

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|------------------|--------------|--------------|----|---------|---------|--------|---------|
| 1 | m | 568 | Huhn, | Philipp | Runn Green | 88 | 37700 | 2:27:11 | 6 | 0:03:54 |
| 2 | m | 564 | Gresens, | Jan | Runn Green | 75 | 37700 | 2:30:09 | 6 | 0:03:59 |
| 3 | m | 318 | Jansen, | Thies | Airbus | 71 | 37700 | 2:34:11 | 6 | 0:04:05 |
| 4 | w | 567 | Hielscher, | Marie | Runn Green | 84 | 37700 | 2:34:13 | 6 | 0:04:05 |
| 5 | m | 507 | Neumann, | Uwe | FA HH | 73 | 37700 | 2:34:34 | 6 | 0:04:06 |
| 6 | m | 162 | Reimer, | Tobias | HHLA | 74 | 37700 | 2:37:17 | 6 | 0:04:10 |
| 7 | w | 313 | Brockmann, | Christina | Airbus | 84 | 37700 | 2:38:03 | 6 | 0:04:12 |
| 8 | m | 16 | Krastev, | Ulli | BACARDI | 69 | 37700 | 2:41:51 | 6 | 0:04:18 |
| 9 | m | 176 | Wilde, | Tim | HapagLloyd | 85 | 37700 | 2:42:24 | 6 | 0:04:18 |
| 10 | w | 183 | Goebel, | Sonia Isabel | Knossos.de | 90 | 37700 | 2:44:44 | 6 | 0:04:22 |
| 11 | m | 345 | Firyn, | Heiko | BG Verkehr | 79 | 37700 | 2:48:01 | 6 | 0:04:27 |
| 12 | m | 580 | Lambracht, | Gerald | Stern | 70 | 37700 | 2:59:09 | 6 | 0:04:45 |
| 13 | m | 573 | Bastian, | Jens | G+J | 63 | 37700 | 3:05:21 | 6 | 0:04:55 |
| 14 | m | 55 | Meyer-Reim, | Utz | DZ HYP | 61 | 37700 | 3:10:38 | 6 | 0:05:03 |
| 15 | m | 261 | Petsch, | Wolfgang | Signal Iduna | 60 | 37700 | 3:11:16 | 6 | 0:05:04 |
| 16 | m | 174 | Schubert, | Ralph | HapagLloyd | 73 | 37700 | 3:13:41 | 6 | 0:05:08 |
| 17 | m | 327 | Schmidt, | Gunter | Airbus | 61 | 37700 | 3:13:52 | 6 | 0:05:09 |
| 18 | m | 169 | Scholz, | Christian | Haspa | 82 | 37700 | 3:16:49 | 6 | 0:05:13 |
| 19 | w | 316 | Garbers, | Catharina | Airbus | 81 | 37700 | 3:19:27 | 6 | 0:05:17 |
| 20 | w | 444 | Courtault, | Britta | Haspa | 66 | 37700 | 3:28:20 | 6 | 0:05:32 |
| 21 | m | 221 | Stäcker, | Frank | PHILIPS | 64 | 37700 | 3:29:38 | 6 | 0:05:34 |
| 22 | m | 235 | Braeuer, | Karsten | Stern | 72 | 37700 | 3:30:34 | 6 | 0:05:35 |
| 23 | w | 496 | Kersten, | Ines | Laufwerk | 62 | 37700 | 3:34:52 | 6 | 0:05:42 |
| 24 | m | 443 | Breier, | Thomas | Haspa | 67 | 34500 | 3:10:55 | 5 | 0:05:32 |
| 25 | m | 312 | Brockmann, | Achim | Airbus | 80 | 31200 | 3:06:23 | 4 | 0:05:58 |
| 26 | m | 537 | Lüders-Bahlmann, | Uwe | NDR | 56 | 28400 | 2:20:38 | 5 | 0:04:57 |
| 27 | w | 328 | Schultz, | Eva | Airbus | 84 | 28200 | 2:06:47 | 4 | 0:04:30 |
| 28 | m | 236 | Dörr, | Ole | Stern | 67 | 28200 | 2:07:26 | 4 | 0:04:31 |
| 29 | m | 546 | Becker, | Jens-Gerrit | OTTO | 62 | 28200 | 2:14:10 | 4 | 0:04:45 |
| 30 | m | 184 | Oswald, | Mathias | Knossos.de | 78 | 28200 | 2:17:22 | 4 | 0:04:52 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-------------|-------------------|--------------|----|---------|---------|--------|---------|
| 31 | m | 375 | Eybächer, | Michael | ELBE-Sport | 43 | 28100 | 3:33:53 | 4 | 0:07:37 |
| 32 | m | 173 | Schnell, | Steffen | HapagLloyd | 87 | 24900 | 1:46:45 | 3 | 0:04:17 |
| 33 | w | 337 | Buchmann, | Sigrid | AK Nord | 68 | 22100 | 2:01:08 | 4 | 0:05:29 |
| 34 | m | 480 | Ludwig, | Dirk | Knossos.de | 71 | 21900 | 1:45:43 | 3 | 0:04:50 |
| 35 | m | 605 | Egger, | Stefan | Signal Iduna | 78 | 21900 | 1:50:17 | 3 | 0:05:02 |
| 36 | m | 216 | Koudougou, | Halidou | PHILIPS | 79 | 19100 | 1:11:25 | 4 | 0:03:44 |
| 37 | w | 565 | Hagenstein, | Julia | Runn Green | 90 | 19100 | 1:28:03 | 4 | 0:04:37 |
| 38 | m | 248 | Liebers, | Ralf | Zoll | 64 | 19100 | 1:39:46 | 4 | 0:05:13 |
| 39 | m | 478 | Bilanovic, | Anto | Knossos.de | 83 | 19100 | 1:45:12 | 4 | 0:05:30 |
| 40 | m | 244 | Gierach, | Nils | Zoll | 86 | 18900 | 1:22:07 | 3 | 0:04:21 |
| 41 | m | 555 | Matzke, | Herwig | PHILIPS | 72 | 18900 | 1:23:24 | 3 | 0:04:25 |
| 42 | m | 242 | Balzer, | Klaus | Zoll | 69 | 18900 | 1:33:50 | 3 | 0:04:58 |
| 43 | m | 550 | Reuer, | Hans-Henning | OTTO | 67 | 18900 | 1:35:11 | 3 | 0:05:02 |
| 44 | m | 420 | Meyer, | Mario | HW | 63 | 18900 | 1:39:08 | 3 | 0:05:15 |
| 45 | w | 556 | Matzke, | Svenja | PHILIPS | 78 | 18900 | 1:41:07 | 3 | 0:05:21 |
| 46 | w | 243 | Balzer, | Maren | Zoll | 67 | 18900 | 1:42:33 | 3 | 0:05:26 |
| 47 | w | 570 | Köhler, | Beatrix | Runn Green | 67 | 18900 | 1:47:04 | 3 | 0:05:40 |
| 48 | m | 553 | Dreise, | Gösta | PHILIPS | 68 | 18900 | 1:53:50 | 3 | 0:06:01 |
| 49 | m | 339 | Pepperrell, | Stephen | BACARDI | 58 | 18900 | 1:56:07 | 3 | 0:06:09 |
| 50 | m | 727 | Oswald, | Andre | Knossos.de | 75 | 18800 | 1:14:48 | 3 | 0:03:59 |
| 51 | w | 477 | Voß, | Katharina | K&M Sport | 83 | 18800 | 1:25:19 | 3 | 0:04:32 |
| 52 | m | 726 | Hausmann, | Malte | Knossos.de | 84 | 18800 | 1:31:26 | 3 | 0:04:52 |
| 53 | m | 725 | Eisoldt, | Andreas | Knossos.de | 74 | 18800 | 1:33:08 | 3 | 0:04:57 |
| 54 | m | 577 | Kittler, | Holger | Stern | 65 | 18800 | 1:57:16 | 3 | 0:06:14 |
| 55 | m | 538 | Schröder, | Julius Maximilian | NDR | 95 | 18600 | 1:03:54 | 2 | 0:03:26 |
| 56 | m | 326 | Rollnik, | Jean-Pierre | Airbus | 90 | 18600 | 1:06:25 | 2 | 0:03:34 |
| 57 | m | 493 | Dieckmann, | Lukas | Laufwerk | 85 | 18600 | 1:10:04 | 2 | 0:03:46 |
| 58 | m | 500 | Schlag, | Marcel | Laufwerk | 87 | 18600 | 1:10:54 | 2 | 0:03:49 |
| 59 | m | 5 | Sievertsen, | Momme | Krüß-OSH | 96 | 18600 | 1:12:52 | 2 | 0:03:55 |
| 60 | m | 521 | Schönhut, | Steffen | Lufthansa | 84 | 18600 | 1:12:53 | 2 | 0:03:55 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|-------------|--------------|----|---------|---------|--------|---------|
| 61 | m | 436 | Merklinger, | Sergej | Laufladen | 79 | 18600 | 1:13:13 | 2 | 0:03:56 |
| 62 | w | 471 | Balduhn, | Ann-Kathrin | Jungheinrich | 95 | 18600 | 1:13:53 | 2 | 0:03:58 |
| 63 | m | 178 | Zielinski, | Dieter | HapagLloyd | 72 | 18600 | 1:14:50 | 2 | 0:04:01 |
| 64 | m | 501 | Thiessen, | Mathias | Laufwerk | 80 | 18600 | 1:15:02 | 2 | 0:04:02 |
| 65 | m | 325 | Rohlfs, | Torben | Airbus | 77 | 18600 | 1:15:27 | 2 | 0:04:03 |
| 66 | w | 211 | Meyer-Ranke, | Josefine | Olympus Oste | 97 | 18600 | 1:16:12 | 2 | 0:04:06 |
| 67 | w | 321 | Kurr Otero, | Cecile | Airbus | 85 | 18600 | 1:18:22 | 2 | 0:04:13 |
| 68 | m | 49 | Jaekel, | Christoph | DESY | 73 | 18600 | 1:18:31 | 2 | 0:04:13 |
| 69 | m | 452 | Ahrens, | Hans-Björn | HapagLloyd | 79 | 18600 | 1:18:38 | 2 | 0:04:14 |
| 70 | m | 569 | Kleinwort, | Markus | Runn Green | 73 | 18600 | 1:19:51 | 2 | 0:04:18 |
| 71 | m | 366 | Albrecht, | Axel | DNV GL | 66 | 18600 | 1:21:27 | 2 | 0:04:23 |
| 72 | m | 437 | Rohlfs, | Dirk | Laufladen | 67 | 18600 | 1:21:31 | 2 | 0:04:23 |
| 73 | m | 597 | Peschke, | Daniel | Still | 79 | 18600 | 1:22:28 | 2 | 0:04:26 |
| 74 | m | 319 | Jürgens, | Uwe Meno | Airbus | 80 | 18600 | 1:22:51 | 2 | 0:04:27 |
| 75 | m | 367 | Backhausen, | Dirk | DNV GL | 66 | 18600 | 1:22:55 | 2 | 0:04:27 |
| 76 | m | 377 | Meier, | Ralf | ELBE-Sport | 69 | 18600 | 1:22:58 | 2 | 0:04:28 |
| 77 | m | 194 | Hauck, | Michael | FA HH | 75 | 18600 | 1:23:46 | 2 | 0:04:30 |
| 78 | m | 510 | Rosenbaum, | Thomas | FA HH | 65 | 18600 | 1:24:34 | 2 | 0:04:33 |
| 79 | m | 208 | Winkeler, | Tobias | Nordmark | 88 | 18600 | 1:25:36 | 2 | 0:04:36 |
| 80 | m | 643 | Jeschak, | Patrick | wellnuss.de | 86 | 18600 | 1:25:56 | 2 | 0:04:37 |
| 81 | m | 75 | Gerstmann, | Thorsten | Gasnetz HH | 72 | 18600 | 1:26:05 | 2 | 0:04:38 |
| 82 | m | 663 | Wehowsky, | Frank | TÜV-Nord | 62 | 18600 | 1:27:19 | 2 | 0:04:42 |
| 83 | m | 665 | Papenberg, | Matthias | Laufwerk | 65 | 18600 | 1:28:22 | 2 | 0:04:45 |
| 84 | w | 498 | Putensen, | Anne-Katrin | Laufwerk | 80 | 18600 | 1:28:32 | 2 | 0:04:46 |
| 85 | m | 297 | Willsch, | Pascal | Lufthansa | 78 | 18600 | 1:28:56 | 2 | 0:04:47 |
| 86 | m | 258 | Schirmer, | Thomas | Still | 77 | 18600 | 1:29:13 | 2 | 0:04:48 |
| 87 | w | 433 | Kaßen, | Dortje | Laufladen | 73 | 18600 | 1:29:37 | 2 | 0:04:49 |
| 88 | m | 581 | Lever, | Patrick | Stern | 61 | 18600 | 1:29:40 | 2 | 0:04:49 |
| 89 | m | 533 | Cherek, | Uwe | NDR | 68 | 18600 | 1:29:57 | 2 | 0:04:50 |
| 90 | w | 453 | Ahrens, | Janet | HapagLloyd | 79 | 18600 | 1:30:30 | 2 | 0:04:52 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|------------|--------------|----|---------|---------|--------|---------|
| 91 | m | 193 | Werner, | Guido | Gaden | 68 | 18600 | 1:30:44 | 2 | 0:04:53 |
| 92 | m | 57 | Rooseboom, | Markus | DZ HYP | 65 | 18600 | 1:30:47 | 2 | 0:04:53 |
| 93 | m | 354 | Kasper, | Thomas | Commerzbank | 68 | 18600 | 1:31:15 | 2 | 0:04:54 |
| 94 | m | 209 | Janssen, | Christoph | Olympus Oste | 98 | 18600 | 1:31:45 | 2 | 0:04:56 |
| 95 | w | 427 | Berghausen, | Solveig | Laufladen | 75 | 18600 | 1:31:49 | 2 | 0:04:56 |
| 96 | m | 398 | Kuhr, | Jan-Oliver | ERGOsports | 80 | 18600 | 1:32:05 | 2 | 0:04:57 |
| 97 | m | 69 | Holt, | Johannes | ERGOsports | 84 | 18600 | 1:32:38 | 2 | 0:04:59 |
| 98 | m | 394 | Faust, | Thomas | ERGOsports | 62 | 18600 | 1:32:47 | 2 | 0:04:59 |
| 99 | w | 35 | Krahn, | Sylvia | Commerzbank | 73 | 18600 | 1:33:25 | 2 | 0:05:01 |
| 100 | m | 539 | Schulz, | Thomas | NDR | 61 | 18600 | 1:33:58 | 2 | 0:05:03 |
| 101 | m | 374 | Wohlfromm, | Björn | EDEKA | 78 | 18600 | 1:34:30 | 2 | 0:05:05 |
| 102 | m | 412 | Blumenberg, | Frank | HH Airport | 88 | 18600 | 1:34:39 | 2 | 0:05:05 |
| 103 | m | 586 | Buck, | Klaus | Siemens | 62 | 18600 | 1:36:17 | 2 | 0:05:11 |
| 104 | m | 58 | Schmidt, | Jürgen | DZ HYP | 54 | 18600 | 1:36:29 | 2 | 0:05:11 |
| 105 | w | 220 | Quermann, | Birgit | PHILIPS | 71 | 18600 | 1:36:59 | 2 | 0:05:13 |
| 106 | m | 262 | Seel, | Olaf | Signal Iduna | 69 | 18600 | 1:37:41 | 2 | 0:05:15 |
| 107 | m | 282 | Ulrich, | Rainer | OTTO | 60 | 18600 | 1:38:07 | 2 | 0:05:17 |
| 108 | m | 545 | Schweigert, | Karl-Heinz | Olympus Oste | 63 | 18600 | 1:38:16 | 2 | 0:05:17 |
| 109 | w | 72 | Schmidt, | Karen | ERGOsports | 86 | 18600 | 1:39:07 | 2 | 0:05:20 |
| 110 | m | 622 | Roberts, | Gregor | T-Systems | 59 | 18600 | 1:40:00 | 2 | 0:05:23 |
| 111 | m | 467 | Breitenstein, | Andre | HypoVerein | 67 | 18600 | 1:40:01 | 2 | 0:05:23 |
| 112 | w | 439 | Slomski, | Birgit | Laufladen | 75 | 18600 | 1:40:18 | 2 | 0:05:24 |
| 113 | m | 520 | Meinicke, | Knuth | Lufthansa | 63 | 18600 | 1:40:30 | 2 | 0:05:24 |
| 114 | m | 10 | Felger, | Fritz | Airbus | 59 | 18600 | 1:41:10 | 2 | 0:05:26 |
| 115 | m | 587 | Sie Too, | Petrus | Siemens | 58 | 18600 | 1:42:16 | 2 | 0:05:30 |
| 116 | w | 309 | Leibrock, | Karin | Krüß-OSH | 74 | 18600 | 1:42:27 | 2 | 0:05:30 |
| 117 | w | 395 | Fönschau, | Silke | ERGOsports | 62 | 18600 | 1:45:39 | 2 | 0:05:41 |
| 118 | m | 215 | Haubrich, | Gerhard | PHILIPS | 43 | 18600 | 1:47:24 | 2 | 0:05:46 |
| 119 | m | 488 | Janßen, | Uwe | Gaden | 60 | 18600 | 1:47:43 | 2 | 0:05:47 |
| 120 | m | 424 | Michailidis, | Theodoros | Hochbahn | 71 | 18600 | 1:49:36 | 2 | 0:05:54 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|--------------|--------------|----|---------|---------|--------|---------|
| 121 | w | 454 | Gerloff, | Anne-Mareike | HapagLloyd | 83 | 18600 | 1:50:16 | 2 | 0:05:56 |
| 122 | m | 254 | Naundorf, | Jens | Siemens | 64 | 18600 | 1:50:28 | 2 | 0:05:56 |
| 123 | w | 229 | Marthiens, | Ute | Polizei HH | 52 | 18600 | 1:50:30 | 2 | 0:05:56 |
| 124 | m | 583 | Bentien, | Ronald | Siemens | 48 | 18600 | 1:51:51 | 2 | 0:06:01 |
| 125 | m | 544 | Baier, | Alois | Olympus Oste | 59 | 18600 | 1:52:33 | 2 | 0:06:03 |
| 126 | m | 52 | Rowedder, | Frank | Deut.Bank | 66 | 18600 | 1:57:14 | 2 | 0:06:18 |
| 127 | m | 358 | Heitmann, | Jörg | DAK | 59 | 18600 | 1:57:39 | 2 | 0:06:20 |
| 128 | m | 594 | Hill, | Tobias | Still | 89 | 18600 | 1:58:35 | 2 | 0:06:23 |
| 129 | m | 447 | Janssen, | Stefan | Haspa | 62 | 18600 | 2:01:52 | 2 | 0:06:33 |
| 130 | w | 423 | Jordan, | Angelika | HHLA | 57 | 15900 | 1:51:20 | 3 | 0:07:00 |
| 131 | m | 430 | Freitag, | Jens | Laufladen | 63 | 15600 | 1:25:12 | 2 | 0:05:28 |
| 132 | m | 642 | Otto, | Thomas | WTM HH | 91 | 15600 | 1:25:40 | 2 | 0:05:29 |
| 133 | m | 641 | Holst, | Günter | WTM HH | 59 | 15600 | 1:30:30 | 2 | 0:05:48 |
| 134 | w | 368 | Pohl, | Katja | DZ HYP | 69 | 15600 | 1:31:24 | 2 | 0:05:52 |
| 135 | w | 455 | Sagert, | Erika | HapagLloyd | 52 | 15600 | 1:31:33 | 2 | 0:05:52 |
| 136 | w | 534 | Hagemann, | Anna | NDR | 47 | 15600 | 1:41:09 | 2 | 0:06:29 |
| 137 | m | 376 | Hildebrandt, | Edgard | ELBE-Sport | 53 | 15600 | 1:44:10 | 2 | 0:06:41 |
| 138 | m | 342 | Peuker, | Berno | BA-Eimsb. | 84 | 12600 | 0:45:16 | 2 | 0:03:36 |
| 139 | m | 275 | Wittke, | Fabian | NGTRNG | 84 | 12600 | 0:46:13 | 2 | 0:03:40 |
| 140 | m | 416 | Margraf, | Robert | HHRunning | 94 | 12600 | 0:46:39 | 2 | 0:03:42 |
| 141 | w | 502 | Balduhn, | Caroline | FA HH | 95 | 12600 | 0:48:11 | 2 | 0:03:49 |
| 142 | m | 619 | Vollmers, | Laurin | Signal Iduna | 5 | 12600 | 0:51:15 | 2 | 0:04:04 |
| 143 | m | 536 | Kopp, | Jürgen | NDR | 65 | 12600 | 0:52:24 | 2 | 0:04:10 |
| 144 | w | 34 | Altmann, | Cindy | Commerzbank | 84 | 12600 | 0:53:41 | 2 | 0:04:16 |
| 145 | m | 329 | Thiele, | Florian | Airbus | 88 | 12600 | 0:54:09 | 2 | 0:04:18 |
| 146 | m | 625 | Müller, | Reinhard | Tchibo | 67 | 12600 | 0:55:17 | 2 | 0:04:23 |
| 147 | m | 68 | Fennen, Dr. | Michael | ERGOsports | 88 | 12600 | 0:55:34 | 2 | 0:04:25 |
| 148 | m | 620 | Vollmers, | Thomas | Signal Iduna | 71 | 12600 | 0:57:21 | 2 | 0:04:33 |
| 149 | m | 324 | Plambeck, | Lutz | Airbus | 61 | 12600 | 0:57:25 | 2 | 0:04:33 |
| 150 | w | 526 | Hilgendorf, | Carmen | Montblanc | 84 | 12600 | 0:57:49 | 2 | 0:04:35 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|---------------|--------------|----|---------|---------|--------|---------|
| 151 | m | 529 | Scherer, | Gerhold | Montblanc | 71 | 12600 | 0:58:13 | 2 | 0:04:37 |
| 152 | m | 627 | Seliger, | Niels-Michael | Tchibo | 71 | 12600 | 0:58:13 | 2 | 0:04:37 |
| 153 | w | 504 | Jaekel, | Sandra | FA HH | 75 | 12600 | 0:58:35 | 2 | 0:04:39 |
| 154 | m | 560 | Laude, | Niels | Polizei HH | 75 | 12600 | 0:58:52 | 2 | 0:04:40 |
