

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-------------|-------------|--------------|----|---------|----------|--------|---------|
| 1 | m | 271 | Czoschke, | Rene | OTTO | 87 | 116880 | 7:41:44 | 18 | 0:03:57 |
| 2 | m | 454 | Wilde, | Tim | HapagLloyd | 85 | 116880 | 8:13:31 | 18 | 0:04:13 |
| 3 | m | 300 | Lambracht, | Gerald | Stern | 70 | 116880 | 8:20:13 | 18 | 0:04:17 |
| 4 | m | 451 | Schnell, | Steffen | HapagLloyd | 87 | 116880 | 9:05:28 | 18 | 0:04:40 |
| 5 | m | 446 | Scholz, | Christian | Haspa | 82 | 116880 | 9:27:40 | 18 | 0:04:51 |
| 6 | m | 391 | Deren, | Slawomir | Energie SV | 82 | 116880 | 9:57:45 | 18 | 0:05:07 |
| 7 | m | 453 | Schubert, | Ralph | HapagLloyd | 73 | 116880 | 10:28:23 | 18 | 0:05:23 |
| 8 | w | 341 | Dux, | Maren | Airbus | 68 | 116880 | 10:36:52 | 18 | 0:05:27 |
| 9 | w | 353 | Büsen, | Melanie | Beiersdorf | 81 | 116880 | 11:51:21 | 18 | 0:06:05 |
| 10 | w | 244 | Sagert, | Erika | HapagLloyd | 52 | 113680 | 11:23:37 | 17 | 0:06:01 |
| 11 | m | 564 | Hoffmann, | Elias | Signal Iduna | 96 | 98080 | 6:23:20 | 15 | 0:03:55 |
| 12 | m | 488 | Neumann, | Uwe | FA HH | 73 | 98080 | 6:57:31 | 15 | 0:04:15 |
| 13 | m | 21 | Krastev, | Ulli | BACARDI | 69 | 97710 | 7:08:47 | 15 | 0:04:23 |
| 14 | m | 268 | Winkeler, | Tobias | Nordmark | 88 | 96680 | 7:10:47 | 14 | 0:04:27 |
| 15 | m | 577 | Sturm, | Lukas | Tchibo | 95 | 95580 | 7:07:58 | 15 | 0:04:29 |
| 16 | w | 315 | Goebel, | Petra | Siemens | 69 | 86280 | 7:45:30 | 14 | 0:05:24 |
| 17 | m | 379 | Meyer-Reim, | Utz | DZ Hyp | 61 | 86180 | 7:42:42 | 14 | 0:05:22 |
| 18 | m | 339 | Borgstädt, | Tim | Airbus | 53 | 84880 | 8:00:49 | 14 | 0:05:40 |
| 19 | m | 19 | Trümper, | Michael | Airbus | 66 | 82080 | 7:04:37 | 12 | 0:05:10 |
| 20 | m | 593 | Becker, | Jens-Gerrit | OTTO | 62 | 78720 | 6:41:32 | 13 | 0:05:06 |
| 21 | m | 297 | Braeuer, | Karsten | Stern | 72 | 76410 | 7:07:29 | 12 | 0:05:36 |
| 22 | m | 85 | Kozieras, | Norbert | ERGOsports | 50 | 74980 | 6:20:12 | 13 | 0:05:04 |
| 23 | w | 16 | Schultz, | Eva | Airbus | 84 | 74730 | 5:55:46 | 11 | 0:04:46 |
| 24 | m | 342 | Jansen, | Thies | Airbus | 71 | 74070 | 5:29:43 | 12 | 0:04:27 |
| 25 | m | 400 | Banck, | Sönke | ERGOsports | 67 | 73770 | 5:14:01 | 12 | 0:04:15 |
| 26 | m | 356 | Mutz, | Michael | Beiersdorf | 67 | 73500 | 7:02:05 | 12 | 0:05:45 |
| 27 | m | 275 | Dreise, | Gösta | PHILIPS | 68 | 71910 | 7:16:51 | 10 | 0:06:04 |
| 28 | w | 439 | Slomski, | Birgit | Laufladen | 75 | 70120 | 6:33:24 | 11 | 0:05:37 |
| 29 | w | 237 | Hoeft, | Gesine | Laufladen | 52 | 68210 | 6:29:37 | 11 | 0:05:43 |
| 30 | m | 45 | Rooseboom, | Markus | DZ Hyp | 65 | 63600 | 5:50:23 | 8 | 0:05:31 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|------------|--------------|----|---------|---------|--------|---------|
| 31 | m | 805 | Dörheit, | Christian | NDR | 79 | 61980 | 4:19:57 | 9 | 0:04:12 |
| 32 | m | 747 | Pfeiffer, | Axel | HHLA | 85 | 61820 | 5:55:41 | 8 | 0:05:45 |
| 33 | w | 447 | Suckow, | Maria | Haspa | 68 | 61510 | 6:26:10 | 8 | 0:06:17 |
| 34 | m | 720 | Schmidt, | Gunter | Airbus | 61 | 60570 | 5:23:38 | 9 | 0:05:21 |
| 35 | m | 231 | Reimer, | Tobias | HHLA | 74 | 60280 | 4:09:20 | 10 | 0:04:08 |
| 36 | m | 376 | Albrecht, | Axel | DNV | 66 | 58520 | 3:59:34 | 7 | 0:04:06 |
| 37 | w | 603 | Brockmann, | Christina | Airbus | 84 | 58070 | 4:10:07 | 9 | 0:04:18 |
| 38 | m | 234 | Breitenstein, | Andre | Laufladen | 67 | 57520 | 4:24:33 | 6 | 0:04:36 |
| 39 | m | 573 | Weitmann, | Daniel | Signal Iduna | 72 | 57520 | 5:03:02 | 6 | 0:05:16 |
| 40 | m | 562 | Hoppe, | Holger | Rot Gelb | 71 | 57520 | 5:04:28 | 6 | 0:05:18 |
| 41 | w | 2 | Buchmann, | Sigrid | Agapleasure | 68 | 57520 | 5:04:56 | 6 | 0:05:18 |
| 42 | m | 364 | Persiel, | Arne | Commerzbank | 66 | 57520 | 5:30:48 | 7 | 0:05:45 |
| 43 | m | 626 | Kramer, | Philipp | ELBE-Sport | 67 | 57230 | 5:28:28 | 8 | 0:05:44 |
| 44 | m | 421 | Reschke, | Mark | HPA | 72 | 56100 | 4:49:54 | 9 | 0:05:10 |
| 45 | w | 478 | Kersten, | Ines | Laufwerk | 62 | 56080 | 6:04:32 | 9 | 0:06:30 |
| 46 | m | 305 | Twesten, | Dennis | Stern | 83 | 54920 | 4:44:37 | 8 | 0:05:11 |
| 47 | m | 344 | Knaack, | Tobias | Airbus | 75 | 54900 | 4:40:47 | 9 | 0:05:07 |
| 48 | m | 284 | Stäcker, | Frank | PHILIPS | 64 | 54900 | 5:15:47 | 9 | 0:05:45 |
| 49 | m | 574 | Kutschera, | Sven | Tchibo | 79 | 53970 | 4:08:11 | 9 | 0:04:36 |
| 50 | m | 383 | Eybächer, | Michael | ELBE-Sport | 43 | 53200 | 7:00:27 | 10 | 0:07:54 |
| 51 | w | 475 | Timpe, | Kerstin | Opensport | 68 | 51520 | 5:29:31 | 6 | 0:06:24 |
| 52 | m | 291 | Schmidt, | Birger | Polizei HH | 84 | 51160 | 3:16:43 | 10 | 0:03:51 |
| 53 | w | 75 | Regolin, | Lea | Energie SV | 98 | 51120 | 5:10:19 | 6 | 0:06:04 |
| 54 | m | 649 | Stein, | Christian | Laufladen | 78 | 49720 | 3:18:59 | 5 | 0:04:00 |
| 55 | m | 629 | Höhne, | David | Energie SV | 83 | 49720 | 3:28:08 | 5 | 0:04:11 |
| 56 | m | 27 | Hildebrandt, | Maximilian | BBK | 94 | 49720 | 3:31:28 | 5 | 0:04:15 |
| 57 | m | 648 | Putnings, | Thomas | Laufladen | 74 | 49720 | 3:39:01 | 5 | 0:04:24 |
| 58 | m | 646 | Böttcher, | Dirk | Laufladen | 69 | 49720 | 3:41:30 | 5 | 0:04:27 |
| 59 | m | 694 | Lever, | Patrick | Stern | 61 | 49720 | 4:07:51 | 5 | 0:04:59 |
| 60 | m | 670 | Lowin, | Focko | Laufwerk | 74 | 49720 | 4:10:07 | 5 | 0:05:02 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|----------------|------------|------------|----|---------|---------|--------|---------|
| 61 | w | 659 | Tell, | Johanna | HapagLloyd | 90 | 49720 | 4:28:03 | 5 | 0:05:23 |
| 62 | m | 337 | Grove, | Frank | WTM HH | 66 | 49720 | 5:07:45 | 5 | 0:06:11 |
| 63 | m | 405 | Holt, | Johannes | ERGOsports | 84 | 49570 | 3:52:34 | 9 | 0:04:42 |
| 64 | m | 42 | Backhausen, | Dirk | DNV | 66 | 48920 | 3:42:22 | 6 | 0:04:33 |
| 65 | m | 456 | Zielinski, | Dieter | HapagLloyd | 72 | 48220 | 3:14:03 | 5 | 0:04:01 |
| 66 | w | 484 | Günther, | Sina | FA HH | 98 | 48220 | 3:25:44 | 5 | 0:04:16 |
| 67 | m | 240 | Ackermann, | Siegfried | Haspa | 60 | 48220 | 4:10:03 | 5 | 0:05:11 |
| 68 | w | 487 | Neumann, | Corinna | FA HH | 68 | 48220 | 4:16:53 | 5 | 0:05:20 |
| 69 | m | 255 | Dieckmann, | Lukas | Laufwerk | 85 | 48000 | 2:55:49 | 5 | 0:03:40 |
| 70 | m | 5 | Gizsas, | Heiner | Airbus | 76 | 48000 | 4:03:52 | 5 | 0:05:05 |
| 71 | m | 48 | Sperfeld, | Dirk | EDEKA | 70 | 47920 | 4:08:33 | 5 | 0:05:11 |
| 72 | m | 599 | Taferner, | Johann | DNV | 48 | 47920 | 4:30:48 | 5 | 0:05:39 |
| 73 | m | 258 | Reichel-Busch, | Oliver | Lufthansa | 73 | 47920 | 4:31:00 | 5 | 0:05:39 |
| 74 | m | 4 | Felger, | Fritz | Airbus | 59 | 47920 | 4:50:37 | 5 | 0:06:04 |
| 75 | m | 22 | Croissier, | René | Baubehörde | 50 | 47920 | 5:24:26 | 5 | 0:06:46 |
| 76 | m | 49 | Gaebert, | Günter | ELBE-Sport | 64 | 47360 | 4:22:35 | 6 | 0:05:33 |
| 77 | m | 236 | Goergens, | Michael | Laufladen | 55 | 47360 | 4:38:50 | 6 | 0:05:53 |
| 78 | m | 479 | Radcliffe, | Paul | Laufwerk | 75 | 46980 | 4:02:39 | 7 | 0:05:10 |
| 79 | m | 390 | Bulla, | Bernhard | Energie SV | 60 | 46920 | 4:10:59 | 5 | 0:05:21 |
| 80 | m | 524 | Baier, | Alois | Olympus | 59 | 46920 | 4:39:02 | 5 | 0:05:57 |
| 81 | m | 546 | Huhn, | Philipp | Runn Green | 88 | 46820 | 3:00:30 | 5 | 0:03:51 |
| 82 | m | 527 | Kroll, | Kristoffer | Olympus | 89 | 46820 | 3:31:47 | 5 | 0:04:31 |
| 83 | m | 644 | Meyer, | Mario | HW | 63 | 46820 | 4:06:26 | 7 | 0:05:16 |
| 84 | m | 533 | Haubrich, | Gerhard | PHILIPS | 43 | 46820 | 4:54:12 | 5 | 0:06:17 |
| 85 | w | 576 | Pries, | Daniela | Tchibo | 73 | 46800 | 3:42:38 | 8 | 0:04:45 |
| 86 | m | 392 | Engel, | Leonard | Energie SV | 96 | 46700 | 3:56:04 | 7 | 0:05:03 |
| 87 | w | 412 | Müller, | Nicole | Gaden | 83 | 46190 | 4:17:55 | 5 | 0:05:35 |
| 88 | m | 91 | Schottenhaml, | Andreas | Gaden | 75 | 46120 | 4:01:26 | 6 | 0:05:14 |
| 89 | m | 521 | Gehn, | Marcel | Nordmark | 94 | 45500 | 3:43:38 | 6 | 0:04:55 |
| 90 | m | 470 | Moya, | Angel | Krüss-OSH | 82 | 44220 | 3:24:05 | 5 | 0:04:37 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|-------------|--------------|----|---------|---------|--------|---------|
| 91 | m | 518 | Schulz, | Thomas | NDR | 61 | 44020 | 3:41:34 | 5 | 0:05:02 |
| 92 | w | 438 | Schmidt, | Christine | Laufladen | 84 | 43510 | 4:04:03 | 6 | 0:05:37 |
| 93 | m | 59 | Denker, | Karsten | Energie SV | 71 | 42600 | 4:01:41 | 7 | 0:05:40 |
| 94 | m | 233 | Bach, | Wolfgang | Laufladen | 82 | 40960 | 3:25:01 | 5 | 0:05:00 |
| 95 | w | 455 | Wolf, | Corinna | HapagLloyd | 89 | 40960 | 3:28:23 | 5 | 0:05:05 |
| 96 | w | 749 | Berghausen, | Solveig | Laufladen | 75 | 40420 | 3:28:06 | 4 | 0:05:09 |
| 97 | m | 709 | Lück, | Ronald | EDEKA | 75 | 40200 | 3:16:56 | 4 | 0:04:54 |
| 98 | m | 64 | Heinzel, | Kai | Energie SV | 80 | 40200 | 3:19:10 | 4 | 0:04:57 |
| 99 | m | 78 | Specius, | Andree | Energie SV | 90 | 40120 | 2:48:44 | 4 | 0:04:12 |
| 100 | m | 267 | Gniechwitz, | Peter | Nordmark | 65 | 40120 | 2:55:28 | 4 | 0:04:22 |
| 101 | m | 87 | Gerlach, | Stephan | Gaden | 72 | 40120 | 2:55:31 | 4 | 0:04:22 |
| 102 | w | 668 | Werner, | Kristina | Krüss-OSH | 82 | 40120 | 3:15:17 | 4 | 0:04:52 |
| 103 | w | 246 | Wolf, | Simone | HapagLloyd | 89 | 40120 | 3:23:13 | 4 | 0:05:04 |
| 104 | m | 227 | Tilch, | Peter | HPA | 55 | 40100 | 3:42:29 | 6 | 0:05:33 |
| 105 | m | 689 | Timm, | Philipp | Polizei HH | 93 | 39120 | 2:47:24 | 4 | 0:04:17 |
| 106 | m | 687 | Hensel, | Jullian | PHILIPS | 85 | 39120 | 3:00:53 | 4 | 0:04:37 |
| 107 | m | 634 | Ehrke, | Michael | ERGOsports | 59 | 39120 | 3:35:35 | 4 | 0:05:31 |
| 108 | m | 623 | Herrmann, | Michael | Deut.Bank | 61 | 39120 | 3:56:02 | 4 | 0:06:02 |
| 109 | m | 343 | Kiehl, | Thorsten | Airbus | 84 | 38960 | 2:53:45 | 6 | 0:04:28 |
| 110 | m | 572 | Vollmers, | Thomas | Signal Iduna | 71 | 38960 | 2:54:40 | 6 | 0:04:29 |
| 111 | m | 580 | Benz, | Markus | TK | 69 | 38960 | 3:29:31 | 6 | 0:05:23 |
| 112 | m | 429 | Westphal, | Wolfgang | Hochbahn | 54 | 38960 | 3:39:37 | 6 | 0:05:38 |
| 113 | m | 419 | Lange, | Klaus-Peter | HH Airport | 60 | 38960 | 4:26:37 | 6 | 0:06:51 |
| 114 | m | 474 | Steuernagel, | Curt | Krüss-OSH | 56 | 38960 | 4:28:23 | 6 | 0:06:53 |
| 115 | m | 520 | Warneck, | Marco | NDR | 78 | 38620 | 2:40:41 | 4 | 0:04:10 |
| 116 | m | 362 | Kasper, | Thomas | Commerzbank | 68 | 38620 | 3:14:20 | 4 | 0:05:02 |
| 117 | m | 579 | Stephan, | Achim | wellnuss.de | 76 | 38400 | 2:40:30 | 4 | 0:04:11 |
| 118 | m | 10 | Jakobsen, | Frank | Airbus | 66 | 38400 | 3:18:03 | 4 | 0:05:09 |
| 119 | m | 460 | Zachos, | Dimitrios | HEK | 78 | 38290 | 3:19:40 | 5 | 0:05:13 |
| 120 | w | 471 | Poon, | Marianne | Krüss-OSH | 85 | 38100 | 2:58:20 | 8 | 0:04:41 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|---------------|--------------|----|---------|---------|--------|---------|
| 121 | m | 377 | Bajric, | Mersudin | DNV | 74 | 37620 | 2:44:21 | 4 | 0:04:22 |
| 122 | m | 591 | Matthias, | Friedrich | WTM HH | 88 | 37620 | 3:15:08 | 4 | 0:05:11 |
| 123 | m | 403 | Faust, | Thomas | ERGOsports | 62 | 37620 | 3:21:36 | 4 | 0:05:22 |
| 124 | m | 418 | Wenrich, | Alexander | Generali | 66 | 37520 | 2:53:23 | 4 | 0:04:37 |
| 125 | m | 382 | Ruf, | Martin | EDEKA | 85 | 37520 | 3:03:10 | 4 | 0:04:53 |
| 126 | w | 411 | Lüders, | Kerstin | Gaden | 63 | 37520 | 3:13:51 | 4 | 0:05:10 |
| 127 | w | 254 | Goebel, | Sonia Isabel | Knossos.de | 90 | 37420 | 2:55:11 | 6 | 0:04:41 |
| 128 | m | 528 | Schweigert, | Karl-Heinz | Olympus | 63 | 37400 | 3:22:05 | 4 | 0:05:24 |
| 129 | m | 41 | Voß, | Thomas | Deut.Bank | 67 | 37320 | 3:06:14 | 4 | 0:04:59 |
| 130 | m | 432 | Drengwitz, | Andreas | Laufladen | 62 | 37320 | 3:30:31 | 4 | 0:05:38 |
| 131 | m | 29 | Fielitz, | Andreas | Commerzbank | 72 | 37300 | 2:44:31 | 4 | 0:04:25 |
| 132 | m | 592 | Otto, | Thomas | WTM HH | 91 | 37300 | 3:27:37 | 4 | 0:05:34 |
| 133 | m | 600 | Kores, | Robert | CW-IT.de | 86 | 36220 | 2:25:06 | 4 | 0:04:00 |
| 134 | w | 482 | Willamowski, | Claudia | Laufwerk | 67 | 36220 | 2:46:27 | 4 | 0:04:36 |
| 135 | m | 251 | Schwiers, | Thomas | Jungheinrich | 69 | 36220 | 3:00:36 | 4 | 0:04:59 |
| 136 | m | 472 | Rosner, | Ingo | Krüß-OSH | 55 | 36220 | 3:02:29 | 4 | 0:05:02 |
| 137 | m | 491 | Peise, | Carsten | FA HH | 70 | 36220 | 3:18:24 | 4 | 0:05:29 |
| 138 | m | 553 | Radou, | Frederic | Stern | 67 | 36220 | 3:27:33 | 4 | 0:05:44 |
| 139 | w | 380 | Pohl, | Katja | DZ Hyp | 69 | 36100 | 3:38:22 | 6 | 0:06:03 |
| 140 | w | 384 | Frey, | Birgit | ELBE-Sport | 57 | 35460 | 4:16:45 | 6 | 0:07:14 |
| 141 | m | 307 | Balzer, | Klaus | Zoll | 69 | 35270 | 2:48:36 | 7 | 0:04:47 |
| 142 | m | 525 | Janssen, | Christoph | Olympus | 98 | 34800 | 3:02:54 | 6 | 0:05:15 |
| 143 | m | 663 | Ludwig, | Dirk | Knossos.de | 71 | 34620 | 2:46:55 | 4 | 0:04:49 |
| 144 | m | 757 | Beckmann, | Niels | Knossos.de | 74 | 34620 | 2:54:42 | 4 | 0:05:03 |
| 145 | m | 371 | Ehrenberg, | Frank | Deut.Bank | 59 | 34190 | 3:29:12 | 4 | 0:06:07 |
| 146 | m | 466 | Oswald, | Andre | Knossos.de | 75 | 33870 | 2:29:36 | 5 | 0:04:25 |
| 147 | m | 651 | Fennert, | Michael | Haspa | 62 | 33660 | 2:35:27 | 5 | 0:04:37 |
| 148 | m | 370 | Hoch, | Christoph | Alto-Nabe | 60 | 33660 | 2:37:50 | 5 | 0:04:41 |
| 149 | m | 325 | Seliger, | Niels-Michael | Tchibo | 71 | 33660 | 2:39:57 | 5 | 0:04:45 |
| 150 | w | 676 | Pöhler, | Julia | Montblanc | 81 | 33660 | 2:41:07 | 5 | 0:04:47 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|--------------|--------------|----|---------|---------|--------|---------|
| 151 | w | 323 | Vollmers, | Anja | Signal Iduna | 70 | 33660 | 2:45:25 | 5 | 0:04:55 |
| 152 | w | 369 | Engelbrecht, | Martina | Alto-Nabe | 64 | 33660 | 2:59:05 | 5 | 0:05:19 |
| 153 | m | 53 | Meier, | Ralf | ELBE-Sport | 69 | 33430 | 2:29:42 | 5 | 0:04:29 |
| 154 | m | 226 | Scholz, | Stephan | HPA | 70 | 33300 | 2:50:08 | 4 | 0:05:07 |
| 155 | m | 642 | Stark, | Jöran | Funkgruppe | 78 | 33100 | 3:06:30 | 5 | 0:05:38 |
| 156 | m | 531 | Reuer, | Hans-Henning | OTTO | 67 | 33080 | 2:51:42 | 5 | 0:05:11 |
| 157 | m | 545 | Draak, | Christian | Runn Green | 75 | 32570 | 2:34:00 | 5 | 0:04:44 |
| 158 | m | 550 | Hegemann, | Bernd | G+J | 68 | 32400 | 2:40:27 | 7 | 0:04:57 |
| 159 | m | 477 | Hoppe, | Thomas | Laufwerk | 67 | 32260 | 2:14:40 | 5 | 0:04:10 |
| 160 | m | 426 | Geerke, | Jörg | HHLA | 60 | 32260 | 2:54:53 | 5 | 0:05:25 |
| 161 | w | 494 | Berels, | Marika | Lufthansa | 63 | 32260 | 3:02:54 | 5 | 0:05:40 |
| 162 | m | 248 | Büchel, | Thomas | Holborn | 76 | 32260 | 3:26:34 | 5 | 0:06:24 |
| 163 | m | 324 | Vollmers, | Laurin | Signal Iduna | 5 | 31860 | 1:56:13 | 5 | 0:03:39 |
| 164 | m | 509 | Scherer, | Gerhold | Montblanc | 71 | 31860 | 2:27:47 | 5 | 0:04:38 |
| 165 | m | 368 | Steinfeld, | Marco | Dataport | 75 | 31860 | 2:37:24 | 5 | 0:04:56 |
| 166 | m | 513 | Konrad, | Thomas | NDR | 67 | 31860 | 2:46:05 | 5 | 0:05:13 |
| 167 | m | 508 | Oltmanns, | Helmer | Montblanc | 49 | 31860 | 3:29:21 | 5 | 0:06:34 |
| 168 | m | 239 | Kohlrausch, | Jan | Laufladen | 70 | 30820 | 2:30:06 | 3 | 0:04:52 |
| 169 | m | 30 | Goebel, | Robert | Commerzbank | 67 | 30820 | 2:43:51 | 3 | 0:05:19 |
| 170 | w | 822 | Baumann, | Vera | HW | 87 | 30820 | 2:57:58 | 3 | 0:05:46 |
| 171 | m | 773 | Eren, | Levent | Stern | 76 | 30700 | 2:40:30 | 4 | 0:05:14 |
| 172 | m | 11 | Kurch, | Sebastian | Airbus | 81 | 30600 | 2:22:45 | 3 | 0:04:40 |
| 173 | m | 46 | Schmidt, | Jürgen | DZ Hyp | 54 | 29820 | 2:40:36 | 3 | 0:05:23 |
| 174 | m | 36 | Heitmann, | Brian | Dataport | 68 | 29800 | 2:55:50 | 4 | 0:05:54 |
| 175 | m | 765 | Ranke, | Philipp | Laufwerk | 89 | 29720 | 1:57:35 | 3 | 0:03:57 |
| 176 | m | 730 | Kluge, | Timo | EDEKA | 92 | 29720 | 2:51:07 | 3 | 0:05:45 |
| 177 | m | 88 | Haasenleder, | Ralf | Gaden | 58 | 29720 | 3:00:28 | 3 | 0:06:04 |
| 178 | m | 13 | Niefanger, | Thomas | Airbus | 63 | 29720 | 3:12:19 | 3 | 0:06:28 |
| 179 | m | 625 | Gruber, | Hans | DNV | 74 | 29600 | 2:13:59 | 3 | 0:04:32 |
| 180 | m | 502 | Willsch, | Pascal | Lufthansa | 78 | 29600 | 2:23:56 | 3 | 0:04:52 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|-----------|------------|----|---------|---------|--------|---------|
| 181 | w | 714 | Leibrock, | Karin | Krüss-OSH | 74 | 29600 | 2:45:34 | 3 | 0:05:36 |
| 182 | m | 624 | Ruth, | Lothar | Deut.Bank | 73 | 29520 | 2:05:44 | 3 | 0:04:16 |
| 183 | m | 628 | Bulla, | Benedikt | Energie SV | 94 | 29520 | 2:10:24 | 3 | 0:04:25 |
| 184 | w | 715 | Staas, | Kirsten | Krüss-OSH | 65 | 29520 | 2:22:19 | 3 | 0:04:49 |
| 185 | m | 666 | Golembiewski, | Andreas | Krüss-OSH | 60 | 29520 | 2:28:30 | 3 | 0:05:02 |
| 186 | w | 615 | Neumann, | Yvonne | Beiersdorf | 83 | 29520 | 3:08:21 | 3 | 0:06:23 |
| 187 | m | 534 | Koudougou, | Halidou | PHILIPS | 79 | 29500 | 2:31:31 | 5 | 0:05:08 |
| 188 | m | 635 | Hübener, | Matthias | ERGOsports | 62 | 29500 | 2:43:21 | 3 | 0:05:32 |
