

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl | T.Strecke | Teamzeit | T.Schnitt | T.Starts |
|-------|-----|------|-------------------|----------|--------------|----|---------|----------|---------|--------|-----------|----------|-----------|----------|
| 1 | m | 58 | Krastev, | Ulli | BACARDI | 69 | 159790 | 11:51:44 | 0:04:27 | 24 | 479370 | 42:25:08 | 0:05:19 | 72 |
| | w | 56 | Henke, | Katrin | BACARDI | 92 | 159790 | 14:16:54 | 0:05:22 | 24 | | | | |
| | m | 57 | Henke, | Peter | BACARDI | 63 | 159790 | 16:16:30 | 0:06:07 | 24 | | | | |
| 2 | w | 414 | Kersten, | Ines | Laufwerk | 62 | 159790 | 16:50:56 | 0:06:20 | 24 | 479370 | 54:08:29 | 0:06:47 | 72 |
| | w | 409 | Engelmann, | Katrin | Laufwerk | 66 | 159790 | 17:47:26 | 0:06:41 | 24 | | | | |
| | m | 424 | Stadter, | Gerd | Laufwerk | 62 | 159790 | 19:30:07 | 0:07:19 | 24 | | | | |
| 3 | w | 636 | Schlickewei, | Lotta | Laufladen | 81 | 159790 | 12:17:42 | 0:04:37 | 24 | 433330 | 31:56:18 | 0:04:25 | 66 |
| | m | 642 | Harwardt, | Thorsten | Laufladen | 76 | 136770 | 9:13:32 | 0:04:03 | 21 | | | | |
| | m | 292 | Sanders, | Karsten | Laufladen | 66 | 136770 | 10:25:04 | 0:04:34 | 21 | | | | |
| 4 | m | 591 | Petsch, | Wolfgang | Signal Iduna | 60 | 159790 | 14:20:22 | 0:05:23 | 24 | 426620 | 40:51:07 | 0:05:45 | 63 |
| | w | 584 | Kamlage, | Frauke | Signal Iduna | 56 | 159790 | 17:17:23 | 0:06:30 | 24 | | | | |
| | m | 589 | Manthei, | Jan | Signal Iduna | 67 | 107040 | 9:13:22 | 0:05:10 | 15 | | | | |
| 5 | m | 27 | Kiehl, | Thorsten | Airbus | 84 | 159790 | 10:40:13 | 0:04:00 | 24 | 419290 | 31:32:35 | 0:04:31 | 63 |
| | m | 41 | Trümper, | Michael | Airbus | 66 | 159790 | 12:53:31 | 0:04:50 | 24 | | | | |
| | w | 33 | Nentwig, | Karin | Airbus | 59 | 99710 | 7:58:51 | 0:04:48 | 15 | | | | |
| 6 | m | 177 | Grandt, | Wolfgang | ELBE-Sport | 54 | 159790 | 15:33:28 | 0:05:51 | 24 | 387840 | 40:44:56 | 0:06:18 | 59 |
| | m | 172 | Eybächer, | Michael | ELBE-Sport | 43 | 159790 | 18:40:28 | 0:07:01 | 24 | | | | |
| | w | 174 | Frey, | Lena | ELBE-Sport | 89 | 68260 | 6:31:00 | 0:05:44 | 11 | | | | |
| 7 | m | 207 | Kozieras, | Norbert | ERGOsports | 50 | 159790 | 13:21:12 | 0:05:01 | 24 | 375280 | 32:39:44 | 0:05:13 | 59 |
| | m | 216 | Spijker, | Rüdiger | ERGOsports | 60 | 159790 | 14:01:40 | 0:05:16 | 24 | | | | |
| | w | 215 | Sievers, | Susanne | ERGOsports | 67 | 55700 | 5:16:52 | 0:05:41 | 11 | | | | |
| 8 | m | 364 | Schwenck, | Jörn | HSH-NORDB. | 44 | 153230 | 18:29:05 | 0:07:14 | 23 | 366720 | 38:28:54 | 0:06:18 | 53 |
