

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|------------------------|----|---------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Stödt, Hendrik | 96 | TSV-Bargteheide-Tri | 0:20:20 h | 1 | M JU18-1 | ° | ° | 634 |
| 2 | Haufe, Nils | 99 | SC Urania Hamburg | 0:22:17 h | 2 | M JU16-1 | ° | ° | 656 |
| 3 | Stüfen, Sönke | 65 | TSV Bargteheide TRI | 0:22:53 h | 3 | M 45-1 | ° | ° | 632 |
| 4 | Hertel, Christian | 83 | Sport Jongleure Dreilingen e.V. | 0:23:37 h | 4 | M 30-1 | ° | ° | 626 |
| 5 | Grethe, Inga | 80 | | 0:23:50 h | ° | ° | 1 | W 30-1 | 749 |
| 6 | Gliewe, Volker | 52 | BSG Tchibo | 0:24:02 h | 5 | M 60-1 | ° | ° | 602 |
| 7 | Ernst, Carsten | 66 | SC Poppenbüttel | 0:25:40 h | 6 | M 45-2 | ° | ° | 617 |
| 8 | Tack, Andrea | 66 | TSV Bargteheide TRI | 0:26:03 h | ° | ° | 2 | W 45-1 | 663 |
| 9 | Wolf, Franziska | 00 | SC Poppenbüttel | 0:26:22 h | ° | ° | 3 | W JU14-1 | 625 |
| 10 | Hanke, Harald | 67 | Meiendorfer SV | 0:26:27 h | 7 | M 45-3 | ° | ° | 609 |
| 11 | Saadat, Mona | 86 | | 0:26:34 h | ° | ° | 4 | W-1 | 660 |
| 12 | Weyler, Udo | 59 | SC Poppenbüttel | 0:26:38 h | 8 | M 50-1 | ° | ° | 624 |
| 13 | Frähmcke, Jan Marc | 02 | WSV | 0:26:41 h | 9 | M KU12-1 | ° | ° | 638 |
| 14 | Schliephake, Katrin | 68 | BSG NDR | 0:26:45 h | ° | ° | 5 | W 45-2 | 601 |
| 15 | Bueschler, Alexandra | 67 | TSV Bargteheide TRI | 0:27:02 h | ° | ° | 6 | W 45-3 | 627 |
| 16 | Weck, Maria | 69 | | 0:27:08 h | ° | ° | 7 | W 40-1 | 652 |
| 17 | Eckmann, Sabrina | 72 | | 0:27:14 h | ° | ° | 8 | W 40-2 | 641 |
| 18 | Weck, Oleg | 66 | | 0:28:04 h | 10 | M 45-4 | ° | ° | 653 |
| 19 | Warnholtz, Stefan | 81 | | 0:31:32 h | 11 | M 30-2 | ° | ° | 659 |
| 20 | Jeschke, Lena Marie | 93 | LT Duvenstedt | 0:31:39 h | ° | ° | 9 | W JU23-1 | 608 |
| 21 | Lütt, Korbinian | 00 | Walddörfer SV | 0:31:40 h | 12 | M JU14-1 | ° | ° | 637 |
| 21 | Jeschke, Jesper Moritz | 01 | SC Poppenbüttel | 0:31:40 h | 12 | M JU14-1 | ° | ° | 618 |
| 23 | Bodewig, Hendrik | 00 | Walddörfer SV | 0:31:41 h | 14 | M JU14-3 | ° | ° | 636 |
| 24 | Meinecke, Louis | 01 | SC Poppenbüttel | 0:31:43 h | 15 | M JU14-4 | ° | ° | 619 |
| 25 | Witz-Hamann, Regina | 71 | Sportspass | 0:31:48 h | ° | ° | 10 | W 40-3 | 658 |
| 26 | Heiden, Sabine | 67 | WTSV | 0:31:49 h | ° | ° | 11 | W 45-4 | 665 |
| 27 | Ehlers, Robin | 02 | SC Poppenbüttel | 0:31:50 h | 16 | M KU12-2 | ° | ° | 616 |
| 28 | Bengelsdorf, David | 98 | Otto-Hahn-Schule | 0:32:25 h | 17 | M JU16-2 | ° | ° | 611 |
| 29 | Meyer, Thomas | 79 | | 0:32:42 h | 18 | M 30-3 | ° | ° | 644 |
| 30 | Stehr, Jan | 73 | | 0:32:55 h | 19 | M 40-1 | ° | ° | 662 |
| 31 | D'Agata, Sofia | 98 | Otto-Hahn-Schule | 0:33:00 h | ° | ° | 12 | W JU16-1 | 612 |
| 32 | Senkaya, Rohat | 98 | Otto-Hahn-Schule | 0:33:01 h | 20 | M JU16-3 | ° | ° | 615 |
| 33 | Meinecke, Kay | 70 | SC Poppenbüttel | 0:33:09 h | 21 | M 40-2 | ° | ° | 620 |
| 34 | Vetter, Claudia | 59 | | 0:33:34 h | ° | ° | 13 | W 50-1 | 651 |
| 35 | Weyler, Gunhild | 69 | SC Poppenbüttel | 0:34:17 h | ° | ° | 14 | W 40-4 | 623 |
| 36 | Foltin, Hans-Georg | 39 | FG Tangendorf | 0:34:28 h | 22 | M 70-1 | ° | ° | 603 |
| 37 | Heiden, Michael | 64 | | 0:35:24 h | 23 | M 45-5 | ° | ° | 666 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|--------------------------|----|-----------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 38 | Flindt, Carsten | 62 | | 0:36:23 h | 24 | M 50-2 | ° | ° | 600 |
| 39 | Dohrn, Reiner | 55 | Hamburger Sportverein | 0:37:29 h | 25 | M 55-1 | ° | ° | 657 |
| 40 | Rother, Mirscha Christin | 78 | | 0:38:14 h | ° | ° | 15 | W 35-1 | 648 |
| 41 | Römer, Kim Bente | 87 | Wurmland | 0:38:15 h | ° | ° | 16 | W-2 | 667 |
| 42 | Nathan, Tanja | 74 | Utiell | 0:40:09 h | 26 | M 35-1 | ° | ° | 635 |
| 43 | Tack, Benita | 97 | TSV Bargteheide TRI | 0:41:53 h | ° | ° | 17 | W JU18-1 | 664 |
| 44 | Bartels, Fritz | 38 | HSV | 0:43:55 h | 27 | M 75-1 | ° | ° | 661 |
| 45 | Jeschke, Susanne | 58 | LT Duvenstedt | 0:44:56 h | ° | ° | 18 | W 55-1 | 607 |
| 46 | Quaas, Mathias | 78 | | 1:00:55 h | 28 | M 35-2 | ° | ° | 647 |