| 189 | m | 640 | Hampel, | Michael | Funkgruppe | 74 | 29460 | 3:15:19 | 4 | 0:06:38 |
| 190 | m | 47 | Laurisch, | Wolf | EDEKA | 72 | 29420 | 2:20:06 | 3 | 0:04:46 |
| 191 | w | 552 | Krämer, | Birgit | Stern | 64 | 29420 | 3:12:39 | 3 | 0:06:33 |
| 192 | m | 410 | Janßen, | Uwe | Gaden | 60 | 29190 | 2:57:38 | 4 | 0:06:05 |
| 193 | m | 433 | Grüter, | Daniel | Laufladen | 81 | 29100 | 1:59:32 | 3 | 0:04:06 |
| 194 | w | 441 | Zimmermann, | Nicole | Laufladen | 93 | 29100 | 2:22:59 | 3 | 0:04:55 |
| 195 | m | 385 | Frey, | Matthias | ELBE-Sport | 51 | 29070 | 3:37:33 | 5 | 0:07:29 |
| 196 | m | 691 | Aster, | Malte | Runn Green | 98 | 28420 | 1:54:37 | 3 | 0:04:02 |
| 197 | m | 703 | Bietke, | Dirk | TÜV-Nord | 71 | 28420 | 2:04:51 | 3 | 0:04:24 |
| 198 | w | 621 | Heller, | Ariane | CW-IT.de | 91 | 28420 | 2:18:09 | 3 | 0:04:52 |
| 199 | m | 378 | Bialy, von | Robert | DNV | 88 | 28020 | 1:45:56 | 3 | 0:03:47 |
| 200 | m | 483 | Groth, | Paul | FA HH | 70 | 28020 | 1:58:31 | 3 | 0:04:14 |
| 201 | m | 430 | Bendzuk, | Thorsten | Laufladen | 70 | 28020 | 2:28:29 | 3 | 0:05:18 |
| 202 | w | 3 | Chery, | Jennyfer | Airbus | 82 | 27970 | 2:48:47 | 4 | 0:06:02 |
| 203 | w | 256 | Bürger, | Kim Marie | Lufthansa | 98 | 27920 | 2:23:44 | 3 | 0:05:09 |
| 204 | w | 417 | Sals, | Angelina | Generali | 77 | 27920 | 2:48:45 | 3 | 0:06:03 |
| 205 | m | 583 | Sträßner, | Mathias | TH Eilbeck | 84 | 27800 | 2:11:09 | 3 | 0:04:43 |
| 206 | m | 367 | Sietz, | Jesper | DAK | 0 | 27800 | 2:31:41 | 3 | 0:05:27 |
| 207 | m | 366 | Sietz, | Andreas | DAK | 68 | 27800 | 2:33:32 | 3 | 0:05:31 |
| 208 | m | 492 | Rosenbaum, | Thomas | FA HH | 65 | 27700 | 2:22:35 | 3 | 0:05:09 |
| 209 | m | 381 | Wandt, | Matthias | DZ Hyp | 62 | 27700 | 2:25:29 | 3 | 0:05:15 |
| 210 | m | 311 | Liebers, | Ralf | Zoll | 64 | 27700 | 2:49:55 | 5 | 0:06:08 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|------------|--------------|----|---------|---------|--------|---------|
| 211 | m | 443 | Bornemann, | Matthias | Haspa | 63 | 27600 | 2:27:44 | 4 | 0:05:21 |
| 212 | m | 776 | Gärtner, | Christian | Tchibo | 96 | 27360 | 1:49:02 | 4 | 0:03:59 |
| 213 | m | 731 | Klöver, | Mats | ELBE-Sport | 10 | 27360 | 2:12:35 | 4 | 0:04:51 |
| 214 | w | 736 | Isermann, | Kerstin | Eppendorf | 74 | 27360 | 2:16:01 | 4 | 0:04:58 |
| 215 | m | 409 | Tramp, | Tobias | ERGOsports | 93 | 27300 | 2:03:38 | 6 | 0:04:32 |
| 216 | m | 820 | Sie Too, | Petrus | Siemens | 58 | 27290 | 2:47:11 | 3 | 0:06:08 |
| 217 | m | 782 | Reimer, | Torsten | AXA-Hbg | 54 | 27290 | 2:54:23 | 3 | 0:06:23 |
| 218 | m | 614 | Wollenschein, | Bastian | Aurubis | 80 | 27270 | 1:57:53 | 4 | 0:04:19 |
| 219 | m | 645 | Giesel, | Carsten | HHLA | 88 | 27070 | 2:04:08 | 3 | 0:04:35 |
| 220 | m | 677 | Steenfatt, | Hans-Joerg | Montblanc | 64 | 26960 | 2:53:52 | 4 | 0:06:27 |
| 221 | m | 578 | Sägert, | Jan | wellnuss.de | 78 | 26920 | 1:56:21 | 3 | 0:04:19 |
| 222 | m | 350 | Hornung, | Jürgen | AlbeDiakon | 54 | 26920 | 2:24:11 | 3 | 0:05:21 |
| 223 | w | 404 | Fönschau, | Silke | ERGOsports | 62 | 26920 | 2:27:40 | 3 | 0:05:29 |
| 224 | m | 563 | Egger, | Stefan | Signal Iduna | 78 | 26700 | 2:18:55 | 3 | 0:05:12 |
| 225 | m | 296 | Wegert, | Danny | G+J | 81 | 26700 | 2:27:30 | 3 | 0:05:31 |
| 226 | m | 51 | Hildebrandt, | Edgard | ELBE-Sport | 53 | 26700 | 2:51:11 | 3 | 0:06:25 |
| 227 | m | 452 | Schröder, | Martin | HapagLloyd | 59 | 26620 | 2:31:25 | 3 | 0:05:41 |
| 228 | m | 515 | Kuhn, | Sascha | NDR | 75 | 26560 | 2:04:32 | 4 | 0:04:41 |
| 229 | m | 37 | Steffens, | Frederik | Alto-Nabe | 81 | 26560 | 2:10:33 | 4 | 0:04:55 |
| 230 | m | 606 | Heinrich, | Stefan | Airbus | 76 | 26560 | 2:21:18 | 4 | 0:05:19 |
| 231 | m | 498 | Kaiser, | Peter | Lufthansa | 47 | 26490 | 2:31:44 | 4 | 0:05:44 |
| 232 | w | 696 | Wendt, | Mareike | Stern | 69 | 26490 | 3:06:24 | 4 | 0:07:02 |
| 233 | m | 752 | Rohlfs, | Dirk | Laufladen | 67 | 26290 | 2:02:10 | 3 | 0:04:39 |
| 234 | m | 274 | Bansemer, | Boris | PHILIPS | 52 | 25960 | 2:09:19 | 4 | 0:04:59 |
| 235 | m | 359 | Kafke, | Norbert | BBK | 60 | 25960 | 2:39:19 | 4 | 0:06:08 |
| 236 | m | 63 | Gerstmann, | Thorsten | Energie SV | 72 | 25560 | 2:01:55 | 4 | 0:04:46 |
| 237 | w | 413 | Reimers, | Wiebke | Gaden | 65 | 25560 | 2:42:11 | 4 | 0:06:21 |
| 238 | m | 450 | Schnabel, | Harald | HapagLloyd | 53 | 25560 | 2:44:12 | 4 | 0:06:25 |
| 239 | m | 568 | Rohde, | Kurt | Signal Iduna | 49 | 25560 | 2:56:31 | 4 | 0:06:54 |
| 240 | w | 567 | Reese-Theege, | Kirsten | Signal Iduna | 62 | 25560 | 3:02:10 | 4 | 0:07:08 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|------------------|-------------|--------------|----|---------|---------|--------|---------|
| 241 | m | 425 | Eckert, | Carsten | HHLA | 83 | 25490 | 2:21:28 | 4 | 0:05:33 |
| 242 | m | 481 | Tschirch, | Finn | Laufwerk | 6 | 25470 | 1:59:50 | 4 | 0:04:42 |
| 243 | m | 537 | Krüger, | Wilfried | Polizei HH | 60 | 25470 | 2:03:32 | 4 | 0:04:51 |
| 244 | m | 499 | Liese, | Hans-Ulrich | Lufthansa | 56 | 25470 | 2:43:06 | 4 | 0:06:24 |
| 245 | m | 407 | Spijker, | Rüdiger | ERGOsports | 60 | 25400 | 2:30:56 | 4 | 0:05:57 |
| 246 | m | 387 | Wilms, | Christian | ELBE-Sport | 88 | 24690 | 2:05:35 | 4 | 0:05:05 |
| 247 | w | 354 | Hollah, | Sina | Beiersdorf | 90 | 24690 | 2:08:49 | 4 | 0:05:13 |
| 248 | m | 316 | Ganschow, | Sven Robert | SRHH | 62 | 24690 | 2:53:15 | 4 | 0:07:01 |
| 249 | w | 522 | Kohlhagen, | Ramona | Nordmark | 80 | 24490 | 2:20:02 | 3 | 0:05:43 |
| 250 | m | 582 | Reincke, | Sven | TH Eilbeck | 89 | 24200 | 1:36:53 | 3 | 0:04:00 |
| 251 | w | 671 | Roosen, | Katharina | Laufwerk | 81 | 24170 | 2:23:06 | 4 | 0:05:55 |
| 252 | m | 727 | Quartier, | Timo | Commerzbank | 86 | 23870 | 2:03:54 | 3 | 0:05:11 |
| 253 | w | 732 | Meier, | Tanja | ELBE-Sport | 70 | 23830 | 2:38:06 | 4 | 0:06:38 |
| 254 | w | 633 | Tschiltschke, | Solvejg | Energie SV | 91 | 23810 | 2:08:55 | 4 | 0:05:25 |
| 255 | m | 514 | Küpper, | Pascal | NDR | 86 | 23800 | 1:51:12 | 3 | 0:04:40 |
| 256 | w | 701 | Seeling-Maaß, | Meike | Tchibo | 65 | 23660 | 2:17:50 | 4 | 0:05:50 |
| 257 | w | 775 | Wiem, | Sophie | Siemens | 6 | 23480 | 2:16:08 | 3 | 0:05:48 |
| 258 | m | 616 | Riemenschneider, | Hannes | BG Verkehr | 84 | 23170 | 2:05:49 | 3 | 0:05:26 |
| 259 | w | 612 | Albrecht, | Nele | AK Nord | 96 | 23170 | 2:08:48 | 3 | 0:05:34 |
| 260 | m | 424 | Wulff, | Helmut | HPA | 60 | 23100 | 2:18:17 | 6 | 0:05:59 |
| 261 | w | 257 | Glöde, | Jutta | Lufthansa | 63 | 22860 | 1:51:19 | 3 | 0:04:52 |
| 262 | m | 705 | Polster, | Malte | TÜV-Nord | 76 | 22390 | 1:51:12 | 3 | 0:04:58 |
| 263 | m | 228 | Olivier, | Mischa | HW | 67 | 21410 | 2:15:06 | 3 | 0:06:19 |
| 264 | m | 264 | Ebel, | Thomas | NDR | 65 | 21310 | 1:28:18 | 4 | 0:04:09 |
| 265 | m | 797 | Krauel, | Ralf | Jungheinrich | 83 | 21300 | 1:27:11 | 2 | 0:04:06 |
| 266 | m | 813 | Riebe, | Christoph | TH Eilbeck | 94 | 21300 | 1:36:11 | 2 | 0:04:31 |
| 267 | w | 767 | Fraydenberg, | Ekaterina | Montblanc | 90 | 20970 | 2:12:55 | 3 | 0:06:20 |
| 268 | m | 803 | Budig, | Alexander | Montblanc | 97 | 20660 | 1:39:37 | 3 | 0:04:49 |
| 269 | m | 792 | Maj, | Michal | HHLA | 90 | 20660 | 1:46:57 | 3 | 0:05:11 |
| 270 | m | 708 | Pöhler, | Andre | BG Verkehr | 75 | 20570 | 1:55:28 | 3 | 0:05:37 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-----------------|----------|--------------|----|---------|---------|--------|---------|
| 271 | m | 68 | Korschenko, | Ilja | Energie SV | 95 | 20400 | 1:41:36 | 6 | 0:04:59 |
| 272 | m | 74 | Reese, | Lars | Energie SV | 70 | 20400 | 1:52:52 | 6 | 0:05:32 |
| 273 | m | 486 | Kamprad-Papendo | Nils | FA HH | 70 | 20400 | 1:58:59 | 6 | 0:05:50 |
| 274 | m | 440 | Wienberg, | Tore | Laufladen | 13 | 20400 | 2:03:09 | 6 | 0:06:02 |
| 275 | m | 542 | Stypmann, | Michael | Polizei HH | 63 | 20400 | 2:09:05 | 6 | 0:06:20 |
| 276 | w | 294 | Zuncke, | Sonja | Polizei HH | 66 | 20400 | 2:21:26 | 6 | 0:06:56 |
| 277 | m | 33 | Schröder, | Günter | Commerzbank | 47 | 20400 | 2:36:21 | 6 | 0:07:40 |
| 278 | m | 281 | Orlowski, | Rolf | PHILIPS | 42 | 20400 | 3:17:48 | 6 | 0:09:42 |
| 279 | m | 584 | Stuer, | Roger | TH Eilbeck | 79 | 20300 | 1:17:58 | 5 | 0:03:50 |
| 280 | m | 768 | Krieger, | Jan | NDR | 76 | 20300 | 1:20:35 | 2 | 0:03:58 |
| 281 | m | 249 | Klockgether, | Torben | Jungheinrich | 91 | 20300 | 1:29:30 | 2 | 0:04:25 |
| 282 | m | 719 | Jürgens, | Uwe Meno | Airbus | 80 | 20300 | 1:31:38 | 2 | 0:04:31 |
| 283 | m | 243 | Fest, | Josef | HapagLloyd | 50 | 20300 | 1:52:19 | 2 | 0:05:32 |
| 284 | m | 762 | Ykema, | Rene | Krüß-OSH | 64 | 20300 | 2:07:35 | 2 | 0:06:17 |
| 285 | w | 717 | Ertlmaier, | Antonia | Gaden | 7 | 20290 | 2:01:47 | 5 | 0:06:00 |
| 286 | w | 766 | Fischer, | Sabine | Montblanc | 65 | 20260 | 2:28:40 | 3 | 0:07:20 |
| 287 | m | 796 | Petitjean, | Enzo | HapagLloyd | 95 | 20220 | 1:31:42 | 2 | 0:04:32 |
| 288 | w | 781 | Nentwig, | Karin | Airbus | 59 | 20220 | 1:41:03 | 2 | 0:05:00 |
| 289 | w | 823 | Löffler, | Cläre | WTM HH | 97 | 20220 | 1:45:36 | 2 | 0:05:13 |
| 290 | w | 784 | Bessen, | Hjördis | Berenberg | 80 | 20220 | 1:47:34 | 2 | 0:05:19 |
| 291 | w | 785 | Heinsohn, | Christin | Berenberg | 68 | 20220 | 1:50:33 | 2 | 0:05:28 |
| 292 | w | 637 | Nörenberg, | Sylvia | ERGOsports | 72 | 20170 | 1:52:55 | 3 | 0:05:36 |
| 293 | m | 842 | Rauter, | Monier | Laufladen | 88 | 20120 | 1:15:43 | 2 | 0:03:46 |
| 294 | m | 826 | Schie, van | John | Airbus | 72 | 20120 | 1:37:53 | 2 | 0:04:52 |
| 295 | m | 831 | Happe, | Jens | Laufladen | 66 | 20120 | 1:42:16 | 2 | 0:05:05 |
| 296 | m | 824 | Brockmann, | Achim | Airbus | 80 | 20120 | 2:06:36 | 2 | 0:06:18 |
| 297 | m | 398 | Reese, | Johann | Energie SV | 6 | 20060 | 1:26:19 | 5 | 0:04:18 |
| 298 | m | 610 | Schewe, | Stefan | Airbus | 74 | 20000 | 1:27:12 | 2 | 0:04:22 |
| 299 | m | 683 | Sobottka, | Malte | NDR | 89 | 20000 | 1:33:39 | 2 | 0:04:41 |
| 300 | m | 436 | Peppel, | Andreas | Laufladen | 78 | 20000 | 1:36:19 | 3 | 0:04:49 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-------------------|-------------|-------------|----|---------|---------|--------|---------|
| 301 | m | 692 | Schuster, | Axel | G+J | 71 | 20000 | 1:42:56 | 4 | 0:05:09 |
| 302 | w | 667 | Schmidt-Berbatovc | Julia | Krüss-OSH | 79 | 20000 | 1:45:53 | 2 | 0:05:18 |
| 303 | w | 682 | Peters, | Jasmin | NDR | 91 | 20000 | 1:56:41 | 2 | 0:05:50 |
| 304 | m | 679 | Bachmann, | Marcus | nexinsure | 67 | 20000 | 1:58:16 | 2 | 0:05:55 |
| 305 | w | 39 | Hennecke, | Anke | Deut.Bank | 76 | 19900 | 1:33:11 | 2 | 0:04:41 |
| 306 | m | 346 | Nigmann, | Michael | Airbus | 53 | 19900 | 2:36:05 | 5 | 0:07:51 |
| 307 | w | 674 | Cramer, | Meike | Montblanc | 67 | 19860 | 1:58:11 | 3 | 0:05:57 |
| 308 | w | 386 | Vollstedt, | Andrea | ELBE-Sport | 71 | 19170 | 1:44:49 | 3 | 0:05:28 |
| 309 | w | 32 | Schlieter, | Kathrin | Commerzbank | 71 | 19170 | 1:50:27 | 3 | 0:05:46 |
| 310 | w | 505 | Cordes, | Natalie | Montblanc | 76 | 19170 | 1:57:59 | 3 | 0:06:09 |
| 311 | m | 69 | Langemann, | Michael | Energie SV | 71 | 19170 | 1:58:50 | 3 | 0:06:12 |
| 312 | w | 61 | Felske, | Karen | Energie SV | 78 | 19170 | 2:03:57 | 3 | 0:06:28 |
| 313 | m | 622 | Heller, | Hauke | CW-IT.de | 89 | 18900 | 1:10:52 | 2 | 0:03:45 |
| 314 | m | 647 | Gauger, | Jens | Laufladen | 65 | 18900 | 1:18:18 | 2 | 0:04:09 |
| 315 | m | 330 | Sohl, | Lukas | TÜV-Nord | 94 | 18900 | 1:35:26 | 2 | 0:05:03 |
| 316 | m | 653 | Schöning, | Michael | Haspa | 62 | 18900 | 1:40:07 | 2 | 0:05:18 |
| 317 | w | 684 | Kuntze, | Vanessa | Nordmark | 98 | 18900 | 1:42:09 | 2 | 0:05:24 |
| 318 | w | 652 | Heß, | Verena | Haspa | 69 | 18900 | 1:43:52 | 2 | 0:05:30 |
| 319 | m | 655 | Wichmann, | Marc | Haspa | 72 | 18900 | 1:43:53 | 2 | 0:05:30 |
| 320 | w | 641 | Majda, | Izabella | Funkgruppe | 82 | 18900 | 2:02:33 | 2 | 0:06:29 |
| 321 | w | 351 | Buß, | Dirka | AK Nord | 65 | 18860 | 2:15:43 | 3 | 0:07:12 |
| 322 | m | 609 | Perez Torra, | Javier | Airbus | 88 | 18820 | 1:16:01 | 2 | 0:04:02 |
| 323 | m | 604 | Gottwald, | Kristian | Airbus | 69 | 18820 | 1:27:56 | 2 | 0:04:40 |
| 324 | w | 242 | Bade, | Kim-Kristin | HapagLloyd | 92 | 18820 | 1:31:16 | 2 | 0:04:51 |
| 325 | m | 664 | Dickhaut, | Joachim | Krüss-OSH | 65 | 18820 | 1:47:54 | 2 | 0:05:44 |
| 326 | w | 539 | Marthiens, | Ute | Polizei HH | 52 | 18800 | 1:59:05 | 5 | 0:06:20 |
| 327 | m | 360 | Albrecht, | Christian | Commerzbank | 70 | 18790 | 1:38:44 | 3 | 0:05:15 |
| 328 | m | 238 | Hollander, | Karsten | Laufladen | 85 | 18770 | 1:17:46 | 3 | 0:04:09 |
| 329 | m | 278 | Matzke, | Herwig | PHILIPS | 72 | 18770 | 1:20:38 | 3 | 0:04:18 |
| 330 | w | 89 | Klass, | Leonie | Gaden | 99 | 18770 | 1:35:26 | 3 | 0:05:05 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|----------------|-----------|--------------|----|---------|---------|--------|---------|
| 331 | m | 602 | Ruh, | Jochen | Tchibo | 71 | 18770 | 1:36:08 | 3 | 0:05:07 |
| 332 | m | 320 | Scharf, | Dietmar | Signal Iduna | 68 | 18590 | 1:57:28 | 3 | 0:06:19 |
| 333 | w | 431 | Bruns, | Miriam | Laufladen | 83 | 18500 | 1:21:57 | 2 | 0:04:26 |
| 334 | m | 601 | Papenberg, | Matthias | Laufwerk | 65 | 18500 | 1:28:49 | 2 | 0:04:48 |
| 335 | m | 358 | Wulff, | Lars | CLD HH | 72 | 18500 | 1:41:28 | 2 | 0:05:29 |
| 336 | m | 223 | Feldhusen, Dr. | Johannes | Generali | 57 | 18500 | 2:09:41 | 2 | 0:07:01 |
| 337 | m | 298 | Dörr, | Ole | Stern | 67 | 18400 | 1:28:21 | 2 | 0:04:48 |
| 338 | m | 464 | Dose, | Jörg | Knossos.de | 71 | 18400 | 1:43:16 | 2 | 0:05:37 |
| 339 | w | 415 | Wulff, | Michelle | Gaden | 98 | 18300 | 1:53:25 | 3 | 0:06:12 |
| 340 | m | 802 | Roloff, | Stefan | Krüss-OSH | 62 | 17800 | 1:32:29 | 2 | 0:05:12 |
| 341 | m | 448 | Unterspann, | Klaus | Haspa | 41 | 17600 | 2:00:58 | 4 | 0:06:52 |
| 342 | w | 288 | Liebler, | Katja | Polizei HH | 73 | 17500 | 1:21:58 | 5 | 0:04:41 |
| 343 | m | 700 | Gliewe, | Volker | Tchibo | 52 | 17500 | 1:35:30 | 5 | 0:05:27 |
| 344 | m | 555 | Bödeker, | Heinz | Siemens | 47 | 17500 | 1:49:26 | 5 | 0:06:15 |
| 345 | m | 718 | Eis, | Walter | DESY | 56 | 17500 | 1:58:14 | 5 | 0:06:45 |
| 346 | m | 70 | Naderhoff, | Thorsten | Energie SV | 90 | 17400 | 1:13:42 | 2 | 0:04:14 |
| 347 | m | 399 | Sawadski, | Alexander | Energie SV | 81 | 17400 | 1:20:01 | 2 | 0:04:36 |
| 348 | w | 554 | Röhrich, | Monika | Zoll | 79 | 17400 | 1:26:11 | 2 | 0:04:57 |
| 349 | w | 335 | Baron, | Franziska | Polizei HH | 80 | 17400 | 1:30:43 | 2 | 0:05:13 |
| 350 | m | 558 | Marquardt, | Guido | SPK-Süd | 71 | 17400 | 1:32:04 | 2 | 0:05:17 |
| 351 | w | 308 | Balzer, | Maren | Zoll | 67 | 17400 | 1:32:23 | 3 | 0:05:19 |
| 352 | m | 565 | Manthei, | Jan | Signal Iduna | 67 | 17400 | 1:34:36 | 2 | 0:05:26 |
| 353 | m | 277 | Lutz, | Bernd | PHILIPS | 61 | 17400 | 1:47:46 | 2 | 0:06:12 |
| 354 | w | 363 | Albrecht, | Sylvia | Commerzbank | 73 | 17320 | 1:29:44 | 2 | 0:05:11 |
| 355 | m | 293 | Vierling, | Heiko | Polizei HH | 68 | 17320 | 1:32:33 | 2 | 0:05:21 |
| 356 | m | 365 | Berger, | Sergej | DAK | 70 | 17320 | 1:48:37 | 2 | 0:06:16 |
| 357 | w | 485 | Jaekel, | Sandra | FA HH | 75 | 17300 | 1:20:50 | 3 | 0:04:40 |
| 358 | m | 493 | Sturm, | Volker | FA HH | 65 | 17300 | 1:22:45 | 3 | 0:04:47 |
| 359 | m | 345 | Möller, | Thomas | Airbus | 63 | 17200 | 1:49:38 | 5 | 0:06:22 |
| 360 | w | 73 | Reese, | Irina | Energie SV | 72 | 17140 | 1:44:05 | 5 | 0:06:04 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|----------------|-------------------|--------------|----|---------|---------|--------|---------|
| 361 | m | 497 | Hintz, | Martin | Lufthansa | 37 | 17140 | 2:22:39 | 5 | 0:08:19 |
| 362 | m | 501 | Uhl, | Manfred | Lufthansa | 39 | 17140 | 2:57:08 | 5 | 0:10:20 |
| 363 | m | 462 | Pawelczyk, | Florian | Jungheinrich | 84 | 17100 | 1:22:14 | 2 | 0:04:49 |
| 364 | m | 590 | Holst, | Günter | WTM HH | 59 | 17100 | 1:36:26 | 2 | 0:05:38 |
| 365 | m | 445 | Klein, | Friedrich | Haspa | 59 | 17100 | 1:38:40 | 2 | 0:05:46 |
| 366 | m | 329 | Kupper, | Frank | TÜV-Nord | 64 | 16800 | 1:08:40 | 5 | 0:04:05 |
| 367 | w | 285 | Becker, | Barbara | Polizei HH | 71 | 16800 | 1:18:36 | 5 | 0:04:41 |
| 368 | m | 290 | Schmidt, | Alexander | Polizei HH | 13 | 16800 | 1:19:08 | 5 | 0:04:43 |
| 369 | w | 401 | Baumann, | Katja | ERGOsports | 70 | 16800 | 1:19:56 | 5 | 0:04:45 |
| 370 | w | 541 | Spindler, | Angela | Polizei HH | 79 | 16800 | 1:26:41 | 5 | 0:05:10 |
| 371 | m | 50 | Gläser, | Heinz | ELBE-Sport | 45 | 16760 | 1:49:31 | 5 | 0:06:32 |
| 372 | w | 551 | Nachtigäller, | Iris | G+J | 77 | 16600 | 1:27:58 | 5 | 0:05:18 |
| 373 | m | 547 | Becker, | Michael | G+J | 72 | 16600 | 1:32:08 | 5 | 0:05:33 |
| 374 | m | 544 | Haubeck, | Johannes | Postbank-H | 54 | 16600 | 1:32:09 | 5 | 0:05:33 |
| 375 | w | 549 | Bühler-Becker, | Heidi | G+J | 61 | 16600 | 1:38:56 | 5 | 0:05:58 |
