

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl | T.Strecke | Teamzeit | T.Schnitt | Starts |
|-------|-----|------|-----------------|-------------|--------------|----|---------|----------|---------|--------|-----------|----------|-----------|--------|
| 1 | w | 327 | Recht, | Janette | HSH-NORDB. | 81 | 164400 | 13:29:02 | 0:04:55 | 24 | 493200 | 47:42:35 | 0:05:48 | 72 |
| | m | 317 | Diezel, | Günter | HSH-NORDB. | 54 | 164400 | 14:37:07 | 0:05:20 | 24 | | | | |
| | m | 328 | Schwenck, | Jörn | HSH-NORDB. | 44 | 164400 | 19:36:26 | 0:07:09 | 24 | | | | |
| 2 | m | 234 | Tilch, | Peter | HPA | 55 | 164400 | 13:51:44 | 0:05:04 | 24 | 493200 | 48:10:27 | 0:05:52 | 72 |
| | w | 230 | Reiher, | Nicole | HPA | 71 | 164400 | 16:31:55 | 0:06:02 | 24 | | | | |
| | w | 229 | Lohstroh, | Ellen | HPA | 57 | 164400 | 17:46:48 | 0:06:29 | 24 | | | | |
| 3 | m | 176 | Grandt, | Wolfgang | ELBE-Sport | 54 | 164400 | 15:49:30 | 0:05:47 | 24 | 493200 | 50:25:56 | 0:06:08 | 72 |
| | m | 177 | Hildebrandt, | Edgard | ELBE-Sport | 53 | 164400 | 17:11:50 | 0:06:17 | 24 | | | | |
| | w | 178 | Krüger, | Karin | ELBE-Sport | 50 | 164400 | 17:24:36 | 0:06:21 | 24 | | | | |
| 4 | m | 531 | Sie Too, | Luca | Siemens | 96 | 164400 | 11:47:33 | 0:04:18 | 24 | 429260 | 35:03:43 | 0:04:54 | 63 |
| | w | 865 | Hahn, | Marion | Siemens | 54 | 143940 | 14:39:07 | 0:06:06 | 21 | | | | |
| | m | 863 | Fehling, | Christopher | Siemens | 84 | 120920 | 8:37:03 | 0:04:17 | 18 | | | | |
| 5 | m | 57 | Krastev, | Ulli | BACARDI | 69 | 164400 | 12:04:18 | 0:04:24 | 24 | 428640 | 37:47:14 | 0:05:17 | 62 |
| | w | 55 | Henke, | Katrin | BACARDI | 92 | 164400 | 15:47:48 | 0:05:46 | 24 | | | | |
| | m | 58 | Pepperrell, | Stephen | BACARDI | 58 | 99840 | 9:55:08 | 0:05:58 | 14 | | | | |
| 6 | w | 564 | Kamlage, | Frauke | Signal Iduna | 56 | 164400 | 17:50:43 | 0:06:31 | 24 | 426850 | 42:19:15 | 0:05:57 | 63 |
| | w | 570 | Mallwitz, | Katherina | Signal Iduna | 83 | 141380 | 13:20:28 | 0:05:40 | 21 | | | | |
| | m | 569 | Mallwitz, | Dennis | Signal Iduna | 82 | 121070 | 11:08:04 | 0:05:31 | 18 | | | | |
| 7 | w | 504 | Warnecke-Jerol, | Margret | Stern | 61 | 164400 | 14:17:22 | 0:05:13 | 24 | 380570 | 34:34:11 | 0:05:27 | 53 |
| | m | 497 | Jerol, | Peter | Stern | 58 | 153700 | 15:07:12 | 0:05:54 | 23 | | | | |
| | m | 503 | Pahl, | Nickolai | Stern | 73 | 62470 | 5:09:37 | 0:04:57 | 6 | | | | |
| 8 | m | 18 | Kiehl, | Thorsten | Airbus | 84 | 164400 | 11:47:51 | 0:04:18 | 24 | 355615 | 27:14:24 | 0:04:36 | 50 |
| | m | 37 | Wegmann, Dr. | Gerhard | Airbus | 67 | 111200 | 8:10:24 | 0:04:25 | 16 | | | | |
| | w | 671 | Daehn, | Birgit | Airbus | 76 | 80015 | 7:16:09 | 0:05:27 | 10 | | | | |
