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| Name | | Brutto | | | Netto | | |
|------------|---------------------------------|--------------|---------------|-------------|--------------|---------------|-------------|
| 1. | 1267 Mehlberg, Marcus | 37:19 | 1. M20 | 1. M | 37:08 | 1. M20 | 1. M |
| 2. | 1677 Hoffmann de Ccahuana, S | 37:37 | 1. MJA | 2. M | 37:25 | 1. MJA | 2. M |
| 3. | 1576 Ehlers, Benjamin | 37:38 | 1. M30 | 3. M | 37:27 | 1. M30 | 3. M |
| 4. | 1036 Riekers, Johann | 41:02 | 1. M35 | 4. M | 40:51 | 1. M35 | 5. M |
| 5. | 1828 Harder, Sebastian | 41:04 | 2. M30 | 5. M | 40:49 | 2. M30 | 4. M |
| 6. | 1521 Matthiesen, Marcus | 42:55 | 2. M20 | 6. M | 42:36 | 2. M20 | 6. M |
| 7. | 1867 Hackenberger, Raimund | 43:12 | 1. M40 | 7. M | 42:58 | 1. M40 | 7. M |
| 8. | 1363 Probst, Benjamin | 43:18 | 3. M30 | 8. M | 43:05 | 3. M30 | 8. M |
| 9. | 1501 Schleret, Jean-Charles | 43:26 | 2. M35 | 9. M | 43:13 | 2. M35 | 9. M |
| 10. | 1532 Nüser, Katharina | 43:41 | 1. W20 | 1. W | 43:29 | 1. W20 | 1. W |
| 11. | 1837 Müller, Christoph | 44:21 | 1. M50 | 10. M | 43:54 | 1. M50 | 10. M |
| 12. | 1223 Clauder, Andreas | 44:53 | 3. M35 | 11. M | 44:27 | 3. M35 | 11. M |
| 13. | 1571 Schubert, Alexander | 44:56 | 4. M35 | 12. M | 44:42 | 4. M35 | 12. M |
| 14. | 1498 Jansen, Thies | 45:08 | 5. M35 | 13. M | 44:53 | 5. M35 | 13. M |
| 15. | 1522 Hamann, Piet | 45:44 | 2. M50 | 14. M | 45:28 | 2. M50 | 15. M |
| 16. | 1707 Strüfing, Marvin | 46:27 | 3. M20 | 15. M | 45:25 | 3. M20 | 14. M |
| 17. | 1252 Kutzner, Carsten | 46:56 | 6. M35 | 16. M | 46:28 | 6. M35 | 19. M |
| 18. | 1663 Schönwald, Erik | 46:59 | 2. M40 | 17. M | 46:29 | 2. M40 | 20. M |
| 19. | 1609 Hiller, Gudrun | 46:59 | 1. W40 | 2. W | 46:26 | 1. W40 | 2. W |
| 20. | 1812 Hof, Frederik-Jan | 47:03 | 4. M30 | 18. M | 45:50 | 4. M30 | 16. M |
| 21. | 1511 Dame, Ken | 47:21 | 4. M20 | 19. M | 46:41 | 5. M20 | 22. M |
| 22. | 1761 Dammann, Hauke | 47:21 | 7. M35 | 20. M | 46:36 | 7. M35 | 21. M |
| 23. | 1480 lümckemann, Dr. dirk | 47:23 | 1. M45 | 21. M | 46:51 | 1. M45 | 23. M |
| 24. | 1595 Bardowicks, Markus | 47:31 | 2. MJA | 22. M | 47:05 | 2. MJA | 25. M |
| 25. | 2382 Marschner, Jens | 47:36 | 5. M30 | 23. M | 46:14 | 5. M30 | 17. M |
| 26. | 1469 Tyart, Andreas | 47:37 | 6. M30 | 24. M | 47:13 | 6. M30 | 26. M |
| 27. | 1718 Fuchte, Jörg | 48:08 | 5. M20 | 25. M | 46:57 | 6. M20 | 24. M |
| 28. | 1097 Führmann, Tobias | 48:21 | 8. M35 | 26. M | 47:59 | 9. M35 | 29. M |
| 29. | 1768 Janssen, Jörn | 48:24 | 3. MJA | 27. M | 47:54 | 3. MJA | 28. M |
| 30. | 1112 Schoppe, Dennis | 48:42 | 7. M30 | 28. M | 48:25 | 7. M30 | 31. M |
| 31. | 1637 Rohlfs, Dirk | 48:44 | 3. M40 | 29. M | 48:23 | 3. M40 | 30. M |
| 32. | 1739 quast, jenning | 48:51 | 6. M20 | 30. M | 46:21 | 4. M20 | 18. M |
| 33. | 1799 Weber, Florian | 48:52 | 7. M20 | 31. M | 48:36 | 8. M20 | 33. M |
| 34. | 1690 Sprenger, Gordon | 48:57 | 8. M20 | 32. M | 48:34 | 7. M20 | 32. M |
| 35. | 1015 Schätzle, Timo | 49:03 | 9. M35 | 33. M | 48:44 | 10. M35 | 35. M |
| 36. | 1500 Frankenberger, Eckart | 49:08 | 4. M40 | 34. M | 48:54 | 5. M40 | 37. M |
| 37. | 1065 Andres, Karl | 49:38 | 3. M50 | 35. M | 49:25 | 3. M50 | 41. M |
| 38. | 1236 Matthies, Peter | 49:42 | 5. M40 | 36. M | 49:30 | 7. M40 | 45. M |
| 39. | 1708 Teinert, Michele | 49:45 | 10. M35 | 37. M | 49:25 | 11. M35 | 42. M |
| 40. | 1715 Ritzmann, Frank | 49:51 | 9. M20 | 38. M | 49:23 | 10. M20 | 40. M |
| 41. | 1035 Ofori, George | 49:57 | 2. M45 | 39. M | 49:40 | 2. M45 | 48. M |
| 42. | 1769 Janssen, Benny | 50:01 | 10. M20 | 40. M | 49:30 | 12. M20 | 44. M |