| 376 | m | 52 | Kühl, | Bernd | ELBE-Sport | 46 | 16600 | 1:47:19 | 5 | 0:06:28 |
| 377 | m | 361 | Brüggeman, | Ralf | Commerzbank | 53 | 16600 | 1:49:47 | 5 | 0:06:37 |
| 378 | m | 414 | Schulz, | Hans-Joachim | Gaden | 46 | 16600 | 1:53:53 | 5 | 0:06:52 |
| 379 | w | 608 | Mombach, | Alexandra-Maria | Airbus | 80 | 16470 | 1:29:17 | 2 | 0:05:25 |
| 380 | m | 665 | Feldmann, | Thomas | Krüss-OSH | 63 | 16400 | 1:44:39 | 2 | 0:06:23 |
| 381 | m | 619 | Lang, | Hans-Georg | CPAG | 51 | 16290 | 1:44:03 | 3 | 0:06:23 |
| 382 | m | 517 | Schröder, | Julius Maximilian | NDR | 95 | 16000 | 0:54:09 | 3 | 0:03:23 |
| 383 | m | 594 | Bastian, | Jens | G+J | 63 | 16000 | 1:19:19 | 3 | 0:04:57 |
| 384 | m | 596 | Pantelmann, | Nico | Signal Iduna | 69 | 16000 | 1:25:59 | 3 | 0:05:22 |
| 385 | w | 355 | Martynenko, | Nataliia | Beiersdorf | 92 | 16000 | 1:38:32 | 3 | 0:06:09 |
| 386 | w | 581 | Feldmann, | Finnja | TH Eilbeck | 1 | 14600 | 1:01:36 | 2 | 0:04:13 |
| 387 | m | 737 | Becker, | Dietmar | ERGOsports | 59 | 14300 | 1:06:05 | 4 | 0:04:37 |
| 388 | m | 393 | Gessert, | Frank | Energie SV | 59 | 14300 | 1:20:27 | 4 | 0:05:38 |
| 389 | w | 740 | Sievers, | Susanne | ERGOsports | 67 | 14300 | 1:22:09 | 4 | 0:05:45 |
| 390 | w | 754 | Strauchmann, | Maraike | HEK | 81 | 14300 | 1:30:24 | 4 | 0:06:19 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|------------------|--------------|--------------|----|---------|---------|--------|---------|
| 391 | w | 650 | Boettcher, | Dagmar | Haspa | 62 | 13900 | 1:45:12 | 4 | 0:07:34 |
| 392 | m | 745 | Loges, | Horst-Dieter | HH Airport | 57 | 13870 | 1:34:13 | 2 | 0:06:48 |
| 393 | m | 473 | Schaare, | Uwe | Krüss-OSH | 59 | 13860 | 1:27:45 | 4 | 0:06:20 |
| 394 | w | 656 | Guenzi, | Elena | HapagLloyd | 80 | 13700 | 1:04:56 | 4 | 0:04:44 |
| 395 | m | 681 | Lüders-Bahlmann, | Uwe | NDR | 56 | 13700 | 1:08:36 | 3 | 0:05:00 |
| 396 | w | 287 | Laude, | Anna | Polizei HH | 11 | 13700 | 1:10:49 | 4 | 0:05:10 |
| 397 | w | 286 | Engelmann, | Heike | Polizei HH | 71 | 13600 | 1:16:10 | 4 | 0:05:36 |
| 398 | w | 408 | Stahlbock, | Astrid | ERGOsports | 59 | 13600 | 1:33:13 | 4 | 0:06:51 |
| 399 | m | 559 | Langer, | Mathias | AltonaDiag | 67 | 13560 | 0:55:17 | 2 | 0:04:05 |
| 400 | m | 806 | Hampe, | Frank | Nordmark | 68 | 13560 | 1:17:06 | 2 | 0:05:41 |
| 401 | w | 794 | Fähnemann, | Martina | HapagLloyd | 67 | 13560 | 1:28:42 | 2 | 0:06:32 |
| 402 | m | 512 | Köndgen, | David | NDR | 84 | 13540 | 0:50:20 | 4 | 0:03:43 |
| 403 | w | 402 | Dreller, | Hilke | ERGOsports | 64 | 13540 | 1:11:59 | 4 | 0:05:19 |
| 404 | m | 67 | Hummel, | Thomas | Energie SV | 50 | 13540 | 1:23:13 | 4 | 0:06:09 |
| 405 | m | 540 | Spijker, | Andreas | Polizei HH | 61 | 13500 | 1:12:48 | 4 | 0:05:24 |
| 406 | w | 437 | Porzberg, | Dana | Laufladen | 82 | 13490 | 1:19:24 | 2 | 0:05:53 |
| 407 | w | 790 | Klöver, | Michaela | ELBE-Sport | 73 | 13490 | 1:32:09 | 2 | 0:06:50 |
| 408 | m | 675 | Knapp-Westphal, | Sven | Montblanc | 80 | 13470 | 1:14:52 | 2 | 0:05:33 |
| 409 | m | 756 | Selbeck, | Mark | Jungheinrich | 77 | 13400 | 1:08:40 | 2 | 0:05:07 |
| 410 | m | 90 | Rücker, | Heinrich | Gaden | 36 | 13400 | 1:32:00 | 4 | 0:06:52 |
| 411 | m | 490 | Papendorf, | Knut | FA HH | 46 | 13400 | 1:48:09 | 4 | 0:08:04 |
| 412 | w | 395 | Pfennig, | Viviane | Energie SV | 88 | 13160 | 0:58:15 | 4 | 0:04:26 |
| 413 | m | 725 | Tostmann, | Michael | BG Verkehr | 72 | 13090 | 1:07:16 | 2 | 0:05:08 |
| 414 | w | 388 | Begerow, | Sandra | Energie SV | 87 | 13000 | 1:01:11 | 4 | 0:04:42 |
| 415 | m | 711 | Hillmann, | Roy | EDEKA | 65 | 13000 | 1:06:16 | 2 | 0:05:06 |
| 416 | w | 428 | Mabikounou, | Monique | Hochbahn | 87 | 13000 | 1:18:28 | 4 | 0:06:02 |
| 417 | w | 467 | Heinrich, | Nina | Krüss-OSH | 82 | 12860 | 1:39:06 | 3 | 0:07:42 |
| 418 | m | 840 | Tawussi, | Frank | TÜV-Nord | 86 | 12780 | 1:01:48 | 2 | 0:04:50 |
| 419 | m | 672 | Lemm, | Ronald | Marien-Krh | 56 | 12690 | 0:58:33 | 2 | 0:04:37 |
| 420 | m | 686 | Wilczynski, | Sebastian | Nordmark | 92 | 12690 | 1:12:00 | 2 | 0:05:40 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|-------------|--------------|----|---------|---------|--------|---------|
| 421 | w | 673 | Perez-Lemm, | Ursula | Marien-Krh | 66 | 12690 | 1:29:34 | 2 | 0:07:03 |
| 422 | m | 389 | Bratsch, | Jürgen | Energie SV | 62 | 12470 | 1:16:28 | 2 | 0:06:08 |
| 423 | m | 589 | Thieben, | Florian | UKE | 92 | 12400 | 0:48:20 | 2 | 0:03:54 |
| 424 | w | 420 | Scherff, | Aileen | HH Airport | 92 | 12400 | 1:11:22 | 2 | 0:05:45 |
| 425 | w | 585 | Dreier, | Dagmar | TÜV-Nord | 68 | 12200 | 1:10:30 | 2 | 0:05:47 |
| 426 | m | 427 | Janssen, | Rainer | HHLA | 65 | 12000 | 1:13:09 | 2 | 0:06:06 |
| 427 | m | 575 | Müller, | Reinhard | Tchibo | 67 | 11600 | 0:55:38 | 2 | 0:04:48 |
| 428 | w | 535 | Matzke, | Svenja | PHILIPS | 78 | 11600 | 1:00:58 | 2 | 0:05:15 |
| 429 | m | 423 | Vater, | Andreas | HPA | 55 | 11600 | 1:01:17 | 2 | 0:05:17 |
| 430 | w | 58 | Denker, | Franziska | Energie SV | 90 | 11600 | 1:07:59 | 2 | 0:05:52 |
| 431 | m | 283 | Rittmeister, | Lutz | PHILIPS | 59 | 11600 | 1:12:04 | 2 | 0:06:13 |
| 432 | m | 506 | Hammann, | Sven | Montblanc | 65 | 11600 | 1:18:56 | 2 | 0:06:48 |
| 433 | m | 607 | Lucke, | Marcus | Airbus | 65 | 10810 | 0:57:52 | 2 | 0:05:21 |
| 434 | w | 811 | Weitmann, | Sabrina | Signal Iduna | 80 | 10740 | 1:09:32 | 2 | 0:06:28 |
| 435 | m | 519 | Thelen, | Gero | NDR | 4 | 10700 | 0:40:52 | 1 | 0:03:49 |
| 436 | m | 331 | Steinert, | Henning | TÜV-Nord | 93 | 10700 | 0:49:04 | 1 | 0:04:35 |
| 437 | m | 795 | Matthiessen, | Philipp | HapagLloyd | 75 | 10700 | 0:49:22 | 1 | 0:04:37 |
| 438 | m | 449 | Matthiessen, | Jonathan | HapagLloyd | 7 | 10700 | 0:52:38 | 1 | 0:04:55 |
| 439 | w | 465 | Gerhardt, | Katja | Knossos.de | 87 | 10700 | 0:55:02 | 2 | 0:05:09 |
| 440 | m | 235 | Cornelius, | Ingo | Laufladen | 67 | 10700 | 0:55:40 | 1 | 0:05:12 |
| 441 | m | 809 | Maruhn, | Clas-Oliver | Signal Iduna | 71 | 10700 | 1:00:38 | 1 | 0:05:40 |
| 442 | m | 808 | Dahnke, | Carsten | Signal Iduna | 67 | 10700 | 1:00:39 | 1 | 0:05:40 |
| 443 | m | | Praß, | Markus | Energie SV | 80 | 10700 | 1:03:17 | 1 | 0:05:55 |
| 444 | w | 753 | Bornemann, | Viola | Haspa | 69 | 10700 | 1:10:36 | 3 | 0:06:36 |
| 445 | m | 739 | Rinck, | Christian | ERGOsports | 44 | 10700 | 1:28:16 | 3 | 0:08:15 |
| 446 | m | 613 | Pepperrell, | Stephen | BACARDI | 58 | 10640 | 1:03:42 | 3 | 0:05:59 |
| 447 | m | 846 | Schulz, | Torsten | DESY | 62 | 10600 | 0:53:50 | 1 | 0:05:05 |
| 448 | m | 844 | Glischinski, | Dominik | CPAG | 2 | 10600 | 0:53:51 | 1 | 0:05:05 |
| 449 | m | 851 | Schult, | Mario | Olympus | 73 | 10600 | 0:56:42 | 1 | 0:05:21 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-------------------|----------------|-------------|----|---------|---------|--------|---------|
| 450 | w | 303 | Schnepper, | Malin | Stern | 98 | 10600 | 0:59:32 | 1 | 0:05:37 |
| 451 | w | 850 | Groot, de | Lisa Marie | HW | 90 | 10600 | 1:02:20 | 1 | 0:05:53 |
| 452 | m | 854 | Buck, | Klaus | Siemens | 62 | 10600 | 1:04:35 | 1 | 0:06:06 |
| 453 | m | 821 | Jaekel, | Carsten | AlbeDiakon | 70 | 10500 | 0:43:10 | 3 | 0:04:07 |
| 454 | m | 777 | Grafunder, | Michael | Tchibo | 85 | 10500 | 0:57:34 | 2 | 0:05:29 |
| 455 | m | 746 | Kollenkarn, | Thies-Uwe | HW | 55 | 10500 | 0:58:04 | 2 | 0:05:32 |
| 456 | m | 459 | Münster, | Reinhold | HEK | 42 | 10340 | 1:09:56 | 3 | 0:06:46 |
| 457 | m | 706 | Blume, | Tobias | WTM HH | 85 | 10300 | 1:03:52 | 2 | 0:06:12 |
| 458 | w | 312 | Obereichholz-Bang | Inga-Constanze | Zoll | 92 | 10260 | 0:56:42 | 3 | 0:05:32 |
| 459 | m | 587 | Schumacher, | Peter | TÜV-Nord | 52 | 10260 | 1:11:05 | 3 | 0:06:56 |
| 460 | m | 627 | Wien, | Wolfgang | ELBE-Sport | 40 | 10260 | 1:14:46 | 3 | 0:07:17 |
| 461 | m | 658 | Mensing, | Philip | HapagLloyd | 95 | 10100 | 0:36:34 | 2 | 0:03:37 |
| 462 | w | 638 | Seise, | Anja | ERGOsports | 81 | 10060 | 1:02:26 | 3 | 0:06:12 |
| 463 | w | 786 | Stark, | Anja | Berenberg | 78 | 10030 | 1:09:48 | 2 | 0:06:58 |
| 464 | m | 338 | Buchmann, | Bendix | Agapleasure | 7 | 9900 | 0:43:40 | 3 | 0:04:25 |
| 465 | m | 352 | Gehle, | Friedhelm | BA-Eimsb. | 56 | 9900 | 0:55:23 | 3 | 0:05:36 |
| 466 | m | 92 | Wams, | Martin | Gaden | 65 | 9740 | 0:40:34 | 3 | 0:04:10 |
| 467 | w | 280 | Orlowski, | Elke | PHILIPS | 41 | 9740 | 1:50:27 | 3 | 0:11:20 |
| 468 | m | 434 | Lumpp, | Michael | Laufladen | 73 | 9700 | 0:42:31 | 3 | 0:04:23 |
| 469 | m | 760 | Koch, | Alexander | Krüss-OSH | 84 | 9600 | 0:36:56 | 1 | 0:03:51 |
| 470 | m | 750 | Handwerker, | Jürgen | Laufladen | 86 | 9600 | 0:40:45 | 1 | 0:04:15 |
| 471 | w | 722 | Lützow, | Mareike | Beiersdorf | 1 | 9600 | 0:41:06 | 1 | 0:04:17 |
| 472 | m | 751 | Novak, | Christopher | Laufladen | 67 | 9600 | 0:43:13 | 1 | 0:04:30 |
| 473 | w | 763 | Giesen, | Britta | Laufwerk | 71 | 9600 | 0:43:32 | 1 | 0:04:32 |
| 474 | m | 84 | Huppmann, | Andreas | ERGOsports | 74 | 9600 | 0:46:22 | 1 | 0:04:50 |
| 475 | m | 272 | Patzer, | Ralf | OTTO | 67 | 9600 | 0:46:36 | 1 | 0:04:51 |
| 476 | w | 726 | Pahl, | Svea | CLD HH | 2 | 9600 | 0:47:22 | 1 | 0:04:56 |
| 477 | m | 728 | Freund, | Christian | EDEKA | 84 | 9600 | 0:50:41 | 1 | 0:05:17 |
| 478 | w | 759 | Blank, | Louisa | Krüss-OSH | 91 | 9600 | 0:55:16 | 1 | 0:05:45 |
| 479 | m | 712 | Stamer, | Bjoern | EDEKA | 70 | 9560 | 0:52:01 | 2 | 0:05:26 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-----------------|-----------|--------------|----|---------|---------|--------|---------|
| 480 | m | 801 | Hausmann, | Malte | Knossos.de | 84 | 9520 | 0:44:33 | 1 | 0:04:41 |
| 481 | w | 832 | Schönwälder, | Claudia | Laufladen | 71 | 9520 | 0:44:47 | 1 | 0:04:42 |
| 482 | m | 835 | Hillebrecht, | Frank | Signal Iduna | 70 | 9520 | 0:49:58 | 1 | 0:05:15 |
| 483 | m | 829 | Hirsch, | Leon | Energie SV | 97 | 9520 | 0:50:30 | 1 | 0:05:18 |
| 484 | m | 273 | Ulrich, | Rainer | OTTO | 60 | 9520 | 0:52:43 | 1 | 0:05:32 |
| 485 | w | 825 | Christensen, | Maren | Airbus | 88 | 9520 | 0:52:56 | 1 | 0:05:34 |
| 486 | w | 761 | Reif, | Cynthia | Krüss-OSH | 65 | 9520 | 0:59:20 | 1 | 0:06:14 |
| 487 | w | 695 | Warnecke-Jerol, | Margret | Stern | 61 | 9500 | 0:49:17 | 2 | 0:05:11 |
| 488 | m | 480 | Thiessen, | Mathias | Laufwerk | 80 | 9300 | 0:36:17 | 1 | 0:03:54 |
| 489 | m | 685 | Reinsberg, | Klaus | Nordmark | 83 | 9300 | 0:40:15 | 1 | 0:04:20 |
| 490 | w | 260 | Laar, von | Sabine | nexinsure | 66 | 9300 | 0:43:04 | 1 | 0:04:38 |
| 491 | m | 710 | Wohlfromm, | Björn | EDEKA | 78 | 9300 | 0:46:22 | 1 | 0:04:59 |
| 492 | m | 693 | Barghusen, | Heinrich | Stern | 79 | 9300 | 0:49:27 | 1 | 0:05:19 |
| 493 | m | 611 | Albrecht, | Henning | AK Nord | 72 | 9300 | 0:51:42 | 1 | 0:05:34 |
| 494 | m | 319 | Petsch, | Wolfgang | Signal Iduna | 60 | 9300 | 0:52:45 | 1 | 0:05:40 |
| 495 | m | 661 | Lauenroth, | Frank | HELM | 63 | 9300 | 0:53:25 | 1 | 0:05:45 |
| 496 | m | 630 | Schönherr, | Kai | Energie SV | 74 | 9300 | 0:54:12 | 1 | 0:05:50 |
| 497 | m | 660 | Lemkau, | Niels | HEK | 65 | 9300 | 0:54:47 | 1 | 0:05:53 |
| 498 | m | 690 | Meyer, | Peter | Postbank-H | 47 | 9300 | 0:56:46 | 1 | 0:06:06 |
| 499 | w | 643 | Lohstroh, | Ellen | HPA | 57 | 9300 | 0:59:17 | 1 | 0:06:22 |
| 500 | w | 570 | Scharf, | Nicole | Signal Iduna | 76 | 9290 | 0:56:43 | 2 | 0:06:06 |
| 501 | m | 406 | Kunigk, | Leonard | ERGOsports | 98 | 7800 | 0:29:53 | 1 | 0:03:50 |
| 502 | m | 588 | Jürß, | Paul | UKE | 99 | 7800 | 0:29:56 | 1 | 0:03:50 |
| 503 | m | 340 | Deppe, | Jan | Airbus | 98 | 7800 | 0:31:30 | 1 | 0:04:02 |
| 504 | m | 26 | Wöstmann, | Sebastian | CLD HH | 87 | 7800 | 0:33:12 | 1 | 0:04:15 |
| 505 | m | 422 | Sens, | Hendrik | HPA | 98 | 7800 | 0:36:46 | 1 | 0:04:43 |
| 506 | m | 54 | Albrecht, | Florian | Energie SV | 75 | 7800 | 0:39:30 | 1 | 0:05:04 |
| 507 | m | 532 | Bastardo, | Gustavo | PHILIPS | 65 | 7800 | 0:39:41 | 1 | 0:05:05 |
| 508 | w | 299 | Hausmann, | Isabel | Stern | 1 | 7800 | 0:39:45 | 1 | 0:05:06 |
| 509 | m | 373 | Keim, | Olaf | Deut.Bank | 64 | 7800 | 0:40:14 | 1 | 0:05:09 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|----------------|--------------|--------------|----|---------|---------|--------|---------|
| 510 | m | 301 | Lohmann, | Rolf-Michael | Stern | 60 | 7800 | 0:44:43 | 1 | 0:05:44 |
| 511 | m | 511 | Geiger, | Marcel | NDR | 87 | 7800 | 0:45:26 | 1 | 0:05:49 |
| 512 | w | 510 | Fecke, | Malin | NDR | 93 | 7800 | 0:45:26 | 1 | 0:05:49 |
| 513 | w | 566 | Raether-Egger, | Andrea | Signal Iduna | 74 | 7800 | 0:46:04 | 1 | 0:05:54 |
| 514 | w | 557 | Begemann, | Barbara | SPK-Süd | 69 | 7800 | 0:46:33 | 1 | 0:05:58 |
| 515 | w | 372 | Keim, | Gesche | Deut.Bank | 66 | 7800 | 0:46:55 | 1 | 0:06:01 |
| 516 | m | 416 | Malunat, | Nils | Generali | 64 | 7800 | 0:47:58 | 1 | 0:06:09 |
| 517 | w | 468 | Herrmann, | Sandra | Krüss-OSH | 78 | 7800 | 0:48:31 | 1 | 0:06:13 |
| 518 | w | 357 | Kolleman, | Sabine | CLD HH | 64 | 7800 | 0:50:09 | 1 | 0:06:26 |
| 519 | w | 729 | Hillmann, | Iris | EDEKA | 72 | 7440 | 0:49:14 | 2 | 0:06:37 |
| 520 | w | 774 | Liebers, | Ümmü | Zoll | 71 | 7440 | 1:00:36 | 2 | 0:08:09 |
| 521 | m | 810 | Philippi-Laur, | Martin | Signal Iduna | 68 | 7240 | 0:44:03 | 2 | 0:06:05 |
| 522 | w | 758 | Schlawinsky, | Laura | Knossos.de | 90 | 7240 | 0:47:23 | 2 | 0:06:33 |
| 523 | m | 816 | Thönnessen, | Rasmus | Airbus | 85 | 7170 | 0:28:54 | 1 | 0:04:02 |
| 524 | m | 819 | Gruner, | Beppo | BA-Eimsb. | 93 | 7170 | 0:30:04 | 1 | 0:04:12 |
| 525 | m | 253 | Sprenger, | Mathias | K&M Sport | 78 | 7170 | 0:31:56 | 1 | 0:04:27 |
| 526 | m | 807 | Spliethoff, | Hans Georg | OTTO | 66 | 7170 | 0:33:00 | 1 | 0:04:36 |
| 527 | m | 787 | Paulsen, | Peer | Deut.Bank | 68 | 7170 | 0:34:59 | 1 | 0:04:53 |
| 528 | m | 814 | Schürmann, | Lukas | WTM HH | 96 | 7170 | 0:35:05 | 1 | 0:04:54 |
| 529 | w | 789 | Bialy, von | Lea | DNV | 88 | 7170 | 0:36:52 | 1 | 0:05:09 |
| 530 | w | 699 | Theis, | Daniela | Signal Iduna | 83 | 7170 | 0:43:17 | 1 | 0:06:02 |
| 531 | w | 818 | Wilm, | Kathrin | DLV-Gast | 68 | 7170 | 0:46:07 | 1 | 0:06:26 |
| 532 | m | 793 | Janssen, | Stefan | Haspa | 62 | 7170 | 0:52:07 | 1 | 0:07:16 |
| 533 | m | 856 | Langfeld, | Finn | Siemens | 7 | 7100 | 0:28:46 | 1 | 0:04:03 |
| 534 | m | 855 | Langfeld, | Peter | Siemens | 72 | 7100 | 0:28:51 | 1 | 0:04:04 |
| 535 | m | 853 | Kaczynski, | Patrick | Runn Green | 90 | 7100 | 0:30:15 | 1 | 0:04:16 |
| 536 | w | 843 | Martens, | Sina | Airbus | 89 | 7100 | 0:36:25 | 1 | 0:05:08 |
| 537 | w | 848 | Pfäffle, | Karin | Energie SV | 60 | 7100 | 0:44:24 | 1 | 0:06:15 |
| 538 | w | 225 | Köppel, | Inka | HPA | 73 | 7100 | 0:45:29 | 1 | 0:06:24 |
| 539 | w | 849 | Rottenberger, | Amelie | Energie SV | 97 | 7100 | 0:46:02 | 1 | 0:06:29 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-------------|-----------|--------------|----|---------|---------|--------|---------|
| 540 | m | 636 | Melde, | Christian | ERGOsports | 69 | 7000 | 0:37:17 | 2 | 0:05:20 |
| 541 | m | 241 | Schwenck, | Jörn | Haspa | 44 | 7000 | 0:55:50 | 2 | 0:07:59 |
| 542 | m | 734 | Kayser, | Oliver | Energie SV | 75 | 6900 | 0:38:48 | 2 | 0:05:37 |
| 543 | w | 618 | Plambeck, | Monika | BBK | 73 | 6840 | 0:39:55 | 2 | 0:05:50 |
| 544 | m | 735 | Stüfen, | Lukas | Energie SV | 99 | 6700 | 0:23:31 | 1 | 0:03:31 |
| 545 | m | 83 | Fennen, Dr. | Michael | ERGOsports | 88 | 6700 | 0:31:00 | 1 | 0:04:38 |
| 546 | m | 529 | Garraway, | Alun | OTTO | 64 | 6700 | 0:32:36 | 1 | 0:04:52 |
| 547 | w | 86 | Feldmann, | Kerstin | Gaden | 71 | 6700 | 0:33:45 | 1 | 0:05:02 |
| 548 | w | 723 | Müther, | Yvonne | BG Verkehr | 81 | 6700 | 0:33:46 | 1 | 0:05:02 |
| 549 | w | 778 | Preuß, | Theresa | Tchibo | 83 | 6700 | 0:35:02 | 1 | 0:05:14 |
| 550 | m | 530 | Kliem, | Rüdiger | OTTO | 61 | 6700 | 0:35:17 | 2 | 0:05:16 |
| 551 | w | 769 | Glaser, | Steffi | OTTO | 70 | 6700 | 0:36:00 | 1 | 0:05:22 |
| 552 | w | 748 | Kaussler, | Claudia | Hochbahn | 61 | 6700 | 0:38:48 | 1 | 0:05:47 |
| 553 | w | 80 | Clausen, | Sylvia | ERGOsports | 40 | 6700 | 0:49:28 | 2 | 0:07:23 |
| 554 | w | 595 | Steinfeld, | Ivonne | Dataport | 80 | 6540 | 0:46:36 | 2 | 0:07:08 |
| 555 | w | 476 | Engelmann, | Katrin | Laufwerk | 66 | 6540 | 0:51:43 | 2 | 0:07:54 |
| 556 | w | 704 | Köhler, | Katharina | TÜV-Nord | 91 | 6460 | 0:39:11 | 2 | 0:06:04 |
| 557 | m | 833 | Dücker, | Kevin | Signal Iduna | 89 | 6390 | 0:34:39 | 1 | 0:05:25 |
| 558 | m | 322 | Stamm, | Volker | Signal Iduna | 53 | 6390 | 0:36:15 | 1 | 0:05:40 |
| 559 | m | 828 | Dockhorn, | Marc | Commerzbank | 71 | 6390 | 0:36:21 | 1 | 0:05:41 |
| 560 | m | 707 | Bentien, | Ronald | Siemens | 48 | 6390 | 0:39:01 | 1 | 0:06:06 |
| 561 | w | 841 | Rattunde, | Julia | Knossos.de | 82 | 6390 | 0:40:01 | 1 | 0:06:16 |