| | w | 353 | Courtault, | Britta | HSH-NORDB. | 66 | 117600 | 11:16:53 | 0:05:45 | 18 | | | | |
| | m | 365 | Wichmann, | Marc | HSH-NORDB. | 72 | 95890 | 8:42:56 | 0:05:27 | 12 | | | | |
| 9 | m | 249 | Tilch, | Peter | HPA | 55 | 159790 | 13:40:10 | 0:05:08 | 24 | 365890 | 35:32:34 | 0:05:50 | 54 |
| | w | 246 | Lohstroh, | Ellen | HPA | 57 | 135750 | 14:24:28 | 0:06:22 | 20 | | | | |
| | w | 959 | Scheile-Bängsson, | Barb | HPA | 68 | 70350 | 7:27:56 | 0:06:22 | 10 | | | | |
| 10 | m | 535 | Kittler, | Holger | Stern | 65 | 159790 | 16:46:24 | 0:06:18 | 24 | 362310 | 34:24:01 | 0:05:42 | 54 |
| | m | 784 | Braeuer, | Karsten | Stern | 72 | 138280 | 11:55:44 | 0:05:11 | 21 | | | | |
| | w | 644 | Warnecke-Jerol, | Margret | Stern | 61 | 64240 | 5:41:53 | 0:05:19 | 9 | | | | |
| 11 | m | 638 | Wald, | Stefan | NDR | 84 | 159790 | 14:01:23 | 0:05:16 | 24 | 334600 | 29:22:30 | 0:05:16 | 48 |

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|----|---|------------------------|-------------|------------|----|--------|----------|---------|----|--------|----------|---------|----|
| | m | 478 Thimm, | Erich | NDR | 51 | 117090 | 10:12:39 | 0:05:14 | 18 | | | | |
| | w | 480 Toggler, | Monika | NDR | 57 | 57720 | 5:08:28 | 0:05:21 | 6 | | | | |
| 12 | m | 626 Bietke, | Dirk | TÜV-Nord | 71 | 159790 | 10:51:17 | 0:04:05 | 24 | 328630 | 25:12:27 | 0:04:36 | 50 |
| | m | 629 Tawussi, | Frank | TÜV-Nord | 86 | 128540 | 9:59:23 | 0:04:40 | 20 | | | | |
| | w | 627 Rasmussen, | Ingrid | TÜV-Nord | 52 | 40300 | 4:21:47 | 0:06:30 | 6 | | | | |
| 13 | m | 327 Schubert, | Ralph | HapagLloyd | 73 | 159790 | 13:45:24 | 0:05:10 | 24 | 313940 | 26:53:00 | 0:05:08 | 44 |
| | w | 325 Sagert, | Erika | HapagLloyd | 52 | 87710 | 8:14:46 | 0:05:38 | 13 | | | | |
| | m | 328 Wilde, | Tim | HapagLloyd | 85 | 66440 | 4:52:50 | 0:04:24 | 7 | | | | |
| 14 | m | 570 Sie Too, | Luca | Siemens | 96 | 159790 | 10:42:12 | 0:04:01 | 24 | 300350 | 22:56:50 | 0:04:35 | 38 |
| | m | 659 Buck, | Klaus | Siemens | 62 | 79850 | 6:52:04 | 0:05:10 | 8 | | | | |
| | w | 566 Neumann, | Britta Thea | Siemens | 70 | 60710 | 5:22:34 | 0:05:19 | 6 | | | | |
| 15 | m | 507 Koudougou, | Halidou | PHILIPS | 79 | 110970 | 7:16:59 | 0:03:56 | 18 | 289470 | 24:32:54 | 0:05:05 | 49 |
| | m | 514 Rittmeister, | Lutz | PHILIPS | 59 | 105120 | 8:48:54 | 0:05:02 | 16 | | | | |
| | w | 509 Müller, | Ursel | PHILIPS | 47 | 73380 | 8:27:01 | 0:06:55 | 15 | | | | |