| 155 | m | 612 | Pantelmann, | Nico | Signal Iduna | 69 | 12600 | 0:59:03 | 2 | 0:04:41 |
| 156 | m | 559 | Krüger, | Wilfried | Polizei HH | 60 | 12600 | 0:59:05 | 2 | 0:04:41 |
| 157 | m | 511 | Sturm, | Volker | FA HH | 65 | 12600 | 1:00:44 | 2 | 0:04:49 |
| 158 | m | 628 | Tesch, | Thomas | Tchibo | 58 | 12600 | 1:01:39 | 2 | 0:04:54 |
| 159 | w | 528 | Pöhler, | Julia | Montblanc | 81 | 12600 | 1:01:57 | 2 | 0:04:55 |
| 160 | w | 618 | Vollmers, | Anja | Signal Iduna | 70 | 12600 | 1:01:58 | 2 | 0:04:55 |
| 161 | m | 535 | Konrad, | Thomas | NDR | 67 | 12600 | 1:01:59 | 2 | 0:04:55 |
| 162 | m | 379 | Wilms, | Christian | ELBE-Sport | 88 | 12600 | 1:02:01 | 2 | 0:04:55 |
| 163 | m | 552 | Bramer, | Marco | PHILIPS | 82 | 12600 | 1:02:54 | 2 | 0:05:00 |
| 164 | m | 390 | Banck, | Sönke | ERGOsports | 67 | 12600 | 1:02:58 | 2 | 0:05:00 |
| 165 | w | 506 | Neumann, | Corinna | FA HH | 68 | 12600 | 1:03:39 | 2 | 0:05:03 |
| 166 | m | 330 | Trümper, | Michael | Airbus | 66 | 12600 | 1:04:15 | 2 | 0:05:06 |
| 167 | w | 347 | Kothe, | Antonia | CLD HH | 84 | 12600 | 1:05:54 | 2 | 0:05:14 |
| 168 | w | 514 | Bohn, | Isabel | Lufthansa | 85 | 12600 | 1:05:54 | 2 | 0:05:14 |
| 169 | m | 387 | Stüfen, | Sönke | Energie SV | 65 | 12600 | 1:06:06 | 2 | 0:05:15 |
| 170 | m | 422 | Geerke, | Jörg | HHLA | 60 | 12600 | 1:06:47 | 2 | 0:05:18 |
| 171 | m | 635 | Pöhler, | Andre | TÜV-Nord | 75 | 12600 | 1:06:54 | 2 | 0:05:19 |
| 172 | m | 626 | Ruh, | Jochen | Tchibo | 71 | 12600 | 1:07:26 | 2 | 0:05:21 |
| 173 | w | 450 | Recht, | Janette | Haspa | 81 | 12600 | 1:09:17 | 2 | 0:05:30 |
| 174 | w | 389 | Zöllner, | Tina | Energie SV | 77 | 12600 | 1:10:42 | 2 | 0:05:37 |
| 175 | w | 388 | Tschiltschke, | Solvejg | Energie SV | 91 | 12600 | 1:11:00 | 2 | 0:05:38 |
| 176 | m | 299 | Rittmeister, | Lutz | PHILIPS | 59 | 12600 | 1:11:58 | 2 | 0:05:43 |
| 177 | m | 161 | Tilch, | Peter | HPA | 55 | 12600 | 1:12:00 | 2 | 0:05:43 |
| 178 | w | 380 | Denker, | Franziska | Energie SV | 90 | 12600 | 1:13:23 | 2 | 0:05:49 |
| 179 | w | 190 | Reimers, | Wiebke | Gaden | 65 | 12600 | 1:13:59 | 2 | 0:05:52 |
| 180 | m | 350 | Kafke, | Norbert | BBK | 60 | 12600 | 1:14:37 | 2 | 0:05:55 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------------|---------------|--------------|----|---------|---------|--------|---------|
| 181 | m | 527 | Oltmanns, | Helmer | Montblanc | 49 | 12600 | 1:16:38 | 2 | 0:06:05 |
| 182 | m | 571 | Thalheim, | Thomas | Runn Green | 56 | 12600 | 1:16:57 | 2 | 0:06:06 |
| 183 | m | 2 | Lattmann, | Cordt-Peter | Krüß-OSH | 67 | 12600 | 1:17:34 | 2 | 0:06:09 |
| 184 | m | 445 | Diezel, | Günter | Haspa | 54 | 12600 | 1:17:35 | 2 | 0:06:09 |
| 185 | w | 607 | Lehmer, | Nicole | Signal Iduna | 76 | 12600 | 1:18:09 | 2 | 0:06:12 |
| 186 | m | 457 | Schnabel, | Harald | HapagLloyd | 53 | 12600 | 1:18:16 | 2 | 0:06:13 |
| 187 | m | 517 | Hormann, | Hans Heinrich | Lufthansa | 59 | 12600 | 1:19:01 | 2 | 0:06:16 |
| 188 | m | 15 | Meyer-Johne, | Ludolf | Airbus | 48 | 12600 | 1:19:05 | 2 | 0:06:17 |
| 189 | m | 557 | Rohde, | Lothar | PHILIPS | 53 | 12600 | 1:20:09 | 2 | 0:06:22 |
| 190 | m | 530 | Steenfatt, | Hans-Joerg | Montblanc | 64 | 12600 | 1:20:56 | 2 | 0:06:25 |
| 191 | m | 451 | Unterspann, | Klaus | Haspa | 41 | 12600 | 1:22:06 | 2 | 0:06:31 |
| 192 | w | 378 | Meier, | Tanja | ELBE-Sport | 70 | 12600 | 1:22:51 | 2 | 0:06:35 |
| 193 | m | 61 | Frey, | Matthias | ELBE-Sport | 51 | 12600 | 1:24:12 | 2 | 0:06:41 |
| 194 | w | 60 | Frey, | Birgit | ELBE-Sport | 57 | 12600 | 1:27:22 | 2 | 0:06:56 |
| 195 | w | 525 | Fischer, | Sabine | Montblanc | 65 | 12600 | 1:27:54 | 2 | 0:06:59 |
| 196 | m | 441 | Bornemann, | Matthias | Haspa | 63 | 9600 | 0:51:19 | 2 | 0:05:21 |
| 197 | w | 532 | Hagemeister, | Julia | nexinsure | 76 | 9600 | 1:00:04 | 2 | 0:06:15 |
| 198 | w | 442 | Bornemann, | Viola | Haspa | 69 | 9600 | 1:02:28 | 2 | 0:06:30 |
| 199 | w | 253 | Goebel, | Petra | Siemens | 69 | 9500 | 0:47:21 | 2 | 0:04:59 |
| 200 | w | 26 | Radzuweit, | Meike | BG Verkehr | 66 | 9500 | 0:50:31 | 2 | 0:05:19 |
| 201 | m | 381 | Denker, | Karsten | Energie SV | 71 | 9500 | 0:52:16 | 2 | 0:05:30 |
| 202 | m | 689 | Bialy, von | Robert | DNV GL | 88 | 9300 | 0:33:58 | 1 | 0:03:39 |
| 203 | m | 314 | Franke, | Benjamin | Airbus | 89 | 9300 | 0:34:05 | 1 | 0:03:40 |
| 204 | m | 582 | Rauter, | Monier | Stern | 88 | 9300 | 0:35:02 | 1 | 0:03:46 |
| 205 | m | 713 | Jennrich, | Nils | Lauffladen | 80 | 9300 | 0:36:37 | 1 | 0:03:56 |
| 206 | m | 362 | Björklund Svensson, | Jonas | DESY | 91 | 9300 | 0:37:47 | 1 | 0:04:04 |
| 207 | m | 473 | Krüger, | Marian | Jungheinrich | 89 | 9300 | 0:38:21 | 1 | 0:04:07 |
| 208 | m | 703 | Perez Torra, | Javier | R/O/C Crew | 88 | 9300 | 0:38:45 | 1 | 0:04:10 |
| 209 | m | 754 | Bietke, | Dirk | TÜV-Nord | 71 | 9300 | 0:38:50 | 1 | 0:04:11 |
| 210 | m | 542 | Wienecke, | Dennis | NDR | 79 | 9300 | 0:39:16 | 1 | 0:04:13 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-----------------|---------------|-------------|----|---------|---------|--------|---------|
| 211 | m | 739 | Bahrdt, | Florian | NDR | 75 | 9300 | 0:39:27 | 1 | 0:04:15 |
| 212 | m | 4 | Moya, | Angel | Krüss-OSH | 82 | 9300 | 0:39:32 | 1 | 0:04:15 |
| 213 | m | 630 | Stephan, | Achim | wellnuss.de | 76 | 9300 | 0:39:47 | 1 | 0:04:17 |
| 214 | m | 664 | Raming, | Jan | DAK | 83 | 9300 | 0:39:51 | 1 | 0:04:17 |
| 215 | m | 676 | Schewe, | Stefan | Airbus | 74 | 9300 | 0:40:01 | 1 | 0:04:18 |
| 216 | m | 494 | Hasenclever, | Jörg | Laufwerk | 77 | 9300 | 0:40:40 | 1 | 0:04:22 |
| 217 | m | 50 | Schulz, | Torsten | DESY | 62 | 9300 | 0:40:57 | 1 | 0:04:24 |
| 218 | m | 710 | Böttcher, | Dirk | Laufladen | 69 | 9300 | 0:41:08 | 1 | 0:04:25 |
| 219 | m | 690 | Gruber, | Hans | DNV GL | 74 | 9300 | 0:41:35 | 1 | 0:04:28 |
| 220 | w | 438 | Schönwälder, | Claudia | Laufladen | 71 | 9300 | 0:42:03 | 1 | 0:04:31 |
| 221 | m | 743 | Hensel, | Jullian | PHILIPS | 85 | 9300 | 0:42:08 | 1 | 0:04:32 |
| 222 | m | 598 | Sass, | Fabian | Still | 81 | 9300 | 0:42:17 | 1 | 0:04:33 |
| 223 | m | 707 | Scholz, | Stephan | HPA | 70 | 9300 | 0:42:37 | 1 | 0:04:35 |
| 224 | m | 385 | Rassasse, | Ayoub | Energie SV | 88 | 9300 | 0:42:39 | 1 | 0:04:35 |
| 225 | m | 205 | Gehn, | Marcel | Nordmark | 94 | 9300 | 0:42:40 | 1 | 0:04:35 |
| 226 | m | 540 | Schwärzel, | Ricky | NDR | 79 | 9300 | 0:42:58 | 1 | 0:04:37 |
| 227 | m | 629 | Sägert, | Jan | wellnuss.de | 78 | 9300 | 0:43:02 | 1 | 0:04:38 |
| 228 | m | 56 | Nüske, | Andreas | DZ HYP | 68 | 9300 | 0:43:19 | 1 | 0:04:39 |
| 229 | m | 757 | Lemm, | Ronald | Trionik | 56 | 9300 | 0:43:43 | 1 | 0:04:42 |
| 230 | m | 631 | Wietbrauk, | Malte | wellnuss.de | 88 | 9300 | 0:43:46 | 1 | 0:04:42 |
| 231 | w | 405 | Westphal, | Luise | Gasnetz HH | 85 | 9300 | 0:43:50 | 1 | 0:04:43 |
| 232 | w | 675 | Meyer, | Lisa-Christin | Airbus | 99 | 9300 | 0:43:54 | 1 | 0:04:43 |
| 233 | m | 214 | Bastardo, | Gustavo | PHILIPS | 65 | 9300 | 0:44:07 | 1 | 0:04:45 |
| 234 | m | 709 | Babinsky, | Dierk | Laufladen | 61 | 9300 | 0:44:07 | 1 | 0:04:45 |
| 235 | w | 223 | Baron, | Franziska | Polizei HH | 80 | 9300 | 0:44:15 | 1 | 0:04:45 |
| 236 | m | 728 | Brixel, | Renke | Krüss-OSH | 83 | 9300 | 0:44:19 | 1 | 0:04:46 |
| 237 | w | 14 | Masing, | Alexandra | Airbus | 99 | 9300 | 0:44:30 | 1 | 0:04:47 |
| 238 | m | 411 | Wenrich, | Alexander | Generali | 66 | 9300 | 0:44:36 | 1 | 0:04:48 |
| 239 | m | 692 | Lück, | Ronald | EDEKA | 75 | 9300 | 0:44:42 | 1 | 0:04:48 |
| 240 | m | 693 | Schaake-Scholl, | Ilja Che | EDEKA | 69 | 9300 | 0:44:42 | 1 | 0:04:48 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|---------------------|-------------|--------------|----|---------|------|---------|---------|---------|
| 241 | m | 201 | Keunecke, | Frederik | NDR | | 81 | 9300 | 0:44:48 | 1 | 0:04:49 |
| 242 | m | 240 | Twesten, | Dennis | Stern | | 83 | 9300 | 0:44:53 | 1 | 0:04:50 |
| 243 | m | 210 | Kroll, | Kristoffer | Olympus Oste | | 89 | 9300 | 0:44:55 | 1 | 0:04:50 |
| 244 | m | 476 | Sprenger, | Mathias | K&M Sport | | 78 | 9300 | 0:45:16 | 1 | 0:04:52 |
| 245 | m | 356 | Lorenzen, | Niels | Commerzbank | | 75 | 9300 | 0:45:26 | 1 | 0:04:53 |
| 246 | w | 460 | Wolf, | Corinna | HapagLloyd | | 89 | 9300 | 0:45:26 | 1 | 0:04:53 |
| 247 | m | 369 | Wandt, | Matthias | DZ HYP | | 62 | 9300 | 0:45:46 | 1 | 0:04:55 |
| 248 | m | 27 | Riemenschneider, | Hannes | BG Verkehr | | 84 | 9300 | 0:46:04 | 1 | 0:04:57 |
| 249 | w | 429 | Dittmer, | Friederike | Laufladen | | 83 | 9300 | 0:46:10 | 1 | 0:04:58 |
| 250 | m | 674 | Knaack, | Tobias | Airbus | | 75 | 9300 | 0:46:15 | 1 | 0:04:58 |
| 251 | m | 167 | Ackermann, | Siegfried | Haspa | | 60 | 9300 | 0:46:16 | 1 | 0:04:58 |
| 252 | w | 499 | Rohlf, | Daniela | Laufwerk | | 78 | 9300 | 0:46:55 | 1 | 0:05:03 |
| 253 | w | 310 | Schmidt-Berbatovci, | Julia | Krüss-OSH | | 79 | 9300 | 0:47:07 | 1 | 0:05:04 |
| 254 | m | 434 | Klett, | Ivo | Laufladen | | 71 | 9300 | 0:47:24 | 1 | 0:05:06 |
| 255 | m | 729 | Golembiewski, | Andreas | Krüss-OSH | | 60 | 9300 | 0:47:34 | 1 | 0:05:07 |
| 256 | m | 585 | Bruns, | Andreas | Siemens | | 59 | 9300 | 0:47:35 | 1 | 0:05:07 |
| 257 | w | 716 | Bade, | Kim-Kristin | HapagLloyd | | 92 | 9300 | 0:47:45 | 1 | 0:05:08 |
| 258 | m | 317 | Gottwald, | Kristian | Airbus | | 69 | 9300 | 0:47:49 | 1 | 0:05:08 |
| 259 | w | 8 | Werner, | Kristina | Krüss-OSH | | 82 | 9300 | 0:47:58 | 1 | 0:05:09 |
| 260 | w | 344 | Storde, | Nadine | Beiersdorf | | 81 | 9300 | 0:48:00 | 1 | 0:05:10 |
| 261 | m | 212 | Schult, | Mario | Olympus Oste | | 73 | 9300 | 0:48:01 | 1 | 0:05:10 |
| 262 | m | 355 | Kwaschny, | Sebastian | Commerzbank | | 88 | 9300 | 0:48:05 | 1 | 0:05:10 |
| 263 | w | 3 | Lehmann, | Sandra | Krüss-OSH | | 87 | 9300 | 0:48:05 | 1 | 0:05:10 |
| 264 | m | 373 | Sperfeld, | Dirk | EDEKA | | 70 | 9300 | 0:48:10 | 1 | 0:05:11 |
| 265 | m | 260 | Hillebrecht, | Frank | Signal Iduna | | 70 | 9300 | 0:48:39 | 1 | 0:05:14 |
| 266 | m | 372 | Ruf, | Martin | EDEKA | | 85 | 9300 | 0:48:50 | 1 | 0:05:15 |
| 267 | m | 621 | Weitmann, | Daniel | Signal Iduna | | 72 | 9300 | 0:48:53 | 1 | 0:05:15 |
| 268 | m | 717 | Herrmann, | Thomas | HEK | | 58 | 9300 | 0:48:56 | 1 | 0:05:16 |
| 269 | w | 419 | Baumann, | Vera | HW | | 87 | 9300 | 0:49:00 | 1 | 0:05:16 |
| 270 | m | 731 | Schottenhaml, | Andreas | Gaden | | 75 | 9300 | 0:49:01 | 1 | 0:05:16 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|----------------|----------|--------------|----|---------|---------|--------|---------|
| 271 | m | 267 | Koppelmann, | Jan | TÜV-Nord | 73 | 9300 | 0:49:08 | 1 | 0:05:17 |
| 272 | m | 492 | Stark, | Jöran | Funkgruppe | 78 | 9300 | 0:49:40 | 1 | 0:05:20 |
| 273 | m | 333 | Hornung, | Jürgen | AlbeDiakon | 54 | 9300 | 0:49:44 | 1 | 0:05:21 |
| 274 | w | 168 | Heß, | Verena | Haspa | 69 | 9300 | 0:49:46 | 1 | 0:05:21 |
| 275 | m | 611 | Manthei, | Jan | Signal Iduna | 67 | 9300 | 0:49:58 | 1 | 0:05:22 |
| 276 | m | 715 | Wichmann, | Marc | Haspa | 72 | 9300 | 0:50:03 | 1 | 0:05:23 |
| 277 | m | 234 | Wegert, | Danny | G+J | 81 | 9300 | 0:50:17 | 1 | 0:05:24 |
| 278 | m | 402 | Bulla, | Bernhard | Gasnetz HH | 60 | 9300 | 0:50:44 | 1 | 0:05:27 |
| 279 | m | 11 | Giszas, | Heiner | Airbus | 76 | 9300 | 0:50:45 | 1 | 0:05:27 |
| 280 | m | 701 | Haastreht, von | Malte | Gasnetz HH | 84 | 9300 | 0:50:47 | 1 | 0:05:28 |
| 281 | m | 596 | Niedorf, | Torbjörn | Still | 98 | 9300 | 0:51:13 | 1 | 0:05:30 |
| 282 | m | 370 | Fußler, | Norbert | EDEKA | 63 | 9300 | 0:51:25 | 1 | 0:05:32 |
| 283 | m | 712 | Drengwitz, | Andreas | Laufladen | 62 | 9300 | 0:51:40 | 1 | 0:05:33 |
| 284 | m | 9 | Borgstädt, | Tim | Airbus | 53 | 9300 | 0:51:49 | 1 | 0:05:34 |
| 285 | w | 566 | Hempel, | Janina | Runn Green | 83 | 9300 | 0:51:54 | 1 | 0:05:35 |
| 286 | m | 481 | Ludwig, | Jens | Knossos.de | 73 | 9300 | 0:51:55 | 1 | 0:05:35 |
| 287 | m | 718 | Lemkau, | Niels | HEK | 65 | 9300 | 0:52:14 | 1 | 0:05:37 |
| 288 | m | 175 | Tomic, | Aurel | HapagLloyd | 1 | 9300 | 0:52:30 | 1 | 0:05:39 |
| 289 | m | 698 | Ehrke, | Michael | ERGOsports | 59 | 9300 | 0:52:34 | 1 | 0:05:39 |
| 290 | m | 475 | Schüßler, | Lutz | K&M Sport | 63 | 9300 | 0:52:42 | 1 | 0:05:40 |
| 291 | m | 734 | Bohlken, | Wilfried | Lufthansa | 70 | 9300 | 0:52:47 | 1 | 0:05:41 |
| 292 | m | 40 | Wittmann, | Joerg | DAK | 68 | 9300 | 0:53:05 | 1 | 0:05:42 |
| 293 | m | 688 | Ehrenberg, | Frank | Deut.Bank | 59 | 9300 | 0:53:15 | 1 | 0:05:44 |
| 294 | m | 29 | Tostmann, | Michael | BG Verkehr | 72 | 9300 | 0:53:20 | 1 | 0:05:44 |
| 295 | m | 680 | Brinkkötter, | Klaus | Basler | 69 | 9300 | 0:53:24 | 1 | 0:05:45 |
| 296 | m | 36 | Krohn, | Andreas | Commerzbank | 68 | 9300 | 0:53:31 | 1 | 0:05:45 |
| 297 | m | 404 | Mollenhauer, | Eric | Gasnetz HH | 65 | 9300 | 0:53:42 | 1 | 0:05:46 |
| 298 | w | 363 | Keim, | Gesche | Deut.Bank | 66 | 9300 | 0:53:42 | 1 | 0:05:46 |
| 299 | m | 432 | Goergens, | Michael | Laufladen | 55 | 9300 | 0:53:53 | 1 | 0:05:48 |
| 300 | m | 595 | Kaszta, | Merlin | Still | 92 | 9300 | 0:54:07 | 1 | 0:05:49 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|-----------------|-----------------|--------------|----|---------|------|---------|---------|---------|
| 301 | w | 30 | Pahl, | Svea | CLD HH | | 2 | 9300 | 0:54:42 | 1 | 0:05:53 |
| 302 | w | 170 | Suckow, | Maria | Haspa | | 68 | 9300 | 0:54:44 | 1 | 0:05:53 |
| 303 | m | | Mutz, | Michael | Beiersdorf | | 67 | 9300 | 0:54:55 | 1 | 0:05:54 |
| 304 | w | 745 | Müller, | Kristin | Polizei HH | | 82 | 9300 | 0:55:16 | 1 | 0:05:57 |
| 305 | w | 578 | Krämer, | Birgit | Stern | | 64 | 9300 | 0:55:22 | 1 | 0:05:57 |
| 306 | m | 608 | Lenfers, | Wolfgang | Signal Iduna | | 62 | 9300 | 0:55:27 | 1 | 0:05:58 |
| 307 | w | 357 | Stübner, | Sarah-Christina | Commerzbank | | 83 | 9300 | 0:55:39 | 1 | 0:05:59 |
| 308 | m | 616 | Scharf, | Dietmar | Signal Iduna | | 68 | 9300 | 0:55:47 | 1 | 0:06:00 |
| 309 | w | 590 | Begemann, | Barbara | SPK-Süd | | 69 | 9300 | 0:56:10 | 1 | 0:06:02 |