| 9 | m | 376 | Stadter, | Gerd | Laufwerk | 62 | 125430 | 15:43:00 | 0:07:31 | 19 | 348385 | 39:07:58 | 0:06:44 | 48 |
| | w | 368 | Kersten, | Ines | Laufwerk | 62 | 123510 | 12:25:25 | 0:06:02 | 18 | | | | |
| | w | 362 | Engelmann, | Katrin | Laufwerk | 66 | 99445 | 10:59:33 | 0:06:38 | 11 | | | | |
| 10 | m | 612 | Bietke, | Dirk | TÜV-Nord | 71 | 164400 | 11:12:53 | 0:04:06 | 24 | 340230 | 25:35:14 | 0:04:31 | 48 |
| | m | 618 | Zander, | Sven | TÜV-Nord | 81 | 89030 | 6:29:06 | 0:04:22 | 12 | | | | |
| | w | 613 | Dreier, | Dagmar | TÜV-Nord | 68 | 86800 | 7:53:15 | 0:05:27 | 12 | | | | |
| 11 | m | 484 | Bastian, | Jens | G+J | 63 | 164400 | 12:00:46 | 0:04:23 | 24 | 317610 | 25:37:10 | 0:04:50 | 45 |
| | w | 485 | Bühler-Becker, | Heidi | G+J | 61 | 131260 | 11:52:20 | 0:05:26 | 19 | | | | |

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|----|---|------|--------------|-------------|------------|----|--------|----------|---------|----|--------|----------|---------|----|
| | m | 486 | Hegemann, | Bernd | G+J | 68 | 21950 | 1:44:04 | 0:04:44 | 2 | | | | |
| 12 | m | 427 | Becker, | Jens-Gerrit | OTTO | 62 | 146880 | 11:22:46 | 0:04:39 | 22 | 302805 | 24:02:48 | 0:04:46 | 46 |
| | m | 437 | Weber, | Frank | OTTO | 78 | 80430 | 6:21:00 | 0:04:44 | 10 | | | | |
| | w | 428 | Glaser, | Steffi | OTTO | 70 | 75495 | 6:19:02 | 0:05:01 | 14 | | | | |
| 13 | m | 3 | Pohl, | Bernd | Krüss-OSH | 62 | 164400 | 11:59:58 | 0:04:23 | 24 | 302405 | 26:39:31 | 0:05:17 | 40 |
| | w | 1 | Heinrich, | Nina | Krüss-OSH | 82 | 75480 | 9:23:41 | 0:07:28 | 10 | | | | |
| | w | 2 | Leibrock, | Karin | Krüss-OSH | 74 | 62525 | 5:15:52 | 0:05:03 | 6 | | | | |
| 14 | m | 237 | Olivier, | Mischa | HW | 67 | 143820 | 13:43:17 | 0:05:43 | 21 | 293605 | 26:20:41 | 0:05:23 | 42 |
| | m | 236 | Meyer, | Mario | HW | 63 | 127820 | 10:27:11 | 0:04:54 | 19 | | | | |
| | w | 1215 | Baumann, | Vera | HW | 87 | 21965 | 2:10:13 | 0:05:56 | 2 | | | | |
| 15 | m | 462 | Rittmeister, | Lutz | PHILIPS | 59 | 112230 | 8:57:34 | 0:04:47 | 18 | 291610 | 24:45:28 | 0:05:06 | 49 |
| | m | 833 | Koudougou, | Halidou | PHILIPS | 79 | 95965 | 6:11:27 | 0:03:52 | 16 | | | | |
| | w | 460 | Müller, | Ursel | PHILIPS | 47 | 83415 | 9:36:27 | 0:06:55 | 15 | | | | |
| 16 | w | 153 | Pohl, | Katja | DG-HYP | 69 | 130230 | 12:31:48 | 0:05:46 | 18 | 283805 | 24:00:13 | 0:05:04 | 38 |
| | m | 964 | Meyer-Reim, | Utz | DG-HYP | 61 | 101850 | 7:36:49 | 0:04:29 | 15 | | | | |
| | m | 151 | Busse, | Hagen | DG-HYP | 80 | 51725 | 3:51:36 | 0:04:29 | 5 | | | | |
| 17 | m | 908 | Wagner, | Dirk | ERGOsports | 72 | 103260 | 8:29:52 | 0:04:56 | 15 | 274060 | 23:54:59 | 0:05:14 | 42 |
| | m | 728 | Spijker, | Rüdiger | ERGOsports | 60 | 99110 | 8:39:28 | 0:05:14 | 14 | | | | |