| 43. | 1607 Runge, Gregor | 50:10 | 4. MJA | 41. M | 49:34 | 4. MJA | 46. M |
| 44. | 1553 Dungs, Adrian | 50:12 | 11. M20 | 42. M | 48:38 | 9. M20 | 34. M |
| 45. | 1606 Wilk, Edgar | 50:13 | 11. M35 | 43. M | 47:43 | 8. M35 | 27. M |
| 46. | 1147 Zimmermann, Claas | 50:16 | 8. M30 | 44. M | 49:42 | 8. M30 | 49. M |
| 47. | 1674 Fründt, Thorben | 50:17 | 12. M20 | 45. M | 49:38 | 13. M20 | 47. M |
| 48. | 1636 Wente, Jana Kristin | 50:19 | 2. W20 | 3. W | 50:02 | 3. W20 | 4. W |
| 49. | 1407 Rostek, Andreas | 50:22 | 12. M35 | 46. M | 49:59 | 12. M35 | 50. M |
| 50. | 1884 Möller, Finn | 50:26 | 1. MJB | 47. M | 49:11 | 1. MJB | 39. M |
| 51. | 1453 Nübold, Henrik | 50:30 | 13. M35 | 48. M | 50:01 | 13. M35 | 51. M |
| 52. | 1899 Rossberg, Ralf | 50:43 | 13. M20 | 49. M | 50:30 | 15. M20 | 55. M |

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| 53. | 1737 Haensch, Johannes | 50:49 | 14. M20 | 50. M | 49:26 | 11. M20 | 43. M |
| 54. | 1813 Kienast, Mark | 50:49 | 14. M35 | 51. M | 50:26 | 14. M35 | 53. M |
| 55. | 1876 Timm, Hermann | 50:51 | 6. M40 | 52. M | 48:54 | 6. M40 | 38. M |
| 56. | 1272 Dorka, Nicolai | 51:11 | 7. M40 | 53. M | 48:53 | 4. M40 | 36. M |
| 57. | 1721 Holler, Julian | 51:11 | 9. M30 | 54. M | 50:36 | 10. M30 | 57. M |
| 58. | 1535 Sparks, Megan | 51:15 | 3. W20 | 4. W | 49:10 | 2. W20 | 3. W |
| 59. | 1322 Brückner, Tim | 51:23 | 15. M35 | 55. M | 50:47 | 15. M35 | 58. M |
| 60. | 1594 Küttner, Carsten | 51:27 | 16. M35 | 56. M | 51:09 | 16. M35 | 65. M |
| 61. | 1861 Kühl, Florian | 51:28 | 15. M20 | 57. M | 50:27 | 14. M20 | 54. M |
| 62. | 1346 Miljanovic, Vojo | 51:29 | 8. M40 | 58. M | 50:35 | 8. M40 | 56. M |
| 63. | 1510 Dame, Steve | 51:33 | 16. M20 | 59. M | 50:52 | 16. M20 | 61. M |
| 64. | 1512 Zabel, Oliver | 51:35 | 9. M40 | 60. M | 50:47 | 9. M40 | 59. M |
| 65. | 1350 Frost, Thorsten | 51:46 | 10. M30 | 61. M | 50:48 | 11. M30 | 60. M |
| 66. | 1840 Wulf, Markus | 51:52 | 17. M20 | 62. M | 51:06 | 18. M20 | 63. M |
| 67. | 1821 Simonsohn, Michael | 51:52 | 18. M20 | 63. M | 51:06 | 17. M20 | 62. M |
| 68. | 1723 Holm, Ansgar | 51:53 | 2. MJB | 64. M | 51:29 | 3. MJB | 70. M |
| 69. | 1617 Würfen, Max | 51:53 | 3. MJB | 65. M | 51:25 | 2. MJB | 67. M |
| 70. | 1504 Bohl, Roland | 51:58 | 3. M45 | 66. M | 51:27 | 3. M45 | 68. M |
| 71. | 1044 Schönwald, Björn | 52:07 | 17. M35 | 67. M | 51:36 | 19. M35 | 71. M |
| 72. | 1689 Tode, Kai | 52:23 | 10. M40 | 68. M | 52:00 | 11. M40 | 78. M |
| 73. | 1439 Fuge, Jens | 52:29 | 4. M45 | 69. M | 51:53 | 5. M45 | 74. M |
| 74. | 1327 Bruegger, Daniela | 52:32 | 4. W20 | 5. W | 52:32 | 5. W20 | 6. W |
| 75. | 1217 Krüger, Andrea | 52:41 | 5. W20 | 6. W | 51:04 | 4. W20 | 5. W |
| 76. | 1890 Fleckner, Jonas | 52:41 | 5. MJA | 70. M | 52:04 | 5. MJA | 79. M |
| 77. | 1320 Diener, Valeri | 52:46 | 11. M30 | 71. M | 52:12 | 14. M30 | 80. M |
| 78. | 1756 Zambergs, Jurijs | 52:57 | 18. M35 | 72. M | 51:29 | 18. M35 | 69. M |
| 79. | 1230 Kienappel, Robert | 52:57 | 11. M40 | 73. M | 52:20 | 12. M40 | 83. M |
| 80. | 1386 Höltgen, Stephan | 53:09 | 5. M45 | 74. M | 51:50 | 4. M45 | 73. M |
| 81. | 1838 Schleusener, Kay Niklas | 53:17 | 19. M20 | 75. M | 52:48 | 22. M20 | 88. M |
| 82. | 1817 Notland, Martin | 53:19 | 12. M30 | 76. M | 51:09 | 12. M30 | 64. M |
| 83. | 1301 Barnigeroth, Alexander | 53:19 | 20. M20 | 77. M | 52:27 | 20. M20 | 85. M |
| 84. | 1227 Götting, Tobias | 53:20 | 19. M35 | 78. M | 51:10 | 17. M35 | 66. M |
| 85. | 1680 Kühl, Torsten | 53:21 | 13. M30 | 79. M | 50:21 | 9. M30 | 52. M |
| 86. | 1539 Frerichs, Jens | 53:23 | 20. M35 | 80. M | 52:57 | 22. M35 | 90. M |