| 310 | m | 592 | Wendland, | Christian | SPK-Süd | | 80 | 9300 | 0:56:26 | 1 | 0:06:04 |
| 311 | m | 705 | Schlott, | Rüdiger | HH Airport | | 58 | 9300 | 0:57:09 | 1 | 0:06:09 |
| 312 | w | 346 | Kollemann, | Sabine | CLD HH | | 64 | 9300 | 0:57:33 | 1 | 0:06:11 |
| 313 | m | 518 | Liese, | Hans-Ulrich | Lufthansa | | 56 | 9300 | 0:57:38 | 1 | 0:06:12 |
| 314 | m | 335 | Nisch, | Ralf | AlbeDiakon | | 59 | 9300 | 0:57:49 | 1 | 0:06:13 |
| 315 | m | 414 | Waldtmann, | Andreas | HPA | | 63 | 9300 | 0:57:50 | 1 | 0:06:13 |
| 316 | m | 683 | Kwaschny, | Pascal | Commerzbank | | 83 | 9300 | 0:58:01 | 1 | 0:06:14 |
| 317 | w | 7 | Timpe, | Kerstin | Krüss-OSH | | 68 | 9300 | 0:58:29 | 1 | 0:06:17 |
| 318 | w | 484 | Rattunde, | Julia | Knossos.de | | 82 | 9300 | 0:58:40 | 1 | 0:06:18 |
| 319 | m | 396 | Green, | Sven | ERGOsports | | 64 | 9300 | 0:59:10 | 1 | 0:06:22 |
| 320 | m | 602 | Bruhns, | Michael | Rot Gelb | | 51 | 9300 | 0:59:51 | 1 | 0:06:26 |
| 321 | m | 491 | Hampel, | Michael | Funkgruppe | | 74 | 9300 | 1:00:10 | 1 | 0:06:28 |
| 322 | m | 593 | Grewe, | Ulrich | Still | | 81 | 9300 | 1:00:37 | 1 | 0:06:31 |
| 323 | w | 413 | Lohstroh, | Ellen | HPA | | 57 | 9300 | 1:01:02 | 1 | 0:06:34 |
| 324 | m | 446 | Engel, | Wolfgang | Haspa | | 54 | 9300 | 1:01:52 | 1 | 0:06:39 |
| 325 | w | 198 | Perez-Platz, | Ursula | Marien-Krh | | 66 | 9300 | 1:02:27 | 1 | 0:06:43 |
| 326 | m | 678 | Bussmann-Kuban, | Michael | BA-Eimsb. | | 53 | 9300 | 1:05:36 | 1 | 0:07:03 |
| 327 | m | 541 | Thelen, | Gero | NDR | | 4 | 6500 | 0:22:15 | 2 | 0:03:25 |
| 328 | m | 192 | Wams, | Martin | Gaden | | 65 | 6500 | 0:24:52 | 2 | 0:03:50 |
| 329 | m | 334 | Jaekel, | Carsten | AlbeDiakon | | 70 | 6500 | 0:25:31 | 2 | 0:03:56 |
| 330 | m | 657 | Gröhn, | Dennis | HEK | | 90 | 6500 | 0:27:07 | 2 | 0:04:10 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|--------------|-------------|----|---------|---------|--------|---------|
| 331 | m | 634 | Kupper, | Frank | TÜV-Nord | 64 | 6500 | 0:27:35 | 2 | 0:04:15 |
| 332 | m | 78 | Reese, | Johann | Gasnetz HH | 6 | 6500 | 0:28:12 | 2 | 0:04:20 |
| 333 | m | 435 | Lumpp, | Michael | Laufladen | 73 | 6500 | 0:28:52 | 2 | 0:04:26 |
| 334 | m | 392 | Becker, | Dietmar | ERGOsports | 59 | 6500 | 0:29:01 | 2 | 0:04:28 |
| 335 | m | 400 | Tramp, | Tobias | ERGOsports | 93 | 6500 | 0:29:29 | 2 | 0:04:32 |
| 336 | m | 655 | Hegemann, | Bernd | G+J | 68 | 6500 | 0:30:00 | 2 | 0:04:37 |
| 337 | w | 259 | Becker, | Barbara | Rot Gelb | 71 | 6500 | 0:30:25 | 2 | 0:04:41 |
| 338 | m | 440 | Altrock, | Andreas | Haspa | 67 | 6500 | 0:30:30 | 2 | 0:04:42 |
| 339 | m | 563 | Spijker, | Andreas | Polizei HH | 61 | 6500 | 0:31:43 | 2 | 0:04:53 |
| 340 | m | 408 | Zielinski, | Dennis | Polizei HH | 92 | 6500 | 0:32:21 | 2 | 0:04:59 |
| 341 | w | 576 | Nachtigäller, | Iris | G+J | 77 | 6500 | 0:33:19 | 2 | 0:05:08 |
| 342 | m | 79 | Reese, | Lars | Gasnetz HH | 70 | 6500 | 0:34:46 | 2 | 0:05:21 |
| 343 | m | 382 | Gessert, | Frank | Energie SV | 59 | 6500 | 0:34:56 | 2 | 0:05:22 |
| 344 | m | 386 | Siemens, | Claus-Peter | Energie SV | 58 | 6500 | 0:35:03 | 2 | 0:05:24 |
| 345 | w | 230 | Spindler, | Angela | Polizei HH | 79 | 6500 | 0:35:06 | 2 | 0:05:24 |
| 346 | w | 658 | Gröhn, | Sina | HEK | 95 | 6500 | 0:35:12 | 2 | 0:05:25 |
| 347 | w | 77 | Reese, | Irina | Gasnetz HH | 72 | 6500 | 0:36:41 | 2 | 0:05:39 |
| 348 | m | 63 | Kühl, | Bernd | ELBE-Sport | 46 | 6500 | 0:37:01 | 2 | 0:05:42 |
| 349 | m | 65 | Hummel, | Thomas | Energie SV | 50 | 6500 | 0:37:24 | 2 | 0:05:45 |
| 350 | m | 638 | Schumacher, | Peter | TÜV-Nord | 52 | 6500 | 0:38:12 | 2 | 0:05:53 |
| 351 | m | 351 | Brüggeman, | Ralf | Commerzbank | 53 | 6500 | 0:38:18 | 2 | 0:05:54 |
| 352 | m | 191 | Schulz, | Hans-Joachim | Gaden | 46 | 6500 | 0:39:12 | 2 | 0:06:02 |
| 353 | m | 490 | Rücker, | Heinrich | Gaden | 36 | 6500 | 0:40:18 | 2 | 0:06:12 |
| 354 | m | 461 | Brandt, | Peter | HEK | 40 | 6500 | 0:40:39 | 2 | 0:06:15 |
| 355 | m | 204 | Vongehr, | Philipp | NDR | 70 | 6500 | 0:40:41 | 2 | 0:06:16 |
| 356 | w | 632 | Glismann, | Angela | TÜV-Nord | 57 | 6500 | 0:41:06 | 2 | 0:06:19 |
| 357 | m | 584 | Bödeker, | Heinz | Siemens | 47 | 6500 | 0:41:09 | 2 | 0:06:20 |
| 358 | m | 62 | Gläser, | Heinz | ELBE-Sport | 45 | 6500 | 0:42:14 | 2 | 0:06:30 |
| 359 | m | 64 | Wien, | Wolfgang | ELBE-Sport | 40 | 6500 | 0:42:51 | 2 | 0:06:36 |
| 360 | w | 231 | Zuncke, | Sonja | Polizei HH | 66 | 6500 | 0:42:51 | 2 | 0:06:36 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|---------------------|---------------|--------------------|----|---------|------|---------|---------|---------|
| 361 | w | 623 | Gerth, | Claudia | Tchibo | | 73 | 6500 | 0:44:17 | 2 | 0:06:49 |
| 362 | w | 558 | Engelmann, | Heike | Polizei HH | | 71 | 6500 | 0:45:06 | 2 | 0:06:56 |
| 363 | m | 39 | Schröder, | Günter | Commerzbank | | 47 | 6500 | 0:46:38 | 2 | 0:07:10 |
| 364 | m | 637 | Robers, | Josef | TÜV-Nord | | 43 | 6500 | 0:55:12 | 2 | 0:08:30 |
| 365 | m | 197 | Uhl, | Manfred | Lufthansa | | 39 | 6500 | 0:55:15 | 2 | 0:08:30 |
| 366 | w | 171 | McGovern, | Roberta | HapagLloyd | | 75 | 6500 | 0:56:01 | 2 | 0:08:37 |
| 367 | m | 503 | Böthern, | Rolf | FA HH | | 43 | 6500 | 0:58:19 | 2 | 0:08:58 |
| 368 | w | 456 | Schäller, | Lisa | HapagLloyd | | 93 | 6500 | 0:58:49 | 2 | 0:09:03 |
| 369 | w | 218 | Orlowski, | Elke | PHILIPS | | 41 | 6500 | 1:09:18 | 2 | 0:10:40 |
| 370 | m | 219 | Orlowski, | Rolf | PHILIPS | | 42 | 6500 | 1:09:27 | 2 | 0:10:41 |
| 371 | m | 702 | Feddern, | Thomas | Turnerbund Hamburg | | 81 | 6300 | 0:21:39 | 1 | 0:03:26 |
| 372 | m | 332 | Wilkens, | Jakob | Airbus | | 98 | 6300 | 0:21:54 | 1 | 0:03:29 |
| 373 | m | 415 | Krischke, | David | HHRunning | | 87 | 6300 | 0:22:45 | 1 | 0:03:37 |
| 374 | m | 406 | Feddern, | Thomas | Turnerbund Hamb | | 81 | 6300 | 0:23:06 | 1 | 0:03:40 |
| 375 | m | 418 | Santamarina Krings, | Juan Fernando | HHRunning | | 95 | 6300 | 0:23:13 | 1 | 0:03:41 |
| 376 | m | 704 | Riebe, | Christoph | Turnerbund Hamburg | | 94 | 6300 | 0:23:47 | 1 | 0:03:47 |
| 377 | m | 188 | Langer, | Mathias | AltonaDiag | | 67 | 6300 | 0:24:12 | 1 | 0:03:50 |
| 378 | m | 669 | Zimmermann, | Jan | AltonaDiag | | 74 | 6300 | 0:24:13 | 1 | 0:03:51 |
| 379 | m | 740 | Krieger, | Jan | NDR | | 76 | 6300 | 0:24:27 | 1 | 0:03:53 |
| 380 | m | 431 | Gauger, | Jens | Laufladen | | 65 | 6300 | 0:24:55 | 1 | 0:03:57 |
| 381 | m | 417 | Nahrwold, | Christian | HHRunning | | 70 | 6300 | 0:25:20 | 1 | 0:04:01 |
| 382 | m | 407 | Riebe, | Christoph | Turnerbund Hamb | | 94 | 6300 | 0:25:23 | 1 | 0:04:02 |
| 383 | w | 315 | Franke, | Julia | Airbus | | 90 | 6300 | 0:25:29 | 1 | 0:04:03 |
| 384 | m | 562 | Schmidt, | Birger | Polizei HH | | 84 | 6300 | 0:25:33 | 1 | 0:04:03 |
| 385 | m | 572 | Vahlhaus, | Richard | Runn Green | | 82 | 6300 | 0:25:54 | 1 | 0:04:07 |
| 386 | w | 311 | Bechtloff, | Mareike | Airbus | | 90 | 6300 | 0:26:25 | 1 | 0:04:12 |
| 387 | m | 320 | König, | Janne | Airbus | | 95 | 6300 | 0:26:26 | 1 | 0:04:12 |
| 388 | m | 271 | Hoch, | Christoph | Alto-Nabe | | 60 | 6300 | 0:27:43 | 1 | 0:04:24 |
| 389 | m | 531 | Steenfatt, | Marc André | Montblanc | | 93 | 6300 | 0:27:58 | 1 | 0:04:26 |
| 390 | m | 495 | Hoppe, | Thomas | Laufwerk | | 67 | 6300 | 0:28:06 | 1 | 0:04:28 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|------------------|-----------|--------------|----|---------|---------|--------|---------|
| 391 | w | 738 | Laar, von | Sabine | nexinsure | 66 | 6300 | 0:28:28 | 1 | 0:04:31 |
| 392 | m | 686 | Mohamadi Panahi, | Syamak | DESY | 84 | 6300 | 0:28:36 | 1 | 0:04:32 |
| 393 | m | 667 | Ebel, | Thomas | NDR | 65 | 6300 | 0:29:05 | 1 | 0:04:37 |
| 394 | m | 736 | Ewel, | Mirko | Montblanc | 79 | 6300 | 0:29:28 | 1 | 0:04:41 |
| 395 | w | 186 | Feldmann, | Kerstin | Gaden | 71 | 6300 | 0:29:36 | 1 | 0:04:42 |
| 396 | m | 755 | Bietke, | Tim | TÜV-Nord | 96 | 6300 | 0:29:44 | 1 | 0:04:43 |
| 397 | m | 722 | Lautenschlager, | Moritz | Jungheinrich | 90 | 6300 | 0:29:50 | 1 | 0:04:44 |
| 398 | m | 547 | Garraway, | Alun | OTTO | 64 | 6300 | 0:30:15 | 1 | 0:04:48 |
| 399 | m | 33 | Albrecht, | Christian | Commerzbank | 70 | 6300 | 0:30:41 | 1 | 0:04:52 |
| 400 | m | 255 | Ottow, | Heiko | Siemens | 67 | 6300 | 0:31:01 | 1 | 0:04:55 |
| 401 | m | 360 | Steinfeld, | Marco | Dataport | 75 | 6300 | 0:31:09 | 1 | 0:04:57 |
| 402 | w | 189 | Liebold, | Kristin | Gaden | 0 | 6300 | 0:31:32 | 1 | 0:05:00 |
| 403 | m | 522 | Budig, | Alexander | Montblanc | 97 | 6300 | 0:31:35 | 1 | 0:05:01 |
| 404 | w | 668 | Glöde, | Jutta | Lufthansa | 63 | 6300 | 0:31:42 | 1 | 0:05:02 |
| 405 | m | 723 | Schwierys, | Thomas | Jungheinrich | 69 | 6300 | 0:31:48 | 1 | 0:05:03 |
| 406 | m | 425 | Westphal, | Wolfgang | Hochbahn | 54 | 6300 | 0:32:05 | 1 | 0:05:06 |
| 407 | m | 343 | Goschke, | Andreas | Beiersdorf | 73 | 6300 | 0:32:08 | 1 | 0:05:06 |
| 408 | w | 489 | Klass, | Leonie | Gaden | 99 | 6300 | 0:32:32 | 1 | 0:05:10 |
| 409 | w | 732 | Wulff, | Michelle | Gaden | 98 | 6300 | 0:32:36 | 1 | 0:05:10 |
| 410 | m | 666 | Fraser, | Darren | HHLA | 81 | 6300 | 0:32:40 | 1 | 0:05:11 |
| 411 | m | 263 | Stamm, | Volker | Signal Iduna | 53 | 6300 | 0:32:57 | 1 | 0:05:14 |
| 412 | m | 421 | Eckert, | Carsten | HHLA | 83 | 6300 | 0:32:59 | 1 | 0:05:14 |
| 413 | m | 238 | Radou, | Frederic | Stern | 67 | 6300 | 0:33:20 | 1 | 0:05:17 |
| 414 | w | 497 | Krispin, | Marion | Laufwerk | 73 | 6300 | 0:33:24 | 1 | 0:05:18 |
| 415 | w | 685 | Engelbrecht, | Martina | Alto-Nabe | 64 | 6300 | 0:33:26 | 1 | 0:05:18 |
| 416 | m | 751 | Hansen, | Jan | wellnuss.de | 74 | 6300 | 0:33:29 | 1 | 0:05:19 |
| 417 | w | 750 | Tesch, | Katharina | Tchibo | 58 | 6300 | 0:33:33 | 1 | 0:05:20 |
| 418 | m | 458 | Schröder, | Martin | HapagLloyd | 59 | 6300 | 0:33:49 | 1 | 0:05:22 |
| 419 | m | 720 | Lauenroth, | Frank | HELM | 63 | 6300 | 0:33:51 | 1 | 0:05:22 |
| 420 | w | 270 | Steinhaus, | Daniela | Alto-Nabe | 83 | 6300 | 0:34:10 | 1 | 0:05:25 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-------------------|-----------|--------------|----|---------|---------|--------|---------|
| 421 | w | 459 | Tell, | Johanna | HapagLloyd | 90 | 6300 | 0:34:55 | 1 | 0:05:33 |
| 422 | m | 543 | Swoboda, | Peter | Nordmark | 63 | 6300 | 0:35:12 | 1 | 0:05:35 |
| 423 | m | 700 | Melde, | Christian | ERGOsports | 69 | 6300 | 0:35:12 | 1 | 0:05:35 |
| 424 | m | 748 | Mallinckrodt, von | Klaus | Siemens | 46 | 6300 | 0:35:22 | 1 | 0:05:37 |
| 425 | w | 758 | Schmidt, | Christine | Laufladen | 84 | 6300 | 0:35:26 | 1 | 0:05:37 |
| 426 | m | 603 | Hoppe, | Holger | Rot Gelb | 71 | 6300 | 0:35:37 | 1 | 0:05:39 |
| 427 | w | 523 | Dörmeier, | Melanie | Montblanc | 77 | 6300 | 0:36:05 | 1 | 0:05:44 |
| 428 | m | 752 | Langkawel, | Stephan | wellnuss.de | 69 | 6300 | 0:36:06 | 1 | 0:05:44 |
| 429 | m | 691 | Beyer, | Jürgen | EDEKA | 61 | 6300 | 0:36:20 | 1 | 0:05:46 |
| 430 | w | 38 | Schlieter, | Kathrin | Commerzbank | 71 | 6300 | 0:36:34 | 1 | 0:05:48 |
| 431 | w | 606 | Kraski, | Claudia | Signal Iduna | 70 | 6300 | 0:36:34 | 1 | 0:05:48 |
| 432 | m | 524 | Dörmeier, | Sascha | Montblanc | 75 | 6300 | 0:36:43 | 1 | 0:05:50 |
| 433 | m | 699 | Hintz, Dt. | Martin | ERGOsports | 69 | 6300 | 0:36:56 | 1 | 0:05:52 |
| 434 | w | 361 | Richter, | Brigitta | Alto-Nabe | 64 | 6300 | 0:37:02 | 1 | 0:05:53 |
| 435 | w | 737 | Le Bel, | Victoire | Montblanc | 96 | 6300 | 0:37:19 | 1 | 0:05:55 |
| 436 | w | 469 | Porzberg, | Dana | HypoVerein | 82 | 6300 | 0:37:21 | 1 | 0:05:56 |
| 437 | w | 735 | Cordes, | Natalie | Montblanc | 76 | 6300 | 0:37:30 | 1 | 0:05:57 |
| 438 | m | 714 | Knoefel, | Gerhard | Haspa | 59 | 6300 | 0:38:52 | 1 | 0:06:10 |
| 439 | w | 241 | Wendt, | Mareike | Stern | 69 | 6300 | 0:39:27 | 1 | 0:06:16 |
| 440 | w | 44 | Huebinger, | Yvonne | Dataport | 81 | 6300 | 0:39:28 | 1 | 0:06:16 |
| 441 | m | 615 | Rohde, | Kurt | Signal Iduna | 49 | 6300 | 0:41:26 | 1 | 0:06:35 |
| 442 | m | 322 | Möller, | Thomas | Airbus | 63 | 6300 | 0:41:36 | 1 | 0:06:36 |
| 443 | w | 756 | Rasmussen, | Ingrid | TÜV-Nord | 52 | 6300 | 0:42:05 | 1 | 0:06:41 |
| 444 | w | 613 | Pantelmann, | Susann | Signal Iduna | 68 | 6300 | 0:42:50 | 1 | 0:06:48 |
| 445 | w | 45 | König, | Johanna | Dataport | 64 | 6300 | 0:43:10 | 1 | 0:06:51 |
| 446 | m | 483 | Pramor, | Christian | Knossos.de | 76 | 6300 | 0:44:47 | 1 | 0:07:07 |
| 447 | w | 482 | Meischke, | Nicole | Knossos.de | 77 | 6300 | 0:44:47 | 1 | 0:07:07 |
| 448 | w | 614 | Reese-Theege, | Kirsten | Signal Iduna | 62 | 6300 | 0:44:55 | 1 | 0:07:08 |
| 449 | m | 323 | Nigmann, | Michael | Airbus | 53 | 6300 | 0:48:29 | 1 | 0:07:42 |
| 450 | m | 465 | Kröger, | Carsten | HF Runner | 62 | 3300 | 0:13:12 | 1 | 0:04:00 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------------|-----------|--------------|----|---------|---------|--------|---------|
| 451 | m | 554 | Glasenapp, | Jan | PHILIPS | 71 | 3300 | 0:13:51 | 1 | 0:04:12 |
| 452 | m | 487 | Chamier, | Matti | Gaden | 98 | 3300 | 0:14:30 | 1 | 0:04:24 |
| 453 | w | 660 | Liebendörfer, | Marlene | LOST! | 7 | 3300 | 0:14:45 | 1 | 0:04:28 |
| 454 | m | 659 | Liebendörfer, | Jakob | LOST! | 9 | 3300 | 0:15:08 | 1 | 0:04:35 |
| 455 | w | 371 | Kalthoff, | Lena | EDEKA | 87 | 3300 | 0:15:15 | 1 | 0:04:37 |
| 456 | m | 250 | Schrader, | Michael | Zoll | 63 | 3300 | 0:15:16 | 1 | 0:04:38 |
| 457 | m | 340 | Gehle, | Friedhelm | BA-Eimsb. | 56 | 3300 | 0:15:32 | 1 | 0:04:42 |
| 458 | m | 365 | Thorborg, | Nils | Deut.Bank | 64 | 3300 | 0:15:46 | 1 | 0:04:47 |
| 459 | m | 401 | Trumm, | Henri | ERGOsports | 11 | 3300 | 0:16:15 | 1 | 0:04:55 |
| 460 | m | 336 | Buchmann, | Bendix | AK Nord | 7 | 3300 | 0:16:16 | 1 | 0:04:56 |
| 461 | m | 70 | Kozieras, | Norbert | ERGOsports | 50 | 3300 | 0:16:18 | 1 | 0:04:56 |
| 462 | w | 391 | Baumann, | Katja | ERGOsports | 70 | 3300 | 0:16:19 | 1 | 0:04:57 |