| | w | 202 | Sievers, | Susanne | ERGOsports | 67 | 71690 | 6:45:39 | 0:05:40 | 13 | | | | |
| 18 | w | 260 | Hoeft, | Gesine | Laufladen | 52 | 122340 | 11:01:11 | 0:05:24 | 18 | 265535 | 21:38:33 | 0:04:53 | 33 |
| | m | 266 | Rohlf, | Dirk | Laufladen | 67 | 72845 | 5:17:44 | 0:04:22 | 7 | | | | |
| | m | 755 | Sanders, | Karsten | Laufladen | 66 | 70350 | 5:19:38 | 0:04:33 | 8 | | | | |
| 19 | m | 61 | Holtstiege, | Dirk | A.Springer | 68 | 123010 | 10:12:26 | 0:04:59 | 17 | 260590 | 23:18:09 | 0:05:22 | 37 |
| | m | 67 | Unger, | Olaf | A.Springer | 67 | 100420 | 8:37:11 | 0:05:09 | 14 | | | | |
| | w | 65 | Pastor, | Jana | A.Springer | 69 | 37160 | 4:28:32 | 0:07:14 | 6 | | | | |
| 20 | m | 286 | Scholz, | Christian | Haspa | 82 | 110510 | 8:02:16 | 0:04:22 | 16 | 255345 | 20:04:25 | 0:04:43 | 30 |
| | m | 279 | Goth, | Björn | Haspa | 69 | 82145 | 6:00:29 | 0:04:23 | 8 | | | | |
| | w | 281 | König, | Monika | Haspa | 58 | 62690 | 6:01:40 | 0:05:46 | 6 | | | | |
| 21 | m | 604 | Liedtke, | Matthias | TK | 73 | 123510 | 11:25:22 | 0:05:33 | 18 | 247330 | 23:45:56 | 0:05:46 | 34 |
| | w | 603 | Hübert, | Susann | TK | 66 | 85540 | 8:16:42 | 0:05:48 | 12 | | | | |
| | m | 1202 | Breuer, | Andreas | TK | 72 | 38280 | 4:03:52 | 0:06:22 | 4 | | | | |
| 22 | m | 409 | Kohlmann, | Carsten | NDR | 65 | 95695 | 7:07:13 | 0:04:28 | 13 | 242280 | 20:29:04 | 0:05:04 | 31 |
| | m | 419 | Wald, | Stefan | NDR | 84 | 83880 | 7:41:14 | 0:05:30 | 12 | | | | |

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|----|---|-----|---------------|--------------|--------------|----|--------|----------|---------|----|--------|----------|---------|----|
| | w | 418 | Togler, | Monika | NDR | 57 | 62705 | 5:40:37 | 0:05:26 | 6 | | | | |
| 23 | w | 121 | Barowsky, | Gabriela | Dataport | 70 | 164400 | 14:16:09 | 0:05:12 | 24 | 237470 | 21:02:10 | 0:05:19 | 32 |
| | m | 125 | Steinfeld, | Marco | Dataport | 75 | 53615 | 4:36:18 | 0:05:09 | 6 | | | | |
| | w | 122 | König, | Johanna | Dataport | 64 | 19455 | 2:09:43 | 0:06:40 | 2 | | | | |
| 24 | w | 298 | Wolf, | Simone | HapagLloyd | 89 | 82145 | 6:33:48 | 0:04:48 | 8 | 234625 | 18:11:32 | 0:04:39 | 23 |
| | m | 293 | Marquardt, | Bernd | HapagLloyd | 72 | 82145 | 6:38:27 | 0:04:51 | 8 | | | | |
| | m | 296 | Schmitz, | Christian | HapagLloyd | 93 | 70335 | 4:59:17 | 0:04:15 | 7 | | | | |
| 25 | m | 626 | Kück, | Oliver | Energie SV H | 67 | 82145 | 6:06:55 | 0:04:28 | 8 | 205860 | 17:47:35 | 0:05:11 | 20 |
| | m | 623 | Käming, | Michael | Energie SV H | 58 | 82145 | 7:47:51 | 0:05:42 | 8 | | | | |
| | w | 625 | Koring, | Dagmar | Energie SV H | 68 | 41570 | 3:52:49 | 0:05:36 | 4 | | | | |
