

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Bruttozeit | Nettozeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|----------------------|----|----------------------------|------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Lehmann, Hendrik | 57 | ALG-VfL Bokel | 0:30:55 h | 0:30:55 h | 1 | M65-1 | ° | ° | 1025 |
| 2 | Worina, Bryan | 88 | Buxtehude | 0:35:33 h | 0:35:32 h | 2 | M35-1 | ° | ° | 1006 |
| 3 | Asmus, Jil Lilly | 03 | Kaltenkirchener TS Leichta | 0:36:41 h | 0:36:41 h | ° | ° | 1 | W U23-1 | 1054 |
| 4 | Clement, Udo | 61 | Walking SE | 0:38:10 h | 0:38:09 h | 3 | M60-1 | ° | ° | 1019 |
| 5 | Franck, Arne | 62 | 100 Marathon Club | 0:39:23 h | 0:39:20 h | 4 | M60-2 | ° | ° | 1024 |
| 6 | Nahrwold, Wiebke | 49 | Lets go Lohbarbek | 0:40:59 h | 0:40:59 h | ° | ° | 2 | W75-1 | 1059 |
| 7 | Echelmeyer, Joachim | 63 | Echelmeyer | 0:41:03 h | 0:40:56 h | 5 | M60-3 | ° | ° | 1009 |
| 8 | Tylkowski, Carola | 62 | SVHU | 0:43:12 h | 0:43:07 h | ° | ° | 3 | W60-1 | 1047 |
| 9 | Bumann, Rolf | 43 | TuS Holstein Quickborn | 0:43:28 h | 0:43:25 h | 6 | M80-1 | ° | ° | 1023 |
| 10 | Dahmen, Wilhelm | 58 | WHU | 0:43:36 h | 0:43:28 h | 7 | M65-2 | ° | ° | 1048 |
| 10 | Küther, Katja | 67 | SV-HU | 0:43:36 h | 0:43:28 h | ° | ° | 4 | W55-1 | 1058 |
| 12 | Wilkens, Karla | 43 | SV HU | 0:43:41 h | 0:43:39 h | ° | ° | 5 | W80-1 | 1021 |
| 13 | Legner, Sabine | 59 | PHARMAZEUTIX Apotheke | 0:43:57 h | 0:43:51 h | ° | ° | 6 | W65-1 | 1035 |
| 13 | Meier, Silke | 61 | PHARMAZEUTIX Apotheke | 0:43:57 h | 0:43:52 h | ° | ° | 6 | W60-2 | 1034 |
| 15 | Clement, Catrin | 65 | Walking SE | 0:44:01 h | 0:43:59 h | ° | ° | 8 | W55-2 | 1020 |
| 16 | Gutzeit, Dagmar | 55 | Norderstedt | 0:44:55 h | 0:44:48 h | ° | ° | 9 | W65-2 | 1033 |
| 17 | Karnatz, Katrin | 87 | Vilz | 0:45:53 h | 0:45:43 h | ° | ° | 10 | W35-1 | 1015 |
| 18 | Jepsen, Sigried | 61 | Hamburg | 0:45:54 h | 0:45:51 h | ° | ° | 11 | W60-3 | 1056 |
| 18 | Karnatz, Katrin | 81 | Henstedt-Ulzburg | 0:45:54 h | 0:45:45 h | ° | ° | 11 | W40-1 | 1000 |
| 20 | Jepsen, Christian | 56 | Hamburg | 0:45:55 h | 0:45:52 h | 8 | M65-3 | ° | ° | 1057 |
| 21 | Moller, Lydia | 70 | Henstedt-Ulzburg | 0:46:29 h | 0:46:22 h | ° | ° | 13 | W50-1 | 1055 |
| 22 | Disselbach, Gudrun | 55 | Frey&Lau | 0:47:21 h | 0:47:06 h | ° | ° | 14 | W65-3 | 1043 |
| 22 | Averbeck, Melanie | 73 | Frey&Lau | 0:47:21 h | 0:47:05 h | ° | ° | 14 | W50-2 | 1045 |
| 24 | Disselbach, Rainer | 52 | Frey&Lau | 0:47:22 h | 0:47:09 h | 9 | M70-1 | ° | ° | 1042 |
| 25 | Behnke, Rolf | 58 | TuS Holstein Quickborn | 0:47:47 h | 0:47:44 h | 10 | M65-4 | ° | ° | 1012 |