| 463 | m | 508 | Niemann, | Erik | FA HH | 1 | 3300 | 0:16:20 | 1 | 0:04:57 |
| 464 | m | 403 | Harder, | Ralf | Gasnetz HH | 75 | 3300 | 0:17:19 | 1 | 0:05:15 |
| 465 | m | 383 | Hernandez, | Vladimir | Energie SV | 67 | 3300 | 0:17:35 | 1 | 0:05:20 |
| 466 | m | 348 | Lewerenz, | Max | CLD HH | 99 | 3300 | 0:17:46 | 1 | 0:05:23 |
| 467 | m | 574 | Becker, | Michael | G+J | 72 | 3300 | 0:18:05 | 1 | 0:05:29 |
| 468 | m | 601 | Kurtz, | Udo | Rapid | 68 | 3300 | 0:18:09 | 1 | 0:05:30 |
| 469 | m | 549 | Kliem, | Rüdiger | OTTO | 61 | 3300 | 0:18:16 | 1 | 0:05:32 |
| 470 | m | 661 | Käming, | Michael | Energie SV | 58 | 3300 | 0:18:20 | 1 | 0:05:33 |
| 471 | w | 485 | Schlawinsky, | Laura | Knossos.de | 90 | 3300 | 0:18:33 | 1 | 0:05:37 |
| 472 | w | 575 | Bühler-Becker, | Heidi | G+J | 61 | 3300 | 0:18:34 | 1 | 0:05:38 |
| 473 | m | 505 | Kamprad-Papendorf, | Nils | FA HH | 70 | 3300 | 0:18:46 | 1 | 0:05:41 |
| 474 | m | 397 | Krause, | Reinhard | ERGOsports | 44 | 3300 | 0:18:59 | 1 | 0:05:45 |
| 475 | m | 604 | Egger, | Erik | Signal Iduna | 10 | 3300 | 0:19:22 | 1 | 0:05:52 |
| 476 | w | 519 | Meinicke, | Heike | Lufthansa | 61 | 3300 | 0:19:29 | 1 | 0:05:54 |
| 477 | w | 393 | Beilke, | Stephanie | ERGOsports | 69 | 3300 | 0:19:34 | 1 | 0:05:56 |
| 478 | w | 479 | Emmrich, | Cindy | Knossos.de | 87 | 3300 | 0:19:57 | 1 | 0:06:03 |
| 479 | w | 609 | Mallwitz, | Katherina | Signal Iduna | 83 | 3300 | 0:20:29 | 1 | 0:06:12 |
| 480 | m | 464 | Münster, | Reinhold | HEK | 42 | 3300 | 0:21:00 | 1 | 0:06:22 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|--------------|------------|--------------|----|---------|------|---------|---------|---------|
| 481 | m | 633 | Halweg, | Wolfgang | TÜV-Nord | | 48 | 3300 | 0:21:08 | 1 | 0:06:24 |
| 482 | w | 399 | Stahlbock, | Astrid | ERGOsports | | 59 | 3300 | 0:21:32 | 1 | 0:06:32 |
| 483 | m | 217 | Meier, | Manfred | PHILIPS | | 40 | 3300 | 0:21:59 | 1 | 0:06:40 |
| 484 | w | 224 | Brand, | Martina | Polizei HH | | 69 | 3300 | 0:22:16 | 1 | 0:06:45 |
| 485 | m | 512 | Weiß, | Michael | FA HH | | 54 | 3300 | 0:22:19 | 1 | 0:06:46 |
| 486 | w | 600 | Vandreier, | Stefanie | Still | | 89 | 3300 | 0:22:21 | 1 | 0:06:46 |
| 487 | w | 462 | Keuntje, | Nele | HEK | | 9 | 3300 | 0:22:40 | 1 | 0:06:52 |
| 488 | w | 589 | Vanthuyne, | Anna-Maria | SBCN | | 54 | 3300 | 0:23:15 | 1 | 0:07:03 |
| 489 | m | 509 | Papendorf, | Knut | FA HH | | 46 | 3300 | 0:23:36 | 1 | 0:07:09 |
| 490 | w | 463 | Keuntje, | Sabine | HEK | | 71 | 3300 | 0:24:14 | 1 | 0:07:21 |
| 491 | m | 588 | Kusch, | Günter | SBCN | | 45 | 3300 | 0:25:00 | 1 | 0:07:35 |
| 492 | m | 516 | Hintz, | Martin | Lufthansa | | 37 | 3300 | 0:25:37 | 1 | 0:07:46 |
| 493 | w | 353 | Härtel, | Brigitte | Commerzbank | | 54 | 3300 | 0:26:33 | 1 | 0:08:03 |
| 494 | w | 448 | Markwardt, | Christl | Haspa | | 50 | 3300 | 0:32:12 | 1 | 0:09:45 |
| 495 | m | 759 | Mombach, | Jochen | Airbus | | 80 | 3200 | 0:12:00 | 1 | 0:03:45 |
| 496 | m | 760 | Laugsdorf, | Timo | Gasnetz HH | | 99 | 3200 | 0:13:29 | 1 | 0:04:13 |
| 497 | m | 682 | Wenzlaff, | Borwin | BBK | | 69 | 3200 | 0:14:36 | 1 | 0:04:34 |
| 498 | m | 695 | Kramer, | Philipp | ELBE-Sport | | 67 | 3200 | 0:15:22 | 1 | 0:04:48 |
| 499 | w | 76 | Reese, | Finja | Gasnetz HH | | 4 | 3200 | 0:15:49 | 1 | 0:04:57 |
| 500 | m | 687 | Rosemann, | Christoph | DESY | | 75 | 3200 | 0:17:07 | 1 | 0:05:21 |
| 501 | w | 697 | Dreller, | Hilke | ERGOsports | | 64 | 3200 | 0:17:29 | 1 | 0:05:28 |
| 502 | w | 681 | Bock, | Andrea | BBK | | 75 | 3200 | 0:18:03 | 1 | 0:05:38 |
| 503 | m | 624 | Gliewe, | Volker | Tchibo | | 52 | 3200 | 0:18:07 | 1 | 0:05:40 |
| 504 | m | 696 | Meinhardt, | Meikel | Energie SV | | 81 | 3200 | 0:18:44 | 1 | 0:05:51 |
| 505 | w | 694 | Frey, | Lena | ELBE-Sport | | 89 | 3200 | 0:18:44 | 1 | 0:05:51 |
| 506 | w | 719 | Strauchmann, | Maraike | HEK | | 81 | 3200 | 0:19:28 | 1 | 0:06:05 |
| 507 | w | 749 | Engelson, | Irina | Signal Iduna | | 69 | 3200 | 0:21:22 | 1 | 0:06:41 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|--------------|--------------|--------------|----|---------|-------|---------|---------|---------|
| 1 | w | 567 | Hielscher, | Marie | Runn Green | | 84 | 37700 | 2:34:13 | 6 | 0:04:05 |
| 2 | w | 313 | Brockmann, | Christina | Airbus | | 84 | 37700 | 2:38:03 | 6 | 0:04:12 |
| 3 | w | 183 | Goebel, | Sonia Isabel | Knossos.de | | 90 | 37700 | 2:44:44 | 6 | 0:04:22 |
| 4 | w | 316 | Garbers, | Catharina | Airbus | | 81 | 37700 | 3:19:27 | 6 | 0:05:17 |
| 5 | w | 444 | Courtault, | Britta | Haspa | | 66 | 37700 | 3:28:20 | 6 | 0:05:32 |
| 6 | w | 496 | Kersten, | Ines | Laufwerk | | 62 | 37700 | 3:34:52 | 6 | 0:05:42 |
| 7 | w | 328 | Schultz, | Eva | Airbus | | 84 | 28200 | 2:06:47 | 4 | 0:04:30 |
| 8 | w | 337 | Buchmann, | Sigrid | AK Nord | | 68 | 22100 | 2:01:08 | 4 | 0:05:29 |
| 9 | w | 565 | Hagenstein, | Julia | Runn Green | | 90 | 19100 | 1:28:03 | 4 | 0:04:37 |
| 10 | w | 556 | Matzke, | Svenja | PHILIPS | | 78 | 18900 | 1:41:07 | 3 | 0:05:21 |
| 11 | w | 243 | Balzer, | Maren | Zoll | | 67 | 18900 | 1:42:33 | 3 | 0:05:26 |
| 12 | w | 570 | Köhler, | Beatrix | Runn Green | | 67 | 18900 | 1:47:04 | 3 | 0:05:40 |
| 13 | w | 477 | Voß, | Katharina | K&M Sport | | 83 | 18800 | 1:25:19 | 3 | 0:04:32 |
| 14 | w | 471 | Balduhn, | Ann-Kathrin | Jungheinrich | | 95 | 18600 | 1:13:53 | 2 | 0:03:58 |
| 15 | w | 211 | Meyer-Ranke, | Josefine | Olympus Oste | | 97 | 18600 | 1:16:12 | 2 | 0:04:06 |
| 16 | w | 321 | Kurr Otero, | Cecile | Airbus | | 85 | 18600 | 1:18:22 | 2 | 0:04:13 |
| 17 | w | 498 | Putensen, | Anne-Katrin | Laufwerk | | 80 | 18600 | 1:28:32 | 2 | 0:04:46 |
| 18 | w | 433 | Kaßen, | Dortje | Laufladen | | 73 | 18600 | 1:29:37 | 2 | 0:04:49 |
| 19 | w | 453 | Ahrens, | Janet | HapagLloyd | | 79 | 18600 | 1:30:30 | 2 | 0:04:52 |
| 20 | w | 427 | Berghausen, | Solveig | Laufladen | | 75 | 18600 | 1:31:49 | 2 | 0:04:56 |
| 21 | w | 35 | Krahn, | Sylvia | Commerzbanl | | 73 | 18600 | 1:33:25 | 2 | 0:05:01 |
| 22 | w | 220 | Quermann, | Birgit | PHILIPS | | 71 | 18600 | 1:36:59 | 2 | 0:05:13 |
| 23 | w | 72 | Schmidt, | Karen | ERGOsports | | 86 | 18600 | 1:39:07 | 2 | 0:05:20 |
| 24 | w | 439 | Slomski, | Birgit | Laufladen | | 75 | 18600 | 1:40:18 | 2 | 0:05:24 |
| 25 | w | 309 | Leibrock, | Karin | Krüss-OSH | | 74 | 18600 | 1:42:27 | 2 | 0:05:30 |
| 26 | w | 395 | Fönschau, | Silke | ERGOsports | | 62 | 18600 | 1:45:39 | 2 | 0:05:41 |
| 27 | w | 454 | Gerloff, | Anne-Mareike | HapagLloyd | | 83 | 18600 | 1:50:16 | 2 | 0:05:56 |
| 28 | w | 229 | Marthiens, | Ute | Polizei HH | | 52 | 18600 | 1:50:30 | 2 | 0:05:56 |
| 29 | w | 423 | Jordan, | Angelika | HHLA | | 57 | 15900 | 1:51:20 | 3 | 0:07:00 |
| 30 | w | 368 | Pohl, | Katja | DZ HYP | | 69 | 15600 | 1:31:24 | 2 | 0:05:52 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|---------------|---------------|--------------|----|---------|-------|---------|---------|---------|
| 31 | w | 455 | Sagert, | Erika | HapagLloyd | | 52 | 15600 | 1:31:33 | 2 | 0:05:52 |
| 32 | w | 534 | Hagemann, | Anna | NDR | | 47 | 15600 | 1:41:09 | 2 | 0:06:29 |
| 33 | w | 502 | Balduhn, | Caroline | FA HH | | 95 | 12600 | 0:48:11 | 2 | 0:03:49 |
| 34 | w | 34 | Altmann, | Cindy | Commerzbanl | | 84 | 12600 | 0:53:41 | 2 | 0:04:16 |
| 35 | w | 526 | Hilgendorf, | Carmen | Montblanc | | 84 | 12600 | 0:57:49 | 2 | 0:04:35 |
| 36 | w | 504 | Jaekel, | Sandra | FA HH | | 75 | 12600 | 0:58:35 | 2 | 0:04:39 |
| 37 | w | 528 | Pöhler, | Julia | Montblanc | | 81 | 12600 | 1:01:57 | 2 | 0:04:55 |
| 38 | w | 618 | Vollmers, | Anja | Signal Iduna | | 70 | 12600 | 1:01:58 | 2 | 0:04:55 |
| 39 | w | 506 | Neumann, | Corinna | FA HH | | 68 | 12600 | 1:03:39 | 2 | 0:05:03 |
| 40 | w | 347 | Kothe, | Antonia | CLD HH | | 84 | 12600 | 1:05:54 | 2 | 0:05:14 |
| 41 | w | 514 | Bohn, | Isabel | Lufthansa | | 85 | 12600 | 1:05:54 | 2 | 0:05:14 |
| 42 | w | 450 | Recht, | Janette | Haspa | | 81 | 12600 | 1:09:17 | 2 | 0:05:30 |
| 43 | w | 389 | Zöllner, | Tina | Energie SV | | 77 | 12600 | 1:10:42 | 2 | 0:05:37 |
| 44 | w | 388 | Tschiltschke, | Solvejg | Energie SV | | 91 | 12600 | 1:11:00 | 2 | 0:05:38 |
| 45 | w | 380 | Denker, | Franziska | Energie SV | | 90 | 12600 | 1:13:23 | 2 | 0:05:49 |
| 46 | w | 190 | Reimers, | Wiebke | Gaden | | 65 | 12600 | 1:13:59 | 2 | 0:05:52 |
| 47 | w | 607 | Lehmer, | Nicole | Signal Iduna | | 76 | 12600 | 1:18:09 | 2 | 0:06:12 |
| 48 | w | 378 | Meier, | Tanja | ELBE-Sport | | 70 | 12600 | 1:22:51 | 2 | 0:06:35 |
| 49 | w | 60 | Frey, | Birgit | ELBE-Sport | | 57 | 12600 | 1:27:22 | 2 | 0:06:56 |
| 50 | w | 525 | Fischer, | Sabine | Montblanc | | 65 | 12600 | 1:27:54 | 2 | 0:06:59 |
| 51 | w | 532 | Hagemeister, | Julia | nexinsure | | 76 | 9600 | 1:00:04 | 2 | 0:06:15 |
| 52 | w | 442 | Bornemann, | Viola | Haspa | | 69 | 9600 | 1:02:28 | 2 | 0:06:30 |
| 53 | w | 253 | Goebel, | Petra | Siemens | | 69 | 9500 | 0:47:21 | 2 | 0:04:59 |
| 54 | w | 26 | Radzuweit, | Meike | BG Verkehr | | 66 | 9500 | 0:50:31 | 2 | 0:05:19 |
| 55 | w | 438 | Schönwälder, | Claudia | Laufladen | | 71 | 9300 | 0:42:03 | 1 | 0:04:31 |
| 56 | w | 405 | Westphal, | Luise | Gasnetz HH | | 85 | 9300 | 0:43:50 | 1 | 0:04:43 |
| 57 | w | 675 | Meyer, | Lisa-Christin | Airbus | | 99 | 9300 | 0:43:54 | 1 | 0:04:43 |
| 58 | w | 223 | Baron, | Franziska | Polizei HH | | 80 | 9300 | 0:44:15 | 1 | 0:04:45 |
| 59 | w | 14 | Masing, | Alexandra | Airbus | | 99 | 9300 | 0:44:30 | 1 | 0:04:47 |
| 60 | w | 460 | Wolf, | Corinna | HapagLloyd | | 89 | 9300 | 0:45:26 | 1 | 0:04:53 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|-----------------|----------------|-------------|----|---------|------|---------|---------|---------|
| 61 | w | 429 | Dittmer, | Friederike | Laufladen | | 83 | 9300 | 0:46:10 | 1 | 0:04:58 |
| 62 | w | 499 | Rohlfs, | Daniela | Laufwerk | | 78 | 9300 | 0:46:55 | 1 | 0:05:03 |
| 63 | w | 310 | Schmidt-Berbig, | Julia | Krüss-OSH | | 79 | 9300 | 0:47:07 | 1 | 0:05:04 |
| 64 | w | 716 | Bade, | Kim-Kristin | HapagLloyd | | 92 | 9300 | 0:47:45 | 1 | 0:05:08 |
| 65 | w | 8 | Werner, | Kristina | Krüss-OSH | | 82 | 9300 | 0:47:58 | 1 | 0:05:09 |
| 66 | w | 344 | Storde, | Nadine | Beiersdorf | | 81 | 9300 | 0:48:00 | 1 | 0:05:10 |
| 67 | w | 3 | Lehmann, | Sandra | Krüss-OSH | | 87 | 9300 | 0:48:05 | 1 | 0:05:10 |
| 68 | w | 419 | Baumann, | Vera | HW | | 87 | 9300 | 0:49:00 | 1 | 0:05:16 |
| 69 | w | 168 | Heß, | Verena | Haspa | | 69 | 9300 | 0:49:46 | 1 | 0:05:21 |
| 70 | w | 566 | Hempel, | Janina | Runn Green | | 83 | 9300 | 0:51:54 | 1 | 0:05:35 |
| 71 | w | 363 | Keim, | Gesche | Deut.Bank | | 66 | 9300 | 0:53:42 | 1 | 0:05:46 |
| 72 | w | 30 | Pahl, | Svea | CLD HH | | 2 | 9300 | 0:54:42 | 1 | 0:05:53 |
| 73 | w | 170 | Suckow, | Maria | Haspa | | 68 | 9300 | 0:54:44 | 1 | 0:05:53 |
| 74 | w | 745 | Müller, | Kristin | Polizei HH | | 82 | 9300 | 0:55:16 | 1 | 0:05:57 |
| 75 | w | 578 | Krämer, | Birgit | Stern | | 64 | 9300 | 0:55:22 | 1 | 0:05:57 |
| 76 | w | 357 | Stübner, | Sarah-Christin | Commerzbank | | 83 | 9300 | 0:55:39 | 1 | 0:05:59 |
| 77 | w | 590 | Begemann, | Barbara | SPK-Süd | | 69 | 9300 | 0:56:10 | 1 | 0:06:02 |
| 78 | w | 346 | Kolleman, | Sabine | CLD HH | | 64 | 9300 | 0:57:33 | 1 | 0:06:11 |
| 79 | w | 7 | Timpe, | Kerstin | Krüss-OSH | | 68 | 9300 | 0:58:29 | 1 | 0:06:17 |
| 80 | w | 484 | Rattunde, | Julia | Knossos.de | | 82 | 9300 | 0:58:40 | 1 | 0:06:18 |
| 81 | w | 413 | Lohstroh, | Ellen | HPA | | 57 | 9300 | 1:01:02 | 1 | 0:06:34 |
| 82 | w | 198 | Perez-Platz, | Ursula | Marien-Krh | | 66 | 9300 | 1:02:27 | 1 | 0:06:43 |
| 83 | w | 259 | Becker, | Barbara | Rot Gelb | | 71 | 6500 | 0:30:25 | 2 | 0:04:41 |
| 84 | w | 576 | Nachtigäller, | Iris | G+J | | 77 | 6500 | 0:33:19 | 2 | 0:05:08 |
| 85 | w | 230 | Spindler, | Angela | Polizei HH | | 79 | 6500 | 0:35:06 | 2 | 0:05:24 |
| 86 | w | 658 | Gröhn, | Sina | HEK | | 95 | 6500 | 0:35:12 | 2 | 0:05:25 |
| 87 | w | 77 | Reese, | Irina | Gasnetz HH | | 72 | 6500 | 0:36:41 | 2 | 0:05:39 |
| 88 | w | 632 | Glismann, | Angela | TÜV-Nord | | 57 | 6500 | 0:41:06 | 2 | 0:06:19 |
| 89 | w | 231 | Zuncke, | Sonja | Polizei HH | | 66 | 6500 | 0:42:51 | 2 | 0:06:36 |
| 90 | w | 623 | Gerth, | Claudia | Tchibo | | 73 | 6500 | 0:44:17 | 2 | 0:06:49 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|-----------|--------------|----|---------|---------|--------|---------|
| 91 | w | 558 | Engelmann, | Heike | Polizei HH | 71 | 6500 | 0:45:06 | 2 | 0:06:56 |
| 92 | w | 171 | McGovern, | Roberta | HapagLloyd | 75 | 6500 | 0:56:01 | 2 | 0:08:37 |
| 93 | w | 456 | Schäller, | Lisa | HapagLloyd | 93 | 6500 | 0:58:49 | 2 | 0:09:03 |
| 94 | w | 218 | Orlowski, | Elke | PHILIPS | 41 | 6500 | 1:09:18 | 2 | 0:10:40 |
| 95 | w | 315 | Franke, | Julia | Airbus | 90 | 6300 | 0:25:29 | 1 | 0:04:03 |
| 96 | w | 311 | Bechtloff, | Mareike | Airbus | 90 | 6300 | 0:26:25 | 1 | 0:04:12 |
| 97 | w | 738 | Laar, von | Sabine | nexinsure | 66 | 6300 | 0:28:28 | 1 | 0:04:31 |
| 98 | w | 186 | Feldmann, | Kerstin | Gaden | 71 | 6300 | 0:29:36 | 1 | 0:04:42 |
| 99 | w | 189 | Liebold, | Kristin | Gaden | 0 | 6300 | 0:31:32 | 1 | 0:05:00 |
| 100 | w | 668 | Glöde, | Jutta | Lufthansa | 63 | 6300 | 0:31:42 | 1 | 0:05:02 |
| 101 | w | 489 | Klass, | Leonie | Gaden | 99 | 6300 | 0:32:32 | 1 | 0:05:10 |
| 102 | w | 732 | Wulff, | Michelle | Gaden | 98 | 6300 | 0:32:36 | 1 | 0:05:10 |
| 103 | w | 497 | Krispin, | Marion | Laufwerk | 73 | 6300 | 0:33:24 | 1 | 0:05:18 |
| 104 | w | 685 | Engelbrecht, | Martina | Alto-Nabe | 64 | 6300 | 0:33:26 | 1 | 0:05:18 |
| 105 | w | 750 | Tesch, | Katharina | Tchibo | 58 | 6300 | 0:33:33 | 1 | 0:05:20 |
| 106 | w | 270 | Steinhaus, | Daniela | Alto-Nabe | 83 | 6300 | 0:34:10 | 1 | 0:05:25 |
| 107 | w | 459 | Tell, | Johanna | HapagLloyd | 90 | 6300 | 0:34:55 | 1 | 0:05:33 |
| 108 | w | 758 | Schmidt, | Christine | Laufladen | 84 | 6300 | 0:35:26 | 1 | 0:05:37 |