| 26 | m | 424 | Swoboda, | Peter | Nordmark | 63 | 72625 | 5:41:41 | 0:04:42 | 7 | 204810 | 15:11:01 | 0:04:27 | 20 |
| | m | 423 | Merklinger, | Sergej | Nordmark | 79 | 71990 | 5:04:08 | 0:04:13 | 7 | | | | |
| | w | 822 | Klose, | Marie | Nordmark | 88 | 60195 | 4:25:12 | 0:04:24 | 6 | | | | |
| 27 | m | 344 | Brandt, | Andreas | Gaden | 58 | 71945 | 5:20:40 | 0:04:27 | 7 | 204750 | 17:04:08 | 0:05:00 | 20 |
| | m | 353 | Schulz, | Hans-Joachim | Gaden | 46 | 70335 | 6:35:44 | 0:05:38 | 7 | | | | |
| | w | 350 | Lüders, | Kerstin | Gaden | 63 | 62470 | 5:07:44 | 0:04:56 | 6 | | | | |
| 28 | w | 101 | Jungnickel, | Wiebke | Commerz-B. | 59 | 62690 | 5:13:58 | 0:05:00 | 6 | 183640 | 15:02:40 | 0:04:55 | 18 |
| | m | 105 | Niemann, | Volker | Commerz-B. | 59 | 61925 | 5:07:16 | 0:04:58 | 6 | | | | |
| | m | 706 | Wanner, | Christian | Commerz-B. | 80 | 59025 | 4:41:26 | 0:04:46 | 6 | | | | |
| 29 | w | 812 | Hohenschild, | Britta | Lufthansa | 64 | 68720 | 5:55:55 | 0:05:11 | 12 | 181270 | 18:39:10 | 0:06:10 | 23 |
| | m | 395 | Uhl, | Manfred | Lufthansa | 39 | 59425 | 7:23:08 | 0:07:27 | 6 | | | | |
| | w | 386 | Meinicke, | Heike | Lufthansa | 61 | 53125 | 5:20:07 | 0:06:02 | 5 | | | | |
| 30 | m | 240 | Bohlken, | Wilfried | HHLA | 70 | 62485 | 5:39:02 | 0:05:26 | 6 | 174495 | 15:17:03 | 0:05:15 | 18 |
| | m | 244 | Windeck, Dr. | Volker | HHLA | 78 | 61790 | 4:33:52 | 0:04:26 | 6 | | | | |
| | w | 241 | Niemann, | Kirsten | HHLA | 68 | 50220 | 5:04:09 | 0:06:03 | 6 | | | | |
| 31 | m | 225 | Schlott, | Rüdiger | HH Airport | 58 | 82145 | 7:39:51 | 0:05:36 | 8 | 170320 | 16:45:56 | 0:05:54 | 18 |
| | m | 221 | Ehlers, | Jörg | HH Airport | 65 | 61035 | 6:01:51 | 0:05:56 | 6 | | | | |
| | w | 737 | Spieckermann, | Sandra | HH Airport | 68 | 27140 | 3:04:14 | 0:06:47 | 4 | | | | |
| 32 | m | 883 | Stephan, | Achim | wellnuss.de | 76 | 62485 | 4:15:31 | 0:04:05 | 6 | 165310 | 12:44:52 | 0:04:38 | 16 |
| | m | 602 | Hansen, | Jan | wellnuss.de | 74 | 62305 | 5:15:27 | 0:05:04 | 6 | | | | |
| | w | 880 | Felchner, | Carola | wellnuss.de | 78 | 40520 | 3:13:54 | 0:04:47 | 4 | | | | |
| 33 | m | 215 | Neumann, | Uwe | Fa.Blanke. | 73 | 91950 | 6:38:52 | 0:04:20 | 14 | 162800 | 13:10:27 | 0:04:51 | 22 |
| | m | 214 | Majcherek, | Ronald | Fa.Blanke. | 59 | 57820 | 5:31:59 | 0:05:45 | 6 | | | | |

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|----|---|------|---------------|---------------|------------|----|-------|---------|---------|----|--------|----------|---------|----|
| | w | 973 | Jaekel, | Sandra | Fa.Blanke. | 75 | 13030 | 0:59:36 | 0:04:34 | 2 | | | | |
| 34 | m | 598 | Tesch, | Thomas | Tchibo | 58 | 65700 | 5:00:39 | 0:04:35 | 9 | 161650 | 12:03:31 | 0:04:29 | 25 |
