

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|------------------------|----|-----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Rueß, Matthias | 78 | Dannenberg Training | 0:30:04 h | 1 | M45-1 | ° | ° | 21 |
| 2 | Schnarr, Felix | 89 | RTSV Rendsburg | 0:33:17 h | 2 | M30-1 | ° | ° | 8 |
| 3 | Parlow, Malte | 94 | | 0:36:37 h | 3 | M-1 | ° | ° | 10 |
| 4 | Samuelson, Sven | 69 | Westerrönfelder Sportverein | 0:37:02 h | 4 | M50-1 | ° | ° | 16 |
| 5 | Jürgens, Matthias | 80 | Westerrönfelder Sportverein | 0:37:12 h | 5 | M40-1 | ° | ° | 13 |
| 6 | Kroll, Stephan | 58 | | 0:37:16 h | 6 | M65-1 | ° | ° | 23 |
| 7 | Agge, Claudia | 70 | LaTeLoMa | 0:38:05 h | ° | ° | 1 | W50-1 | 15 |
| 8 | Petersen, Maren | 78 | Spiridon Schleswig | 0:38:20 h | ° | ° | 2 | W45-1 | 9 |
| 9 | Groth, Andy | 75 | Westerrönfelder Sportverein | 0:38:58 h | 7 | M45-2 | ° | ° | 18 |
| 10 | Hebbeln, Hans-Otto | 59 | TuS Jevenstedt | 0:39:12 h | 8 | M60-1 | ° | ° | 7 |
| 11 | Betker, Benjamin | 79 | Westerrönfelder Sportverein | 0:40:02 h | 9 | M40-2 | ° | ° | 1 |
| 12 | Hahn, Nele | 03 | | 0:40:31 h | ° | ° | 3 | WJ U23-1 | 28 |
| 13 | Preuß, Julia | 74 | | 0:42:07 h | ° | ° | 4 | W45-2 | 26 |
| 14 | Klocke, Marion | 67 | LaTeLoMa | 0:44:32 h | ° | ° | 5 | W55-1 | 14 |
| 15 | Wachholz, Manfred | 63 | Westerrönfelder Sportverein | 0:45:05 h | 10 | M60-2 | ° | ° | 11 |
| 15 | Wachholz, Alexandra | 93 | | 0:45:05 h | ° | ° | 6 | W30-1 | 12 |
| 17 | Bargel, Mikkel | 12 | | 0:45:44 h | 11 | MK U12-1 | ° | ° | 25 |
| 18 | Wittwer, Katja | 82 | | 0:46:01 h | ° | ° | 7 | W40-1 | 17 |
| 19 | Meikies, Johanna Marie | 03 | | 0:46:13 h | ° | ° | 8 | WJ U23-2 | 27 |
| 20 | Schroeder, Norbert | 52 | ALG-VfL Bokel | 0:46:43 h | 12 | M70-1 | ° | ° | 22 |
| 21 | Parnow, Jürgen | 65 | Bredenbeker Rentiere | 0:51:11 h | 13 | M55-1 | ° | ° | 24 |