| 16 | w | 261 Jordan, | Angelika | HHLA | 57 | 138060 | 15:33:44 | 0:06:46 | 20 | 280000 | 29:45:27 | 0:06:23 | 42 |
| | m | 265 Streckwaldt, | Kai | HHLA | 66 | 72640 | 6:47:27 | 0:05:37 | 11 | | | | |
| | w | 263 Niemann, | Kirsten | HHLA | 68 | 69300 | 7:24:16 | 0:06:25 | 11 | | | | |
| 17 | m | 495 Walendy, | Gerd | OTTO | 65 | 113100 | 9:45:55 | 0:05:11 | 16 | 274630 | 22:36:48 | 0:04:56 | 38 |
| | m | 486 Becker, | Jens-Gerrit | OTTO | 62 | 112900 | 8:36:00 | 0:04:34 | 17 | | | | |
| | w | 770 Seifert, | Ria | OTTO | 78 | 48630 | 4:14:53 | 0:05:14 | 5 | | | | |
| 18 | m | 257 Meyer, | Mario | HW | 63 | 120440 | 9:34:17 | 0:04:46 | 18 | 255320 | 21:44:42 | 0:05:07 | 36 |
| | m | 255 Kollenkarn, | Thies-Uwe | HW | 55 | 85320 | 7:21:35 | 0:05:11 | 13 | | | | |
| | w | 258 Strauch, | Kristine | HW | 63 | 49560 | 4:48:50 | 0:05:50 | 5 | | | | |
| 19 | m | 311 Scholz, | Christian | Haspa | 82 | 120410 | 9:25:17 | 0:04:42 | 18 | 240450 | 19:59:58 | 0:04:59 | 30 |
| | m | 304 Goth, | Björn | Haspa | 69 | 70550 | 5:27:01 | 0:04:38 | 7 | | | | |
| | w | 312 Suckow, | Maria | Haspa | 68 | 49490 | 5:07:40 | 0:06:13 | 5 | | | | |
| 20 | m | 529 Hegemann, | Bernd | G+J | 68 | 123940 | 10:16:09 | 0:04:58 | 19 | 0 | 0:00:00 | #DIV/0! | 0 |
| | m | 530 Wegert, | Danny | G+J | 81 | 79850 | 5:55:35 | 0:04:27 | 8 | | | | |
| | w | 528 Eckhardt, | Julia | G+J | 85 | 36140 | 3:17:18 | 0:05:28 | 5 | | | | |
| 21 | m | 68 Unger, | Olaf | A.Springer | 67 | 119530 | 10:53:17 | 0:05:28 | 18 | 239600 | 21:09:44 | 0:05:18 | 35 |
| | m | 814 Holtstiege, | Dirk | A.Springer | 68 | 89310 | 7:31:51 | 0:05:04 | 12 | | | | |
| | w | 813 Barahona Albrecht, | Tanja | A.Springer | 95 | 30760 | 2:44:36 | 0:05:21 | 5 | | | | |

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|----|---|-----------------|---------------|------------|----|--------|----------|---------|----|--------|----------|---------|----|
| 22 | w | 623 Hübert, | Susann | TK | 66 | 119560 | 11:26:54 | 0:05:45 | 18 | 230570 | 22:43:25 | 0:05:55 | 30 |
| | m | 625 Liedtke, | Matthias | TK | 73 | 59810 | 5:41:37 | 0:05:43 | 6 | | | | |
| | m | 624 Leichtweiß, | Heino | TK | 44 | 51200 | 5:34:54 | 0:06:32 | 6 | | | | |
| 23 | w | 188 Koring, | Dagmar | Energie SV | 68 | 79850 | 7:27:49 | 0:05:36 | 8 | 216730 | 20:26:59 | 0:05:40 | 22 |
| | m | 193 Siemens, | Claus-Peter | Energie SV | 58 | 69530 | 6:21:11 | 0:05:29 | 7 | | | | |
| | m | 191 Petereit, | Sven | Energie SV | 75 | 67350 | 6:37:59 | 0:05:55 | 7 | | | | |