| | m | 589 | Müller, | Reinhard | Tchibo | 67 | 51080 | 3:38:58 | 0:04:17 | 8 | | | | |
| | w | 905 | Bohnenkamp, | Claudia | Tchibo | 72 | 44870 | 3:23:54 | 0:04:33 | 8 | | | | |
| 35 | m | 330 | Breitenstein, | Andre | HypoVerein | 67 | 61790 | 4:44:16 | 0:04:36 | 6 | 159825 | 13:38:01 | 0:05:07 | 16 |
| | w | 332 | Sauer, | Antje | HypoVerein | 67 | 56570 | 5:05:26 | 0:05:24 | 6 | | | | |
| | m | 1069 | Beckmann, | Gerd | HypoVerein | 64 | 41465 | 3:48:19 | 0:05:30 | 4 | | | | |
| 36 | m | 767 | Herrmann, | Thomas | HEK | 58 | 97860 | 7:45:14 | 0:04:45 | 15 | 159710 | 12:33:28 | 0:04:43 | 21 |
| | m | 769 | Lemkau, | Niels | HEK | 65 | 51530 | 3:49:13 | 0:04:27 | 5 | | | | |
| | w | 1221 | Matznick, | Katrin | HEK | 83 | 10320 | 0:59:01 | 0:05:43 | 1 | | | | |
| 37 | m | 163 | Lück, | Ronald | EDEKA | 75 | 70500 | 5:11:57 | 0:04:25 | 8 | 159535 | 14:21:58 | 0:05:24 | 20 |
| | m | 164 | Möller, | Johann Carste | EDEKA | 68 | 51990 | 4:43:56 | 0:05:28 | 5 | | | | |
| | w | 713 | Fiedler, | Anne Katrin | EDEKA | 70 | 37045 | 4:26:05 | 0:07:11 | 7 | | | | |
| 38 | m | 140 | Schulz, | Torsten | DESY | 62 | 72625 | 5:40:01 | 0:04:41 | 7 | 155025 | 13:03:53 | 0:05:03 | 15 |
| | m | 138 | Neubüser, | Siegmar | DESY | 43 | 51770 | 4:39:01 | 0:05:23 | 5 | | | | |
| | w | 1103 | Rudolph, | Katharina | DESY | 83 | 30630 | 2:44:51 | 0:05:23 | 3 | | | | |
| 39 | m | 341 | Ludwig, | Dirk | Knossos.de | 71 | 71825 | 5:28:07 | 0:04:34 | 7 | 144530 | 12:07:58 | 0:05:02 | 15 |
| | m | 794 | Hausmann, | Malte | Knossos.de | 84 | 52505 | 4:25:37 | 0:05:04 | 5 | | | | |
| | w | 796 | Meischke, | Nicole | Knossos.de | 77 | 20200 | 2:14:14 | 0:06:39 | 3 | | | | |
| 40 | m | 220 | Biermann, | Ailert | Generali | 80 | 72005 | 6:21:06 | 0:05:18 | 7 | 143245 | 12:46:23 | 0:05:21 | 14 |
| | m | 732 | Ahrens, | Reiner | Generali | 60 | 51785 | 4:24:40 | 0:05:07 | 5 | | | | |
| | w | 733 | Ahrens, | Sabine | Generali | 60 | 19455 | 2:00:37 | 0:06:12 | 2 | | | | |
| 41 | m | 117 | Hartz, | Manfred | DAK | 63 | 51515 | 3:49:27 | 0:04:27 | 5 | 143125 | 11:03:37 | 0:04:38 | 14 |
| | m | 116 | Gruber, | Markus | DAK | 70 | 50660 | 3:31:21 | 0:04:10 | 5 | | | | |
| | w | 114 | Ansen, | Maike | DAK | 83 | 40950 | 3:42:49 | 0:05:26 | 4 | | | | |
| 42 | m | 711 | Bajric, | Mersudin | DNV GL | 74 | 62485 | 4:22:49 | 0:04:12 | 6 | 136390 | 11:06:02 | 0:04:53 | 13 |
| | m | 159 | Taferner, | Johann | DNV GL | 48 | 53005 | 4:31:15 | 0:05:07 | 5 | | | | |
| | w | 157 | Khoda Karami, | Mina | DNV GL | 84 | 20900 | 2:11:58 | 0:06:19 | 2 | | | | |
| 43 | m | 143 | Herrmann, | Michael | Deut.Bank | 61 | 62470 | 5:03:09 | 0:04:51 | 6 | 136205 | 11:22:28 | 0:05:01 | 17 |
| | m | 146 | Rewel, | Thomas | Deut.Bank | 78 | 52270 | 3:47:13 | 0:04:21 | 5 | | | | |