| 26 | Rahl, Irina | 70 | MARANGONI RSD GmbH | 0:48:07 h | 0:47:55 h | ° | ° | 16 | W50-3 | 1030 |
| 26 | Schuster, Mirela | 78 | MARANGONI RSD GmbH | 0:48:07 h | 0:47:57 h | ° | ° | 16 | W45-1 | 1027 |
| 26 | Wodtke, Astrid | 79 | MARANGONI RSD GmbH | 0:48:07 h | 0:47:55 h | ° | ° | 16 | W45-1 | 1029 |
| 26 | Lamp, Annina | 97 | MARANGONI RSD GmbH | 0:48:07 h | 0:47:58 h | ° | ° | 16 | W-1 | 1028 |
| 30 | Trost, Katja | 68 | Gemeinde Henstedt-Ulzb | 0:49:44 h | 0:49:32 h | ° | ° | 20 | W55-3 | 1038 |
| 30 | Stehnck, Silke | 68 | Gemeinde Henstedt-Ulzb | 0:49:44 h | 0:49:33 h | ° | ° | 20 | W55-3 | 1040 |
| 30 | Hahn, Jessica | 72 | Gemeinde Henstedt-Ulzb | 0:49:44 h | 0:49:33 h | ° | ° | 20 | W50-4 | 1039 |
| 33 | Rosenau, Regina | 68 | Gemeinde Henstedt-Ulzb | 0:49:45 h | 0:49:33 h | ° | ° | 23 | W55-5 | 1037 |
| 34 | Brunschkewitz, Manja | 84 | SVHU Huskies Volleyball | 0:50:23 h | 0:50:19 h | ° | ° | 24 | W40-2 | 1031 |

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|-------|---------------------------|----|-------------------------|------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 34 | Turban, Anja | 85 | Kisdorf | 0:50:23 h | 0:50:19 h | ° | ° | 24 | W35-2 | 1049 |
| 36 | Fritsch, Sebastian | 77 | Friber | 0:50:34 h | 0:50:16 h | 11 | M45-1 | ° | ° | 1053 |
| 36 | Fritsch, Nancy | 84 | Friber | 0:50:34 h | 0:50:17 h | ° | ° | 26 | W40-3 | 1052 |
| 38 | Gottmann, Silvia | 70 | Gemeinde Henstedt-Ulzbu | 0:50:53 h | 0:50:45 h | ° | ° | 27 | W50-5 | 1036 |
| 38 | Ditze, Niklaas | 79 | Gemeinde Henstedt-Ulzbu | 0:50:53 h | 0:50:42 h | 12 | M45-2 | ° | ° | 1041 |
| 40 | Renk, Walburga | 53 | Henstedt-Ulzburg | 0:51:03 h | 0:50:50 h | ° | ° | 28 | W70-1 | 1008 |
| 41 | Bundschuh, Ronja | 10 | Henstedt-Ulzburg | 0:51:17 h | 0:51:04 h | ° | ° | 29 | WJ U16-1 | 1003 |
| 41 | Danielski, Henry | 50 | Henstedt-Ulzburg | 0:51:17 h | 0:51:01 h | 13 | M70-2 | ° | ° | 1016 |
| 43 | Kierstein, Angelika | 57 | SPD Henstedt-Ulzburg | 0:51:18 h | 0:51:06 h | ° | ° | 30 | W65-4 | 1013 |
| 44 | Hennecke, Rudi | 51 | SPD Henstedt-Ulzburg | 0:51:19 h | 0:51:03 h | 14 | M70-3 | ° | ° | 1014 |
| 45 | Hüning, Kristina | 73 | Henstedt-Ulzburg | 0:52:30 h | 0:52:25 h | ° | ° | 31 | W50-6 | 1004 |
| 46 | Thode, Sabrina | 90 | Kaltenkirchen | 0:54:59 h | 0:54:53 h | ° | ° | 32 | W30-1 | 1032 |
| 47 | Harders, Christiane | 65 | Die Pommeskönige | 0:55:14 h | 0:55:08 h | ° | ° | 33 | W55-6 | 1051 |
| 48 | Schermer, Axel | 75 | Hamburg | 0:57:20 h | 0:57:08 h | 15 | M45-3 | ° | ° | 1046 |
| 49 | Schäfer-Bundschuh, Daniel | 79 | Henstedt-Ulzburg | 0:59:10 h | 0:58:56 h | ° | ° | 34 | W45-3 | 1002 |