| 562 | m | 836 | Plötzky, | Lars | Signal Iduna | 68 | 6390 | 0:41:44 | 1 | 0:06:32 |
| 563 | w | 839 | Rasmussen, | Ingrid | TÜV-Nord | 52 | 6390 | 0:43:28 | 1 | 0:06:48 |
| 564 | w | 834 | Faaß, | Sandra | Signal Iduna | 87 | 6390 | 0:44:27 | 1 | 0:06:57 |
| 565 | m | 639 | Sievertsen, | Momme | Feuerwehr | 96 | 6300 | 0:21:55 | 1 | 0:03:29 |
| 566 | m | 349 | Tiemann, | Sebastian | Airbus | 78 | 6300 | 0:25:36 | 1 | 0:04:04 |
| 567 | m | 631 | Schreiber, | Raul | Energie SV | 73 | 6300 | 0:28:38 | 1 | 0:04:33 |
| 568 | w | 605 | Hallmann, | Kirsten | Airbus | 71 | 6300 | 0:30:01 | 1 | 0:04:46 |
| 569 | m | 678 | Wellbrock, | Eckehardt | Montblanc | 58 | 6300 | 0:32:23 | 1 | 0:05:08 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|----------------|--------------|----|---------|---------|--------|---------|
| 570 | m | 669 | Grandt, | Wolfgang | LT Wedel | 54 | 6300 | 0:43:46 | 1 | 0:06:57 |
| 571 | m | 457 | Brandt, | Peter | HEK | 40 | 6100 | 0:41:34 | 2 | 0:06:49 |
| 572 | m | 586 | Dreier, | Gerhard | TÜV-Nord | 63 | 6100 | 0:43:43 | 2 | 0:07:10 |
| 573 | m | 538 | Laude, | Niels | Polizei HH | 75 | 5300 | 0:26:01 | 1 | 0:04:55 |
| 574 | w | 458 | Kleinemeyer, | Dagmar | HEK | 56 | 5300 | 0:31:00 | 1 | 0:05:51 |
| 575 | m | 780 | Wagner, | Tilman | TH Eilbeck | 92 | 3800 | 0:13:50 | 1 | 0:03:38 |
| 576 | m | 771 | Bramer, | Marco | PHILIPS | 82 | 3800 | 0:16:35 | 1 | 0:04:22 |
| 577 | m | 738 | Krause, | Reinhard | ERGOsports | 44 | 3800 | 0:22:14 | 1 | 0:05:51 |
| 578 | m | 733 | Sluzalek, | Ralf | ELBE-Sport | 63 | 3800 | 0:23:32 | 1 | 0:06:12 |
| 579 | m | 743 | Wagener, | Horst | Gaden | 61 | 3800 | 0:26:31 | 1 | 0:06:59 |
| 580 | m | 279 | Meier, | Manfred | PHILIPS | 40 | 3800 | 0:28:33 | 1 | 0:07:31 |
| 581 | w | 791 | Schliephake, | Katrin | Gaden | 68 | 3640 | 0:22:29 | 1 | 0:06:11 |
| 582 | m | 812 | Hansen, | Jan | wellnuss.de | 74 | 3640 | 0:24:17 | 1 | 0:06:40 |
| 583 | m | 852 | Langsdorf, | Timo | Polizei HH | 99 | 3600 | 0:18:41 | 1 | 0:05:11 |
| 584 | w | 172 | Reimer, | Ida | HHLA | 12 | 3600 | 0:19:07 | 1 | 0:05:19 |
| 585 | w | 289 | Reese, | Finja | Polizei HH | 4 | 3600 | 0:19:08 | 1 | 0:05:19 |
| 586 | m | 788 | Bajric, | Lejs | DNV | 11 | 3260 | 0:16:02 | 1 | 0:04:55 |
| 587 | w | 713 | Kalthoff, | Lena | EDEKA | 87 | 3200 | 0:14:02 | 1 | 0:04:23 |
| 588 | m | 632 | Schumann, | Thomas | Energie SV | 58 | 3200 | 0:17:44 | 1 | 0:05:33 |
| 589 | w | 617 | Bock, | Andrea | BBK | 75 | 3200 | 0:17:59 | 1 | 0:05:37 |
| 590 | w | 620 | Lang, | Jennifer | CPAG | 82 | 3200 | 0:19:22 | 1 | 0:06:03 |
| 591 | w | 463 | Stockrahm, | Celine | Jungheinrich | 1 | 2900 | 0:12:47 | 1 | 0:04:24 |
| 592 | m | 516 | Schröder, | Birger | NDR | 63 | 2900 | 0:15:14 | 1 | 0:05:15 |
| 593 | m | 548 | Boldt, | Marian Andreas | G+J | 78 | 2900 | 0:15:24 | 1 | 0:05:19 |
| 594 | w | 76 | Rimatcki, | Ricarda | Energie SV | 91 | 2900 | 0:15:40 | 1 | 0:05:24 |
| 595 | m | 374 | Thorborg, | Nils | Deut.Bank | 64 | 2900 | 0:16:06 | 1 | 0:05:33 |
| 596 | m | 489 | Niemann, | Erik | FA HH | 1 | 2900 | 0:17:05 | 1 | 0:05:53 |
| 597 | m | 40 | Rowedder, | Frank | Deut.Bank | 66 | 2900 | 0:17:29 | 1 | 0:06:02 |
| 598 | m | 597 | Käming, | Michael | Energie SV | 58 | 2900 | 0:17:52 | 1 | 0:06:10 |
| 599 | m | 375 | Wolff, | Mario | Deut.Bank | 56 | 2900 | 0:18:39 | 1 | 0:06:26 |
| 600 | w | 523 | Liesenfeld, | Melanie | Nordmark | 77 | 2900 | 0:19:01 | 1 | 0:06:33 |
| 601 | w | 598 | Loibl, | Regina | Airbus | 66 | 2900 | 0:20:40 | 1 | 0:07:08 |
| 602 | w | 321 | Schneider, | Maren | Signal Iduna | 68 | 2900 | 0:21:35 | 1 | 0:07:27 |
| 603 | m | 503 | Dröge, | Matthias | Marien-Krh | 66 | 2900 | 0:26:55 | 1 | 0:09:17 |
| 604 | w | 504 | Schubert, | Wiebke | Marien-Krh | 66 | 2900 | 0:26:55 | 1 | 0:09:17 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|--------------|-------------|----|---------|----------|--------|---------|
| 1 | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
| 2 | w | 341 | Dux, | Maren | Airbus | 68 | 116880 | 10:36:52 | 18 | 0:05:27 |
| 3 | w | 353 | Büsen, | Melanie | Beiersdorf | 81 | 116880 | 11:51:21 | 18 | 0:06:05 |
| 4 | w | 244 | Sagert, | Erika | HapagLloyd | 52 | 113680 | 11:23:37 | 17 | 0:06:01 |
| 5 | w | 315 | Goebel, | Petra | Siemens | 69 | 86280 | 7:45:30 | 14 | 0:05:24 |
| 6 | w | 16 | Schultz, | Eva | Airbus | 84 | 74730 | 5:55:46 | 11 | 0:04:46 |
| 7 | w | 439 | Slomski, | Birgit | Laufladen | 75 | 70120 | 6:33:24 | 11 | 0:05:37 |
| 8 | w | 237 | Hoeft, | Gesine | Laufladen | 52 | 68210 | 6:29:37 | 11 | 0:05:43 |
| 9 | w | 447 | Suckow, | Maria | Haspa | 68 | 61510 | 6:26:10 | 8 | 0:06:17 |
| 10 | w | 603 | Brockmann, | Christina | Airbus | 84 | 58070 | 4:10:07 | 9 | 0:04:18 |
| 11 | w | 2 | Buchmann, | Sigrid | Agapleasure | 68 | 57520 | 5:04:56 | 6 | 0:05:18 |
| 12 | w | 478 | Kersten, | Ines | Laufwerk | 62 | 56080 | 6:04:32 | 9 | 0:06:30 |
| 13 | w | 475 | Timpe, | Kerstin | Opensport | 68 | 51520 | 5:29:31 | 6 | 0:06:24 |
| 14 | w | 75 | Regolin, | Lea | Energie SV | 98 | 51120 | 5:10:19 | 6 | 0:06:04 |
| 15 | w | 659 | Tell, | Johanna | HapagLloyd | 90 | 49720 | 4:28:03 | 5 | 0:05:23 |
| 16 | w | 484 | Günther, | Sina | FA HH | 98 | 48220 | 3:25:44 | 5 | 0:04:16 |
| 17 | w | 487 | Neumann, | Corinna | FA HH | 68 | 48220 | 4:16:53 | 5 | 0:05:20 |
| 18 | w | 576 | Pries, | Daniela | Tchibo | 73 | 46800 | 3:42:38 | 8 | 0:04:45 |
| 19 | w | 412 | Müller, | Nicole | Gaden | 83 | 46190 | 4:17:55 | 5 | 0:05:35 |
| 20 | w | 438 | Schmidt, | Christine | Laufladen | 84 | 43510 | 4:04:03 | 6 | 0:05:37 |
| 21 | w | 455 | Wolf, | Corinna | HapagLloyd | 89 | 40960 | 3:28:23 | 5 | 0:05:05 |
| 22 | w | 749 | Berghausen, | Solveig | Laufladen | 75 | 40420 | 3:28:06 | 4 | 0:05:09 |
| 23 | w | 668 | Werner, | Kristina | Krüss-OSH | 82 | 40120 | 3:15:17 | 4 | 0:04:52 |
| 24 | w | 246 | Wolf, | Simone | HapagLloyd | 89 | 40120 | 3:23:13 | 4 | 0:05:04 |
| 25 | w | 471 | Poon, | Marianne | Krüss-OSH | 85 | 38100 | 2:58:20 | 8 | 0:04:41 |
| 26 | w | 411 | Lüders, | Kerstin | Gaden | 63 | 37520 | 3:13:51 | 4 | 0:05:10 |
| 27 | w | 254 | Goebel, | Sonia Isabel | Knossos.de | 90 | 37420 | 2:55:11 | 6 | 0:04:41 |
| 28 | w | 482 | Willamowski, | Claudia | Laufwerk | 67 | 36220 | 2:46:27 | 4 | 0:04:36 |
| 29 | w | 380 | Pohl, | Katja | DZ Hyp | 69 | 36100 | 3:38:22 | 6 | 0:06:03 |
| 30 | w | 384 | Frey, | Birgit | ELBE-Sport | 57 | 35460 | 4:16:45 | 6 | 0:07:14 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|-----------|--------------|----|---------|---------|--------|---------|
| 31 | w | 676 | Pöhler, | Julia | Montblanc | 81 | 33660 | 2:41:07 | 5 | 0:04:47 |
| 32 | w | 323 | Vollmers, | Anja | Signal Iduna | 70 | 33660 | 2:45:25 | 5 | 0:04:55 |
| 33 | w | 369 | Engelbrecht, | Martina | Alto-Nabe | 64 | 33660 | 2:59:05 | 5 | 0:05:19 |
| 34 | w | 494 | Berels, | Marika | Lufthansa | 63 | 32260 | 3:02:54 | 5 | 0:05:40 |
| 35 | w | 822 | Baumann, | Vera | HW | 87 | 30820 | 2:57:58 | 3 | 0:05:46 |
| 36 | w | 714 | Leibrock, | Karin | Krüss-OSH | 74 | 29600 | 2:45:34 | 3 | 0:05:36 |
| 37 | w | 715 | Staas, | Kirsten | Krüss-OSH | 65 | 29520 | 2:22:19 | 3 | 0:04:49 |
| 38 | w | 615 | Neumann, | Yvonne | Beiersdorf | 83 | 29520 | 3:08:21 | 3 | 0:06:23 |
| 39 | w | 552 | Krämer, | Birgit | Stern | 64 | 29420 | 3:12:39 | 3 | 0:06:33 |
| 40 | w | 441 | Zimmermann, | Nicole | Laufladen | 93 | 29100 | 2:22:59 | 3 | 0:04:55 |
| 41 | w | 621 | Heller, | Ariane | CW-IT.de | 91 | 28420 | 2:18:09 | 3 | 0:04:52 |
| 42 | w | 3 | Chery, | Jennyfer | Airbus | 82 | 27970 | 2:48:47 | 4 | 0:06:02 |
| 43 | w | 256 | Bürger, | Kim Marie | Lufthansa | 98 | 27920 | 2:23:44 | 3 | 0:05:09 |
| 44 | w | 417 | Sals, | Angelina | Generali | 77 | 27920 | 2:48:45 | 3 | 0:06:03 |
| 45 | w | 736 | Isermann, | Kerstin | Eppendorf | 74 | 27360 | 2:16:01 | 4 | 0:04:58 |
| 46 | w | 404 | Fönschau, | Silke | ERGOsports | 62 | 26920 | 2:27:40 | 3 | 0:05:29 |
| 47 | w | 696 | Wendt, | Mareike | Stern | 69 | 26490 | 3:06:24 | 4 | 0:07:02 |
| 48 | w | 413 | Reimers, | Wiebke | Gaden | 65 | 25560 | 2:42:11 | 4 | 0:06:21 |
| 49 | w | 567 | Reese-Theege, | Kirsten | Signal Iduna | 62 | 25560 | 3:02:10 | 4 | 0:07:08 |
| 50 | w | 354 | Hollah, | Sina | Beiersdorf | 90 | 24690 | 2:08:49 | 4 | 0:05:13 |
| 51 | w | 522 | Kohlhagen, | Ramona | Nordmark | 80 | 24490 | 2:20:02 | 3 | 0:05:43 |
| 52 | w | 671 | Roosen, | Katharina | Laufwerk | 81 | 24170 | 2:23:06 | 4 | 0:05:55 |
| 53 | w | 732 | Meier, | Tanja | ELBE-Sport | 70 | 23830 | 2:38:06 | 4 | 0:06:38 |
| 54 | w | 633 | Tschiltschke, | Solvejg | Energie SV | 91 | 23810 | 2:08:55 | 4 | 0:05:25 |
| 55 | w | 701 | Seeling-Maaß, | Meike | Tchibo | 65 | 23660 | 2:17:50 | 4 | 0:05:50 |
| 56 | w | 775 | Wiem, | Sophie | Siemens | 6 | 23480 | 2:16:08 | 3 | 0:05:48 |
| 57 | w | 612 | Albrecht, | Nele | AK Nord | 96 | 23170 | 2:08:48 | 3 | 0:05:34 |
| 58 | w | 257 | Glöde, | Jutta | Lufthansa | 63 | 22860 | 1:51:19 | 3 | 0:04:52 |
| 59 | w | 767 | Fraydenberg, | Ekaterina | Montblanc | 90 | 20970 | 2:12:55 | 3 | 0:06:20 |
| 60 | w | 294 | Zuncke, | Sonja | Polizei HH | 66 | 20400 | 2:21:26 | 6 | 0:06:56 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------------|-------------|-------------|----|---------|---------|--------|---------|
| 61 | w | 717 | Ertlmaier, | Antonia | Gaden | 7 | 20290 | 2:01:47 | 5 | 0:06:00 |
| 62 | w | 766 | Fischer, | Sabine | Montblanc | 65 | 20260 | 2:28:40 | 3 | 0:07:20 |
| 63 | w | 781 | Nentwig, | Karin | Airbus | 59 | 20220 | 1:41:03 | 2 | 0:05:00 |
| 64 | w | 823 | Löffler, | Cläre | WTM HH | 97 | 20220 | 1:45:36 | 2 | 0:05:13 |
| 65 | w | 784 | Bessen, | Hjördis | Berenberg | 80 | 20220 | 1:47:34 | 2 | 0:05:19 |
| 66 | w | 785 | Heinsohn, | Christin | Berenberg | 68 | 20220 | 1:50:33 | 2 | 0:05:28 |
| 67 | w | 637 | Nörenberg, | Sylvia | ERGOsports | 72 | 20170 | 1:52:55 | 3 | 0:05:36 |
| 68 | w | 667 | Schmidt-Berbatovci, | Julia | Krüss-OSH | 79 | 20000 | 1:45:53 | 2 | 0:05:18 |
| 69 | w | 682 | Peters, | Jasmin | NDR | 91 | 20000 | 1:56:41 | 2 | 0:05:50 |
| 70 | w | 39 | Hennecke, | Anke | Deut.Bank | 76 | 19900 | 1:33:11 | 2 | 0:04:41 |
| 71 | w | 674 | Cramer, | Meike | Montblanc | 67 | 19860 | 1:58:11 | 3 | 0:05:57 |
| 72 | w | 386 | Vollstedt, | Andrea | ELBE-Sport | 71 | 19170 | 1:44:49 | 3 | 0:05:28 |
| 73 | w | 32 | Schlieter, | Kathrin | Commerzbank | 71 | 19170 | 1:50:27 | 3 | 0:05:46 |
| 74 | w | 505 | Cordes, | Natalie | Montblanc | 76 | 19170 | 1:57:59 | 3 | 0:06:09 |
| 75 | w | 61 | Felske, | Karen | Energie SV | 78 | 19170 | 2:03:57 | 3 | 0:06:28 |
| 76 | w | 684 | Kuntze, | Vanessa | Nordmark | 98 | 18900 | 1:42:09 | 2 | 0:05:24 |
| 77 | w | 652 | Heß, | Verena | Haspa | 69 | 18900 | 1:43:52 | 2 | 0:05:30 |
| 78 | w | 641 | Majda, | Izabella | Funkgruppe | 82 | 18900 | 2:02:33 | 2 | 0:06:29 |
| 79 | w | 351 | Buß, | Dirka | AK Nord | 65 | 18860 | 2:15:43 | 3 | 0:07:12 |
| 80 | w | 242 | Bade, | Kim-Kristin | HapagLloyd | 92 | 18820 | 1:31:16 | 2 | 0:04:51 |
| 81 | w | 539 | Marthiens, | Ute | Polizei HH | 52 | 18800 | 1:59:05 | 5 | 0:06:20 |
| 82 | w | 89 | Klass, | Leonie | Gaden | 99 | 18770 | 1:35:26 | 3 | 0:05:05 |
| 83 | w | 431 | Bruns, | Miriam | Laufladen | 83 | 18500 | 1:21:57 | 2 | 0:04:26 |
| 84 | w | 415 | Wulff, | Michelle | Gaden | 98 | 18300 | 1:53:25 | 3 | 0:06:12 |
| 85 | w | 288 | Liebler, | Katja | Polizei HH | 73 | 17500 | 1:21:58 | 5 | 0:04:41 |
| 86 | w | 554 | Röhrich, | Monika | Zoll | 79 | 17400 | 1:26:11 | 2 | 0:04:57 |
| 87 | w | 335 | Baron, | Franziska | Polizei HH | 80 | 17400 | 1:30:43 | 2 | 0:05:13 |
| 88 | w | 308 | Balzer, | Maren | Zoll | 67 | 17400 | 1:32:23 | 3 | 0:05:19 |
| 89 | w | 363 | Albrecht, | Sylvia | Commerzbank | 73 | 17320 | 1:29:44 | 2 | 0:05:11 |
| 90 | w | 485 | Jaekel, | Sandra | FA HH | 75 | 17300 | 1:20:50 | 3 | 0:04:40 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|----------------|-----------------|--------------|----|---------|---------|--------|---------|
| 91 | w | 73 | Reese, | Irina | Energie SV | 72 | 17140 | 1:44:05 | 5 | 0:06:04 |
| 92 | w | 285 | Becker, | Barbara | Polizei HH | 71 | 16800 | 1:18:36 | 5 | 0:04:41 |
| 93 | w | 401 | Baumann, | Katja | ERGOsports | 70 | 16800 | 1:19:56 | 5 | 0:04:45 |
| 94 | w | 541 | Spindler, | Angela | Polizei HH | 79 | 16800 | 1:26:41 | 5 | 0:05:10 |
| 95 | w | 551 | Nachtigäller, | Iris | G+J | 77 | 16600 | 1:27:58 | 5 | 0:05:18 |
| 96 | w | 549 | Bühler-Becker, | Heidi | G+J | 61 | 16600 | 1:38:56 | 5 | 0:05:58 |
| 97 | w | 608 | Mombach, | Alexandra-Maria | Airbus | 80 | 16470 | 1:29:17 | 2 | 0:05:25 |
| 98 | w | 355 | Martynenko, | Nataliia | Beiersdorf | 92 | 16000 | 1:38:32 | 3 | 0:06:09 |
| 99 | w | 581 | Feldmann, | Finnja | TH Eilbeck | 1 | 14600 | 1:01:36 | 2 | 0:04:13 |
| 100 | w | 740 | Sievers, | Susanne | ERGOsports | 67 | 14300 | 1:22:09 | 4 | 0:05:45 |
| 101 | w | 754 | Strauchmann, | Maraike | HEK | 81 | 14300 | 1:30:24 | 4 | 0:06:19 |
| 102 | w | 650 | Boettcher, | Dagmar | Haspa | 62 | 13900 | 1:45:12 | 4 | 0:07:34 |
| 103 | w | 656 | Guenzi, | Elena | HapagLloyd | 80 | 13700 | 1:04:56 | 4 | 0:04:44 |
| 104 | w | 287 | Laude, | Anna | Polizei HH | 11 | 13700 | 1:10:49 | 4 | 0:05:10 |
| 105 | w | 286 | Engelmann, | Heike | Polizei HH | 71 | 13600 | 1:16:10 | 4 | 0:05:36 |
| 106 | w | 408 | Stahlbock, | Astrid | ERGOsports | 59 | 13600 | 1:33:13 | 4 | 0:06:51 |
| 107 | w | 794 | Fähnemann, | Martina | HapagLloyd | 67 | 13560 | 1:28:42 | 2 | 0:06:32 |
| 108 | w | 402 | Dreller, | Hilke | ERGOsports | 64 | 13540 | 1:11:59 | 4 | 0:05:19 |
| 109 | w | 437 | Porzberg, | Dana | Laufladen | 82 | 13490 | 1:19:24 | 2 | 0:05:53 |
| 110 | w | 790 | Klöver, | Michaela | ELBE-Sport | 73 | 13490 | 1:32:09 | 2 | 0:06:50 |
| 111 | w | 395 | Pfennig, | Viviane | Energie SV | 88 | 13160 | 0:58:15 | 4 | 0:04:26 |
| 112 | w | 388 | Begerow, | Sandra | Energie SV | 87 | 13000 | 1:01:11 | 4 | 0:04:42 |
| 113 | w | 428 | Mabikounou, | Monique | Hochbahn | 87 | 13000 | 1:18:28 | 4 | 0:06:02 |
| 114 | w | 467 | Heinrich, | Nina | Krüss-OSH | 82 | 12860 | 1:39:06 | 3 | 0:07:42 |
| 115 | w | 673 | Perez-Lemm, | Ursula | Marien-Krh | 66 | 12690 | 1:29:34 | 2 | 0:07:03 |
| 116 | w | 420 | Scherff, | Aileen | HH Airport | 92 | 12400 | 1:11:22 | 2 | 0:05:45 |
| 117 | w | 585 | Dreier, | Dagmar | TÜV-Nord | 68 | 12200 | 1:10:30 | 2 | 0:05:47 |
| 118 | w | 535 | Matzke, | Svenja | PHILIPS | 78 | 11600 | 1:00:58 | 2 | 0:05:15 |
| 119 | w | 58 | Denker, | Franziska | Energie SV | 90 | 11600 | 1:07:59 | 2 | 0:05:52 |
| 120 | w | 811 | Weitmann, | Sabrina | Signal Iduna | 80 | 10740 | 1:09:32 | 2 | 0:06:28 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-----------------------|----------------|--------------|----|---------|---------|--------|---------|
| 121 | w | 465 | Gerhardt, | Katja | Knossos.de | 87 | 10700 | 0:55:02 | 2 | 0:05:09 |
| 122 | w | 753 | Bornemann, | Viola | Haspa | 69 | 10700 | 1:10:36 | 3 | 0:06:36 |
| 123 | w | 303 | Schnepper, | Malin | Stern | 98 | 10600 | 0:59:32 | 1 | 0:05:37 |
| 124 | w | 850 | Groot, de | Lisa Marie | HW | 90 | 10600 | 1:02:20 | 1 | 0:05:53 |
| 125 | w | 312 | Obereichholz-Bangert, | Inga-Constanze | Zoll | 92 | 10260 | 0:56:42 | 3 | 0:05:32 |
| 126 | w | 638 | Seise, | Anja | ERGOsports | 81 | 10060 | 1:02:26 | 3 | 0:06:12 |
| 127 | w | 786 | Stark, | Anja | Berenberg | 78 | 10030 | 1:09:48 | 2 | 0:06:58 |
| 128 | w | 280 | Orlowski, | Elke | PHILIPS | 41 | 9740 | 1:50:27 | 3 | 0:11:20 |
| 129 | w | 722 | Lützow, | Mareike | Beiersdorf | 1 | 9600 | 0:41:06 | 1 | 0:04:17 |
| 130 | w | 763 | Giesen, | Britta | Laufwerk | 71 | 9600 | 0:43:32 | 1 | 0:04:32 |
| 131 | w | 726 | Pahl, | Svea | CLD HH | 2 | 9600 | 0:47:22 | 1 | 0:04:56 |
| 132 | w | 759 | Blank, | Louisa | Krüss-OSH | 91 | 9600 | 0:55:16 | 1 | 0:05:45 |
| 133 | w | 832 | Schönwälder, | Claudia | Laufladen | 71 | 9520 | 0:44:47 | 1 | 0:04:42 |
| 134 | w | 825 | Christensen, | Maren | Airbus | 88 | 9520 | 0:52:56 | 1 | 0:05:34 |
| 135 | w | 761 | Reif, | Cynthia | Krüss-OSH | 65 | 9520 | 0:59:20 | 1 | 0:06:14 |
| 136 | w | 695 | Warnecke-Jerol, | Margret | Stern | 61 | 9500 | 0:49:17 | 2 | 0:05:11 |
| 137 | w | 260 | Laar, von | Sabine | nexinsure | 66 | 9300 | 0:43:04 | 1 | 0:04:38 |
| 138 | w | 643 | Lohstroh, | Ellen | HPA | 57 | 9300 | 0:59:17 | 1 | 0:06:22 |
| 139 | w | 570 | Scharf, | Nicole | Signal Iduna | 76 | 9290 | 0:56:43 | 2 | 0:06:06 |
| 140 | w | 299 | Hausmann, | Isabel | Stern | 1 | 7800 | 0:39:45 | 1 | 0:05:06 |
| 141 | w | 510 | Fecke, | Malin | NDR | 93 | 7800 | 0:45:26 | 1 | 0:05:49 |
| 142 | w | 566 | Raether-Egger, | Andrea | Signal Iduna | 74 | 7800 | 0:46:04 | 1 | 0:05:54 |
| 143 | w | 557 | Begemann, | Barbara | SPK-Süd | 69 | 7800 | 0:46:33 | 1 | 0:05:58 |
| 144 | w | 372 | Keim, | Gesche | Deut.Bank | 66 | 7800 | 0:46:55 | 1 | 0:06:01 |
| 145 | w | 468 | Herrmann, | Sandra | Krüss-OSH | 78 | 7800 | 0:48:31 | 1 | 0:06:13 |
