

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------|--------------|--------------|------|---------|---------|---------|--------|
| 1 | m | 181 | Jansen, | Thies | Airbus | 1971 | 21000 | 1:21:41 | 0:03:53 | 3 |
| 2 | m | 390 | Gresens, | Jan | Runn Green | 1975 | 21000 | 1:21:52 | 0:03:54 | 3 |
| 3 | m | 660 | Bergmann, | Ole Jonathan | Runn Green | 1995 | 21000 | 1:25:26 | 0:04:04 | 3 |
| 4 | m | 97 | Huhn, | Philipp | Runn Green | 1988 | 21000 | 1:27:22 | 0:04:10 | 3 |
| 5 | m | 182 | Kiehl, | Thorsten | Airbus | 1984 | 21000 | 1:29:01 | 0:04:14 | 3 |
| 6 | m | 523 | Reimer, | Tobias | HHLA | 1974 | 21000 | 1:30:44 | 0:04:19 | 3 |
| 7 | m | 136 | Jaekel, | Christoph | DESY | 1973 | 21000 | 1:32:12 | 0:04:23 | 3 |
| 8 | m | 377 | Matzke, | Herwig | PHILIPS | 1972 | 21000 | 1:33:28 | 0:04:27 | 3 |
| 9 | w | 423 | Brockmann, | Christina | Airbus | 1984 | 21000 | 1:34:21 | 0:04:30 | 3 |
| 10 | m | 571 | Oswald, | Andre | Knossos.de | 1975 | 21000 | 1:34:57 | 0:04:31 | 3 |
| 11 | m | 112 | Wilde, | Tim | HapagLloyd | 1985 | 21000 | 1:36:13 | 0:04:35 | 3 |
| 12 | m | 196 | Lambracht, | Gerald | Stern | 1970 | 21000 | 1:36:27 | 0:04:36 | 3 |
| 13 | w | 661 | Hielscher, | Marie | Runn Green | 1984 | 21000 | 1:36:29 | 0:04:36 | 3 |
| 14 | m | 330 | Sievers, | Jörg | Haspa | 1965 | 21000 | 1:36:56 | 0:04:37 | 3 |
| 15 | m | 75 | Krastev, | Ulli | BACARDI | 1969 | 21000 | 1:37:11 | 0:04:38 | 3 |
| 16 | m | 439 | Firyn, | Heiko | BG Verker | 1979 | 21000 | 1:38:13 | 0:04:41 | 3 |
| 17 | m | 673 | Balzer, | Klaus | Zoll | 1969 | 21000 | 1:40:24 | 0:04:47 | 3 |
| 18 | m | 560 | Klünter, | Christoph | K&M Sport | 1976 | 21000 | 1:40:47 | 0:04:48 | 3 |
| 19 | w | 662 | Kardel, | Kira | Runn Green | 1994 | 21000 | 1:43:48 | 0:04:57 | 3 |
| 20 | w | 140 | Voß, | Katharina | K&M Sport | 1983 | 21000 | 1:45:20 | 0:05:01 | 3 |
| 21 | m | 559 | Brosat, | Martin | K&M Sport | 1989 | 21000 | 1:45:49 | 0:05:02 | 3 |
| 22 | m | 114 | Hausmann, | Malte | Knossos.de | 1984 | 21000 | 1:46:10 | 0:05:03 | 3 |
| 23 | m | 562 | Lau, | Dirk | K&M Sport | 1963 | 21000 | 1:46:41 | 0:05:05 | 3 |
| 24 | m | 156 | Schubert, | Ralph | HapagLloyd | 1973 | 21000 | 1:48:00 | 0:05:09 | 3 |
| 25 | m | 649 | Borchers, | Mario | PHILIPS | 1964 | 21000 | 1:50:44 | 0:05:16 | 3 |
| 26 | m | 113 | Eisoldt, | Andreas | Knossos.de | 1974 | 21000 | 1:50:58 | 0:05:17 | 3 |
| 27 | m | 521 | Meyer, | Mario | HW | 1963 | 21000 | 1:53:31 | 0:05:24 | 3 |
| 28 | w | 77 | Maaß, | Lina | Knossos.de | 1985 | 21000 | 1:54:44 | 0:05:28 | 3 |
| 29 | m | 668 | Braeuer, | Karsten | Stern | 1972 | 21000 | 1:55:05 | 0:05:29 | 3 |
| 30 | m | 68 | Petsch, | Wolfgang | Signal Iduna | 1960 | 21000 | 1:56:06 | 0:05:32 | 3 |
| 31 | m | 396 | Eren, | Levent | Stern | 1976 | 21000 | 1:57:59 | 0:05:37 | 3 |
| 32 | m | 540 | Klein, | Friedrich | Haspa | 1959 | 21000 | 1:58:47 | 0:05:39 | 3 |
| 33 | w | 535 | Courtault, | Britta | Haspa | 1966 | 21000 | 1:59:05 | 0:05:40 | 3 |
| 34 | w | 680 | Goebel, | Petra | Siemens | 1969 | 21000 | 1:59:21 | 0:05:41 | 3 |
| 35 | m | 534 | Breier, | Thomas | Haspa | 1967 | 21000 | 2:00:16 | 0:05:44 | 3 |
| 36 | w | 327 | Hoefft, | Gesine | Laufladen | 1952 | 21000 | 2:00:32 | 0:05:44 | 3 |
| 37 | m | 522 | Olivier, | Mischa | HW | 1967 | 21000 | 2:03:40 | 0:05:53 | 3 |
| 38 | m | 380 | Stäcker, | Frank | PHILIPS | 1964 | 21000 | 2:04:31 | 0:05:56 | 3 |
| 39 | w | 242 | Steinhaus, | Daniela | Alto-Nabe | 1983 | 21000 | 2:07:13 | 0:06:03 | 3 |
| 40 | m | 434 | Pepperrell, | Stephen | BACARDI | 1958 | 21000 | 2:13:07 | 0:06:20 | 3 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------|-------------|--------------|------|---------|---------|---------|--------|
| 41 | w | 353 | Kersten, | Ines | Laufwerk | 1962 | 21000 | 2:14:25 | 0:06:24 | 3 |
| 42 | m | 488 | Grandt, | Wolfgang | ELBE-Sport | 1954 | 21000 | 2:19:07 | 0:06:37 | 3 |
| 43 | w | 466 | Schröter, | Jaqueline | Alto-Nabe | 1984 | 21000 | 2:23:19 | 0:06:49 | 3 |
| 44 | m | 671 | Kittler, | Holger | Stern | 1965 | 21000 | 2:23:38 | 0:06:50 | 3 |
| 45 | m | 218 | Lucke, | Marcus | Airbus | 1965 | 17500 | 1:39:38 | 0:05:42 | 2 |
| 46 | m | 642 | Becker, | Jens-Gerrit | OTTO | 1962 | 14000 | 1:09:33 | 0:04:58 | 2 |
| 47 | m | 572 | Oswald, | Mathias | Knossos.de | 1978 | 14000 | 1:19:03 | 0:05:39 | 2 |
| 48 | w | 507 | Sievers, | Susanne | ERGOsports | 1967 | 14000 | 1:22:02 | 0:05:52 | 2 |
| 49 | m | 543 | Schöning, | Michael | Haspa | 1962 | 14000 | 1:22:14 | 0:05:52 | 2 |
| 50 | w | 538 | Heß, | Verena | Haspa | 1969 | 14000 | 1:22:36 | 0:05:54 | 2 |
| 51 | m | 508 | Spijker, | Rüdiger | ERGOsports | 1960 | 14000 | 1:24:10 | 0:06:01 | 2 |
| 52 | m | 128 | Rauter, | Monier | Stern | 1988 | 10500 | 0:37:36 | 0:03:35 | 1 |
| 53 | m | 2 | Franke, | Benjamin | Airbus | 1989 | 10500 | 0:39:46 | 0:03:47 | 1 |
| 54 | m | | Wax, | Nils | Airbus | 1991 | 10500 | 0:40:33 | 0:03:52 | 1 |
| 55 | m | 60 | Lenertz, | Henning | RunWorld | 1987 | 10500 | 0:41:01 | 0:03:54 | 1 |
| 56 | m | 45 | Bruhnke, | Olaf | LOST! | 1969 | 10500 | 0:41:57 | 0:04:00 | 1 |
| 57 | m | 626 | Schreiber, | Sebastian | NGTRNG | 1978 | 10500 | 0:42:08 | 0:04:01 | 1 |
| 58 | m | 589 | Thiessen, | Mathias | Laufwerk | 1980 | 10500 | 0:42:14 | 0:04:01 | 1 |
| 59 | m | 246 | Albrecht, | Axel | DNV GL | 1966 | 10500 | 0:42:19 | 0:04:02 | 1 |
| 60 | m | 510 | Winter, | Christian | ERGOsports | 1981 | 10500 | 0:42:21 | 0:04:02 | 2 |
| 61 | w | 4 | Jablonowski, | Julia | Airbus | 1990 | 10500 | 0:42:51 | 0:04:05 | 1 |
| 62 | m | 458 | Raming, | Jan | DAK | 1983 | 10500 | 0:42:52 | 0:04:05 | 1 |
| 63 | m | 149 | Jennrich, | Nils | Laufladen | 1980 | 10500 | 0:43:49 | 0:04:10 | 1 |
| 64 | m | 707 | Bünthe, | Tobias | TK | 1982 | 10500 | 0:44:03 | 0:04:12 | 1 |
| 65 | m | 366 | Wienecke, | Dennis | NDR | 1979 | 10500 | 0:44:31 | 0:04:14 | 1 |
| 66 | m | 214 | Hoffmeister, | Marc | Airbus | 1972 | 10500 | 0:44:34 | 0:04:15 | 1 |
| 67 | m | 711 | Bietke, | Dirk | TÜV-Nord | 1971 | 10500 | 0:45:13 | 0:04:18 | 1 |
| 68 | m | 704 | Stephan, | Achim | wellnuss.de | 1976 | 10500 | 0:45:23 | 0:04:19 | 1 |
| 69 | m | 9 | Schön, | Malte | Airbus | 1973 | 10500 | 0:45:44 | 0:04:21 | 1 |
| 70 | m | 370 | Spliethoff, | Hans Georf | OTTO | 1966 | 10500 | 0:45:45 | 0:04:21 | 1 |
| 71 | w | 640 | Meyer-Ranke, | Josefine | Olympus Oste | 1997 | 10500 | 0:45:45 | 0:04:21 | 1 |
| 72 | m | 464 | Arndt, | Matthias | Alto-Nabe | 1965 | 10500 | 0:45:56 | 0:04:22 | 1 |
| 73 | m | 656 | Knaack, | Thomas | Polizei HH | 1981 | 10500 | 0:46:08 | 0:04:24 | 1 |
| 74 | m | 586 | Mann, | Christian | Laufwerk | 1965 | 10500 | 0:46:30 | 0:04:26 | 1 |
| 75 | m | 708 | Liedtke, | Matthias | TK | 1973 | 10500 | 0:46:39 | 0:04:27 | 1 |
| 76 | m | 337 | Schnell, | Steffen | HapagLloyd | 1987 | 10500 | 0:46:41 | 0:04:27 | 1 |
| 77 | m | 682 | Hahn, | Sebastian | Siemens | 1989 | 10500 | 0:46:48 | 0:04:27 | 1 |
| 78 | m | 358 | Bahrtdt, | Florian | NDR | 1975 | 10500 | 0:47:05 | 0:04:29 | 1 |
| 79 | m | 705 | Ahrens, | Lennart | TK | 1994 | 10500 | 0:47:09 | 0:04:29 | 1 |
| 80 | m | 249 | Busse, | Hagen | DZ Hyp | 1980 | 10500 | 0:47:12 | 0:04:30 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-----------------|------------|--------------|------|---------|---------|---------|--------|
| 81 | w | 469 | Hennecke, | Anke | Deut.Bank | 1976 | 10500 | 0:47:16 | 0:04:30 | 1 |
| 82 | m | 243 | Schulz, | Torsten | DESY | 1962 | 10500 | 0:47:17 | 0:04:30 | 1 |
| 83 | w | 59 | Lenertz, | Christiane | RunWorld | 1982 | 10500 | 0:48:14 | 0:04:36 | 1 |
| 84 | m | 481 | Schaake-Scholl, | Ilja Che | EDEKA | 1969 | 10500 | 0:48:22 | 0:04:36 | 1 |
| 85 | m | 91 | Kroll, | Kristoffer | Olympus Oste | 1989 | 10500 | 0:48:27 | 0:04:37 | 1 |
| 86 | m | 426 | Jürgens, | Uwe Meno | Airbus | 1980 | 10500 | 0:48:30 | 0:04:37 | 1 |
| 87 | m | 637 | Schwärzel, | Ricky | NDR | 1979 | 10500 | 0:48:32 | 0:04:37 | 1 |
| 88 | m | 152 | Martin, | Ole | Laufladen | 1990 | 10500 | 0:48:44 | 0:04:38 | 1 |
| 89 | w | 150 | Kaßen, | Dortje | Laufladen | 1973 | 10500 | 0:48:57 | 0:04:40 | 1 |
| 90 | w | 81 | Eis, | Gesine | DESY | 1993 | 10500 | 0:49:07 | 0:04:41 | 1 |
| 91 | m | 328 | Rohlfs, | Dirk | Laufladen | 1967 | 10500 | 0:49:27 | 0:04:43 | 1 |
| 92 | m | 473 | Rewel, | Thomas | Deut.Bank | 1978 | 10500 | 0:49:31 | 0:04:43 | 1 |
| 93 | m | 548 | Matthiessen, | Philipp | HapagLloyd | 1975 | 10500 | 0:49:45 | 0:04:44 | 1 |
| 94 | m | 37 | Ludwig, | Dirk | Knossos.de | 1971 | 10500 | 0:50:21 | 0:04:48 | 1 |
| 95 | m | 251 | Rooseboom, | Markus | DZ Hyp | 1965 | 10500 | 0:50:23 | 0:04:48 | 1 |
| 96 | w | 326 | Berghausen, | Solveig | Laufladen | 1975 | 10500 | 0:50:25 | 0:04:48 | 1 |
| 97 | m | 587 | Papenberg, | Matthias | Laufwerk | 1965 | 10500 | 0:50:31 | 0:04:49 | 1 |
| 98 | m | 480 | Ruf, | Martin | EDEKA | 1985 | 10500 | 0:50:35 | 0:04:49 | 1 |
| 99 | w | 145 | Dittmer, | Friederike | Laufladen | 1983 | 10500 | 0:50:36 | 0:04:49 | 1 |
| 100 | m | 472 | Leisner, | Stephan | Deut.Bank | 1969 | 10500 | 0:50:42 | 0:04:50 | 1 |
| 101 | m | 362 | Schulz, | Thomas | NDR | 1961 | 10500 | 0:50:46 | 0:04:50 | 1 |
| 102 | m | 556 | Breitenstein, | Andre | HypoVerein | 1967 | 10500 | 0:50:52 | 0:04:51 | 1 |
| 103 | m | 516 | Wenrich, | Alexander | Generali | 1966 | 10500 | 0:50:53 | 0:04:51 | 1 |
| 104 | m | 651 | Hensel, | Jullian | PHILIPS | 1985 | 10500 | 0:50:53 | 0:04:51 | 1 |
| 105 | m | 675 | Bruns, | Andreas | Siemens | 1959 | 10500 | 0:51:15 | 0:04:53 | 1 |
| 106 | m | 241 | Hoch, | Christoph | Alto-Nabe | 1960 | 10500 | 0:51:33 | 0:04:55 | 1 |
| 107 | m | 383 | Donig, | Andreas | Polizei HH | 1977 | 10500 | 0:51:48 | 0:04:56 | 1 |
| 108 | m | 389 | Breddin, | Marvin | Runn Green | 1979 | 10500 | 0:52:03 | 0:04:57 | 1 |
| 109 | m | 717 | Klett, | Ivo | Laufladen | 1971 | 10500 | 0:52:05 | 0:04:58 | 1 |
| 110 | m | 485 | Wohlfromm, | Björn | EDEKA | 1978 | 10500 | 0:52:07 | 0:04:58 | 1 |
| 111 | w | 596 | Haß, | Britta | Lufthansa | 1972 | 10500 | 0:52:27 | 0:05:00 | 1 |
| 112 | m | 264 | Faust, | Thomas | ERGOsports | 1962 | 10500 | 0:52:58 | 0:05:03 | 1 |
| 113 | m | 223 | Ramirez, | Juan | Airbus | 1983 | 10500 | 0:53:08 | 0:05:04 | 1 |
| 114 | w | 187 | Wolf, | Corinna | HapagLloyd | 1989 | 10500 | 0:53:09 | 0:05:04 | 1 |
| 115 | w | 575 | Feldmann, | Kerstin | Gaden | 1971 | 10500 | 0:53:10 | 0:05:04 | 1 |
| 116 | m | 394 | Wegert, | Danny | G+J | 1981 | 10500 | 0:53:31 | 0:05:06 | 1 |
| 117 | w | 338 | Wolf, | Simone | HapagLloyd | 1989 | 10500 | 0:53:31 | 0:05:06 | 1 |
| 118 | m | 252 | Schmidt, | Jürgen | DZ Hyp | 1954 | 10500 | 0:53:35 | 0:05:06 | 1 |
| 119 | m | 449 | Kwaschny, | Sebastian | Commerz-B. | 1988 | 10500 | 0:53:37 | 0:05:06 | 1 |
| 120 | w | 154 | Slomski, | Birgit | Laufladen | 1975 | 10500 | 0:53:37 | 0:05:06 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|------------------|-------------|--------------|------|---------|---------|---------|--------|
| 121 | m | 720 | Ruckelshausen, | Olaf | A.Springer | 1968 | 10500 | 0:53:52 | 0:05:08 | 1 |
| 122 | m | 245 | Voß, | Thomas | Deut.Bank | 1967 | 10500 | 0:53:55 | 0:05:08 | 1 |
| 123 | m | 267 | Kozieras, | Norbert | ERGOsports | 1950 | 10500 | 0:54:14 | 0:05:10 | 1 |
| 124 | m | 235 | Persiel, | Arne | Commerz-B. | 1966 | 10500 | 0:54:23 | 0:05:11 | 1 |
| 125 | w | 448 | Krahn, | Sylvia | Commerz-B. | 1973 | 10500 | 0:54:24 | 0:05:11 | 1 |
| 126 | m | 186 | Ackermann, | Siegfried | Haspa | 1960 | 10500 | 0:54:25 | 0:05:11 | 1 |
| 127 | m | 222 | Parthesius, | Matthias | Airbus | 1967 | 10500 | 0:54:33 | 0:05:12 | 1 |
| 128 | m | 482 | Sperfeld, | Dirk | EDEKA | 1970 | 10500 | 0:54:35 | 0:05:12 | 1 |
| 129 | m | 143 | Böttcher, | Dirk | Laufladen | 1969 | 10500 | 0:54:39 | 0:05:12 | 1 |
| 130 | m | 215 | Jakobsen, | Frank | Airbus | 1966 | 10500 | 0:54:41 | 0:05:12 | 1 |
| 131 | m | 597 | Haß, | Dennis | Lufthansa | 1972 | 10500 | 0:54:41 | 0:05:12 | 1 |
| 132 | m | 581 | Stark, | Jöran | Funkgruppe | 1978 | 10500 | 0:54:47 | 0:05:13 | 1 |
| 133 | m | 573 | Pramor, | Christian | Knossos.de | 1976 | 10500 | 0:54:49 | 0:05:13 | 1 |
| 134 | w | 547 | Bade, | Kim-Kristin | HapagLloyd | 1992 | 10500 | 0:55:00 | 0:05:14 | 1 |
| 135 | w | 379 | Quermann, | Birgit | PHILIPS | 1971 | 10500 | 0:55:03 | 0:05:15 | 1 |
| 136 | m | 709 | Mischok, | Nico | TK | 1982 | 10500 | 0:56:22 | 0:05:22 | 1 |
| 137 | m | 430 | Wandschneider, | Dirk | Airbus | 1963 | 10500 | 0:56:30 | 0:05:23 | 1 |
| 138 | m | 147 | Freitag, | Jens | Laufladen | 1963 | 10500 | 0:56:38 | 0:05:24 | 1 |
| 139 | m | 401 | Twesten, | Dennis | Stern | 1983 | 10500 | 0:56:40 | 0:05:24 | 1 |
| 140 | m | 484 | Werder, | Jan | EDEKA | 1993 | 10500 | 0:56:40 | 0:05:24 | 1 |
| 141 | w | 130 | Kollemann, | Sabine | CLD HH | 1964 | 10500 | 0:56:51 | 0:05:25 | 1 |
| 142 | w | 191 | Macheit, | Monika | Laufladen | 1961 | 10500 | 0:56:52 | 0:05:25 | 1 |
| 143 | w | 392 | Pierskalla, | Christine | Runn Green | 1973 | 10500 | 0:56:55 | 0:05:25 | 1 |
| 144 | m | 363 | Selent, | Jan | NDR | 1972 | 10500 | 0:57:00 | 0:05:26 | 1 |
| 145 | m | 256 | Kramer, | Philipp | ELBE-Sport | 1967 | 10500 | 0:57:08 | 0:05:26 | 1 |
| 146 | m | 331 | Zachos, | Dimitrios | Haspa | 1978 | 10500 | 0:57:16 | 0:05:27 | 1 |
| 147 | m | 526 | Bendzuk, | Thorsten | Laufladen | 1970 | 10500 | 0:57:17 | 0:05:27 | 1 |
| 148 | w | 558 | Sauer, | Antje | HypoVerein | 1967 | 10500 | 0:57:18 | 0:05:27 | 1 |
| 149 | m | 231 | Riemenschneider, | Hannes | BG Verker | 1984 | 10500 | 0:57:27 | 0:05:28 | 1 |
| 150 | w | 422 | Lehmann, | Sandra | Krüss-OSH | 1987 | 10500 | 0:57:38 | 0:05:29 | 1 |
| 151 | m | 692 | Manthei, | Jan | Signal Iduna | 1967 | 10500 | 0:57:40 | 0:05:30 | 1 |
| 152 | m | 512 | Bulla, | Bernhard | Gasnetz HH | 1960 | 10500 | 0:57:45 | 0:05:30 | 1 |
| 153 | w | 520 | Baumann, | Vera | HW | 1987 | 10500 | 0:57:52 | 0:05:31 | 1 |
| 154 | m | 601 | Meinicke, | Knuth | Lufthansa | 1963 | 10500 | 0:57:59 | 0:05:31 | 1 |
| 155 | m | 461 | Everts, | Volker | Dataport | 1967 | 10500 | 0:58:04 | 0:05:32 | 1 |
| 156 | m | 576 | Heel, | Thomas | Gaden | 1964 | 10500 | 0:58:16 | 0:05:33 | 1 |
| 157 | m | 565 | Sprenger, | Mathias | K&M Sport | 1978 | 10500 | 0:58:30 | 0:05:34 | 1 |
| 158 | w | 232 | Kothe, | Antonia | CLD HH | 1984 | 10500 | 0:58:39 | 0:05:35 | 1 |
| 159 | m | 451 | Niemann, | Volker | Commerz-B. | 1959 | 10500 | 0:59:06 | 0:05:38 | 1 |
| 160 | m | 483 | Stark, | Paul Erik | EDEKA | 2002 | 10500 | 0:59:09 | 0:05:38 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-----------------|------------|--------------|------|---------|---------|---------|--------|
| 161 | w | 381 | Baron, | Franziska | Polizei HH | 1980 | 10500 | 0:59:24 | 0:05:39 | 1 |
| 162 | m | 299 | Löffler, | Gerd | Airbus | 1973 | 10500 | 0:59:30 | 0:05:40 | 1 |
| 163 | m | 146 | Drengwitz, | Andreas | Laufladen | 1962 | 10500 | 0:59:35 | 0:05:40 | 1 |
| 164 | w | 471 | Keim, | Gesche | Deut.Bank | 1966 | 10500 | 0:59:36 | 0:05:41 | 1 |
| 165 | m | 676 | Buck, | Klaus | Siemens | 1962 | 10500 | 0:59:56 | 0:05:42 | 1 |
| 166 | m | 468 | Ehrenberg, | Frank | Deut.Bank | 1959 | 10500 | 1:00:02 | 0:05:43 | 1 |
| 167 | m | 546 | Wilde, | Klaus | Haspa | 1958 | 10500 | 1:00:15 | 0:05:44 | 1 |
| 168 | w | 515 | Sals, | Angelina | Generali | 1977 | 10500 | 1:00:17 | 0:05:44 | 1 |
| 169 | m | 564 | Schüßler, | Lutz | K&M Sport | 1963 | 10500 | 1:00:46 | 0:05:47 | 1 |
| 170 | m | 73 | Ulrich, | Rainer | OTTO | 1960 | 10500 | 1:01:32 | 0:05:52 | 1 |
| 171 | m | 686 | Sie Too, | Petrus | Siemens | 1958 | 10500 | 1:01:41 | 0:05:52 | 1 |
| 172 | w | 561 | Lange, | Susanne | K&M Sport | 1968 | 10500 | 1:01:50 | 0:05:53 | 1 |
| 173 | m | 348 | Janßen, | Uwe | Gaden | 1960 | 10500 | 1:01:56 | 0:05:54 | 1 |
| 174 | m | 517 | Schlott, | Rüdiger | HH Airport | 1958 | 10500 | 1:02:00 | 0:05:54 | 1 |
| 175 | m | 435 | Bussmann-Kuban, | Michael | BA-Eimsb. | 1953 | 10500 | 1:02:01 | 0:05:54 | 1 |
| 176 | w | 227 | Grimm, | Ariane | Beiersdorf | 1987 | 10500 | 1:02:02 | 0:05:54 | 1 |
| 177 | m | 228 | Grimm, | Florian | Beiersdorf | 1980 | 10500 | 1:02:03 | 0:05:55 | 1 |
| 178 | m | 99 | Scharf, | Dietmar | Signal Iduna | 1968 | 10500 | 1:02:26 | 0:05:57 | 1 |
| 179 | m | 513 | Malunat, | Nils | Generali | 1964 | 10500 | 1:02:30 | 0:05:57 | 1 |
| 180 | m | 424 | Felger, | Fritz | Airbus | 1959 | 10500 | 1:02:37 | 0:05:58 | 1 |
| 181 | m | 477 | Fußler, | Norbert | EDEKA | 1963 | 10500 | 1:02:45 | 0:05:59 | 1 |
| 182 | m | 213 | Graudenz, | Eckart | Airbus | 1944 | 10500 | 1:02:59 | 0:06:00 | 1 |
| 183 | m | 659 | Meyer, | Peter | Postbank-H | 1947 | 10500 | 1:03:30 | 0:06:03 | 1 |
| 184 | m | 205 | Goergens, | Michael | Laufladen | 1955 | 10500 | 1:03:41 | 0:06:04 | 1 |
| 185 | w | 121 | Marthiens, | Ute | Polizei HH | 1952 | 10500 | 1:03:50 | 0:06:05 | 1 |
| 186 | w | 514 | Neumann, | Ramona | Generali | 1973 | 10500 | 1:04:26 | 0:06:08 | 1 |
| 187 | m | 442 | Lang, | Hans-Georg | CPAG | 1951 | 10500 | 1:04:30 | 0:06:09 | 1 |
| 188 | m | 544 | Unterspann, | Klaus | Haspa | 1941 | 10500 | 1:04:46 | 0:06:10 | 1 |
| 189 | w | 441 | Ehlert, | Katharina | BBVerkehr | 1978 | 10500 | 1:05:01 | 0:06:12 | 1 |
| 190 | m | 428 | Niefanger, | Thomas | Airbus | 1963 | 10500 | 1:05:02 | 0:06:12 | 1 |
| 191 | w | 462 | Müller, | Karolin | Dataport | 1990 | 10500 | 1:05:17 | 0:06:13 | 1 |
| 192 | w | 463 | Wegener, | Leila | Dataport | 1991 | 10500 | 1:05:17 | 0:06:13 | 1 |
| 193 | m | 639 | Baier, | Alois | Olympus Oste | 1959 | 10500 | 1:05:41 | 0:06:15 | 1 |
| 194 | m | 457 | Heitmann, | Jörg | DAK | 1959 | 10500 | 1:05:53 | 0:06:16 | 1 |
| 195 | m | 226 | Croissier, | René | Baubehörde | 1950 | 10500 | 1:07:03 | 0:06:23 | 1 |
| 196 | m | 689 | Wendland, | Christian | SPK-Süd | 1980 | 10500 | 1:07:06 | 0:06:23 | 1 |
| 197 | w | 590 | Harz, | Christine | FA HH | 1969 | 10500 | 1:07:27 | 0:06:25 | 1 |
| 198 | m | 138 | Hagemann, | Uwe | Haspa | 1950 | 10500 | 1:07:28 | 0:06:26 | 1 |
| 199 | w | 347 | Rattunde, | Julia | Knossos.de | 1982 | 10500 | 1:08:29 | 0:06:31 | 1 |
| 200 | w | 672 | Krämer, | Birgit | Stern | 1964 | 10500 | 1:08:40 | 0:06:32 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|----------------|-----------|--------------|------|---------|---------|---------|--------|
| 201 | m | 580 | Hampel, | Michael | Funkgruppe | 1974 | 10500 | 1:08:58 | 0:06:34 | 1 |
| 202 | m | 549 | Prigge, | Klaus | HapagLloyd | 1960 | 10500 | 1:09:25 | 0:06:37 | 1 |
| 203 | w | 519 | Lohstroh, | Ellen | HPA | 1957 | 10500 | 1:09:29 | 0:06:37 | 1 |
| 204 | m | 683 | Hofsommer, | Steffen | Siemens | 1972 | 10500 | 1:10:01 | 0:06:40 | 1 |
| 205 | m | 319 | Feldhusen, Dr. | Johannes | Generali | 1957 | 10500 | 1:10:14 | 0:06:41 | 1 |
| 206 | m | 537 | Engel, | Wolfgang | Haspa | 1954 | 10500 | 1:10:25 | 0:06:42 | 1 |
| 207 | w | 681 | Hahn, | Marion | Siemens | 1954 | 10500 | 1:10:29 | 0:06:43 | 1 |
| 208 | m | 505 | Green, | Sven | ERGOsports | 1964 | 10500 | 1:10:33 | 0:06:43 | 1 |
| 209 | w | 459 | Reckmann, | Martina | DAK | 1966 | 10500 | 1:10:36 | 0:06:43 | 1 |
| 210 | m | 486 | Eybächer, | Michael | ELBE-Sport | 1943 | 10500 | 1:16:34 | 0:07:18 | 2 |
| 211 | w | 669 | Geisler, | Lara | Stern | 1993 | 10500 | 1:20:35 | 0:07:40 | 1 |
| 212 | m | 41 | Langer, | Mathias | Gaden | 1967 | 7000 | 0:27:17 | 0:03:54 | 1 |
| 213 | m | 699 | Müller, | Reinhard | Tchibo | 1967 | 7000 | 0:29:59 | 0:04:17 | 1 |
| 214 | m | 98 | Vahlhaus, | Richard | Runn Green | 1982 | 7000 | 0:30:04 | 0:04:18 | 1 |
| 215 | w | 609 | Hilgendorf, | Carmen | Montblanc | 1984 | 7000 | 0:31:11 | 0:04:27 | 1 |
| 216 | m | 382 | Brandt, | Boris | Polizei HH | 1982 | 7000 | 0:31:42 | 0:04:32 | 1 |
| 217 | m | 718 | Plambeck, | Lutz | Airbus | 1961 | 7000 | 0:31:43 | 0:04:32 | 1 |
| 218 | m | 501 | Banck, | Sönke | ERGOsports | 1967 | 7000 | 0:32:22 | 0:04:37 | 1 |
| 219 | m | 697 | Vollmers, | Thomas | Signal Iduna | 1971 | 7000 | 0:32:30 | 0:04:39 | 1 |
| 220 | m | 407 | Müller, | Oliver | Siemens | 1965 | 7000 | 0:32:54 | 0:04:42 | 1 |
| 221 | m | 265 | Fennen, Dr. | Michael | ERGOsports | 1988 | 7000 | 0:33:01 | 0:04:43 | 1 |
| 222 | m | 503 | Becker, | Dietmar | ERGOsports | 1959 | 7000 | 0:33:23 | 0:04:46 | 1 |
| 223 | m | 190 | Steinfeld, | Marco | Dataport | 1975 | 7000 | 0:33:29 | 0:04:47 | 1 |
| 224 | m | 557 | Lohmann, | Carsten | HypoVerein | 1966 | 7000 | 0:33:42 | 0:04:49 | 1 |
| 225 | m | 611 | Scherer, | Gerhold | Montblanc | 1971 | 7000 | 0:34:38 | 0:04:57 | 1 |
| 226 | m | 21 | Wilms, | Christian | ELBE-Sport | 1988 | 7000 | 0:34:56 | 0:04:59 | 1 |
| 227 | m | 443 | Albrecht, | Christian | Commerz-B. | 1970 | 7000 | 0:35:07 | 0:05:01 | 1 |
| 228 | m | 452 | Quartier, | Timo | Commerz-B. | 1986 | 7000 | 0:35:13 | 0:05:02 | 1 |
| 229 | w | 696 | Vollmers, | Anja | Signal Iduna | 1970 | 7000 | 0:35:24 | 0:05:03 | 1 |
| 230 | m | 525 | Westphal, | Wolfgang | Hochbahn | 1954 | 7000 | 0:35:26 | 0:05:04 | 1 |
| 231 | m | 478 | Hillmann, | Roy | EDEKA | 1965 | 7000 | 0:35:51 | 0:05:07 | 1 |
| 232 | m | 646 | Patzer, | Ralf | OTTO | 1967 | 7000 | 0:35:57 | 0:05:08 | 1 |
| 233 | w | 644 | Glaser, | Steffi | OTTO | 1970 | 7000 | 0:35:57 | 0:05:08 | 1 |
| 234 | m | 262 | Kayser, | Oliver | Energie SV | 1975 | 7000 | 0:36:17 | 0:05:11 | 1 |
| 235 | w | 585 | Krispin, | Marion | Laufwerk | 1973 | 7000 | 0:36:28 | 0:05:13 | 1 |
| 236 | w | 633 | Carlberg, | Katja | NDR | 1976 | 7000 | 0:36:40 | 0:05:14 | 1 |
| 237 | w | 542 | Recht, | Janette | Haspa | 1981 | 7000 | 0:37:00 | 0:05:17 | 1 |
| 238 | m | 500 | Stüfen, | Sönke | Energie SV | 1965 | 7000 | 0:37:23 | 0:05:20 | 1 |
| 239 | m | 698 | Gliewe, | Volker | Tchibo | 1952 | 7000 | 0:37:36 | 0:05:22 | 1 |
| 240 | m | 700 | Ruh, | Jochen | Tchibo | 1971 | 7000 | 0:37:49 | 0:05:24 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------------|---------------|--------------|------|---------|---------|---------|--------|
| 241 | m | 325 | Steinhorst, | Jürgen | Hochbahn | 1953 | 7000 | 0:37:59 | 0:05:26 | 1 |
| 242 | m | 123 | Anders, | Heinrich | RunWorld | 1966 | 7000 | 0:38:16 | 0:05:28 | 1 |
| 243 | w | 13 | Buchmann, | Sigrid | AK Nord | 1968 | 7000 | 0:38:18 | 0:05:28 | 1 |
| 244 | m | 645 | Kliem, | Rüdiger | OTTO | 1961 | 7000 | 0:38:23 | 0:05:29 | 1 |
| 245 | w | 595 | Berels, | Marika | Lufthansa | 1963 | 7000 | 0:39:33 | 0:05:39 | 1 |
| 246 | w | 201 | Wilm, | Kathrin | NDR | 1968 | 7000 | 0:39:34 | 0:05:39 | 1 |
| 247 | w | 606 | Dörmeier, | Melanie | Montblanc | 1977 | 7000 | 0:39:42 | 0:05:40 | 1 |
| 248 | m | 403 | Liebers, | Ralf | Zoll | 1964 | 7000 | 0:39:45 | 0:05:41 | 1 |
| 249 | m | 678 | Damm, | Wolfgang | Siemens | 1946 | 7000 | 0:40:15 | 0:05:45 | 1 |
| 250 | m | 719 | Lungwitz, | Karsten | Siemens | 1962 | 7000 | 0:40:23 | 0:05:46 | 1 |
| 251 | m | 687 | Werner, | Carsten | Siemens | 1966 | 7000 | 0:40:30 | 0:05:47 | 1 |
| 252 | m | 445 | Dockhorn, | Marc | Commerz-B. | 1971 | 7000 | 0:40:39 | 0:05:48 | 1 |
| 253 | m | 684 | Mallinckrodt, von | Klaus | Siemens | 1946 | 7000 | 0:40:52 | 0:05:50 | 1 |
| 254 | m | 691 | Weseloh, | Michael | Rot Gelb | 1965 | 7000 | 0:41:05 | 0:05:52 | 1 |
| 255 | m | 607 | Dörmeier, | Sascha | Montblanc | 1975 | 7000 | 0:41:29 | 0:05:56 | 1 |
| 256 | m | 476 | Beyer, | Jürgen | EDEKA | 1961 | 7000 | 0:41:41 | 0:05:57 | 1 |
| 257 | m | 574 | Singh, | Florian | Knossos.de | 1977 | 7000 | 0:41:43 | 0:05:58 | 1 |
| 258 | w | 157 | Schlawinsky, | Laura | Knossos.de | 1990 | 7000 | 0:41:44 | 0:05:58 | 1 |
| 259 | m | 674 | Bödeker, | Heinz | Siemens | 1947 | 7000 | 0:41:52 | 0:05:59 | 1 |
| 260 | w | 578 | Reimers, | Wiebke | Gaden | 1965 | 7000 | 0:42:04 | 0:06:01 | 1 |
| 261 | m | 654 | Schrader, | Rudi | PHILIPS | 1949 | 7000 | 0:42:08 | 0:06:01 | 1 |
| 262 | m | 440 | Kafke, | Norbert | BBK | 1960 | 7000 | 0:42:16 | 0:06:02 | 1 |
| 263 | w | 26 | Mabikounou, | Monique | Hochbahn | 1987 | 7000 | 0:42:31 | 0:06:04 | 1 |
| 264 | m | 539 | Janssen, | Stefan | Haspa | 1962 | 7000 | 0:42:37 | 0:06:05 | 1 |
| 265 | m | 610 | Oltmanns, | Helmer | Montblanc | 1949 | 7000 | 0:42:52 | 0:06:07 | 1 |
| 266 | m | 536 | Diezel, | Günter | Haspa | 1954 | 7000 | 0:43:06 | 0:06:09 | 1 |
| 267 | m | 599 | Hormann, | Hans Heinrich | Lufthansa | 1959 | 7000 | 0:43:36 | 0:06:14 | 1 |
| 268 | m | 679 | Diedrich, | Ralph | Siemens | 1962 | 7000 | 0:43:48 | 0:06:15 | 1 |
| 269 | m | 653 | Rohde, | Lothar | PHILIPS | 1953 | 7000 | 0:44:29 | 0:06:21 | 1 |
| 270 | w | 647 | Stättner, | Cornelia | OTTO | 1968 | 7000 | 0:44:40 | 0:06:23 | 1 |
| 271 | m | 591 | Höpfner, | Arne | FA HH | 1969 | 7000 | 0:45:12 | 0:06:27 | 1 |
| 272 | m | 489 | Hildebrandt, | Edgard | ELBE-Sport | 1953 | 7000 | 0:45:24 | 0:06:29 | 1 |
| 273 | w | 569 | Hauert, | Leonie | Knossos.de | 1984 | 7000 | 0:45:42 | 0:06:32 | 1 |
| 274 | m | 550 | Schnabel, | Harald | HapagLloyd | 1953 | 7000 | 0:46:26 | 0:06:38 | 1 |
| 275 | m | 225 | Kuhr, | Jan-Oliver | Basler | 1980 | 7000 | 0:46:50 | 0:06:41 | 1 |
| 276 | m | 321 | Lange, | Klaus-Peter | HH Airport | 1960 | 7000 | 0:47:08 | 0:06:44 | 1 |
| 277 | w | 693 | Pantelmann, | Susann | Signal Iduna | 1968 | 7000 | 0:47:12 | 0:06:45 | 1 |
| 278 | m | 695 | Rohde, | Kurt | Signal Iduna | 1949 | 7000 | 0:47:24 | 0:06:46 | 1 |
| 279 | w | 529 | Adolff, | Sandra | Haspa | 1975 | 7000 | 0:49:12 | 0:07:02 | 1 |
| 280 | w | 694 | Reese-Theege, | Kirsten | Signal Iduna | 1962 | 7000 | 0:49:37 | 0:07:05 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|----------------|-----------|--------------|------|---------|---------|---------|--------|
| 281 | w | 608 | Fischer, | Sabine | Montblanc | 1965 | 7000 | 0:50:09 | 0:07:10 | 1 |
| 282 | w | 677 | Damm, | Ursel | Siemens | 1946 | 7000 | 0:51:04 | 0:07:18 | 1 |
| 283 | w | 402 | Wendt, | Mareike | Stern | 1969 | 7000 | 0:52:21 | 0:07:29 | 1 |
| 284 | m | 665 | Moeller, | Lars | CLD HH | 1980 | 3500 | 0:12:46 | 0:03:39 | 1 |
| 285 | m | 613 | Scheele, | Sören | NienLauf | 1993 | 3500 | 0:12:57 | 0:03:42 | 1 |
| 286 | m | 555 | Kröger, | Carsten | HF Runner | 1962 | 3500 | 0:13:56 | 0:03:59 | 1 |
| 287 | w | 239 | Dietzel, | Camille | Alto-Nabe | 1996 | 3500 | 0:14:11 | 0:04:03 | 1 |
| 288 | m | 14 | Gruner, | Beppo | BA-Eimsb. | 1993 | 3500 | 0:14:13 | 0:04:04 | 1 |
| 289 | m | 714 | Kupper, | Frank | TÜV-Nord | 1964 | 3500 | 0:14:44 | 0:04:13 | 1 |
| 290 | m | 657 | Spijker, | Andreas | Polizei HH | 1961 | 3500 | 0:16:18 | 0:04:39 | 1 |
| 291 | w | 420 | Becker, | Barbara | Rot Gelb | 1971 | 3500 | 0:16:23 | 0:04:41 | 1 |
| 292 | m | 491 | Begerow, | Hendrik | Energie SV | 1987 | 3500 | 0:16:34 | 0:04:44 | 1 |
| 293 | m | 552 | Gröhn, | Dennis | HEK | 1990 | 3500 | 0:16:37 | 0:04:45 | 1 |
| 294 | m | 527 | Lumpp, | Michael | Laufladen | 1973 | 3500 | 0:16:38 | 0:04:45 | 1 |
| 295 | m | 163 | Hegemann, | Bernd | G+J | 1968 | 3500 | 0:16:40 | 0:04:46 | 1 |
| 296 | m | 275 | Reese, | Johann | Gasnetz HH | 2006 | 3500 | 0:16:41 | 0:04:46 | 1 |
| 297 | m | 194 | Liebendörfer, | Jakob | LOST! | 2009 | 3500 | 0:16:42 | 0:04:46 | 1 |
| 298 | w | 502 | Baumann, | Katja | ERGOsports | 1970 | 3500 | 0:17:08 | 0:04:54 | 1 |
| 299 | m | 57 | Haubeck, | Johannes | Postbank-H | 1954 | 3500 | 0:17:15 | 0:04:56 | 1 |
| 300 | m | 436 | Gehle, | Friedhelm | BA-Eimsb. | 1956 | 3500 | 0:17:19 | 0:04:57 | 1 |
| 301 | m | 593 | Niemann, | Erik | FA HH | 2001 | 3500 | 0:17:22 | 0:04:58 | 1 |
| 302 | m | 141 | Thorborg, | Nils | Deut.Bank | 1964 | 3500 | 0:17:26 | 0:04:59 | 1 |
| 303 | w | 583 | Bugiel, Dr. | Britta | Laufwerk | 1969 | 3500 | 0:17:49 | 0:05:05 | 1 |
| 304 | w | 554 | Schrader, | Lisa | HEK | 1993 | 3500 | 0:18:08 | 0:05:11 | 1 |
| 305 | m | 641 | Schleif, | René | Olympus Oste | 1970 | 3500 | 0:18:14 | 0:05:13 | 1 |
| 306 | m | 497 | Schumann, | Thomas | Energie SV | 1958 | 3500 | 0:18:24 | 0:05:15 | 1 |
| 307 | m | 506 | Marquardt, | Volker | ERGOsports | 1957 | 3500 | 0:18:25 | 0:05:16 | 1 |
| 308 | w | 504 | Dreller, | Hilke | ERGOsports | 1964 | 3500 | 0:18:26 | 0:05:16 | 1 |
| 309 | m | 703 | Hansen, | Jan | wellnuss.de | 1974 | 3500 | 0:18:27 | 0:05:16 | 1 |
| 310 | w | 567 | Dehn, | Anke | KiKr Ost | 1977 | 3500 | 0:18:54 | 0:05:24 | 1 |
| 311 | m | 531 | Altrock, | Andreas | Haspa | 1967 | 3500 | 0:18:57 | 0:05:25 | 1 |
| 312 | w | 273 | Reese, | Finja | Gasnetz HH | 2004 | 3500 | 0:19:08 | 0:05:28 | 1 |
| 313 | w | 387 | Spindler, | Angela | Polizei HH | 1979 | 3500 | 0:19:09 | 0:05:28 | 1 |
| 314 | m | 276 | Reese, | Lars | Gasnetz HH | 1970 | 3500 | 0:19:10 | 0:05:29 | 1 |
| 315 | m | 666 | Becker, | Michael | G+J | 1972 | 3500 | 0:19:30 | 0:05:34 | 1 |
| 316 | m | 233 | Wulff, | Lars | CLD HH | 1972 | 3500 | 0:19:46 | 0:05:39 | 1 |
| 317 | w | 702 | Felchner, | Carola | wellnuss.de | 1978 | 3500 | 0:19:56 | 0:05:42 | 1 |
| 318 | w | 667 | Bühler-Becker, | Heidi | G+J | 1961 | 3500 | 0:19:57 | 0:05:42 | 1 |
| 319 | w | 167 | Lehmer, | Nicole | Signal Iduna | 1976 | 3500 | 0:20:00 | 0:05:43 | 1 |
| 320 | m | 261 | Hummel, | Thomas | Energie SV | 1950 | 3500 | 0:20:21 | 0:05:49 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------------|--------------|------------|------|---------|---------|---------|--------|
| 321 | w | 579 | Schliephake, | Katrin | Gaden | 1968 | 3500 | 0:20:29 | 0:05:51 | 1 |
| 322 | w | 274 | Reese, | Irina | Gasnetz HH | 1972 | 3500 | 0:20:48 | 0:05:57 | 1 |
| 323 | m | 592 | Kamprad-Papendorf, | Nils | FA HH | 1970 | 3500 | 0:20:54 | 0:05:58 | 1 |
| 324 | m | 490 | Kühl, | Bernd | ELBE-Sport | 1946 | 3500 | 0:20:57 | 0:05:59 | 1 |
| 325 | m | 498 | Siemens, | Claus-Peter | Energie SV | 1958 | 3500 | 0:21:02 | 0:06:01 | 1 |
| 326 | m | 400 | Müller, | Hans-Werner | Stern | 1951 | 3500 | 0:21:07 | 0:06:02 | 1 |
| 327 | w | 600 | Meinicke, | Heike | Lufthansa | 1961 | 3500 | 0:21:08 | 0:06:02 | 1 |
| 328 | w | 368 | Liesenfeld, | Melanie | Nordmark | 1977 | 3500 | 0:21:21 | 0:06:06 | 1 |
| 329 | m | 553 | Köhr, | Jens | Veolia | 1954 | 3500 | 0:21:22 | 0:06:06 | 1 |
| 330 | m | 713 | Halweg, | Wolfgang | TÜV-Nord | 1948 | 3500 | 0:21:26 | 0:06:07 | 1 |
| 331 | m | 598 | Holz kamp-Heise, | Karl-Heinz | Lufthansa | 1952 | 3500 | 0:21:40 | 0:06:11 | 1 |
| 332 | m | 244 | Rowedder, | Frank | Deut.Bank | 1966 | 3500 | 0:21:48 | 0:06:14 | 1 |
| 333 | m | 351 | Rücker, | Heinrich | Gaden | 1936 | 3500 | 0:21:49 | 0:06:14 | 1 |
| 334 | m | 444 | Brüggeman, | Ralf | Commerz-B. | 1953 | 3500 | 0:21:49 | 0:06:14 | 1 |
| 335 | m | 115 | Schulz, | Hans-Joachim | Gaden | 1946 | 3500 | 0:21:53 | 0:06:15 | 1 |
| 336 | m | 658 | Szillat, | Volker | Polizei HH | 1969 | 3500 | 0:21:59 | 0:06:17 | 1 |
| 337 | w | 712 | Glismann, | Angela | TÜV-Nord | 1957 | 3500 | 0:22:18 | 0:06:22 | 1 |
| 338 | w | 509 | Stahlbock, | Astrid | ERGOsports | 1959 | 3500 | 0:22:30 | 0:06:26 | 1 |
| 339 | w | 393 | Fuchs, | Angelika | G+J | 1958 | 3500 | 0:22:31 | 0:06:26 | 1 |
| 340 | m | 494 | Kreismer, | Sven | Energie SV | 1971 | 3500 | 0:22:34 | 0:06:27 | 1 |
| 341 | m | 427 | Möller, | Thomas | Airbus | 1963 | 3500 | 0:22:37 | 0:06:28 | 1 |
| 342 | m | 492 | Danckers, | Joachim | Energie SV | 1963 | 3500 | 0:22:39 | 0:06:28 | 1 |
| 343 | m | 104 | Ganschow, | Sven Robert | SRHH | 1962 | 3500 | 0:22:43 | 0:06:29 | 1 |
| 344 | m | 551 | Brandt, | Peter | HEK | 1940 | 3500 | 0:22:53 | 0:06:32 | 1 |
| 345 | m | 257 | Wien, | Wolfgang | ELBE-Sport | 1940 | 3500 | 0:22:58 | 0:06:34 | 1 |
| 346 | m | 361 | Reckewerth, | Alexander | NDR | 1976 | 3500 | 0:23:17 | 0:06:39 | 1 |
| 347 | w | 511 | Reckewerth, | Regina | Feuerwehr | 1981 | 3500 | 0:23:17 | 0:06:39 | 1 |
| 348 | w | 479 | Karge, | Iris | EDEKA | 1972 | 3500 | 0:23:31 | 0:06:43 | 1 |
| 349 | w | 388 | Zuncke, | Sonja | Polizei HH | 1966 | 3500 | 0:24:12 | 0:06:55 | 1 |
| 350 | w | 499 | Siemens, | Sabrina | Energie SV | 1988 | 3500 | 0:24:31 | 0:07:00 | 1 |
| 351 | w | 655 | Engelmann, | Heike | Polizei HH | 1971 | 3500 | 0:24:42 | 0:07:03 | 1 |
| 352 | m | 437 | Ahrens, | Claus-Werner | Basler | 1944 | 3500 | 0:24:55 | 0:07:07 | 1 |
| 353 | m | 487 | Gläser, | Heinz | ELBE-Sport | 1945 | 3500 | 0:25:19 | 0:07:14 | 1 |
| 354 | w | 263 | Clausen, | Sylvia | ERGOsports | 1940 | 3500 | 0:25:38 | 0:07:19 | 1 |
| 355 | m | 650 | Bublitz, | Manfred | PHILIPS | 1939 | 3500 | 0:25:48 | 0:07:22 | 1 |
| 356 | m | 429 | Nigmann, | Michael | Airbus | 1953 | 3500 | 0:25:50 | 0:07:23 | 1 |
| 357 | m | 236 | Schröder, | Günter | Commerz-B. | 1947 | 3500 | 0:25:54 | 0:07:24 | 1 |
| 358 | m | 22 | Lutosch, | Dietmar | Energie SV | 1941 | 3500 | 0:26:11 | 0:07:29 | 1 |
| 359 | m | 685 | Püttjer, | Horst | Siemens | 1953 | 3500 | 0:27:14 | 0:07:47 | 1 |
| 360 | w | 431 | Mashreghi, | Faranak | AlbeDiakon | 1963 | 3500 | 0:27:49 | 0:07:57 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------|--------------|------------|------|---------|---------|---------|--------|
| 361 | w | 450 | Mardfeldt, | Renate | Commerz-B. | 1945 | 3500 | 0:27:50 | 0:07:57 | 1 |
| 362 | w | 447 | Härtel, | Brigitte | Commerz-B. | 1954 | 3500 | 0:29:34 | 0:08:27 | 1 |
| 363 | w | 336 | Schäller, | Lisa | HapagLloyd | 1993 | 3500 | 0:29:35 | 0:08:27 | 1 |
| 364 | w | 412 | Fuhr, | Karin | Rot Gelb | 1941 | 3500 | 0:30:18 | 0:08:39 | 1 |
| 365 | m | 446 | Fiedler, | Thomas | Commerz-B. | 1953 | 3500 | 0:30:32 | 0:08:43 | 1 |
| 366 | m | 44 | Matthiessen, | Uwe | FA HH | 1949 | 3500 | 0:35:47 | 0:10:13 | 1 |
| 367 | m | 652 | Matthies, | Hans-Joachim | PHILIPS | 1930 | 3500 | 0:37:00 | 0:10:34 | 1 |
| 368 | w | 94 | Orlowski, | Elke | PHILIPS | 1941 | 3500 | 0:38:34 | 0:11:01 | 1 |
| 369 | m | 95 | Orlowski, | Rolf | PHILIPS | 1942 | 3500 | 0:38:36 | 0:11:02 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------|-------------|--------------|------|---------|---------|---------|--------|
| 1 | w | 423 | Brockmann, | Christina | Airbus | 1984 | 21000 | 1:34:21 | 0:04:30 | 3 |
| 2 | w | 661 | Hielscher, | Marie | Runn Green | 1984 | 21000 | 1:36:29 | 0:04:36 | 3 |
| 3 | w | 662 | Kardel, | Kira | Runn Green | 1994 | 21000 | 1:43:48 | 0:04:57 | 3 |
| 4 | w | 140 | Voß, | Katharina | K&M Sport | 1983 | 21000 | 1:45:20 | 0:05:01 | 3 |
| 5 | w | 77 | Maaß, | Lina | Knossos.de | 1985 | 21000 | 1:54:44 | 0:05:28 | 3 |
| 6 | w | 535 | Courtault, | Britta | Haspa | 1966 | 21000 | 1:59:05 | 0:05:40 | 3 |
| 7 | w | 680 | Goebel, | Petra | Siemens | 1969 | 21000 | 1:59:21 | 0:05:41 | 3 |
| 8 | w | 327 | Hoefl, | Gesine | Laufladen | 1952 | 21000 | 2:00:32 | 0:05:44 | 3 |
| 9 | w | 242 | Steinhaus, | Daniela | Alto-Nabe | 1983 | 21000 | 2:07:13 | 0:06:03 | 3 |
| 10 | w | 353 | Kersten, | Ines | Laufwerk | 1962 | 21000 | 2:14:25 | 0:06:24 | 3 |
| 11 | w | 466 | Schröter, | Jaqueline | Alto-Nabe | 1984 | 21000 | 2:23:19 | 0:06:49 | 3 |
| 12 | w | 507 | Sievers, | Susanne | ERGOsports | 1967 | 14000 | 1:22:02 | 0:05:52 | 2 |
| 13 | w | 538 | Heß, | Verena | Haspa | 1969 | 14000 | 1:22:36 | 0:05:54 | 2 |
| 14 | w | 4 | Jablonowski, | Julia | Airbus | 1990 | 10500 | 0:42:51 | 0:04:05 | 1 |
| 15 | w | 640 | Meyer-Ranke, | Josefine | Olympus Oste | 1997 | 10500 | 0:45:45 | 0:04:21 | 1 |
| 16 | w | 469 | Hennecke, | Anke | Deut.Bank | 1976 | 10500 | 0:47:16 | 0:04:30 | 1 |
| 17 | w | 59 | Lenertz, | Christiane | RunWorld | 1982 | 10500 | 0:48:14 | 0:04:36 | 1 |
| 18 | w | 150 | Kaßen, | Dortje | Laufladen | 1973 | 10500 | 0:48:57 | 0:04:40 | 1 |
| 19 | w | 81 | Eis, | Gesine | DESY | 1993 | 10500 | 0:49:07 | 0:04:41 | 1 |
| 20 | w | 326 | Berghausen, | Solveig | Laufladen | 1975 | 10500 | 0:50:25 | 0:04:48 | 1 |
| 21 | w | 145 | Dittmer, | Friederike | Laufladen | 1983 | 10500 | 0:50:36 | 0:04:49 | 1 |
| 22 | w | 596 | Haß, | Britta | Lufthansa | 1972 | 10500 | 0:52:27 | 0:05:00 | 1 |
| 23 | w | 187 | Wolf, | Corinna | HapagLloyd | 1989 | 10500 | 0:53:09 | 0:05:04 | 1 |
| 24 | w | 575 | Feldmann, | Kerstin | Gaden | 1971 | 10500 | 0:53:10 | 0:05:04 | 1 |
| 25 | w | 338 | Wolf, | Simone | HapagLloyd | 1989 | 10500 | 0:53:31 | 0:05:06 | 1 |
| 26 | w | 154 | Slomski, | Birgit | Laufladen | 1975 | 10500 | 0:53:37 | 0:05:06 | 1 |
| 27 | w | 448 | Krahn, | Sylvia | Commerz-B. | 1973 | 10500 | 0:54:24 | 0:05:11 | 1 |
| 28 | w | 547 | Bade, | Kim-Kristin | HapagLloyd | 1992 | 10500 | 0:55:00 | 0:05:14 | 1 |
| 29 | w | 379 | Quermann, | Birgit | PHILIPS | 1971 | 10500 | 0:55:03 | 0:05:15 | 1 |
| 30 | w | 130 | Kollemann, | Sabine | CLD HH | 1964 | 10500 | 0:56:51 | 0:05:25 | 1 |
| 31 | w | 191 | Macheit, | Monika | Laufladen | 1961 | 10500 | 0:56:52 | 0:05:25 | 1 |
| 32 | w | 392 | Pierskalla, | Christine | Runn Green | 1973 | 10500 | 0:56:55 | 0:05:25 | 1 |
| 33 | w | 558 | Sauer, | Antje | HypoVerein | 1967 | 10500 | 0:57:18 | 0:05:27 | 1 |
| 34 | w | 422 | Lehmann, | Sandra | Krüss-OSH | 1987 | 10500 | 0:57:38 | 0:05:29 | 1 |
| 35 | w | 520 | Baumann, | Vera | HW | 1987 | 10500 | 0:57:52 | 0:05:31 | 1 |
| 36 | w | 232 | Kothe, | Antonia | CLD HH | 1984 | 10500 | 0:58:39 | 0:05:35 | 1 |
| 37 | w | 381 | Baron, | Franziska | Polizei HH | 1980 | 10500 | 0:59:24 | 0:05:39 | 1 |
| 38 | w | 471 | Keim, | Gesche | Deut.Bank | 1966 | 10500 | 0:59:36 | 0:05:41 | 1 |
| 39 | w | 515 | Sals, | Angelina | Generali | 1977 | 10500 | 1:00:17 | 0:05:44 | 1 |
| 40 | w | 561 | Lange, | Susanne | K&M Sport | 1968 | 10500 | 1:01:50 | 0:05:53 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|---------------|-----------|--------------|------|---------|---------|---------|--------|
| 41 | w | 227 | Grimm, | Ariane | Beiersdorf | 1987 | 10500 | 1:02:02 | 0:05:54 | 1 |
| 42 | w | 121 | Marthiens, | Ute | Polizei HH | 1952 | 10500 | 1:03:50 | 0:06:05 | 1 |
| 43 | w | 514 | Neumann, | Ramona | Generali | 1973 | 10500 | 1:04:26 | 0:06:08 | 1 |
| 44 | w | 441 | Ehlert, | Katharina | BBVerkehr | 1978 | 10500 | 1:05:01 | 0:06:12 | 1 |
| 45 | w | 462 | Müller, | Karolin | Dataport | 1990 | 10500 | 1:05:17 | 0:06:13 | 1 |
| 46 | w | 463 | Wegener, | Leila | Dataport | 1991 | 10500 | 1:05:17 | 0:06:13 | 1 |
| 47 | w | 590 | Harz, | Christine | FA HH | 1969 | 10500 | 1:07:27 | 0:06:25 | 1 |
| 48 | w | 347 | Rattunde, | Julia | Knossos.de | 1982 | 10500 | 1:08:29 | 0:06:31 | 1 |
| 49 | w | 672 | Krämer, | Birgit | Stern | 1964 | 10500 | 1:08:40 | 0:06:32 | 1 |
| 50 | w | 519 | Lohstroh, | Ellen | HPA | 1957 | 10500 | 1:09:29 | 0:06:37 | 1 |
| 51 | w | 681 | Hahn, | Marion | Siemens | 1954 | 10500 | 1:10:29 | 0:06:43 | 1 |
| 52 | w | 459 | Reckmann, | Martina | DAK | 1966 | 10500 | 1:10:36 | 0:06:43 | 1 |
| 53 | w | 669 | Geisler, | Lara | Stern | 1993 | 10500 | 1:20:35 | 0:07:40 | 1 |
| 54 | w | 609 | Hilgendorf, | Carmen | Montblanc | 1984 | 7000 | 0:31:11 | 0:04:27 | 1 |
| 55 | w | 696 | Vollmers, | Anja | Signal Iduna | 1970 | 7000 | 0:35:24 | 0:05:03 | 1 |
| 56 | w | 644 | Glaser, | Steffi | OTTO | 1970 | 7000 | 0:35:57 | 0:05:08 | 1 |
| 57 | w | 585 | Krispin, | Marion | Laufwerk | 1973 | 7000 | 0:36:28 | 0:05:13 | 1 |
| 58 | w | 633 | Carlberg, | Katja | NDR | 1976 | 7000 | 0:36:40 | 0:05:14 | 1 |
| 59 | w | 542 | Recht, | Janette | Haspa | 1981 | 7000 | 0:37:00 | 0:05:17 | 1 |
| 60 | w | 13 | Buchmann, | Sigrid | AK Nord | 1968 | 7000 | 0:38:18 | 0:05:28 | 1 |
| 61 | w | 595 | Berels, | Marika | Lufthansa | 1963 | 7000 | 0:39:33 | 0:05:39 | 1 |
| 62 | w | 201 | Wilm, | Kathrin | NDR | 1968 | 7000 | 0:39:34 | 0:05:39 | 1 |
| 63 | w | 606 | Dörmeier, | Melanie | Montblanc | 1977 | 7000 | 0:39:42 | 0:05:40 | 1 |
| 64 | w | 157 | Schlawinsky, | Laura | Knossos.de | 1990 | 7000 | 0:41:44 | 0:05:58 | 1 |
| 65 | w | 578 | Reimers, | Wiebke | Gaden | 1965 | 7000 | 0:42:04 | 0:06:01 | 1 |
| 66 | w | 26 | Mabikounou, | Monique | Hochbahn | 1987 | 7000 | 0:42:31 | 0:06:04 | 1 |
| 67 | w | 647 | Stättner, | Cornelia | OTTO | 1968 | 7000 | 0:44:40 | 0:06:23 | 1 |
| 68 | w | 569 | Hauert, | Leonie | Knossos.de | 1984 | 7000 | 0:45:42 | 0:06:32 | 1 |
| 69 | w | 693 | Pantelmann, | Susann | Signal Iduna | 1968 | 7000 | 0:47:12 | 0:06:45 | 1 |
| 70 | w | 529 | Adolff, | Sandra | Haspa | 1975 | 7000 | 0:49:12 | 0:07:02 | 1 |
| 71 | w | 694 | Reese-Theege, | Kirsten | Signal Iduna | 1962 | 7000 | 0:49:37 | 0:07:05 | 1 |
| 72 | w | 608 | Fischer, | Sabine | Montblanc | 1965 | 7000 | 0:50:09 | 0:07:10 | 1 |
| 73 | w | 677 | Damm, | Ursel | Siemens | 1946 | 7000 | 0:51:04 | 0:07:18 | 1 |
| 74 | w | 402 | Wendt, | Mareike | Stern | 1969 | 7000 | 0:52:21 | 0:07:29 | 1 |
| 75 | w | 239 | Dietzel, | Camille | Alto-Nabe | 1996 | 3500 | 0:14:11 | 0:04:03 | 1 |
| 76 | w | 420 | Becker, | Barbara | Rot Gelb | 1971 | 3500 | 0:16:23 | 0:04:41 | 1 |
| 77 | w | 502 | Baumann, | Katja | ERGOsports | 1970 | 3500 | 0:17:08 | 0:04:54 | 1 |
| 78 | w | 583 | Bugiel, Dr. | Britta | Laufwerk | 1969 | 3500 | 0:17:49 | 0:05:05 | 1 |
| 79 | w | 554 | Schrader, | Lisa | HEK | 1993 | 3500 | 0:18:08 | 0:05:11 | 1 |
| 80 | w | 504 | Dreller, | Hilke | ERGOsports | 1964 | 3500 | 0:18:26 | 0:05:16 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|----------------|----------|--------------|------|---------|---------|---------|--------|
| 81 | w | 567 | Dehn, | Anke | KiKr Ost | 1977 | 3500 | 0:18:54 | 0:05:24 | 1 |
| 82 | w | 273 | Reese, | Finja | Gasnetz HH | 2004 | 3500 | 0:19:08 | 0:05:28 | 1 |
| 83 | w | 387 | Spindler, | Angela | Polizei HH | 1979 | 3500 | 0:19:09 | 0:05:28 | 1 |
| 84 | w | 702 | Felchner, | Carola | wellnuss.de | 1978 | 3500 | 0:19:56 | 0:05:42 | 1 |
| 85 | w | 667 | Bühler-Becker, | Heidi | G+J | 1961 | 3500 | 0:19:57 | 0:05:42 | 1 |
| 86 | w | 167 | Lehmer, | Nicole | Signal Iduna | 1976 | 3500 | 0:20:00 | 0:05:43 | 1 |
| 87 | w | 579 | Schliephake, | Katrin | Gaden | 1968 | 3500 | 0:20:29 | 0:05:51 | 1 |
| 88 | w | 274 | Reese, | Irina | Gasnetz HH | 1972 | 3500 | 0:20:48 | 0:05:57 | 1 |
| 89 | w | 600 | Meinicke, | Heike | Lufthansa | 1961 | 3500 | 0:21:08 | 0:06:02 | 1 |
| 90 | w | 368 | Liesenfeld, | Melanie | Nordmark | 1977 | 3500 | 0:21:21 | 0:06:06 | 1 |
| 91 | w | 712 | Glismann, | Angela | TÜV-Nord | 1957 | 3500 | 0:22:18 | 0:06:22 | 1 |
| 92 | w | 509 | Stahlbock, | Astrid | ERGOsports | 1959 | 3500 | 0:22:30 | 0:06:26 | 1 |
| 93 | w | 393 | Fuchs, | Angelika | G+J | 1958 | 3500 | 0:22:31 | 0:06:26 | 1 |
| 94 | w | 511 | Reckwerth, | Regina | Feuerwehr | 1981 | 3500 | 0:23:17 | 0:06:39 | 1 |
| 95 | w | 479 | Karge, | Iris | EDEKA | 1972 | 3500 | 0:23:31 | 0:06:43 | 1 |
| 96 | w | 388 | Zuncke, | Sonja | Polizei HH | 1966 | 3500 | 0:24:12 | 0:06:55 | 1 |
| 97 | w | 499 | Siemens, | Sabrina | Energie SV | 1988 | 3500 | 0:24:31 | 0:07:00 | 1 |
| 98 | w | 655 | Engelmann, | Heike | Polizei HH | 1971 | 3500 | 0:24:42 | 0:07:03 | 1 |
| 99 | w | 263 | Clausen, | Sylvia | ERGOsports | 1940 | 3500 | 0:25:38 | 0:07:19 | 1 |
| 100 | w | 431 | Mashreghi, | Faranak | AlbeDiakon | 1963 | 3500 | 0:27:49 | 0:07:57 | 1 |
| 101 | w | 450 | Mardfeldt, | Renate | Commerz-B. | 1945 | 3500 | 0:27:50 | 0:07:57 | 1 |
| 102 | w | 447 | Härtel, | Brigitte | Commerz-B. | 1954 | 3500 | 0:29:34 | 0:08:27 | 1 |
| 103 | w | 336 | Schäller, | Lisa | HapagLloyd | 1993 | 3500 | 0:29:35 | 0:08:27 | 1 |
| 104 | w | 412 | Fuhr, | Karin | Rot Gelb | 1941 | 3500 | 0:30:18 | 0:08:39 | 1 |
| 105 | w | 94 | Orlowski, | Elke | PHILIPS | 1941 | 3500 | 0:38:34 | 0:11:01 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------|--------------|--------------|------|---------|---------|---------|--------|
| 1 | m | 181 | Jansen, | Thies | Airbus | 1971 | 21000 | 1:21:41 | 0:03:53 | 3 |
| 2 | m | 390 | Gresens, | Jan | Runn Green | 1975 | 21000 | 1:21:52 | 0:03:54 | 3 |
| 3 | m | 660 | Bergmann, | Ole Jonathan | Runn Green | 1995 | 21000 | 1:25:26 | 0:04:04 | 3 |
| 4 | m | 97 | Huhn, | Philipp | Runn Green | 1988 | 21000 | 1:27:22 | 0:04:10 | 3 |
| 5 | m | 182 | Kiehl, | Thorsten | Airbus | 1984 | 21000 | 1:29:01 | 0:04:14 | 3 |
| 6 | m | 523 | Reimer, | Tobias | HHLA | 1974 | 21000 | 1:30:44 | 0:04:19 | 3 |
| 7 | m | 136 | Jaekel, | Christoph | DESY | 1973 | 21000 | 1:32:12 | 0:04:23 | 3 |
| 8 | m | 377 | Matzke, | Herwig | PHILIPS | 1972 | 21000 | 1:33:28 | 0:04:27 | 3 |
| 9 | m | 571 | Oswald, | Andre | Knossos.de | 1975 | 21000 | 1:34:57 | 0:04:31 | 3 |
| 10 | m | 112 | Wilde, | Tim | HapagLloyd | 1985 | 21000 | 1:36:13 | 0:04:35 | 3 |
| 11 | m | 196 | Lambracht, | Gerald | Stern | 1970 | 21000 | 1:36:27 | 0:04:36 | 3 |
| 12 | m | 330 | Sievers, | Jörg | Haspa | 1965 | 21000 | 1:36:56 | 0:04:37 | 3 |
| 13 | m | 75 | Krastev, | Ulli | BACARDI | 1969 | 21000 | 1:37:11 | 0:04:38 | 3 |
| 14 | m | 439 | Firyn, | Heiko | BG Verker | 1979 | 21000 | 1:38:13 | 0:04:41 | 3 |
| 15 | m | 673 | Balzer, | Klaus | Zoll | 1969 | 21000 | 1:40:24 | 0:04:47 | 3 |
| 16 | m | 560 | Klünter, | Christoph | K&M Sport | 1976 | 21000 | 1:40:47 | 0:04:48 | 3 |
| 17 | m | 559 | Brosat, | Martin | K&M Sport | 1989 | 21000 | 1:45:49 | 0:05:02 | 3 |
| 18 | m | 114 | Hausmann, | Malte | Knossos.de | 1984 | 21000 | 1:46:10 | 0:05:03 | 3 |
| 19 | m | 562 | Lau, | Dirk | K&M Sport | 1963 | 21000 | 1:46:41 | 0:05:05 | 3 |
| 20 | m | 156 | Schubert, | Ralph | HapagLloyd | 1973 | 21000 | 1:48:00 | 0:05:09 | 3 |
| 21 | m | 649 | Borchers, | Mario | PHILIPS | 1964 | 21000 | 1:50:44 | 0:05:16 | 3 |
| 22 | m | 113 | Eisoldt, | Andreas | Knossos.de | 1974 | 21000 | 1:50:58 | 0:05:17 | 3 |
| 23 | m | 521 | Meyer, | Mario | HW | 1963 | 21000 | 1:53:31 | 0:05:24 | 3 |
| 24 | m | 668 | Braeuer, | Karsten | Stern | 1972 | 21000 | 1:55:05 | 0:05:29 | 3 |
| 25 | m | 68 | Petsch, | Wolfgang | Signal Iduna | 1960 | 21000 | 1:56:06 | 0:05:32 | 3 |
| 26 | m | 396 | Eren, | Levent | Stern | 1976 | 21000 | 1:57:59 | 0:05:37 | 3 |
| 27 | m | 540 | Klein, | Friedrich | Haspa | 1959 | 21000 | 1:58:47 | 0:05:39 | 3 |
| 28 | m | 534 | Breier, | Thomas | Haspa | 1967 | 21000 | 2:00:16 | 0:05:44 | 3 |
| 29 | m | 522 | Olivier, | Mischa | HW | 1967 | 21000 | 2:03:40 | 0:05:53 | 3 |
| 30 | m | 380 | Stäcker, | Frank | PHILIPS | 1964 | 21000 | 2:04:31 | 0:05:56 | 3 |
| 31 | m | 434 | Pepperrell, | Stephen | BACARDI | 1958 | 21000 | 2:13:07 | 0:06:20 | 3 |
| 32 | m | 488 | Grandt, | Wolfgang | ELBE-Sport | 1954 | 21000 | 2:19:07 | 0:06:37 | 3 |
| 33 | m | 671 | Kittler, | Holger | Stern | 1965 | 21000 | 2:23:38 | 0:06:50 | 3 |
| 34 | m | 218 | Lucke, | Marcus | Airbus | 1965 | 17500 | 1:39:38 | 0:05:42 | 2 |
| 35 | m | 642 | Becker, | Jens-Gerrit | OTTO | 1962 | 14000 | 1:09:33 | 0:04:58 | 2 |
| 36 | m | 572 | Oswald, | Mathias | Knossos.de | 1978 | 14000 | 1:19:03 | 0:05:39 | 2 |
| 37 | m | 543 | Schöning, | Michael | Haspa | 1962 | 14000 | 1:22:14 | 0:05:52 | 2 |
| 38 | m | 508 | Spijker, | Rüdiger | ERGOsports | 1960 | 14000 | 1:24:10 | 0:06:01 | 2 |
| 39 | m | 128 | Rauter, | Monier | Stern | 1988 | 10500 | 0:37:36 | 0:03:35 | 1 |
| 40 | m | 2 | Franke, | Benjamin | Airbus | 1989 | 10500 | 0:39:46 | 0:03:47 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|---------------------|------------|--------------|------|---------|---------|---------|--------|
| 41 | m | | Wax, | Nils | Airbus | 1991 | 10500 | 0:40:33 | 0:03:52 | 1 |
| 42 | m | | 60 Lenertz, | Henning | RunWorld | 1987 | 10500 | 0:41:01 | 0:03:54 | 1 |
| 43 | m | | 45 Bruhnke, | Olaf | LOST! | 1969 | 10500 | 0:41:57 | 0:04:00 | 1 |
| 44 | m | | 626 Schreiber, | Sebastian | NGTRNG | 1978 | 10500 | 0:42:08 | 0:04:01 | 1 |
| 45 | m | | 589 Thiessen, | Mathias | Laufwerk | 1980 | 10500 | 0:42:14 | 0:04:01 | 1 |
| 46 | m | | 246 Albrecht, | Axel | DNV GL | 1966 | 10500 | 0:42:19 | 0:04:02 | 1 |
| 47 | m | | 510 Winter, | Christian | ERGOsports | 1981 | 10500 | 0:42:21 | 0:04:02 | 2 |
| 48 | m | | 458 Raming, | Jan | DAK | 1983 | 10500 | 0:42:52 | 0:04:05 | 1 |
| 49 | m | | 149 Jennrich, | Nils | Laufladen | 1980 | 10500 | 0:43:49 | 0:04:10 | 1 |
| 50 | m | | 707 Bunte, | Tobias | TK | 1982 | 10500 | 0:44:03 | 0:04:12 | 1 |
| 51 | m | | 366 Wienecke, | Dennis | NDR | 1979 | 10500 | 0:44:31 | 0:04:14 | 1 |
| 52 | m | | 214 Hoffmeister, | Marc | Airbus | 1972 | 10500 | 0:44:34 | 0:04:15 | 1 |
| 53 | m | | 711 Bietke, | Dirk | TÜV-Nord | 1971 | 10500 | 0:45:13 | 0:04:18 | 1 |
| 54 | m | | 704 Stephan, | Achim | wellnuss.de | 1976 | 10500 | 0:45:23 | 0:04:19 | 1 |
| 55 | m | | 9 Schön, | Malte | Airbus | 1973 | 10500 | 0:45:44 | 0:04:21 | 1 |
| 56 | m | | 370 Spliethoff, | Hans Georf | OTTO | 1966 | 10500 | 0:45:45 | 0:04:21 | 1 |
| 57 | m | | 464 Arndt, | Matthias | Alto-Nabe | 1965 | 10500 | 0:45:56 | 0:04:22 | 1 |
| 58 | m | | 656 Knaack, | Thomas | Polizei HH | 1981 | 10500 | 0:46:08 | 0:04:24 | 1 |
| 59 | m | | 586 Mann, | Christian | Laufwerk | 1965 | 10500 | 0:46:30 | 0:04:26 | 1 |
| 60 | m | | 708 Liedtke, | Matthias | TK | 1973 | 10500 | 0:46:39 | 0:04:27 | 1 |
| 61 | m | | 337 Schnell, | Steffen | HapagLloyd | 1987 | 10500 | 0:46:41 | 0:04:27 | 1 |
| 62 | m | | 682 Hahn, | Sebastian | Siemens | 1989 | 10500 | 0:46:48 | 0:04:27 | 1 |
| 63 | m | | 358 Bahrndt, | Florian | NDR | 1975 | 10500 | 0:47:05 | 0:04:29 | 1 |
| 64 | m | | 705 Ahrens, | Lennart | TK | 1994 | 10500 | 0:47:09 | 0:04:29 | 1 |
| 65 | m | | 249 Busse, | Hagen | DZ Hyp | 1980 | 10500 | 0:47:12 | 0:04:30 | 1 |
| 66 | m | | 243 Schulz, | Torsten | DESY | 1962 | 10500 | 0:47:17 | 0:04:30 | 1 |
| 67 | m | | 481 Schaake-Scholl, | Ilija Che | EDEKA | 1969 | 10500 | 0:48:22 | 0:04:36 | 1 |
| 68 | m | | 91 Kroll, | Kristoffer | Olympus Oste | 1989 | 10500 | 0:48:27 | 0:04:37 | 1 |
| 69 | m | | 426 Jürgens, | Uwe Meno | Airbus | 1980 | 10500 | 0:48:30 | 0:04:37 | 1 |
| 70 | m | | 637 Schwärzel, | Ricky | NDR | 1979 | 10500 | 0:48:32 | 0:04:37 | 1 |
| 71 | m | | 152 Martin, | Ole | Laufladen | 1990 | 10500 | 0:48:44 | 0:04:38 | 1 |
| 72 | m | | 328 Rohlf, | Dirk | Laufladen | 1967 | 10500 | 0:49:27 | 0:04:43 | 1 |
| 73 | m | | 473 Rewel, | Thomas | Deut.Bank | 1978 | 10500 | 0:49:31 | 0:04:43 | 1 |
| 74 | m | | 548 Matthiessen, | Philipp | HapagLloyd | 1975 | 10500 | 0:49:45 | 0:04:44 | 1 |
| 75 | m | | 37 Ludwig, | Dirk | Knossos.de | 1971 | 10500 | 0:50:21 | 0:04:48 | 1 |
| 76 | m | | 251 Rooseboom, | Markus | DZ Hyp | 1965 | 10500 | 0:50:23 | 0:04:48 | 1 |
| 77 | m | | 587 Papenberg, | Matthias | Laufwerk | 1965 | 10500 | 0:50:31 | 0:04:49 | 1 |
| 78 | m | | 480 Ruf, | Martin | EDEKA | 1985 | 10500 | 0:50:35 | 0:04:49 | 1 |
| 79 | m | | 472 Leisner, | Stephan | Deut.Bank | 1969 | 10500 | 0:50:42 | 0:04:50 | 1 |
| 80 | m | | 362 Schulz, | Thomas | NDR | 1961 | 10500 | 0:50:46 | 0:04:50 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|------------------|-----------|--------------|------|---------|---------|---------|--------|
| 81 | m | 556 | Breitenstein, | Andre | HypoVerein | 1967 | 10500 | 0:50:52 | 0:04:51 | 1 |
| 82 | m | 516 | Wenrich, | Alexander | Generali | 1966 | 10500 | 0:50:53 | 0:04:51 | 1 |
| 83 | m | 651 | Hensel, | Jullian | PHILIPS | 1985 | 10500 | 0:50:53 | 0:04:51 | 1 |
| 84 | m | 675 | Bruns, | Andreas | Siemens | 1959 | 10500 | 0:51:15 | 0:04:53 | 1 |
| 85 | m | 241 | Hoch, | Christoph | Alto-Nabe | 1960 | 10500 | 0:51:33 | 0:04:55 | 1 |
| 86 | m | 383 | Donig, | Andreas | Polizei HH | 1977 | 10500 | 0:51:48 | 0:04:56 | 1 |
| 87 | m | 389 | Breddin, | Marvin | Runn Green | 1979 | 10500 | 0:52:03 | 0:04:57 | 1 |
| 88 | m | 717 | Klett, | Ivo | Laufladen | 1971 | 10500 | 0:52:05 | 0:04:58 | 1 |
| 89 | m | 485 | Wohlfromm, | Björn | EDEKA | 1978 | 10500 | 0:52:07 | 0:04:58 | 1 |
| 90 | m | 264 | Faust, | Thomas | ERGOsports | 1962 | 10500 | 0:52:58 | 0:05:03 | 1 |
| 91 | m | 223 | Ramirez, | Juan | Airbus | 1983 | 10500 | 0:53:08 | 0:05:04 | 1 |
| 92 | m | 394 | Wegert, | Danny | G+J | 1981 | 10500 | 0:53:31 | 0:05:06 | 1 |
| 93 | m | 252 | Schmidt, | Jürgen | DZ Hyp | 1954 | 10500 | 0:53:35 | 0:05:06 | 1 |
| 94 | m | 449 | Kwaschny, | Sebastian | Commerz-B. | 1988 | 10500 | 0:53:37 | 0:05:06 | 1 |
| 95 | m | 720 | Ruckelshausen, | Olaf | A.Springer | 1968 | 10500 | 0:53:52 | 0:05:08 | 1 |
| 96 | m | 245 | Voß, | Thomas | Deut.Bank | 1967 | 10500 | 0:53:55 | 0:05:08 | 1 |
| 97 | m | 267 | Kozieras, | Norbert | ERGOsports | 1950 | 10500 | 0:54:14 | 0:05:10 | 1 |
| 98 | m | 235 | Persiel, | Arne | Commerz-B. | 1966 | 10500 | 0:54:23 | 0:05:11 | 1 |
| 99 | m | 186 | Ackermann, | Siegfried | Haspa | 1960 | 10500 | 0:54:25 | 0:05:11 | 1 |
| 100 | m | 222 | Parthadius, | Matthias | Airbus | 1967 | 10500 | 0:54:33 | 0:05:12 | 1 |
| 101 | m | 482 | Sperfeld, | Dirk | EDEKA | 1970 | 10500 | 0:54:35 | 0:05:12 | 1 |
| 102 | m | 143 | Böttcher, | Dirk | Laufladen | 1969 | 10500 | 0:54:39 | 0:05:12 | 1 |
| 103 | m | 215 | Jakobsen, | Frank | Airbus | 1966 | 10500 | 0:54:41 | 0:05:12 | 1 |
| 104 | m | 597 | Haß, | Dennis | Lufthansa | 1972 | 10500 | 0:54:41 | 0:05:12 | 1 |
| 105 | m | 581 | Stark, | Jöran | Funkgruppe | 1978 | 10500 | 0:54:47 | 0:05:13 | 1 |
| 106 | m | 573 | Pramor, | Christian | Knossos.de | 1976 | 10500 | 0:54:49 | 0:05:13 | 1 |
| 107 | m | 709 | Mischok, | Nico | TK | 1982 | 10500 | 0:56:22 | 0:05:22 | 1 |
| 108 | m | 430 | Wandschneider, | Dirk | Airbus | 1963 | 10500 | 0:56:30 | 0:05:23 | 1 |
| 109 | m | 147 | Freitag, | Jens | Laufladen | 1963 | 10500 | 0:56:38 | 0:05:24 | 1 |
| 110 | m | 401 | Twesten, | Dennis | Stern | 1983 | 10500 | 0:56:40 | 0:05:24 | 1 |
| 111 | m | 484 | Werder, | Jan | EDEKA | 1993 | 10500 | 0:56:40 | 0:05:24 | 1 |
| 112 | m | 363 | Selent, | Jan | NDR | 1972 | 10500 | 0:57:00 | 0:05:26 | 1 |
| 113 | m | 256 | Kramer, | Philipp | ELBE-Sport | 1967 | 10500 | 0:57:08 | 0:05:26 | 1 |
| 114 | m | 331 | Zachos, | Dimitrios | Haspa | 1978 | 10500 | 0:57:16 | 0:05:27 | 1 |
| 115 | m | 526 | Bendzuk, | Thorsten | Laufladen | 1970 | 10500 | 0:57:17 | 0:05:27 | 1 |
| 116 | m | 231 | Riemenschneider, | Hannes | BG Verker | 1984 | 10500 | 0:57:27 | 0:05:28 | 1 |
| 117 | m | 692 | Manthei, | Jan | Signal Iduna | 1967 | 10500 | 0:57:40 | 0:05:30 | 1 |
| 118 | m | 512 | Bulla, | Bernhard | Gasnetz HH | 1960 | 10500 | 0:57:45 | 0:05:30 | 1 |
| 119 | m | 601 | Meinicke, | Knuth | Lufthansa | 1963 | 10500 | 0:57:59 | 0:05:31 | 1 |
| 120 | m | 461 | Everts, | Volker | Datport | 1967 | 10500 | 0:58:04 | 0:05:32 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-----------------|------------|--------------|------|---------|---------|---------|--------|
| 121 | m | 576 | Heel, | Thomas | Gaden | 1964 | 10500 | 0:58:16 | 0:05:33 | 1 |
| 122 | m | 565 | Sprenger, | Mathias | K&M Sport | 1978 | 10500 | 0:58:30 | 0:05:34 | 1 |
| 123 | m | 451 | Niemann, | Volker | Commerz-B. | 1959 | 10500 | 0:59:06 | 0:05:38 | 1 |
| 124 | m | 483 | Stark, | Paul Erik | EDEKA | 2002 | 10500 | 0:59:09 | 0:05:38 | 1 |
| 125 | m | 299 | Löffler, | Gerd | Airbus | 1973 | 10500 | 0:59:30 | 0:05:40 | 1 |
| 126 | m | 146 | Drengwitz, | Andreas | Laufladen | 1962 | 10500 | 0:59:35 | 0:05:40 | 1 |
| 127 | m | 676 | Buck, | Klaus | Siemens | 1962 | 10500 | 0:59:56 | 0:05:42 | 1 |
| 128 | m | 468 | Ehrenberg, | Frank | Deut.Bank | 1959 | 10500 | 1:00:02 | 0:05:43 | 1 |
| 129 | m | 546 | Wilde, | Klaus | Haspa | 1958 | 10500 | 1:00:15 | 0:05:44 | 1 |
| 130 | m | 564 | Schüßler, | Lutz | K&M Sport | 1963 | 10500 | 1:00:46 | 0:05:47 | 1 |
| 131 | m | 73 | Ulrich, | Rainer | OTTO | 1960 | 10500 | 1:01:32 | 0:05:52 | 1 |
| 132 | m | 686 | Sie Too, | Petrus | Siemens | 1958 | 10500 | 1:01:41 | 0:05:52 | 1 |
| 133 | m | 348 | Janßen, | Uwe | Gaden | 1960 | 10500 | 1:01:56 | 0:05:54 | 1 |
| 134 | m | 517 | Schlott, | Rüdiger | HH Airport | 1958 | 10500 | 1:02:00 | 0:05:54 | 1 |
| 135 | m | 435 | Bussmann-Kuban, | Michael | BA-Eimsb. | 1953 | 10500 | 1:02:01 | 0:05:54 | 1 |
| 136 | m | 228 | Grimm, | Florian | Beiersdorf | 1980 | 10500 | 1:02:03 | 0:05:55 | 1 |
| 137 | m | 99 | Scharf, | Dietmar | Signal Iduna | 1968 | 10500 | 1:02:26 | 0:05:57 | 1 |
| 138 | m | 513 | Malunat, | Nils | Generali | 1964 | 10500 | 1:02:30 | 0:05:57 | 1 |
| 139 | m | 424 | Felger, | Fritz | Airbus | 1959 | 10500 | 1:02:37 | 0:05:58 | 1 |
| 140 | m | 477 | Fußer, | Norbert | EDEKA | 1963 | 10500 | 1:02:45 | 0:05:59 | 1 |
| 141 | m | 213 | Graudenz, | Eckart | Airbus | 1944 | 10500 | 1:02:59 | 0:06:00 | 1 |
| 142 | m | 659 | Meyer, | Peter | Postbank-H | 1947 | 10500 | 1:03:30 | 0:06:03 | 1 |
| 143 | m | 205 | Goergens, | Michael | Laufladen | 1955 | 10500 | 1:03:41 | 0:06:04 | 1 |
| 144 | m | 442 | Lang, | Hans-Georg | CPAG | 1951 | 10500 | 1:04:30 | 0:06:09 | 1 |
| 145 | m | 544 | Unterspann, | Klaus | Haspa | 1941 | 10500 | 1:04:46 | 0:06:10 | 1 |
| 146 | m | 428 | Niefanger, | Thomas | Airbus | 1963 | 10500 | 1:05:02 | 0:06:12 | 1 |
| 147 | m | 639 | Baier, | Alois | Olympus Oste | 1959 | 10500 | 1:05:41 | 0:06:15 | 1 |
| 148 | m | 457 | Heitmann, | Jörg | DAK | 1959 | 10500 | 1:05:53 | 0:06:16 | 1 |
| 149 | m | 226 | Croissier, | René | Baubehörde | 1950 | 10500 | 1:07:03 | 0:06:23 | 1 |
| 150 | m | 689 | Wendland, | Christian | SPK-Süd | 1980 | 10500 | 1:07:06 | 0:06:23 | 1 |
| 151 | m | 138 | Hagemann, | Uwe | Haspa | 1950 | 10500 | 1:07:28 | 0:06:26 | 1 |
| 152 | m | 580 | Hampel, | Michael | Funkgruppe | 1974 | 10500 | 1:08:58 | 0:06:34 | 1 |
| 153 | m | 549 | Prigge, | Klaus | HapagLloyd | 1960 | 10500 | 1:09:25 | 0:06:37 | 1 |
| 154 | m | 683 | Hofsommer, | Steffen | Siemens | 1972 | 10500 | 1:10:01 | 0:06:40 | 1 |
| 155 | m | 319 | Feldhusen, Dr. | Johannes | Generali | 1957 | 10500 | 1:10:14 | 0:06:41 | 1 |
| 156 | m | 537 | Engel, | Wolfgang | Haspa | 1954 | 10500 | 1:10:25 | 0:06:42 | 1 |
| 157 | m | 505 | Green, | Sven | ERGOsports | 1964 | 10500 | 1:10:33 | 0:06:43 | 1 |
| 158 | m | 486 | Eybächer, | Michael | ELBE-Sport | 1943 | 10500 | 1:16:34 | 0:07:18 | 2 |
| 159 | m | 41 | Langer, | Mathias | Gaden | 1967 | 7000 | 0:27:17 | 0:03:54 | 1 |
| 160 | m | 699 | Müller, | Reinhard | Tchibo | 1967 | 7000 | 0:29:59 | 0:04:17 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------------|-----------|--------------|------|---------|---------|---------|--------|
| 161 | m | 98 | Vahlhaus, | Richard | Runn Green | 1982 | 7000 | 0:30:04 | 0:04:18 | 1 |
| 162 | m | 382 | Brandt, | Boris | Polizei HH | 1982 | 7000 | 0:31:42 | 0:04:32 | 1 |
| 163 | m | 718 | Plambeck, | Lutz | Airbus | 1961 | 7000 | 0:31:43 | 0:04:32 | 1 |
| 164 | m | 501 | Banck, | Sönke | ERGOsports | 1967 | 7000 | 0:32:22 | 0:04:37 | 1 |
| 165 | m | 697 | Vollmers, | Thomas | Signal Iduna | 1971 | 7000 | 0:32:30 | 0:04:39 | 1 |
| 166 | m | 407 | Müller, | Oliver | Siemens | 1965 | 7000 | 0:32:54 | 0:04:42 | 1 |
| 167 | m | 265 | Fennen, Dr. | Michael | ERGOsports | 1988 | 7000 | 0:33:01 | 0:04:43 | 1 |
| 168 | m | 503 | Becker, | Dietmar | ERGOsports | 1959 | 7000 | 0:33:23 | 0:04:46 | 1 |
| 169 | m | 190 | Steinfeld, | Marco | Dataport | 1975 | 7000 | 0:33:29 | 0:04:47 | 1 |
| 170 | m | 557 | Lohmann, | Carsten | HypoVerein | 1966 | 7000 | 0:33:42 | 0:04:49 | 1 |
| 171 | m | 611 | Scherer, | Gerhold | Montblanc | 1971 | 7000 | 0:34:38 | 0:04:57 | 1 |
| 172 | m | 21 | Wilms, | Christian | ELBE-Sport | 1988 | 7000 | 0:34:56 | 0:04:59 | 1 |
| 173 | m | 443 | Albrecht, | Christian | Commerz-B. | 1970 | 7000 | 0:35:07 | 0:05:01 | 1 |
| 174 | m | 452 | Quartier, | Timo | Commerz-B. | 1986 | 7000 | 0:35:13 | 0:05:02 | 1 |
| 175 | m | 525 | Westphal, | Wolfgang | Hochbahn | 1954 | 7000 | 0:35:26 | 0:05:04 | 1 |
| 176 | m | 478 | Hillmann, | Roy | EDEKA | 1965 | 7000 | 0:35:51 | 0:05:07 | 1 |
| 177 | m | 646 | Patzer, | Ralf | OTTO | 1967 | 7000 | 0:35:57 | 0:05:08 | 1 |
| 178 | m | 262 | Kayser, | Oliver | Energie SV | 1975 | 7000 | 0:36:17 | 0:05:11 | 1 |
| 179 | m | 500 | Stüfen, | Sönke | Energie SV | 1965 | 7000 | 0:37:23 | 0:05:20 | 1 |
| 180 | m | 698 | Gliewe, | Volker | Tchibo | 1952 | 7000 | 0:37:36 | 0:05:22 | 1 |
| 181 | m | 700 | Ruh, | Jochen | Tchibo | 1971 | 7000 | 0:37:49 | 0:05:24 | 1 |
| 182 | m | 325 | Steinhorst, | Jürgen | Hochbahn | 1953 | 7000 | 0:37:59 | 0:05:26 | 1 |
| 183 | m | 123 | Anders, | Heinrich | RunWorld | 1966 | 7000 | 0:38:16 | 0:05:28 | 1 |
| 184 | m | 645 | Kliem, | Rüdiger | OTTO | 1961 | 7000 | 0:38:23 | 0:05:29 | 1 |
| 185 | m | 403 | Liebers, | Ralf | Zoll | 1964 | 7000 | 0:39:45 | 0:05:41 | 1 |
| 186 | m | 678 | Damm, | Wolfgang | Siemens | 1946 | 7000 | 0:40:15 | 0:05:45 | 1 |
| 187 | m | 719 | Lungwitz, | Karsten | Siemens | 1962 | 7000 | 0:40:23 | 0:05:46 | 1 |
| 188 | m | 687 | Werner, | Carsten | Siemens | 1966 | 7000 | 0:40:30 | 0:05:47 | 1 |
| 189 | m | 445 | Dockhorn, | Marc | Commerz-B. | 1971 | 7000 | 0:40:39 | 0:05:48 | 1 |
| 190 | m | 684 | Mallinckrodt, von | Klaus | Siemens | 1946 | 7000 | 0:40:52 | 0:05:50 | 1 |
| 191 | m | 691 | Weseloh, | Michael | Rot Gelb | 1965 | 7000 | 0:41:05 | 0:05:52 | 1 |
| 192 | m | 607 | Dörmeier, | Sascha | Montblanc | 1975 | 7000 | 0:41:29 | 0:05:56 | 1 |
| 193 | m | 476 | Beyer, | Jürgen | EDEKA | 1961 | 7000 | 0:41:41 | 0:05:57 | 1 |
| 194 | m | 574 | Singh, | Florian | Knossos.de | 1977 | 7000 | 0:41:43 | 0:05:58 | 1 |
| 195 | m | 674 | Bödeker, | Heinz | Siemens | 1947 | 7000 | 0:41:52 | 0:05:59 | 1 |
| 196 | m | 654 | Schrader, | Rudi | PHILIPS | 1949 | 7000 | 0:42:08 | 0:06:01 | 1 |
| 197 | m | 440 | Kafke, | Norbert | BBK | 1960 | 7000 | 0:42:16 | 0:06:02 | 1 |
| 198 | m | 539 | Janssen, | Stefan | Haspa | 1962 | 7000 | 0:42:37 | 0:06:05 | 1 |
| 199 | m | 610 | Oltmanns, | Helmer | Montblanc | 1949 | 7000 | 0:42:52 | 0:06:07 | 1 |
| 200 | m | 536 | Diezel, | Günter | Haspa | 1954 | 7000 | 0:43:06 | 0:06:09 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------------|---------------|--------------|------|---------|---------|---------|--------|
| 201 | m | 599 | Hormann, | Hans Heinrich | Lufthansa | 1959 | 7000 | 0:43:36 | 0:06:14 | 1 |
| 202 | m | 679 | Diedrich, | Ralph | Siemens | 1962 | 7000 | 0:43:48 | 0:06:15 | 1 |
| 203 | m | 653 | Rohde, | Lothar | PHILIPS | 1953 | 7000 | 0:44:29 | 0:06:21 | 1 |
| 204 | m | 591 | Höpfner, | Arne | FA HH | 1969 | 7000 | 0:45:12 | 0:06:27 | 1 |
| 205 | m | 489 | Hildebrandt, | Edgard | ELBE-Sport | 1953 | 7000 | 0:45:24 | 0:06:29 | 1 |
| 206 | m | 550 | Schnabel, | Harald | HapagLloyd | 1953 | 7000 | 0:46:26 | 0:06:38 | 1 |
| 207 | m | 225 | Kuhr, | Jan-Oliver | Basler | 1980 | 7000 | 0:46:50 | 0:06:41 | 1 |
| 208 | m | 321 | Lange, | Klaus-Peter | HH Airport | 1960 | 7000 | 0:47:08 | 0:06:44 | 1 |
| 209 | m | 695 | Rohde, | Kurt | Signal Iduna | 1949 | 7000 | 0:47:24 | 0:06:46 | 1 |
| 210 | m | 665 | Moeller, | Lars | CLD HH | 1980 | 3500 | 0:12:46 | 0:03:39 | 1 |
| 211 | m | 613 | Scheele, | Sören | NienLauf | 1993 | 3500 | 0:12:57 | 0:03:42 | 1 |
| 212 | m | 555 | Kröger, | Carsten | HF Runner | 1962 | 3500 | 0:13:56 | 0:03:59 | 1 |
| 213 | m | 14 | Gruner, | Beppo | BA-Eimsb. | 1993 | 3500 | 0:14:13 | 0:04:04 | 1 |
| 214 | m | 714 | Kupper, | Frank | TÜV-Nord | 1964 | 3500 | 0:14:44 | 0:04:13 | 1 |
| 215 | m | 657 | Spijker, | Andreas | Polizei HH | 1961 | 3500 | 0:16:18 | 0:04:39 | 1 |
| 216 | m | 491 | Begerow, | Hendrik | Energie SV | 1987 | 3500 | 0:16:34 | 0:04:44 | 1 |
| 217 | m | 552 | Gröhn, | Dennis | HEK | 1990 | 3500 | 0:16:37 | 0:04:45 | 1 |
| 218 | m | 527 | Lumpp, | Michael | Laufladen | 1973 | 3500 | 0:16:38 | 0:04:45 | 1 |
| 219 | m | 163 | Hegemann, | Bernd | G+J | 1968 | 3500 | 0:16:40 | 0:04:46 | 1 |
| 220 | m | 275 | Reese, | Johann | Gasnetz HH | 2006 | 3500 | 0:16:41 | 0:04:46 | 1 |
| 221 | m | 194 | Liebendörfer, | Jakob | LOST! | 2009 | 3500 | 0:16:42 | 0:04:46 | 1 |
| 222 | m | 57 | Haubeck, | Johannes | Postbank-H | 1954 | 3500 | 0:17:15 | 0:04:56 | 1 |
| 223 | m | 436 | Gehle, | Friedhelm | BA-Eimsb. | 1956 | 3500 | 0:17:19 | 0:04:57 | 1 |
| 224 | m | 593 | Niemann, | Erik | FA HH | 2001 | 3500 | 0:17:22 | 0:04:58 | 1 |
| 225 | m | 141 | Thorborg, | Nils | Deut.Bank | 1964 | 3500 | 0:17:26 | 0:04:59 | 1 |
| 226 | m | 641 | Schleif, | René | Olympus Oste | 1970 | 3500 | 0:18:14 | 0:05:13 | 1 |
| 227 | m | 497 | Schumann, | Thomas | Energie SV | 1958 | 3500 | 0:18:24 | 0:05:15 | 1 |
| 228 | m | 506 | Marquardt, | Volker | ERGOsports | 1957 | 3500 | 0:18:25 | 0:05:16 | 1 |
| 229 | m | 703 | Hansen, | Jan | wellnuss.de | 1974 | 3500 | 0:18:27 | 0:05:16 | 1 |
| 230 | m | 531 | Altrock, | Andreas | Haspa | 1967 | 3500 | 0:18:57 | 0:05:25 | 1 |
| 231 | m | 276 | Reese, | Lars | Gasnetz HH | 1970 | 3500 | 0:19:10 | 0:05:29 | 1 |
| 232 | m | 666 | Becker, | Michael | G+J | 1972 | 3500 | 0:19:30 | 0:05:34 | 1 |
| 233 | m | 233 | Wulff, | Lars | CLD HH | 1972 | 3500 | 0:19:46 | 0:05:39 | 1 |
| 234 | m | 261 | Hummel, | Thomas | Energie SV | 1950 | 3500 | 0:20:21 | 0:05:49 | 1 |
| 235 | m | 592 | Kamprad-Papendorf, | Nils | FA HH | 1970 | 3500 | 0:20:54 | 0:05:58 | 1 |
| 236 | m | 490 | Kühl, | Bernd | ELBE-Sport | 1946 | 3500 | 0:20:57 | 0:05:59 | 1 |
| 237 | m | 498 | Siemens, | Claus-Peter | Energie SV | 1958 | 3500 | 0:21:02 | 0:06:01 | 1 |
| 238 | m | 400 | Müller, | Hans-Werner | Stern | 1951 | 3500 | 0:21:07 | 0:06:02 | 1 |
| 239 | m | 553 | Köhr, | Jens | Veolia | 1954 | 3500 | 0:21:22 | 0:06:06 | 1 |
| 240 | m | 713 | Halweg, | Wolfgang | TÜV-Nord | 1948 | 3500 | 0:21:26 | 0:06:07 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|------------------|--------------|------------|------|---------|---------|---------|--------|
| 241 | m | 598 | Holz kamp-Heise, | Karl-Heinz | Lufthansa | 1952 | 3500 | 0:21:40 | 0:06:11 | 1 |
| 242 | m | 244 | Rowedder, | Frank | Deut.Bank | 1966 | 3500 | 0:21:48 | 0:06:14 | 1 |
| 243 | m | 351 | Rücker, | Heinrich | Gaden | 1936 | 3500 | 0:21:49 | 0:06:14 | 1 |