| | w | 141 | Bartels, | Petra | Deut.Bank | 53 | 21465 | 2:32:06 | 0:07:05 | 6 | | | | |
| 44 | m | 857 | Liebers, | Ralf | Zoll | 64 | 47070 | 4:04:43 | 0:05:12 | 7 | 135810 | 13:31:00 | 0:05:58 | 18 |
| | w | 858 | Liebers, | Ümmü | Zoll | 71 | 47070 | 5:45:34 | 0:07:20 | 7 | | | | |

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|----|---|------|-------------------|------------|------------|----|-------|---------|---------|---|--------|----------|---------|----|
| | w | 508 | Gilb, | Heike | Zoll | 72 | 41670 | 3:40:43 | 0:05:18 | 4 | | | | |
| 45 | m | 77 | Heinzinger, | Manfred | Basler | 62 | 52105 | 4:35:34 | 0:05:17 | 5 | 133730 | 11:46:05 | 0:05:17 | 13 |
| | w | 76 | Geisweid, | Silke | Basler | 70 | 52105 | 4:54:48 | 0:05:39 | 5 | | | | |
| | m | 699 | D Agata, | Salvatore | Basler | 81 | 29520 | 2:15:43 | 0:04:36 | 3 | | | | |
| 46 | w | 750 | Mabikounou, | Monique | Hochbahn | 87 | 52030 | 4:45:49 | 0:05:30 | 7 | 133580 | 11:47:59 | 0:05:18 | 19 |
| | m | 252 | Westphal, | Wolfgang | Hochbahn | 54 | 40820 | 3:05:34 | 0:04:33 | 6 | | | | |
| | m | 250 | Steinhorst, | Jürgen | Hochbahn | 53 | 40730 | 3:56:36 | 0:05:49 | 6 | | | | |
| 47 | w | 470 | Fahnenbruck, | Nele | Polizei HH | 82 | 72625 | 5:41:49 | 0:04:42 | 7 | 132805 | 9:26:11 | 0:04:16 | 13 |
| | m | 478 | Totzke, | Lars | Polizei HH | 66 | 60180 | 3:44:22 | 0:03:44 | 6 | | | | |
| | m | 561 | Weseloh, | Michael | Rot Gelb | 65 | 70030 | 6:20:11 | 0:05:26 | 9 | | | | |
| 48 | m | 1152 | Hoppe, | Holger | Rot Gelb | 71 | 37970 | 3:15:00 | 0:05:08 | 6 | 130010 | 11:52:26 | 0:05:29 | 17 |
| | w | 555 | Hagemann, | Anna | Rot Gelb | 47 | 22010 | 2:17:15 | 0:06:14 | 2 | | | | |
| | w | 401 | Pöhler, | Julia | Montblanc | 81 | 47030 | 3:51:00 | 0:04:55 | 7 | | | | |
| 49 | w | 397 | Fischer, | Sabine | Montblanc | 65 | 46720 | 5:17:21 | 0:06:48 | 7 | 127750 | 11:48:37 | 0:05:33 | 19 |
| | m | 405 | Wellbrock, | Eckehardt | Montblanc | 58 | 34000 | 2:40:16 | 0:04:43 | 5 | | | | |
| | w | 819 | Wainowski, | Monika | NienLauf | 77 | 52330 | 4:45:21 | 0:05:27 | 5 | | | | |
| 50 | m | 815 | Henningsen, | Sven | NienLauf | 67 | 40300 | 4:05:21 | 0:06:05 | 6 | 122950 | 11:34:48 | 0:05:39 | 14 |
| | w | 817 | Schulz, | Heike | NienLauf | 66 | 30320 | 2:44:06 | 0:05:25 | 3 | | | | |
| | m | 47 | Hornung, | Jürgen | AlbeDiakon | 54 | 53170 | 4:06:18 | 0:04:38 | 5 | | | | |
| 51 | w | 53 | Schlizio, | Petra | AlbeDiakon | 66 | 40650 | 4:20:04 | 0:06:24 | 6 | 115770 | 10:21:15 | 0:05:22 | 13 |
| | m | 51 | Nägele, Prof. Dr. | Herbert | AlbeDiakon | 57 | 21950 | 1:54:53 | 0:05:14 | 2 | | | | |
| | w | 948 | Grandsitzki, | Janine | Beiersdorf | 89 | 41630 | 4:17:23 | 0:06:11 | 4 | | | | |
