beate | 64 | Team Champus | 1:00:23,3 h | ° | ° | 46 | W 45-10 | 200 |
| 181 | Kasten, Petra | 62 | Team Champus | 1:00:24,0 h | ° | ° | 47 | W 45-11 | 199 |
| 182 | Pamperin, Anne | 66 | DLRG Norderstedt | 1:01:14,8 h | ° | ° | 48 | W 40-12 | 195 |
| 183 | Schubert, Alena | 90 | Henstedt-Ulzburg | 1:01:42,6 h | ° | ° | 49 | W Jg A-6 | 155 |
| 184 | Schubert, Ralf | 61 | Henstedt-Ulzburg | 1:01:42,7 h | 135 | M 45-26 | ° | ° | 156 |
| 185 | Soltwedel, Marcus | 67 | speedteam-drsci | 1:02:23,1 h | 136 | M 40-33 | ° | ° | 30 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|----------------------------|----|------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 186 | Sievers, Laszlo | 85 | Raiffeisenbank eG | 1:02:26,5 h | 137 | M HK-18 | ° | ° | 129 |
| 187 | Hündorf, Bianca | 89 | SV Henstedt-Ulzburg | 1:02:32,7 h | ° | ° | 50 | W HK-9 | 153 |
| 188 | Blasberg, Gerhard | 60 | ETSV Fortuna Glückstadt | 1:02:35,0 h | 138 | M 45-27 | ° | ° | 91 |
| 189 | Hündorf, Katrin | 87 | SV Henstedt-Ulzburg | 1:03:09,8 h | ° | ° | 51 | W HK-10 | 154 |
| 190 | Brodersen, Christian | 84 | Henstedt-Ulzburg | 1:03:33,4 h | 139 | M HK-19 | ° | ° | 112 |
| 191 | Teising, Dagmar | 62 | SV Henstedt-Ulzburg | 1:03:52,7 h | ° | ° | 52 | W 45-12 | 233 |
| 192 | Krogmann, Kai | 62 | Todesfelde | 1:03:54,1 h | 140 | M 45-28 | ° | ° | 137 |
| 193 | Pien, Jan-Christopher | 90 | Henstedt-Ulzburg | 1:03:56,3 h | 141 | M Jg A-3 | ° | ° | 182 |
| 194 | Schäfer, Lieselotte | 59 | SV Henstedt-Ulzburg | 1:04:02,4 h | ° | ° | 53 | W 50-5 | 43 |
| 195 | Samanta, Kim | 94 | HSV | 1:04:39,4 h | ° | ° | 54 | W SA-2 | 83 |
| 196 | Ladewig, Marco | 69 | Kisdorf | 1:05:01,7 h | 142 | M 40-34 | ° | ° | 177 |
| 197 | Bartzik, Rita | 60 | SV Henstedt-Ulzburg | 1:05:25,9 h | ° | ° | 55 | W 45-13 | 86 |
| 198 | Rutz, Heike | 60 | Norderstedt | 1:05:56,6 h | ° | ° | 56 | W 45-14 | 221 |
| 199 | Lentfer, Michelle Christin | 90 | Henstedt-Ulzburg | 1:08:00,1 h | ° | ° | 57 | W Jg A-7 | 180 |
| 200 | Wollgast, Gundula | 69 | Kisdorf | 1:08:00,3 h | ° | ° | 58 | W 40-13 | 175 |
| 201 | Wairich, Natalia | 88 | Henstedt-Ulzburg | 1:08:00,9 h | ° | ° | 59 | W HK-11 | 90 |
| 202 | Neumann, Wilhelm | 38 | BSG Feuerwehr Hamburg | 1:08:04,6 h | 143 | M 70-2 | ° | ° | 104 |
| 203 | Wohler, Eike | 57 | Raiffeisenbank eG | 1:10:22,6 h | ° | ° | 60 | W 50-6 | 133 |
| 204 | Winter, Annemarie | 48 | Raiffeisenbank eG | 1:10:23,1 h | ° | ° | 61 | W 60-1 | 134 |
| 205 | Regenstein, Sarah | 89 | Henstedt-Ulzburg | 1:14:29,2 h | ° | ° | 62 | W HK-12 | 183 |
| 206 | Hampel, Martina | 65 | Kaltenkirchen | 1:17:56,0 h | ° | ° | 63 | W 40-14 | 192 |
| 207 | Hinrichs, Brigitte | 65 | SV Friedrichsgabe, 1x VHS HI | 1:17:58,3 h | ° | ° | 64 | W 40-15 | 164 |
| 208 | Meißner, Bernd | 67 | SV Friedrichsgabe, 1x VHS HI | 1:18:00,0 h | 144 | M 40-35 | ° | ° | 165 |
| 209 | Hahn, Svenja | 89 | Henstedt-Ulzburg | 1:38:45,7 h | ° | ° | 65 | W HK-13 | 84 |
| 210 | Iniguez, Cristina | 89 | Henstedt-Ulzburg | 1:38:46,6 h | ° | ° | 66 | W HK-14 | 74 |