| 87. | 1675 nause, sarah louise | 53:23 | 6. W20 | 7. W | 52:45 | 6. W20 | 7. W |
| 88. | 1239 Schoppe, Manfred | 53:27 | 1. M60 | 81. M | 52:48 | 1. M60 | 89. M |
| 89. | 1452 Moeller, Henrik | 53:28 | 6. M45 | 82. M | 52:29 | 6. M45 | 86. M |
| 90. | 1076 Philp, joerg | 53:32 | 7. M45 | 83. M | 53:03 | 7. M45 | 92. M |
| 91. | 1101 Altrock, Andreas | 53:36 | 12. M40 | 84. M | 53:08 | 13. M40 | 94. M |
| 92. | 1875 Kurzke, Axel | 53:37 | 21. M35 | 85. M | 52:19 | 21. M35 | 82. M |
| 93. | 1895 Iwan, Nikolas | 53:38 | 21. M20 | 86. M | 51:59 | 19. M20 | 75. M |
| 94. | 1254 Raumann, Sven | 53:40 | 8. M45 | 87. M | 53:05 | 8. M45 | 93. M |
| 95. | 1122 Busl, Alexander | 53:47 | 14. M30 | 88. M | 52:22 | 15. M30 | 84. M |
| 96. | 1691 Kitzka, Heiko | 53:54 | 13. M40 | 89. M | 53:31 | 14. M40 | 99. M |
| 97. | 1395 Dietrich, Torsten | 53:54 | 14. M40 | 90. M | 51:59 | 10. M40 | 77. M |
| 98. | 1277 Böhnert, Johann Hinrich | 53:55 | 4. MJB | 91. M | 53:01 | 4. MJB | 91. M |
| 99. | 1808 bernitzki, stefan | 53:58 | 22. M35 | 92. M | 51:38 | 20. M35 | 72. M |
| 100. | 1499 Crocker, Kenneth | 54:04 | 4. M50 | 93. M | 53:29 | 4. M50 | 98. M |
| 101. | 1401 Fiedler, Marc | 54:04 | 22. M20 | 94. M | 53:20 | 23. M20 | 96. M |
| 102. | 1586 Erben, Ekkehard | 54:05 | 1. M80 | 95. M | 52:16 | 1. M80 | 81. M |
| 103. | 1714 Geissler, Andreas | 54:14 | 23. M20 | 96. M | 53:46 | 24. M20 | 102. M |
| 104. | 1643 Euwen, Philipp | 54:17 | 24. M20 | 97. M | 52:29 | 21. M20 | 87. M |

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| Name | | Brutto | | | Netto | | |
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| 105. | 1182 Zirklewski, Jörg | 54:17 | 15. M30 | 98. M | 51:59 | 13. M30 | 76. M |
| 106. | 1885 Jeschke, Fabian | 54:28 | | 99. M | 53:48 | | 103. M |
| 107. | 1820 Schättiger, Heike | 54:31 | 1. W45 | 8. W | 53:58 | 1. W45 | 9. W |
| 108. | 1440 Rieger, Jürgen | 54:39 | 15. M40 | 100. M | 53:55 | 15. M40 | 106. M |
| 109. | 1344 Rabsahl, Simone | 54:43 | 1. W30 | 9. W | 53:08 | 1. W30 | 8. W |
| 110. | 1814 krieger, tom | 54:49 | 16. M40 | 101. M | 54:19 | 16. M40 | 109. M |
| 111. | 1864 Fitzler, Veit | 54:50 | 17. M40 | 102. M | 54:20 | 17. M40 | 110. M |
| 112. | 1747 Wohlfromm, Björn | 54:51 | 16. M30 | 103. M | 53:54 | 18. M30 | 105. M |
| 113. | 1427 Fehr, Britta | 54:52 | 2. W45 | 10. W | 54:27 | 3. W45 | 15. W |
| 114. | 1438 Fuge, Nicole | 54:54 | 2. W40 | 11. W | 54:19 | 2. W40 | 14. W |
| 115. | 1028 Herzog, Jürgen | 54:57 | 2. M60 | 104. M | 53:15 | 2. M60 | 95. M |
| 116. | 1752 Landau, Dennis | 54:58 | 17. M30 | 105. M | 54:23 | 20. M30 | 113. M |
| 117. | 1554 Dürmeyer, Ann-Sophie | 54:59 | 1. WJA | 12. W | 54:19 | 1. WJA | 12. W |
| 118. | 1658 Darmstaedter, Marie-Del | 54:59 | 2. WJA | 13. W | 54:19 | 2. WJA | 13. W |
| 119. | 1213 Dietrich, Fabian | 55:00 | 18. M30 | 106. M | 53:37 | 17. M30 | 101. M |
| 120. | 1220 Ryniak, Raffael | 55:00 | 19. M30 | 107. M | 53:36 | 16. M30 | 100. M |
| 121. | 1009 Holmberg, Marko | 55:01 | 23. M35 | 108. M | 54:38 | 23. M35 | 120. M |
| 122. | 1088 Lagemann, Manuel | 55:02 | 9. M45 | 109. M | 53:28 | 9. M45 | 97. M |
| 123. | 1493 Birke, Mike | 55:04 | 20. M30 | 110. M | 54:35 | 22. M30 | 118. M |
| 124. | 1748 Kesenheimer, Philipp | 55:05 | 21. M30 | 111. M | 54:29 | 21. M30 | 117. M |
| 125. | 1000 Fischer, Joachim | 55:09 | 1. M55 | 112. M | 54:37 | 1. M55 | 119. M |
| 126. | 1358 Thomsen, Dirk | 55:12 | 10. M45 | 113. M | 54:23 | 11. M45 | 112. M |
| 127. | 1242 Waubke, Andreas | 55:13 | 24. M35 | 114. M | 54:52 | 26. M35 | 124. M |
| 128. | 1262 Haupt, Fredinand | 55:13 | 3. M60 | 115. M | 53:54 | 3. M60 | 104. M |