| 24 | m | 699 Meyer-Reim, | Utz | DG-HYP | 61 | 74200 | 5:42:30 | 0:04:37 | 12 | 199380 | 16:31:35 | 0:04:58 | 26 |
| | m | 158 Rooseboom, | Markus | DG-HYP | 65 | 71690 | 5:44:43 | 0:04:49 | 7 | | | | |
| | w | 157 Pohl, | Katja | DG-HYP | 69 | 53490 | 5:04:22 | 0:05:41 | 7 | | | | |
| 25 | m | 5 Pohl, | Bernd | Krüss-OSH | 62 | 77710 | 5:32:10 | 0:04:16 | 12 | 193460 | 13:55:13 | 0:04:19 | 30 |
| | m | 2 Köhme, | Philipp | Krüss-OSH | 85 | 65740 | 4:31:32 | 0:04:08 | 13 | | | | |
| | w | 668 Staas, | Kirsten | Krüss-OSH | 65 | 50010 | 3:51:31 | 0:04:38 | 5 | | | | |
| 26 | m | 121 Ansen, | Hans-Jürgen | DAK | 50 | 69150 | 5:31:22 | 0:04:48 | 7 | 186620 | 16:42:56 | 0:05:22 | 19 |
| | w | 122 Ansen, | Maike | DAK | 83 | 58950 | 5:05:39 | 0:05:11 | 6 | | | | |
| | m | 125 Heitmann, | Jörg | DAK | 59 | 58520 | 6:05:55 | 0:06:15 | 6 | | | | |
| 27 | m | 231 Neumann, | Uwe | Fa.Blanke. | 73 | 107730 | 7:37:47 | 0:04:15 | 16 | 185900 | 14:12:02 | 0:04:35 | 25 |
| | m | 228 Heitbrack, | Jörg | Fa.Blanke. | 70 | 58200 | 4:58:01 | 0:05:07 | 6 | | | | |
| | w | 854 Jaekel, | Sandra | Fa.Blanke. | 75 | 19970 | 1:36:14 | 0:04:49 | 3 | | | | |
| 28 | m | 435 Hormann, | Hans Heinrich | Lufthansa | 59 | 70010 | 6:17:49 | 0:05:24 | 7 | 180280 | 19:32:25 | 0:06:30 | 18 |
| | m | 442 Uhl, | Manfred | Lufthansa | 39 | 61370 | 8:30:10 | 0:08:19 | 6 | | | | |
| | w | 438 Meinicke, | Heike | Lufthansa | 61 | 48900 | 4:44:26 | 0:05:49 | 5 | | | | |
| 29 | m | 113 Niemann, | Volker | Commerz-B. | 59 | 61850 | 5:03:10 | 0:04:54 | 6 | 178250 | 14:27:49 | 0:04:52 | 18 |
| | m | 114 Persiel, | Arne | Commerz-B. | 66 | 58200 | 4:41:36 | 0:04:50 | 6 | | | | |
| | w | 109 Krahn, | Sylvia | Commerz-B. | 73 | 58200 | 4:43:03 | 0:04:52 | 6 | | | | |
| 30 | m | 378 Lau, | Dirk | K&M Sport | 63 | 87210 | 7:28:41 | 0:05:09 | 13 | 174330 | 15:07:05 | 0:05:12 | 24 |
| | m | 379 Schüßler, | Lutz | K&M Sport | 63 | 77600 | 6:49:31 | 0:05:17 | 10 | | | | |
| | w | 749 Lange, | Susanne | K&M Sport | 68 | 9520 | 0:48:53 | 0:05:08 | 1 | | | | |
| 31 | m | 166 Heilbut, | Martin | EDEKA | 64 | 70230 | 6:39:21 | 0:05:41 | 10 | 171180 | 15:01:43 | 0:05:16 | 22 |
| | m | 169 Lück, | Ronald | EDEKA | 75 | 70010 | 5:11:31 | 0:04:27 | 7 | | | | |
| | w | 701 Reichardt, | Claudia | EDEKA | 83 | 30940 | 3:10:51 | 0:06:10 | 5 | | | | |
| 32 | m | 138 Dierks, | Sebastian | Fahrradlad | 78 | 86400 | 6:18:17 | 0:04:23 | 14 | 170750 | 14:55:24 | 0:05:15 | 27 |
| | w | 139 Hellmuth, | Daniela | Fahrradlad | 83 | 44660 | 4:08:13 | 0:05:33 | 7 | | | | |

