

| Platz | Name, Vorname | Jg | Verein | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|-----------------------|------|------------------------------|-------------|--------------|-----------|
| 1 | Wenzel, Sascha | 1985 | PSV Eutin | 0:48:38,9 h | MHK | 870 |
| 2 | Ohlsen, Jakob | 1990 | ETSV Gut Heil Itzehoe | 0:49:28,0 h | MHK | 868 |
| 3 | Wilms, Lukas | 1984 | LC Solbad Ravensberg | 0:50:08,3 h | MHK | 869 |
| 4 | Gehb, David | 1983 | ASK München Süd | 0:50:36,3 h | MHK | 865 |
| 5 | Schönrock, Andreas | 1980 | MTV Gelting 08 | 0:53:19,6 h | M 30 | 838 |
| 6 | Müller, Martin | 1974 | | 0:53:48,8 h | M 35 | 841 |
| 7 | Levsen, Lars | 1988 | MTV Gelting 08 | 0:55:29,6 h | MHK | 866 |
| 8 | Bahr, Andreas | 1972 | TRIAS Bad Schwartau | 0:56:03,6 h | M 35 | 840 |
| 9 | Schönrock, Stephan | 1981 | MTV Gelting 08 | 0:56:20,3 h | MHK | 864 |
| 10 | Vollmann, Tim | 1970 | MTV Gelting 08 | 0:57:14,7 h | M 40 | 850 |
| 11 | Peter, Nils | 1968 | VfL Oldesloe | 0:57:17,6 h | M 40 | 845 |
| 12 | Bergmann, Juri | 1978 | | 0:57:35,4 h | M 30 | 836 |
| 13 | Poppitz, Steffen | 1967 | SG Wasserratten Norderstedt | 0:58:31,8 h | M 40 | 851 |
| 14 | Heidenreich, Markus | 1967 | TRIAS Bad Schwartau | 0:59:06,0 h | M 40 | 844 |
| 15 | Petersen, Ulrike | 1976 | SG Athletico Büdelsdorf | 1:00:28,4 h | W 30 | 819 |
| 16 | Bartsch, Margit | 1954 | SG Athletico Büdelsdorf | 1:00:58,4 h | W 55 | 821 |
| 17 | Bromberger, René | 1976 | | 1:01:03,1 h | M 30 | 835 |
| 18 | Kossek, Ralf | 1963 | SG Athletico Büdelsdorf | 1:01:42,1 h | M 45 | 857 |
| 19 | Müller, Karsten | 1969 | | 1:01:53,0 h | M 40 | 846 |
| 20 | Sachtler, Michael | 1974 | Borener SV | 1:02:39,1 h | M 35 | 842 |
| 21 | Diezmann, Verena | 1977 | TuS Holtenau Kiel | 1:04:39,4 h | W 30 | 816 |
| 22 | von Brehm, Karsten | 1963 | MTV Gelting 08 | 1:04:44,3 h | M 45 | 853 |
| 23 | Michaelsen, Hans-Jörg | 1965 | Deutsche Post ZB Flbg | 1:07:06,5 h | M 45 | 856 |
| 24 | Bergmann, Anke | 1979 | | 1:08:04,9 h | W 30 | 818 |
| 25 | Negel, Matthias | 1971 | TSV Bargteheide Tri | 1:09:08,1 h | M 35 | 839 |
| 26 | Richtsens, Jürgen | 1955 | TSV Sterup | 1:09:47,3 h | M 55 | 863 |
| 27 | Detlefsen, Hartmut | 1959 | MTV Gelting 08 | 1:10:14,0 h | M 50 | 860 |
| 28 | Michaelsen, Dennis | 1989 | SG Oeversee – Jarplund Wedir | 1:10:36,6 h | MHK | 867 |
| 29 | Kohrt, Johannes | 1956 | TSV Sterup | 1:10:39,5 h | M 55 | 967 |
| 30 | Kowal, Violetta | 1972 | VfL Oldesloe | 1:11:30,8 h | W 35 | 817 |