| 129. | 1641 Langenkamp, Ellen | 55:16 | 3. W45 | 14. W | 54:19 | 2. W45 | 11. W |
| 130. | 1640 Köncke, Klaus | 55:16 | 5. M50 | 116. M | 54:18 | 5. M50 | 108. M |
| 131. | 1751 Hiese, Nicolas | 55:18 | 5. MJB | 117. M | 54:47 | 5. MJB | 122. M |
| 132. | 1503 Nagel, Manfred | 55:23 | 6. M50 | 118. M | 55:01 | 7. M50 | 126. M |
| 133. | 1682 Dietrich, Peter | 55:25 | 1. M70 | 119. M | 55:06 | 1. M70 | 129. M |
| 134. | 1032 Engelbrecht-Schnür, Kla | 55:28 | 11. M45 | 120. M | 54:22 | 10. M45 | 111. M |
| 135. | 1647 Rosenow, Nadine | 55:33 | 2. W30 | 15. W | 54:08 | 2. W30 | 10. W |
| 136. | 1408 Fersch, Jasmin | 55:44 | 7. W20 | 16. W | 54:58 | 7. W20 | 16. W |
| 137. | 1825 Weis, Mathias | 55:49 | 7. M50 | 121. M | 54:26 | 6. M50 | 115. M |
| 138. | 1040 Lutz, Carola | 55:50 | 3. W40 | 17. W | 55:15 | 3. W40 | 18. W |
| 139. | 1299 Hellbusch, Fabian | 55:52 | 18. M40 | 122. M | 55:14 | 18. M40 | 132. M |
| 140. | 1410 Rubeck, Jan | 55:55 | 25. M20 | 123. M | 55:23 | 25. M20 | 138. M |
| 141. | 1523 Funke, Stephan | 55:56 | 22. M30 | 124. M | 54:09 | 19. M30 | 107. M |
| 142. | 1007 Bleckmann, Matthias | 55:58 | 19. M40 | 125. M | 55:39 | 19. M40 | 145. M |
| 143. | 1692 Ludwig, Hans-Peter | 55:59 | 25. M35 | 126. M | 54:51 | 25. M35 | 123. M |
| 144. | 1797 Meyer, Jens | 56:09 | 23. M30 | 127. M | 55:20 | 25. M30 | 135. M |
| 145. | 1283 Jähne, Jens | 56:10 | 12. M45 | 128. M | 55:15 | 15. M45 | 133. M |
| 146. | 1846 Fein, Dr. Nadine | 56:11 | 3. W30 | 18. W | 55:44 | 4. W30 | 20. W |
| 147. | 1847 Fuhlrott, Dr. Michael | 56:11 | 26. M20 | 129. M | 55:44 | 27. M20 | 147. M |
| 148. | 1495 Richter, Stefan | 56:12 | 13. M45 | 130. M | 54:23 | 12. M45 | 114. M |
| 149. | 1857 Gellrich, Andreas | 56:14 | 14. M45 | 131. M | 55:37 | 17. M45 | 144. M |
| 150. | 1360 Burghardt, Christoph | 56:16 | 26. M35 | 132. M | 55:58 | 31. M35 | 153. M |
| 151. | 1859 Koch, Ingmar | 56:17 | 27. M35 | 133. M | 54:40 | 24. M35 | 121. M |
| 152. | 1292 Augello, Michael | 56:17 | 24. M30 | 134. M | 55:06 | 24. M30 | 130. M |
| 153. | 1577 Engelmann, Frederic | 56:23 | 25. M30 | 135. M | 56:08 | 32. M30 | 158. M |
| 154. | 1772 Huber, Jan-Alexander | 56:26 | 28. M35 | 136. M | 55:34 | 29. M35 | 143. M |
| 155. | 1656 Peters, Marvin | 56:32 | 6. MJB | 137. M | 55:17 | 6. MJB | 134. M |
| 156. | 1587 Heik, Tim | 56:35 | 26. M30 | 138. M | 56:03 | 29. M30 | 154. M |

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| 157. | 1449 griem, gunnar | 56:36 | 27. M30 | 139. M | 56:03 | 30. M30 | 156. M |
| 158. | 1550 Peters, Andreas | 56:36 | 8. M50 | 140. M | 55:20 | 9. M50 | 136. M |
| 159. | 1436 Hausmann, Malte | 56:38 | 27. M20 | 141. M | 55:32 | 26. M20 | 142. M |
| 160. | 1229 Reiß, Norbert | 56:39 | 9. M50 | 142. M | 55:05 | 8. M50 | 128. M |
| 161. | 1669 Fuhrmann, Roland | 56:41 | 28. M30 | 143. M | 55:29 | 27. M30 | 141. M |
| 162. | 1710 Gerdau, Holger | 56:46 | 15. M45 | 144. M | 55:26 | 16. M45 | 139. M |
| 163. | 1652 Reinicke, Bernd | 56:46 | 20. M40 | 145. M | 55:52 | 20. M40 | 150. M |
| 164. | 1311 Sprenger, Mathias | 56:46 | 29. M30 | 146. M | 54:54 | 23. M30 | 125. M |
| 165. | 1414 Trzebiatowsky, Lars | 56:48 | 21. M40 | 147. M | 56:30 | 22. M40 | 167. M |
| 166. | 1659 Tuszynski, Uwe | 56:49 | 16. M45 | 148. M | 54:29 | 13. M45 | 116. M |
| 167. | 1020 strauch, andreas | 56:49 | 29. M35 | 149. M | 55:28 | 28. M35 | 140. M |
| 168. | 1458 Nübold, Christian | 56:52 | 30. M35 | 150. M | 56:20 | 33. M35 | 163. M |
| 169. | 1398 Sahlmann, Kai | 56:54 | 17. M45 | 151. M | 55:54 | 19. M45 | 151. M |
| 170. | 1661 Boox, Christoph | 56:59 | 30. M30 | 152. M | 56:12 | 33. M30 | 159. M |