| 109 | w | 523 | Dörmeier, | Melanie | Montblanc | 77 | 6300 | 0:36:05 | 1 | 0:05:44 |
| 110 | w | 38 | Schlieter, | Kathrin | Commerzbanl | 71 | 6300 | 0:36:34 | 1 | 0:05:48 |
| 111 | w | 606 | Kraski, | Claudia | Signal Iduna | 70 | 6300 | 0:36:34 | 1 | 0:05:48 |
| 112 | w | 361 | Richter, | Brigitta | Alto-Nabe | 64 | 6300 | 0:37:02 | 1 | 0:05:53 |
| 113 | w | 737 | Le Bel, | Victoire | Montblanc | 96 | 6300 | 0:37:19 | 1 | 0:05:55 |
| 114 | w | 469 | Porzberg, | Dana | HypoVerein | 82 | 6300 | 0:37:21 | 1 | 0:05:56 |
| 115 | w | 735 | Cordes, | Natalie | Montblanc | 76 | 6300 | 0:37:30 | 1 | 0:05:57 |
| 116 | w | 241 | Wendt, | Mareike | Stern | 69 | 6300 | 0:39:27 | 1 | 0:06:16 |
| 117 | w | 44 | Huebinger, | Yvonne | Dataport | 81 | 6300 | 0:39:28 | 1 | 0:06:16 |
| 118 | w | 756 | Rasmussen, | Ingrid | TÜV-Nord | 52 | 6300 | 0:42:05 | 1 | 0:06:41 |
| 119 | w | 613 | Pantelmann, | Susann | Signal Iduna | 68 | 6300 | 0:42:50 | 1 | 0:06:48 |
| 120 | w | 45 | König, | Johanna | Dataport | 64 | 6300 | 0:43:10 | 1 | 0:06:51 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|---------------|------------|--------------|----|---------|------|---------|---------|---------|
| 121 | w | 482 | Meischke, | Nicole | Knossos.de | | 77 | 6300 | 0:44:47 | 1 | 0:07:07 |
| 122 | w | 614 | Reese-Theege | Kirsten | Signal Iduna | | 62 | 6300 | 0:44:55 | 1 | 0:07:08 |
| 123 | w | 660 | Liebendörfer, | Marlene | LOST! | | 7 | 3300 | 0:14:45 | 1 | 0:04:28 |
| 124 | w | 371 | Kalthoff, | Lena | EDEKA | | 87 | 3300 | 0:15:15 | 1 | 0:04:37 |
| 125 | w | 391 | Baumann, | Katja | ERGOsports | | 70 | 3300 | 0:16:19 | 1 | 0:04:57 |
| 126 | w | 485 | Schlawinsky, | Laura | Knossos.de | | 90 | 3300 | 0:18:33 | 1 | 0:05:37 |
| 127 | w | 575 | Bühler-Becker | Heidi | G+J | | 61 | 3300 | 0:18:34 | 1 | 0:05:38 |
| 128 | w | 519 | Meinicke, | Heike | Lufthansa | | 61 | 3300 | 0:19:29 | 1 | 0:05:54 |
| 129 | w | 393 | Beilke, | Stephanie | ERGOsports | | 69 | 3300 | 0:19:34 | 1 | 0:05:56 |
| 130 | w | 479 | Emmrich, | Cindy | Knossos.de | | 87 | 3300 | 0:19:57 | 1 | 0:06:03 |
| 131 | w | 609 | Mallwitz, | Katherina | Signal Iduna | | 83 | 3300 | 0:20:29 | 1 | 0:06:12 |
| 132 | w | 399 | Stahlbock, | Astrid | ERGOsports | | 59 | 3300 | 0:21:32 | 1 | 0:06:32 |
| 133 | w | 224 | Brand, | Martina | Polizei HH | | 69 | 3300 | 0:22:16 | 1 | 0:06:45 |
| 134 | w | 600 | Vandreier, | Stefanie | Still | | 89 | 3300 | 0:22:21 | 1 | 0:06:46 |
| 135 | w | 462 | Keuntje, | Nele | HEK | | 9 | 3300 | 0:22:40 | 1 | 0:06:52 |
| 136 | w | 589 | Vanthuyne, | Anna-Maria | SBCN | | 54 | 3300 | 0:23:15 | 1 | 0:07:03 |
| 137 | w | 463 | Keuntje, | Sabine | HEK | | 71 | 3300 | 0:24:14 | 1 | 0:07:21 |
| 138 | w | 353 | Härtel, | Brigitte | Commerzbanl | | 54 | 3300 | 0:26:33 | 1 | 0:08:03 |
| 139 | w | 448 | Markwardt, | Christl | Haspa | | 50 | 3300 | 0:32:12 | 1 | 0:09:45 |
| 140 | w | 76 | Reese, | Finja | Gasnetz HH | | 4 | 3200 | 0:15:49 | 1 | 0:04:57 |
| 141 | w | 697 | Dreller, | Hilke | ERGOsports | | 64 | 3200 | 0:17:29 | 1 | 0:05:28 |
| 142 | w | 681 | Bock, | Andrea | BBK | | 75 | 3200 | 0:18:03 | 1 | 0:05:38 |
| 143 | w | 694 | Frey, | Lena | ELBE-Sport | | 89 | 3200 | 0:18:44 | 1 | 0:05:51 |
| 144 | w | 719 | Strauchmann, | Maraike | HEK | | 81 | 3200 | 0:19:28 | 1 | 0:06:05 |
| 145 | w | 749 | Engelson, | Irina | Signal Iduna | | 69 | 3200 | 0:21:22 | 1 | 0:06:41 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|-------------|-------------|--------------|----|---------|-------|---------|---------|---------|
| 1 | m | 568 | Huhn, | Philipp | Runn Green | | 88 | 37700 | 2:27:11 | 6 | 0:03:54 |
| 2 | m | 564 | Gresens, | Jan | Runn Green | | 75 | 37700 | 2:30:09 | 6 | 0:03:59 |
| 3 | m | 318 | Jansen, | Thies | Airbus | | 71 | 37700 | 2:34:11 | 6 | 0:04:05 |
| 4 | m | 507 | Neumann, | Uwe | FA HH | | 73 | 37700 | 2:34:34 | 6 | 0:04:06 |
| 5 | m | 162 | Reimer, | Tobias | HHLA | | 74 | 37700 | 2:37:17 | 6 | 0:04:10 |
| 6 | m | 16 | Krastev, | Ulli | BACARDI | | 69 | 37700 | 2:41:51 | 6 | 0:04:18 |
| 7 | m | 176 | Wilde, | Tim | HapagLloyd | | 85 | 37700 | 2:42:24 | 6 | 0:04:18 |
| 8 | m | 345 | Firyn, | Heiko | BG Verkehr | | 79 | 37700 | 2:48:01 | 6 | 0:04:27 |
| 9 | m | 580 | Lambracht, | Gerald | Stern | | 70 | 37700 | 2:59:09 | 6 | 0:04:45 |
| 10 | m | 573 | Bastian, | Jens | G+J | | 63 | 37700 | 3:05:21 | 6 | 0:04:55 |
| 11 | m | 55 | Meyer-Reim, | Utz | DZ HYP | | 61 | 37700 | 3:10:38 | 6 | 0:05:03 |
| 12 | m | 261 | Petsch, | Wolfgang | Signal Iduna | | 60 | 37700 | 3:11:16 | 6 | 0:05:04 |
| 13 | m | 174 | Schubert, | Ralph | HapagLloyd | | 73 | 37700 | 3:13:41 | 6 | 0:05:08 |
| 14 | m | 327 | Schmidt, | Gunter | Airbus | | 61 | 37700 | 3:13:52 | 6 | 0:05:09 |
| 15 | m | 169 | Scholz, | Christian | Haspa | | 82 | 37700 | 3:16:49 | 6 | 0:05:13 |
| 16 | m | 221 | Stäcker, | Frank | PHILIPS | | 64 | 37700 | 3:29:38 | 6 | 0:05:34 |
| 17 | m | 235 | Braeuer, | Karsten | Stern | | 72 | 37700 | 3:30:34 | 6 | 0:05:35 |
| 18 | m | 443 | Breier, | Thomas | Haspa | | 67 | 34500 | 3:10:55 | 5 | 0:05:32 |
| 19 | m | 312 | Brockmann, | Achim | Airbus | | 80 | 31200 | 3:06:23 | 4 | 0:05:58 |
| 20 | m | 537 | Lüders-Bahm | Uwe | NDR | | 56 | 28400 | 2:20:38 | 5 | 0:04:57 |
| 21 | m | 236 | Dörr, | Ole | Stern | | 67 | 28200 | 2:07:26 | 4 | 0:04:31 |
| 22 | m | 546 | Becker, | Jens-Gerrit | OTTO | | 62 | 28200 | 2:14:10 | 4 | 0:04:45 |
| 23 | m | 184 | Oswald, | Mathias | Knossos.de | | 78 | 28200 | 2:17:22 | 4 | 0:04:52 |
| 24 | m | 375 | Eybächer, | Michael | ELBE-Sport | | 43 | 28100 | 3:33:53 | 4 | 0:07:37 |
| 25 | m | 173 | Schnell, | Steffen | HapagLloyd | | 87 | 24900 | 1:46:45 | 3 | 0:04:17 |
| 26 | m | 480 | Ludwig, | Dirk | Knossos.de | | 71 | 21900 | 1:45:43 | 3 | 0:04:50 |
| 27 | m | 605 | Egger, | Stefan | Signal Iduna | | 78 | 21900 | 1:50:17 | 3 | 0:05:02 |
| 28 | m | 216 | Koudougou, | Halidou | PHILIPS | | 79 | 19100 | 1:11:25 | 4 | 0:03:44 |
| 29 | m | 248 | Liebers, | Ralf | Zoll | | 64 | 19100 | 1:39:46 | 4 | 0:05:13 |
| 30 | m | 478 | Bilanovic, | Anto | Knossos.de | | 83 | 19100 | 1:45:12 | 4 | 0:05:30 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|-------------|----------------|------------|----|---------|-------|---------|---------|---------|
| 31 | m | 244 | Gierach, | Nils | Zoll | | 86 | 18900 | 1:22:07 | 3 | 0:04:21 |
| 32 | m | 555 | Matzke, | Herwig | PHILIPS | | 72 | 18900 | 1:23:24 | 3 | 0:04:25 |
| 33 | m | 242 | Balzer, | Klaus | Zoll | | 69 | 18900 | 1:33:50 | 3 | 0:04:58 |
| 34 | m | 550 | Reuer, | Hans-Henning | OTTO | | 67 | 18900 | 1:35:11 | 3 | 0:05:02 |
| 35 | m | 420 | Meyer, | Mario | HW | | 63 | 18900 | 1:39:08 | 3 | 0:05:15 |
| 36 | m | 553 | Dreise, | Gösta | PHILIPS | | 68 | 18900 | 1:53:50 | 3 | 0:06:01 |
| 37 | m | 339 | Pepperrell, | Stephen | BACARDI | | 58 | 18900 | 1:56:07 | 3 | 0:06:09 |
| 38 | m | 727 | Oswald, | Andre | Knossos.de | | 75 | 18800 | 1:14:48 | 3 | 0:03:59 |
| 39 | m | 726 | Hausmann, | Malte | Knossos.de | | 84 | 18800 | 1:31:26 | 3 | 0:04:52 |
| 40 | m | 725 | Eisoldt, | Andreas | Knossos.de | | 74 | 18800 | 1:33:08 | 3 | 0:04:57 |
| 41 | m | 577 | Kittler, | Holger | Stern | | 65 | 18800 | 1:57:16 | 3 | 0:06:14 |
| 42 | m | 538 | Schröder, | Julius Maximil | NDR | | 95 | 18600 | 1:03:54 | 2 | 0:03:26 |
| 43 | m | 326 | Rollnik, | Jean-Pierre | Airbus | | 90 | 18600 | 1:06:25 | 2 | 0:03:34 |
| 44 | m | 493 | Dieckmann, | Lukas | Laufwerk | | 85 | 18600 | 1:10:04 | 2 | 0:03:46 |
| 45 | m | 500 | Schlag, | Marcel | Laufwerk | | 87 | 18600 | 1:10:54 | 2 | 0:03:49 |
| 46 | m | 5 | Sievertsen, | Momme | Krüss-OSH | | 96 | 18600 | 1:12:52 | 2 | 0:03:55 |
| 47 | m | 521 | Schönhut, | Steffen | Lufthansa | | 84 | 18600 | 1:12:53 | 2 | 0:03:55 |
| 48 | m | 436 | Merklinger, | Sergej | Laufladen | | 79 | 18600 | 1:13:13 | 2 | 0:03:56 |
| 49 | m | 178 | Zielinski, | Dieter | HapagLloyd | | 72 | 18600 | 1:14:50 | 2 | 0:04:01 |
| 50 | m | 501 | Thiessen, | Mathias | Laufwerk | | 80 | 18600 | 1:15:02 | 2 | 0:04:02 |
| 51 | m | 325 | Rohlfs, | Torben | Airbus | | 77 | 18600 | 1:15:27 | 2 | 0:04:03 |
| 52 | m | 49 | Jaekel, | Christoph | DESY | | 73 | 18600 | 1:18:31 | 2 | 0:04:13 |
| 53 | m | 452 | Ahrens, | Hans-Björn | HapagLloyd | | 79 | 18600 | 1:18:38 | 2 | 0:04:14 |
| 54 | m | 569 | Kleinwort, | Markus | Runn Green | | 73 | 18600 | 1:19:51 | 2 | 0:04:18 |
| 55 | m | 366 | Albrecht, | Axel | DNV GL | | 66 | 18600 | 1:21:27 | 2 | 0:04:23 |
| 56 | m | 437 | Rohlfs, | Dirk | Laufladen | | 67 | 18600 | 1:21:31 | 2 | 0:04:23 |
| 57 | m | 597 | Peschke, | Daniel | Still | | 79 | 18600 | 1:22:28 | 2 | 0:04:26 |
| 58 | m | 319 | Jürgens, | Uwe Meno | Airbus | | 80 | 18600 | 1:22:51 | 2 | 0:04:27 |
| 59 | m | 367 | Backhausen, | Dirk | DNV GL | | 66 | 18600 | 1:22:55 | 2 | 0:04:27 |
| 60 | m | 377 | Meier, | Ralf | ELBE-Sport | | 69 | 18600 | 1:22:58 | 2 | 0:04:28 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|---------------|------------|--------------|----|---------|-------|---------|---------|---------|
| 61 | m | 194 | Hauck, | Michael | FA HH | | 75 | 18600 | 1:23:46 | 2 | 0:04:30 |
| 62 | m | 510 | Rosenbaum, | Thomas | FA HH | | 65 | 18600 | 1:24:34 | 2 | 0:04:33 |
| 63 | m | 208 | Winkeler, | Tobias | Nordmark | | 88 | 18600 | 1:25:36 | 2 | 0:04:36 |
| 64 | m | 643 | Jeschak, | Patrick | wellnuss.de | | 86 | 18600 | 1:25:56 | 2 | 0:04:37 |
| 65 | m | 75 | Gerstmann, | Thorsten | Gasnetz HH | | 72 | 18600 | 1:26:05 | 2 | 0:04:38 |
| 66 | m | 663 | Wehowsky, | Frank | TÜV-Nord | | 62 | 18600 | 1:27:19 | 2 | 0:04:42 |
| 67 | m | 665 | Papenberg, | Matthias | Laufwerk | | 65 | 18600 | 1:28:22 | 2 | 0:04:45 |
| 68 | m | 297 | Willsch, | Pascal | Lufthansa | | 78 | 18600 | 1:28:56 | 2 | 0:04:47 |
| 69 | m | 258 | Schirmer, | Thomas | Still | | 77 | 18600 | 1:29:13 | 2 | 0:04:48 |
| 70 | m | 581 | Lever, | Patrick | Stern | | 61 | 18600 | 1:29:40 | 2 | 0:04:49 |
| 71 | m | 533 | Cherek, | Uwe | NDR | | 68 | 18600 | 1:29:57 | 2 | 0:04:50 |
| 72 | m | 193 | Werner, | Guido | Gaden | | 68 | 18600 | 1:30:44 | 2 | 0:04:53 |
| 73 | m | 57 | Rooseboom, | Markus | DZ HYP | | 65 | 18600 | 1:30:47 | 2 | 0:04:53 |
| 74 | m | 354 | Kasper, | Thomas | Commerzbanl | | 68 | 18600 | 1:31:15 | 2 | 0:04:54 |
| 75 | m | 209 | Janssen, | Christoph | Olympus Oste | | 98 | 18600 | 1:31:45 | 2 | 0:04:56 |
| 76 | m | 398 | Kuhr, | Jan-Oliver | ERGOsports | | 80 | 18600 | 1:32:05 | 2 | 0:04:57 |
| 77 | m | 69 | Holt, | Johannes | ERGOsports | | 84 | 18600 | 1:32:38 | 2 | 0:04:59 |
| 78 | m | 394 | Faust, | Thomas | ERGOsports | | 62 | 18600 | 1:32:47 | 2 | 0:04:59 |
| 79 | m | 539 | Schulz, | Thomas | NDR | | 61 | 18600 | 1:33:58 | 2 | 0:05:03 |
| 80 | m | 374 | Wohlfrohm, | Björn | EDEKA | | 78 | 18600 | 1:34:30 | 2 | 0:05:05 |
| 81 | m | 412 | Blumenberg, | Frank | HH Airport | | 88 | 18600 | 1:34:39 | 2 | 0:05:05 |
| 82 | m | 586 | Buck, | Klaus | Siemens | | 62 | 18600 | 1:36:17 | 2 | 0:05:11 |
| 83 | m | 58 | Schmidt, | Jürgen | DZ HYP | | 54 | 18600 | 1:36:29 | 2 | 0:05:11 |
| 84 | m | 262 | Seel, | Olaf | Signal Iduna | | 69 | 18600 | 1:37:41 | 2 | 0:05:15 |
| 85 | m | 282 | Ulrich, | Rainer | OTTO | | 60 | 18600 | 1:38:07 | 2 | 0:05:17 |
| 86 | m | 545 | Schweigert, | Karl-Heinz | Olympus Oste | | 63 | 18600 | 1:38:16 | 2 | 0:05:17 |
| 87 | m | 622 | Roberts, | Gregor | T-Systems | | 59 | 18600 | 1:40:00 | 2 | 0:05:23 |
| 88 | m | 467 | Breitenstein, | Andre | HypoVerein | | 67 | 18600 | 1:40:01 | 2 | 0:05:23 |
| 89 | m | 520 | Meinicke, | Knuth | Lufthansa | | 63 | 18600 | 1:40:30 | 2 | 0:05:24 |
| 90 | m | 10 | Felger, | Fritz | Airbus | | 59 | 18600 | 1:41:10 | 2 | 0:05:26 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|--------------|---------------|--------------|----|---------|-------|---------|---------|---------|
| 91 | m | 587 | Sie Too, | Petrus | Siemens | | 58 | 18600 | 1:42:16 | 2 | 0:05:30 |
| 92 | m | 215 | Haubrich, | Gerhard | PHILIPS | | 43 | 18600 | 1:47:24 | 2 | 0:05:46 |
| 93 | m | 488 | Janßen, | Uwe | Gaden | | 60 | 18600 | 1:47:43 | 2 | 0:05:47 |
| 94 | m | 424 | Michailidis, | Theodoros | Hochbahn | | 71 | 18600 | 1:49:36 | 2 | 0:05:54 |
| 95 | m | 254 | Naundorf, | Jens | Siemens | | 64 | 18600 | 1:50:28 | 2 | 0:05:56 |
| 96 | m | 583 | Bentien, | Ronald | Siemens | | 48 | 18600 | 1:51:51 | 2 | 0:06:01 |
| 97 | m | 544 | Baier, | Alois | Olympus Oste | | 59 | 18600 | 1:52:33 | 2 | 0:06:03 |
| 98 | m | 52 | Rowedder, | Frank | Deut.Bank | | 66 | 18600 | 1:57:14 | 2 | 0:06:18 |
| 99 | m | 358 | Heitmann, | Jörg | DAK | | 59 | 18600 | 1:57:39 | 2 | 0:06:20 |
| 100 | m | 594 | Hill, | Tobias | Still | | 89 | 18600 | 1:58:35 | 2 | 0:06:23 |
| 101 | m | 447 | Janssen, | Stefan | Haspa | | 62 | 18600 | 2:01:52 | 2 | 0:06:33 |
| 102 | m | 430 | Freitag, | Jens | Laufladen | | 63 | 15600 | 1:25:12 | 2 | 0:05:28 |
| 103 | m | 642 | Otto, | Thomas | WTM HH | | 91 | 15600 | 1:25:40 | 2 | 0:05:29 |
| 104 | m | 641 | Holst, | Günter | WTM HH | | 59 | 15600 | 1:30:30 | 2 | 0:05:48 |
| 105 | m | 376 | Hildebrandt, | Edgard | ELBE-Sport | | 53 | 15600 | 1:44:10 | 2 | 0:06:41 |
| 106 | m | 342 | Peuker, | Berno | BA-Eimsb. | | 84 | 12600 | 0:45:16 | 2 | 0:03:36 |
| 107 | m | 275 | Wittke, | Fabian | NGTRNG | | 84 | 12600 | 0:46:13 | 2 | 0:03:40 |
| 108 | m | 416 | Margraf, | Robert | HHRunning | | 94 | 12600 | 0:46:39 | 2 | 0:03:42 |
| 109 | m | 619 | Vollmers, | Laurin | Signal Iduna | | 5 | 12600 | 0:51:15 | 2 | 0:04:04 |
| 110 | m | 536 | Kopp, | Jürgen | NDR | | 65 | 12600 | 0:52:24 | 2 | 0:04:10 |
| 111 | m | 329 | Thiele, | Florian | Airbus | | 88 | 12600 | 0:54:09 | 2 | 0:04:18 |
| 112 | m | 625 | Müller, | Reinhard | Tchibo | | 67 | 12600 | 0:55:17 | 2 | 0:04:23 |
| 113 | m | 68 | Fennen, Dr. | Michael | ERGOsports | | 88 | 12600 | 0:55:34 | 2 | 0:04:25 |
| 114 | m | 620 | Vollmers, | Thomas | Signal Iduna | | 71 | 12600 | 0:57:21 | 2 | 0:04:33 |
| 115 | m | 324 | Plambeck, | Lutz | Airbus | | 61 | 12600 | 0:57:25 | 2 | 0:04:33 |