| 52 | w | 83 | Reuschlein, | Katja | Beiersdorf | 78 | 40340 | 2:53:16 | 0:04:18 | 4 | 115380 | 10:00:09 | 0:05:12 | 13 |
| | m | 79 | Behrens, | Jürgen | Beiersdorf | 53 | 33410 | 2:49:30 | 0:05:04 | 5 | | | | |
| | m | 800 | Stark, | Jöran | Funkgruppe | 78 | 69555 | 6:13:04 | 0:05:22 | 7 | | | | |
| 53 | w | 356 | Majda, | Izabella | Funkgruppe | 82 | 38500 | 4:05:41 | 0:06:23 | 4 | 114905 | 11:03:31 | 0:05:46 | 12 |
| | w | 1392 | Englberger, | Lydia | Funkgruppe | 88 | 6850 | 0:44:46 | 0:06:32 | 1 | | | | |
| | w | 483 | Wilm, | Kathrin | SAGA GWG | 68 | 53890 | 4:15:45 | 0:04:45 | 8 | | | | |
| 54 | w | 479 | Kuhne, | Janike | SAGA GWG | 88 | 33480 | 2:49:53 | 0:05:04 | 5 | 108210 | 8:58:22 | 0:04:59 | 15 |
| | m | 482 | Wahne, | Karl-Heinz | SAGA GWG | 54 | 20840 | 1:52:44 | 0:05:25 | 2 | | | | |
| | m | 538 | Marquardt, | Guido | SPK-Süd | 71 | 34560 | 3:08:41 | 0:05:28 | 4 | | | | |
| 55 | w | 537 | Gernand, | Imke | SPK-Süd | 69 | 31040 | 3:08:05 | 0:06:04 | 3 | 96260 | 9:15:42 | 0:05:46 | 10 |
| | m | 540 | Riebandt, | Thies | SPK-Süd | 76 | 30660 | 2:58:56 | 0:05:50 | 3 | | | | |

| | | | | | | | | | | | | | | |
|----|---|------|---------------|-------------|------------|----|-------|---------|---------|---|-------|---------|---------|----|
| | m | 131 | Kwiatkowski, | Wilfried | Fahrradlad | 41 | 53890 | 6:06:56 | 0:06:49 | 8 | | | | |
| 56 | m | 133 | Mörschel, | Stefan | Fahrradlad | 81 | 32150 | 2:01:35 | 0:03:47 | 3 | 92770 | 8:48:16 | 0:05:42 | 12 |
| | w | 962 | Richter, | Brigitta | Fahrradlad | 64 | 6730 | 0:39:45 | 0:05:54 | 1 | | | | |
| | m | 304 | Jovanovich, | Marco | HSU HH | 80 | 39115 | 2:48:34 | 0:04:19 | 4 | | | | |
| 57 | m | 308 | Schaffeld, | Timo | HSU HH | 96 | 31040 | 1:54:44 | 0:03:42 | 3 | 90995 | 6:41:25 | 0:04:25 | 9 |
| | w | 306 | Matern, | Ann-Kathrin | HSU HH | 88 | 20840 | 1:58:07 | 0:05:40 | 2 | | | | |
| | w | 43 | Buchmann, | Sigrid | AK Altona | 68 | 47010 | 3:42:07 | 0:04:43 | 7 | | | | |
| 58 | w | 44 | Buß, | Dirka | AK Altona | 65 | 33130 | 3:28:48 | 0:06:18 | 5 | 90840 | 8:00:46 | 0:05:18 | 13 |
| | m | 689 | Wellner, | Ullrich | AK Altona | 78 | 10700 | 0:49:51 | 0:04:40 | 1 | | | | |
| | m | 945 | Rave-Borger, | Christian | AXA-Hbg | 58 | 51785 | 3:42:29 | 0:04:18 | 5 | | | | |
| 59 | m | 690 | Soetebeer, | Michael | AXA-Hbg | 55 | 33450 | 2:57:08 | 0:05:18 | 5 | 89595 | 7:04:42 | 0:04:44 | 11 |
| | w | 1372 | Karthe, | Maria | AXA-Hbg | 68 | 4360 | 0:25:05 | 0:05:45 | 1 | | | | |
| | m | 889 | Grube, | Marten | TH Eilbeck | 95 | 41175 | 3:42:37 | 0:05:24 | 6 | | | | |
| 60 | m | 607 | Ghebretinsae, | Kibrom | TH Eilbeck | 88 | 27570 | 1:40:08 | 0:03:38 | 3 | 86175 | 6:41:32 | 0:04:40 | 11 |