| 171. | 1489 Wulf, Jannelena | 57:01 | 8. W20 | 19. W | 56:31 | 9. W20 | 25. W |
| 172. | 1742 wiede, sven | 57:04 | 31. M35 | 153. M | 56:25 | 34. M35 | 164. M |
| 173. | 1255 Raumann, Andrea | 57:06 | 4. W30 | 20. W | 56:29 | 5. W30 | 24. W |
| 174. | 1331 Hainzinger, Silke | 57:08 | 1. W35 | 21. W | 55:07 | 1. W35 | 17. W |
| 175. | 1719 Hoppe, Georg | 57:09 | 2. M55 | 154. M | 56:41 | 2. M55 | 170. M |
| 176. | 1402 Machleb, Henry | 57:09 | 31. M30 | 155. M | 56:08 | 31. M30 | 157. M |
| 177. | 1110 Alkenbrecher, Jan | 57:11 | 32. M35 | 156. M | 56:15 | 32. M35 | 162. M |
| 178. | 1196 Mauch, Hansjörg | 57:11 | 4. M60 | 157. M | 56:26 | 4. M60 | 165. M |
| 179. | 1316 Zimmermann, Klaus | 57:11 | 22. M40 | 158. M | 56:13 | 21. M40 | 160. M |
| 180. | 1339 Behrmann, Frank | 57:12 | 18. M45 | 159. M | 55:49 | 18. M45 | 149. M |
| 181. | 1416 Ninnemann, Constanze | 57:16 | 2. W35 | 22. W | 56:28 | 3. W35 | 23. W |
| 182. | 1347 Bruhn, Dirk | 57:20 | 19. M45 | 160. M | 55:57 | 20. M45 | 152. M |
| 183. | 1456 Wolff, Christian | 57:28 | 32. M30 | 161. M | 56:30 | 34. M30 | 166. M |
| 184. | 1013 Buchsteiner, Christine | 57:28 | 9. W20 | 23. W | 56:19 | 8. W20 | 21. W |
| 185. | 1589 Campos, Karin | 57:31 | 5. W30 | 24. W | 57:02 | 6. W30 | 29. W |
| 186. | 1528 Scheidemann, Dennis | 57:32 | 33. M35 | 162. M | 55:03 | 27. M35 | 127. M |
| 187. | 1037 Schepers, Francisca | 57:32 | 3. W35 | 25. W | 56:27 | 2. W35 | 22. W |
| 188. | 1379 Badners, Stefan | 57:33 | 34. M35 | 163. M | 55:41 | 30. M35 | 146. M |
| 189. | 1760 Bohl, Martin | 57:33 | 20. M45 | 164. M | 56:57 | 21. M45 | 177. M |
| 190. | 1237 Rehder, Beate | 57:36 | 4. W45 | 26. W | 57:02 | 4. W45 | 28. W |
| 191. | 1783 Soldatke, Christian | 57:36 | 21. M45 | 165. M | 55:14 | 14. M45 | 131. M |
| 192. | 1258 Gorek, Michael | 57:40 | 28. M20 | 166. M | 56:15 | 29. M20 | 161. M |
| 193. | 1735 Brockmüller, Ives | 57:43 | 33. M30 | 167. M | 55:22 | 26. M30 | 137. M |
| 194. | 1588 Bock, Timo | 57:44 | 34. M30 | 168. M | 57:11 | 39. M30 | 179. M |
| 195. | 1628 Kober, Christina | 57:47 | 6. W30 | 27. W | 55:32 | 3. W30 | 19. W |
| 196. | 1451 Nuschke, Lars | 57:48 | 35. M30 | 169. M | 56:39 | 36. M30 | 169. M |
| 197. | 1900 von Bennekom, Irma | 57:58 | 4. W40 | 28. W | 57:37 | 5. W40 | 33. W |
| 198. | 1308 Eickhof, Kai | 58:00 | 29. M20 | 170. M | 56:53 | 30. M20 | 175. M |
| 199. | 1633 Schnathmeier, Björn | 58:01 | 36. M30 | 171. M | 55:46 | 28. M30 | 148. M |
| 200. | 1626 Germann, Jasmin | 58:01 | 10. W20 | 29. W | 56:43 | 10. W20 | 27. W |
| 201. | 1630 Meyer, Lutz | 58:01 | 35. M35 | 172. M | 56:44 | 35. M35 | 171. M |
| 202. | 1579 Steiding, Gabriele | 58:02 | 1. W50 | 30. W | 57:05 | 1. W50 | 31. W |
| 203. | 1620 Schubert, Thomas | 58:11 | 36. M35 | 173. M | 56:49 | 38. M35 | 174. M |
| 204. | 1848 Kriszun, Michael | 58:13 | 30. M20 | 174. M | 57:25 | 32. M20 | 184. M |
| 205. | 1313 Bruns, Oliver | 58:17 | 31. M20 | 175. M | 56:03 | 28. M20 | 155. M |
| 206. | 1174 Harz, Christine | 58:27 | 5. W40 | 31. W | 56:43 | 4. W40 | 26. W |
| 207. | 1351 Conradi, Monika | 58:30 | 1. W55 | 32. W | 57:46 | 1. W55 | 35. W |
| 208. | 1683 Ediger, Mike | 58:34 | 37. M30 | 176. M | 56:54 | 37. M30 | 176. M |

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| 209. | 1256 Zinke, Hajü | 58:41 | 1. M65 | 177. M | 57:27 | 1. M65 | 186. M |
| 210. | 1484 Meister, Doris | 58:43 | 2. W50 | 33. W | 57:47 | 2. W50 | 36. W |
| 211. | 1779 Neumann, Jörn | 58:44 | 38. M30 | 178. M | 57:47 | 40. M30 | 190. M |
| 212. | 1251 Spiering, Beate | 58:46 | 5. W45 | 34. W | 58:07 | 6. W45 | 41. W |
| 213. | 1865 Gehrman, Kevin | 58:47 | 39. M30 | 179. M | 57:03 | 38. M30 | 178. M |