| 116 | m | 529 | Scherer, | Gerhold | Montblanc | | 71 | 12600 | 0:58:13 | 2 | 0:04:37 |
| 117 | m | 627 | Seliger, | Niels-Michael | Tchibo | | 71 | 12600 | 0:58:13 | 2 | 0:04:37 |
| 118 | m | 560 | Laude, | Niels | Polizei HH | | 75 | 12600 | 0:58:52 | 2 | 0:04:40 |
| 119 | m | 612 | Pantelmann, | Nico | Signal Iduna | | 69 | 12600 | 0:59:03 | 2 | 0:04:41 |
| 120 | m | 559 | Krüger, | Wilfried | Polizei HH | | 60 | 12600 | 0:59:05 | 2 | 0:04:41 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|--------------|---------------|------------|----|---------|-------|---------|---------|---------|
| 121 | m | 511 | Sturm, | Volker | FA HH | | 65 | 12600 | 1:00:44 | 2 | 0:04:49 |
| 122 | m | 628 | Tesch, | Thomas | Tchibo | | 58 | 12600 | 1:01:39 | 2 | 0:04:54 |
| 123 | m | 535 | Konrad, | Thomas | NDR | | 67 | 12600 | 1:01:59 | 2 | 0:04:55 |
| 124 | m | 379 | Wilms, | Christian | ELBE-Sport | | 88 | 12600 | 1:02:01 | 2 | 0:04:55 |
| 125 | m | 552 | Bramer, | Marco | PHILIPS | | 82 | 12600 | 1:02:54 | 2 | 0:05:00 |
| 126 | m | 390 | Banck, | Sönke | ERGOsports | | 67 | 12600 | 1:02:58 | 2 | 0:05:00 |
| 127 | m | 330 | Trümper, | Michael | Airbus | | 66 | 12600 | 1:04:15 | 2 | 0:05:06 |
| 128 | m | 387 | Stüfen, | Sönke | Energie SV | | 65 | 12600 | 1:06:06 | 2 | 0:05:15 |
| 129 | m | 422 | Geerke, | Jörg | HHLA | | 60 | 12600 | 1:06:47 | 2 | 0:05:18 |
| 130 | m | 635 | Pöhler, | Andre | TÜV-Nord | | 75 | 12600 | 1:06:54 | 2 | 0:05:19 |
| 131 | m | 626 | Ruh, | Jochen | Tchibo | | 71 | 12600 | 1:07:26 | 2 | 0:05:21 |
| 132 | m | 299 | Rittmeister, | Lutz | PHILIPS | | 59 | 12600 | 1:11:58 | 2 | 0:05:43 |
| 133 | m | 161 | Tilch, | Peter | HPA | | 55 | 12600 | 1:12:00 | 2 | 0:05:43 |
| 134 | m | 350 | Kafke, | Norbert | BBK | | 60 | 12600 | 1:14:37 | 2 | 0:05:55 |
| 135 | m | 527 | Oltmanns, | Helmer | Montblanc | | 49 | 12600 | 1:16:38 | 2 | 0:06:05 |
| 136 | m | 571 | Thalheim, | Thomas | Runn Green | | 56 | 12600 | 1:16:57 | 2 | 0:06:06 |
| 137 | m | 2 | Lattmann, | Cordt-Peter | Krüss-OSH | | 67 | 12600 | 1:17:34 | 2 | 0:06:09 |
| 138 | m | 445 | Diezel, | Günter | Haspa | | 54 | 12600 | 1:17:35 | 2 | 0:06:09 |
| 139 | m | 457 | Schnabel, | Harald | HapagLloyd | | 53 | 12600 | 1:18:16 | 2 | 0:06:13 |
| 140 | m | 517 | Hormann, | Hans Heinrich | Lufthansa | | 59 | 12600 | 1:19:01 | 2 | 0:06:16 |
| 141 | m | 15 | Meyer-Johne, | Ludolf | Airbus | | 48 | 12600 | 1:19:05 | 2 | 0:06:17 |
| 142 | m | 557 | Rohde, | Lothar | PHILIPS | | 53 | 12600 | 1:20:09 | 2 | 0:06:22 |
| 143 | m | 530 | Steenfatt, | Hans-Joerg | Montblanc | | 64 | 12600 | 1:20:56 | 2 | 0:06:25 |
| 144 | m | 451 | Unterspann, | Klaus | Haspa | | 41 | 12600 | 1:22:06 | 2 | 0:06:31 |
| 145 | m | 61 | Frey, | Matthias | ELBE-Sport | | 51 | 12600 | 1:24:12 | 2 | 0:06:41 |
| 146 | m | 441 | Bornemann, | Matthias | Haspa | | 63 | 9600 | 0:51:19 | 2 | 0:05:21 |
| 147 | m | 381 | Denker, | Karsten | Energie SV | | 71 | 9500 | 0:52:16 | 2 | 0:05:30 |
| 148 | m | 689 | Bialy, von | Robert | DNV GL | | 88 | 9300 | 0:33:58 | 1 | 0:03:39 |
| 149 | m | 314 | Franke, | Benjamin | Airbus | | 89 | 9300 | 0:34:05 | 1 | 0:03:40 |
| 150 | m | 582 | Rauter, | Monier | Stern | | 88 | 9300 | 0:35:02 | 1 | 0:03:46 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|----------------|-----------|--------------|----|---------|------|---------|---------|---------|
| 151 | m | 713 | Jennrich, | Nils | Laufladen | | 80 | 9300 | 0:36:37 | 1 | 0:03:56 |
| 152 | m | 362 | Björklund Svei | Jonas | DESY | | 91 | 9300 | 0:37:47 | 1 | 0:04:04 |
| 153 | m | 473 | Krüger, | Marian | Jungheinrich | | 89 | 9300 | 0:38:21 | 1 | 0:04:07 |
| 154 | m | 703 | Perez Torra, | Javier | R/O/C Crew | | 88 | 9300 | 0:38:45 | 1 | 0:04:10 |
| 155 | m | 754 | Bietke, | Dirk | TÜV-Nord | | 71 | 9300 | 0:38:50 | 1 | 0:04:11 |
| 156 | m | 542 | Wienecke, | Dennis | NDR | | 79 | 9300 | 0:39:16 | 1 | 0:04:13 |
| 157 | m | 739 | Bahrtdt, | Florian | NDR | | 75 | 9300 | 0:39:27 | 1 | 0:04:15 |
| 158 | m | 4 | Moya, | Angel | Krüss-OSH | | 82 | 9300 | 0:39:32 | 1 | 0:04:15 |
| 159 | m | 630 | Stephan, | Achim | wellnuss.de | | 76 | 9300 | 0:39:47 | 1 | 0:04:17 |
| 160 | m | 664 | Raming, | Jan | DAK | | 83 | 9300 | 0:39:51 | 1 | 0:04:17 |
| 161 | m | 676 | Schewe, | Stefan | Airbus | | 74 | 9300 | 0:40:01 | 1 | 0:04:18 |
| 162 | m | 494 | Hasenclever, | Jörg | Laufwerk | | 77 | 9300 | 0:40:40 | 1 | 0:04:22 |
| 163 | m | 50 | Schulz, | Torsten | DESY | | 62 | 9300 | 0:40:57 | 1 | 0:04:24 |
| 164 | m | 710 | Böttcher, | Dirk | Laufladen | | 69 | 9300 | 0:41:08 | 1 | 0:04:25 |
| 165 | m | 690 | Gruber, | Hans | DNV GL | | 74 | 9300 | 0:41:35 | 1 | 0:04:28 |
| 166 | m | 743 | Hensel, | Jullian | PHILIPS | | 85 | 9300 | 0:42:08 | 1 | 0:04:32 |
| 167 | m | 598 | Sass, | Fabian | Still | | 81 | 9300 | 0:42:17 | 1 | 0:04:33 |
| 168 | m | 707 | Scholz, | Stephan | HPA | | 70 | 9300 | 0:42:37 | 1 | 0:04:35 |
| 169 | m | 385 | Rassasse, | Ayoub | Energie SV | | 88 | 9300 | 0:42:39 | 1 | 0:04:35 |
| 170 | m | 205 | Gehn, | Marcel | Nordmark | | 94 | 9300 | 0:42:40 | 1 | 0:04:35 |
| 171 | m | 540 | Schwärzel, | Ricky | NDR | | 79 | 9300 | 0:42:58 | 1 | 0:04:37 |
| 172 | m | 629 | Sägert, | Jan | wellnuss.de | | 78 | 9300 | 0:43:02 | 1 | 0:04:38 |
| 173 | m | 56 | Nüske, | Andreas | DZ HYP | | 68 | 9300 | 0:43:19 | 1 | 0:04:39 |
| 174 | m | 757 | Lemm, | Ronald | Trionik | | 56 | 9300 | 0:43:43 | 1 | 0:04:42 |
| 175 | m | 631 | Wietbrauk, | Malte | wellnuss.de | | 88 | 9300 | 0:43:46 | 1 | 0:04:42 |
| 176 | m | 214 | Bastardo, | Gustavo | PHILIPS | | 65 | 9300 | 0:44:07 | 1 | 0:04:45 |
| 177 | m | 709 | Babinsky, | Dierk | Laufladen | | 61 | 9300 | 0:44:07 | 1 | 0:04:45 |
| 178 | m | 728 | Brixel, | Renke | Krüss-OSH | | 83 | 9300 | 0:44:19 | 1 | 0:04:46 |
| 179 | m | 411 | Wenrich, | Alexander | Generali | | 66 | 9300 | 0:44:36 | 1 | 0:04:48 |
| 180 | m | 692 | Lück, | Ronald | EDEKA | | 75 | 9300 | 0:44:42 | 1 | 0:04:48 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|---------------|------------|--------------|----|---------|------|---------|---------|---------|
| 181 | m | 693 | Schaake-Schol | Ilja Che | EDEKA | | 69 | 9300 | 0:44:42 | 1 | 0:04:48 |
| 182 | m | 201 | Keunecke, | Frederik | NDR | | 81 | 9300 | 0:44:48 | 1 | 0:04:49 |
| 183 | m | 240 | Twesten, | Dennis | Stern | | 83 | 9300 | 0:44:53 | 1 | 0:04:50 |
| 184 | m | 210 | Kroll, | Kristoffer | Olympus Oste | | 89 | 9300 | 0:44:55 | 1 | 0:04:50 |
| 185 | m | 476 | Sprenger, | Mathias | K&M Sport | | 78 | 9300 | 0:45:16 | 1 | 0:04:52 |
| 186 | m | 356 | Lorenzen, | Niels | Commerzbanl | | 75 | 9300 | 0:45:26 | 1 | 0:04:53 |
| 187 | m | 369 | Wandt, | Matthias | DZ HYP | | 62 | 9300 | 0:45:46 | 1 | 0:04:55 |
| 188 | m | 27 | Riemenschnei | Hannes | BG Verkehr | | 84 | 9300 | 0:46:04 | 1 | 0:04:57 |
| 189 | m | 674 | Knaack, | Tobias | Airbus | | 75 | 9300 | 0:46:15 | 1 | 0:04:58 |
| 190 | m | 167 | Ackermann, | Siegfried | Haspa | | 60 | 9300 | 0:46:16 | 1 | 0:04:58 |
| 191 | m | 434 | Klett, | Ivo | Laufladen | | 71 | 9300 | 0:47:24 | 1 | 0:05:06 |
| 192 | m | 729 | Golembiewski | Andreas | Krüss-OSH | | 60 | 9300 | 0:47:34 | 1 | 0:05:07 |
| 193 | m | 585 | Bruns, | Andreas | Siemens | | 59 | 9300 | 0:47:35 | 1 | 0:05:07 |
| 194 | m | 317 | Gottwald, | Kristian | Airbus | | 69 | 9300 | 0:47:49 | 1 | 0:05:08 |
| 195 | m | 212 | Schult, | Mario | Olympus Oste | | 73 | 9300 | 0:48:01 | 1 | 0:05:10 |
| 196 | m | 355 | Kwaschny, | Sebastian | Commerzbanl | | 88 | 9300 | 0:48:05 | 1 | 0:05:10 |
| 197 | m | 373 | Sperfeld, | Dirk | EDEKA | | 70 | 9300 | 0:48:10 | 1 | 0:05:11 |
| 198 | m | 260 | Hillebrecht, | Frank | Signal Iduna | | 70 | 9300 | 0:48:39 | 1 | 0:05:14 |
| 199 | m | 372 | Ruf, | Martin | EDEKA | | 85 | 9300 | 0:48:50 | 1 | 0:05:15 |
| 200 | m | 621 | Weitmann, | Daniel | Signal Iduna | | 72 | 9300 | 0:48:53 | 1 | 0:05:15 |
| 201 | m | 717 | Herrmann, | Thomas | HEK | | 58 | 9300 | 0:48:56 | 1 | 0:05:16 |
| 202 | m | 731 | Schottenhaml | Andreas | Gaden | | 75 | 9300 | 0:49:01 | 1 | 0:05:16 |
| 203 | m | 267 | Koppelmann, | Jan | TÜV-Nord | | 73 | 9300 | 0:49:08 | 1 | 0:05:17 |
| 204 | m | 492 | Stark, | Jöran | Funkgruppe | | 78 | 9300 | 0:49:40 | 1 | 0:05:20 |
| 205 | m | 333 | Hornung, | Jürgen | AlbeDiakon | | 54 | 9300 | 0:49:44 | 1 | 0:05:21 |
| 206 | m | 611 | Manthei, | Jan | Signal Iduna | | 67 | 9300 | 0:49:58 | 1 | 0:05:22 |
| 207 | m | 715 | Wichmann, | Marc | Haspa | | 72 | 9300 | 0:50:03 | 1 | 0:05:23 |
| 208 | m | 234 | Wegert, | Danny | G+J | | 81 | 9300 | 0:50:17 | 1 | 0:05:24 |
| 209 | m | 402 | Bulla, | Bernhard | Gasnetz HH | | 60 | 9300 | 0:50:44 | 1 | 0:05:27 |
| 210 | m | 11 | Gizzas, | Heiner | Airbus | | 76 | 9300 | 0:50:45 | 1 | 0:05:27 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|---------------|-------------|--------------|----|---------|------|---------|---------|---------|
| 211 | m | 701 | Haastrecht, v | Malte | Gasnetz HH | | 84 | 9300 | 0:50:47 | 1 | 0:05:28 |
| 212 | m | 596 | Niedorf, | Torbjörn | Still | | 98 | 9300 | 0:51:13 | 1 | 0:05:30 |
| 213 | m | 370 | Fußer, | Norbert | EDEKA | | 63 | 9300 | 0:51:25 | 1 | 0:05:32 |
| 214 | m | 712 | Drengwitz, | Andreas | Laufladen | | 62 | 9300 | 0:51:40 | 1 | 0:05:33 |
| 215 | m | 9 | Borgstädt, | Tim | Airbus | | 53 | 9300 | 0:51:49 | 1 | 0:05:34 |
| 216 | m | 481 | Ludwig, | Jens | Knossos.de | | 73 | 9300 | 0:51:55 | 1 | 0:05:35 |
| 217 | m | 718 | Lemkau, | Niels | HEK | | 65 | 9300 | 0:52:14 | 1 | 0:05:37 |
| 218 | m | 175 | Tomic, | Aurel | HapagLloyd | | 1 | 9300 | 0:52:30 | 1 | 0:05:39 |
| 219 | m | 698 | Ehrke, | Michael | ERGOsports | | 59 | 9300 | 0:52:34 | 1 | 0:05:39 |
| 220 | m | 475 | Schüßler, | Lutz | K&M Sport | | 63 | 9300 | 0:52:42 | 1 | 0:05:40 |
| 221 | m | 734 | Bohlken, | Wilfried | Lufthansa | | 70 | 9300 | 0:52:47 | 1 | 0:05:41 |
| 222 | m | 40 | Wittmann, | Joerg | DAK | | 68 | 9300 | 0:53:05 | 1 | 0:05:42 |
| 223 | m | 688 | Ehrenberg, | Frank | Deut.Bank | | 59 | 9300 | 0:53:15 | 1 | 0:05:44 |
| 224 | m | 29 | Tostmann, | Michael | BG Verkehr | | 72 | 9300 | 0:53:20 | 1 | 0:05:44 |
| 225 | m | 680 | Brinkkötter, | Klaus | Basler | | 69 | 9300 | 0:53:24 | 1 | 0:05:45 |
| 226 | m | 36 | Krohn, | Andreas | Commerzbanl | | 68 | 9300 | 0:53:31 | 1 | 0:05:45 |
| 227 | m | 404 | Mollenhauer, | Eric | Gasnetz HH | | 65 | 9300 | 0:53:42 | 1 | 0:05:46 |
| 228 | m | 432 | Goergens, | Michael | Laufladen | | 55 | 9300 | 0:53:53 | 1 | 0:05:48 |
| 229 | m | 595 | Kaszta, | Merlin | Still | | 92 | 9300 | 0:54:07 | 1 | 0:05:49 |
| 230 | m | | Mutz, | Michael | Beiersdorf | | 67 | 9300 | 0:54:55 | 1 | 0:05:54 |
| 231 | m | 608 | Lenfers, | Wolfgang | Signal Iduna | | 62 | 9300 | 0:55:27 | 1 | 0:05:58 |
| 232 | m | 616 | Scharf, | Dietmar | Signal Iduna | | 68 | 9300 | 0:55:47 | 1 | 0:06:00 |
| 233 | m | 592 | Wendland, | Christian | SPK-Süd | | 80 | 9300 | 0:56:26 | 1 | 0:06:04 |
| 234 | m | 705 | Schlott, | Rüdiger | HH Airport | | 58 | 9300 | 0:57:09 | 1 | 0:06:09 |
| 235 | m | 518 | Liese, | Hans-Ulrich | Lufthansa | | 56 | 9300 | 0:57:38 | 1 | 0:06:12 |
| 236 | m | 335 | Nisch, | Ralf | AlbeDiakon | | 59 | 9300 | 0:57:49 | 1 | 0:06:13 |
| 237 | m | 414 | Waldtmann, | Andreas | HPA | | 63 | 9300 | 0:57:50 | 1 | 0:06:13 |
| 238 | m | 683 | Kwaschny, | Pascal | Commerzbanl | | 83 | 9300 | 0:58:01 | 1 | 0:06:14 |
| 239 | m | 396 | Green, | Sven | ERGOsports | | 64 | 9300 | 0:59:10 | 1 | 0:06:22 |
| 240 | m | 602 | Bruhns, | Michael | Rot Gelb | | 51 | 9300 | 0:59:51 | 1 | 0:06:26 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|--------------|--------------|-------------|----|---------|------|---------|---------|---------|
| 241 | m | 491 | Hampel, | Michael | Funkgruppe | | 74 | 9300 | 1:00:10 | 1 | 0:06:28 |
| 242 | m | 593 | Grewe, | Ulrich | Still | | 81 | 9300 | 1:00:37 | 1 | 0:06:31 |
| 243 | m | 446 | Engel, | Wolfgang | Haspa | | 54 | 9300 | 1:01:52 | 1 | 0:06:39 |
| 244 | m | 678 | Bussmann-Kul | Michael | BA-Eimsb. | | 53 | 9300 | 1:05:36 | 1 | 0:07:03 |
| 245 | m | 541 | Thelen, | Gero | NDR | | 4 | 6500 | 0:22:15 | 2 | 0:03:25 |
| 246 | m | 192 | Wams, | Martin | Gaden | | 65 | 6500 | 0:24:52 | 2 | 0:03:50 |
| 247 | m | 334 | Jaekel, | Carsten | AlbeDiakon | | 70 | 6500 | 0:25:31 | 2 | 0:03:56 |
| 248 | m | 657 | Gröhn, | Dennis | HEK | | 90 | 6500 | 0:27:07 | 2 | 0:04:10 |
| 249 | m | 634 | Kupper, | Frank | TÜV-Nord | | 64 | 6500 | 0:27:35 | 2 | 0:04:15 |
| 250 | m | 78 | Reese, | Johann | Gasnetz HH | | 6 | 6500 | 0:28:12 | 2 | 0:04:20 |
| 251 | m | 435 | Lumpp, | Michael | Laufladen | | 73 | 6500 | 0:28:52 | 2 | 0:04:26 |
| 252 | m | 392 | Becker, | Dietmar | ERGOsports | | 59 | 6500 | 0:29:01 | 2 | 0:04:28 |
| 253 | m | 400 | Tramp, | Tobias | ERGOsports | | 93 | 6500 | 0:29:29 | 2 | 0:04:32 |
| 254 | m | 655 | Hegemann, | Bernd | G+J | | 68 | 6500 | 0:30:00 | 2 | 0:04:37 |
| 255 | m | 440 | Altrock, | Andreas | Haspa | | 67 | 6500 | 0:30:30 | 2 | 0:04:42 |
| 256 | m | 563 | Spijker, | Andreas | Polizei HH | | 61 | 6500 | 0:31:43 | 2 | 0:04:53 |
| 257 | m | 408 | Zielinski, | Dennis | Polizei HH | | 92 | 6500 | 0:32:21 | 2 | 0:04:59 |
| 258 | m | 79 | Reese, | Lars | Gasnetz HH | | 70 | 6500 | 0:34:46 | 2 | 0:05:21 |
| 259 | m | 382 | Gessert, | Frank | Energie SV | | 59 | 6500 | 0:34:56 | 2 | 0:05:22 |
| 260 | m | 386 | Siemens, | Claus-Peter | Energie SV | | 58 | 6500 | 0:35:03 | 2 | 0:05:24 |
| 261 | m | 63 | Kühl, | Bernd | ELBE-Sport | | 46 | 6500 | 0:37:01 | 2 | 0:05:42 |
| 262 | m | 65 | Hummel, | Thomas | Energie SV | | 50 | 6500 | 0:37:24 | 2 | 0:05:45 |
| 263 | m | 638 | Schumacher, | Peter | TÜV-Nord | | 52 | 6500 | 0:38:12 | 2 | 0:05:53 |
| 264 | m | 351 | Brüggeman, | Ralf | Commerzbanl | | 53 | 6500 | 0:38:18 | 2 | 0:05:54 |
| 265 | m | 191 | Schulz, | Hans-Joachim | Gaden | | 46 | 6500 | 0:39:12 | 2 | 0:06:02 |
| 266 | m | 490 | Rücker, | Heinrich | Gaden | | 36 | 6500 | 0:40:18 | 2 | 0:06:12 |
| 267 | m | 461 | Brandt, | Peter | HEK | | 40 | 6500 | 0:40:39 | 2 | 0:06:15 |