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|----|---|--------------------|----------|-------------|----|-------|---------|---------|----|--------|----------|---------|----|
| | m | 843 Kwiatkowski, | Wilfried | Fahrradlad | 41 | 39690 | 4:28:54 | 0:06:47 | 6 | | | | |
| 33 | w | 93 Unterlaufft, | Ariane | Beiersdorf | 87 | 70010 | 6:42:18 | 0:05:45 | 7 | 170440 | 16:18:12 | 0:05:44 | 17 |
| | w | 88 Grandsitzki, | Janine | Beiersdorf | 89 | 58200 | 5:31:17 | 0:05:42 | 6 | | | | |
| | m | 89 Grimm, | Florian | Beiersdorf | 80 | 42230 | 4:04:37 | 0:05:48 | 4 | | | | |
| 34 | m | 647 Hoppe, | Holger | Rot Gelb | 71 | 93180 | 8:04:50 | 0:05:12 | 14 | 164110 | 14:59:18 | 0:05:29 | 22 |
| | w | 801 Hagemann, | Anna | Rot Gelb | 47 | 39690 | 4:04:54 | 0:06:10 | 4 | | | | |
| | m | 799 Allonge, | Andreas | Rot Gelb | 68 | 31240 | 2:49:34 | 0:05:26 | 4 | | | | |
| 35 | m | 461 Schiefenhövel, | Michael | NienLauf | 79 | 59690 | 4:49:01 | 0:04:51 | 6 | 161580 | 14:31:18 | 0:05:24 | 16 |
| | w | 459 Hagedorn, | Nicole | NienLauf | 82 | 52330 | 5:10:57 | 0:05:57 | 5 | | | | |
| | w | 462 Schulz, | Heike | NienLauf | 66 | 49560 | 4:31:20 | 0:05:28 | 5 | | | | |
| 36 | w | 808 Felchner, | Carola | wellnuss.de | 78 | 57340 | 4:36:23 | 0:04:49 | 6 | 157960 | 11:55:19 | 0:04:32 | 16 |
| | m | 621 Stephan, | Achim | wellnuss.de | 76 | 50580 | 3:31:07 | 0:04:10 | 5 | | | | |
| | m | 620 Hansen, | Jan | wellnuss.de | 74 | 50040 | 3:47:49 | 0:04:33 | 5 | | | | |
| 37 | m | 239 Ehlers, | Jörg | HH Airport | 65 | 71690 | 6:47:56 | 0:05:41 | 7 | 157900 | 15:03:29 | 0:05:43 | 17 |
| | m | 244 Schlott, | Rüdiger | HH Airport | 58 | 59810 | 5:23:21 | 0:05:24 | 6 | | | | |
| | w | 958 Spieckermann, | Sandra | HH Airport | 68 | 26400 | 2:52:12 | 0:06:31 | 4 | | | | |
| 38 | m | 485 Weisener, | Matthias | Nordmark | 67 | 59880 | 5:10:59 | 0:05:12 | 6 | 151650 | 13:22:09 | 0:05:17 | 17 |
| | m | 484 Swoboda, | Peter | Nordmark | 63 | 51470 | 4:16:06 | 0:04:59 | 5 | | | | |
| | w | 483 Schäfer, | Susanne | Nordmark | 85 | 40300 | 3:55:04 | 0:05:50 | 6 | | | | |
| 39 | w | 54 Schlizio, | Petra | AlbeDiakon | 66 | 56950 | 6:11:10 | 0:06:31 | 6 | 151200 | 15:12:56 | 0:06:02 | 16 |
| | m | 52 Hornung, | Jürgen | AlbeDiakon | 54 | 49490 | 3:58:50 | 0:04:50 | 5 | | | | |
| | w | 676 Kaufmann, | Stefanie | AlbeDiakon | 78 | 44760 | 5:02:56 | 0:06:46 | 5 | | | | |
| 40 | m | 393 Brandt, | Andreas | Gaden | 58 | 61030 | 4:39:17 | 0:04:35 | 6 | 150650 | 12:22:19 | 0:04:56 | 15 |