| 214. | 1435 Hopmann, Nils | 58:50 | 37. M35 | 180. M | 56:46 | 37. M35 | 173. M |
| 215. | 1433 Leicht, Steffen | 58:50 | 38. M35 | 181. M | 56:45 | 36. M35 | 172. M |
| 216. | 1271 Böhnert, Sönke | 58:50 | 22. M45 | 182. M | 57:29 | 23. M45 | 187. M |
| 217. | 1058 Kleinert, Jan | 58:52 | 39. M35 | 183. M | 58:07 | 40. M35 | 199. M |
| 218. | 1145 Rosenkranz, Antje | 58:54 | 6. W45 | 35. W | 57:03 | 5. W45 | 30. W |
| 219. | 1567 Kretzing, Sandra | 58:55 | 6. W40 | 36. W | 57:53 | 6. W40 | 37. W |
| 220. | 1369 Sineux, Christoph | 59:00 | 40. M30 | 184. M | 58:04 | 43. M30 | 197. M |
| 221. | 1384 van Tran, winny | 59:03 | 41. M30 | 185. M | 56:36 | 35. M30 | 168. M |
| 222. | 1470 Michalik, Sven | 59:14 | 23. M40 | 186. M | 57:15 | 23. M40 | 180. M |
| 223. | 1156 Heinsohn, Ralph | 59:16 | 24. M40 | 187. M | 58:01 | 26. M40 | 196. M |
| 224. | 1889 Brändle, Catrin | 59:19 | 7. W30 | 37. W | 57:35 | 7. W30 | 32. W |
| 225. | 1644 Timmer, Carsten | 59:20 | 25. M40 | 188. M | 58:13 | 27. M40 | 201. M |
| 226. | 1279 Müller, Magnus | 59:22 | 32. M20 | 189. M | 57:17 | 31. M20 | 181. M |
| 227. | 1002 Kerschek, Rainer | 59:23 | 23. M45 | 190. M | 57:19 | 22. M45 | 182. M |
| 228. | 1806 Anderson, Sarah-Lena | 59:23 | 11. W20 | 38. W | 58:05 | 12. W20 | 39. W |
| 229. | 1816 Lazardzig, Anna-Lena | 59:24 | 12. W20 | 39. W | 58:05 | 13. W20 | 40. W |
| 230. | 1063 Näder, Marco | 59:26 | 40. M35 | 191. M | 58:15 | 41. M35 | 204. M |
| 231. | 1878 Markus, Hans-Peter | 59:28 | 3. M55 | 192. M | 58:47 | 4. M55 | 218. M |
| 232. | 1472 Schulze, Katja | 59:31 | 13. W20 | 40. W | 57:46 | 11. W20 | 34. W |
| 233. | 1479 Ahlers, Anna Josephine | 59:33 | 8. W30 | 41. W | 58:41 | 9. W30 | 43. W |
| 234. | 1841 Knoop, Sven | 59:34 | 41. M35 | 193. M | 58:26 | 42. M35 | 207. M |
| 235. | 1881 von Schmeling, Philip | 59:37 | | 194. M | 58:15 | | 203. M |
| 236. | 1441 Wallbrecher, Thomas | 59:37 | 26. M40 | 195. M | 58:53 | 31. M40 | 220. M |
| 237. | 1335 Theißen, Sabine | 59:37 | 7. W40 | 42. W | 59:04 | 12. W40 | 51. W |
| 238. | 1568 Kretzing, André | 59:38 | 42. M30 | 196. M | 58:37 | 46. M30 | 211. M |
| 239. | 1471 Prädell, Juliane | 59:38 | 9. W30 | 43. W | 57:54 | 8. W30 | 38. W |
| 240. | 1491 Wilcken, Katarina | 59:39 | 14. W20 | 44. W | 58:54 | 15. W20 | 48. W |
| 241. | 1031 Behrens, Thomas | 59:40 | 24. M45 | 197. M | 58:39 | 26. M45 | 213. M |
| 242. | 1676 Schütte, Heiko | 59:40 | 33. M20 | 198. M | 57:33 | 33. M20 | 188. M |
| 243. | 1730 Weinhardt, Christoph | 59:41 | 27. M40 | 199. M | 59:10 | 34. M40 | 227. M |
| 244. | 1029 Stave, Sylvia | 59:43 | 8. W40 | 45. W | 58:56 | 10. W40 | 49. W |
| 245. | 1827 Bergstra, Gerben N. | 59:43 | 43. M30 | 200. M | 58:45 | 48. M30 | 216. M |
| 246. | 1704 Helk, Christian | 59:44 | 28. M40 | 201. M | 57:20 | 24. M40 | 183. M |
| 247. | 1021 Petscheli, Eberhard | 59:48 | 10. M50 | 202. M | 58:28 | 11. M50 | 208. M |
| 248. | 1393 Bartels, Carsten | 59:49 | 25. M45 | 203. M | 57:56 | 24. M45 | 195. M |
| 249. | 1645 Gade, Katja | 59:49 | 15. W20 | 46. W | 58:45 | 14. W20 | 46. W |
| 250. | 1564 Nordbrock, Carsten | 59:49 | 42. M35 | 204. M | 58:34 | 43. M35 | 209. M |
| 251. | 1646 Gade, Kerstin | 59:49 | 10. W30 | 47. W | 58:45 | 10. W30 | 47. W |
| 252. | 1509 Weintz, Mathias | 59:50 | 29. M40 | 205. M | 58:43 | 28. M40 | 214. M |
| 253. | 1790 Kujawski, Andrea | 59:50 | 9. W40 | 48. W | 58:42 | 8. W40 | 44. W |
| 254. | 1791 Möhrle, Nathalie | 59:51 | 10. W40 | 49. W | 58:43 | 9. W40 | 45. W |
| 255. | 1216 Burmeister, Daniel | 59:52 | 34. M20 | 206. M | 57:43 | 34. M20 | 189. M |
| 256. | 1763 Gaarz, Anne | 59:53 | 11. W40 | 50. W | 58:09 | 7. W40 | 42. W |