| 146 | w | 357 | Kollemann, | Sabine | CLD HH | 64 | 7800 | 0:50:09 | 1 | 0:06:26 |
| 147 | w | 729 | Hillmann, | Iris | EDEKA | 72 | 7440 | 0:49:14 | 2 | 0:06:37 |
| 148 | w | 774 | Liebers, | Ümmü | Zoll | 71 | 7440 | 1:00:36 | 2 | 0:08:09 |
| 149 | w | 758 | Schlawinsky, | Laura | Knossos.de | 90 | 7240 | 0:47:23 | 2 | 0:06:33 |
| 150 | w | 789 | Bialy, von | Lea | DNV | 88 | 7170 | 0:36:52 | 1 | 0:05:09 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|-----------|--------------|----|---------|---------|--------|---------|
| 151 | w | 699 | Theis, | Daniela | Signal Iduna | 83 | 7170 | 0:43:17 | 1 | 0:06:02 |
| 152 | w | 818 | Wilm, | Kathrin | DLV-Gast | 68 | 7170 | 0:46:07 | 1 | 0:06:26 |
| 153 | w | 843 | Martens, | Sina | Airbus | 89 | 7100 | 0:36:25 | 1 | 0:05:08 |
| 154 | w | 848 | Pfäffle, | Karin | Energie SV | 60 | 7100 | 0:44:24 | 1 | 0:06:15 |
| 155 | w | 225 | Köppel, | Inka | HPA | 73 | 7100 | 0:45:29 | 1 | 0:06:24 |
| 156 | w | 849 | Rottenberger, | Amelie | Energie SV | 97 | 7100 | 0:46:02 | 1 | 0:06:29 |
| 157 | w | 618 | Plambeck, | Monika | BBK | 73 | 6840 | 0:39:55 | 2 | 0:05:50 |
| 158 | w | 86 | Feldmann, | Kerstin | Gaden | 71 | 6700 | 0:33:45 | 1 | 0:05:02 |
| 159 | w | 723 | Müther, | Yvonne | BG Verkehr | 81 | 6700 | 0:33:46 | 1 | 0:05:02 |
| 160 | w | 778 | Preuß, | Theresa | Tchibo | 83 | 6700 | 0:35:02 | 1 | 0:05:14 |
| 161 | w | 769 | Glaser, | Steffi | OTTO | 70 | 6700 | 0:36:00 | 1 | 0:05:22 |
| 162 | w | 748 | Kaussler, | Claudia | Hochbahn | 61 | 6700 | 0:38:48 | 1 | 0:05:47 |
| 163 | w | 80 | Clausen, | Sylvia | ERGOsports | 40 | 6700 | 0:49:28 | 2 | 0:07:23 |
| 164 | w | 595 | Steinfeld, | Ivonne | Dataport | 80 | 6540 | 0:46:36 | 2 | 0:07:08 |
| 165 | w | 476 | Engelmann, | Katrin | Laufwerk | 66 | 6540 | 0:51:43 | 2 | 0:07:54 |
| 166 | w | 704 | Köhler, | Katharina | TÜV-Nord | 91 | 6460 | 0:39:11 | 2 | 0:06:04 |
| 167 | w | 841 | Rattunde, | Julia | Knossos.de | 82 | 6390 | 0:40:01 | 1 | 0:06:16 |
| 168 | w | 839 | Rasmussen, | Ingrid | TÜV-Nord | 52 | 6390 | 0:43:28 | 1 | 0:06:48 |
| 169 | w | 834 | Faaß, | Sandra | Signal Iduna | 87 | 6390 | 0:44:27 | 1 | 0:06:57 |
| 170 | w | 605 | Hallmann, | Kirsten | Airbus | 71 | 6300 | 0:30:01 | 1 | 0:04:46 |
| 171 | w | 458 | Kleinemeyer, | Dagmar | HEK | 56 | 5300 | 0:31:00 | 1 | 0:05:51 |
| 172 | w | 791 | Schliephake, | Katrin | Gaden | 68 | 3640 | 0:22:29 | 1 | 0:06:11 |
| 173 | w | 172 | Reimer, | Ida | HHLA | 12 | 3600 | 0:19:07 | 1 | 0:05:19 |
| 174 | w | 289 | Reese, | Finja | Polizei HH | 4 | 3600 | 0:19:08 | 1 | 0:05:19 |
| 175 | w | 713 | Kalthoff, | Lena | EDEKA | 87 | 3200 | 0:14:02 | 1 | 0:04:23 |
| 176 | w | 617 | Bock, | Andrea | BBK | 75 | 3200 | 0:17:59 | 1 | 0:05:37 |
| 177 | w | 620 | Lang, | Jennifer | CPAG | 82 | 3200 | 0:19:22 | 1 | 0:06:03 |
| 178 | w | 463 | Stockrahm, | Celine | Jungheinrich | 1 | 2900 | 0:12:47 | 1 | 0:04:24 |
| 179 | w | 76 | Rimatcki, | Ricarda | Energie SV | 91 | 2900 | 0:15:40 | 1 | 0:05:24 |
| 180 | w | 523 | Liesenfeld, | Melanie | Nordmark | 77 | 2900 | 0:19:01 | 1 | 0:06:33 |
| 181 | w | 598 | Loibl, | Regina | Airbus | 66 | 2900 | 0:20:40 | 1 | 0:07:08 |
| 182 | w | 321 | Schneider, | Maren | Signal Iduna | 68 | 2900 | 0:21:35 | 1 | 0:07:27 |
| 183 | w | 504 | Schubert, | Wiebke | Marien-Krh | 66 | 2900 | 0:26:55 | 1 | 0:09:17 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|-------------|--------------|----|---------|----------|--------|---------|
| 1 | m | 271 | Czoschke, | Rene | OTTO | 87 | 116880 | 7:41:44 | 18 | 0:03:57 |
| 2 | m | 454 | Wilde, | Tim | HapagLloyd | 85 | 116880 | 8:13:31 | 18 | 0:04:13 |
| 3 | m | 300 | Lambracht, | Gerald | Stern | 70 | 116880 | 8:20:13 | 18 | 0:04:17 |
| 4 | m | 451 | Schnell, | Steffen | HapagLloyd | 87 | 116880 | 9:05:28 | 18 | 0:04:40 |
| 5 | m | 446 | Scholz, | Christian | Haspa | 82 | 116880 | 9:27:40 | 18 | 0:04:51 |
| 6 | m | 391 | Deren, | Slawomir | Energie SV | 82 | 116880 | 9:57:45 | 18 | 0:05:07 |
| 7 | m | 453 | Schubert, | Ralph | HapagLloyd | 73 | 116880 | 10:28:23 | 18 | 0:05:23 |
| 8 | m | 564 | Hoffmann, | Elias | Signal Iduna | 96 | 98080 | 6:23:20 | 15 | 0:03:55 |
| 9 | m | 488 | Neumann, | Uwe | FA HH | 73 | 98080 | 6:57:31 | 15 | 0:04:15 |
| 10 | m | 21 | Krastev, | Ulli | BACARDI | 69 | 97710 | 7:08:47 | 15 | 0:04:23 |
| 11 | m | 268 | Winkeler, | Tobias | Nordmark | 88 | 96680 | 7:10:47 | 14 | 0:04:27 |
| 12 | m | 577 | Sturm, | Lukas | Tchibo | 95 | 95580 | 7:07:58 | 15 | 0:04:29 |
| 13 | m | 379 | Meyer-Reim, | Utz | DZ Hyp | 61 | 86180 | 7:42:42 | 14 | 0:05:22 |
| 14 | m | 339 | Borgstädt, | Tim | Airbus | 53 | 84880 | 8:00:49 | 14 | 0:05:40 |
| 15 | m | 19 | Trümper, | Michael | Airbus | 66 | 82080 | 7:04:37 | 12 | 0:05:10 |
| 16 | m | 593 | Becker, | Jens-Gerrit | OTTO | 62 | 78720 | 6:41:32 | 13 | 0:05:06 |
| 17 | m | 297 | Braeuer, | Karsten | Stern | 72 | 76410 | 7:07:29 | 12 | 0:05:36 |
| 18 | m | 85 | Kozieras, | Norbert | ERGOsports | 50 | 74980 | 6:20:12 | 13 | 0:05:04 |
| 19 | m | 342 | Jansen, | Thies | Airbus | 71 | 74070 | 5:29:43 | 12 | 0:04:27 |
| 20 | m | 400 | Banck, | Sönke | ERGOsports | 67 | 73770 | 5:14:01 | 12 | 0:04:15 |
| 21 | m | 356 | Mutz, | Michael | Beiersdorf | 67 | 73500 | 7:02:05 | 12 | 0:05:45 |
| 22 | m | 275 | Dreise, | Gösta | PHILIPS | 68 | 71910 | 7:16:51 | 10 | 0:06:04 |
| 23 | m | 45 | Rooseboom, | Markus | DZ Hyp | 65 | 63600 | 5:50:23 | 8 | 0:05:31 |
| 24 | m | 805 | Dörheit, | Christian | NDR | 79 | 61980 | 4:19:57 | 9 | 0:04:12 |
| 25 | m | 747 | Pfeiffer, | Axel | HHLA | 85 | 61820 | 5:55:41 | 8 | 0:05:45 |
| 26 | m | 720 | Schmidt, | Gunter | Airbus | 61 | 60570 | 5:23:38 | 9 | 0:05:21 |
| 27 | m | 231 | Reimer, | Tobias | HHLA | 74 | 60280 | 4:09:20 | 10 | 0:04:08 |
| 28 | m | 376 | Albrecht, | Axel | DNV | 66 | 58520 | 3:59:34 | 7 | 0:04:06 |
| 29 | m | 234 | Breitenstein, | Andre | Laufladen | 67 | 57520 | 4:24:33 | 6 | 0:04:36 |
| 30 | m | 573 | Weitmann, | Daniel | Signal Iduna | 72 | 57520 | 5:03:02 | 6 | 0:05:16 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|----------------|------------|-------------|----|---------|---------|--------|---------|
| 31 | m | 562 | Hoppe, | Holger | Rot Gelb | 71 | 57520 | 5:04:28 | 6 | 0:05:18 |
| 32 | m | 364 | Persiel, | Arne | Commerzbank | 66 | 57520 | 5:30:48 | 7 | 0:05:45 |
| 33 | m | 626 | Kramer, | Philipp | ELBE-Sport | 67 | 57230 | 5:28:28 | 8 | 0:05:44 |
| 34 | m | 421 | Reschke, | Mark | HPA | 72 | 56100 | 4:49:54 | 9 | 0:05:10 |
| 35 | m | 305 | Twesten, | Dennis | Stern | 83 | 54920 | 4:44:37 | 8 | 0:05:11 |
| 36 | m | 344 | Knaack, | Tobias | Airbus | 75 | 54900 | 4:40:47 | 9 | 0:05:07 |
| 37 | m | 284 | Stäcker, | Frank | PHILIPS | 64 | 54900 | 5:15:47 | 9 | 0:05:45 |
| 38 | m | 574 | Kutschera, | Sven | Tchibo | 79 | 53970 | 4:08:11 | 9 | 0:04:36 |
| 39 | m | 383 | Eybächer, | Michael | ELBE-Sport | 43 | 53200 | 7:00:27 | 10 | 0:07:54 |
| 40 | m | 291 | Schmidt, | Birger | Polizei HH | 84 | 51160 | 3:16:43 | 10 | 0:03:51 |
| 41 | m | 649 | Stein, | Christian | Laufladen | 78 | 49720 | 3:18:59 | 5 | 0:04:00 |
| 42 | m | 629 | Höhne, | David | Energie SV | 83 | 49720 | 3:28:08 | 5 | 0:04:11 |
| 43 | m | 27 | Hildebrandt, | Maximilian | BBK | 94 | 49720 | 3:31:28 | 5 | 0:04:15 |
| 44 | m | 648 | Putnings, | Thomas | Laufladen | 74 | 49720 | 3:39:01 | 5 | 0:04:24 |
| 45 | m | 646 | Böttcher, | Dirk | Laufladen | 69 | 49720 | 3:41:30 | 5 | 0:04:27 |
| 46 | m | 694 | Lever, | Patrick | Stern | 61 | 49720 | 4:07:51 | 5 | 0:04:59 |
| 47 | m | 670 | Lowin, | Focko | Laufwerk | 74 | 49720 | 4:10:07 | 5 | 0:05:02 |
| 48 | m | 337 | Grove, | Frank | WTM HH | 66 | 49720 | 5:07:45 | 5 | 0:06:11 |
| 49 | m | 405 | Holt, | Johannes | ERGOsports | 84 | 49570 | 3:52:34 | 9 | 0:04:42 |
| 50 | m | 42 | Backhausen, | Dirk | DNV | 66 | 48920 | 3:42:22 | 6 | 0:04:33 |
| 51 | m | 456 | Zielinski, | Dieter | HapagLloyd | 72 | 48220 | 3:14:03 | 5 | 0:04:01 |
| 52 | m | 240 | Ackermann, | Siegfried | Haspa | 60 | 48220 | 4:10:03 | 5 | 0:05:11 |
| 53 | m | 255 | Dieckmann, | Lukas | Laufwerk | 85 | 48000 | 2:55:49 | 5 | 0:03:40 |
| 54 | m | 5 | Gizzas, | Heiner | Airbus | 76 | 48000 | 4:03:52 | 5 | 0:05:05 |
| 55 | m | 48 | Sperfeld, | Dirk | EDEKA | 70 | 47920 | 4:08:33 | 5 | 0:05:11 |
| 56 | m | 599 | Taferner, | Johann | DNV | 48 | 47920 | 4:30:48 | 5 | 0:05:39 |
| 57 | m | 258 | Reichel-Busch, | Oliver | Lufthansa | 73 | 47920 | 4:31:00 | 5 | 0:05:39 |
| 58 | m | 4 | Felger, | Fritz | Airbus | 59 | 47920 | 4:50:37 | 5 | 0:06:04 |
| 59 | m | 22 | Croissier, | René | Baubehörde | 50 | 47920 | 5:24:26 | 5 | 0:06:46 |
| 60 | m | 49 | Gaebert, | Günter | ELBE-Sport | 64 | 47360 | 4:22:35 | 6 | 0:05:33 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|-------------|--------------|----|---------|---------|--------|---------|
| 61 | m | 236 | Goergens, | Michael | Laufladen | 55 | 47360 | 4:38:50 | 6 | 0:05:53 |
| 62 | m | 479 | Radcliffe, | Paul | Laufwerk | 75 | 46980 | 4:02:39 | 7 | 0:05:10 |
| 63 | m | 390 | Bulla, | Bernhard | Energie SV | 60 | 46920 | 4:10:59 | 5 | 0:05:21 |
| 64 | m | 524 | Baier, | Alois | Olympus | 59 | 46920 | 4:39:02 | 5 | 0:05:57 |
| 65 | m | 546 | Huhn, | Philipp | Runn Green | 88 | 46820 | 3:00:30 | 5 | 0:03:51 |
| 66 | m | 527 | Kroll, | Kristoffer | Olympus | 89 | 46820 | 3:31:47 | 5 | 0:04:31 |
| 67 | m | 644 | Meyer, | Mario | HW | 63 | 46820 | 4:06:26 | 7 | 0:05:16 |
| 68 | m | 533 | Haubrich, | Gerhard | PHILIPS | 43 | 46820 | 4:54:12 | 5 | 0:06:17 |
| 69 | m | 392 | Engel, | Leonard | Energie SV | 96 | 46700 | 3:56:04 | 7 | 0:05:03 |
| 70 | m | 91 | Schottenhaml, | Andreas | Gaden | 75 | 46120 | 4:01:26 | 6 | 0:05:14 |
| 71 | m | 521 | Gehn, | Marcel | Nordmark | 94 | 45500 | 3:43:38 | 6 | 0:04:55 |
| 72 | m | 470 | Moya, | Angel | Krüss-OSH | 82 | 44220 | 3:24:05 | 5 | 0:04:37 |
| 73 | m | 518 | Schulz, | Thomas | NDR | 61 | 44020 | 3:41:34 | 5 | 0:05:02 |
| 74 | m | 59 | Denker, | Karsten | Energie SV | 71 | 42600 | 4:01:41 | 7 | 0:05:40 |
| 75 | m | 233 | Bach, | Wolfgang | Laufladen | 82 | 40960 | 3:25:01 | 5 | 0:05:00 |
| 76 | m | 709 | Lück, | Ronald | EDEKA | 75 | 40200 | 3:16:56 | 4 | 0:04:54 |
| 77 | m | 64 | Heinzel, | Kai | Energie SV | 80 | 40200 | 3:19:10 | 4 | 0:04:57 |
| 78 | m | 78 | Specius, | Andree | Energie SV | 90 | 40120 | 2:48:44 | 4 | 0:04:12 |
| 79 | m | 267 | Gniechwitz, | Peter | Nordmark | 65 | 40120 | 2:55:28 | 4 | 0:04:22 |
| 80 | m | 87 | Gerlach, | Stephan | Gaden | 72 | 40120 | 2:55:31 | 4 | 0:04:22 |
| 81 | m | 227 | Tilch, | Peter | HPA | 55 | 40100 | 3:42:29 | 6 | 0:05:33 |
| 82 | m | 689 | Timm, | Philipp | Polizei HH | 93 | 39120 | 2:47:24 | 4 | 0:04:17 |
| 83 | m | 687 | Hensel, | Jullian | PHILIPS | 85 | 39120 | 3:00:53 | 4 | 0:04:37 |
| 84 | m | 634 | Ehrke, | Michael | ERGOsports | 59 | 39120 | 3:35:35 | 4 | 0:05:31 |
| 85 | m | 623 | Herrmann, | Michael | Deut.Bank | 61 | 39120 | 3:56:02 | 4 | 0:06:02 |
| 86 | m | 343 | Kiehl, | Thorsten | Airbus | 84 | 38960 | 2:53:45 | 6 | 0:04:28 |
| 87 | m | 572 | Vollmers, | Thomas | Signal Iduna | 71 | 38960 | 2:54:40 | 6 | 0:04:29 |
| 88 | m | 580 | Benz, | Markus | TK | 69 | 38960 | 3:29:31 | 6 | 0:05:23 |
| 89 | m | 429 | Westphal, | Wolfgang | Hochbahn | 54 | 38960 | 3:39:37 | 6 | 0:05:38 |
| 90 | m | 419 | Lange, | Klaus-Peter | HH Airport | 60 | 38960 | 4:26:37 | 6 | 0:06:51 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|---------------|--------------|----|---------|---------|--------|---------|
| 91 | m | 474 | Steuernagel, | Curt | Krüss-OSH | 56 | 38960 | 4:28:23 | 6 | 0:06:53 |
| 92 | m | 520 | Warneck, | Marco | NDR | 78 | 38620 | 2:40:41 | 4 | 0:04:10 |
| 93 | m | 362 | Kasper, | Thomas | Commerzbank | 68 | 38620 | 3:14:20 | 4 | 0:05:02 |
| 94 | m | 579 | Stephan, | Achim | wellnuss.de | 76 | 38400 | 2:40:30 | 4 | 0:04:11 |
| 95 | m | 10 | Jakobsen, | Frank | Airbus | 66 | 38400 | 3:18:03 | 4 | 0:05:09 |
| 96 | m | 460 | Zachos, | Dimitrios | HEK | 78 | 38290 | 3:19:40 | 5 | 0:05:13 |
| 97 | m | 377 | Bajric, | Mersudin | DNV | 74 | 37620 | 2:44:21 | 4 | 0:04:22 |
| 98 | m | 591 | Matthias, | Friedrich | WTM HH | 88 | 37620 | 3:15:08 | 4 | 0:05:11 |
| 99 | m | 403 | Faust, | Thomas | ERGOsports | 62 | 37620 | 3:21:36 | 4 | 0:05:22 |
| 100 | m | 418 | Wenrich, | Alexander | Generali | 66 | 37520 | 2:53:23 | 4 | 0:04:37 |
| 101 | m | 382 | Ruf, | Martin | EDEKA | 85 | 37520 | 3:03:10 | 4 | 0:04:53 |
| 102 | m | 528 | Schweigert, | Karl-Heinz | Olympus | 63 | 37400 | 3:22:05 | 4 | 0:05:24 |
| 103 | m | 41 | Voß, | Thomas | Deut.Bank | 67 | 37320 | 3:06:14 | 4 | 0:04:59 |
| 104 | m | 432 | Drengwitz, | Andreas | Laufladen | 62 | 37320 | 3:30:31 | 4 | 0:05:38 |
| 105 | m | 29 | Fielitz, | Andreas | Commerzbank | 72 | 37300 | 2:44:31 | 4 | 0:04:25 |
| 106 | m | 592 | Otto, | Thomas | WTM HH | 91 | 37300 | 3:27:37 | 4 | 0:05:34 |
| 107 | m | 600 | Kores, | Robert | CW-IT.de | 86 | 36220 | 2:25:06 | 4 | 0:04:00 |
| 108 | m | 251 | Schwiers, | Thomas | Jungheinrich | 69 | 36220 | 3:00:36 | 4 | 0:04:59 |
| 109 | m | 472 | Rosner, | Ingo | Krüss-OSH | 55 | 36220 | 3:02:29 | 4 | 0:05:02 |
| 110 | m | 491 | Peise, | Carsten | FA HH | 70 | 36220 | 3:18:24 | 4 | 0:05:29 |
| 111 | m | 553 | Radou, | Frederic | Stern | 67 | 36220 | 3:27:33 | 4 | 0:05:44 |
| 112 | m | 307 | Balzer, | Klaus | Zoll | 69 | 35270 | 2:48:36 | 7 | 0:04:47 |
| 113 | m | 525 | Janssen, | Christoph | Olympus | 98 | 34800 | 3:02:54 | 6 | 0:05:15 |
| 114 | m | 663 | Ludwig, | Dirk | Knossos.de | 71 | 34620 | 2:46:55 | 4 | 0:04:49 |
| 115 | m | 757 | Beckmann, | Niels | Knossos.de | 74 | 34620 | 2:54:42 | 4 | 0:05:03 |
| 116 | m | 371 | Ehrenberg, | Frank | Deut.Bank | 59 | 34190 | 3:29:12 | 4 | 0:06:07 |
| 117 | m | 466 | Oswald, | Andre | Knossos.de | 75 | 33870 | 2:29:36 | 5 | 0:04:25 |
| 118 | m | 651 | Fennert, | Michael | Haspa | 62 | 33660 | 2:35:27 | 5 | 0:04:37 |
| 119 | m | 370 | Hoch, | Christoph | Alto-Nabe | 60 | 33660 | 2:37:50 | 5 | 0:04:41 |
| 120 | m | 325 | Seliger, | Niels-Michael | Tchibo | 71 | 33660 | 2:39:57 | 5 | 0:04:45 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|--------------|--------------|----|---------|---------|--------|---------|
| 121 | m | 53 | Meier, | Ralf | ELBE-Sport | 69 | 33430 | 2:29:42 | 5 | 0:04:29 |
| 122 | m | 226 | Scholz, | Stephan | HPA | 70 | 33300 | 2:50:08 | 4 | 0:05:07 |
| 123 | m | 642 | Stark, | Jöran | Funkgruppe | 78 | 33100 | 3:06:30 | 5 | 0:05:38 |
| 124 | m | 531 | Reuer, | Hans-Henning | OTTO | 67 | 33080 | 2:51:42 | 5 | 0:05:11 |
| 125 | m | 545 | Draak, | Christian | Runn Green | 75 | 32570 | 2:34:00 | 5 | 0:04:44 |
| 126 | m | 550 | Hegemann, | Bernd | G+J | 68 | 32400 | 2:40:27 | 7 | 0:04:57 |
| 127 | m | 477 | Hoppe, | Thomas | Laufwerk | 67 | 32260 | 2:14:40 | 5 | 0:04:10 |
| 128 | m | 426 | Geerke, | Jörg | HHLA | 60 | 32260 | 2:54:53 | 5 | 0:05:25 |
| 129 | m | 248 | Büchel, | Thomas | Holborn | 76 | 32260 | 3:26:34 | 5 | 0:06:24 |
| 130 | m | 324 | Vollmers, | Laurin | Signal Iduna | 5 | 31860 | 1:56:13 | 5 | 0:03:39 |
| 131 | m | 509 | Scherer, | Gerhold | Montblanc | 71 | 31860 | 2:27:47 | 5 | 0:04:38 |
| 132 | m | 368 | Steinfeld, | Marco | Dataport | 75 | 31860 | 2:37:24 | 5 | 0:04:56 |
| 133 | m | 513 | Konrad, | Thomas | NDR | 67 | 31860 | 2:46:05 | 5 | 0:05:13 |
| 134 | m | 508 | Oltmanns, | Helmer | Montblanc | 49 | 31860 | 3:29:21 | 5 | 0:06:34 |
| 135 | m | 239 | Kohlrausch, | Jan | Laufladen | 70 | 30820 | 2:30:06 | 3 | 0:04:52 |
| 136 | m | 30 | Goebel, | Robert | Commerzbank | 67 | 30820 | 2:43:51 | 3 | 0:05:19 |
| 137 | m | 773 | Eren, | Levent | Stern | 76 | 30700 | 2:40:30 | 4 | 0:05:14 |
| 138 | m | 11 | Kurch, | Sebastian | Airbus | 81 | 30600 | 2:22:45 | 3 | 0:04:40 |
| 139 | m | 46 | Schmidt, | Jürgen | DZ Hyp | 54 | 29820 | 2:40:36 | 3 | 0:05:23 |
| 140 | m | 36 | Heitmann, | Brian | Dataport | 68 | 29800 | 2:55:50 | 4 | 0:05:54 |
| 141 | m | 765 | Ranke, | Philipp | Laufwerk | 89 | 29720 | 1:57:35 | 3 | 0:03:57 |
| 142 | m | 730 | Kluge, | Timo | EDEKA | 92 | 29720 | 2:51:07 | 3 | 0:05:45 |
| 143 | m | 88 | Haasenleder, | Ralf | Gaden | 58 | 29720 | 3:00:28 | 3 | 0:06:04 |
| 144 | m | 13 | Niefanger, | Thomas | Airbus | 63 | 29720 | 3:12:19 | 3 | 0:06:28 |
| 145 | m | 625 | Gruber, | Hans | DNV | 74 | 29600 | 2:13:59 | 3 | 0:04:32 |
| 146 | m | 502 | Willsch, | Pascal | Lufthansa | 78 | 29600 | 2:23:56 | 3 | 0:04:52 |
| 147 | m | 624 | Ruth, | Lothar | Deut.Bank | 73 | 29520 | 2:05:44 | 3 | 0:04:16 |
| 148 | m | 628 | Bulla, | Benedikt | Energie SV | 94 | 29520 | 2:10:24 | 3 | 0:04:25 |
| 149 | m | 666 | Golembiewski, | Andreas | Krüss-OSH | 60 | 29520 | 2:28:30 | 3 | 0:05:02 |
| 150 | m | 534 | Koudougou, | Halidou | PHILIPS | 79 | 29500 | 2:31:31 | 5 | 0:05:08 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|---------------|------------|--------------|----|---------|---------|--------|---------|
| 151 | m | 635 | Hübener, | Matthias | ERGOsports | 62 | 29500 | 2:43:21 | 3 | 0:05:32 |