| | w | 890 | Severinsen, | Laura | TH Eilbeck | 88 | 17430 | 1:18:47 | 0:04:31 | 2 | | | | |
| | m | 536 | Zollenkopf, | Michael | SKF | 67 | 39280 | 3:05:12 | 0:04:43 | 4 | | | | |
| 61 | w | 534 | Schumacher, | Andrea | SKF | 59 | 33960 | 3:32:10 | 0:06:15 | 5 | 83940 | 7:45:27 | 0:05:33 | 10 |
| | m | 867 | Steinhagen, | Michael | SKF | 58 | 10700 | 1:08:05 | 0:06:22 | 1 | | | | |
| | w | 86 | Heinsohn, | Christin | Berenberg | 68 | 41010 | 3:23:38 | 0:04:58 | 6 | | | | |
| 62 | w | 702 | Rohde, | Sabine | Berenberg | 59 | 21160 | 2:16:03 | 0:06:26 | 4 | 79130 | 7:00:12 | 0:05:19 | 12 |
| | w | 85 | Barth, | Sonja | Berenberg | 75 | 16960 | 1:20:31 | 0:04:45 | 2 | | | | |
| | m | 337 | Morales, | Michael | Jungheinr. | 78 | 42850 | 3:46:38 | 0:05:17 | 4 | | | | |
| 63 | m | 1010 | Hanisch, | Nico | Jungheinr. | 85 | 22010 | 2:03:17 | 0:05:36 | 2 | 75060 | 6:49:43 | 0:05:28 | 7 |
| | w | 1011 | Schröder, | Katharina | Jungheinr. | 86 | 10200 | 0:59:48 | 0:05:52 | 1 | | | | |
| | w | 209 | Schrötke, | Ute | Feuerwehr | 55 | 34340 | 3:25:15 | 0:05:59 | 5 | | | | |
| 64 | m | 207 | Hintzmann, | Alfred | Feuerwehr | 34 | 21705 | 3:10:16 | 0:08:46 | 6 | 74265 | 8:33:12 | 0:06:55 | 16 |
| | m | 208 | Mattern, | Horst | Feuerwehr | 43 | 18220 | 1:57:41 | 0:06:28 | 5 | | | | |
| | m | 995 | Bulla, | Bernhard | Hansewerk | 60 | 40195 | 3:34:28 | 0:05:20 | 4 | | | | |
| 65 | m | 994 | Backhaus, | Carsten | Hansewerk | 50 | 19720 | 2:01:48 | 0:06:11 | 2 | 70155 | 6:14:48 | 0:05:21 | 9 |
| | w | 912 | Reese, | Irina | Hansewerk | 72 | 10240 | 0:38:32 | 0:03:46 | 3 | | | | |
| | m | 786 | Schröder, | Martin | IBM Klub | 59 | 42350 | 3:48:33 | 0:05:24 | 4 | | | | |
| 66 | w | 335 | Wöbke, | Ingrid | IBM Klub | 55 | 13850 | 1:18:36 | 0:05:41 | 3 | 63100 | 5:51:14 | 0:05:34 | 9 |
| | w | 334 | Vanthuyne, | Anna-Maria | IBM Klub | 54 | 6900 | 0:44:05 | 0:06:23 | 2 | | | | |

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|----|---|------|-------------|---------------|------------|----|-------|---------|---------|---|-------|---------|---------|---|
| | w | 1050 | Helbig, | Leana | Trionik | 81 | 23350 | 1:38:04 | 0:04:12 | 3 | | | | |
| 67 | m | 611 | Tiemann, | Tim | Trionik | 83 | 13990 | 0:53:39 | 0:03:50 | 2 | 50930 | 3:34:17 | 0:04:12 | 7 |
| | w | 1049 | Dierkes, | Manuela | Trionik | 78 | 13590 | 1:02:34 | 0:04:36 | 2 | | | | |
| | m | 311 | Kraim, | Yannis | HF Runner | 89 | 33445 | 2:54:43 | 0:05:13 | 4 | | | | |
| 68 | w | 1389 | Schumacher, | Annica Sophia | HF Runner | 86 | 4360 | 0:28:34 | 0:06:33 | 1 | 41305 | 3:35:44 | 0:05:13 | 6 |
| | m | 312 | Kröger, | Carsten | HF Runner | 62 | 3500 | 0:12:27 | 0:03:33 | 1 | | | | |
| | m | 843 | Eggers, | Norman | Polizei HH | 80 | 7170 | 0:31:57 | 0:04:27 | 1 | | | | |