| 257. | 1728 Hatje, Lars | 59:53 | 26. M45 | 207. M | 58:19 | 25. M45 | 206. M |
| 258. | 1019 Spranger, Jens | 59:54 | 30. M40 | 208. M | 58:46 | 29. M40 | 217. M |
| 259. | 1777 Huckfeldt, Frank | 59:54 | 43. M35 | 209. M | 57:47 | 39. M35 | 191. M |
| 260. | 1849 Landgrebe, David | 59:57 | 31. M40 | 210. M | 57:26 | 25. M40 | 185. M |

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| 261. | 1584 Bösch, Thomas | 59:58 | 32. M40 | 211. M | 59:07 | 33. M40 | 224. M |
| 262. | 1074 Vierck, Heiko | 59:58 | 44. M35 | 212. M | 59:03 | 44. M35 | 223. M |
| 263. | 1326 Boesch, Frank | 59:59 | 45. M35 | 213. M | 59:08 | 45. M35 | 225. M |
| 264. | 1638 Meissner, Marco | 1:00:00 | 35. M20 | 214. M | 58:19 | 36. M20 | 205. M |
| 265. | 1488 Desai, James | 1:00:02 | 33. M40 | 215. M | 58:56 | 32. M40 | 221. M |
| 266. | 1361 Trompell, Jan | 1:00:04 | 34. M40 | 216. M | 59:43 | 35. M40 | 238. M |
| 267. | 1394 Zimdars, Nadine | 1:00:05 | 12. W40 | 51. W | 59:35 | 14. W40 | 59. W |
| 268. | 1318 Petermann, Dennis | 1:00:07 | 44. M30 | 217. M | 57:53 | 41. M30 | 193. M |
| 269. | 1796 Helwig, Wilfried | 1:00:07 | 11. M50 | 218. M | 58:04 | 10. M50 | 198. M |
| 270. | 1655 Winsemann, Anja | 1:00:08 | 13. W40 | 52. W | 59:02 | 11. W40 | 50. W |
| 271. | 1228 Gerdes, Alexander | 1:00:08 | 45. M30 | 219. M | 57:55 | 42. M30 | 194. M |
| 272. | 1888 Bendel, Ralf | 1:00:09 | 36. M20 | 220. M | 58:44 | 37. M20 | 215. M |
| 273. | 1694 Kühl, Uwe | 1:00:13 | 4. M55 | 221. M | 58:14 | 3. M55 | 202. M |
| 274. | 1477 Käding, Tanja | 1:00:14 | 11. W30 | 53. W | 59:42 | 15. W30 | 60. W |
| 275. | 1018 Haltenhoff, Thomas | 1:00:14 | 46. M30 | 222. M | 59:26 | 50. M30 | 231. M |
| 276. | 1623 Klebrowski, Andre | 1:00:20 | 37. M20 | 223. M | 59:40 | 40. M20 | 236. M |
| 277. | 1260 Rostock, Carola | 1:00:22 | 16. W20 | 54. W | 59:53 | 18. W20 | 63. W |
| 278. | 1094 Munstermann, Marco | 1:00:22 | 38. M20 | 224. M | 57:53 | 35. M20 | 192. M |
| 279. | 1334 Zeuzem, Peter | 1:00:23 | 46. M35 | 225. M | 59:30 | 48. M35 | 232. M |
| 280. | 1099 Zillessen, Birte | 1:00:31 | 4. W35 | 55. W | 59:45 | 4. W35 | 61. W |
| 281. | 1565 Widderich, Reimer | 1:00:35 | 35. M40 | 226. M | 58:49 | 30. M40 | 219. M |
| 282. | 1383 Stohrer, Jan | 1:00:36 | 47. M30 | 227. M | 58:11 | 44. M30 | 200. M |
| 283. | 1300 Petersen, Udo | 1:00:37 | 27. M45 | 228. M | 1:00:00 | 31. M45 | 243. M |
| 284. | 1345 Hemmie, Silke | 1:00:48 | 14. W40 | 56. W | 59:08 | 13. W40 | 52. W |
| 285. | 1184 Hoth, Meike | 1:00:50 | 15. W40 | 57. W | 59:50 | 15. W40 | 62. W |
| 286. | 1536 Alpers, Katja | 1:00:52 | 17. W20 | 58. W | 59:12 | 16. W20 | 53. W |
| 287. | 1866 Grote, Philipp | 1:00:55 | 39. M20 | 229. M | 59:18 | 39. M20 | 228. M |
| 288. | 1811 Haas, Aenne-Dore | 1:00:55 | 1. WJB | 59. W | 59:59 | 1. WJB | 64. W |
| 289. | 1832 Kern, Jürgen | 1:00:56 | 28. M45 | 230. M | 1:00:13 | 33. M45 | 249. M |
| 290. | 1831 Kern, Moritz | 1:00:56 | 7. MJB | 231. M | 1:00:13 | 8. MJB | 248. M |
| 291. | 1685 Rappold, Carina | 1:01:03 | 12. W30 | 60. W | 59:24 | 12. W30 | 55. W |
| 292. | 1891 Loosli, Beat | 1:01:03 | 36. M40 | 232. M | 1:00:29 | 37. M40 | 253. M |
| 293. | 1534 Schwenk, Markus | 1:01:03 | 47. M35 | 233. M | 1:00:04 | 50. M35 | 245. M |
| 294. | 1198 Behlau, Gregor | 1:01:03 | 48. M30 | 234. M | 58:38 | 47. M30 | 212. M |
| 295. | 1387 Medag, Thomas | 1:01:05 | 29. M45 | 235. M | 59:56 | 30. M45 | 241. M |
| 296. | 1648 Hansen, Lars | 1:01:06 | 49. M30 | 236. M | 58:37 | 45. M30 | 210. M |
| 297. | 1105 Riedel, Tina | 1:01:13 | 5. W35 | 61. W | 1:01:13 | 6. W35 | 72. W |
| 298. | 1575 Stempin, Patrick | 1:01:13 | 50. M30 | 237. M | 59:19 | 49. M30 | 229. M |