| 152 | m | 640 | Hampel, | Michael | Funkgruppe | 74 | 29460 | 3:15:19 | 4 | 0:06:38 |
| 153 | m | 47 | Laurisch, | Wolf | EDEKA | 72 | 29420 | 2:20:06 | 3 | 0:04:46 |
| 154 | m | 410 | Janßen, | Uwe | Gaden | 60 | 29190 | 2:57:38 | 4 | 0:06:05 |
| 155 | m | 433 | Grüter, | Daniel | Laufladen | 81 | 29100 | 1:59:32 | 3 | 0:04:06 |
| 156 | m | 385 | Frey, | Matthias | ELBE-Sport | 51 | 29070 | 3:37:33 | 5 | 0:07:29 |
| 157 | m | 691 | Aster, | Malte | Runn Green | 98 | 28420 | 1:54:37 | 3 | 0:04:02 |
| 158 | m | 703 | Bietke, | Dirk | TÜV-Nord | 71 | 28420 | 2:04:51 | 3 | 0:04:24 |
| 159 | m | 378 | Bialy, von | Robert | DNV | 88 | 28020 | 1:45:56 | 3 | 0:03:47 |
| 160 | m | 483 | Groth, | Paul | FA HH | 70 | 28020 | 1:58:31 | 3 | 0:04:14 |
| 161 | m | 430 | Bendzuk, | Thorsten | Laufladen | 70 | 28020 | 2:28:29 | 3 | 0:05:18 |
| 162 | m | 583 | Sträßner, | Mathias | TH Eilbeck | 84 | 27800 | 2:11:09 | 3 | 0:04:43 |
| 163 | m | 367 | Sietz, | Jesper | DAK | 0 | 27800 | 2:31:41 | 3 | 0:05:27 |
| 164 | m | 366 | Sietz, | Andreas | DAK | 68 | 27800 | 2:33:32 | 3 | 0:05:31 |
| 165 | m | 492 | Rosenbaum, | Thomas | FA HH | 65 | 27700 | 2:22:35 | 3 | 0:05:09 |
| 166 | m | 381 | Wandt, | Matthias | DZ Hyp | 62 | 27700 | 2:25:29 | 3 | 0:05:15 |
| 167 | m | 311 | Liebers, | Ralf | Zoll | 64 | 27700 | 2:49:55 | 5 | 0:06:08 |
| 168 | m | 443 | Bornemann, | Matthias | Haspa | 63 | 27600 | 2:27:44 | 4 | 0:05:21 |
| 169 | m | 776 | Gärtner, | Christian | Tchibo | 96 | 27360 | 1:49:02 | 4 | 0:03:59 |
| 170 | m | 731 | Klöver, | Mats | ELBE-Sport | 10 | 27360 | 2:12:35 | 4 | 0:04:51 |
| 171 | m | 409 | Tramp, | Tobias | ERGOsports | 93 | 27300 | 2:03:38 | 6 | 0:04:32 |
| 172 | m | 820 | Sie Too, | Petrus | Siemens | 58 | 27290 | 2:47:11 | 3 | 0:06:08 |
| 173 | m | 782 | Reimer, | Torsten | AXA-Hbg | 54 | 27290 | 2:54:23 | 3 | 0:06:23 |
| 174 | m | 614 | Wollenschein, | Bastian | Aurubis | 80 | 27270 | 1:57:53 | 4 | 0:04:19 |
| 175 | m | 645 | Giesel, | Carsten | HHLA | 88 | 27070 | 2:04:08 | 3 | 0:04:35 |
| 176 | m | 677 | Steenfatt, | Hans-Joerg | Montblanc | 64 | 26960 | 2:53:52 | 4 | 0:06:27 |
| 177 | m | 578 | Sägert, | Jan | wellnuss.de | 78 | 26920 | 1:56:21 | 3 | 0:04:19 |
| 178 | m | 350 | Hornung, | Jürgen | AlbeDiakon | 54 | 26920 | 2:24:11 | 3 | 0:05:21 |
| 179 | m | 563 | Egger, | Stefan | Signal Iduna | 78 | 26700 | 2:18:55 | 3 | 0:05:12 |
| 180 | m | 296 | Wegert, | Danny | G+J | 81 | 26700 | 2:27:30 | 3 | 0:05:31 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|------------------|-------------|--------------|----|---------|---------|--------|---------|
| 181 | m | 51 | Hildebrandt, | Edgard | ELBE-Sport | 53 | 26700 | 2:51:11 | 3 | 0:06:25 |
| 182 | m | 452 | Schröder, | Martin | HapagLloyd | 59 | 26620 | 2:31:25 | 3 | 0:05:41 |
| 183 | m | 515 | Kuhn, | Sascha | NDR | 75 | 26560 | 2:04:32 | 4 | 0:04:41 |
| 184 | m | 37 | Steffens, | Frederik | Alto-Nabe | 81 | 26560 | 2:10:33 | 4 | 0:04:55 |
| 185 | m | 606 | Heinrich, | Stefan | Airbus | 76 | 26560 | 2:21:18 | 4 | 0:05:19 |
| 186 | m | 498 | Kaiser, | Peter | Lufthansa | 47 | 26490 | 2:31:44 | 4 | 0:05:44 |
| 187 | m | 752 | Rohlf, | Dirk | Laufladen | 67 | 26290 | 2:02:10 | 3 | 0:04:39 |
| 188 | m | 274 | Bansemer, | Boris | PHILIPS | 52 | 25960 | 2:09:19 | 4 | 0:04:59 |
| 189 | m | 359 | Kafke, | Norbert | BBK | 60 | 25960 | 2:39:19 | 4 | 0:06:08 |
| 190 | m | 63 | Gerstmann, | Thorsten | Energie SV | 72 | 25560 | 2:01:55 | 4 | 0:04:46 |
| 191 | m | 450 | Schnabel, | Harald | HapagLloyd | 53 | 25560 | 2:44:12 | 4 | 0:06:25 |
| 192 | m | 568 | Rohde, | Kurt | Signal Iduna | 49 | 25560 | 2:56:31 | 4 | 0:06:54 |
| 193 | m | 425 | Eckert, | Carsten | HHLA | 83 | 25490 | 2:21:28 | 4 | 0:05:33 |
| 194 | m | 481 | Tschirch, | Finn | Laufwerk | 6 | 25470 | 1:59:50 | 4 | 0:04:42 |
| 195 | m | 537 | Krüger, | Wilfried | Polizei HH | 60 | 25470 | 2:03:32 | 4 | 0:04:51 |
| 196 | m | 499 | Liese, | Hans-Ulrich | Lufthansa | 56 | 25470 | 2:43:06 | 4 | 0:06:24 |
| 197 | m | 407 | Spijker, | Rüdiger | ERGOsports | 60 | 25400 | 2:30:56 | 4 | 0:05:57 |
| 198 | m | 387 | Wilms, | Christian | ELBE-Sport | 88 | 24690 | 2:05:35 | 4 | 0:05:05 |
| 199 | m | 316 | Ganschow, | Sven Robert | SRHH | 62 | 24690 | 2:53:15 | 4 | 0:07:01 |
| 200 | m | 582 | Reincke, | Sven | TH Eilbeck | 89 | 24200 | 1:36:53 | 3 | 0:04:00 |
| 201 | m | 727 | Quartier, | Timo | Commerzbank | 86 | 23870 | 2:03:54 | 3 | 0:05:11 |
| 202 | m | 514 | Küpper, | Pascal | NDR | 86 | 23800 | 1:51:12 | 3 | 0:04:40 |
| 203 | m | 616 | Riemenschneider, | Hannes | BG Verkehr | 84 | 23170 | 2:05:49 | 3 | 0:05:26 |
| 204 | m | 424 | Wulff, | Helmut | HPA | 60 | 23100 | 2:18:17 | 6 | 0:05:59 |
| 205 | m | 705 | Polster, | Malte | TÜV-Nord | 76 | 22390 | 1:51:12 | 3 | 0:04:58 |
| 206 | m | 228 | Olivier, | Mischa | HW | 67 | 21410 | 2:15:06 | 3 | 0:06:19 |
| 207 | m | 264 | Ebel, | Thomas | NDR | 65 | 21310 | 1:28:18 | 4 | 0:04:09 |
| 208 | m | 797 | Krauel, | Ralf | Jungheinrich | 83 | 21300 | 1:27:11 | 2 | 0:04:06 |
| 209 | m | 813 | Riebe, | Christoph | TH Eilbeck | 94 | 21300 | 1:36:11 | 2 | 0:04:31 |
| 210 | m | 803 | Budig, | Alexander | Montblanc | 97 | 20660 | 1:39:37 | 3 | 0:04:49 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------------|----------|--------------|----|---------|---------|--------|---------|
| 211 | m | 792 | Maj, | Michal | HHLA | 90 | 20660 | 1:46:57 | 3 | 0:05:11 |
| 212 | m | 708 | Pöhler, | Andre | BG Verkehr | 75 | 20570 | 1:55:28 | 3 | 0:05:37 |
| 213 | m | 68 | Korschenko, | Ilja | Energie SV | 95 | 20400 | 1:41:36 | 6 | 0:04:59 |
| 214 | m | 74 | Reese, | Lars | Energie SV | 70 | 20400 | 1:52:52 | 6 | 0:05:32 |
| 215 | m | 486 | Kamprad-Papendorf, | Nils | FA HH | 70 | 20400 | 1:58:59 | 6 | 0:05:50 |
| 216 | m | 440 | Wienberg, | Tore | Laufladen | 13 | 20400 | 2:03:09 | 6 | 0:06:02 |
| 217 | m | 542 | Stypmann, | Michael | Polizei HH | 63 | 20400 | 2:09:05 | 6 | 0:06:20 |
| 218 | m | 33 | Schröder, | Günter | Commerzbank | 47 | 20400 | 2:36:21 | 6 | 0:07:40 |
| 219 | m | 281 | Orlowski, | Rolf | PHILIPS | 42 | 20400 | 3:17:48 | 6 | 0:09:42 |
| 220 | m | 584 | Stuer, | Roger | TH Eilbeck | 79 | 20300 | 1:17:58 | 5 | 0:03:50 |
| 221 | m | 768 | Krieger, | Jan | NDR | 76 | 20300 | 1:20:35 | 2 | 0:03:58 |
| 222 | m | 249 | Klockgether, | Torben | Jungheinrich | 91 | 20300 | 1:29:30 | 2 | 0:04:25 |
| 223 | m | 719 | Jürgens, | Uwe Meno | Airbus | 80 | 20300 | 1:31:38 | 2 | 0:04:31 |
| 224 | m | 243 | Fest, | Josef | HapagLloyd | 50 | 20300 | 1:52:19 | 2 | 0:05:32 |
| 225 | m | 762 | Ykema, | Rene | Krüss-OSH | 64 | 20300 | 2:07:35 | 2 | 0:06:17 |
| 226 | m | 796 | Petitjean, | Enzo | HapagLloyd | 95 | 20220 | 1:31:42 | 2 | 0:04:32 |
| 227 | m | 842 | Rauter, | Monier | Laufladen | 88 | 20120 | 1:15:43 | 2 | 0:03:46 |
| 228 | m | 826 | Schie, van | John | Airbus | 72 | 20120 | 1:37:53 | 2 | 0:04:52 |
| 229 | m | 831 | Happe, | Jens | Laufladen | 66 | 20120 | 1:42:16 | 2 | 0:05:05 |
| 230 | m | 824 | Brockmann, | Achim | Airbus | 80 | 20120 | 2:06:36 | 2 | 0:06:18 |
| 231 | m | 398 | Reese, | Johann | Energie SV | 6 | 20060 | 1:26:19 | 5 | 0:04:18 |
| 232 | m | 610 | Schewe, | Stefan | Airbus | 74 | 20000 | 1:27:12 | 2 | 0:04:22 |
| 233 | m | 683 | Sobottka, | Malte | NDR | 89 | 20000 | 1:33:39 | 2 | 0:04:41 |
| 234 | m | 436 | Peppel, | Andreas | Laufladen | 78 | 20000 | 1:36:19 | 3 | 0:04:49 |
| 235 | m | 692 | Schuster, | Axel | G+J | 71 | 20000 | 1:42:56 | 4 | 0:05:09 |
| 236 | m | 679 | Bachmann, | Marcus | nexinsure | 67 | 20000 | 1:58:16 | 2 | 0:05:55 |
| 237 | m | 346 | Nigmann, | Michael | Airbus | 53 | 19900 | 2:36:05 | 5 | 0:07:51 |
| 238 | m | 69 | Langemann, | Michael | Energie SV | 71 | 19170 | 1:58:50 | 3 | 0:06:12 |
| 239 | m | 622 | Heller, | Hauke | CW-IT.de | 89 | 18900 | 1:10:52 | 2 | 0:03:45 |
| 240 | m | 647 | Gauger, | Jens | Laufladen | 65 | 18900 | 1:18:18 | 2 | 0:04:09 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|----------------|-----------|--------------|----|---------|---------|--------|---------|
| 241 | m | 330 | Sohl, | Lukas | TÜV-Nord | 94 | 18900 | 1:35:26 | 2 | 0:05:03 |
| 242 | m | 653 | Schöning, | Michael | Haspa | 62 | 18900 | 1:40:07 | 2 | 0:05:18 |
| 243 | m | 655 | Wichmann, | Marc | Haspa | 72 | 18900 | 1:43:53 | 2 | 0:05:30 |
| 244 | m | 609 | Perez Torra, | Javier | Airbus | 88 | 18820 | 1:16:01 | 2 | 0:04:02 |
| 245 | m | 604 | Gottwald, | Kristian | Airbus | 69 | 18820 | 1:27:56 | 2 | 0:04:40 |
| 246 | m | 664 | Dickhaut, | Joachim | Krüss-OSH | 65 | 18820 | 1:47:54 | 2 | 0:05:44 |
| 247 | m | 360 | Albrecht, | Christian | Commerzbank | 70 | 18790 | 1:38:44 | 3 | 0:05:15 |
| 248 | m | 238 | Hollander, | Karsten | Laufladen | 85 | 18770 | 1:17:46 | 3 | 0:04:09 |
| 249 | m | 278 | Matzke, | Herwig | PHILIPS | 72 | 18770 | 1:20:38 | 3 | 0:04:18 |
| 250 | m | 602 | Ruh, | Jochen | Tchibo | 71 | 18770 | 1:36:08 | 3 | 0:05:07 |
| 251 | m | 320 | Scharf, | Dietmar | Signal Iduna | 68 | 18590 | 1:57:28 | 3 | 0:06:19 |
| 252 | m | 601 | Papenberg, | Matthias | Laufwerk | 65 | 18500 | 1:28:49 | 2 | 0:04:48 |
| 253 | m | 358 | Wulff, | Lars | CLD HH | 72 | 18500 | 1:41:28 | 2 | 0:05:29 |
| 254 | m | 223 | Feldhusen, Dr. | Johannes | Generali | 57 | 18500 | 2:09:41 | 2 | 0:07:01 |
| 255 | m | 298 | Dörr, | Ole | Stern | 67 | 18400 | 1:28:21 | 2 | 0:04:48 |
| 256 | m | 464 | Dose, | Jörg | Knossos.de | 71 | 18400 | 1:43:16 | 2 | 0:05:37 |
| 257 | m | 802 | Roloff, | Stefan | Krüss-OSH | 62 | 17800 | 1:32:29 | 2 | 0:05:12 |
| 258 | m | 448 | Unterspann, | Klaus | Haspa | 41 | 17600 | 2:00:58 | 4 | 0:06:52 |
| 259 | m | 700 | Gliewe, | Volker | Tchibo | 52 | 17500 | 1:35:30 | 5 | 0:05:27 |
| 260 | m | 555 | Bödeker, | Heinz | Siemens | 47 | 17500 | 1:49:26 | 5 | 0:06:15 |
| 261 | m | 718 | Eis, | Walter | DESY | 56 | 17500 | 1:58:14 | 5 | 0:06:45 |
| 262 | m | 70 | Naderhoff, | Thorsten | Energie SV | 90 | 17400 | 1:13:42 | 2 | 0:04:14 |
| 263 | m | 399 | Sawadski, | Alexander | Energie SV | 81 | 17400 | 1:20:01 | 2 | 0:04:36 |
| 264 | m | 558 | Marquardt, | Guido | SPK-Süd | 71 | 17400 | 1:32:04 | 2 | 0:05:17 |
| 265 | m | 565 | Manthei, | Jan | Signal Iduna | 67 | 17400 | 1:34:36 | 2 | 0:05:26 |
| 266 | m | 277 | Lutz, | Bernd | PHILIPS | 61 | 17400 | 1:47:46 | 2 | 0:06:12 |
| 267 | m | 293 | Vierling, | Heiko | Polizei HH | 68 | 17320 | 1:32:33 | 2 | 0:05:21 |
| 268 | m | 365 | Berger, | Sergej | DAK | 70 | 17320 | 1:48:37 | 2 | 0:06:16 |
| 269 | m | 493 | Sturm, | Volker | FA HH | 65 | 17300 | 1:22:45 | 3 | 0:04:47 |
| 270 | m | 345 | Möller, | Thomas | Airbus | 63 | 17200 | 1:49:38 | 5 | 0:06:22 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|------------------|-------------------|--------------|----|---------|---------|--------|---------|
| 271 | m | 497 | Hintz, | Martin | Lufthansa | 37 | 17140 | 2:22:39 | 5 | 0:08:19 |
| 272 | m | 501 | Uhl, | Manfred | Lufthansa | 39 | 17140 | 2:57:08 | 5 | 0:10:20 |
| 273 | m | 462 | Pawelczyk, | Florian | Jungheinrich | 84 | 17100 | 1:22:14 | 2 | 0:04:49 |
| 274 | m | 590 | Holst, | Günter | WTM HH | 59 | 17100 | 1:36:26 | 2 | 0:05:38 |
| 275 | m | 445 | Klein, | Friedrich | Haspa | 59 | 17100 | 1:38:40 | 2 | 0:05:46 |
| 276 | m | 329 | Kupper, | Frank | TÜV-Nord | 64 | 16800 | 1:08:40 | 5 | 0:04:05 |
| 277 | m | 290 | Schmidt, | Alexander | Polizei HH | 13 | 16800 | 1:19:08 | 5 | 0:04:43 |
| 278 | m | 50 | Gläser, | Heinz | ELBE-Sport | 45 | 16760 | 1:49:31 | 5 | 0:06:32 |
| 279 | m | 547 | Becker, | Michael | G+J | 72 | 16600 | 1:32:08 | 5 | 0:05:33 |
| 280 | m | 544 | Haubeck, | Johannes | Postbank-H | 54 | 16600 | 1:32:09 | 5 | 0:05:33 |
| 281 | m | 52 | Kühl, | Bernd | ELBE-Sport | 46 | 16600 | 1:47:19 | 5 | 0:06:28 |
| 282 | m | 361 | Brüggeman, | Ralf | Commerzbank | 53 | 16600 | 1:49:47 | 5 | 0:06:37 |
| 283 | m | 414 | Schulz, | Hans-Joachim | Gaden | 46 | 16600 | 1:53:53 | 5 | 0:06:52 |
| 284 | m | 665 | Feldmann, | Thomas | Krüss-OSH | 63 | 16400 | 1:44:39 | 2 | 0:06:23 |
| 285 | m | 619 | Lang, | Hans-Georg | CPAG | 51 | 16290 | 1:44:03 | 3 | 0:06:23 |
| 286 | m | 517 | Schröder, | Julius Maximilian | NDR | 95 | 16000 | 0:54:09 | 3 | 0:03:23 |
| 287 | m | 594 | Bastian, | Jens | G+J | 63 | 16000 | 1:19:19 | 3 | 0:04:57 |
| 288 | m | 596 | Pantelmann, | Nico | Signal Iduna | 69 | 16000 | 1:25:59 | 3 | 0:05:22 |
| 289 | m | 737 | Becker, | Dietmar | ERGOsports | 59 | 14300 | 1:06:05 | 4 | 0:04:37 |
| 290 | m | 393 | Gessert, | Frank | Energie SV | 59 | 14300 | 1:20:27 | 4 | 0:05:38 |
| 291 | m | 745 | Loges, | Horst-Dieter | HH Airport | 57 | 13870 | 1:34:13 | 2 | 0:06:48 |
| 292 | m | 473 | Schaare, | Uwe | Krüss-OSH | 59 | 13860 | 1:27:45 | 4 | 0:06:20 |
| 293 | m | 681 | Lüders-Bahlmann, | Uwe | NDR | 56 | 13700 | 1:08:36 | 3 | 0:05:00 |
| 294 | m | 559 | Langer, | Mathias | AltonaDiag | 67 | 13560 | 0:55:17 | 2 | 0:04:05 |
| 295 | m | 806 | Hampe, | Frank | Nordmark | 68 | 13560 | 1:17:06 | 2 | 0:05:41 |
| 296 | m | 512 | Köndgen, | David | NDR | 84 | 13540 | 0:50:20 | 4 | 0:03:43 |
| 297 | m | 67 | Hummel, | Thomas | Energie SV | 50 | 13540 | 1:23:13 | 4 | 0:06:09 |
| 298 | m | 540 | Spijker, | Andreas | Polizei HH | 61 | 13500 | 1:12:48 | 4 | 0:05:24 |
| 299 | m | 675 | Knapp-Westphal, | Sven | Montblanc | 80 | 13470 | 1:14:52 | 2 | 0:05:33 |
| 300 | m | 756 | Selbeck, | Mark | Jungheinrich | 77 | 13400 | 1:08:40 | 2 | 0:05:07 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|-------------|--------------|----|---------|---------|--------|---------|
| 301 | m | 90 | Rücker, | Heinrich | Gaden | 36 | 13400 | 1:32:00 | 4 | 0:06:52 |
| 302 | m | 490 | Papendorf, | Knut | FA HH | 46 | 13400 | 1:48:09 | 4 | 0:08:04 |
| 303 | m | 725 | Tostmann, | Michael | BG Verkehr | 72 | 13090 | 1:07:16 | 2 | 0:05:08 |
| 304 | m | 711 | Hillmann, | Roy | EDEKA | 65 | 13000 | 1:06:16 | 2 | 0:05:06 |
| 305 | m | 840 | Tawussi, | Frank | TÜV-Nord | 86 | 12780 | 1:01:48 | 2 | 0:04:50 |
| 306 | m | 672 | Lemm, | Ronald | Marien-Krh | 56 | 12690 | 0:58:33 | 2 | 0:04:37 |
| 307 | m | 686 | Wilczynski, | Sebastian | Nordmark | 92 | 12690 | 1:12:00 | 2 | 0:05:40 |
| 308 | m | 389 | Bratsch, | Jürgen | Energie SV | 62 | 12470 | 1:16:28 | 2 | 0:06:08 |
| 309 | m | 589 | Thieben, | Florian | UKE | 92 | 12400 | 0:48:20 | 2 | 0:03:54 |
| 310 | m | 427 | Janssen, | Rainer | HHLA | 65 | 12000 | 1:13:09 | 2 | 0:06:06 |
| 311 | m | 575 | Müller, | Reinhard | Tchibo | 67 | 11600 | 0:55:38 | 2 | 0:04:48 |
| 312 | m | 423 | Vater, | Andreas | HPA | 55 | 11600 | 1:01:17 | 2 | 0:05:17 |
| 313 | m | 283 | Rittmeister, | Lutz | PHILIPS | 59 | 11600 | 1:12:04 | 2 | 0:06:13 |
| 314 | m | 506 | Hammann, | Sven | Montblanc | 65 | 11600 | 1:18:56 | 2 | 0:06:48 |
| 315 | m | 607 | Lucke, | Marcus | Airbus | 65 | 10810 | 0:57:52 | 2 | 0:05:21 |
| 316 | m | 519 | Thelen, | Gero | NDR | 4 | 10700 | 0:40:52 | 1 | 0:03:49 |
| 317 | m | 331 | Steinert, | Henning | TÜV-Nord | 93 | 10700 | 0:49:04 | 1 | 0:04:35 |
| 318 | m | 795 | Matthiessen, | Philipp | HapagLloyd | 75 | 10700 | 0:49:22 | 1 | 0:04:37 |
| 319 | m | 449 | Matthiessen, | Jonathan | HapagLloyd | 7 | 10700 | 0:52:38 | 1 | 0:04:55 |
| 320 | m | 235 | Cornelius, | Ingo | Laufladen | 67 | 10700 | 0:55:40 | 1 | 0:05:12 |
| 321 | m | 809 | Maruhn, | Clas-Oliver | Signal Iduna | 71 | 10700 | 1:00:38 | 1 | 0:05:40 |
| 322 | m | 808 | Dahnke, | Carsten | Signal Iduna | 67 | 10700 | 1:00:39 | 1 | 0:05:40 |
| 323 | m | | Praß, | Markus | Energie SV | 80 | 10700 | 1:03:17 | 1 | 0:05:55 |
| 324 | m | 739 | Rinck, | Christian | ERGOsports | 44 | 10700 | 1:28:16 | 3 | 0:08:15 |
| 325 | m | 613 | Pepperrell, | Stephen | BACARDI | 58 | 10640 | 1:03:42 | 3 | 0:05:59 |
| 326 | m | 846 | Schulz, | Torsten | DESY | 62 | 10600 | 0:53:50 | 1 | 0:05:05 |
| 327 | m | 844 | Glischinski, | Dominik | CPAG | 2 | 10600 | 0:53:51 | 1 | 0:05:05 |
| 328 | m | 851 | Schult, | Mario | Olympus | 73 | 10600 | 0:56:42 | 1 | 0:05:21 |
| 329 | m | 854 | Buck, | Klaus | Siemens | 62 | 10600 | 1:04:35 | 1 | 0:06:06 |
| 330 | m | 821 | Jaekel, | Carsten | AlbeDiakon | 70 | 10500 | 0:43:10 | 3 | 0:04:07 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------------|-------------|--------------|----|---------|---------|--------|---------|
| 331 | m | 777 | Grafunder, | Michael | Tchibo | 85 | 10500 | 0:57:34 | 2 | 0:05:29 |
| 332 | m | 746 | Kollenkarn, | Thies-Uwe | HW | 55 | 10500 | 0:58:04 | 2 | 0:05:32 |
| 333 | m | 459 | Münster, | Reinhold | HEK | 42 | 10340 | 1:09:56 | 3 | 0:06:46 |
| 334 | m | 706 | Blume, | Tobias | WTM HH | 85 | 10300 | 1:03:52 | 2 | 0:06:12 |
| 335 | m | 587 | Schumacher, | Peter | TÜV-Nord | 52 | 10260 | 1:11:05 | 3 | 0:06:56 |
| 336 | m | 627 | Wien, | Wolfgang | ELBE-Sport | 40 | 10260 | 1:14:46 | 3 | 0:07:17 |
| 337 | m | 658 | Mensing, | Philip | HapagLloyd | 95 | 10100 | 0:36:34 | 2 | 0:03:37 |
| 338 | m | 338 | Buchmann, | Bendix | Agapleasure | 7 | 9900 | 0:43:40 | 3 | 0:04:25 |
