

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|----------------------|----|--------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Wesche, Henning | 86 | Tangstedt | 0:43:13 h | 1 | M35-1 | ° | ° | 165 |
| 2 | Detjens, Kevin | 92 | TSV Seestermüher Marsch | 0:43:51 h | 2 | M30-1 | ° | ° | 167 |
| 3 | Feidieker, Thomas | 82 | Tangstedt | 0:44:29 h | 3 | M40-1 | ° | ° | 173 |
| 4 | Petsch, Tobias | 81 | Tangstedt | 0:46:24 h | 4 | M40-2 | ° | ° | 166 |
| 4 | Kühn, Andreas | 86 | Tangstedt | 0:46:24 h | 4 | M35-2 | ° | ° | 170 |
| 6 | Schilling, Jutta | 74 | Hamburg | 0:51:01 h | ° | ° | 1 | W45-1 | 160 |
| 6 | Schilling, Sebastian | 74 | Hamburg | 0:51:01 h | 6 | M45-1 | ° | ° | 161 |
| 8 | Siersleben, Timo | 81 | Tangstedter Sportvereine | 1:05:12 h | 7 | M40-3 | ° | ° | 162 |
| 9 | Reiser, Cindy | 76 | HSV Stöckte | 1:15:34 h | ° | ° | 2 | W45-2 | 168 |
| 10 | Wirth, Johannes | 84 | Halstenbek | 1:26:54 h | 8 | M35-3 | ° | ° | 172 |