| 299. | 1516 Kutyniok, Marc | 1:01:15 | 48. M35 | 238. M | 59:24 | 47. M35 | 230. M |
| 300. | 1515 Klaschinsky, Jelena | 1:01:15 | 13. W30 | 62. W | 59:24 | 11. W30 | 54. W |
| 301. | 1412 Schewe, Bernd | 1:01:15 | 30. M45 | 239. M | 59:54 | 29. M45 | 240. M |
| 302. | 1826 Schmerkotte, Jochen | 1:01:17 | 37. M40 | 240. M | 1:00:15 | 36. M40 | 250. M |
| 303. | 1720 Bahl, Andre | 1:01:23 | 40. M20 | 241. M | 59:01 | 38. M20 | 222. M |
| 304. | 1370 Bartels, Hans-Jürgen | 1:01:24 | 5. M60 | 242. M | 1:00:52 | 5. M60 | 259. M |
| 305. | 1560 Seelig, Julia | 1:01:24 | 14. W30 | 63. W | 59:33 | 14. W30 | 58. W |
| 306. | 1745 Elvers, Joost | 1:01:29 | 8. MJB | 243. M | 59:35 | 7. MJB | 234. M |
| 307. | 1201 schilling, ulrike | 1:01:30 | 15. W30 | 64. W | 59:29 | 13. W30 | 57. W |
| 308. | 1807 Bachteler, Frieder | 1:01:31 | 6. M60 | 244. M | 1:01:02 | 6. M60 | 261. M |
| 309. | 1431 Reiter, Steffen | 1:01:34 | 31. M45 | 245. M | 1:00:06 | 32. M45 | 246. M |
| 310. | 1428 Frey, Michael | 1:01:37 | 49. M35 | 246. M | 59:09 | 46. M35 | 226. M |
| 311. | 1872 Schlüschen, Karin | 1:01:38 | 2. W55 | 65. W | 1:01:38 | 2. W55 | 80. W |
| 312. | 1755 Smolka, Jörg | 1:01:39 | 5. M55 | 247. M | 59:52 | 5. M55 | 239. M |

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| 313. | 1008 Gosau, Swantje | 1:01:46 | 18. W20 | 66. W | 59:27 | 17. W20 | 56. W |
| 314. | 1321 Nordmann, Michael | 1:01:50 | 51. M30 | 248. M | 1:00:20 | 51. M30 | 251. M |
| 315. | 1290 Schmidt, Stefanie | 1:01:53 | 19. W20 | 67. W | 1:00:32 | 19. W20 | 65. W |
| 316. | 1625 Fuhrmann, Florian | 1:01:54 | 41. M20 | 249. M | 1:00:26 | 42. M20 | 252. M |
| 317. | 1818 Ochsmann, Daniela | 1:01:54 | 20. W20 | 68. W | 1:01:08 | 21. W20 | 68. W |
| 318. | 1381 Meyer, Andre | 1:01:57 | 6. M55 | 250. M | 1:00:36 | 7. M55 | 255. M |
| 319. | 1696 Schön, René | 1:01:57 | 50. M35 | 251. M | 59:36 | 49. M35 | 235. M |
| 320. | 1784 Schulz, Felix | 1:01:58 | 32. M45 | 252. M | 59:35 | 27. M45 | 233. M |
| 321. | 1034 Mansfeld, Thomas | 1:01:59 | 33. M45 | 253. M | 59:40 | 28. M45 | 237. M |
| 322. | 1773 Ewert, Dirk | 1:02:01 | 38. M40 | 254. M | 1:00:59 | 39. M40 | 260. M |
| 323. | 1278 Burmeister, Heinz | 1:02:08 | 7. M55 | 255. M | 1:00:01 | 6. M55 | 244. M |
| 324. | 1464 Bruns, Michael | 1:02:11 | 12. M50 | 256. M | 1:00:37 | 12. M50 | 256. M |
| 325. | 1247 van Rossum-Benecke, And | 1:02:15 | 7. W45 | 69. W | 1:01:22 | 8. W45 | 75. W |
| 326. | 1158 Peterberns, Nicole | 1:02:15 | 6. W35 | 70. W | 1:01:10 | 5. W35 | 70. W |
| 327. | 1824 Waterstradt, Tilo | 1:02:20 | 42. M20 | 257. M | 1:00:00 | 41. M20 | 242. M |
| 328. | 1654 Neumann, Sandra | 1:02:21 | 21. W20 | 71. W | 1:01:00 | 20. W20 | 67. W |
| 329. | 1497 Brüß, Oliver | 1:02:26 | 39. M40 | 258. M | 1:00:30 | 38. M40 | 254. M |
| 330. | 1108 Tautz, Claus Oliver | 1:02:30 | 52. M30 | 259. M | 1:01:45 | 55. M30 | 268. M |
| 331. | 1109 Hunger, Maren | 1:02:30 | 16. W30 | 72. W | 1:01:45 | 18. W30 | 82. W |
| 332. | 1513 Wehner, Janina | 1:02:31 | 22. W20 | 73. W | 1:01:28 | 24. W20 | 79. W |
| 333. | 1642 Böhme, Claudia | 1:02:32 | 7. W35 | 74. W | 1:01:25 | 7. W35 | 76. W |
| 334. | 1446 Fütterer, Hinnerk | 1:02:36 | 34. M45 | 260. M | 1:01:18 | 35. M45 | 263. M |
| 335. | 1199 Schade, Sven | 1:02:37 | 51. M35 | 261. M | 1:00:13 | 51. M35 | 247. M |
| 336. | 1462 Schwarz, Nadine | 1:02:39 | 17. W30 | 75. W | 1:01:25 | 17. W30 | 77. W |
| 337. | 1265 Kröger, Martin | 1:02:42 | 35. M45 | 262. M | 1:01:12 | 34. M45 | 262. M |
| 338. | 1657 Bolz, Angela | 1:02:44 | 16. W40 | 76. W | 1:01:15 | 17. W40 | 73. W |
| 339. | 1527 Wegner, