

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------|--------------|---------------|------|---------|---------|---------|--------|
| 1 | m | 444 | Ingwersen, | Jan | Laufladen | 1992 | 21300 | 1:24:49 | 0:03:59 | 3 |
| 2 | m | 291 | Hoffmann, | Elias | Signal Iduna | 1996 | 21300 | 1:31:41 | 0:04:18 | 3 |
| 3 | m | 32 | Jansen, | Thies | Airbus | 1971 | 21300 | 1:34:54 | 0:04:27 | 3 |
| 4 | m | 475 | Wilde, | Tim | HapagLloyd | 1985 | 21300 | 1:34:57 | 0:04:27 | 3 |
| 5 | m | 577 | Gresens, | Jan | Running Green | 1975 | 21300 | 1:38:16 | 0:04:37 | 3 |
| 6 | m | 40 | Krastev, | Ulli | BACARDI | 1969 | 21300 | 1:40:45 | 0:04:44 | 3 |
| 7 | m | 398 | Deren, | Slawomir | Energie SV | 1982 | 21300 | 1:41:11 | 0:04:45 | 3 |
| 8 | w | 24 | Brockmann, | Christina | Airbus | 1984 | 21300 | 1:41:43 | 0:04:47 | 3 |
| 9 | m | 602 | Fahje, | Daniel | Kravag | 1981 | 21300 | 1:41:47 | 0:04:47 | 3 |
| 10 | m | 472 | Schnell, | Steffen | HapagLloyd | 1987 | 21300 | 1:42:54 | 0:04:50 | 3 |
| 11 | m | 404 | Banck, | Sönke | ERGOsports | 1967 | 21300 | 1:46:04 | 0:04:59 | 3 |
| 12 | m | 805 | Schie, van | John | Airbus | 1972 | 21300 | 1:46:53 | 0:05:01 | 3 |
| 13 | m | 231 | Ebel, | Thomas | NDR | 1965 | 21300 | 1:48:53 | 0:05:07 | 3 |
| 14 | m | 198 | Scholz, | Christian | Haspa | 1982 | 21300 | 1:52:25 | 0:05:17 | 3 |
| 15 | m | 666 | Lambracht, | Gerald | Stern | 1970 | 21300 | 1:53:41 | 0:05:20 | 3 |
| 16 | w | 581 | Kwasny, | Miriam | Running Green | 1965 | 21300 | 1:54:30 | 0:05:23 | 3 |
| 17 | m | 183 | Scholz, | Stephan | HPA | 1970 | 21300 | 1:55:02 | 0:05:24 | 3 |
| 18 | m | 473 | Schubert, | Ralph | HapagLloyd | 1973 | 21300 | 1:58:44 | 0:05:34 | 3 |
| 19 | m | 554 | Reuer, | Hans-Henning | OTTO | 1967 | 21300 | 2:00:47 | 0:05:40 | 3 |
| 20 | m | 34 | Lucke, | Marcus | Airbus | 1965 | 21300 | 2:02:14 | 0:05:44 | 3 |
| 21 | w | 29 | Garbers, | Catharina | Airbus | 1981 | 21300 | 2:03:14 | 0:05:47 | 3 |
| 22 | w | 331 | Dux, | Maren | Airbus | 1968 | 21300 | 2:03:17 | 0:05:47 | 3 |
| 23 | m | 689 | Meyer-Reim, | Utz | DZ HYP | 1961 | 21300 | 2:05:15 | 0:05:53 | 3 |
| 24 | m | 568 | Maiwald, | Hardy | Polizei HH | 1974 | 21300 | 2:06:15 | 0:05:56 | 3 |
| 25 | m | 609 | Petsch, | Wolfgang | Signal Iduna | 1960 | 21300 | 2:06:20 | 0:05:56 | 3 |
| 26 | m | 336 | Knaack, | Tobias | Airbus | 1975 | 21300 | 2:06:39 | 0:05:57 | 3 |
| 27 | w | 281 | Goebel, | Petra | Siemens | 1969 | 21300 | 2:07:02 | 0:05:58 | 3 |
| 28 | m | 270 | Braeuer, | Karsten | Stern | 1972 | 21300 | 2:07:05 | 0:05:58 | 3 |
| 29 | w | 43 | Buesen, | Melanie | Beiersdorf | 1981 | 21300 | 2:07:55 | 0:06:00 | 3 |
| 30 | m | 184 | Tilch, | Peter | HPA | 1955 | 21300 | 2:09:22 | 0:06:04 | 3 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------|--------------|---------------|------|---------|---------|---------|--------|
| 31 | w | 580 | Köhler, | Beatrix | Running Green | 1967 | 21300 | 2:09:30 | 0:06:05 | 3 |
| 32 | w | 314 | Hoeft, | Gesine | Laufladen | 1952 | 21300 | 2:10:07 | 0:06:07 | 3 |
| 33 | m | 340 | Richter, | Jörg | Airbus | 1963 | 21300 | 2:10:08 | 0:06:07 | 3 |
| 34 | w | 202 | Sagert, | Erika | HapagLloyd | 1952 | 21300 | 2:14:04 | 0:06:18 | 3 |
| 35 | m | 779 | Bachmann, | Marcus | nexinsure | 1967 | 21300 | 2:17:20 | 0:06:27 | 3 |
| 36 | m | 349 | Pepperrell, | Stephen | BACARDI | 1958 | 21300 | 2:27:37 | 0:06:56 | 3 |
| 37 | m | 910 | Dörheit, | Christian | NDR | 1979 | 17700 | 1:20:49 | 0:04:34 | 2 |
| 38 | m | 276 | Gierach, | Nils | Zoll | 1986 | 17700 | 1:25:21 | 0:04:49 | 2 |
| 39 | m | 274 | Balzer, | Klaus | Zoll | 1969 | 17700 | 1:25:39 | 0:04:50 | 2 |
| 40 | m | 393 | Meier, | Ralf | ELBE-Sport | 1969 | 17700 | 1:29:10 | 0:05:02 | 2 |
| 41 | m | 481 | Beckmann, | Niels | Knossos.de | 1974 | 17700 | 1:38:13 | 0:05:33 | 2 |
| 42 | m | 483 | Hausmann, | Malte | Knossos.de | 1984 | 17700 | 1:40:10 | 0:05:40 | 2 |
| 43 | w | 456 | Courtault, | Britta | Haspa | 1966 | 17700 | 1:42:42 | 0:05:48 | 2 |
| 44 | m | 487 | Oswald, | Mathias | Knossos.de | 1978 | 17700 | 1:43:57 | 0:05:52 | 2 |
| 45 | m | 455 | Breier, | Thomas | Haspa | 1967 | 17700 | 1:49:11 | 0:06:10 | 2 |
| 46 | w | 47 | Hahn, | Tanja | Beiersdorf | 1967 | 17700 | 1:49:40 | 0:06:12 | 2 |
| 47 | w | 383 | Pohl, | Katja | DZ HYP | 1969 | 17700 | 1:54:38 | 0:06:29 | 2 |
| 48 | m | 23 | Brockmann, | Achim | Airbus | 1980 | 17700 | 1:55:38 | 0:06:32 | 2 |
| 49 | m | 555 | Dreise, | Gösta | PHILIPS | 1968 | 17700 | 2:04:06 | 0:07:01 | 2 |
| 50 | m | 228 | Neumann, | Uwe | FA HH | 1973 | 14200 | 1:08:54 | 0:04:51 | 2 |
| 51 | m | 389 | Eybächer, | Michael | ELBE-Sport | 1943 | 14200 | 2:05:16 | 0:08:49 | 2 |
| 52 | m | 251 | Koudougou, | Halidou | PHILIPS | 1979 | 10700 | 0:42:16 | 0:03:57 | 2 |
| 53 | m | 896 | Stuer, | Roger | HHRunning | 1979 | 10700 | 0:44:22 | 0:04:09 | 2 |
| 54 | m | 84 | Tramp, | Tobias | ERGOsports | 1993 | 10700 | 0:50:10 | 0:04:41 | 2 |
| 55 | w | 824 | Jaekel, | Sandra | FA HH | 1975 | 10700 | 0:52:36 | 0:04:55 | 2 |
| 56 | m | 826 | Sturm, | Volker | FA HH | 1965 | 10700 | 0:54:13 | 0:05:04 | 2 |
| 57 | w | 482 | Goebel, | Sonia Isabel | Knossos.de | 1990 | 10700 | 0:55:55 | 0:05:14 | 2 |
| 58 | m | 36 | Trümper, | Michael | Airbus | 1966 | 10700 | 0:58:35 | 0:05:29 | 2 |
| 59 | m | 592 | Liebers, | Ralf | Zoll | 1964 | 10700 | 0:59:38 | 0:05:34 | 2 |
| 60 | w | 83 | Schmidt, | Karen | ERGOsports | 1986 | 10700 | 1:00:19 | 0:05:38 | 2 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|---------------|---------------|--------------|------|---------|---------|---------|--------|
| 61 | m | 846 | Schöning, | Michael | Haspa | 1962 | 10700 | 1:01:20 | 0:05:44 | 2 |
| 62 | w | 766 | Luderer, | Britt | ERGOsports | 1970 | 10700 | 1:03:24 | 0:05:56 | 2 |
| 63 | w | 458 | Heß, | Verena | Haspa | 1969 | 10700 | 1:04:33 | 0:06:02 | 2 |
| 64 | m | 254 | Rittmeister, | Lutz | PHILIPS | 1959 | 10700 | 1:07:20 | 0:06:18 | 2 |
| 65 | m | 613 | Scharf, | Dietmar | Signal Iduna | 1968 | 10700 | 1:10:17 | 0:06:34 | 2 |
| 66 | w | 225 | Kersten, | Ines | Laufwerk | 1962 | 10700 | 1:11:30 | 0:06:41 | 2 |
| 67 | w | 615 | Scharf, | Nicole | Signal Iduna | 1976 | 10700 | 1:12:14 | 0:06:45 | 2 |
| 68 | m | 224 | Dieckmann, | Lukas | Laufwerk | 1985 | 10600 | 0:41:04 | 0:03:52 | 1 |
| 69 | m | 678 | Weckwerth, | Stefan | Airbus | 1977 | 10600 | 0:43:33 | 0:04:07 | 1 |
| 70 | m | 688 | Albrecht, | Axel | DNV | 1966 | 10600 | 0:45:27 | 0:04:17 | 1 |
| 71 | m | 744 | Riebe, | Christoph | TH Eilbeck | 1994 | 10600 | 0:46:36 | 0:04:24 | 1 |
| 72 | m | 762 | Höhne, | David | Energie SV | 1983 | 10600 | 0:47:10 | 0:04:27 | 1 |
| 73 | m | 819 | Spangenberg, | Victor | HELM | 1988 | 10600 | 0:47:27 | 0:04:29 | 1 |
| 74 | m | 359 | Hildebrandt, | Maximilian | BBK | 1994 | 10600 | 0:47:43 | 0:04:30 | 1 |
| 75 | m | 242 | Winkeler, | Tobias | Nordmark | 1988 | 10600 | 0:49:20 | 0:04:39 | 1 |
| 76 | m | 642 | Bietke, | Dirk | TÜV-Nord | 1971 | 10600 | 0:49:40 | 0:04:41 | 1 |
| 77 | w | 707 | Bruns, | Miriam | Laufladen | 1983 | 10600 | 0:49:47 | 0:04:42 | 1 |
| 78 | m | 226 | Groth, | Paul | FA HH | 1970 | 10600 | 0:50:05 | 0:04:43 | 1 |
| 79 | m | 273 | Twesten, | Dennis | Stern | 1983 | 10600 | 0:50:10 | 0:04:44 | 1 |
| 80 | m | 381 | Backhausen, | Dirk | DNV | 1966 | 10600 | 0:50:40 | 0:04:47 | 1 |
| 81 | m | 546 | Kroll, | Kristoffer | Olympus Oste | 1989 | 10600 | 0:51:24 | 0:04:51 | 1 |
| 82 | m | 237 | Gehn, | Marcel | Nordmark | 1994 | 10600 | 0:51:25 | 0:04:51 | 1 |
| 83 | m | 543 | Tauer, | Marcel | NDR | 1975 | 10600 | 0:51:28 | 0:04:51 | 1 |
| 84 | m | 438 | Böttcher, | Dirk | Laufladen | 1969 | 10600 | 0:52:05 | 0:04:55 | 1 |
| 85 | m | 905 | Cherek, | Uwe | NDR | 1968 | 10600 | 0:52:28 | 0:04:57 | 1 |
| 86 | w | 673 | Meyer, | Lisa-Christin | Airbus | 1999 | 10600 | 0:53:41 | 0:05:04 | 1 |
| 87 | m | 589 | Dörr, | Ole | Stern | 1967 | 10600 | 0:53:51 | 0:05:05 | 1 |
| 88 | m | 893 | Dahle, | Marc | DNV | 1973 | 10600 | 0:53:55 | 0:05:05 | 1 |
| 89 | m | 205 | Breitenstein, | Andre | HypoVerein | 1967 | 10600 | 0:54:58 | 0:05:11 | 1 |
| 90 | m | 484 | Ludwig, | Dirk | Knossos.de | 1971 | 10600 | 0:55:02 | 0:05:12 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------|------------|--------------|------|---------|---------|---------|--------|
| 91 | w | 22 | Apel, | Janine | Airbus | 1988 | 10600 | 0:55:15 | 0:05:13 | 1 |
| 92 | w | 667 | Zimmermann, | Nicole | Laufladen | 1993 | 10600 | 0:56:03 | 0:05:17 | 1 |
| 93 | m | 385 | Lück, | Ronald | EDEKA | 1975 | 10600 | 0:56:04 | 0:05:17 | 1 |
| 94 | m | 55 | Gieschen, | Johannes | Commerzbank | 1999 | 10600 | 0:56:16 | 0:05:18 | 1 |
| 95 | w | 713 | Wolf, | Simone | HapagLloyd | 1989 | 10600 | 0:56:27 | 0:05:20 | 1 |
| 96 | w | 216 | Lüders, | Kerstin | Gaden | 1963 | 10600 | 0:56:39 | 0:05:21 | 1 |
| 97 | m | 411 | Frank, | Eike | ERGOsports | 1982 | 10600 | 0:57:06 | 0:05:23 | 1 |
| 98 | m | 898 | Kohlrausch, | Jan | Laufladen | 1970 | 10600 | 0:57:15 | 0:05:24 | 1 |
| 99 | w | 499 | Werner, | Kristina | Krüss-OSH | 1982 | 10600 | 0:57:19 | 0:05:24 | 1 |
| 100 | m | 820 | Eisoldt, | Andreas | Knossos.de | 1974 | 10600 | 0:57:31 | 0:05:26 | 1 |
| 101 | m | 197 | Ackermann, | Siegfried | Haspa | 1960 | 10600 | 0:57:39 | 0:05:26 | 1 |
| 102 | m | 82 | Kuhr, | Jan-Oliver | ERGOsports | 1980 | 10600 | 0:57:42 | 0:05:27 | 1 |
| 103 | m | 739 | Lever, | Patrick | Stern | 1961 | 10600 | 0:58:12 | 0:05:29 | 1 |
| 104 | m | 366 | Kasper, | Thomas | Commerzbank | 1968 | 10600 | 0:58:27 | 0:05:31 | 1 |
| 105 | m | 243 | Schult, | Mario | Olympus Oste | 1973 | 10600 | 0:58:29 | 0:05:31 | 1 |
| 106 | w | 439 | Dittmer, | Friederike | Laufladen | 1983 | 10600 | 0:58:32 | 0:05:31 | 1 |
| 107 | w | 337 | Masing, | Alexandra | Airbus | 1999 | 10600 | 0:58:56 | 0:05:34 | 1 |
| 108 | m | 304 | Matthias, | Friedrich | WTM HH | 1988 | 10600 | 0:59:08 | 0:05:35 | 1 |
| 109 | m | 9 | Rooseboom, | Markus | DZ HYP | 1965 | 10600 | 0:59:14 | 0:05:35 | 1 |
| 110 | m | 234 | Schulz, | Thomas | NDR | 1961 | 10600 | 0:59:18 | 0:05:36 | 1 |
| 111 | m | 370 | Persiel, | Arne | Commerzbank | 1966 | 10600 | 0:59:20 | 0:05:36 | 1 |
| 112 | m | 854 | Brandt, | Andreas | Gaden | 1958 | 10600 | 1:00:08 | 0:05:40 | 1 |
| 113 | m | 240 | Swoboda, | Peter | Nordmark | 1963 | 10600 | 1:00:22 | 0:05:42 | 1 |
| 114 | m | 374 | Hartz, | Manfred | DAK | 1963 | 10600 | 1:00:50 | 0:05:44 | 1 |
| 115 | w | 847 | Aho, | Zsofia | HELM | 1979 | 10600 | 1:00:53 | 0:05:45 | 1 |
| 116 | m | 620 | Weitmann, | Daniel | Signal Iduna | 1972 | 10600 | 1:01:03 | 0:05:46 | 1 |
| 117 | w | 323 | Baumann, | Vera | HW | 1987 | 10600 | 1:01:32 | 0:05:48 | 1 |
| 118 | m | 815 | Bendzuk, | Thorsten | Laufladen | 1970 | 10600 | 1:01:54 | 0:05:50 | 1 |
| 119 | w | 906 | Spechtmeyer, | Janne | Stern | 1998 | 10600 | 1:02:22 | 0:05:53 | 1 |
| 120 | m | 80 | Hübener, | Matthias | ERGOsports | 1962 | 10600 | 1:02:27 | 0:05:53 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------|--------------|--------------|------|---------|---------|---------|--------|
| 121 | w | 903 | Blank, | Louisa | Krüss-OSH | 1991 | 10600 | 1:02:55 | 0:05:56 | 1 |
| 122 | m | 774 | Dose, | Jörg | Knossos.de | 1971 | 10600 | 1:03:19 | 0:05:58 | 1 |
| 123 | m | 670 | Buck, | Klaus | Siemens | 1962 | 10600 | 1:03:20 | 0:05:58 | 1 |
| 124 | m | 290 | Hillebrecht, | Frank | Signal Iduna | 1970 | 10600 | 1:03:35 | 0:06:00 | 1 |
| 125 | m | 894 | Wessendorf, | Hendrik | EDEKA | 1973 | 10600 | 1:03:56 | 0:06:02 | 1 |
| 126 | m | 897 | Carstensen, | Christian | HW | 1973 | 10600 | 1:03:56 | 0:06:02 | 1 |
| 127 | m | 599 | Wendland, | Christian | SPK-Süd | 1980 | 10600 | 1:03:57 | 0:06:02 | 1 |
| 128 | m | 715 | Grewe, | Reinhold | HEK | 1969 | 10600 | 1:04:04 | 0:06:03 | 1 |
| 129 | m | 699 | Bulla, | Bernhard | Gasnetz HH | 1960 | 10600 | 1:04:10 | 0:06:03 | 1 |
| 130 | m | 764 | Ehrke, | Michael | ERGOsports | 1959 | 10600 | 1:04:44 | 0:06:06 | 1 |
| 131 | w | 884 | Hausmann, | Isabel | Stern | 2001 | 10600 | 1:04:46 | 0:06:07 | 1 |
| 132 | m | 448 | Rohlf, | Dirk | Laufladen | 1967 | 10600 | 1:05:17 | 0:06:10 | 1 |
| 133 | w | 450 | Schönwälder, | Claudia | Laufladen | 1971 | 10600 | 1:05:17 | 0:06:10 | 1 |
| 134 | m | 75 | Stüfen, | Sönke | Energie SV | 1965 | 10600 | 1:05:19 | 0:06:10 | 1 |
| 135 | m | 126 | Johl, | Markus | Zöll | 1994 | 10600 | 1:05:20 | 0:06:10 | 1 |
| 136 | m | 440 | Drengwitz, | Andreas | Laufladen | 1962 | 10600 | 1:05:39 | 0:06:12 | 1 |
| 137 | m | 892 | Berger, | Sergej | DAK | 1970 | 10600 | 1:05:41 | 0:06:12 | 1 |
| 138 | m | 490 | Dickhaut, | Joachim | Krüss-OSH | 1965 | 10600 | 1:06:08 | 0:06:14 | 1 |
| 139 | m | 593 | Bentien, | Ronald | Siemens | 1948 | 10600 | 1:07:04 | 0:06:20 | 1 |
| 140 | w | 44 | Grimm, | Ariane | Beiersdorf | 1987 | 10600 | 1:07:06 | 0:06:20 | 1 |
| 141 | m | 833 | Sie Too, | Petrus | Siemens | 1958 | 10600 | 1:07:23 | 0:06:21 | 1 |
| 142 | m | 303 | Holst, | Günter | WTM HH | 1959 | 10600 | 1:08:00 | 0:06:25 | 1 |
| 143 | m | 677 | Schön, | Malte | Airbus | 1973 | 10600 | 1:08:30 | 0:06:28 | 1 |
| 144 | w | 199 | Suckow, | Maria | Haspa | 1968 | 10600 | 1:08:34 | 0:06:28 | 1 |
| 145 | m | 305 | Otto, | Thomas | WTM HH | 1991 | 10600 | 1:12:09 | 0:06:48 | 1 |
| 146 | m | 556 | Lutz, | Bernd | PHILIPS | 1961 | 10600 | 1:12:43 | 0:06:52 | 1 |
| 147 | m | 798 | Grove, | Frank | WTM HH | 1966 | 10600 | 1:13:16 | 0:06:55 | 1 |
| 148 | m | 716 | Lemkau, | Niels | HEK | 1965 | 10600 | 1:13:43 | 0:06:57 | 1 |
| 149 | w | 200 | Gerloff, | Anne-Mareike | HapagLloyd | 1983 | 10600 | 1:15:42 | 0:07:08 | 1 |
| 150 | m | 42 | Croissier, | René | Baubehörde | 1950 | 10600 | 1:17:26 | 0:07:18 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------|-----------|--------------|------|---------|---------|---------|--------|
| 151 | m | 907 | Schmidt, | Jonas | Zoll HH | 1993 | 10600 | 1:17:42 | 0:07:20 | 1 |
| 152 | m | 600 | Langer, | Mathias | AltonaDiag | 1967 | 7100 | 0:29:16 | 0:04:07 | 1 |
| 153 | m | 322 | Vollmers, | Laurin | Signal Iduna | 2005 | 7100 | 0:29:22 | 0:04:08 | 1 |
| 154 | m | 850 | Cramer, | Nils | Montblanc | 2002 | 7100 | 0:32:03 | 0:04:31 | 1 |
| 155 | m | 874 | Uliczka, | Jörn | HapagLloyd | 1989 | 7100 | 0:32:06 | 0:04:31 | 1 |
| 156 | m | 624 | Müller, | Reinhard | Tchibo | 1967 | 7100 | 0:33:45 | 0:04:45 | 1 |
| 157 | m | 542 | Kuhn, | Sascha | NDR | 1975 | 7100 | 0:33:50 | 0:04:46 | 1 |
| 158 | m | 238 | Gniechwitz, | Peter | Nordmark | 1965 | 7100 | 0:34:01 | 0:04:47 | 1 |
| 159 | m | 306 | Schürmann, | Lukas | WTM HH | 1996 | 7100 | 0:34:05 | 0:04:48 | 1 |
| 160 | w | 535 | Pöhler, | Julia | Montblanc | 1981 | 7100 | 0:34:05 | 0:04:48 | 1 |
| 161 | m | 298 | Vollmers, | Thomas | Signal Iduna | 1971 | 7100 | 0:34:11 | 0:04:49 | 1 |
| 162 | m | 817 | Fennert, | Michael | Haspa | 1962 | 7100 | 0:34:25 | 0:04:51 | 1 |
| 163 | m | 339 | Plambeck, | Lutz | Airbus | 1961 | 7100 | 0:34:53 | 0:04:55 | 1 |
| 164 | w | 531 | Hilgendorf, | Carmen | Montblanc | 1984 | 7100 | 0:34:53 | 0:04:55 | 1 |
| 165 | m | 623 | Kutschera, | Sven | Tchibo | 1979 | 7100 | 0:35:06 | 0:04:57 | 1 |
| 166 | m | 729 | Pätzold, | Arne | Montblanc | 1984 | 7100 | 0:36:12 | 0:05:06 | 1 |
| 167 | m | 571 | Schmidt, | Birger | Polizei HH | 1984 | 7100 | 0:36:21 | 0:05:07 | 1 |
| 168 | w | 626 | Pries, | Daniela | Tchibo | 1973 | 7100 | 0:36:44 | 0:05:10 | 1 |
| 169 | m | 631 | Tesch, | Thomas | Tchibo | 1958 | 7100 | 0:36:45 | 0:05:11 | 1 |
| 170 | m | 761 | Wilms, | Christian | ELBE-Sport | 1988 | 7100 | 0:37:25 | 0:05:16 | 1 |
| 171 | m | 566 | Krüger, | Wilfried | Polizei HH | 1960 | 7100 | 0:37:28 | 0:05:17 | 1 |
| 172 | m | 364 | Albrecht, | Christian | Commerzbank | 1970 | 7100 | 0:37:53 | 0:05:20 | 1 |
| 173 | m | 62 | Steinfeld, | Marco | Dataport | 1975 | 7100 | 0:38:08 | 0:05:22 | 1 |
| 174 | m | 567 | Langsdorf, | Timo | Polizei HH | 1999 | 7100 | 0:38:11 | 0:05:23 | 1 |
| 175 | m | 908 | Stallbaum, | Alexander | SRHH | 1986 | 7100 | 0:38:23 | 0:05:24 | 1 |
| 176 | w | 297 | Vollmers, | Anja | Signal Iduna | 1970 | 7100 | 0:38:42 | 0:05:27 | 1 |
| 177 | m | 842 | Quartier, | Timo | Commerzbank | 1986 | 7100 | 0:38:50 | 0:05:28 | 1 |
| 178 | m | 541 | Konrad, | Thomas | NDR | 1967 | 7100 | 0:39:18 | 0:05:32 | 1 |
| 179 | w | 500 | Klass, | Leonie | Gaden | 1999 | 7100 | 0:39:50 | 0:05:37 | 1 |
| 180 | m | 730 | Wellbrock, | Eckehardt | Montblanc | 1958 | 7100 | 0:40:08 | 0:05:39 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|---------------|-------------|------------|------|---------|---------|---------|--------|
| 181 | m | 900 | Krause, | Oliver | Jobcenter | 1972 | 7100 | 0:40:08 | 0:05:39 | 1 |
| 182 | w | 888 | Schultz, | Eva | Airbus | 1984 | 7100 | 0:40:15 | 0:05:40 | 1 |
| 183 | w | 223 | Wulff, | Michelle | Gaden | 1998 | 7100 | 0:40:33 | 0:05:43 | 1 |
| 184 | w | 570 | Reese, | Finja | Polizei HH | 2004 | 7100 | 0:40:42 | 0:05:44 | 1 |
| 185 | m | 417 | Stark, | Jöran | Funkgruppe | 1978 | 7100 | 0:41:09 | 0:05:48 | 1 |
| 186 | w | 694 | Tschiltschke, | Solvejg | Energie SV | 1991 | 7100 | 0:41:19 | 0:05:49 | 1 |
| 187 | m | 585 | Hegemann, | Bernd | G+J | 1968 | 7100 | 0:41:21 | 0:05:49 | 1 |
| 188 | m | 867 | Kramer, | Philipp | ELBE-Sport | 1967 | 7100 | 0:41:36 | 0:05:52 | 1 |
| 189 | w | 275 | Balzer, | Maren | Zoll | 1967 | 7100 | 0:41:47 | 0:05:53 | 1 |
| 190 | m | 899 | Grundtner, | Carsten | HapagLloyd | 1970 | 7100 | 0:41:50 | 0:05:54 | 1 |
| 191 | m | 811 | Hüser, | Nils | Energie SV | 1998 | 7100 | 0:41:51 | 0:05:54 | 1 |
| 192 | w | 630 | Tesch, | Katharina | Tchibo | 1958 | 7100 | 0:42:10 | 0:05:56 | 1 |
| 193 | w | 625 | Preuß, | Theresa | Tchibo | 1983 | 7100 | 0:42:29 | 0:05:59 | 1 |
| 194 | w | 518 | Berels, | Marika | Lufthansa | 1963 | 7100 | 0:42:49 | 0:06:02 | 1 |
| 195 | w | 391 | Frey, | Lena | ELBE-Sport | 1989 | 7100 | 0:42:53 | 0:06:02 | 1 |
| 196 | w | 449 | Schmidt, | Christine | Laufaden | 1984 | 7100 | 0:43:13 | 0:06:05 | 1 |
| 197 | m | 432 | Eckert, | Carsten | HHLA | 1983 | 7100 | 0:43:17 | 0:06:06 | 1 |
| 198 | w | 628 | Seeling-Maaß, | Meike | Tchibo | 1965 | 7100 | 0:43:36 | 0:06:08 | 1 |
| 199 | w | 396 | Denker, | Franziska | Energie SV | 1990 | 7100 | 0:44:56 | 0:06:20 | 1 |
| 200 | m | 904 | Lattmann, | Cordt-Peter | Krüss-OSH | 1967 | 7100 | 0:44:58 | 0:06:20 | 1 |
| 201 | m | 397 | Denker, | Karsten | Energie SV | 1971 | 7100 | 0:45:00 | 0:06:20 | 1 |
| 202 | w | 878 | Timpe, | Kerstin | Krüss-OSH | 1968 | 7100 | 0:45:23 | 0:06:24 | 1 |
| 203 | w | 875 | Wainowski, | Monika | Jobcenter | 1977 | 7100 | 0:45:30 | 0:06:25 | 1 |
| 204 | m | 360 | Kafke, | Norbert | BBK | 1960 | 7100 | 0:45:31 | 0:06:25 | 1 |
| 205 | w | 217 | Reimers, | Wiebke | Gaden | 1965 | 7100 | 0:46:02 | 0:06:29 | 1 |
| 206 | w | 887 | Richter, | Brigitta | Alto-Nabe | 1964 | 7100 | 0:46:14 | 0:06:31 | 1 |
| 207 | m | 491 | Feldmann, | Thomas | Krüss-OSH | 1963 | 7100 | 0:46:28 | 0:06:33 | 1 |
| 208 | m | 778 | Kaiser, | Peter | Lufthansa | 1947 | 7100 | 0:46:59 | 0:06:37 | 1 |
| 209 | w | 902 | Tardieu, | Charmian | Jobcenter | 1966 | 7100 | 0:47:40 | 0:06:43 | 1 |
| 210 | m | 594 | Hofsommer, | Steffen | Siemens | 1972 | 7100 | 0:47:49 | 0:06:44 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-----------------|---------------|---------------|------|---------|---------|---------|--------|
| 211 | w | 538 | Hagemeister, | Julia | nexinsure | 1976 | 7100 | 0:48:09 | 0:06:47 | 1 |
| 212 | m | 520 | Hormann, | Hans Heinrich | Lufthansa | 1959 | 7100 | 0:48:58 | 0:06:54 | 1 |
| 213 | m | 537 | Steenfatt, | Hans-Joerg | Montblanc | 1964 | 7100 | 0:49:29 | 0:06:58 | 1 |
| 214 | m | 415 | Hampel, | Michael | Funkgruppe | 1974 | 7100 | 0:50:09 | 0:07:04 | 1 |
| 215 | m | 852 | Schnell, | Harry | Stern | 1960 | 7100 | 0:50:45 | 0:07:09 | 1 |
| 216 | m | 885 | Lohmann, | Rolf-Michael | Stern | 1960 | 7100 | 0:50:45 | 0:07:09 | 1 |
| 217 | w | 394 | Meier, | Tanja | ELBE-Sport | 1970 | 7100 | 0:51:33 | 0:07:16 | 1 |
| 218 | m | 461 | Meister, | Stefan | Haspa | 1965 | 7100 | 0:52:21 | 0:07:22 | 1 |
| 219 | m | 601 | Ganschow, | Sven Robert | SRHH | 1962 | 7100 | 0:53:37 | 0:07:33 | 1 |
| 220 | w | 390 | Frey, | Birgit | ELBE-Sport | 1957 | 7100 | 0:56:15 | 0:07:55 | 1 |
| 221 | w | 679 | Buß, | Dirka | AK Nord | 1965 | 7100 | 0:56:22 | 0:07:56 | 1 |
| 222 | m | 890 | Gruner, | Beppo | BA-Eimsb. | 1993 | 3600 | 0:14:33 | 0:04:03 | 1 |
| 223 | m | 814 | Winter, | Christian | ERGOsports | 1981 | 3600 | 0:14:48 | 0:04:07 | 1 |
| 224 | m | 557 | Matzke, | Herwig | PHILIPS | 1972 | 3600 | 0:16:05 | 0:04:28 | 1 |
| 225 | w | 807 | Dietzel, | Camille | Alto-Nabe | 1996 | 3600 | 0:16:08 | 0:04:29 | 1 |
| 226 | m | 501 | Wams, | Martin | Gaden | 1965 | 3600 | 0:16:26 | 0:04:34 | 1 |
| 227 | m | 647 | Kupper, | Frank | TÜV-Nord | 1964 | 3600 | 0:16:55 | 0:04:42 | 1 |
| 228 | m | 406 | Becker, | Dietmar | ERGOsports | 1959 | 3600 | 0:17:22 | 0:04:49 | 1 |
| 229 | w | 468 | Guenzi, | Elena | HapagLloyd | 1980 | 3600 | 0:18:03 | 0:05:01 | 1 |
| 230 | w | 786 | Liebler, | Katja | Polizei HH | 1973 | 3600 | 0:18:24 | 0:05:07 | 1 |
| 231 | m | 81 | Kozieras, | Norbert | ERGOsports | 1950 | 3600 | 0:18:30 | 0:05:08 | 1 |
| 232 | m | 261 | Spijker, | Andreas | Polizei HH | 1961 | 3600 | 0:18:39 | 0:05:11 | 1 |
| 233 | w | 785 | Laude, | Anna | Polizei HH | 2011 | 3600 | 0:19:12 | 0:05:20 | 1 |
| 234 | w | 586 | Nachtigäller, | Iris | G+J | 1977 | 3600 | 0:19:30 | 0:05:25 | 1 |
| 235 | m | 575 | Beetz, | Thomas | Running Green | 1970 | 3600 | 0:20:04 | 0:05:34 | 1 |
| 236 | m | 572 | Haubeck, | Johannes | Postbank-H | 1954 | 3600 | 0:20:14 | 0:05:37 | 1 |
| 237 | m | 265 | Zielinski, | Dennis | Polizei HH | 1992 | 3600 | 0:20:25 | 0:05:40 | 1 |
| 238 | m | 583 | Becker, | Michael | G+J | 1972 | 3600 | 0:20:27 | 0:05:41 | 1 |
| 239 | w | 828 | Glöde, | Jutta | Lufthansa | 1963 | 3600 | 0:20:38 | 0:05:44 | 1 |
| 240 | w | 591 | Warnecke-Jerol, | Margret | Stern | 1961 | 3600 | 0:21:06 | 0:05:52 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-----------------------|----------------|-------------|------|---------|---------|---------|--------|
| 241 | m | 41 | Gehle, | Friedhelm | BA-Eimsb. | 1956 | 3600 | 0:21:24 | 0:05:57 | 1 |
| 242 | m | 384 | Fußer, | Norbert | EDEKA | 1963 | 3600 | 0:21:31 | 0:05:59 | 1 |
| 243 | m | 241 | Wilczynski, | Sebastian | Nordmark | 1992 | 3600 | 0:21:33 | 0:05:59 | 1 |
| 244 | m | 420 | Reese, | Lars | Gasnetz HH | 1970 | 3600 | 0:21:39 | 0:06:01 | 1 |
| 245 | w | 277 | Obereichholz-Bangert, | Inga-Constanze | Zoll | 1992 | 3600 | 0:21:43 | 0:06:02 | 1 |
| 246 | w | 697 | Seise, | Anja | ERGOsports | 1981 | 3600 | 0:21:52 | 0:06:04 | 1 |
| 247 | w | 262 | Spindler, | Angela | Polizei HH | 1979 | 3600 | 0:21:54 | 0:06:05 | 1 |
| 248 | w | 584 | Bühler-Becker, | Heidi | G+J | 1961 | 3600 | 0:22:13 | 0:06:10 | 1 |
| 249 | w | 895 | Pfäffle, | Karin | Energie SV | 1960 | 3600 | 0:22:21 | 0:06:13 | 1 |
| 250 | m | 65 | Rowedder, | Frank | Deut.Bank | 1966 | 3600 | 0:22:27 | 0:06:14 | 1 |
| 251 | w | 361 | Plambeck, | Monika | BBK | 1973 | 3600 | 0:22:36 | 0:06:17 | 1 |
| 252 | m | 460 | Knoefel, | Gerhard | Haspa | 1959 | 3600 | 0:23:00 | 0:06:23 | 1 |
| 253 | w | 514 | Niemann, | Antonia | FA HH | 2004 | 3600 | 0:23:00 | 0:06:23 | 1 |
| 254 | m | 891 | Krohn, | Andreas | Commerzbank | 1968 | 3600 | 0:23:02 | 0:06:24 | 1 |
| 255 | w | 259 | Marthiens, | Ute | Polizei HH | 1952 | 3600 | 0:23:03 | 0:06:24 | 1 |
| 256 | m | 513 | Kamprad-Papendorf, | Nils | FA HH | 1970 | 3600 | 0:23:09 | 0:06:26 | 1 |
| 257 | m | 365 | Brüggeman, | Ralf | Commerzbank | 1953 | 3600 | 0:23:19 | 0:06:29 | 1 |
| 258 | w | 418 | Reese, | Irina | Gasnetz HH | 1972 | 3600 | 0:23:27 | 0:06:31 | 1 |
| 259 | w | 489 | Schlawinsky, | Laura | Knossos.de | 1990 | 3600 | 0:23:33 | 0:06:32 | 1 |
| 260 | m | 72 | Kühl, | Bernd | ELBE-Sport | 1946 | 3600 | 0:24:18 | 0:06:45 | 1 |
| 261 | m | 476 | Münster, | Reinhold | HEK | 1942 | 3600 | 0:24:41 | 0:06:51 | 1 |
| 262 | m | 218 | Rücker, | Heinrich | Gaden | 1936 | 3600 | 0:24:42 | 0:06:52 | 1 |
| 263 | m | 561 | Rohde, | Lothar | PHILIPS | 1953 | 3600 | 0:24:43 | 0:06:52 | 1 |
| 264 | m | 388 | Stamer, | Bjoern | EDEKA | 1970 | 3600 | 0:24:50 | 0:06:54 | 1 |
| 265 | m | 221 | Schulz, | Hans-Joachim | Gaden | 1946 | 3600 | 0:24:59 | 0:06:56 | 1 |
| 266 | w | 19 | Zuncke, | Sonja | Polizei HH | 1966 | 3600 | 0:25:22 | 0:07:03 | 1 |
| 267 | m | 392 | Frey, | Matthias | ELBE-Sport | 1951 | 3600 | 0:25:52 | 0:07:11 | 1 |
| 268 | m | 825 | Majcherek, | Ronald | FA HH | 1959 | 3600 | 0:26:00 | 0:07:13 | 1 |
| 269 | m | 284 | Naundorf, | Jens | Siemens | 1964 | 3600 | 0:26:09 | 0:07:16 | 1 |
| 270 | m | 654 | Eis, | Walter | DESY | 1956 | 3600 | 0:26:21 | 0:07:19 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|------------|----------|-------------|------|---------|---------|---------|--------|
| 271 | m | 70 | Gläser, | Heinz | ELBE-Sport | 1945 | 3600 | 0:26:45 | 0:07:26 | 1 |
| 272 | w | 564 | Engelmann, | Heike | Polizei HH | 1971 | 3600 | 0:27:18 | 0:07:35 | 1 |
| 273 | m | 754 | Nigmann, | Michael | Airbus | 1953 | 3600 | 0:28:47 | 0:08:00 | 1 |
| 274 | m | 516 | Papendorf, | Knut | FA HH | 1946 | 3600 | 0:29:25 | 0:08:10 | 1 |
| 275 | m | 230 | Hintz, | Martin | Lufthansa | 1937 | 3600 | 0:30:24 | 0:08:27 | 1 |
| 276 | w | 379 | Bartels, | Petra | Deut.Bank | 1953 | 3600 | 0:30:54 | 0:08:35 | 1 |
| 277 | m | 57 | Schröder, | Günter | Commerzbank | 1947 | 3600 | 0:31:18 | 0:08:42 | 1 |
| 278 | m | 659 | Dröge, | Matthias | Marien-Krh | 1966 | 3600 | 0:33:02 | 0:09:11 | 1 |
| 279 | w | 525 | Schubert, | Wiebke | Marien-Krh | 1966 | 3600 | 0:33:02 | 0:09:11 | 1 |
| 280 | w | 201 | McGovern, | Roberta | HapagLloyd | 1975 | 3600 | 0:34:44 | 0:09:39 | 1 |
| 281 | w | 470 | Schäller, | Lisa | HapagLloyd | 1993 | 3600 | 0:35:22 | 0:09:49 | 1 |
| 282 | w | 559 | Orlowski, | Elke | PHILIPS | 1941 | 3600 | 0:42:29 | 0:11:48 | 1 |
| 283 | m | 560 | Orlowski, | Rolf | PHILIPS | 1942 | 3600 | 0:42:31 | 0:11:49 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------|---------------|---------------|------|---------|---------|---------|--------|
| 1 | w | 24 | Brockmann, | Christina | Airbus | 1984 | 21300 | 1:41:43 | 0:04:47 | 3 |
| 2 | w | 581 | Kwasny, | Miriam | Running Green | 1965 | 21300 | 1:54:30 | 0:05:23 | 3 |
| 3 | w | 29 | Garbers, | Catharina | Airbus | 1981 | 21300 | 2:03:14 | 0:05:47 | 3 |
| 4 | w | 331 | Dux, | Maren | Airbus | 1968 | 21300 | 2:03:17 | 0:05:47 | 3 |
| 5 | w | 281 | Goebel, | Petra | Siemens | 1969 | 21300 | 2:07:02 | 0:05:58 | 3 |
| 6 | w | 43 | Buesen, | Melanie | Beiersdorf | 1981 | 21300 | 2:07:55 | 0:06:00 | 3 |
| 7 | w | 580 | Köhler, | Beatrix | Running Green | 1967 | 21300 | 2:09:30 | 0:06:05 | 3 |
| 8 | w | 314 | Hoeft, | Gesine | Laufladen | 1952 | 21300 | 2:10:07 | 0:06:07 | 3 |
| 9 | w | 202 | Sagert, | Erika | HapagLloyd | 1952 | 21300 | 2:14:04 | 0:06:18 | 3 |
| 10 | w | 456 | Courtault, | Britta | Haspa | 1966 | 17700 | 1:42:42 | 0:05:48 | 2 |
| 11 | w | 47 | Hahn, | Tanja | Beiersdorf | 1967 | 17700 | 1:49:40 | 0:06:12 | 2 |
| 12 | w | 383 | Pohl, | Katja | DZ HYP | 1969 | 17700 | 1:54:38 | 0:06:29 | 2 |
| 13 | w | 824 | Jaekel, | Sandra | FA HH | 1975 | 10700 | 0:52:36 | 0:04:55 | 2 |
| 14 | w | 482 | Goebel, | Sonia Isabel | Knossos.de | 1990 | 10700 | 0:55:55 | 0:05:14 | 2 |
| 15 | w | 83 | Schmidt, | Karen | ERGOsports | 1986 | 10700 | 1:00:19 | 0:05:38 | 2 |
| 16 | w | 766 | Luderer, | Britt | ERGOsports | 1970 | 10700 | 1:03:24 | 0:05:56 | 2 |
| 17 | w | 458 | Heß, | Verena | Haspa | 1969 | 10700 | 1:04:33 | 0:06:02 | 2 |
| 18 | w | 225 | Kersten, | Ines | Laufwerk | 1962 | 10700 | 1:11:30 | 0:06:41 | 2 |
| 19 | w | 615 | Scharf, | Nicole | Signal Iduna | 1976 | 10700 | 1:12:14 | 0:06:45 | 2 |
| 20 | w | 707 | Bruns, | Miriam | Laufladen | 1983 | 10600 | 0:49:47 | 0:04:42 | 1 |
| 21 | w | 673 | Meyer, | Lisa-Christin | Airbus | 1999 | 10600 | 0:53:41 | 0:05:04 | 1 |
| 22 | w | 22 | Apel, | Janine | Airbus | 1988 | 10600 | 0:55:15 | 0:05:13 | 1 |
| 23 | w | 667 | Zimmermann, | Nicole | Laufladen | 1993 | 10600 | 0:56:03 | 0:05:17 | 1 |
| 24 | w | 713 | Wolf, | Simone | HapagLloyd | 1989 | 10600 | 0:56:27 | 0:05:20 | 1 |
| 25 | w | 216 | Lüders, | Kerstin | Gaden | 1963 | 10600 | 0:56:39 | 0:05:21 | 1 |
| 26 | w | 499 | Werner, | Kristina | Krüss-OSH | 1982 | 10600 | 0:57:19 | 0:05:24 | 1 |
| 27 | w | 439 | Dittmer, | Friederike | Laufladen | 1983 | 10600 | 0:58:32 | 0:05:31 | 1 |
| 28 | w | 337 | Masing, | Alexandra | Airbus | 1999 | 10600 | 0:58:56 | 0:05:34 | 1 |
| 29 | w | 847 | Aho, | Zsofia | HELM | 1979 | 10600 | 1:00:53 | 0:05:45 | 1 |
| 30 | w | 323 | Baumann, | Vera | HW | 1987 | 10600 | 1:01:32 | 0:05:48 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|---------------|--------------|--------------|------|---------|---------|---------|--------|
| 31 | w | 906 | Spechtmeyer, | Janne | Stern | 1998 | 10600 | 1:02:22 | 0:05:53 | 1 |
| 32 | w | 903 | Blank, | Louisa | Krüss-OSH | 1991 | 10600 | 1:02:55 | 0:05:56 | 1 |
| 33 | w | 884 | Hausmann, | Isabel | Stern | 2001 | 10600 | 1:04:46 | 0:06:07 | 1 |
| 34 | w | 450 | Schönwälder, | Claudia | Laufladen | 1971 | 10600 | 1:05:17 | 0:06:10 | 1 |
| 35 | w | 44 | Grimm, | Ariane | Beiersdorf | 1987 | 10600 | 1:07:06 | 0:06:20 | 1 |
| 36 | w | 199 | Suckow, | Maria | Haspa | 1968 | 10600 | 1:08:34 | 0:06:28 | 1 |
| 37 | w | 200 | Gerloff, | Anne-Mareike | HapagLloyd | 1983 | 10600 | 1:15:42 | 0:07:08 | 1 |
| 38 | w | 535 | Pöhler, | Julia | Montblanc | 1981 | 7100 | 0:34:05 | 0:04:48 | 1 |
| 39 | w | 531 | Hilgendorf, | Carmen | Montblanc | 1984 | 7100 | 0:34:53 | 0:04:55 | 1 |
| 40 | w | 626 | Pries, | Daniela | Tchibo | 1973 | 7100 | 0:36:44 | 0:05:10 | 1 |
| 41 | w | 297 | Vollmers, | Anja | Signal Iduna | 1970 | 7100 | 0:38:42 | 0:05:27 | 1 |
| 42 | w | 500 | Klass, | Leonie | Gaden | 1999 | 7100 | 0:39:50 | 0:05:37 | 1 |
| 43 | w | 888 | Schultz, | Eva | Airbus | 1984 | 7100 | 0:40:15 | 0:05:40 | 1 |
| 44 | w | 223 | Wulff, | Michelle | Gaden | 1998 | 7100 | 0:40:33 | 0:05:43 | 1 |
| 45 | w | 570 | Reese, | Finja | Polizei HH | 2004 | 7100 | 0:40:42 | 0:05:44 | 1 |
| 46 | w | 694 | Tschiltschke, | Solvejg | Energie SV | 1991 | 7100 | 0:41:19 | 0:05:49 | 1 |
| 47 | w | 275 | Balzer, | Maren | Zoll | 1967 | 7100 | 0:41:47 | 0:05:53 | 1 |
| 48 | w | 630 | Tesch, | Katharina | Tchibo | 1958 | 7100 | 0:42:10 | 0:05:56 | 1 |
| 49 | w | 625 | Preuß, | Theresa | Tchibo | 1983 | 7100 | 0:42:29 | 0:05:59 | 1 |
| 50 | w | 518 | Berels, | Marika | Lufthansa | 1963 | 7100 | 0:42:49 | 0:06:02 | 1 |
| 51 | w | 391 | Frey, | Lena | ELBE-Sport | 1989 | 7100 | 0:42:53 | 0:06:02 | 1 |
| 52 | w | 449 | Schmidt, | Christine | Laufladen | 1984 | 7100 | 0:43:13 | 0:06:05 | 1 |
| 53 | w | 628 | Seeling-Maaß, | Meike | Tchibo | 1965 | 7100 | 0:43:36 | 0:06:08 | 1 |
| 54 | w | 396 | Denker, | Franziska | Energie SV | 1990 | 7100 | 0:44:56 | 0:06:20 | 1 |
| 55 | w | 878 | Timpe, | Kerstin | Krüss-OSH | 1968 | 7100 | 0:45:23 | 0:06:24 | 1 |
| 56 | w | 875 | Wainowski, | Monika | Jobcenter | 1977 | 7100 | 0:45:30 | 0:06:25 | 1 |
| 57 | w | 217 | Reimers, | Wiebke | Gaden | 1965 | 7100 | 0:46:02 | 0:06:29 | 1 |
| 58 | w | 887 | Richter, | Brigitta | Alto-Nabe | 1964 | 7100 | 0:46:14 | 0:06:31 | 1 |
| 59 | w | 902 | Tardieu, | Charmian | Jobcenter | 1966 | 7100 | 0:47:40 | 0:06:43 | 1 |
| 60 | w | 538 | Hagemeister, | Julia | nexinsure | 1976 | 7100 | 0:48:09 | 0:06:47 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-----------------|--------------|------------|------|---------|---------|---------|--------|
| 61 | w | 394 | Meier, | Tanja | ELBE-Sport | 1970 | 7100 | 0:51:33 | 0:07:16 | 1 |
| 62 | w | 390 | Frey, | Birgit | ELBE-Sport | 1957 | 7100 | 0:56:15 | 0:07:55 | 1 |
| 63 | w | 679 | Buß, | Dirka | AK Nord | 1965 | 7100 | 0:56:22 | 0:07:56 | 1 |
| 64 | w | 807 | Dietzel, | Camille | Alto-Nabe | 1996 | 3600 | 0:16:08 | 0:04:29 | 1 |
| 65 | w | 468 | Guenzi, | Elena | HapagLloyd | 1980 | 3600 | 0:18:03 | 0:05:01 | 1 |
| 66 | w | 786 | Liebler, | Katja | Polizei HH | 1973 | 3600 | 0:18:24 | 0:05:07 | 1 |
| 67 | w | 785 | Laude, | Anna | Polizei HH | 2011 | 3600 | 0:19:12 | 0:05:20 | 1 |
| 68 | w | 586 | Nachtigäller, | Iris | G+J | 1977 | 3600 | 0:19:30 | 0:05:25 | 1 |
| 69 | w | 828 | Glöde, | Jutta | Lufthansa | 1963 | 3600 | 0:20:38 | 0:05:44 | 1 |
| 70 | w | 591 | Warnecke-Jerol, | Margret | Stern | 1961 | 3600 | 0:21:06 | 0:05:52 | 1 |
| 71 | w | 277 | Obereichholz-Ba | Inga-Constan | Zoll | 1992 | 3600 | 0:21:43 | 0:06:02 | 1 |
| 72 | w | 697 | Seise, | Anja | ERGOsports | 1981 | 3600 | 0:21:52 | 0:06:04 | 1 |
| 73 | w | 262 | Spindler, | Angela | Polizei HH | 1979 | 3600 | 0:21:54 | 0:06:05 | 1 |
| 74 | w | 584 | Bühler-Becker, | Heidi | G+J | 1961 | 3600 | 0:22:13 | 0:06:10 | 1 |
| 75 | w | 895 | Pfäffle, | Karin | Energie SV | 1960 | 3600 | 0:22:21 | 0:06:13 | 1 |
| 76 | w | 361 | Plambeck, | Monika | BBK | 1973 | 3600 | 0:22:36 | 0:06:17 | 1 |
| 77 | w | 514 | Niemann, | Antonia | FA HH | 2004 | 3600 | 0:23:00 | 0:06:23 | 1 |
| 78 | w | 259 | Marthiens, | Ute | Polizei HH | 1952 | 3600 | 0:23:03 | 0:06:24 | 1 |
| 79 | w | 418 | Reese, | Irina | Gasnetz HH | 1972 | 3600 | 0:23:27 | 0:06:31 | 1 |
| 80 | w | 489 | Schlawinsky, | Laura | Knossos.de | 1990 | 3600 | 0:23:33 | 0:06:32 | 1 |
| 81 | w | 19 | Zuncke, | Sonja | Polizei HH | 1966 | 3600 | 0:25:22 | 0:07:03 | 1 |
| 82 | w | 564 | Engelmann, | Heike | Polizei HH | 1971 | 3600 | 0:27:18 | 0:07:35 | 1 |
| 83 | w | 379 | Bartels, | Petra | Deut.Bank | 1953 | 3600 | 0:30:54 | 0:08:35 | 1 |
| 84 | w | 525 | Schubert, | Wiebke | Marien-Krh | 1966 | 3600 | 0:33:02 | 0:09:11 | 1 |
| 85 | w | 201 | McGovern, | Roberta | HapagLloyd | 1975 | 3600 | 0:34:44 | 0:09:39 | 1 |
| 86 | w | 470 | Schäller, | Lisa | HapagLloyd | 1993 | 3600 | 0:35:22 | 0:09:49 | 1 |
| 87 | w | 559 | Orlowski, | Elke | PHILIPS | 1941 | 3600 | 0:42:29 | 0:11:48 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------|--------------|---------------|------|---------|---------|---------|--------|
| 1 | m | 444 | Ingwersen, | Jan | Laufladen | 1992 | 21300 | 1:24:49 | 0:03:59 | 3 |
| 2 | m | 291 | Hoffmann, | Elias | Signal Iduna | 1996 | 21300 | 1:31:41 | 0:04:18 | 3 |
| 3 | m | 32 | Jansen, | Thies | Airbus | 1971 | 21300 | 1:34:54 | 0:04:27 | 3 |
| 4 | m | 475 | Wilde, | Tim | HapagLloyd | 1985 | 21300 | 1:34:57 | 0:04:27 | 3 |
| 5 | m | 577 | Gresens, | Jan | Running Green | 1975 | 21300 | 1:38:16 | 0:04:37 | 3 |
| 6 | m | 40 | Krastev, | Ulli | BACARDI | 1969 | 21300 | 1:40:45 | 0:04:44 | 3 |
| 7 | m | 398 | Deren, | Slawomir | Energie SV | 1982 | 21300 | 1:41:11 | 0:04:45 | 3 |
| 8 | m | 602 | Fahje, | Daniel | Kravag | 1981 | 21300 | 1:41:47 | 0:04:47 | 3 |
| 9 | m | 472 | Schnell, | Steffen | HapagLloyd | 1987 | 21300 | 1:42:54 | 0:04:50 | 3 |
| 10 | m | 404 | Banck, | Sönke | ERGOsports | 1967 | 21300 | 1:46:04 | 0:04:59 | 3 |
| 11 | m | 805 | Schie, van | John | Airbus | 1972 | 21300 | 1:46:53 | 0:05:01 | 3 |
| 12 | m | 231 | Ebel, | Thomas | NDR | 1965 | 21300 | 1:48:53 | 0:05:07 | 3 |
| 13 | m | 198 | Scholz, | Christian | Haspa | 1982 | 21300 | 1:52:25 | 0:05:17 | 3 |
| 14 | m | 666 | Lambracht, | Gerald | Stern | 1970 | 21300 | 1:53:41 | 0:05:20 | 3 |
| 15 | m | 183 | Scholz, | Stephan | HPA | 1970 | 21300 | 1:55:02 | 0:05:24 | 3 |
| 16 | m | 473 | Schubert, | Ralph | HapagLloyd | 1973 | 21300 | 1:58:44 | 0:05:34 | 3 |
| 17 | m | 554 | Reuer, | Hans-Henning | OTTO | 1967 | 21300 | 2:00:47 | 0:05:40 | 3 |
| 18 | m | 34 | Lucke, | Marcus | Airbus | 1965 | 21300 | 2:02:14 | 0:05:44 | 3 |
| 19 | m | 689 | Meyer-Reim, | Utz | DZ HYP | 1961 | 21300 | 2:05:15 | 0:05:53 | 3 |
| 20 | m | 568 | Maiwald, | Hardy | Polizei HH | 1974 | 21300 | 2:06:15 | 0:05:56 | 3 |
| 21 | m | 609 | Petsch, | Wolfgang | Signal Iduna | 1960 | 21300 | 2:06:20 | 0:05:56 | 3 |
| 22 | m | 336 | Knaack, | Tobias | Airbus | 1975 | 21300 | 2:06:39 | 0:05:57 | 3 |
| 23 | m | 270 | Braeuer, | Karsten | Stern | 1972 | 21300 | 2:07:05 | 0:05:58 | 3 |
| 24 | m | 184 | Tilch, | Peter | HPA | 1955 | 21300 | 2:09:22 | 0:06:04 | 3 |
| 25 | m | 340 | Richter, | Jörg | Airbus | 1963 | 21300 | 2:10:08 | 0:06:07 | 3 |
| 26 | m | 779 | Bachmann, | Marcus | nexinsure | 1967 | 21300 | 2:17:20 | 0:06:27 | 3 |
| 27 | m | 349 | Pepperrell, | Stephen | BACARDI | 1958 | 21300 | 2:27:37 | 0:06:56 | 3 |
| 28 | m | 910 | Dörheit, | Christian | NDR | 1979 | 17700 | 1:20:49 | 0:04:34 | 2 |
| 29 | m | 276 | Gierach, | Nils | Zoll | 1986 | 17700 | 1:25:21 | 0:04:49 | 2 |
| 30 | m | 274 | Balzer, | Klaus | Zoll | 1969 | 17700 | 1:25:39 | 0:04:50 | 2 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------|------------|--------------|------|---------|---------|---------|--------|
| 31 | m | 393 | Meier, | Ralf | ELBE-Sport | 1969 | 17700 | 1:29:10 | 0:05:02 | 2 |
| 32 | m | 481 | Beckmann, | Niels | Knossos.de | 1974 | 17700 | 1:38:13 | 0:05:33 | 2 |
| 33 | m | 483 | Hausmann, | Malte | Knossos.de | 1984 | 17700 | 1:40:10 | 0:05:40 | 2 |
| 34 | m | 487 | Oswald, | Mathias | Knossos.de | 1978 | 17700 | 1:43:57 | 0:05:52 | 2 |
| 35 | m | 455 | Breier, | Thomas | Haspa | 1967 | 17700 | 1:49:11 | 0:06:10 | 2 |
| 36 | m | 23 | Brockmann, | Achim | Airbus | 1980 | 17700 | 1:55:38 | 0:06:32 | 2 |
| 37 | m | 555 | Dreise, | Gösta | PHILIPS | 1968 | 17700 | 2:04:06 | 0:07:01 | 2 |
| 38 | m | 228 | Neumann, | Uwe | FA HH | 1973 | 14200 | 1:08:54 | 0:04:51 | 2 |
| 39 | m | 389 | Eybächer, | Michael | ELBE-Sport | 1943 | 14200 | 2:05:16 | 0:08:49 | 2 |
| 40 | m | 251 | Koudougou, | Halidou | PHILIPS | 1979 | 10700 | 0:42:16 | 0:03:57 | 2 |
| 41 | m | 896 | Stuer, | Roger | HHRunning | 1979 | 10700 | 0:44:22 | 0:04:09 | 2 |
| 42 | m | 84 | Tramp, | Tobias | ERGOsports | 1993 | 10700 | 0:50:10 | 0:04:41 | 2 |
| 43 | m | 826 | Sturm, | Volker | FA HH | 1965 | 10700 | 0:54:13 | 0:05:04 | 2 |
| 44 | m | 36 | Trümper, | Michael | Airbus | 1966 | 10700 | 0:58:35 | 0:05:29 | 2 |
| 45 | m | 592 | Liebers, | Ralf | Zoll | 1964 | 10700 | 0:59:38 | 0:05:34 | 2 |
| 46 | m | 846 | Schöning, | Michael | Haspa | 1962 | 10700 | 1:01:20 | 0:05:44 | 2 |
| 47 | m | 254 | Rittmeister, | Lutz | PHILIPS | 1959 | 10700 | 1:07:20 | 0:06:18 | 2 |
| 48 | m | 613 | Scharf, | Dietmar | Signal Iduna | 1968 | 10700 | 1:10:17 | 0:06:34 | 2 |
| 49 | m | 224 | Dieckmann, | Lukas | Laufwerk | 1985 | 10600 | 0:41:04 | 0:03:52 | 1 |
| 50 | m | 678 | Weckwerth, | Stefan | Airbus | 1977 | 10600 | 0:43:33 | 0:04:07 | 1 |
| 51 | m | 688 | Albrecht, | Axel | DNV | 1966 | 10600 | 0:45:27 | 0:04:17 | 1 |
| 52 | m | 744 | Riebe, | Christoph | TH Eilbeck | 1994 | 10600 | 0:46:36 | 0:04:24 | 1 |
| 53 | m | 762 | Höhne, | David | Energie SV | 1983 | 10600 | 0:47:10 | 0:04:27 | 1 |
| 54 | m | 819 | Spangenberg, | Victor | HELM | 1988 | 10600 | 0:47:27 | 0:04:29 | 1 |
| 55 | m | 359 | Hildebrandt, | Maximilian | BBK | 1994 | 10600 | 0:47:43 | 0:04:30 | 1 |
| 56 | m | 242 | Winkeler, | Tobias | Nordmark | 1988 | 10600 | 0:49:20 | 0:04:39 | 1 |
| 57 | m | 642 | Bietke, | Dirk | TÜV-Nord | 1971 | 10600 | 0:49:40 | 0:04:41 | 1 |
| 58 | m | 226 | Groth, | Paul | FA HH | 1970 | 10600 | 0:50:05 | 0:04:43 | 1 |
| 59 | m | 273 | Twesten, | Dennis | Stern | 1983 | 10600 | 0:50:10 | 0:04:44 | 1 |
| 60 | m | 381 | Backhausen, | Dirk | DNV | 1966 | 10600 | 0:50:40 | 0:04:47 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|---------------|------------|--------------|------|---------|---------|---------|--------|
| 61 | m | 546 | Kroll, | Kristoffer | Olympus Oste | 1989 | 10600 | 0:51:24 | 0:04:51 | 1 |
| 62 | m | 237 | Gehn, | Marcel | Nordmark | 1994 | 10600 | 0:51:25 | 0:04:51 | 1 |
| 63 | m | 543 | Tauer, | Marcel | NDR | 1975 | 10600 | 0:51:28 | 0:04:51 | 1 |
| 64 | m | 438 | Böttcher, | Dirk | Laufladen | 1969 | 10600 | 0:52:05 | 0:04:55 | 1 |
| 65 | m | 905 | Cherek, | Uwe | NDR | 1968 | 10600 | 0:52:28 | 0:04:57 | 1 |
| 66 | m | 589 | Dörr, | Ole | Stern | 1967 | 10600 | 0:53:51 | 0:05:05 | 1 |
| 67 | m | 893 | Dahle, | Marc | DNV | 1973 | 10600 | 0:53:55 | 0:05:05 | 1 |
| 68 | m | 205 | Breitenstein, | Andre | HypoVerein | 1967 | 10600 | 0:54:58 | 0:05:11 | 1 |
| 69 | m | 484 | Ludwig, | Dirk | Knossos.de | 1971 | 10600 | 0:55:02 | 0:05:12 | 1 |
| 70 | m | 385 | Lück, | Ronald | EDEKA | 1975 | 10600 | 0:56:04 | 0:05:17 | 1 |
| 71 | m | 55 | Gieschen, | Johannes | Commerzbank | 1999 | 10600 | 0:56:16 | 0:05:18 | 1 |
| 72 | m | 411 | Frank, | Eike | ERGOsports | 1982 | 10600 | 0:57:06 | 0:05:23 | 1 |
| 73 | m | 898 | Kohlrausch, | Jan | Laufladen | 1970 | 10600 | 0:57:15 | 0:05:24 | 1 |
| 74 | m | 820 | Eisoldt, | Andreas | Knossos.de | 1974 | 10600 | 0:57:31 | 0:05:26 | 1 |
| 75 | m | 197 | Ackermann, | Siegfried | Haspa | 1960 | 10600 | 0:57:39 | 0:05:26 | 1 |
| 76 | m | 82 | Kuhr, | Jan-Oliver | ERGOsports | 1980 | 10600 | 0:57:42 | 0:05:27 | 1 |
| 77 | m | 739 | Lever, | Patrick | Stern | 1961 | 10600 | 0:58:12 | 0:05:29 | 1 |
| 78 | m | 366 | Kasper, | Thomas | Commerzbank | 1968 | 10600 | 0:58:27 | 0:05:31 | 1 |
| 79 | m | 243 | Schult, | Mario | Olympus Oste | 1973 | 10600 | 0:58:29 | 0:05:31 | 1 |
| 80 | m | 304 | Matthias, | Friedrich | WTM HH | 1988 | 10600 | 0:59:08 | 0:05:35 | 1 |
| 81 | m | 9 | Rooseboom, | Markus | DZ HYP | 1965 | 10600 | 0:59:14 | 0:05:35 | 1 |
| 82 | m | 234 | Schulz, | Thomas | NDR | 1961 | 10600 | 0:59:18 | 0:05:36 | 1 |
| 83 | m | 370 | Persiel, | Arne | Commerzbank | 1966 | 10600 | 0:59:20 | 0:05:36 | 1 |
| 84 | m | 854 | Brandt, | Andreas | Gaden | 1958 | 10600 | 1:00:08 | 0:05:40 | 1 |
| 85 | m | 240 | Swoboda, | Peter | Nordmark | 1963 | 10600 | 1:00:22 | 0:05:42 | 1 |
| 86 | m | 374 | Hartz, | Manfred | DAK | 1963 | 10600 | 1:00:50 | 0:05:44 | 1 |
| 87 | m | 620 | Weitmann, | Daniel | Signal Iduna | 1972 | 10600 | 1:01:03 | 0:05:46 | 1 |
| 88 | m | 815 | Bendzuk, | Thorsten | Laufladen | 1970 | 10600 | 1:01:54 | 0:05:50 | 1 |
| 89 | m | 80 | Hübener, | Matthias | ERGOsports | 1962 | 10600 | 1:02:27 | 0:05:53 | 1 |
| 90 | m | 774 | Dose, | Jörg | Knossos.de | 1971 | 10600 | 1:03:19 | 0:05:58 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------|-----------|--------------|------|---------|---------|---------|--------|
| 91 | m | 670 | Buck, | Klaus | Siemens | 1962 | 10600 | 1:03:20 | 0:05:58 | 1 |
| 92 | m | 290 | Hillebrecht, | Frank | Signal Iduna | 1970 | 10600 | 1:03:35 | 0:06:00 | 1 |
| 93 | m | 894 | Wessendorf, | Hendrik | EDEKA | 1973 | 10600 | 1:03:56 | 0:06:02 | 1 |
| 94 | m | 897 | Carstensen, | Christian | HW | 1973 | 10600 | 1:03:56 | 0:06:02 | 1 |
| 95 | m | 599 | Wendland, | Christian | SPK-Süd | 1980 | 10600 | 1:03:57 | 0:06:02 | 1 |
| 96 | m | 715 | Grewe, | Reinhold | HEK | 1969 | 10600 | 1:04:04 | 0:06:03 | 1 |
| 97 | m | 699 | Bulla, | Bernhard | Gasnetz HH | 1960 | 10600 | 1:04:10 | 0:06:03 | 1 |
| 98 | m | 764 | Ehrke, | Michael | ERGOsports | 1959 | 10600 | 1:04:44 | 0:06:06 | 1 |
| 99 | m | 448 | Rohlf, | Dirk | Laufladen | 1967 | 10600 | 1:05:17 | 0:06:10 | 1 |
| 100 | m | 75 | Stüfen, | Sönke | Energie SV | 1965 | 10600 | 1:05:19 | 0:06:10 | 1 |
| 101 | m | 126 | Johl, | Markus | Zoll | 1994 | 10600 | 1:05:20 | 0:06:10 | 1 |
| 102 | m | 440 | Drengwitz, | Andreas | Laufladen | 1962 | 10600 | 1:05:39 | 0:06:12 | 1 |
| 103 | m | 892 | Berger, | Sergej | DAK | 1970 | 10600 | 1:05:41 | 0:06:12 | 1 |
| 104 | m | 490 | Dickhaut, | Joachim | Krüss-OSH | 1965 | 10600 | 1:06:08 | 0:06:14 | 1 |
| 105 | m | 593 | Bentien, | Ronald | Siemens | 1948 | 10600 | 1:07:04 | 0:06:20 | 1 |
| 106 | m | 833 | Sie Too, | Petrus | Siemens | 1958 | 10600 | 1:07:23 | 0:06:21 | 1 |
| 107 | m | 303 | Holst, | Günter | WTM HH | 1959 | 10600 | 1:08:00 | 0:06:25 | 1 |
| 108 | m | 677 | Schön, | Malte | Airbus | 1973 | 10600 | 1:08:30 | 0:06:28 | 1 |
| 109 | m | 305 | Otto, | Thomas | WTM HH | 1991 | 10600 | 1:12:09 | 0:06:48 | 1 |
| 110 | m | 556 | Lutz, | Bernd | PHILIPS | 1961 | 10600 | 1:12:43 | 0:06:52 | 1 |
| 111 | m | 798 | Grove, | Frank | WTM HH | 1966 | 10600 | 1:13:16 | 0:06:55 | 1 |
| 112 | m | 716 | Lemkau, | Niels | HEK | 1965 | 10600 | 1:13:43 | 0:06:57 | 1 |
| 113 | m | 42 | Croissier, | René | Baubehörde | 1950 | 10600 | 1:17:26 | 0:07:18 | 1 |
| 114 | m | 907 | Schmidt, | Jonas | Zoll HH | 1993 | 10600 | 1:17:42 | 0:07:20 | 1 |
| 115 | m | 600 | Langer, | Mathias | AltonaDiag | 1967 | 7100 | 0:29:16 | 0:04:07 | 1 |
| 116 | m | 322 | Vollmers, | Laurin | Signal Iduna | 2005 | 7100 | 0:29:22 | 0:04:08 | 1 |
| 117 | m | 850 | Cramer, | Nils | Montblanc | 2002 | 7100 | 0:32:03 | 0:04:31 | 1 |
| 118 | m | 874 | Uliczka, | Jörn | HapagLloyd | 1989 | 7100 | 0:32:06 | 0:04:31 | 1 |
| 119 | m | 624 | Müller, | Reinhard | Tchibo | 1967 | 7100 | 0:33:45 | 0:04:45 | 1 |
| 120 | m | 542 | Kuhn, | Sascha | NDR | 1975 | 7100 | 0:33:50 | 0:04:46 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|-------------|-------------|--------------|------|---------|---------|---------|--------|
| 121 | m | 238 | Gniechwitz, | Peter | Nordmark | 1965 | 7100 | 0:34:01 | 0:04:47 | 1 |
| 122 | m | 306 | Schürmann, | Lukas | WTM HH | 1996 | 7100 | 0:34:05 | 0:04:48 | 1 |
| 123 | m | 298 | Vollmers, | Thomas | Signal Iduna | 1971 | 7100 | 0:34:11 | 0:04:49 | 1 |
| 124 | m | 817 | Fennert, | Michael | Haspa | 1962 | 7100 | 0:34:25 | 0:04:51 | 1 |
| 125 | m | 339 | Plambeck, | Lutz | Airbus | 1961 | 7100 | 0:34:53 | 0:04:55 | 1 |
| 126 | m | 623 | Kutschera, | Sven | Tchibo | 1979 | 7100 | 0:35:06 | 0:04:57 | 1 |
| 127 | m | 729 | Pätzold, | Arne | Montblanc | 1984 | 7100 | 0:36:12 | 0:05:06 | 1 |
| 128 | m | 571 | Schmidt, | Birger | Polizei HH | 1984 | 7100 | 0:36:21 | 0:05:07 | 1 |
| 129 | m | 631 | Tesch, | Thomas | Tchibo | 1958 | 7100 | 0:36:45 | 0:05:11 | 1 |
| 130 | m | 761 | Wilms, | Christian | ELBE-Sport | 1988 | 7100 | 0:37:25 | 0:05:16 | 1 |
| 131 | m | 566 | Krüger, | Wilfried | Polizei HH | 1960 | 7100 | 0:37:28 | 0:05:17 | 1 |
| 132 | m | 364 | Albrecht, | Christian | Commerzbank | 1970 | 7100 | 0:37:53 | 0:05:20 | 1 |
| 133 | m | 62 | Steinfeld, | Marco | Dataport | 1975 | 7100 | 0:38:08 | 0:05:22 | 1 |
| 134 | m | 567 | Langsdorf, | Timo | Polizei HH | 1999 | 7100 | 0:38:11 | 0:05:23 | 1 |
| 135 | m | 908 | Stallbaum, | Alexander | SRHH | 1986 | 7100 | 0:38:23 | 0:05:24 | 1 |
| 136 | m | 842 | Quartier, | Timo | Commerzbank | 1986 | 7100 | 0:38:50 | 0:05:28 | 1 |
| 137 | m | 541 | Konrad, | Thomas | NDR | 1967 | 7100 | 0:39:18 | 0:05:32 | 1 |
| 138 | m | 730 | Wellbrock, | Eckehardt | Montblanc | 1958 | 7100 | 0:40:08 | 0:05:39 | 1 |
| 139 | m | 900 | Krause, | Oliver | Jobcenter | 1972 | 7100 | 0:40:08 | 0:05:39 | 1 |
| 140 | m | 417 | Stark, | Jöran | Funkgruppe | 1978 | 7100 | 0:41:09 | 0:05:48 | 1 |
| 141 | m | 585 | Hegemann, | Bernd | G+J | 1968 | 7100 | 0:41:21 | 0:05:49 | 1 |
| 142 | m | 867 | Kramer, | Philipp | ELBE-Sport | 1967 | 7100 | 0:41:36 | 0:05:52 | 1 |
| 143 | m | 899 | Grundtner, | Carsten | HapagLloyd | 1970 | 7100 | 0:41:50 | 0:05:54 | 1 |
| 144 | m | 811 | Hüser, | Nils | Energie SV | 1998 | 7100 | 0:41:51 | 0:05:54 | 1 |
| 145 | m | 432 | Eckert, | Carsten | HHLA | 1983 | 7100 | 0:43:17 | 0:06:06 | 1 |
| 146 | m | 904 | Lattmann, | Cordt-Peter | Krüss-OSH | 1967 | 7100 | 0:44:58 | 0:06:20 | 1 |
| 147 | m | 397 | Denker, | Karsten | Energie SV | 1971 | 7100 | 0:45:00 | 0:06:20 | 1 |
| 148 | m | 360 | Kafke, | Norbert | BBK | 1960 | 7100 | 0:45:31 | 0:06:25 | 1 |
| 149 | m | 491 | Feldmann, | Thomas | Krüss-OSH | 1963 | 7100 | 0:46:28 | 0:06:33 | 1 |
| 150 | m | 778 | Kaiser, | Peter | Lufthansa | 1947 | 7100 | 0:46:59 | 0:06:37 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|--------------------|---------------|---------------|------|---------|---------|---------|--------|
| 151 | m | 594 | Hofsommer, | Steffen | Siemens | 1972 | 7100 | 0:47:49 | 0:06:44 | 1 |
| 152 | m | 520 | Hormann, | Hans Heinrich | Lufthansa | 1959 | 7100 | 0:48:58 | 0:06:54 | 1 |
| 153 | m | 537 | Steenfatt, | Hans-Joerg | Montblanc | 1964 | 7100 | 0:49:29 | 0:06:58 | 1 |
| 154 | m | 415 | Hampel, | Michael | Funkgruppe | 1974 | 7100 | 0:50:09 | 0:07:04 | 1 |
| 155 | m | 852 | Schnell, | Harry | Stern | 1960 | 7100 | 0:50:45 | 0:07:09 | 1 |
| 156 | m | 885 | Lohmann, | Rolf-Michael | Stern | 1960 | 7100 | 0:50:45 | 0:07:09 | 1 |
| 157 | m | 461 | Meister, | Stefan | Haspa | 1965 | 7100 | 0:52:21 | 0:07:22 | 1 |
| 158 | m | 601 | Ganschow, | Sven Robert | SRHH | 1962 | 7100 | 0:53:37 | 0:07:33 | 1 |
| 159 | m | 890 | Gruner, | Beppo | BA-Eimsb. | 1993 | 3600 | 0:14:33 | 0:04:03 | 1 |
| 160 | m | 814 | Winter, | Christian | ERGOsports | 1981 | 3600 | 0:14:48 | 0:04:07 | 1 |
| 161 | m | 557 | Matzke, | Herwig | PHILIPS | 1972 | 3600 | 0:16:05 | 0:04:28 | 1 |
| 162 | m | 501 | Wams, | Martin | Gaden | 1965 | 3600 | 0:16:26 | 0:04:34 | 1 |
| 163 | m | 647 | Kupper, | Frank | TÜV-Nord | 1964 | 3600 | 0:16:55 | 0:04:42 | 1 |
| 164 | m | 406 | Becker, | Dietmar | ERGOsports | 1959 | 3600 | 0:17:22 | 0:04:49 | 1 |
| 165 | m | 81 | Kozieras, | Norbert | ERGOsports | 1950 | 3600 | 0:18:30 | 0:05:08 | 1 |
| 166 | m | 261 | Spijker, | Andreas | Polizei HH | 1961 | 3600 | 0:18:39 | 0:05:11 | 1 |
| 167 | m | 575 | Beetz, | Thomas | Running Green | 1970 | 3600 | 0:20:04 | 0:05:34 | 1 |
| 168 | m | 572 | Haubeck, | Johannes | Postbank-H | 1954 | 3600 | 0:20:14 | 0:05:37 | 1 |
| 169 | m | 265 | Zielinski, | Dennis | Polizei HH | 1992 | 3600 | 0:20:25 | 0:05:40 | 1 |
| 170 | m | 583 | Becker, | Michael | G+J | 1972 | 3600 | 0:20:27 | 0:05:41 | 1 |
| 171 | m | 41 | Gehle, | Friedhelm | BA-Eimsb. | 1956 | 3600 | 0:21:24 | 0:05:57 | 1 |
| 172 | m | 384 | Fußer, | Norbert | EDEKA | 1963 | 3600 | 0:21:31 | 0:05:59 | 1 |
| 173 | m | 241 | Wilczynski, | Sebastian | Nordmark | 1992 | 3600 | 0:21:33 | 0:05:59 | 1 |
| 174 | m | 420 | Reese, | Lars | Gasnetz HH | 1970 | 3600 | 0:21:39 | 0:06:01 | 1 |
| 175 | m | 65 | Rowedder, | Frank | Deut.Bank | 1966 | 3600 | 0:22:27 | 0:06:14 | 1 |
| 176 | m | 460 | Knoefel, | Gerhard | Haspa | 1959 | 3600 | 0:23:00 | 0:06:23 | 1 |
| 177 | m | 891 | Krohn, | Andreas | Commerzbank | 1968 | 3600 | 0:23:02 | 0:06:24 | 1 |
| 178 | m | 513 | Kamprad-Papendorf, | Nils | FA HH | 1970 | 3600 | 0:23:09 | 0:06:26 | 1 |
| 179 | m | 365 | Brüggeman, | Ralf | Commerzbank | 1953 | 3600 | 0:23:19 | 0:06:29 | 1 |
| 180 | m | 72 | Kühl, | Bernd | ELBE-Sport | 1946 | 3600 | 0:24:18 | 0:06:45 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl |
|-------|-----|------|------------|--------------|-------------|------|---------|---------|---------|--------|
| 181 | m | 476 | Münster, | Reinhold | HEK | 1942 | 3600 | 0:24:41 | 0:06:51 | 1 |
| 182 | m | 218 | Rücker, | Heinrich | Gaden | 1936 | 3600 | 0:24:42 | 0:06:52 | 1 |
| 183 | m | 561 | Rohde, | Lothar | PHILIPS | 1953 | 3600 | 0:24:43 | 0:06:52 | 1 |
| 184 | m | 388 | Stamer, | Bjoern | EDEKA | 1970 | 3600 | 0:24:50 | 0:06:54 | 1 |
| 185 | m | 221 | Schulz, | Hans-Joachim | Gaden | 1946 | 3600 | 0:24:59 | 0:06:56 | 1 |
| 186 | m | 392 | Frey, | Matthias | ELBE-Sport | 1951 | 3600 | 0:25:52 | 0:07:11 | 1 |
| 187 | m | 825 | Majcherek, | Ronald | FA HH | 1959 | 3600 | 0:26:00 | 0:07:13 | 1 |
| 188 | m | 284 | Naundorf, | Jens | Siemens | 1964 | 3600 | 0:26:09 | 0:07:16 | 1 |
| 189 | m | 654 | Eis, | Walter | DESY | 1956 | 3600 | 0:26:21 | 0:07:19 | 1 |
| 190 | m | 70 | Gläser, | Heinz | ELBE-Sport | 1945 | 3600 | 0:26:45 | 0:07:26 | 1 |
| 191 | m | 754 | Nigmann, | Michael | Airbus | 1953 | 3600 | 0:28:47 | 0:08:00 | 1 |
| 192 | m | 516 | Papendorf, | Knut | FA HH | 1946 | 3600 | 0:29:25 | 0:08:10 | 1 |
| 193 | m | 230 | Hintz, | Martin | Lufthansa | 1937 | 3600 | 0:30:24 | 0:08:27 | 1 |
| 194 | m | 57 | Schröder, | Günter | Commerzbank | 1947 | 3600 | 0:31:18 | 0:08:42 | 1 |
| 195 | m | 659 | Dröge, | Matthias | Marien-Krh | 1966 | 3600 | 0:33:02 | 0:09:11 | 1 |
| 196 | m | 560 | Orlowski, | Rolf | PHILIPS | 1942 | 3600 | 0:42:31 | 0:11:49 | 1 |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl | Teamstrecke | Teamzeit | Teamschnitt | Teamstarts |
|-------|-----|------|----------------|--------------|---------------|------|---------|---------|---------|--------|-------------|----------|-------------|------------|
| 1 | m | 32 | Jansen, | Thies | Airbus | 1971 | 21300 | 1:34:54 | 0:04:27 | 3 | 63900 | 5:03:30 | 0:04:45 | 9 |
| | w | 24 | Brockmann, | Christina | Airbus | 1984 | 21300 | 1:41:43 | 0:04:47 | 3 | | | | |
| | m | 805 | Schie, van | John | Airbus | 1972 | 21300 | 1:46:53 | 0:05:01 | 3 | | | | |
| 2 | m | 577 | Gresens, | Jan | Running Green | 1975 | 21300 | 1:38:16 | 0:04:37 | 3 | 63900 | 5:42:16 | 0:05:21 | 9 |
| | w | 581 | Kwasny, | Miriam | Running Green | 1965 | 21300 | 1:54:30 | 0:05:23 | 3 | | | | |
| | w | 580 | Köhler, | Beatrix | Running Green | 1967 | 21300 | 2:09:30 | 0:06:05 | 3 | | | | |
| 3 | m | 198 | Scholz, | Christian | Haspa | 1982 | 21300 | 1:52:25 | 0:05:17 | 3 | 56700 | 5:24:18 | 0:05:43 | 7 |
| | w | 456 | Courtault, | Britta | Haspa | 1966 | 17700 | 1:42:42 | 0:05:48 | 2 | | | | |
| | m | 455 | Breier, | Thomas | Haspa | 1967 | 17700 | 1:49:11 | 0:06:10 | 2 | | | | |
| 4 | m | 291 | Hoffmann, | Elias | Signal Iduna | 1996 | 21300 | 1:31:41 | 0:04:18 | 3 | 53300 | 4:50:15 | 0:05:27 | 8 |
| | m | 609 | Petsch, | Wolfgang | Signal Iduna | 1960 | 21300 | 2:06:20 | 0:05:56 | 3 | | | | |
| | w | 615 | Scharf, | Nicole | Signal Iduna | 1976 | 10700 | 1:12:14 | 0:06:45 | 2 | | | | |
| 5 | m | 444 | Ingwersen, | Jan | Laufladen | 1992 | 21300 | 1:24:49 | 0:03:59 | 3 | 53200 | 4:24:43 | 0:04:59 | 7 |
| | w | 314 | Hoeft, | Gesine | Laufladen | 1952 | 21300 | 2:10:07 | 0:06:07 | 3 | | | | |
| | w | 707 | Bruns, | Miriam | Laufladen | 1983 | 10600 | 0:49:47 | 0:04:42 | 1 | | | | |
| 6 | m | 666 | Lambracht, | Gerald | Stern | 1970 | 21300 | 1:53:41 | 0:05:20 | 3 | 53200 | 5:03:08 | 0:05:42 | 7 |
| | m | 270 | Braeuer, | Karsten | Stern | 1972 | 21300 | 2:07:05 | 0:05:58 | 3 | | | | |
| | w | 906 | Spechtmeyer, | Janne | Stern | 1998 | 10600 | 1:02:22 | 0:05:53 | 1 | | | | |
| 7 | m | 473 | Schubert, | Ralph | HapagLloyd | 1973 | 21300 | 1:58:44 | 0:05:34 | 3 | 53200 | 5:09:15 | 0:05:49 | 7 |
| | w | 202 | Sagert, | Erika | HapagLloyd | 1952 | 21300 | 2:14:04 | 0:06:18 | 3 | | | | |
| | w | 713 | Wolf, | Simone | HapagLloyd | 1989 | 10600 | 0:56:27 | 0:05:20 | 1 | | | | |
| 8 | m | 689 | Meyer-Reim, | Utz | DZ HYP | 1961 | 21300 | 2:05:15 | 0:05:53 | 3 | 49600 | 4:59:07 | 0:06:02 | 6 |
| | w | 383 | Pohl, | Katja | DZ HYP | 1969 | 17700 | 1:54:38 | 0:06:29 | 2 | | | | |
| | m | 9 | Rooseboom, | Markus | DZ HYP | 1965 | 10600 | 0:59:14 | 0:05:35 | 1 | | | | |
| 9 | w | 43 | Buesen, | Melanie | Beiersdorf | 1981 | 21300 | 2:07:55 | 0:06:00 | 3 | 49600 | 5:04:41 | 0:06:09 | 6 |
| | w | 47 | Hahn, | Tanja | Beiersdorf | 1967 | 17700 | 1:49:40 | 0:06:12 | 2 | | | | |
| | w | 44 | Grimm, | Ariane | Beiersdorf | 1987 | 10600 | 1:07:06 | 0:06:20 | 1 | | | | |
| 10 | m | 481 | Beckmann, | Niels | Knossos.de | 1974 | 17700 | 1:38:13 | 0:05:33 | 2 | 46100 | 4:14:18 | 0:05:31 | 6 |
| | m | 483 | Hausmann, | Malte | Knossos.de | 1984 | 17700 | 1:40:10 | 0:05:40 | 2 | | | | |
| | w | 482 | Goebel, | Sonia Isabel | Knossos.de | 1990 | 10700 | 0:55:55 | 0:05:14 | 2 | | | | |
| 11 | m | 404 | Banck, | Sönke | ERGOsports | 1967 | 21300 | 1:46:04 | 0:04:59 | 3 | 42700 | 3:36:33 | 0:05:04 | 7 |
| | m | 84 | Tramp, | Tobias | ERGOsports | 1993 | 10700 | 0:50:10 | 0:04:41 | 2 | | | | |
| | w | 83 | Schmidt, | Karen | ERGOsports | 1986 | 10700 | 1:00:19 | 0:05:38 | 2 | | | | |
| 12 | m | 276 | Gierach, | Nils | Zoll | 1986 | 17700 | 1:25:21 | 0:04:49 | 2 | 42500 | 3:32:47 | 0:05:00 | 5 |
| | m | 274 | Balzer, | Klaus | Zoll | 1969 | 17700 | 1:25:39 | 0:04:50 | 2 | | | | |
| | w | 275 | Balzer, | Maren | Zoll | 1967 | 7100 | 0:41:47 | 0:05:53 | 1 | | | | |
| 13 | w | 281 | Goebel, | Petra | Siemens | 1969 | 21300 | 2:07:02 | 0:05:58 | 3 | 42500 | 4:17:26 | 0:06:03 | 5 |
| | m | 670 | Buck, | Klaus | Siemens | 1962 | 10600 | 1:03:20 | 0:05:58 | 1 | | | | |
| | m | 593 | Bentien, | Ronald | Siemens | 1948 | 10600 | 1:07:04 | 0:06:20 | 1 | | | | |
| 14 | m | 398 | Deren, | Slawomir | Energie SV | 1982 | 21300 | 1:41:11 | 0:04:45 | 3 | 39000 | 3:09:40 | 0:04:52 | 5 |
| | m | 762 | Höhne, | David | Energie SV | 1983 | 10600 | 0:47:10 | 0:04:27 | 1 | | | | |
| | w | 694 | Tschilttschke, | Solvejg | Energie SV | 1991 | 7100 | 0:41:19 | 0:05:49 | 1 | | | | |
| 15 | m | 393 | Meier, | Ralf | ELBE-Sport | 1969 | 17700 | 1:29:10 | 0:05:02 | 2 | 39000 | 4:17:19 | 0:06:36 | 5 |
| | m | 389 | Eybächer, | Michael | ELBE-Sport | 1943 | 14200 | 2:05:16 | 0:08:49 | 2 | | | | |
| | w | 391 | Frey, | Lena | ELBE-Sport | 1989 | 7100 | 0:42:53 | 0:06:02 | 1 | | | | |

| Platz | m/w | StNr | Name | Vorname | BSG | Jg | Strecke | Zeit | Schnitt | Anzahl | Teamstrecke | Teamzeit | Teamschnitt | Teamstarts |
|-------|-----|------|---------------|---------------|------------|------|---------|---------|---------|--------|-------------|----------|-------------|------------|
| 16 | m | 228 | Neumann, | Uwe | FA HH | 1973 | 14200 | 1:08:54 | 0:04:51 | 2 | 35600 | 2:55:43 | 0:04:56 | 6 |
| | w | 824 | Jaekel, | Sandra | FA HH | 1975 | 10700 | 0:52:36 | 0:04:55 | 2 | | | | |
| | m | 826 | Sturm, | Volker | FA HH | 1965 | 10700 | 0:54:13 | 0:05:04 | 2 | | | | |
| 17 | m | 568 | Maiwald, | Hardy | Polizei HH | 1974 | 21300 | 2:06:15 | 0:05:56 | 3 | 35500 | 3:23:18 | 0:05:44 | 5 |
| | m | 571 | Schmidt, | Birger | Polizei HH | 1984 | 7100 | 0:36:21 | 0:05:07 | 1 | | | | |
| | w | 570 | Reese, | Finja | Polizei HH | 2004 | 7100 | 0:40:42 | 0:05:44 | 1 | | | | |
| 18 | m | 555 | Dreise, | Gösta | PHILIPS | 1968 | 17700 | 2:04:06 | 0:07:01 | 2 | 32000 | 3:28:51 | 0:06:32 | 5 |
| | m | 251 | Koudougou, | Halidou | PHILIPS | 1979 | 10700 | 0:42:16 | 0:03:57 | 2 | | | | |
| | w | 559 | Orlowski, | Elke | PHILIPS | 1941 | 3600 | 0:42:29 | 0:11:48 | 1 | | | | |
| 19 | w | 499 | Werner, | Kristina | Krüss-OSH | 1982 | 10600 | 0:57:19 | 0:05:24 | 1 | 31800 | 3:06:22 | 0:05:52 | 3 |
| | w | 903 | Blank, | Louisa | Krüss-OSH | 1991 | 10600 | 1:02:55 | 0:05:56 | 1 | | | | |
| | m | 490 | Dickhaut, | Joachim | Krüss-OSH | 1965 | 10600 | 1:06:08 | 0:06:14 | 1 | | | | |
| 20 | w | 216 | Lüders, | Kerstin | Gaden | 1963 | 10600 | 0:56:39 | 0:05:21 | 1 | 28300 | 2:36:37 | 0:05:32 | 3 |
| | m | 854 | Brandt, | Andreas | Gaden | 1958 | 10600 | 1:00:08 | 0:05:40 | 1 | | | | |
| | w | 500 | Klass, | Leonie | Gaden | 1999 | 7100 | 0:39:50 | 0:05:37 | 1 | | | | |
| 21 | m | 850 | Cramer, | Nils | Montblanc | 2002 | 7100 | 0:32:03 | 0:04:31 | 1 | 21300 | 1:41:01 | 0:04:45 | 3 |
| | w | 535 | Pöhler, | Julia | Montblanc | 1981 | 7100 | 0:34:05 | 0:04:48 | 1 | | | | |
| | w | 531 | Hilgendorf, | Carmen | Montblanc | 1984 | 7100 | 0:34:53 | 0:04:55 | 1 | | | | |
| 22 | m | 624 | Müller, | Reinhard | Tchibo | 1967 | 7100 | 0:33:45 | 0:04:45 | 1 | 21300 | 1:45:35 | 0:04:57 | 3 |
| | m | 623 | Kutschera, | Sven | Tchibo | 1979 | 7100 | 0:35:06 | 0:04:57 | 1 | | | | |
| | w | 626 | Pries, | Daniela | Tchibo | 1973 | 7100 | 0:36:44 | 0:05:10 | 1 | | | | |
| 23 | m | 359 | Hildebrandt, | Maximilian | BBK | 1994 | 10600 | 0:47:43 | 0:04:30 | 1 | 21300 | 1:55:50 | 0:05:26 | 3 |
| | m | 360 | Kafke, | Norbert | BBK | 1960 | 7100 | 0:45:31 | 0:06:25 | 1 | | | | |
| | w | 361 | Plambeck, | Monika | BBK | 1973 | 3600 | 0:22:36 | 0:06:17 | 1 | | | | |
| 24 | m | 900 | Krause, | Oliver | Jobcenter | 1972 | 7100 | 0:40:08 | 0:05:39 | 1 | 21300 | 2:13:18 | 0:06:15 | 3 |
| | w | 875 | Wainowski, | Monika | Jobcenter | 1977 | 7100 | 0:45:30 | 0:06:25 | 1 | | | | |
| | w | 902 | Tardieu, | Charmian | Jobcenter | 1966 | 7100 | 0:47:40 | 0:06:43 | 1 | | | | |
| 25 | w | 518 | Berels, | Marika | Lufthansa | 1963 | 7100 | 0:42:49 | 0:06:02 | 1 | 21300 | 2:18:46 | 0:06:31 | 3 |
| | m | 778 | Kaiser, | Peter | Lufthansa | 1947 | 7100 | 0:46:59 | 0:06:37 | 1 | | | | |
| | m | 520 | Hormann, | Hans Heinrich | Lufthansa | 1959 | 7100 | 0:48:58 | 0:06:54 | 1 | | | | |
| 26 | m | 585 | Hegemann, | Bernd | G+J | 1968 | 7100 | 0:41:21 | 0:05:49 | 1 | 14300 | 1:21:18 | 0:05:41 | 3 |
| | w | 586 | Nachtigäller, | Iris | G+J | 1977 | 3600 | 0:19:30 | 0:05:25 | 1 | | | | |
| | m | 583 | Becker, | Michael | G+J | 1972 | 3600 | 0:20:27 | 0:05:41 | 1 | | | | |

| Gold Damen | | Name | Vorname | BSG | JG | Strecke | Zeit | Schnitt | Starts | 1962 und älter |
|-------------------|-----------------|-------------|----------------|------------|-----------|----------------|-------------|----------------|---------------|-----------------------|
| 1 | Hoeft, | Gesine | Laufladen | 1952 | 21300 | 2:10:07 | 0:06:07 | | 3 | |
| 2 | Sagert, | Erika | HapagLloyd | 1952 | 21300 | 2:14:04 | 0:06:18 | | 3 | |
| 3 | Kersten, | Ines | Laufwerk | 1962 | 10700 | 1:11:30 | 0:06:41 | | 2 | |
| 4 | Tesch, | Katharina | Tchibo | 1958 | 7100 | 0:42:10 | 0:05:56 | | 1 | |
| 5 | Frey, | Birgit | ELBE-Sport | 1957 | 7100 | 0:56:15 | 0:07:55 | | 1 | |
| 6 | Warnecke-Jerol, | Margret | Stern | 1961 | 3600 | 0:21:06 | 0:05:52 | | 1 | |
| 7 | Bühler-Becker, | Heidi | G+J | 1961 | 3600 | 0:22:13 | 0:06:10 | | 1 | |
| 8 | Pfäffle, | Karin | Energie SV | 1960 | 3600 | 0:22:21 | 0:06:13 | | 1 | |
| 9 | Marthiens, | Ute | Polizei HH | 1952 | 3600 | 0:23:03 | 0:06:24 | | 1 | |
| 10 | Bartels, | Petra | Deut.Bank | 1953 | 3600 | 0:30:54 | 0:08:35 | | 1 | |

| Silber Damen | | 1963 -1983 | | | | | | | | |
|---------------------|------------|-------------------|---------------|------|-------|---------|---------|--|---|--|
| 1 | Kwasny, | Miriam | Running Green | 1965 | 21300 | 1:54:30 | 0:05:23 | | 3 | |
| 2 | Garbers, | Catharina | Airbus | 1981 | 21300 | 2:03:14 | 0:05:47 | | 3 | |
| 3 | Dux, | Maren | Airbus | 1968 | 21300 | 2:03:17 | 0:05:47 | | 3 | |
| 4 | Goebel, | Petra | Siemens | 1969 | 21300 | 2:07:02 | 0:05:58 | | 3 | |
| 5 | Buesen, | Melanie | Beiersdorf | 1981 | 21300 | 2:07:55 | 0:06:00 | | 3 | |
| 6 | Köhler, | Beatrix | Running Green | 1967 | 21300 | 2:09:30 | 0:06:05 | | 3 | |
| 7 | Courtault, | Britta | Haspa | 1966 | 17700 | 1:42:42 | 0:05:48 | | 2 | |
| 8 | Hahn, | Tanja | Beiersdorf | 1967 | 17700 | 1:49:40 | 0:06:12 | | 2 | |
| 9 | Pohl, | Katja | DZ HYP | 1969 | 17700 | 1:54:38 | 0:06:29 | | 2 | |
| 10 | Jaekel, | Sandra | FA HH | 1975 | 10700 | 0:52:36 | 0:04:55 | | 2 | |

| Damen | | 1984 und jünger | | | | | | | | |
|--------------|--------------|------------------------|------------|------|-------|---------|---------|--|---|--|
| 1 | Goebel, | Sonia Isabel | Knossos.de | 1990 | 10700 | 0:55:55 | 0:05:14 | | 2 | |
| 2 | Schmidt, | Karen | ERGOsports | 1986 | 10700 | 1:00:19 | 0:05:38 | | 2 | |
| 3 | Meyer, | Lisa-Christin | Airbus | 1999 | 10600 | 0:53:41 | 0:05:04 | | 1 | |
| 4 | Apel, | Janine | Airbus | 1988 | 10600 | 0:55:15 | 0:05:13 | | 1 | |
| 5 | Zimmermann, | Nicole | Laufladen | 1993 | 10600 | 0:56:03 | 0:05:17 | | 1 | |
| 6 | Wolf, | Simone | HapagLloyd | 1989 | 10600 | 0:56:27 | 0:05:20 | | 1 | |
| 7 | Masing, | Alexandra | Airbus | 1999 | 10600 | 0:58:56 | 0:05:34 | | 1 | |
| 8 | Baumann, | Vera | HW | 1987 | 10600 | 1:01:32 | 0:05:48 | | 1 | |
| 9 | Spechtmeyer, | Janne | Stern | 1998 | 10600 | 1:02:22 | 0:05:53 | | 1 | |
| 10 | Blank, | Louisa | Krüss-OSH | 1991 | 10600 | 1:02:55 | 0:05:56 | | 1 | |

Gold Herren

| | | | | | | | | |
|----|--------------|-----------|--------------|------|-------|---------|---------|---|
| 1 | Meyer-Reim, | Utz | DZ HYP | 1961 | 21300 | 2:05:15 | 0:05:53 | 3 |
| 2 | Petsch, | Wolfgang | Signal Iduna | 1960 | 21300 | 2:06:20 | 0:05:56 | 3 |
| 3 | Tilch, | Peter | HPA | 1955 | 21300 | 2:09:22 | 0:06:04 | 3 |
| 4 | Pepperrell, | Stephen | BACARDI | 1958 | 21300 | 2:27:37 | 0:06:56 | 3 |
| 5 | Eybächer, | Michael | ELBE-Sport | 1943 | 14200 | 2:05:16 | 0:08:49 | 2 |
| 6 | Schöning, | Michael | Haspa | 1962 | 10700 | 1:01:20 | 0:05:44 | 2 |
| 7 | Rittmeister, | Lutz | PHILIPS | 1959 | 10700 | 1:07:20 | 0:06:18 | 2 |
| 8 | Ackermann, | Siegfried | Haspa | 1960 | 10600 | 0:57:39 | 0:05:26 | 1 |
| 9 | Lever, | Patrick | Stern | 1961 | 10600 | 0:58:12 | 0:05:29 | 1 |
| 10 | Schulz, | Thomas | NDR | 1961 | 10600 | 0:59:18 | 0:05:36 | 1 |

1962 und älter**Silber Herren**

| | | | | | | | | |
|----|------------|-----------|---------------|------|-------|---------|---------|---|
| 1 | Jansen, | Thies | Airbus | 1971 | 21300 | 1:34:54 | 0:04:27 | 3 |
| 2 | Gresens, | Jan | Running Green | 1975 | 21300 | 1:38:16 | 0:04:37 | 3 |
| 3 | Krastev, | Ulli | BACARDI | 1969 | 21300 | 1:40:45 | 0:04:44 | 3 |
| 4 | Deren, | Slawomir | Energie SV | 1982 | 21300 | 1:41:11 | 0:04:45 | 3 |
| 5 | Fahje, | Daniel | Kravag | 1981 | 21300 | 1:41:47 | 0:04:47 | 3 |
| 6 | Banck, | Sönke | ERGOsports | 1967 | 21300 | 1:46:04 | 0:04:59 | 3 |
| 7 | Schie, van | John | Airbus | 1972 | 21300 | 1:46:53 | 0:05:01 | 3 |
| 8 | Ebel, | Thomas | NDR | 1965 | 21300 | 1:48:53 | 0:05:07 | 3 |
| 9 | Scholz, | Christian | Haspa | 1982 | 21300 | 1:52:25 | 0:05:17 | 3 |
| 10 | Lambracht, | Gerald | Stern | 1970 | 21300 | 1:53:41 | 0:05:20 | 3 |

1963 -1983**Herren**

| | | | | | | | | |
|----|--------------|------------|--------------|------|-------|---------|---------|---|
| 1 | Ingwersen, | Jan | Laufladen | 1992 | 21300 | 1:24:49 | 0:03:59 | 3 |
| 2 | Hoffmann, | Elias | Signal Iduna | 1996 | 21300 | 1:31:41 | 0:04:18 | 3 |
| 3 | Wilde, | Tim | HapagLloyd | 1985 | 21300 | 1:34:57 | 0:04:27 | 3 |
| 4 | Schnell, | Steffen | HapagLloyd | 1987 | 21300 | 1:42:54 | 0:04:50 | 3 |
| 5 | Gierach, | Nils | Zoll | 1986 | 17700 | 1:25:21 | 0:04:49 | 2 |
| 6 | Tramp, | Tobias | ERGOsports | 1993 | 10700 | 0:50:10 | 0:04:41 | 2 |
| 7 | Dieckmann, | Lukas | Laufwerk | 1985 | 10600 | 0:41:04 | 0:03:52 | 1 |
| 8 | Riebe, | Christoph | TH Eilbeck | 1994 | 10600 | 0:46:36 | 0:04:24 | 1 |
| 9 | Spangenberg, | Victor | HELM | 1988 | 10600 | 0:47:27 | 0:04:29 | 1 |
| 10 | Hildebrandt, | Maximilian | BBK | 1994 | 10600 | 0:47:43 | 0:04:30 | 1 |

1984 und jünger