| | m | 396 Janßen, | Uwe | Gaden | 60 | 49490 | 4:18:58 | 0:05:14 | 5 | | | | |
| | w | 816 Lüders, | Kerstin | Gaden | 63 | 40130 | 3:24:04 | 0:05:05 | 4 | | | | |
| 41 | w | 368 Sauer, | Antje | HypoVerein | 67 | 59310 | 4:50:44 | 0:04:54 | 6 | 148310 | 11:58:45 | 0:04:51 | 15 |
| | m | 367 Lohmann, | Carsten | HypoVerein | 66 | 58830 | 4:22:33 | 0:04:28 | 6 | | | | |
| | m | 748 Beckmann, | Gerd | HypoVerein | 64 | 30170 | 2:45:28 | 0:05:29 | 3 | | | | |
| 42 | m | 161 Bajric, | Mersudin | DNV GL | 74 | 68040 | 4:50:23 | 0:04:16 | 7 | 146240 | 11:08:40 | 0:04:34 | 15 |
| | m | 164 Taferner, | Johann | DNV GL | 48 | 58200 | 4:35:25 | 0:04:44 | 6 | | | | |
| | w | 162 Barmwater, | Julia | DNV GL | 88 | 20000 | 1:42:52 | 0:05:09 | 2 | | | | |
| 43 | w | 517 Fahnenbruck, | Nele | Polizei HH | 82 | 61370 | 4:51:47 | 0:04:45 | 6 | 144360 | 10:32:52 | 0:04:23 | 16 |

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|----|---|-----------------|------------|------------|----|-------|---------|---------|---|--------|----------|---------|----|
| | m | 525 Totzke, | Lars | Polizei HH | 66 | 48990 | 3:09:15 | 0:03:52 | 5 | | | | |
| | m | 519 Laude, | Niels | Polizei HH | 75 | 34000 | 2:31:50 | 0:04:28 | 5 | | | | |
| 44 | m | 135 Steinfeld, | Marco | Dataport | 75 | 61030 | 5:05:48 | 0:05:01 | 6 | 142920 | 12:45:10 | 0:05:21 | 16 |
| | m | 689 Oberste, | Thomas | Dataport | 60 | 49790 | 4:12:57 | 0:05:05 | 5 | | | | |
| | w | 132 König, | Johanna | Dataport | 64 | 32100 | 3:26:25 | 0:06:26 | 5 | | | | |
| 45 | m | 151 Herrmann, | Michael | Deut.Bank | 61 | 59690 | 5:13:29 | 0:05:15 | 6 | 139550 | 12:58:05 | 0:05:35 | 18 |
| | m | 150 Ehrenberg, | Frank | Deut.Bank | 59 | 58740 | 5:16:44 | 0:05:24 | 6 | | | | |
| | w | 149 Bartels, | Petra | Deut.Bank | 53 | 21120 | 2:27:52 | 0:07:00 | 6 | | | | |
| 46 | w | 609 Ehlers, | Annette | Tchibo | 65 | 44970 | 3:50:42 | 0:05:08 | 7 | 134590 | 11:24:26 | 0:05:05 | 21 |
| | w | 617 Spielvogel, | Jutta | Tchibo | 51 | 44970 | 4:25:12 | 0:05:54 | 7 | | | | |
| | m | 612 Müller, | Reinhard | Tchibo | 67 | 44650 | 3:08:32 | 0:04:13 | 7 | | | | |
| 47 | m | 382 Dose, | Jörg | Knossos.de | 71 | 59850 | 5:08:46 | 0:05:10 | 6 | 129040 | 10:46:43 | 0:05:01 | 14 |
| | m | 387 Oswald, | Andre | Knossos.de | 75 | 48900 | 3:23:11 | 0:04:09 | 5 | | | | |
| | w | 386 Meischke, | Nicole | Knossos.de | 77 | 20290 | 2:14:46 | 0:06:39 | 3 | | | | |
| 48 | m | 453 Scherer, | Gerhold | Montblanc | 71 | 44970 | 3:26:17 | 0:04:35 | 7 | 128900 | 12:18:20 | 0:05:44 | 20 |