| 339 | m | 352 | Gehle, | Friedhelm | BA-Eimsb. | 56 | 9900 | 0:55:23 | 3 | 0:05:36 |
| 340 | m | 92 | Wams, | Martin | Gaden | 65 | 9740 | 0:40:34 | 3 | 0:04:10 |
| 341 | m | 434 | Lumpp, | Michael | Laufladen | 73 | 9700 | 0:42:31 | 3 | 0:04:23 |
| 342 | m | 760 | Koch, | Alexander | Krüß-OSH | 84 | 9600 | 0:36:56 | 1 | 0:03:51 |
| 343 | m | 750 | Handwerker, | Jürgen | Laufladen | 86 | 9600 | 0:40:45 | 1 | 0:04:15 |
| 344 | m | 751 | Novak, | Christopher | Laufladen | 67 | 9600 | 0:43:13 | 1 | 0:04:30 |
| 345 | m | 84 | Huppmann, | Andreas | ERGOsports | 74 | 9600 | 0:46:22 | 1 | 0:04:50 |
| 346 | m | 272 | Patzer, | Ralf | OTTO | 67 | 9600 | 0:46:36 | 1 | 0:04:51 |
| 347 | m | 728 | Freund, | Christian | EDEKA | 84 | 9600 | 0:50:41 | 1 | 0:05:17 |
| 348 | m | 712 | Stamer, | Bjoern | EDEKA | 70 | 9560 | 0:52:01 | 2 | 0:05:26 |
| 349 | m | 801 | Hausmann, | Malte | Knossos.de | 84 | 9520 | 0:44:33 | 1 | 0:04:41 |
| 350 | m | 835 | Hillebrecht, | Frank | Signal Iduna | 70 | 9520 | 0:49:58 | 1 | 0:05:15 |
| 351 | m | 829 | Hirsch, | Leon | Energie SV | 97 | 9520 | 0:50:30 | 1 | 0:05:18 |
| 352 | m | 273 | Ulrich, | Rainer | OTTO | 60 | 9520 | 0:52:43 | 1 | 0:05:32 |
| 353 | m | 480 | Thiessen, | Mathias | Laufwerk | 80 | 9300 | 0:36:17 | 1 | 0:03:54 |
| 354 | m | 685 | Reinsberg, | Klaus | Nordmark | 83 | 9300 | 0:40:15 | 1 | 0:04:20 |
| 355 | m | 710 | Wohlfromm, | Björn | EDEKA | 78 | 9300 | 0:46:22 | 1 | 0:04:59 |
| 356 | m | 693 | Barghusen, | Heinrich | Stern | 79 | 9300 | 0:49:27 | 1 | 0:05:19 |
| 357 | m | 611 | Albrecht, | Henning | AK Nord | 72 | 9300 | 0:51:42 | 1 | 0:05:34 |
| 358 | m | 319 | Petsch, | Wolfgang | Signal Iduna | 60 | 9300 | 0:52:45 | 1 | 0:05:40 |
| 359 | m | 661 | Lauenroth, | Frank | HELM | 63 | 9300 | 0:53:25 | 1 | 0:05:45 |
| 360 | m | 630 | Schönherr, | Kai | Energie SV | 74 | 9300 | 0:54:12 | 1 | 0:05:50 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|----------------|--------------|--------------|----|---------|---------|--------|---------|
| 361 | m | 660 | Lemkau, | Niels | HEK | 65 | 9300 | 0:54:47 | 1 | 0:05:53 |
| 362 | m | 690 | Meyer, | Peter | Postbank-H | 47 | 9300 | 0:56:46 | 1 | 0:06:06 |
| 363 | m | 406 | Kunigk, | Leonard | ERGOsports | 98 | 7800 | 0:29:53 | 1 | 0:03:50 |
| 364 | m | 588 | Jürß, | Paul | UKE | 99 | 7800 | 0:29:56 | 1 | 0:03:50 |
| 365 | m | 340 | Deppe, | Jan | Airbus | 98 | 7800 | 0:31:30 | 1 | 0:04:02 |
| 366 | m | 26 | Wöstmann, | Sebastian | CLD HH | 87 | 7800 | 0:33:12 | 1 | 0:04:15 |
| 367 | m | 422 | Sens, | Hendrik | HPA | 98 | 7800 | 0:36:46 | 1 | 0:04:43 |
| 368 | m | 54 | Albrecht, | Florian | Energie SV | 75 | 7800 | 0:39:30 | 1 | 0:05:04 |
| 369 | m | 532 | Bastardo, | Gustavo | PHILIPS | 65 | 7800 | 0:39:41 | 1 | 0:05:05 |
| 370 | m | 373 | Keim, | Olaf | Deut.Bank | 64 | 7800 | 0:40:14 | 1 | 0:05:09 |
| 371 | m | 301 | Lohmann, | Rolf-Michael | Stern | 60 | 7800 | 0:44:43 | 1 | 0:05:44 |
| 372 | m | 511 | Geiger, | Marcel | NDR | 87 | 7800 | 0:45:26 | 1 | 0:05:49 |
| 373 | m | 416 | Malunat, | Nils | Generali | 64 | 7800 | 0:47:58 | 1 | 0:06:09 |
| 374 | m | 810 | Philippi-Laur, | Martin | Signal Iduna | 68 | 7240 | 0:44:03 | 2 | 0:06:05 |
| 375 | m | 816 | Thönnessen, | Rasmus | Airbus | 85 | 7170 | 0:28:54 | 1 | 0:04:02 |
| 376 | m | 819 | Gruner, | Beppo | BA-Eimsb. | 93 | 7170 | 0:30:04 | 1 | 0:04:12 |
| 377 | m | 253 | Sprenger, | Mathias | K&M Sport | 78 | 7170 | 0:31:56 | 1 | 0:04:27 |
| 378 | m | 807 | Spliethoff, | Hans Georg | OTTO | 66 | 7170 | 0:33:00 | 1 | 0:04:36 |
| 379 | m | 787 | Paulsen, | Peer | Deut.Bank | 68 | 7170 | 0:34:59 | 1 | 0:04:53 |
| 380 | m | 814 | Schürmann, | Lukas | WTM HH | 96 | 7170 | 0:35:05 | 1 | 0:04:54 |
| 381 | m | 793 | Janssen, | Stefan | Haspa | 62 | 7170 | 0:52:07 | 1 | 0:07:16 |
| 382 | m | 856 | Langfeld, | Finn | Siemens | 7 | 7100 | 0:28:46 | 1 | 0:04:03 |
| 383 | m | 855 | Langfeld, | Peter | Siemens | 72 | 7100 | 0:28:51 | 1 | 0:04:04 |
| 384 | m | 853 | Kaczynski, | Patrick | Runn Green | 90 | 7100 | 0:30:15 | 1 | 0:04:16 |
| 385 | m | 636 | Melde, | Christian | ERGOsports | 69 | 7000 | 0:37:17 | 2 | 0:05:20 |
| 386 | m | 241 | Schwenck, | Jörn | Haspa | 44 | 7000 | 0:55:50 | 2 | 0:07:59 |
| 387 | m | 734 | Kayser, | Oliver | Energie SV | 75 | 6900 | 0:38:48 | 2 | 0:05:37 |
| 388 | m | 735 | Stüfen, | Lukas | Energie SV | 99 | 6700 | 0:23:31 | 1 | 0:03:31 |
| 389 | m | 83 | Fennen, Dr. | Michael | ERGOsports | 88 | 6700 | 0:31:00 | 1 | 0:04:38 |
| 390 | m | 529 | Garraway, | Alun | OTTO | 64 | 6700 | 0:32:36 | 1 | 0:04:52 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|-------------|----------------|--------------|----|---------|---------|--------|---------|
| 391 | m | 530 | Kliem, | Rüdiger | OTTO | 61 | 6700 | 0:35:17 | 2 | 0:05:16 |
| 392 | m | 833 | Dücker, | Kevin | Signal Iduna | 89 | 6390 | 0:34:39 | 1 | 0:05:25 |
| 393 | m | 322 | Stamm, | Volker | Signal Iduna | 53 | 6390 | 0:36:15 | 1 | 0:05:40 |
| 394 | m | 828 | Dockhorn, | Marc | Commerzbank | 71 | 6390 | 0:36:21 | 1 | 0:05:41 |
| 395 | m | 707 | Bentien, | Ronald | Siemens | 48 | 6390 | 0:39:01 | 1 | 0:06:06 |
| 396 | m | 836 | Plötzky, | Lars | Signal Iduna | 68 | 6390 | 0:41:44 | 1 | 0:06:32 |
| 397 | m | 639 | Sievertsen, | Momme | Feuerwehr | 96 | 6300 | 0:21:55 | 1 | 0:03:29 |
| 398 | m | 349 | Tiemann, | Sebastian | Airbus | 78 | 6300 | 0:25:36 | 1 | 0:04:04 |
| 399 | m | 631 | Schreiber, | Raul | Energie SV | 73 | 6300 | 0:28:38 | 1 | 0:04:33 |
| 400 | m | 678 | Wellbrock, | Eckehardt | Montblanc | 58 | 6300 | 0:32:23 | 1 | 0:05:08 |
| 401 | m | 669 | Grandt, | Wolfgang | LT Wedel | 54 | 6300 | 0:43:46 | 1 | 0:06:57 |
| 402 | m | 457 | Brandt, | Peter | HEK | 40 | 6100 | 0:41:34 | 2 | 0:06:49 |
| 403 | m | 586 | Dreier, | Gerhard | TÜV-Nord | 63 | 6100 | 0:43:43 | 2 | 0:07:10 |
| 404 | m | 538 | Laude, | Niels | Polizei HH | 75 | 5300 | 0:26:01 | 1 | 0:04:55 |
| 405 | m | 780 | Wagner, | Tilman | TH Eilbeck | 92 | 3800 | 0:13:50 | 1 | 0:03:38 |
| 406 | m | 771 | Bramer, | Marco | PHILIPS | 82 | 3800 | 0:16:35 | 1 | 0:04:22 |
| 407 | m | 738 | Krause, | Reinhard | ERGOsports | 44 | 3800 | 0:22:14 | 1 | 0:05:51 |
| 408 | m | 733 | Sluzalek, | Ralf | ELBE-Sport | 63 | 3800 | 0:23:32 | 1 | 0:06:12 |
| 409 | m | 743 | Wagener, | Horst | Gaden | 61 | 3800 | 0:26:31 | 1 | 0:06:59 |
| 410 | m | 279 | Meier, | Manfred | PHILIPS | 40 | 3800 | 0:28:33 | 1 | 0:07:31 |
| 411 | m | 812 | Hansen, | Jan | wellnuss.de | 74 | 3640 | 0:24:17 | 1 | 0:06:40 |
| 412 | m | 852 | Langsdorf, | Timo | Polizei HH | 99 | 3600 | 0:18:41 | 1 | 0:05:11 |
| 413 | m | 788 | Bajric, | Lejs | DNV | 11 | 3260 | 0:16:02 | 1 | 0:04:55 |
| 414 | m | 632 | Schumann, | Thomas | Energie SV | 58 | 3200 | 0:17:44 | 1 | 0:05:33 |
| 415 | m | 516 | Schröder, | Birger | NDR | 63 | 2900 | 0:15:14 | 1 | 0:05:15 |
| 416 | m | 548 | Boldt, | Marian Andreas | G+J | 78 | 2900 | 0:15:24 | 1 | 0:05:19 |
| 417 | m | 374 | Thorborg, | Nils | Deut.Bank | 64 | 2900 | 0:16:06 | 1 | 0:05:33 |
| 418 | m | 489 | Niemann, | Erik | FA HH | 1 | 2900 | 0:17:05 | 1 | 0:05:53 |
| 419 | m | 40 | Rowedder, | Frank | Deut.Bank | 66 | 2900 | 0:17:29 | 1 | 0:06:02 |
| 420 | m | 597 | Käming, | Michael | Energie SV | 58 | 2900 | 0:17:52 | 1 | 0:06:10 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt |
|-------|-----|------|--------|----------|------------|----|---------|---------|--------|---------|
| 421 | m | 375 | Wolff, | Mario | Deut.Bank | 56 | 2900 | 0:18:39 | 1 | 0:06:26 |
| 422 | m | 503 | Dröge, | Matthias | Marien-Krh | 66 | 2900 | 0:26:55 | 1 | 0:09:17 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | Teamstrecke | Teamzeit | Teamstarts | Teamschnitt |
|-------|-----|------|---------------|-------------|--------------|----|---------|----------|--------|---------|-------------|----------|------------|-------------|
| 1 | m | 454 | Wilde, | Tim | HapagLloyd | 85 | 116880 | 8:13:31 | 18 | 0:04:13 | 347440 | 4:42:36 | 53 | 0:04:57 |
| | m | 451 | Schnell, | Steffen | HapagLloyd | 87 | 116880 | 9:05:28 | 18 | 0:04:40 | | | | |
| | w | 244 | Sagert, | Erika | HapagLloyd | 52 | 113680 | 11:23:37 | 17 | 0:06:01 | | | | |
| 2 | w | 341 | Dux, | Maren | Airbus | 68 | 116880 | 10:36:52 | 18 | 0:05:27 | 283840 | 1:42:18 | 44 | 0:05:26 |
| | m | 339 | Borgstädt, | Tim | Airbus | 53 | 84880 | 8:00:49 | 14 | 0:05:40 | | | | |
| | m | 19 | Trümper, | Michael | Airbus | 66 | 82080 | 7:04:37 | 12 | 0:05:10 | | | | |
| 3 | m | 446 | Scholz, | Christian | Haspa | 82 | 116880 | 9:27:40 | 18 | 0:04:51 | 226610 | 20:03:53 | 31 | 0:05:19 |
| | w | 447 | Suckow, | Maria | Haspa | 68 | 61510 | 6:26:10 | 8 | 0:06:17 | | | | |
| | m | 240 | Ackermann, | Siegfried | Haspa | 60 | 48220 | 4:10:03 | 5 | 0:05:11 | | | | |
| 4 | m | 300 | Lambracht, | Gerald | Stern | 70 | 116880 | 8:20:13 | 18 | 0:04:17 | 222710 | 18:40:21 | 33 | 0:05:02 |
| | m | 297 | Braeuer, | Karsten | Stern | 72 | 76410 | 7:07:29 | 12 | 0:05:36 | | | | |
| | w | 552 | Krämer, | Birgit | Stern | 64 | 29420 | 3:12:39 | 3 | 0:06:33 | | | | |
| 5 | w | 353 | Büsen, | Melanie | Beiersdorf | 81 | 116880 | 11:51:21 | 18 | 0:06:05 | 219900 | 22:01:47 | 33 | 0:06:01 |
| | m | 356 | Mutz, | Michael | Beiersdorf | 67 | 73500 | 7:02:05 | 12 | 0:05:45 | | | | |
| | w | 615 | Neumann, | Yvonne | Beiersdorf | 83 | 29520 | 3:08:21 | 3 | 0:06:23 | | | | |
| 6 | m | 391 | Deren, | Slawomir | Energie SV | 82 | 116880 | 9:57:45 | 18 | 0:05:07 | 217720 | 18:36:12 | 29 | 0:05:08 |
| | w | 75 | Regolin, | Lea | Energie SV | 98 | 51120 | 5:10:19 | 6 | 0:06:04 | | | | |
| | m | 629 | Höhne, | David | Energie SV | 83 | 49720 | 3:28:08 | 5 | 0:04:11 | | | | |
| 7 | m | 271 | Czoschke, | Rene | OTTO | 87 | 116880 | 7:41:44 | 18 | 0:03:57 | 202300 | 14:59:16 | 32 | 0:04:27 |
| | m | 593 | Becker, | Jens-Gerrit | OTTO | 62 | 78720 | 6:41:32 | 13 | 0:05:06 | | | | |
| | w | 769 | Glaser, | Steffi | OTTO | 70 | 6700 | 0:36:00 | 1 | 0:05:22 | | | | |
| 8 | m | 577 | Sturm, | Lukas | Tchibo | 95 | 95580 | 7:07:58 | 15 | 0:04:29 | 196350 | 14:58:47 | 32 | 0:04:35 |
| | m | 574 | Kutschera, | Sven | Tchibo | 79 | 53970 | 4:08:11 | 9 | 0:04:36 | | | | |
| | w | 576 | Pries, | Daniela | Tchibo | 73 | 46800 | 3:42:38 | 8 | 0:04:45 | | | | |
| 9 | w | 439 | Slomski, | Birgit | Laufladen | 75 | 70120 | 6:33:24 | 11 | 0:05:37 | 195850 | 17:27:34 | 28 | 0:05:21 |
| | w | 237 | Hoeft, | Gesine | Laufladen | 52 | 68210 | 6:29:37 | 11 | 0:05:43 | | | | |
| | m | 234 | Breitenstein, | Andre | Laufladen | 67 | 57520 | 4:24:33 | 6 | 0:04:36 | | | | |
| 10 | m | 488 | Neumann, | Uwe | FA HH | 73 | 98080 | 6:57:31 | 15 | 0:04:15 | 194520 | 14:40:08 | 25 | 0:04:31 |
| | w | 484 | Günther, | Sina | FA HH | 98 | 48220 | 3:25:44 | 5 | 0:04:16 | | | | |
| | w | 487 | Neumann, | Corinna | FA HH | 68 | 48220 | 4:16:53 | 5 | 0:05:20 | | | | |
| 11 | m | 564 | Hoffmann, | Elias | Signal Iduna | 96 | 98080 | 6:23:20 | 15 | 0:03:55 | 189260 | 14:11:47 | 26 | 0:04:30 |
| | m | 573 | Weitmann, | Daniel | Signal Iduna | 72 | 57520 | 5:03:02 | 6 | 0:05:16 | | | | |
| | w | 323 | Vollmers, | Anja | Signal Iduna | 70 | 33660 | 2:45:25 | 5 | 0:04:55 | | | | |
| 12 | m | 379 | Meyer-Reim, | Utz | DZ Hyp | 61 | 86180 | 7:42:42 | 14 | 0:05:22 | 185880 | 17:11:27 | 28 | 0:05:33 |
| | m | 45 | Rooseboom, | Markus | DZ Hyp | 65 | 63600 | 5:50:23 | 8 | 0:05:31 | | | | |
| | w | 380 | Pohl, | Katja | DZ Hyp | 69 | 36100 | 3:38:22 | 6 | 0:06:03 | | | | |
| 13 | m | 85 | Kozieras, | Norbert | ERGOsports | 50 | 74980 | 6:20:12 | 13 | 0:05:04 | 175670 | 14:01:53 | 28 | 0:04:48 |
| | m | 400 | Banck, | Sönke | ERGOsports | 67 | 73770 | 5:14:01 | 12 | 0:04:15 | | | | |
| | w | 404 | Fönschau, | Silke | ERGOsports | 62 | 26920 | 2:27:40 | 3 | 0:05:29 | | | | |
| 14 | m | 268 | Winkeler, | Tobias | Nordmark | 88 | 96680 | 7:10:47 | 14 | 0:04:27 | 166670 | 13:14:27 | 23 | 0:04:46 |
| | m | 521 | Gehn, | Marcel | Nordmark | 94 | 45500 | 3:43:38 | 6 | 0:04:55 | | | | |
| | w | 522 | Kohlhagen, | Ramona | Nordmark | 80 | 24490 | 2:20:02 | 3 | 0:05:43 | | | | |
| 15 | w | 478 | Kersten, | Ines | Laufwerk | 62 | 56080 | 6:04:32 | 9 | 0:06:30 | 153800 | 13:10:28 | 19 | 0:05:08 |
| | m | 670 | Lowin, | Focko | Laufwerk | 74 | 49720 | 4:10:07 | 5 | 0:05:02 | | | | |
| | m | 255 | Dieckmann, | Lukas | Laufwerk | 85 | 48000 | 2:55:49 | 5 | 0:03:40 | | | | |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | Teamstrecke | Teamzeit | Teamstarts | Teamschnitt |
|-------|-----|------|----------------|--------------|-------------|----|---------|---------|--------|---------|-------------|----------|------------|-------------|
| 16 | m | 626 | Kramer, | Philipp | ELBE-Sport | 67 | 57230 | 5:28:28 | 8 | 0:05:44 | 145890 | 16:45:40 | 24 | 0:06:54 |
| | m | 383 | Eybächer, | Michael | ELBE-Sport | 43 | 53200 | 7:00:27 | 10 | 0:07:54 | | | | |
| | w | 384 | Frey, | Birgit | ELBE-Sport | 57 | 35460 | 4:16:45 | 6 | 0:07:14 | | | | |
| 17 | m | 275 | Dreise, | Gösta | PHILIPS | 68 | 71910 | 7:16:51 | 10 | 0:06:04 | 138410 | 13:33:36 | 21 | 0:05:53 |
| | m | 284 | Stäcker, | Frank | PHILIPS | 64 | 54900 | 5:15:47 | 9 | 0:05:45 | | | | |
| | w | 535 | Matzke, | Svenja | PHILIPS | 78 | 11600 | 1:00:58 | 2 | 0:05:15 | | | | |
| 18 | w | 315 | Goebel, | Petra | Siemens | 69 | 86280 | 7:45:30 | 14 | 0:05:24 | 137050 | 12:48:49 | 20 | 0:05:37 |
| | m | 820 | Sie Too, | Petrus | Siemens | 58 | 27290 | 2:47:11 | 3 | 0:06:08 | | | | |
| | w | 775 | Wiem, | Sophie | Siemens | 6 | 23480 | 2:16:08 | 3 | 0:05:48 | | | | |
| 19 | w | 412 | Müller, | Nicole | Gaden | 83 | 46190 | 4:17:55 | 5 | 0:05:35 | 132430 | 11:14:52 | 15 | 0:05:06 |
| | m | 91 | Schottenhaml, | Andreas | Gaden | 75 | 46120 | 4:01:26 | 6 | 0:05:14 | | | | |
| | m | 87 | Gerlach, | Stephan | Gaden | 72 | 40120 | 2:55:31 | 4 | 0:04:22 | | | | |
| 20 | m | 805 | Dörheit, | Christian | NDR | 79 | 61980 | 4:19:57 | 9 | 0:04:12 | 126000 | 9:58:12 | 16 | 0:04:45 |
| | m | 518 | Schulz, | Thomas | NDR | 61 | 44020 | 3:41:34 | 5 | 0:05:02 | | | | |
| | w | 682 | Peters, | Jasmin | NDR | 91 | 20000 | 1:56:41 | 2 | 0:05:50 | | | | |
| 21 | m | 747 | Pfeiffer, | Axel | HHLA | 85 | 61820 | 5:55:41 | 8 | 0:05:45 | 125700 | 10:24:08 | 19 | 0:04:58 |
| | m | 231 | Reimer, | Tobias | HHLA | 74 | 60280 | 4:09:20 | 10 | 0:04:08 | | | | |
| | w | 172 | Reimer, | Ida | HHLA | 12 | 3600 | 0:19:07 | 1 | 0:05:19 | | | | |
| 22 | m | 470 | Moya, | Angel | Krüss-OSH | 82 | 44220 | 3:24:05 | 5 | 0:04:37 | 123300 | 11:07:45 | 15 | 0:05:25 |
| | w | 668 | Werner, | Kristina | Krüss-OSH | 82 | 40120 | 3:15:17 | 4 | 0:04:52 | | | | |
| | m | 474 | Steuernagel, | Curt | Krüss-OSH | 56 | 38960 | 4:28:23 | 6 | 0:06:53 | | | | |
| 23 | m | 364 | Persiel, | Arne | Commerzbank | 66 | 57520 | 5:30:48 | 7 | 0:05:45 | 115310 | 10:35:35 | 14 | 0:05:31 |
| | m | 362 | Kasper, | Thomas | Commerzbank | 68 | 38620 | 3:14:20 | 4 | 0:05:02 | | | | |
| | w | 32 | Schlieter, | Kathrin | Commerzbank | 71 | 19170 | 1:50:27 | 3 | 0:05:46 | | | | |
| 24 | m | 376 | Albrecht, | Axel | DNV | 66 | 58520 | 3:59:34 | 7 | 0:04:06 | 114610 | 8:18:48 | 14 | 0:04:21 |
| | m | 42 | Backhausen, | Dirk | DNV | 66 | 48920 | 3:42:22 | 6 | 0:04:33 | | | | |
| | w | 789 | Bialy, von | Lea | DNV | 88 | 7170 | 0:36:52 | 1 | 0:05:09 | | | | |
| 25 | m | 291 | Schmidt, | Birger | Polizei HH | 84 | 51160 | 3:16:43 | 10 | 0:03:51 | 110680 | 8:25:33 | 20 | 0:04:34 |
| | m | 689 | Timm, | Philipp | Polizei HH | 93 | 39120 | 2:47:24 | 4 | 0:04:17 | | | | |
| | w | 294 | Zuncke, | Sonja | Polizei HH | 66 | 20400 | 2:21:26 | 6 | 0:06:56 | | | | |
| 26 | m | 258 | Reichel-Busch, | Oliver | Lufthansa | 73 | 47920 | 4:31:00 | 5 | 0:05:39 | 109780 | 9:57:50 | 13 | 0:05:27 |
| | w | 494 | Berels, | Marika | Lufthansa | 63 | 32260 | 3:02:54 | 5 | 0:05:40 | | | | |
| | m | 502 | Willsch, | Pascal | Lufthansa | 78 | 29600 | 2:23:56 | 3 | 0:04:52 | | | | |
| 27 | m | 337 | Grove, | Frank | WTM HH | 66 | 49720 | 5:07:45 | 5 | 0:06:11 | 107560 | 10:08:29 | 11 | 0:05:39 |
| | m | 591 | Matthias, | Friedrich | WTM HH | 88 | 37620 | 3:15:08 | 4 | 0:05:11 | | | | |
| | w | 823 | Löffler, | Cläre | WTM HH | 97 | 20220 | 1:45:36 | 2 | 0:05:13 | | | | |
| 28 | w | 254 | Goebel, | Sonia Isabel | Knossos.de | 90 | 37420 | 2:55:11 | 6 | 0:04:41 | 106660 | 8:36:48 | 14 | 0:04:51 |
| | m | 663 | Ludwig, | Dirk | Knossos.de | 71 | 34620 | 2:46:55 | 4 | 0:04:49 | | | | |
| | m | 757 | Beckmann, | Niels | Knossos.de | 74 | 34620 | 2:54:42 | 4 | 0:05:03 | | | | |
| 29 | m | 421 | Reschke, | Mark | HPA | 72 | 56100 | 4:49:54 | 9 | 0:05:10 | 105500 | 9:31:40 | 16 | 0:05:25 |
| | m | 227 | Tilch, | Peter | HPA | 55 | 40100 | 3:42:29 | 6 | 0:05:33 | | | | |
| | w | 643 | Lohstroh, | Ellen | HPA | 57 | 9300 | 0:59:17 | 1 | 0:06:22 | | | | |
| 30 | m | 644 | Meyer, | Mario | HW | 63 | 46820 | 4:06:26 | 7 | 0:05:16 | 99050 | 9:19:30 | 13 | 0:05:39 |