| 244 | m | 444 | Brüggeman, | Ralf | Commerz-B. | 1953 | 3500 | 0:21:49 | 0:06:14 | 1 |
| 245 | m | 115 | Schulz, | Hans-Joachim | Gaden | 1946 | 3500 | 0:21:53 | 0:06:15 | 1 |
| 246 | m | 658 | Szillat, | Volker | Polizei HH | 1969 | 3500 | 0:21:59 | 0:06:17 | 1 |
| 247 | m | 494 | Kreismer, | Sven | Energie SV | 1971 | 3500 | 0:22:34 | 0:06:27 | 1 |
| 248 | m | 427 | Möller, | Thomas | Airbus | 1963 | 3500 | 0:22:37 | 0:06:28 | 1 |
| 249 | m | 492 | Danckers, | Joachim | Energie SV | 1963 | 3500 | 0:22:39 | 0:06:28 | 1 |
| 250 | m | 104 | Ganschow, | Sven Robert | SRHH | 1962 | 3500 | 0:22:43 | 0:06:29 | 1 |
| 251 | m | 551 | Brandt, | Peter | HEK | 1940 | 3500 | 0:22:53 | 0:06:32 | 1 |
| 252 | m | 257 | Wien, | Wolfgang | ELBE-Sport | 1940 | 3500 | 0:22:58 | 0:06:34 | 1 |
| 253 | m | 361 | Reckewerth, | Alexander | NDR | 1976 | 3500 | 0:23:17 | 0:06:39 | 1 |
| 254 | m | 437 | Ahrens, | Claus-Werner | Basler | 1944 | 3500 | 0:24:55 | 0:07:07 | 1 |
| 255 | m | 487 | Gläser, | Heinz | ELBE-Sport | 1945 | 3500 | 0:25:19 | 0:07:14 | 1 |
| 256 | m | 650 | Bublitz, | Manfred | PHILIPS | 1939 | 3500 | 0:25:48 | 0:07:22 | 1 |
| 257 | m | 429 | Nigmann, | Michael | Airbus | 1953 | 3500 | 0:25:50 | 0:07:23 | 1 |
| 258 | m | 236 | Schröder, | Günter | Commerz-B. | 1947 | 3500 | 0:25:54 | 0:07:24 | 1 |
| 259 | m | 22 | Lutosch, | Dietmar | Energie SV | 1941 | 3500 | 0:26:11 | 0:07:29 | 1 |
| 260 | m | 685 | Püttjer, | Horst | Siemens | 1953 | 3500 | 0:27:14 | 0:07:47 | 1 |
| 261 | m | 446 | Fiedler, | Thomas | Commerz-B. | 1953 | 3500 | 0:30:32 | 0:08:43 | 1 |
| 262 | m | 44 | Matthiessen, | Uwe | FA HH | 1949 | 3500 | 0:35:47 | 0:10:13 | 1 |
| 263 | m | 652 | Matthies, | Hans-Joachim | PHILIPS | 1930 | 3500 | 0:37:00 | 0:10:34 | 1 |
| 264 | m | 95 | Orlowski, | Rolf | PHILIPS | 1942 | 3500 | 0:38:36 | 0:11:02 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl | Teamstrecke | Teamzeit | Teamschnitt | Teamstarts |
|-------|-----|------|------------|--------------|------------|------|---------|---------|---------|--------|-------------|----------|-------------|------------|
| 1 | m | 390 | Gresens, | Jan | Runn Green | 1975 | 21000 | 1:21:52 | 0:03:54 | 3 | 63000 | 4:23:47 | 0:04:11 | 9 |
| | m | 660 | Bergmann, | Ole Jonathan | Runn Green | 1995 | 21000 | 1:25:26 | 0:04:04 | 3 | | | | |
| | w | 661 | Hielscher, | Marie | Runn Green | 1984 | 21000 | 1:36:29 | 0:04:36 | 3 | | | | |
| 2 | m | 181 | Jansen, | Thies | Airbus | 1971 | 21000 | 1:21:41 | 0:03:53 | 3 | 63000 | 4:25:03 | 0:04:12 | 9 |
| | m | 182 | Kiehl, | Thorsten | Airbus | 1984 | 21000 | 1:29:01 | 0:04:14 | 3 | | | | |
| | w | 423 | Brockmann, | Christina | Airbus | 1984 | 21000 | 1:34:21 | 0:04:30 | 3 | | | | |
| 3 | m | 560 | Klünter, | Christoph | K&M Sport | 1976 | 21000 | 1:40:47 | 0:04:48 | 3 | 63000 | 5:11:56 | 0:04:57 | 9 |
| | w | 140 | Voß, | Katharina | K&M Sport | 1983 | 21000 | 1:45:20 | 0:05:01 | 3 | | | | |
| | m | 559 | Brosat, | Martin | K&M Sport | 1989 | 21000 | 1:45:49 | 0:05:02 | 3 | | | | |
| 4 | m | 571 | Oswald, | Andre | Knossos.de | 1975 | 21000 | 1:34:57 | 0:04:31 | 3 | 63000 | 5:15:51 | 0:05:01 | 9 |
| | m | 114 | Hausmann, | Malte | Knossos.de | 1984 | 21000 | 1:46:10 | 0:05:03 | 3 | | | | |
| | w | 77 | Maafß, | Lina | Knossos.de | 1985 | 21000 | 1:54:44 | 0:05:28 | 3 | | | | |
| 5 | m | 330 | Sievers, | Jörg | Haspa | 1965 | 21000 | 1:36:56 | 0:04:37 | 3 | 63000 | 5:34:48 | 0:05:19 | 9 |
| | m | 540 | Klein, | Friedrich | Haspa | 1959 | 21000 | 1:58:47 | 0:05:39 | 3 | | | | |
| | w | 535 | Courtault, | Britta | Haspa | 1966 | 21000 | 1:59:05 | 0:05:40 | 3 | | | | |
| 6 | m | 112 | Wilde, | Tim | HapagLloyd | 1985 | 21000 | 1:36:13 | 0:04:35 | 3 | 52500 | 4:17:22 | 0:04:54 | 7 |
| | m | 156 | Schubert, | Ralph | HapagLloyd | 1973 | 21000 | 1:48:00 | 0:05:09 | 3 | | | | |
| | w | 187 | Wolf, | Corinna | HapagLloyd | 1989 | 10500 | 0:53:09 | 0:05:04 | 1 | | | | |
| 7 | m | 377 | Matzke, | Herwig | PHILIPS | 1972 | 21000 | 1:33:28 | 0:04:27 | 3 | 52500 | 4:19:15 | 0:04:56 | 7 |
| | m | 649 | Borchers, | Mario | PHILIPS | 1964 | 21000 | 1:50:44 | 0:05:16 | 3 | | | | |
| | w | 379 | Quermann, | Birgit | PHILIPS | 1971 | 10500 | 0:55:03 | 0:05:15 | 1 | | | | |
| 8 | m | 196 | Lambracht, | Gerald | Stern | 1970 | 21000 | 1:36:27 | 0:04:36 | 3 | 52500 | 4:40:12 | 0:05:20 | 7 |
| | m | 668 | Braeuer, | Karsten | Stern | 1972 | 21000 | 1:55:05 | 0:05:29 | 3 | | | | |
| | w | 672 | Krämer, | Birgit | Stern | 1964 | 10500 | 1:08:40 | 0:06:32 | 1 | | | | |
| 9 | m | 521 | Meyer, | Mario | HW | 1963 | 21000 | 1:53:31 | 0:05:24 | 3 | 52500 | 4:55:03 | 0:05:37 | 7 |
| | m | 522 | Olivier, | Mischa | HW | 1967 | 21000 | 2:03:40 | 0:05:53 | 3 | | | | |
| | w | 520 | Baumann, | Vera | HW | 1987 | 10500 | 0:57:52 | 0:05:31 | 1 | | | | |
| 10 | w | 242 | Steinhaus, | Daniela | Alto-Nabe | 1983 | 21000 | 2:07:13 | 0:06:03 | 3 | 52500 | 5:16:28 | 0:06:02 | 7 |
| | w | 466 | Schröter, | Jaqueline | Alto-Nabe | 1984 | 21000 | 2:23:19 | 0:06:49 | 3 | | | | |
| | m | 464 | Arndt, | Matthias | Alto-Nabe | 1965 | 10500 | 0:45:56 | 0:04:22 | 1 | | | | |
| 11 | m | 136 | Jaekel, | Christoph | DESY | 1973 | 21000 | 1:32:12 | 0:04:23 | 3 | 42000 | 3:08:36 | 0:04:29 | 5 |
| | m | 243 | Schulz, | Torsten | DESY | 1962 | 10500 | 0:47:17 | 0:04:30 | 1 | | | | |
| | w | 81 | Eis, | Gesine | DESY | 1993 | 10500 | 0:49:07 | 0:04:41 | 1 | | | | |
| 12 | w | 327 | Hoeft, | Gesine | Laufladen | 1952 | 21000 | 2:00:32 | 0:05:44 | 3 | 42000 | 3:33:05 | 0:05:04 | 5 |
| | m | 149 | Jennrich, | Nils | Laufladen | 1980 | 10500 | 0:43:49 | 0:04:10 | 1 | | | | |
| | m | 152 | Martin, | Ole | Laufladen | 1990 | 10500 | 0:48:44 | 0:04:38 | 1 | | | | |
| 13 | w | 680 | Goebel, | Petra | Siemens | 1969 | 21000 | 1:59:21 | 0:05:41 | 3 | 42000 | 3:37:24 | 0:05:11 | 5 |
| | m | 682 | Hahn, | Sebastian | Siemens | 1989 | 10500 | 0:46:48 | 0:04:27 | 1 | | | | |
| | m | 675 | Bruns, | Andreas | Siemens | 1959 | 10500 | 0:51:15 | 0:04:53 | 1 | | | | |
| 14 | w | 353 | Kersten, | Ines | Laufwerk | 1962 | 21000 | 2:14:25 | 0:06:24 | 3 | 42000 | 3:43:09 | 0:05:19 | 5 |
| | m | 589 | Thiessen, | Mathias | Laufwerk | 1980 | 10500 | 0:42:14 | 0:04:01 | 1 | | | | |
| | m | 586 | Mann, | Christian | Laufwerk | 1965 | 10500 | 0:46:30 | 0:04:26 | 1 | | | | |
| 15 | w | 507 | Sievers, | Susanne | ERGOsports | 1967 | 14000 | 1:22:02 | 0:05:52 | 2 | 38500 | 3:28:33 | 0:05:25 | 6 |
| | m | 508 | Spijker, | Rüdiger | ERGOsports | 1960 | 14000 | 1:24:10 | 0:06:01 | 2 | | | | |
| | m | 510 | Winter, | Christian | ERGOsports | 1981 | 10500 | 0:42:21 | 0:04:02 | 2 | | | | |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl | Teamstrecke | Teamzeit | Teamschnitt | Teamstarts |
|-------|-----|------|-----------------|-------------|--------------|------|---------|---------|---------|--------|-------------|----------|-------------|------------|
| 16 | m | 68 | Petsch, | Wolfgang | Signal Iduna | 1960 | 21000 | 1:56:06 | 0:05:32 | 3 | 38500 | 3:29:10 | 0:05:26 | 5 |
| | m | 692 | Manthei, | Jan | Signal Iduna | 1967 | 10500 | 0:57:40 | 0:05:30 | 1 | | | | |
| | w | 696 | Vollmers, | Anja | Signal Iduna | 1970 | 7000 | 0:35:24 | 0:05:03 | 1 | | | | |
| 17 | w | 469 | Hennecke, | Anke | Deut.Bank | 1976 | 10500 | 0:47:16 | 0:04:30 | 1 | 31500 | 2:27:29 | 0:04:41 | 3 |
| | m | 473 | Rewel, | Thomas | Deut.Bank | 1978 | 10500 | 0:49:31 | 0:04:43 | 1 | | | | |
| | m | 472 | Leisner, | Stephan | Deut.Bank | 1969 | 10500 | 0:50:42 | 0:04:50 | 1 | | | | |
| 18 | m | 642 | Becker, | Jens-Gerrit | OTTO | 1962 | 14000 | 1:09:33 | 0:04:58 | 2 | 31500 | 2:31:15 | 0:04:48 | 4 |
| | m | 370 | Spliethoff, | Hans Georf | OTTO | 1966 | 10500 | 0:45:45 | 0:04:21 | 1 | | | | |
| | w | 644 | Glaser, | Steffi | OTTO | 1970 | 7000 | 0:35:57 | 0:05:08 | 1 | | | | |
| 19 | m | 656 | Knaack, | Thomas | Polizei HH | 1981 | 10500 | 0:46:08 | 0:04:24 | 1 | 31500 | 2:37:20 | 0:05:00 | 3 |
| | m | 383 | Donig, | Andreas | Polizei HH | 1977 | 10500 | 0:51:48 | 0:04:56 | 1 | | | | |
| | w | 381 | Baron, | Franziska | Polizei HH | 1980 | 10500 | 0:59:24 | 0:05:39 | 1 | | | | |
| 20 | w | 640 | Meyer-Ranke, | Josefine | Olympus Oste | 1997 | 10500 | 0:45:45 | 0:04:21 | 1 | 31500 | 2:39:53 | 0:05:05 | 3 |
| | m | 91 | Kroll, | Kristoffer | Olympus Oste | 1989 | 10500 | 0:48:27 | 0:04:37 | 1 | | | | |
| | m | 639 | Baier, | Alois | Olympus Oste | 1959 | 10500 | 1:05:41 | 0:06:15 | 1 | | | | |
| 21 | m | 449 | Kwaschny, | Sebastian | Commerz-B. | 1988 | 10500 | 0:53:37 | 0:05:06 | 1 | 31500 | 2:42:24 | 0:05:09 | 3 |
| | m | 235 | Persiel, | Arne | Commerz-B. | 1966 | 10500 | 0:54:23 | 0:05:11 | 1 | | | | |
| | w | 448 | Krahn, | Sylvia | Commerz-B. | 1973 | 10500 | 0:54:24 | 0:05:11 | 1 | | | | |
| 22 | w | 596 | Haß, | Britta | Lufthansa | 1972 | 10500 | 0:52:27 | 0:05:00 | 1 | 31500 | 2:45:07 | 0:05:15 | 3 |
| | m | 597 | Haß, | Dennis | Lufthansa | 1972 | 10500 | 0:54:41 | 0:05:12 | 1 | | | | |
| | m | 601 | Meinicke, | Knuth | Lufthansa | 1963 | 10500 | 0:57:59 | 0:05:31 | 1 | | | | |
| 23 | w | 575 | Feldmann, | Kerstin | Gaden | 1971 | 10500 | 0:53:10 | 0:05:04 | 1 | 31500 | 2:53:22 | 0:05:30 | 3 |
| | m | 576 | Heel, | Thomas | Gaden | 1964 | 10500 | 0:58:16 | 0:05:33 | 1 | | | | |
| | m | 348 | Janßen, | Uwe | Gaden | 1960 | 10500 | 1:01:56 | 0:05:54 | 1 | | | | |
| 24 | m | 516 | Wenrich, | Alexander | Generali | 1966 | 10500 | 0:50:53 | 0:04:51 | 1 | 31500 | 2:53:40 | 0:05:31 | 3 |
| | w | 515 | Sals, | Angelina | Generali | 1977 | 10500 | 1:00:17 | 0:05:44 | 1 | | | | |
| | m | 513 | Malunat, | Nils | Generali | 1964 | 10500 | 1:02:30 | 0:05:57 | 1 | | | | |
| 25 | m | 458 | Raming, | Jan | DAK | 1983 | 10500 | 0:42:52 | 0:04:05 | 1 | 31500 | 2:59:21 | 0:05:42 | 3 |
| | m | 457 | Heitmann, | Jörg | DAK | 1959 | 10500 | 1:05:53 | 0:06:16 | 1 | | | | |
| | w | 459 | Reckmann, | Martina | DAK | 1966 | 10500 | 1:10:36 | 0:06:43 | 1 | | | | |
| 26 | m | 461 | Everts, | Volker | Dataport | 1967 | 10500 | 0:58:04 | 0:05:32 | 1 | 31500 | 3:08:38 | 0:05:59 | 3 |
| | w | 462 | Müller, | Karolin | Dataport | 1990 | 10500 | 1:05:17 | 0:06:13 | 1 | | | | |
| | w | 463 | Wegener, | Leila | Dataport | 1991 | 10500 | 1:05:17 | 0:06:13 | 1 | | | | |
| 27 | m | 60 | Lenertz, | Henning | RunWorld | 1987 | 10500 | 0:41:01 | 0:03:54 | 1 | 28000 | 2:07:31 | 0:04:33 | 3 |
| | w | 59 | Lenertz, | Christiane | RunWorld | 1982 | 10500 | 0:48:14 | 0:04:36 | 1 | | | | |
| | m | 123 | Anders, | Heinrich | RunWorld | 1966 | 7000 | 0:38:16 | 0:05:28 | 1 | | | | |
| 28 | m | 366 | Wienecke, | Dennis | NDR | 1979 | 10500 | 0:44:31 | 0:04:14 | 1 | 28000 | 2:08:16 | 0:04:35 | 3 |
| | m | 358 | Bahrtdt, | Florian | NDR | 1975 | 10500 | 0:47:05 | 0:04:29 | 1 | | | | |
| | w | 633 | Carlberg, | Katja | NDR | 1976 | 7000 | 0:36:40 | 0:05:14 | 1 | | | | |
| 29 | m | 556 | Breitenstein, | Andre | HypoVerein | 1967 | 10500 | 0:50:52 | 0:04:51 | 1 | 28000 | 2:21:52 | 0:05:04 | 3 |