| | w | 446 Fischer, | Sabine | Montblanc | 65 | 44970 | 5:10:31 | 0:06:54 | 7 | | | | |
| | m | 450 Oltmanns, | Helmer | Montblanc | 49 | 38960 | 3:41:32 | 0:05:41 | 6 | | | | |
| 49 | m | 347 Schröder, | Dieter | HEK | 52 | 57840 | 5:24:21 | 0:05:36 | 6 | 127990 | 11:36:39 | 0:05:27 | 13 |
| | m | 343 Lemkau, | Niels | HEK | 65 | 51170 | 4:08:24 | 0:04:51 | 5 | | | | |
| | w | 344 Matznick, | Katrin | HEK | 83 | 18980 | 2:03:54 | 0:06:32 | 2 | | | | |
| 50 | w | 270 Kaussler, | Claudia | Hochbahn | 61 | 45520 | 4:11:50 | 0:05:32 | 7 | 126700 | 11:00:51 | 0:05:13 | 20 |
| | m | 733 Westphal, | Wolfgang | Hochbahn | 54 | 44650 | 3:29:17 | 0:04:41 | 7 | | | | |
| | w | 862 Mabikounou, | Monique | Hochbahn | 87 | 36530 | 3:19:44 | 0:05:28 | 6 | | | | |
| 51 | m | 238 Malunat, | Nils | Generali | 64 | 51190 | 4:40:24 | 0:05:29 | 5 | 116110 | 10:47:56 | 0:05:35 | 12 |
| | m | 720 Ahrens, | Reiner | Generali | 60 | 37620 | 3:14:01 | 0:05:09 | 4 | | | | |
| | w | 721 Ahrens, | Sabine | Generali | 60 | 27300 | 2:53:31 | 0:06:21 | 3 | | | | |
| 52 | m | 222 Bock, | Konstantin | Feuerwehr | 3 | 47500 | 3:26:24 | 0:04:21 | 5 | 110090 | 10:00:01 | 0:05:27 | 18 |
| | w | 225 Schrötke, | Ute | Feuerwehr | 55 | 38110 | 3:49:30 | 0:06:01 | 6 | | | | |
| | m | 224 Mattern, | Horst | Feuerwehr | 43 | 24480 | 2:44:07 | 0:06:42 | 7 | | | | |
| 53 | m | 789 Balzer, | Klaus | Zoll | 69 | 41410 | 3:01:46 | 0:04:23 | 8 | 104890 | 8:31:08 | 0:04:52 | 19 |
| | m | 551 Wenner, | Frank | Zoll | 68 | 41290 | 2:54:10 | 0:04:13 | 7 | | | | |
| | w | 541 Boerner, | Anja | Zoll | 72 | 22190 | 2:35:12 | 0:07:00 | 4 | | | | |

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|----|---|------------------|--------------|-------------|----|-------|---------|---------|---|--------|---------|---------|----|
| 54 | m | 873 Bulla, | Bernhard | Hansewerk | 60 | 50790 | 4:38:16 | 0:05:29 | 5 | 103420 | 9:22:01 | 0:05:26 | 14 |
| | m | 314 Mollenhauer, | Eric | Hansewerk | 65 | 31430 | 2:45:22 | 0:05:16 | 3 | | | | |
| | w | 315 Reese, | Finja | Hansewerk | 4 | 21200 | 1:58:23 | 0:05:35 | 6 | | | | |
| 55 | m | 81 Firyn, | Heiko | Basler | 79 | 49560 | 4:14:11 | 0:05:08 | 5 | 92470 | 8:27:04 | 0:05:29 | 13 |
| | w | 82 Geisweid, | Silke | Basler | 70 | 22510 | 2:12:30 | 0:05:53 | 2 | | | | |
| | m | 80 Ahrens, | Claus-Werner | Basler | 44 | 20400 | 2:00:23 | 0:05:54 | 6 | | | | |
| 56 | w | 838 Heinsohn, | Christin | Berenberg | 68 | 41860 | 3:21:35 | 0:04:49 | 6 | 92440 | 8:19:34 | 0:05:24 | 14 |