| 268 | m | 204 | Vongehr, | Philipp | NDR | | 70 | 6500 | 0:40:41 | 2 | 0:06:16 |
| 269 | m | 584 | Bödeker, | Heinz | Siemens | | 47 | 6500 | 0:41:09 | 2 | 0:06:20 |
| 270 | m | 62 | Gläser, | Heinz | ELBE-Sport | | 45 | 6500 | 0:42:14 | 2 | 0:06:30 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|---------------|--------------|--------------|----|---------|------|---------|---------|---------|
| 271 | m | 64 | Wien, | Wolfgang | ELBE-Sport | | 40 | 6500 | 0:42:51 | 2 | 0:06:36 |
| 272 | m | 39 | Schröder, | Günter | Commerzbanl | | 47 | 6500 | 0:46:38 | 2 | 0:07:10 |
| 273 | m | 637 | Robers, | Josef | TÜV-Nord | | 43 | 6500 | 0:55:12 | 2 | 0:08:30 |
| 274 | m | 197 | Uhl, | Manfred | Lufthansa | | 39 | 6500 | 0:55:15 | 2 | 0:08:30 |
| 275 | m | 503 | Böthern, | Rolf | FA HH | | 43 | 6500 | 0:58:19 | 2 | 0:08:58 |
| 276 | m | 219 | Orlowski, | Rolf | PHILIPS | | 42 | 6500 | 1:09:27 | 2 | 0:10:41 |
| 277 | m | 702 | Feddern, | Thomas | Turnerbund H | | 81 | 6300 | 0:21:39 | 1 | 0:03:26 |
| 278 | m | 332 | Wilkens, | Jakob | Airbus | | 98 | 6300 | 0:21:54 | 1 | 0:03:29 |
| 279 | m | 415 | Krischke, | David | HHRunning | | 87 | 6300 | 0:22:45 | 1 | 0:03:37 |
| 280 | m | 406 | Feddern, | Thomas | Turnerbund H | | 81 | 6300 | 0:23:06 | 1 | 0:03:40 |
| 281 | m | 418 | Santamarina | Juan Fernand | HHRunning | | 95 | 6300 | 0:23:13 | 1 | 0:03:41 |
| 282 | m | 704 | Riebe, | Christoph | Turnerbund H | | 94 | 6300 | 0:23:47 | 1 | 0:03:47 |
| 283 | m | 188 | Langer, | Mathias | AltonaDiag | | 67 | 6300 | 0:24:12 | 1 | 0:03:50 |
| 284 | m | 669 | Zimmermann, | Jan | AltonaDiag | | 74 | 6300 | 0:24:13 | 1 | 0:03:51 |
| 285 | m | 740 | Krieger, | Jan | NDR | | 76 | 6300 | 0:24:27 | 1 | 0:03:53 |
| 286 | m | 431 | Gauger, | Jens | Laufladen | | 65 | 6300 | 0:24:55 | 1 | 0:03:57 |
| 287 | m | 417 | Nahrwold, | Christian | HHRunning | | 70 | 6300 | 0:25:20 | 1 | 0:04:01 |
| 288 | m | 407 | Riebe, | Christoph | Turnerbund H | | 94 | 6300 | 0:25:23 | 1 | 0:04:02 |
| 289 | m | 562 | Schmidt, | Birger | Polizei HH | | 84 | 6300 | 0:25:33 | 1 | 0:04:03 |
| 290 | m | 572 | Vahlhaus, | Richard | Runn Green | | 82 | 6300 | 0:25:54 | 1 | 0:04:07 |
| 291 | m | 320 | König, | Janne | Airbus | | 95 | 6300 | 0:26:26 | 1 | 0:04:12 |
| 292 | m | 271 | Hoch, | Christoph | Alto-Nabe | | 60 | 6300 | 0:27:43 | 1 | 0:04:24 |
| 293 | m | 531 | Steenfatt, | Marc André | Montblanc | | 93 | 6300 | 0:27:58 | 1 | 0:04:26 |
| 294 | m | 495 | Hoppe, | Thomas | Laufwerk | | 67 | 6300 | 0:28:06 | 1 | 0:04:28 |
| 295 | m | 686 | Mohamadi Pa | Syamak | DESY | | 84 | 6300 | 0:28:36 | 1 | 0:04:32 |
| 296 | m | 667 | Ebel, | Thomas | NDR | | 65 | 6300 | 0:29:05 | 1 | 0:04:37 |
| 297 | m | 736 | Ewel, | Mirko | Montblanc | | 79 | 6300 | 0:29:28 | 1 | 0:04:41 |
| 298 | m | 755 | Bietke, | Tim | TÜV-Nord | | 96 | 6300 | 0:29:44 | 1 | 0:04:43 |
| 299 | m | 722 | Lautenschlage | Moritz | Jungheinrich | | 90 | 6300 | 0:29:50 | 1 | 0:04:44 |
| 300 | m | 547 | Garraway, | Alun | OTTO | | 64 | 6300 | 0:30:15 | 1 | 0:04:48 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|-----------|--------------|----|---------|---------|--------|---------|
| 301 | m | 33 | Albrecht, | Christian | Commerzbanl | 70 | 6300 | 0:30:41 | 1 | 0:04:52 |
| 302 | m | 255 | Ottow, | Heiko | Siemens | 67 | 6300 | 0:31:01 | 1 | 0:04:55 |
| 303 | m | 360 | Steinfeld, | Marco | Dataport | 75 | 6300 | 0:31:09 | 1 | 0:04:57 |
| 304 | m | 522 | Budig, | Alexander | Montblanc | 97 | 6300 | 0:31:35 | 1 | 0:05:01 |
| 305 | m | 723 | Schwiers, | Thomas | Jungheinrich | 69 | 6300 | 0:31:48 | 1 | 0:05:03 |
| 306 | m | 425 | Westphal, | Wolfgang | Hochbahn | 54 | 6300 | 0:32:05 | 1 | 0:05:06 |
| 307 | m | 343 | Goschke, | Andreas | Beiersdorf | 73 | 6300 | 0:32:08 | 1 | 0:05:06 |
| 308 | m | 666 | Fraser, | Darren | HHLA | 81 | 6300 | 0:32:40 | 1 | 0:05:11 |
| 309 | m | 263 | Stamm, | Volker | Signal Iduna | 53 | 6300 | 0:32:57 | 1 | 0:05:14 |
| 310 | m | 421 | Eckert, | Carsten | HHLA | 83 | 6300 | 0:32:59 | 1 | 0:05:14 |
| 311 | m | 238 | Radou, | Frederic | Stern | 67 | 6300 | 0:33:20 | 1 | 0:05:17 |
| 312 | m | 751 | Hansen, | Jan | wellnuss.de | 74 | 6300 | 0:33:29 | 1 | 0:05:19 |
| 313 | m | 458 | Schröder, | Martin | HapagLloyd | 59 | 6300 | 0:33:49 | 1 | 0:05:22 |
| 314 | m | 720 | Lauenroth, | Frank | HELM | 63 | 6300 | 0:33:51 | 1 | 0:05:22 |
| 315 | m | 543 | Swoboda, | Peter | Nordmark | 63 | 6300 | 0:35:12 | 1 | 0:05:35 |
| 316 | m | 700 | Melde, | Christian | ERGOsports | 69 | 6300 | 0:35:12 | 1 | 0:05:35 |
| 317 | m | 748 | Mallinckrodt, | Klaus | Siemens | 46 | 6300 | 0:35:22 | 1 | 0:05:37 |
| 318 | m | 603 | Hoppe, | Holger | Rot Gelb | 71 | 6300 | 0:35:37 | 1 | 0:05:39 |
| 319 | m | 752 | Langkawel, | Stephan | wellnuss.de | 69 | 6300 | 0:36:06 | 1 | 0:05:44 |
| 320 | m | 691 | Beyer, | Jürgen | EDEKA | 61 | 6300 | 0:36:20 | 1 | 0:05:46 |
| 321 | m | 524 | Dörmeier, | Sascha | Montblanc | 75 | 6300 | 0:36:43 | 1 | 0:05:50 |
| 322 | m | 699 | Hintz, Dt. | Martin | ERGOsports | 69 | 6300 | 0:36:56 | 1 | 0:05:52 |
| 323 | m | 714 | Knoefel, | Gerhard | Haspa | 59 | 6300 | 0:38:52 | 1 | 0:06:10 |
| 324 | m | 615 | Rohde, | Kurt | Signal Iduna | 49 | 6300 | 0:41:26 | 1 | 0:06:35 |
| 325 | m | 322 | Möller, | Thomas | Airbus | 63 | 6300 | 0:41:36 | 1 | 0:06:36 |
| 326 | m | 483 | Pramor, | Christian | Knossos.de | 76 | 6300 | 0:44:47 | 1 | 0:07:07 |
| 327 | m | 323 | Nigmann, | Michael | Airbus | 53 | 6300 | 0:48:29 | 1 | 0:07:42 |
| 328 | m | 465 | Kröger, | Carsten | HF Runner | 62 | 3300 | 0:13:12 | 1 | 0:04:00 |
| 329 | m | 554 | Glasenapp, | Jan | PHILIPS | 71 | 3300 | 0:13:51 | 1 | 0:04:12 |
| 330 | m | 487 | Chamier, | Matti | Gaden | 98 | 3300 | 0:14:30 | 1 | 0:04:24 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | |
|-------|-----|------|---------------|-----------|--------------|----|---------|------|---------|---------|---------|
| 331 | m | 659 | Liebendörfer, | Jakob | LOST! | | 9 | 3300 | 0:15:08 | 1 | 0:04:35 |
| 332 | m | 250 | Schrader, | Michael | Zoll | | 63 | 3300 | 0:15:16 | 1 | 0:04:38 |
| 333 | m | 340 | Gehle, | Friedhelm | BA-Eimsb. | | 56 | 3300 | 0:15:32 | 1 | 0:04:42 |
| 334 | m | 365 | Thorborg, | Nils | Deut.Bank | | 64 | 3300 | 0:15:46 | 1 | 0:04:47 |
| 335 | m | 401 | Trumm, | Henri | ERGOsports | | 11 | 3300 | 0:16:15 | 1 | 0:04:55 |
| 336 | m | 336 | Buchmann, | Bendix | AK Nord | | 7 | 3300 | 0:16:16 | 1 | 0:04:56 |
| 337 | m | 70 | Kozieras, | Norbert | ERGOsports | | 50 | 3300 | 0:16:18 | 1 | 0:04:56 |
| 338 | m | 508 | Niemann, | Erik | FA HH | | 1 | 3300 | 0:16:20 | 1 | 0:04:57 |
| 339 | m | 403 | Harder, | Ralf | Gasnetz HH | | 75 | 3300 | 0:17:19 | 1 | 0:05:15 |
| 340 | m | 383 | Hernandez, | Vladimir | Energie SV | | 67 | 3300 | 0:17:35 | 1 | 0:05:20 |
| 341 | m | 348 | Lewerenz, | Max | CLD HH | | 99 | 3300 | 0:17:46 | 1 | 0:05:23 |
| 342 | m | 574 | Becker, | Michael | G+J | | 72 | 3300 | 0:18:05 | 1 | 0:05:29 |
| 343 | m | 601 | Kurtz, | Udo | Rapid | | 68 | 3300 | 0:18:09 | 1 | 0:05:30 |
| 344 | m | 549 | Kliem, | Rüdiger | OTTO | | 61 | 3300 | 0:18:16 | 1 | 0:05:32 |
| 345 | m | 661 | Käming, | Michael | Energie SV | | 58 | 3300 | 0:18:20 | 1 | 0:05:33 |
| 346 | m | 505 | Kamprad-Pap | Nils | FA HH | | 70 | 3300 | 0:18:46 | 1 | 0:05:41 |
| 347 | m | 397 | Krause, | Reinhard | ERGOsports | | 44 | 3300 | 0:18:59 | 1 | 0:05:45 |
| 348 | m | 604 | Egger, | Erik | Signal Iduna | | 10 | 3300 | 0:19:22 | 1 | 0:05:52 |
| 349 | m | 464 | Münster, | Reinhold | HEK | | 42 | 3300 | 0:21:00 | 1 | 0:06:22 |
| 350 | m | 633 | Halweg, | Wolfgang | TÜV-Nord | | 48 | 3300 | 0:21:08 | 1 | 0:06:24 |
| 351 | m | 217 | Meier, | Manfred | PHILIPS | | 40 | 3300 | 0:21:59 | 1 | 0:06:40 |
| 352 | m | 512 | Weiß, | Michael | FA HH | | 54 | 3300 | 0:22:19 | 1 | 0:06:46 |
| 353 | m | 509 | Papendorf, | Knut | FA HH | | 46 | 3300 | 0:23:36 | 1 | 0:07:09 |
| 354 | m | 588 | Kusch, | Günter | SBCN | | 45 | 3300 | 0:25:00 | 1 | 0:07:35 |
| 355 | m | 516 | Hintz, | Martin | Lufthansa | | 37 | 3300 | 0:25:37 | 1 | 0:07:46 |
| 356 | m | 759 | Mombach, | Jochen | Airbus | | 80 | 3200 | 0:12:00 | 1 | 0:03:45 |
| 357 | m | 760 | Laugsdorf, | Timo | Gasnetz HH | | 99 | 3200 | 0:13:29 | 1 | 0:04:13 |
| 358 | m | 682 | Wenzlaff, | Borwin | BBK | | 69 | 3200 | 0:14:36 | 1 | 0:04:34 |
| 359 | m | 695 | Kramer, | Philipp | ELBE-Sport | | 67 | 3200 | 0:15:22 | 1 | 0:04:48 |
| 360 | m | 687 | Rosemann, | Christoph | DESY | | 75 | 3200 | 0:17:07 | 1 | 0:05:21 |
| 361 | m | 624 | Gliewe, | Volker | Tchibo | | 52 | 3200 | 0:18:07 | 1 | 0:05:40 |
| 362 | m | 696 | Meinhardt, | Meikel | Energie SV | | 81 | 3200 | 0:18:44 | 1 | 0:05:51 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | Teamstrecke | Teamzeit | Teamstarts | Teamschnitt |
|-------|-----|------|--------------|----------------|--------------|----|---------|---------|--------|---------|-------------|----------|------------|-------------|
| 1 | m | 568 | Huhn, | Philipp | Runn Green | 88 | 37700 | 2:27:11 | 6 | 0:03:54 | 113100 | 7:31:33 | 18 | 0:04:00 |
| | m | 564 | Gresens, | Jan | Runn Green | 75 | 37700 | 2:30:09 | 6 | 0:03:59 | | | | |
| | w | 567 | Hielscher, | Marie | Runn Green | 84 | 37700 | 2:34:13 | 6 | 0:04:05 | | | | |
| 2 | m | 318 | Jansen, | Thies | Airbus | 71 | 37700 | 2:34:11 | 6 | 0:04:05 | 113100 | 8:26:06 | 18 | 0:04:28 |
| | w | 313 | Brockmann, | Christina | Airbus | 84 | 37700 | 2:38:03 | 6 | 0:04:12 | | | | |
| | m | 327 | Schmidt, | Gunter | Airbus | 61 | 37700 | 3:13:52 | 6 | 0:05:09 | | | | |
| 3 | m | 169 | Scholz, | Christian | Haspa | 82 | 37700 | 3:16:49 | 6 | 0:05:13 | 109900 | 9:56:04 | 17 | 0:05:25 |
| | w | 444 | Courtault, | Britta | Haspa | 66 | 37700 | 3:28:20 | 6 | 0:05:32 | | | | |
| | m | 443 | Breier, | Thomas | Haspa | 67 | 34500 | 3:10:55 | 5 | 0:05:32 | | | | |
| 4 | m | 176 | Wilde, | Tim | HapagLloyd | 85 | 37700 | 2:42:24 | 6 | 0:04:18 | 94000 | 7:26:35 | 14 | 0:04:45 |
| | m | 174 | Schubert, | Ralph | HapagLloyd | 73 | 37700 | 3:13:41 | 6 | 0:05:08 | | | | |
| | w | 453 | Ahrens, | Janet | HapagLloyd | 79 | 18600 | 1:30:30 | 2 | 0:04:52 | | | | |
| 5 | w | 183 | Goebel, | Sonia Isabel | Knossos.de | 90 | 37700 | 2:44:44 | 6 | 0:04:22 | 87800 | 6:47:49 | 13 | 0:04:39 |
| | m | 184 | Oswald, | Mathias | Knossos.de | 78 | 28200 | 2:17:22 | 4 | 0:04:52 | | | | |
| | m | 480 | Ludwig, | Dirk | Knossos.de | 71 | 21900 | 1:45:43 | 3 | 0:04:50 | | | | |
| 6 | m | 580 | Lambracht, | Gerald | Stern | 70 | 37700 | 2:59:09 | 6 | 0:04:45 | 84700 | 7:25:05 | 13 | 0:05:15 |
| | m | 235 | Braeuer, | Karsten | Stern | 72 | 37700 | 3:30:34 | 6 | 0:05:35 | | | | |
| | w | 578 | Krämer, | Birgit | Stern | 64 | 9300 | 0:55:22 | 1 | 0:05:57 | | | | |
| 7 | m | 221 | Stäcker, | Frank | PHILIPS | 64 | 37700 | 3:29:38 | 6 | 0:05:34 | 75700 | 6:22:10 | 13 | 0:05:03 |
| | m | 216 | Koudougou, | Halidou | PHILIPS | 79 | 19100 | 1:11:25 | 4 | 0:03:44 | | | | |
| | w | 556 | Matzke, | Svenja | PHILIPS | 78 | 18900 | 1:41:07 | 3 | 0:05:21 | | | | |
| 8 | w | 496 | Kersten, | Ines | Laufwerk | 62 | 37700 | 3:34:52 | 6 | 0:05:42 | 74900 | 5:55:50 | 10 | 0:04:45 |
| | m | 493 | Dieckmann, | Lukas | Laufwerk | 85 | 18600 | 1:10:04 | 2 | 0:03:46 | | | | |
| | m | 500 | Schlag, | Marcel | Laufwerk | 87 | 18600 | 1:10:54 | 2 | 0:03:49 | | | | |
| 9 | m | 261 | Petsch, | Wolfgang | Signal Iduna | 60 | 37700 | 3:11:16 | 6 | 0:05:04 | 72200 | 6:03:31 | 11 | 0:05:02 |
| | m | 605 | Egger, | Stefan | Signal Iduna | 78 | 21900 | 1:50:17 | 3 | 0:05:02 | | | | |
| | w | 618 | Vollmers, | Anja | Signal Iduna | 70 | 12600 | 1:01:58 | 2 | 0:04:55 | | | | |
| 10 | m | 55 | Meyer-Reim, | Utz | DZ HYP | 61 | 37700 | 3:10:38 | 6 | 0:05:03 | 71900 | 6:12:49 | 10 | 0:05:11 |
| | m | 57 | Rooseboom, | Markus | DZ HYP | 65 | 18600 | 1:30:47 | 2 | 0:04:53 | | | | |
| | w | 368 | Pohl, | Katja | DZ HYP | 69 | 15600 | 1:31:24 | 2 | 0:05:52 | | | | |
| 11 | m | 507 | Neumann, | Uwe | FA HH | 73 | 37700 | 2:34:34 | 6 | 0:04:06 | 68900 | 4:46:31 | 10 | 0:04:10 |
| | m | 194 | Hauck, | Michael | FA HH | 75 | 18600 | 1:23:46 | 2 | 0:04:30 | | | | |
| | w | 502 | Balduhn, | Caroline | FA HH | 95 | 12600 | 0:48:11 | 2 | 0:03:49 | | | | |
| 12 | m | 162 | Reimer, | Tobias | HHLA | 74 | 37700 | 2:37:17 | 6 | 0:04:10 | 66200 | 5:35:24 | 11 | 0:05:04 |
| | w | 423 | Jordan, | Angelika | HHLA | 57 | 15900 | 1:51:20 | 3 | 0:07:00 | | | | |
| | m | 422 | Geerke, | Jörg | HHLA | 60 | 12600 | 1:06:47 | 2 | 0:05:18 | | | | |
| 13 | m | 537 | Lüders-Bahlm | Uwe | NDR | 56 | 28400 | 2:20:38 | 5 | 0:04:57 | 62600 | 5:05:41 | 9 | 0:04:53 |
| | m | 538 | Schröder, | Julius Maximil | NDR | 95 | 18600 | 1:03:54 | 2 | 0:03:26 | | | | |
| | w | 534 | Hagemann, | Anna | NDR | 47 | 15600 | 1:41:09 | 2 | 0:06:29 | | | | |
| 14 | m | 375 | Eybächer, | Michael | ELBE-Sport | 43 | 28100 | 3:33:53 | 4 | 0:07:37 | 59300 | 6:19:42 | 8 | 0:06:24 |
| | m | 377 | Meier, | Ralf | ELBE-Sport | 69 | 18600 | 1:22:58 | 2 | 0:04:28 | | | | |
| | w | 378 | Meier, | Tanja | ELBE-Sport | 70 | 12600 | 1:22:51 | 2 | 0:06:35 | | | | |
| 15 | m | 248 | Liebers, | Ralf | Zoll | 64 | 19100 | 1:39:46 | 4 | 0:05:13 | 56900 | 4:44:26 | 10 | 0:05:00 |
| | m | 244 | Gierach, | Nils | Zoll | 86 | 18900 | 1:22:07 | 3 | 0:04:21 | | | | |
| | w | 243 | Balzer, | Maren | Zoll | 67 | 18900 | 1:42:33 | 3 | 0:05:26 | | | | |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | Teamstrecke | Teamzeit | Teamstarts | Teamschnitt |
|-------|-----|------|---------------|-------------|--------------|----|---------|---------|--------|---------|-------------|----------|------------|-------------|
| 16 | m | 345 | Firyn, | Heiko | BG Verkehr | 79 | 37700 | 2:48:01 | 6 | 0:04:27 | 56500 | 4:24:36 | 9 | 0:04:41 |
| | w | 26 | Radzuweit, | Meike | BG Verkehr | 66 | 9500 | 0:50:31 | 2 | 0:05:19 | | | | |
| | m | 27 | Riemenschnei | Hannes | BG Verkehr | 84 | 9300 | 0:46:04 | 1 | 0:04:57 | | | | |
| 17 | m | 436 | Merklinger, | Sergej | Laufladen | 79 | 18600 | 1:13:13 | 2 | 0:03:56 | 55800 | 4:04:21 | 6 | 0:04:23 |