| | w | 558 | Sauer, | Antje | HypoVerein | 1967 | 10500 | 0:57:18 | 0:05:27 | 1 | | | | |
| | m | 557 | Lohmann, | Carsten | HypoVerein | 1966 | 7000 | 0:33:42 | 0:04:49 | 1 | | | | |
| 30 | m | 481 | Schaake-Scholl, | Ilja Che | EDEKA | 1969 | 10500 | 0:48:22 | 0:04:36 | 1 | 24500 | 2:02:28 | 0:05:00 | 3 |
| | m | 480 | Ruf, | Martin | EDEKA | 1985 | 10500 | 0:50:35 | 0:04:49 | 1 | | | | |
| | w | 479 | Karge, | Iris | EDEKA | 1972 | 3500 | 0:23:31 | 0:06:43 | 1 | | | | |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl | Teamstrecke | Teamzeit | Teamschnitt | Teamstarts |
|-------|-----|------|----------------|-----------|-------------|------|---------|---------|---------|--------|-------------|----------|-------------|------------|
| 31 | w | 130 | Kollemann, | Sabine | CLD HH | 1964 | 10500 | 0:56:51 | 0:05:25 | 1 | 24500 | 2:08:16 | 0:05:14 | 3 |
| | w | 232 | Kothe, | Antonia | CLD HH | 1984 | 10500 | 0:58:39 | 0:05:35 | 1 | | | | |
| | m | 665 | Moeller, | Lars | CLD HH | 1980 | 3500 | 0:12:46 | 0:03:39 | 1 | | | | |
| 32 | w | 609 | Hilgendorf, | Carmen | Montblanc | 1984 | 7000 | 0:31:11 | 0:04:27 | 1 | 21000 | 1:45:31 | 0:05:01 | 3 |
| | m | 611 | Scherer, | Gerhold | Montblanc | 1971 | 7000 | 0:34:38 | 0:04:57 | 1 | | | | |
| | w | 606 | Dörmeier, | Melanie | Montblanc | 1977 | 7000 | 0:39:42 | 0:05:40 | 1 | | | | |
| 33 | m | 525 | Westphal, | Wolfgang | Hochbahn | 1954 | 7000 | 0:35:26 | 0:05:04 | 1 | 21000 | 1:55:56 | 0:05:31 | 3 |
| | m | 325 | Steinhorst, | Jürgen | Hochbahn | 1953 | 7000 | 0:37:59 | 0:05:26 | 1 | | | | |
| | w | 26 | Mabikounou, | Monique | Hochbahn | 1987 | 7000 | 0:42:31 | 0:06:04 | 1 | | | | |
| 34 | w | 590 | Harz, | Christine | FA HH | 1969 | 10500 | 1:07:27 | 0:06:25 | 1 | 21000 | 2:10:01 | 0:06:11 | 3 |
| | m | 591 | Höpfner, | Arne | FA HH | 1969 | 7000 | 0:45:12 | 0:06:27 | 1 | | | | |
| | m | 593 | Niemann, | Erik | FA HH | 2001 | 3500 | 0:17:22 | 0:04:58 | 1 | | | | |
| 35 | m | 711 | Bietke, | Dirk | TÜV-Nord | 1971 | 10500 | 0:45:13 | 0:04:18 | 1 | 17500 | 1:22:15 | 0:04:42 | 3 |
| | m | 714 | Kupper, | Frank | TÜV-Nord | 1964 | 3500 | 0:14:44 | 0:04:13 | 1 | | | | |
| | w | 712 | Glismann, | Angela | TÜV-Nord | 1957 | 3500 | 0:22:18 | 0:06:22 | 1 | | | | |
| 36 | m | 704 | Stephan, | Achim | wellnuss.de | 1976 | 10500 | 0:45:23 | 0:04:19 | 1 | 17500 | 1:23:46 | 0:04:47 | 3 |
| | m | 703 | Hansen, | Jan | wellnuss.de | 1974 | 3500 | 0:18:27 | 0:05:16 | 1 | | | | |
| | w | 702 | Felchner, | Carola | wellnuss.de | 1978 | 3500 | 0:19:56 | 0:05:42 | 1 | | | | |
| 37 | m | 394 | Wegert, | Danny | G+J | 1981 | 10500 | 0:53:31 | 0:05:06 | 1 | 17500 | 1:30:08 | 0:05:09 | 3 |
| | m | 163 | Hegemann, | Bernd | G+J | 1968 | 3500 | 0:16:40 | 0:04:46 | 1 | | | | |
| | w | 667 | Bühler-Becker, | Heidi | G+J | 1961 | 3500 | 0:19:57 | 0:05:42 | 1 | | | | |
| 38 | m | 512 | Bulla, | Bernhard | Gasnetz HH | 1960 | 10500 | 0:57:45 | 0:05:30 | 1 | 17500 | 1:33:34 | 0:05:21 | 3 |
| | m | 275 | Reese, | Johann | Gasnetz HH | 2006 | 3500 | 0:16:41 | 0:04:46 | 1 | | | | |
| | w | 273 | Reese, | Finja | Gasnetz HH | 2004 | 3500 | 0:19:08 | 0:05:28 | 1 | | | | |
| 39 | m | 262 | Kayser, | Oliver | Energie SV | 1975 | 7000 | 0:36:17 | 0:05:11 | 1 | 17500 | 1:38:11 | 0:05:37 | 3 |
| | m | 500 | Stüfen, | Sönke | Energie SV | 1965 | 7000 | 0:37:23 | 0:05:20 | 1 | | | | |
| | w | 499 | Siemens, | Sabrina | Energie SV | 1988 | 3500 | 0:24:31 | 0:07:00 | 1 | | | | |
| 40 | m | 691 | Weseloh, | Michael | Rot Gelb | 1965 | 7000 | 0:41:05 | 0:05:52 | 1 | 14000 | 1:27:46 | 0:06:16 | 3 |
| | w | 420 | Becker, | Barbara | Rot Gelb | 1971 | 3500 | 0:16:23 | 0:04:41 | 1 | | | | |
| | w | 412 | Fuhr, | Karin | Rot Gelb | 1941 | 3500 | 0:30:18 | 0:08:39 | 1 | | | | |
| 41 | m | 552 | Gröhn, | Dennis | HEK | 1990 | 3500 | 0:16:37 | 0:04:45 | 1 | 10500 | 0:57:38 | 0:05:29 | 3 |
| | w | 554 | Schrader, | Lisa | HEK | 1993 | 3500 | 0:18:08 | 0:05:11 | 1 | | | | |
| | m | 551 | Brandt, | Peter | HEK | 1940 | 3500 | 0:22:53 | 0:06:32 | 1 | | | | |

| Gold Damen | Name | Vorname | BSG | JG | Strecke | Zeit | Schnitt | Starts | 1960 und älter |
|-------------------|-------------|----------------|------------|-----------|----------------|-------------|----------------|---------------|-----------------------|
| 1 | Hoeft, | Gesine | Laufladen | 1952 | 21000 | 2:00:32 | 0:05:44 | 3 | |
| 2 | Marthiens, | Ute | Polizei HH | 1952 | 10500 | 1:03:50 | 0:06:05 | 1 | |
| 3 | Lohstroh, | Ellen | HPA | 1957 | 10500 | 1:09:29 | 0:06:37 | 1 | |
| 4 | Hahn, | Marion | Siemens | 1954 | 10500 | 1:10:29 | 0:06:43 | 1 | |
| 5 | Damm, | Ursel | Siemens | 1946 | 7000 | 0:51:04 | 0:07:18 | 1 | |
| 6 | Glismann, | Angela | TÜV-Nord | 1957 | 3500 | 0:22:18 | 0:06:22 | 1 | |
| 7 | Stahlbock, | Astrid | ERGOsports | 1959 | 3500 | 0:22:30 | 0:06:26 | 1 | |
| 8 | Fuchs, | Angelika | G+J | 1958 | 3500 | 0:22:31 | 0:06:26 | 1 | |
| 9 | Clausen, | Sylvia | ERGOsports | 1940 | 3500 | 0:25:38 | 0:07:19 | 1 | |
| 10 | Mardfeldt, | Renate | Commerz-B. | 1945 | 3500 | 0:27:50 | 0:07:57 | 1 | |

| Silber Damen | | | | | | | | | 1961 -1981 |
|---------------------|-------------|---------|------------|------|-------|---------|---------|---|-------------------|
| 1 | Courtault, | Britta | Haspa | 1966 | 21000 | 1:59:05 | 0:05:40 | 3 | |
| 2 | Goebel, | Petra | Siemens | 1969 | 21000 | 1:59:21 | 0:05:41 | 3 | |
| 3 | Kersten, | Ines | Laufwerk | 1962 | 21000 | 2:14:25 | 0:06:24 | 3 | |
| 4 | Sievers, | Susanne | ERGOsports | 1967 | 14000 | 1:22:02 | 0:05:52 | 2 | |
| 5 | Heß, | Verena | Haspa | 1969 | 14000 | 1:22:36 | 0:05:54 | 2 | |
| 6 | Hennecke, | Anke | Deut.Bank | 1976 | 10500 | 0:47:16 | 0:04:30 | 1 | |
| 7 | Kaßen, | Dortje | Laufladen | 1973 | 10500 | 0:48:57 | 0:04:40 | 1 | |
| 8 | Berghausen, | Solveig | Laufladen | 1975 | 10500 | 0:50:25 | 0:04:48 | 1 | |
| 9 | Haß, | Britta | Lufthansa | 1972 | 10500 | 0:52:27 | 0:05:00 | 1 | |
| 10 | Feldmann, | Kerstin | Gaden | 1971 | 10500 | 0:53:10 | 0:05:04 | 1 | |

| Damen | | | | | | | | | 1982 und jünger |
|--------------|--------------|-----------|--------------|------|-------|---------|---------|---|------------------------|
| 1 | Brockmann, | Christina | Airbus | 1984 | 21000 | 1:34:21 | 0:04:30 | 3 | |
| 2 | Hielscher, | Marie | Runn Green | 1984 | 21000 | 1:36:29 | 0:04:36 | 3 | |
| 3 | Kardel, | Kira | Runn Green | 1994 | 21000 | 1:43:48 | 0:04:57 | 3 | |
| 4 | Voß, | Katharina | K&M Sport | 1983 | 21000 | 1:45:20 | 0:05:01 | 3 | |
| 5 | Maaß, | Lina | Knossos.de | 1985 | 21000 | 1:54:44 | 0:05:28 | 3 | |
| 6 | Steinhaus, | Daniela | Alto-Nabe | 1983 | 21000 | 2:07:13 | 0:06:03 | 3 | |
| 7 | Schröter, | Jaqueline | Alto-Nabe | 1984 | 21000 | 2:23:19 | 0:06:49 | 3 | |
| 8 | Jablonowski, | Julia | Airbus | 1990 | 10500 | 0:42:51 | 0:04:05 | 1 | |
| 9 | Meyer-Ranke, | Josefine | Olympus Oste | 1997 | 10500 | 0:45:45 | 0:04:21 | 1 | |
| 10 | Eis, | Gesine | DESY | 1993 | 10500 | 0:49:07 | 0:04:41 | 1 | |

| Gold Herren | | | | | | | | | 1960 und älter |
|--------------------|------------|-----------|--------------|------|-------|---------|---------|---|-----------------------|
| 1 | Petsch, | Wolfgang | Signal Iduna | 1960 | 21000 | 1:56:06 | 0:05:32 | 3 | |
| 2 | Klein, | Friedrich | Haspa | 1959 | 21000 | 1:58:47 | 0:05:39 | 3 | |
| 3 | Pepperell, | Stephen | BACARDI | 1958 | 21000 | 2:13:07 | 0:06:20 | 3 | |
| 4 | Grandt, | Wolfgang | ELBE-Sport | 1954 | 21000 | 2:19:07 | 0:06:37 | 3 | |
| 5 | Spijker, | Rüdiger | ERGOsports | 1960 | 14000 | 1:24:10 | 0:06:01 | 2 | |
| 6 | Bruns, | Andreas | Siemens | 1959 | 10500 | 0:51:15 | 0:04:53 | 1 | |
| 7 | Hoch, | Christoph | Alto-Nabe | 1960 | 10500 | 0:51:33 | 0:04:55 | 1 | |
| 8 | Schmidt, | Jürgen | DZ Hyp | 1954 | 10500 | 0:53:35 | 0:05:06 | 1 | |
| 9 | Kozieras, | Norbert | ERGOsports | 1950 | 10500 | 0:54:14 | 0:05:10 | 1 | |
| 10 | Ackermann, | Siegfried | Haspa | 1960 | 10500 | 0:54:25 | 0:05:11 | 1 | |

| Silber Herren | | | | | | | | | 1961 -1981 |
|----------------------|------------|-----------|------------|------|-------|---------|---------|---|-------------------|
| 1 | Jansen, | Thies | Airbus | 1971 | 21000 | 1:21:41 | 0:03:53 | 3 | |
| 2 | Gresens, | Jan | Runn Green | 1975 | 21000 | 1:21:52 | 0:03:54 | 3 | |
| 3 | Reimer, | Tobias | HHLA | 1974 | 21000 | 1:30:44 | 0:04:19 | 3 | |
| 4 | Jaekel, | Christoph | DESY | 1973 | 21000 | 1:32:12 | 0:04:23 | 3 | |
| 5 | Matzke, | Herwig | PHILIPS | 1972 | 21000 | 1:33:28 | 0:04:27 | 3 | |
| 6 | Oswald, | Andre | Knossos.de | 1975 | 21000 | 1:34:57 | 0:04:31 | 3 | |
| 7 | Lambracht, | Gerald | Stern | 1970 | 21000 | 1:36:27 | 0:04:36 | 3 | |
| 8 | Sievers, | Jörg | Haspa | 1965 | 21000 | 1:36:56 | 0:04:37 | 3 | |
| 9 | Krastev, | Ulli | BACARDI | 1969 | 21000 | 1:37:11 | 0:04:38 | 3 | |
| 10 | Firyn, | Heiko | BG Verker | 1979 | 21000 | 1:38:13 | 0:04:41 | 3 | |
| 11 | Balzer, | Klaus | Zoll | 1969 | 21000 | 1:40:24 | 0:04:47 | 3 | |
| 12 | Klünter, | Christoph | K&M Sport | 1976 | 21000 | 1:40:47 | 0:04:48 | 3 | |
| 13 | Lau, | Dirk | K&M Sport | 1963 | 21000 | 1:46:41 | 0:05:05 | 3 | |
| 14 | Schubert, | Ralph | HapagLloyd | 1973 | 21000 | 1:48:00 | 0:05:09 | 3 | |
| 15 | Borchers, | Mario | PHILIPS | 1964 | 21000 | 1:50:44 | 0:05:16 | 3 | |
| 16 | Eisoldt, | Andreas | Knossos.de | 1974 | 21000 | 1:50:58 | 0:05:17 | 3 | |
| 17 | Meyer, | Mario | HW | 1963 | 21000 | 1:53:31 | 0:05:24 | 3 | |
| 18 | Braeuer, | Karsten | Stern | 1972 | 21000 | 1:55:05 | 0:05:29 | 3 | |
| 19 | Eren, | Levent | Stern | 1976 | 21000 | 1:57:59 | 0:05:37 | 3 | |
| 20 | Breier, | Thomas | Haspa | 1967 | 21000 | 2:00:16 | 0:05:44 | 3 | |
| 21 | Olivier, | Mischa | HW | 1967 | 21000 | 2:03:40 | 0:05:53 | 3 | |
| 22 | Stäcker, | Frank | PHILIPS | 1964 | 21000 | 2:04:31 | 0:05:56 | 3 | |
| 23 | Kittler, | Holger | Stern | 1965 | 21000 | 2:23:38 | 0:06:50 | 3 | |

| Herren | | | | | | | | | 1982 und jünger |
|---------------|-----------|--------------|------------|------|-------|---------|---------|---|------------------------|
| 1 | Bergmann, | Ole Jonathan | Runn Green | 1995 | 21000 | 1:25:26 | 0:04:04 | 3 | |
| 2 | Huhn, | Philipp | Runn Green | 1988 | 21000 | 1:27:22 | 0:04:10 | 3 | |
| 3 | Kiehl, | Thorsten | Airbus | 1984 | 21000 | 1:29:01 | 0:04:14 | 3 | |
| 4 | Wilde, | Tim | HapagLloyd | 1985 | 21000 | 1:36:13 | 0:04:35 | 3 | |
| 5 | Brosat, | Martin | K&M Sport | 1989 | 21000 | 1:45:49 | 0:05:02 | 3 | |
| 6 | Hausmann, | Malte | Knossos.de | 1984 | 21000 | 1:46:10 | 0:05:03 | 3 | |
| 7 | Rauter, | Monier | Stern | 1988 | 10500 | 0:37:36 | 0:03:35 | 1 | |
| 8 | Franke, | Benjamin | Airbus | 1989 | 10500 | 0:39:46 | 0:03:47 | 1 | |
| 9 | Wax, | Nils | Airbus | 1991 | 10500 | 0:40:33 | 0:03:52 | 1 | |
| 10 | Lenertz, | Henning | RunWorld | 1987 | 10500 | 0:41:01 | 0:03:54 | 1 | |