| | w | 822 | Baumann, | Vera | HW | 87 | 30820 | 2:57:58 | 3 | 0:05:46 | | | | |
| | m | 228 | Olivier, | Mischa | HW | 67 | 21410 | 2:15:06 | 3 | 0:06:19 | | | | |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | Teamstrecke | Teamzeit | Teamstarts | Teamschnitt |
|-------|-----|------|----------------|--------------|------------|----|---------|---------|--------|---------|-------------|----------|------------|-------------|
| 31 | w | 676 | Pöhler, | Julia | Montblanc | 81 | 33660 | 2:41:07 | 5 | 0:04:47 | 97380 | 8:38:15 | 15 | 0:05:19 |
| | m | 509 | Scherer, | Gerhold | Montblanc | 71 | 31860 | 2:27:47 | 5 | 0:04:38 | | | | |
| | m | 508 | Oltmanns, | Helmer | Montblanc | 49 | 31860 | 3:29:21 | 5 | 0:06:34 | | | | |
| 32 | m | 623 | Herrmann, | Michael | Deut.Bank | 61 | 39120 | 3:56:02 | 4 | 0:06:02 | 96340 | 8:35:27 | 10 | 0:05:21 |
| | m | 41 | Voß, | Thomas | Deut.Bank | 67 | 37320 | 3:06:14 | 4 | 0:04:59 | | | | |
| 33 | w | 39 | Hennecke, | Anke | Deut.Bank | 76 | 19900 | 1:33:11 | 2 | 0:04:41 | 95560 | 8:14:43 | 11 | 0:05:11 |
| | m | 48 | Sperfeld, | Dirk | EDEKA | 70 | 47920 | 4:08:33 | 5 | 0:05:11 | | | | |
| | m | 709 | Lück, | Ronald | EDEKA | 75 | 40200 | 3:16:56 | 4 | 0:04:54 | | | | |
| 34 | w | 729 | Hillmann, | Iris | EDEKA | 72 | 7440 | 0:49:14 | 2 | 0:06:37 | 93880 | 7:47:28 | 14 | 0:04:59 |
| | m | 370 | Hoch, | Christoph | Alto-Nabe | 60 | 33660 | 2:37:50 | 5 | 0:04:41 | | | | |
| | w | 369 | Engelbrecht, | Martina | Alto-Nabe | 64 | 33660 | 2:59:05 | 5 | 0:05:19 | | | | |
| 35 | m | 37 | Steffens, | Frederik | Alto-Nabe | 81 | 26560 | 2:10:33 | 4 | 0:04:55 | 83940 | 7:51:49 | 9 | 0:05:37 |
| | w | 418 | Wenrich, | Alexander | Generali | 66 | 37520 | 2:53:23 | 4 | 0:04:37 | | | | |
| | w | 417 | Sals, | Angelina | Generali | 77 | 27920 | 2:48:45 | 3 | 0:06:03 | | | | |
| 36 | m | 223 | Feldhusen, Dr. | Johannes | Generali | 57 | 18500 | 2:09:41 | 2 | 0:07:01 | 83540 | 5:54:07 | 9 | 0:04:14 |
| | w | 600 | Kores, | Robert | CW-IT.de | 86 | 36220 | 2:25:06 | 4 | 0:04:00 | | | | |
| | w | 621 | Heller, | Ariane | CW-IT.de | 91 | 28420 | 2:18:09 | 3 | 0:04:52 | | | | |
| 37 | m | 622 | Heller, | Hauke | CW-IT.de | 89 | 18900 | 1:10:52 | 2 | 0:03:45 | 82520 | 6:50:42 | 11 | 0:04:59 |
| | m | 27 | Hildebrandt, | Maximilian | BBK | 94 | 49720 | 3:31:28 | 5 | 0:04:15 | | | | |
| | m | 359 | Kafke, | Norbert | BBK | 60 | 25960 | 2:39:19 | 4 | 0:06:08 | | | | |
| 38 | w | 618 | Plambeck, | Monika | BBK | 73 | 6840 | 0:39:55 | 2 | 0:05:50 | 81460 | 8:24:22 | 11 | 0:06:11 |
| | m | 642 | Stark, | Jöran | Funkgruppe | 78 | 33100 | 3:06:30 | 5 | 0:05:38 | | | | |
| | m | 640 | Hampel, | Michael | Funkgruppe | 74 | 29460 | 3:15:19 | 4 | 0:06:38 | | | | |
| 39 | w | 641 | Majda, | Izabella | Funkgruppe | 82 | 18900 | 2:02:33 | 2 | 0:06:29 | 80370 | 7:04:42 | 14 | 0:05:17 |
| | m | 307 | Balzer, | Klaus | Zoll | 69 | 35270 | 2:48:36 | 7 | 0:04:47 | | | | |
| | m | 311 | Liebers, | Ralf | Zoll | 64 | 27700 | 2:49:55 | 5 | 0:06:08 | | | | |
| 40 | w | 554 | Röhrich, | Monika | Zoll | 79 | 17400 | 1:26:11 | 2 | 0:04:57 | 75700 | 6:35:55 | 15 | 0:05:14 |
| | m | 550 | Hegemann, | Bernd | G+J | 68 | 32400 | 2:40:27 | 7 | 0:04:57 | | | | |
| | m | 296 | Wegert, | Danny | G+J | 81 | 26700 | 2:27:30 | 3 | 0:05:31 | | | | |
| 41 | w | 551 | Nachtigäller, | Iris | G+J | 77 | 16600 | 1:27:58 | 5 | 0:05:18 | 68200 | 6:19:50 | 11 | 0:05:34 |
| | m | 368 | Steinfeld, | Marco | Dataport | 75 | 31860 | 2:37:24 | 5 | 0:04:56 | | | | |
| | m | 36 | Heitmann, | Brian | Dataport | 68 | 29800 | 2:55:50 | 4 | 0:05:54 | | | | |
| 42 | w | 595 | Steinfeld, | Ivonne | Dataport | 80 | 6540 | 0:46:36 | 2 | 0:07:08 | 66600 | 4:49:38 | 8 | 0:04:21 |
| | m | 583 | Sträßner, | Mathias | TH Eilbeck | 84 | 27800 | 2:11:09 | 3 | 0:04:43 | | | | |
| | m | 582 | Reincke, | Sven | TH Eilbeck | 89 | 24200 | 1:36:53 | 3 | 0:04:00 | | | | |
| 43 | w | 581 | Feldmann, | Finnja | TH Eilbeck | 1 | 14600 | 1:01:36 | 2 | 0:04:13 | 65230 | 7:12:12 | 10 | 0:06:38 |
| | m | 419 | Lange, | Klaus-Peter | HH Airport | 60 | 38960 | 4:26:37 | 6 | 0:06:51 | | | | |
| | m | 745 | Loges, | Horst-Dieter | HH Airport | 57 | 13870 | 1:34:13 | 2 | 0:06:48 | | | | |
| 44 | w | 420 | Scherff, | Aileen | HH Airport | 92 | 12400 | 1:11:22 | 2 | 0:05:45 | 63010 | 5:06:33 | 8 | 0:04:52 |
| | m | 703 | Bietke, | Dirk | TÜV-Nord | 71 | 28420 | 2:04:51 | 3 | 0:04:24 | | | | |
| | m | 705 | Polster, | Malte | TÜV-Nord | 76 | 22390 | 1:51:12 | 3 | 0:04:58 | | | | |
| 45 | w | 585 | Dreier, | Dagmar | TÜV-Nord | 68 | 12200 | 1:10:30 | 2 | 0:05:47 | 62930 | 6:00:00 | 12 | 0:05:43 |
| | m | 460 | Zachos, | Dimitrios | HEK | 78 | 38290 | 3:19:40 | 5 | 0:05:13 | | | | |
| | w | 754 | Strauchmann, | Maraike | HEK | 81 | 14300 | 1:30:24 | 4 | 0:06:19 | | | | |
| | m | 459 | Münster, | Reinhold | HEK | 42 | 10340 | 1:09:56 | 3 | 0:06:46 | | | | |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Anzahl | Schnitt | Teamstrecke | Teamzeit | Teamstarts | Teamschnitt |
|-------|-----|------|------------------|------------|--------------|----|---------|---------|--------|---------|-------------|----------|------------|-------------|
| 46 | m | 251 | Schwiers, | Thomas | Jungheinrich | 69 | 36220 | 3:00:36 | 4 | 0:04:59 | 60420 | 4:40:34 | 7 | 0:04:39 |
| | m | 797 | Krauel, | Ralf | Jungheinrich | 83 | 21300 | 1:27:11 | 2 | 0:04:06 | | | | |
| | w | 463 | Stockrahm, | Celine | Jungheinrich | 1 | 2900 | 0:12:47 | 1 | 0:04:24 | | | | |
| 47 | m | 429 | Westphal, | Wolfgang | Hochbahn | 54 | 38960 | 3:39:37 | 6 | 0:05:38 | 58660 | 5:36:53 | 11 | 0:05:45 |
| | w | 428 | Mabikounou, | Monique | Hochbahn | 87 | 13000 | 1:18:28 | 4 | 0:06:02 | | | | |
| | w | 748 | Kaussler, | Claudia | Hochbahn | 61 | 6700 | 0:38:48 | 1 | 0:05:47 | | | | |
| 48 | w | 612 | Albrecht, | Nele | AK Nord | 96 | 23170 | 2:08:48 | 3 | 0:05:34 | 51330 | 5:16:13 | 7 | 0:06:10 |
| | w | 351 | Buß, | Dirka | AK Nord | 65 | 18860 | 2:15:43 | 3 | 0:07:12 | | | | |
| | m | 611 | Albrecht, | Henning | AK Nord | 72 | 9300 | 0:51:42 | 1 | 0:05:34 | | | | |
| 49 | w | 784 | Bessen, | Hjördis | Berenberg | 80 | 20220 | 1:47:34 | 2 | 0:05:19 | 50470 | 4:47:55 | 6 | 0:05:42 |
| | w | 785 | Heinsohn, | Christin | Berenberg | 68 | 20220 | 1:50:33 | 2 | 0:05:28 | | | | |
| | w | 786 | Stark, | Anja | Berenberg | 78 | 10030 | 1:09:48 | 2 | 0:06:58 | | | | |
| 50 | m | 616 | Riemenschneider, | Hannes | BG Verkehr | 84 | 23170 | 2:05:49 | 3 | 0:05:26 | 50440 | 4:35:03 | 7 | 0:05:27 |
| | m | 708 | Pöhler, | Andre | BG Verkehr | 75 | 20570 | 1:55:28 | 3 | 0:05:37 | | | | |
| | w | 723 | Müther, | Yvonne | BG Verkehr | 81 | 6700 | 0:33:46 | 1 | 0:05:02 | | | | |
| 51 | m | 358 | Wulff, | Lars | CLD HH | 72 | 18500 | 1:41:28 | 2 | 0:05:29 | 35900 | 3:02:02 | 4 | 0:05:04 |
| | w | 726 | Pahl, | Svea | CLD HH | 2 | 9600 | 0:47:22 | 1 | 0:04:56 | | | | |
| | m | 26 | Wöstmann, | Sebastian | CLD HH | 87 | 7800 | 0:33:12 | 1 | 0:04:15 | | | | |
| 52 | m | 619 | Lang, | Hans-Georg | CPAG | 51 | 16290 | 1:44:03 | 3 | 0:06:23 | 30090 | 2:57:16 | 5 | 0:05:53 |
| | m | 844 | Glischinski, | Dominik | CPAG | 2 | 10600 | 0:53:51 | 1 | 0:05:05 | | | | |
| | w | 620 | Lang, | Jennifer | CPAG | 82 | 3200 | 0:19:22 | 1 | 0:06:03 | | | | |
| 53 | m | 672 | Lemm, | Ronald | Marien-Krh | 56 | 12690 | 0:58:33 | 2 | 0:04:37 | 28280 | 2:55:02 | 5 | 0:06:11 |
| | w | 673 | Perez-Lemm, | Ursula | Marien-Krh | 66 | 12690 | 1:29:34 | 2 | 0:07:03 | | | | |
| | m | 503 | Dröge, | Matthias | Marien-Krh | 66 | 2900 | 0:26:55 | 1 | 0:09:17 | | | | |

| Gold Damen | Name | Vorname | BSG | JG | Strecke | Zeit | Schnitt | Starts | 1963 und älter |
|-------------------|---------------|----------------|--------------|-----------|----------------|-------------|----------------|---------------|-----------------------|
| 1 | Sagert, | Erika | HapagLloyd | 52 | 113680 | 11:23:37 | 17 | 0:06:01 | |
| 2 | Hoeft, | Gesine | Laufladen | 52 | 68210 | 6:29:37 | 11 | 0:05:43 | |
| 3 | Kersten, | Ines | Laufwerk | 62 | 56080 | 6:04:32 | 9 | 0:06:30 | |
| 4 | Lüders, | Kerstin | Gaden | 63 | 37520 | 3:13:51 | 4 | 0:05:10 | |
| 5 | Frey, | Birgit | ELBE-Sport | 57 | 35460 | 4:16:45 | 6 | 0:07:14 | |
| 6 | Berels, | Marika | Lufthansa | 63 | 32260 | 3:02:54 | 5 | 0:05:40 | |
| 7 | Fönschau, | Silke | ERGOsports | 62 | 26920 | 2:27:40 | 3 | 0:05:29 | |
| 8 | Reese-Theege, | Kirsten | Signal Iduna | 62 | 25560 | 3:02:10 | 4 | 0:07:08 | |
| 9 | Glöde, | Jutta | Lufthansa | 63 | 22860 | 1:51:19 | 3 | 0:04:52 | |
| 10 | Nentwig, | Karin | Airbus | 59 | 20220 | 1:41:03 | 2 | 0:05:00 | |

| Silber Damen | | | | | | | | | 1964 -1984 |
|---------------------|------------|-----------|-------------|----|--------|----------|----|---------|-------------------|
| 1 | Dux, | Maren | Airbus | 68 | 116880 | 10:36:52 | 18 | 0:05:27 | |
| 2 | Büsen, | Melanie | Beiersdorf | 81 | 116880 | 11:51:21 | 18 | 0:06:05 | |
| 3 | Goebel, | Petra | Siemens | 69 | 86280 | 7:45:30 | 14 | 0:05:24 | |
| 4 | Schultz, | Eva | Airbus | 84 | 74730 | 5:55:46 | 11 | 0:04:46 | |
| 5 | Slomski, | Birgit | Laufladen | 75 | 70120 | 6:33:24 | 11 | 0:05:37 | |
| 6 | Suckow, | Maria | Haspa | 68 | 61510 | 6:26:10 | 8 | 0:06:17 | |
| 7 | Brockmann, | Christina | Airbus | 84 | 58070 | 4:10:07 | 9 | 0:04:18 | |
| 8 | Buchmann, | Sigrid | Agapleasure | 68 | 57520 | 5:04:56 | 6 | 0:05:18 | |
| 9 | Timpe, | Kerstin | Opensport | 68 | 51520 | 5:29:31 | 6 | 0:06:24 | |
| 10 | Neumann, | Corinna | FA HH | 68 | 48220 | 4:16:53 | 5 | 0:05:20 | |

| Damen | | | | | | | | | 1985 und jünger |
|--------------|-------------|--------------|------------|----|-------|---------|---|---------|------------------------|
| 1 | Regolin, | Lea | Energie SV | 98 | 51120 | 5:10:19 | 6 | 0:06:04 | |
| 2 | Tell, | Johanna | HapagLloyd | 90 | 49720 | 4:28:03 | 5 | 0:05:23 | |
| 3 | Günther, | Sina | FA HH | 98 | 48220 | 3:25:44 | 5 | 0:04:16 | |
| 4 | Wolf, | Corinna | HapagLloyd | 89 | 40960 | 3:28:23 | 5 | 0:05:05 | |
| 5 | Wolf, | Simone | HapagLloyd | 89 | 40120 | 3:23:13 | 4 | 0:05:04 | |
| 6 | Poon, | Marianne | Krüss-OSH | 85 | 38100 | 2:58:20 | 8 | 0:04:41 | |
| 7 | Goebel, | Sonia Isabel | Knossos.de | 90 | 37420 | 2:55:11 | 6 | 0:04:41 | |
| 8 | Baumann, | Vera | HW | 87 | 30820 | 2:57:58 | 3 | 0:05:46 | |
| 9 | Zimmermann, | Nicole | Laufladen | 93 | 29100 | 2:22:59 | 3 | 0:04:55 | |
| 10 | Heller, | Ariane | CW-IT.de | 91 | 28420 | 2:18:09 | 3 | 0:04:52 | |

| Gold Herren | Name | Vorname | BSG | JG | Strecke | Zeit | Schnitt | Starts | 1963 und älter |
|-------------|-------------|-------------|------------|----|---------|---------|---------|---------|----------------|
| 1 | Meyer-Reim, | Utz | DZ Hyp | 61 | 86180 | 7:42:42 | 14 | 0:05:22 | |
| 2 | Borgstädt, | Tim | Airbus | 53 | 84880 | 8:00:49 | 14 | 0:05:40 | |
| 3 | Becker, | Jens-Gerrit | OTTO | 62 | 78720 | 6:41:32 | 13 | 0:05:06 | |
| 4 | Kozieras, | Norbert | ERGOsports | 50 | 74980 | 6:20:12 | 13 | 0:05:04 | |
| 5 | Schmidt, | Gunter | Airbus | 61 | 60570 | 5:23:38 | 9 | 0:05:21 | |
| 6 | Eybächer, | Michael | ELBE-Sport | 43 | 53200 | 7:00:27 | 10 | 0:07:54 | |
| 7 | Lever, | Patrick | Stern | 61 | 49720 | 4:07:51 | 5 | 0:04:59 | |
| 8 | Ackermann, | Siegfried | Haspa | 60 | 48220 | 4:10:03 | 5 | 0:05:11 | |
| 9 | Taferner, | Johann | DNV | 48 | 47920 | 4:30:48 | 5 | 0:05:39 | |
| 10 | Felger, | Fritz | Airbus | 59 | 47920 | 4:50:37 | 5 | 0:06:04 | |

| Silber Herren | | | | | | | | | 1964 -1984 |
|---------------|------------|-----------|------------|----|--------|----------|----|---------|------------|
| 1 | Lambracht, | Gerald | Stern | 70 | 116880 | 8:20:13 | 18 | 0:04:17 | |
| 2 | Scholz, | Christian | Haspa | 82 | 116880 | 9:27:40 | 18 | 0:04:51 | |
| 3 | Deren, | Slawomir | Energie SV | 82 | 116880 | 9:57:45 | 18 | 0:05:07 | |
| 4 | Schubert, | Ralph | HapagLloyd | 73 | 116880 | 10:28:23 | 18 | 0:05:23 | |
| 5 | Neumann, | Uwe | FA HH | 73 | 98080 | 6:57:31 | 15 | 0:04:15 | |
| 6 | Krastev, | Ulli | BACARDI | 69 | 97710 | 7:08:47 | 15 | 0:04:23 | |
| 7 | Trümper, | Michael | Airbus | 66 | 82080 | 7:04:37 | 12 | 0:05:10 | |
| 8 | Braeuer, | Karsten | Stern | 72 | 76410 | 7:07:29 | 12 | 0:05:36 | |
| 9 | Jansen, | Thies | Airbus | 71 | 74070 | 5:29:43 | 12 | 0:04:27 | |
| 10 | Banck, | Sönke | ERGOsports | 67 | 73770 | 5:14:01 | 12 | 0:04:15 | |

| Herren | | | | | | | | | 1985 und jünger |
|--------|--------------|------------|--------------|----|--------|---------|----|---------|-----------------|
| 1 | Czoschke, | Rene | OTTO | 87 | 116880 | 7:41:44 | 18 | 0:03:57 | |
| 2 | Wilde, | Tim | HapagLloyd | 85 | 116880 | 8:13:31 | 18 | 0:04:13 | |
| 3 | Schnell, | Steffen | HapagLloyd | 87 | 116880 | 9:05:28 | 18 | 0:04:40 | |
| 4 | Hoffmann, | Elias | Signal Iduna | 96 | 98080 | 6:23:20 | 15 | 0:03:55 | |
| 5 | Winkeler, | Tobias | Nordmark | 88 | 96680 | 7:10:47 | 14 | 0:04:27 | |
| 6 | Sturm, | Lukas | Tchibo | 95 | 95580 | 7:07:58 | 15 | 0:04:29 | |
| 7 | Pfeiffer, | Axel | HHLA | 85 | 61820 | 5:55:41 | 8 | 0:05:45 | |
| 8 | Hildebrandt, | Maximilian | BBK | 94 | 49720 | 3:31:28 | 5 | 0:04:15 | |
| 9 | Dieckmann, | Lukas | Laufwerk | 85 | 48000 | 2:55:49 | 5 | 0:03:40 | |
| 10 | Huhn, | Philipp | Runn Green | 88 | 46820 | 3:00:30 | 5 | 0:03:51 | |

| Platz | Name | m/w | BSG | Punkte |
|-------|-----------------------------|-----|--------------|--------|
| 1 | Dux, Maren | w | Airbus | 66 |
| 2 | Brockmann, Christina | w | Airbus | 45 |
| 3 | Goebel, Petra | w | Siemens | 42 |
| 4 | Büsen, Melanie | w | Beiersdorf | 38 |
| 5 | Sagert, Erika | w | HapagLloyd | 31 |
| 6 | Pries, Daniela | w | Tchibo | 27 |
| 7 | Hoeft, Gesine | w | Laufladen | 24 |
| 8 | Schultz, Eva | w | Airbus | 15 |
| | Poon, Marianne | w | Krüss-OSH | 15 |
| 10 | Pohl, Katja | w | DZ Hyp | 4 |
| | Suckow, Maria | w | Haspa | 4 |
| 12 | Martynenko, Nataliia | w | Beiersdorf | 3 |
| | Kersten, Ines | w | Laufwerk | 3 |
| 1 | Czoschke, Rene | m | OTTO | 78 |
| 2 | Hoffmann, Elias | m | Signal Iduna | 57 |
| 3 | Wilde, Tim | m | HapagLloyd | 36 |
| 4 | Neumann, Uwe | m | FA HH | 31 |
| 5 | Lambracht, Gerald | m | Stern | 30 |
| 6 | Dörheit, Christian | m | NDR | 23 |
| 7 | Reimer, Tobias | m | HHLA | 22 |
| 8 | Banck, Sönke | m | ERGOsports | 18 |
| 9 | Schröder, Julius Maximilian | m | NDR | 15 |
| | Krastev, Ulli | m | BACARDI | 15 |
| 11 | Koudougou, Halidou | m | PHILIPS | 12 |
| 12 | Jansen, Thies | m | Airbus | 11 |
| 13 | Schnell, Steffen | m | HapagLloyd | 9 |
| 14 | Oswald, Andre | m | Knossos.de | 8 |
| 15 | Sturm, Lukas | m | Tchibo | 6 |
| | Deren, Slawomir | m | Energie SV | 6 |
| | Scholz, Christian | m | Haspa | 6 |
| | Schubert, Ralph | m | HapagLloyd | 6 |
| 19 | Braeuer, Karsten | m | Stern | 4 |
| | Borgstädt, Tim | m | Airbus | 4 |
| | Meyer-Reim, Utz | m | DZ Hyp | 4 |
| | Winkeler, Tobias | m | Nordmark | 4 |
| | Trümper, Michael | m | Airbus | 4 |
| 24 | Knaack, Tobias | m | Airbus | 3 |
| | Stäcker, Frank | m | PHILIPS | 3 |
| | Mutz, Michael | m | Beiersdorf | 3 |
| | Reschke, Mark | m | HPA | 3 |
| | Schmidt, Gunter | m | Airbus | 3 |
| 29 | Engel, Leonard | m | Energie SV | 2 |
| | Janssen, Christoph | m | Olympus | 2 |
| | Kutschera, Sven | m | Tchibo | 2 |
| | Twesten, Dennis | m | Stern | 2 |
| | Kozieras, Norbert | m | ERGOsports | 2 |
| | Radcliffe, Paul | m | Laufwerk | 2 |
| | Tilch, Peter | m | HPA | 2 |
| 36 | Bastian, Jens | m | G+J | 1 |
| | Becker, Jens-Gerrit | m | OTTO | 1 |
| | Dreise, Gösta | m | PHILIPS | 1 |
| | Eren, Levent | m | Stern | 1 |
| | Gehn, Marcel | m | Nordmark | 1 |
| | Hegemann, Bernd | m | G+J | 1 |
| | Kramer, Philipp | m | ELBE-Sport | 1 |
| | Pantelmann, Nico | m | Signal Iduna | 1 |
| | Holt, Johannes | m | ERGOsports | 1 |
| | Pfeiffer, Axel | m | HHLA | 1 |
| | Persiel, Arne | m | Commerzbank | 1 |

| Platz | BSG | Punkte |
|-------|--------------|--------|
| 1 | Airbus | 77 |
| 2 | Energie SV | 72 |
| 3 | Laufladen | 60 |
| 4 | ERGOsports | 45 |
| 5 | HapagLloyd | 42 |
| 6 | Polizei HH | 22 |
| 7 | Signal Iduna | 20 |
| 8 | ELBE-Sport | 19 |
| 9 | Krüss-OSH | 10 |
| 10 | Haspa | 9 |
| 11 | PHILIPS | 8 |
| | NDR | 8 |
| | Gaden | 8 |
| 14 | FA HH | 7 |
| | Laufwerk | 7 |
| | Stern | 7 |
| 17 | Montblanc | 6 |
| | Tchibo | 6 |
| 19 | Beiersdorf | 5 |
| | Hochbahn | 5 |
| | Nordmark | 5 |
| | G+J | 5 |
| | HEK | 5 |
| | Lufthansa | 5 |
| 25 | Commerzbank | 4 |
| | Zoll | 4 |
| | Alto-Nabe | 4 |
| | Knossos.de | 4 |
| 29 | Agapleasure | 3 |
| | Marien-Krh | 3 |
| | TÜV-Nord | 3 |
| | Dataport | 3 |
| | Siemens | 3 |
| | Generali | 3 |
| | HW | 3 |
| | HPA | 3 |
| 37 | Deut.Bank | 2 |
| | DZ Hyp | 2 |
| | TH Eilbeck | 2 |
| | BBK | 2 |
| | EDEKA | 2 |
| | CW-IT.de | 2 |
| | WTM HH | 2 |
| | HH Airport | 2 |
| 45 | AK Nord | 1 |
| | CLD HH | 1 |
| | Funkgruppe | 1 |
| | Jungheinrich | 1 |
| | nexinsure | 1 |
| | SPK-Süd | 1 |
| | DNV | 1 |