| | m | 437 | Rohlfs, | Dirk | Laufladen | 67 | 18600 | 1:21:31 | 2 | 0:04:23 | | | | |
| | w | 433 | Kaßen, | Dortje | Laufladen | 73 | 18600 | 1:29:37 | 2 | 0:04:49 | | | | |
| 18 | w | 211 | Meyer-Ranke, | Josefine | Olympus Oste | 97 | 18600 | 1:16:12 | 2 | 0:04:06 | 55800 | 4:26:13 | 6 | 0:04:46 |
| | m | 209 | Janssen, | Christoph | Olympus Oste | 98 | 18600 | 1:31:45 | 2 | 0:04:56 | | | | |
| | m | 545 | Schweigert, | Karl-Heinz | Olympus Oste | 63 | 18600 | 1:38:16 | 2 | 0:05:17 | | | | |
| 19 | m | 398 | Kuhr, | Jan-Oliver | ERGOsports | 80 | 18600 | 1:32:05 | 2 | 0:04:57 | 55800 | 4:43:50 | 6 | 0:05:05 |
| | m | 69 | Holt, | Johannes | ERGOsports | 84 | 18600 | 1:32:38 | 2 | 0:04:59 | | | | |
| | w | 72 | Schmidt, | Karen | ERGOsports | 86 | 18600 | 1:39:07 | 2 | 0:05:20 | | | | |
| 20 | m | 573 | Bastian, | Jens | G+J | 63 | 37700 | 3:05:21 | 6 | 0:04:55 | 53500 | 4:28:57 | 9 | 0:05:02 |
| | m | 234 | Wegert, | Danny | G+J | 81 | 9300 | 0:50:17 | 1 | 0:05:24 | | | | |
| | w | 576 | Nachtigäller, | Iris | G+J | 77 | 6500 | 0:33:19 | 2 | 0:05:08 | | | | |
| 21 | m | 521 | Schönhut, | Steffen | Lufthansa | 84 | 18600 | 1:12:53 | 2 | 0:03:55 | 49800 | 3:47:43 | 6 | 0:04:34 |
| | m | 297 | Willsch, | Pascal | Lufthansa | 78 | 18600 | 1:28:56 | 2 | 0:04:47 | | | | |
| | w | 514 | Bohn, | Isabel | Lufthansa | 85 | 12600 | 1:05:54 | 2 | 0:05:14 | | | | |
| 22 | m | 354 | Kasper, | Thomas | Commerzbank | 68 | 18600 | 1:31:15 | 2 | 0:04:54 | 49800 | 3:58:21 | 6 | 0:04:47 |
| | w | 35 | Krahn, | Sylvia | Commerzbank | 73 | 18600 | 1:33:25 | 2 | 0:05:01 | | | | |
| | w | 34 | Altmann, | Cindy | Commerzbank | 84 | 12600 | 0:53:41 | 2 | 0:04:16 | | | | |
| 23 | m | 5 | Sievertsen, | Momme | Krüss-OSH | 96 | 18600 | 1:12:52 | 2 | 0:03:55 | 49800 | 4:12:53 | 6 | 0:05:05 |
| | w | 309 | Leibrock, | Karin | Krüss-OSH | 74 | 18600 | 1:42:27 | 2 | 0:05:30 | | | | |
| | m | 2 | Lattmann, | Cordt-Peter | Krüss-OSH | 67 | 12600 | 1:17:34 | 2 | 0:06:09 | | | | |
| 24 | m | 193 | Werner, | Guido | Gaden | 68 | 18600 | 1:30:44 | 2 | 0:04:53 | 49800 | 4:32:26 | 6 | 0:05:28 |
| | m | 488 | Janßen, | Uwe | Gaden | 60 | 18600 | 1:47:43 | 2 | 0:05:47 | | | | |
| | w | 190 | Reimers, | Wiebke | Gaden | 65 | 12600 | 1:13:59 | 2 | 0:05:52 | | | | |
| 25 | m | 586 | Buck, | Klaus | Siemens | 62 | 18600 | 1:36:17 | 2 | 0:05:11 | 46700 | 4:05:54 | 6 | 0:05:16 |
| | m | 587 | Sie Too, | Petrus | Siemens | 58 | 18600 | 1:42:16 | 2 | 0:05:30 | | | | |
| | w | 253 | Goebel, | Petra | Siemens | 69 | 9500 | 0:47:21 | 2 | 0:04:59 | | | | |
| 26 | w | 229 | Marthiens, | Ute | Polizei HH | 52 | 18600 | 1:50:30 | 2 | 0:05:56 | 43800 | 3:48:27 | 6 | 0:05:13 |
| | m | 560 | Laude, | Niels | Polizei HH | 75 | 12600 | 0:58:52 | 2 | 0:04:40 | | | | |
| | m | 559 | Krüger, | Wilfried | Polizei HH | 60 | 12600 | 0:59:05 | 2 | 0:04:41 | | | | |
| 27 | m | 597 | Peschke, | Daniel | Still | 79 | 18600 | 1:22:28 | 2 | 0:04:26 | 40500 | 3:14:02 | 5 | 0:04:47 |
| | m | 258 | Schirmer, | Thomas | Still | 77 | 18600 | 1:29:13 | 2 | 0:04:48 | | | | |
| | w | 600 | Vandreier, | Stefanie | Still | 89 | 3300 | 0:22:21 | 1 | 0:06:46 | | | | |
| 28 | w | 526 | Hilgendorf, | Carmen | Montblanc | 84 | 12600 | 0:57:49 | 2 | 0:04:35 | 37800 | 2:57:59 | 6 | 0:04:43 |
| | m | 529 | Scherer, | Gerhold | Montblanc | 71 | 12600 | 0:58:13 | 2 | 0:04:37 | | | | |
| | w | 528 | Pöhler, | Julia | Montblanc | 81 | 12600 | 1:01:57 | 2 | 0:04:55 | | | | |
| 29 | m | 387 | Stüfen, | Sönke | Energie SV | 65 | 12600 | 1:06:06 | 2 | 0:05:15 | 37800 | 3:27:48 | 6 | 0:05:30 |
| | w | 389 | Zöllner, | Tina | Energie SV | 77 | 12600 | 1:10:42 | 2 | 0:05:37 | | | | |
| | w | 388 | Tschiltschke, | Solvejg | Energie SV | 91 | 12600 | 1:11:00 | 2 | 0:05:38 | | | | |
| 30 | m | 663 | Wehowsky, | Frank | TÜV-Nord | 62 | 18600 | 1:27:19 | 2 | 0:04:42 | 37700 | 3:15:19 | 6 | 0:05:11 |
| | m | 635 | Pöhler, | Andre | TÜV-Nord | 75 | 12600 | 1:06:54 | 2 | 0:05:19 | | | | |
| | w | 632 | Glismann, | Angela | TÜV-Nord | 57 | 6500 | 0:41:06 | 2 | 0:06:19 | | | | |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | Teamstrecke | Teamzeit | Teamstarts | Teamschnitt |
|-------|-----|------|-----------------|---------------|--------------|----|---------|---------|--------|---------|-------------|----------|------------|-------------|
| 31 | w | 477 | Voß, | Katharina | K&M Sport | 83 | 18800 | 1:25:19 | 3 | 0:04:32 | 37400 | 3:03:17 | 5 | 0:04:54 |
| | m | 476 | Sprenger, | Mathias | K&M Sport | 78 | 9300 | 0:45:16 | 1 | 0:04:52 | | | | |
| | m | 475 | Schüßler, | Lutz | K&M Sport | 63 | 9300 | 0:52:42 | 1 | 0:05:40 | | | | |
| 32 | m | 75 | Gerstmann, | Thorsten | Gasnetz HH | 72 | 18600 | 1:26:05 | 2 | 0:04:38 | 37200 | 3:00:39 | 4 | 0:04:51 |
| | w | 405 | Westphal, | Luise | Gasnetz HH | 85 | 9300 | 0:43:50 | 1 | 0:04:43 | | | | |
| | m | 402 | Bulla, | Bernhard | Gasnetz HH | 60 | 9300 | 0:50:44 | 1 | 0:05:27 | | | | |
| 33 | m | 52 | Rowedder, | Frank | Deut.Bank | 66 | 18600 | 1:57:14 | 2 | 0:06:18 | 37200 | 3:44:11 | 4 | 0:06:02 |
| | m | 688 | Ehrenberg, | Frank | Deut.Bank | 59 | 9300 | 0:53:15 | 1 | 0:05:44 | | | | |
| | w | 363 | Keim, | Gesche | Deut.Bank | 66 | 9300 | 0:53:42 | 1 | 0:05:46 | | | | |
| 34 | w | 471 | Balduhn, | Ann-Kathrin | Jungheinrich | 95 | 18600 | 1:13:53 | 2 | 0:03:58 | 34200 | 2:22:04 | 4 | 0:04:09 |
| | m | 473 | Krüger, | Marian | Jungheinrich | 89 | 9300 | 0:38:21 | 1 | 0:04:07 | | | | |
| | m | 722 | Lautenschlager, | Moritz | Jungheinrich | 90 | 6300 | 0:29:50 | 1 | 0:04:44 | | | | |
| 35 | m | 625 | Müller, | Reinhard | Tchibo | 67 | 12600 | 0:55:17 | 2 | 0:04:23 | 31700 | 2:37:47 | 6 | 0:04:59 |
| | m | 627 | Seliger, | Niels-Michael | Tchibo | 71 | 12600 | 0:58:13 | 2 | 0:04:37 | | | | |
| | w | 623 | Gerth, | Claudia | Tchibo | 73 | 6500 | 0:44:17 | 2 | 0:06:49 | | | | |
| 36 | m | 374 | Wohlfrohm, | Björn | EDEKA | 78 | 18600 | 1:34:30 | 2 | 0:05:05 | 31200 | 2:34:27 | 4 | 0:04:57 |
| | m | 693 | Schaake-Scho | Ilja Che | EDEKA | 69 | 9300 | 0:44:42 | 1 | 0:04:48 | | | | |
| | w | 371 | Kalthoff, | Lena | EDEKA | 87 | 3300 | 0:15:15 | 1 | 0:04:37 | | | | |
| 37 | m | 161 | Tilch, | Peter | HPA | 55 | 12600 | 1:12:00 | 2 | 0:05:43 | 31200 | 2:55:39 | 4 | 0:05:38 |
| | m | 707 | Scholz, | Stephan | HPA | 70 | 9300 | 0:42:37 | 1 | 0:04:35 | | | | |
| | w | 413 | Lohstroh, | Ellen | HPA | 57 | 9300 | 1:01:02 | 1 | 0:06:34 | | | | |
| 38 | w | 347 | Kothe, | Antonia | CLD HH | 84 | 12600 | 1:05:54 | 2 | 0:05:14 | 31200 | 2:58:09 | 4 | 0:05:43 |
| | w | 30 | Pahl, | Svea | CLD HH | 2 | 9300 | 0:54:42 | 1 | 0:05:53 | | | | |
| | w | 346 | Kollemann, | Sabine | CLD HH | 64 | 9300 | 0:57:33 | 1 | 0:06:11 | | | | |
| 39 | m | 717 | Herrmann, | Thomas | HEK | 58 | 9300 | 0:48:56 | 1 | 0:05:16 | 25100 | 2:16:22 | 4 | 0:05:26 |
| | m | 718 | Lemkau, | Niels | HEK | 65 | 9300 | 0:52:14 | 1 | 0:05:37 | | | | |
| | w | 658 | Gröhn, | Sina | HEK | 95 | 6500 | 0:35:12 | 2 | 0:05:25 | | | | |
| 40 | w | 344 | Storde, | Nadine | Beiersdorf | 81 | 9300 | 0:48:00 | 1 | 0:05:10 | 24900 | 2:15:03 | 3 | 0:05:25 |
| | m | | Mutz, | Michael | Beiersdorf | 67 | 9300 | 0:54:55 | 1 | 0:05:54 | | | | |
| | m | 343 | Goschke, | Andreas | Beiersdorf | 73 | 6300 | 0:32:08 | 1 | 0:05:06 | | | | |
| 41 | m | 602 | Bruhns, | Michael | Rot Gelb | 51 | 9300 | 0:59:51 | 1 | 0:06:26 | 22100 | 2:05:53 | 4 | 0:05:42 |
| | w | 259 | Becker, | Barbara | Rot Gelb | 71 | 6500 | 0:30:25 | 2 | 0:04:41 | | | | |
| | m | 603 | Hoppe, | Holger | Rot Gelb | 71 | 6300 | 0:35:37 | 1 | 0:05:39 | | | | |
| 42 | m | 350 | Kafke, | Norbert | BBK | 60 | 12600 | 1:14:37 | 2 | 0:05:55 | 19000 | 1:47:16 | 4 | 0:05:39 |
| | m | 682 | Wenzlaff, | Borwin | BBK | 69 | 3200 | 0:14:36 | 1 | 0:04:34 | | | | |
| | w | 681 | Bock, | Andrea | BBK | 75 | 3200 | 0:18:03 | 1 | 0:05:38 | | | | |
| 43 | m | 271 | Hoch, | Christoph | Alto-Nabe | 60 | 6300 | 0:27:43 | 1 | 0:04:24 | 18900 | 1:35:19 | 3 | 0:05:03 |
| | w | 685 | Engelbrecht, | Martina | Alto-Nabe | 64 | 6300 | 0:33:26 | 1 | 0:05:18 | | | | |
| | w | 270 | Steinhaus, | Daniela | Alto-Nabe | 83 | 6300 | 0:34:10 | 1 | 0:05:25 | | | | |
| 44 | m | 360 | Steinfeld, | Marco | Dataport | 75 | 6300 | 0:31:09 | 1 | 0:04:57 | 18900 | 1:53:47 | 3 | 0:06:01 |
| | w | 44 | Huebinger, | Yvonne | Dataport | 81 | 6300 | 0:39:28 | 1 | 0:06:16 | | | | |
| | w | 45 | König, | Johanna | Dataport | 64 | 6300 | 0:43:10 | 1 | 0:06:51 | | | | |

| Gold Damen | | Name | Vorname | BSG | JG | Strecke | Zeit | Schnitt | Starts | 1961 und älter |
|------------|------------|-----------|------------|-----|-------|---------|------|---------|--------|----------------|
| 1 | Marthiens, | Ute | Polizei HH | 52 | 18600 | 1:50:30 | 2 | 0:05:56 | | |
| 2 | Jordan, | Angelika | HHLA | 57 | 15900 | 1:51:20 | 3 | 0:07:00 | | |
| 3 | Sagert, | Erika | HapagLloyd | 52 | 15600 | 1:31:33 | 2 | 0:05:52 | | |
| 4 | Hagemann, | Anna | NDR | 47 | 15600 | 1:41:09 | 2 | 0:06:29 | | |
| 5 | Frey, | Birgit | ELBE-Sport | 57 | 12600 | 1:27:22 | 2 | 0:06:56 | | |
| 6 | Lohstroh, | Ellen | HPA | 57 | 9300 | 1:01:02 | 1 | 0:06:34 | | |
| 7 | Glismann, | Angela | TÜV-Nord | 57 | 6500 | 0:41:06 | 2 | 0:06:19 | | |
| 8 | Orlowski, | Elke | PHILIPS | 41 | 6500 | 1:09:18 | 2 | 0:10:40 | | |
| 9 | Tesch, | Katharina | Tchibo | 58 | 6300 | 0:33:33 | 1 | 0:05:20 | | |
| 10 | Rasmussen, | Ingrid | TÜV-Nord | 52 | 6300 | 0:42:05 | 1 | 0:06:41 | | |

| Silber Damen | | 1962 -1982 | | | | | | | | |
|--------------|------------|-------------|------------|----|-------|---------|---|---------|--|--|
| 1 | Garbers, | Catharina | Airbus | 81 | 37700 | 3:19:27 | 6 | 0:05:17 | | |
| 2 | Courtault, | Britta | Haspa | 66 | 37700 | 3:28:20 | 6 | 0:05:32 | | |
| 3 | Kersten, | Ines | Laufwerk | 62 | 37700 | 3:34:52 | 6 | 0:05:42 | | |
| 4 | Buchmann, | Sigrid | AK Nord | 68 | 22100 | 2:01:08 | 4 | 0:05:29 | | |
| 5 | Matzke, | Svenja | PHILIPS | 78 | 18900 | 1:41:07 | 3 | 0:05:21 | | |
| 6 | Balzer, | Maren | Zoll | 67 | 18900 | 1:42:33 | 3 | 0:05:26 | | |
| 7 | Köhler, | Beatrix | Runn Green | 67 | 18900 | 1:47:04 | 3 | 0:05:40 | | |
| 8 | Putensen, | Anne-Katrin | Laufwerk | 80 | 18600 | 1:28:32 | 2 | 0:04:46 | | |
| 9 | Kaßen, | Dortje | Laufladen | 73 | 18600 | 1:29:37 | 2 | 0:04:49 | | |
| 10 | Ahrens, | Janet | HapagLloyd | 79 | 18600 | 1:30:30 | 2 | 0:04:52 | | |

| Damen | | 1983 und jünger | | | | | | | | |
|-------|--------------|-----------------|--------------|----|-------|---------|---|---------|--|--|
| 1 | Hielscher, | Marie | Runn Green | 84 | 37700 | 2:34:13 | 6 | 0:04:05 | | |
| 2 | Brockmann, | Christina | Airbus | 84 | 37700 | 2:38:03 | 6 | 0:04:12 | | |
| 3 | Goebel, | Sonia Isabel | Knossos.de | 90 | 37700 | 2:44:44 | 6 | 0:04:22 | | |
| 4 | Schultz, | Eva | Airbus | 84 | 28200 | 2:06:47 | 4 | 0:04:30 | | |
| 5 | Hagenstein, | Julia | Runn Green | 90 | 19100 | 1:28:03 | 4 | 0:04:37 | | |
| 6 | Voß, | Katharina | K&M Sport | 83 | 18800 | 1:25:19 | 3 | 0:04:32 | | |
| 7 | Balduhn, | Ann-Kathrin | Jungheinrich | 95 | 18600 | 1:13:53 | 2 | 0:03:58 | | |
| 8 | Meyer-Ranke, | Josefine | Olympus Oste | 97 | 18600 | 1:16:12 | 2 | 0:04:06 | | |
| 9 | Kurr Otero, | Cecile | Airbus | 85 | 18600 | 1:18:22 | 2 | 0:04:13 | | |
| 10 | Schmidt, | Karen | ERGOsports | 86 | 18600 | 1:39:07 | 2 | 0:05:20 | | |

| Gold Herren | | | | 1961 und älter | | | | |
|----------------------|------------------|-------------------|--------------|------------------------|-------|---------|---|---------|
| 1 | Meyer-Reim, | Utz | DZ HYP | 61 | 37700 | 3:10:38 | 6 | 0:05:03 |
| 2 | Petsch, | Wolfgang | Signal Iduna | 60 | 37700 | 3:11:16 | 6 | 0:05:04 |
| 3 | Schmidt, | Gunter | Airbus | 61 | 37700 | 3:13:52 | 6 | 0:05:09 |
| 4 | Lüders-Bahlmann, | Uwe | NDR | 56 | 28400 | 2:20:38 | 5 | 0:04:57 |
| 5 | Eybächer, | Michael | ELBE-Sport | 43 | 28100 | 3:33:53 | 4 | 0:07:37 |
| 6 | Pepperrell, | Stephen | BACARDI | 58 | 18900 | 1:56:07 | 3 | 0:06:09 |
| 7 | Lever, | Patrick | Stern | 61 | 18600 | 1:29:40 | 2 | 0:04:49 |
| 8 | Schulz, | Thomas | NDR | 61 | 18600 | 1:33:58 | 2 | 0:05:03 |
| 9 | Schmidt, | Jürgen | DZ HYP | 54 | 18600 | 1:36:29 | 2 | 0:05:11 |
| 10 | Ulrich, | Rainer | OTTO | 60 | 18600 | 1:38:07 | 2 | 0:05:17 |
| Silber Herren | | | | 1962 -1982 | | | | |
| 1 | Gresens, | Jan | Runn Green | 75 | 37700 | 2:30:09 | 6 | 0:03:59 |
| 2 | Jansen, | Thies | Airbus | 71 | 37700 | 2:34:11 | 6 | 0:04:05 |
| 3 | Neumann, | Uwe | FA HH | 73 | 37700 | 2:34:34 | 6 | 0:04:06 |
| 4 | Reimer, | Tobias | HHLA | 74 | 37700 | 2:37:17 | 6 | 0:04:10 |
| 5 | Krastev, | Ulli | BACARDI | 69 | 37700 | 2:41:51 | 6 | 0:04:18 |
| 6 | Firyn, | Heiko | BG Verkehr | 79 | 37700 | 2:48:01 | 6 | 0:04:27 |
| 7 | Lambracht, | Gerald | Stern | 70 | 37700 | 2:59:09 | 6 | 0:04:45 |
| 8 | Bastian, | Jens | G+J | 63 | 37700 | 3:05:21 | 6 | 0:04:55 |
| 9 | Schubert, | Ralph | HapagLloyd | 73 | 37700 | 3:13:41 | 6 | 0:05:08 |
| 10 | Scholz, | Christian | Haspa | 82 | 37700 | 3:16:49 | 6 | 0:05:13 |
| 11 | Stäcker, | Frank | PHILIPS | 64 | 37700 | 3:29:38 | 6 | 0:05:34 |
| 12 | Braeuer, | Karsten | Stern | 72 | 37700 | 3:30:34 | 6 | 0:05:35 |
| Herren | | | | 1983 und jünger | | | | |
| 1 | Huhn, | Philipp | Runn Green | 88 | 37700 | 2:27:11 | 6 | 0:03:54 |
| 2 | Wilde, | Tim | HapagLloyd | 85 | 37700 | 2:42:24 | 6 | 0:04:18 |
| 3 | Schnell, | Steffen | HapagLloyd | 87 | 24900 | 1:46:45 | 3 | 0:04:17 |
| 4 | Bilanovic, | Anto | Knossos.de | 83 | 19100 | 1:45:12 | 4 | 0:05:30 |
| 5 | Gierach, | Nils | Zoll | 86 | 18900 | 1:22:07 | 3 | 0:04:21 |
| 6 | Hausmann, | Malte | Knossos.de | 84 | 18800 | 1:31:26 | 3 | 0:04:52 |
| 7 | Schröder, | Julius Maximilian | NDR | 95 | 18600 | 1:03:54 | 2 | 0:03:26 |
| 8 | Rollnik, | Jean-Pierre | Airbus | 90 | 18600 | 1:06:25 | 2 | 0:03:34 |
| 9 | Dieckmann, | Lukas | Laufwerk | 85 | 18600 | 1:10:04 | 2 | 0:03:46 |
| 10 | Schlag, | Marcel | Laufwerk | 87 | 18600 | 1:10:54 | 2 | 0:03:49 |