| | w | 94 Rohde, | Sabine | Berenberg | 59 | 40260 | 4:09:52 | 0:06:12 | 7 | | | | |
| | w | 1073 Barth, | Sonja | Berenberg | 75 | 10320 | 0:48:07 | 0:04:40 | 1 | | | | |
| 57 | m | 373 Morales, | Michael | Jungheinr. | 78 | 31810 | 2:45:12 | 0:05:12 | 3 | 89420 | 7:21:59 | 0:04:57 | 12 |
| | m | 376 Winter, | Christof | Jungheinr. | 83 | 31020 | 2:00:30 | 0:03:53 | 4 | | | | |
| | w | 371 Frank, | Manuela | Jungheinr. | 62 | 26590 | 2:36:17 | 0:05:53 | 5 | | | | |
| 58 | w | 389 Lappe, | Kathrin | Kühne+Nagel | 77 | 49560 | 4:14:13 | 0:05:08 | 5 | 0 | 0:00:00 | #DIV/0! | 0 |
| | m | 390 Obermeit, | Dennis | Kühne+Nagel | 84 | 25080 | 2:09:21 | 0:05:09 | 4 | | | | |
| | m | 827 Grote, | Georg | Kühne+Nagel | 78 | 4960 | 0:29:55 | 0:06:02 | 1 | | | | |
| 59 | m | 1056 Stark, | Jöran | Funkgruppe | 78 | 38280 | 3:44:04 | 0:05:51 | 4 | 69710 | 7:09:06 | 0:06:09 | 7 |
| | m | 1088 Hampel, | Michael | Funkgruppe | 74 | 22130 | 2:23:04 | 0:06:28 | 2 | | | | |
| | w | 1055 Englberger, | Lydia | Funkgruppe | 88 | 9300 | 1:01:58 | 0:06:40 | 1 | | | | |
| 60 | w | 893 Wilm, | Kathrin | SAGA | 68 | 26570 | 2:16:08 | 0:05:07 | 4 | 69640 | 6:32:11 | 0:05:38 | 11 |
| | m | 778 Ehrlich, | Jürgen | SAGA | 45 | 24380 | 2:28:57 | 0:06:07 | 4 | | | | |
| | w | 527 Kuhne, | Janike | SAGA | 88 | 18690 | 1:47:06 | 0:05:44 | 3 | | | | |
| 61 | w | 51 Buß, | Dirka | AK Altona | 65 | 32100 | 3:23:56 | 0:06:21 | 5 | 62600 | 5:56:21 | 0:05:42 | 10 |
| | w | 50 Buchmann, | Sigrid | AK Altona | 68 | 23650 | 2:00:51 | 0:05:07 | 4 | | | | |
| | m | 1193 Wellner, | Ullrich | AK Altona | 78 | 6850 | 0:31:34 | 0:04:36 | 1 | | | | |
| 62 | m | 743 Jovanovich, | Marco | HSU HH | 80 | 27660 | 2:00:42 | 0:04:22 | 3 | 58150 | 4:30:21 | 0:04:39 | 7 |
| | m | 349 Mosler, | René | HSU HH | 72 | 20290 | 1:42:16 | 0:05:02 | 3 | | | | |
| | w | 923 Gleason, | Maggie | HSU HH | 97 | 10200 | 0:47:23 | 0:04:39 | 1 | | | | |
| 63 | m | 726 Flacker, | Frank | HHRunning | 86 | 16600 | 0:58:59 | 0:03:33 | 3 | 33520 | 2:00:15 | 0:03:35 | 6 |
| | m | 727 Hennig, | Tim | HHRunning | 93 | 9750 | 0:34:27 | 0:03:32 | 2 | | | | |
| | w | 632 Meyer, | Svenja | HHRunning | 89 | 7170 | 0:26:49 | 0:03:44 | 1 | | | | |
| 64 | w | 909 Helbig, | Leana | Trionik | 81 | 13590 | 0:58:47 | 0:04:20 | 2 | 28610 | 2:05:40 | 0:04:24 | 4 |
| | m | 811 Kudlinski, | Jakob | Trionik | 81 | 8160 | 0:37:16 | 0:04:34 | 1 | | | | |

w 908 Dierkes, Manuela Trionik 78 6860 0:29:37 0:04:19 1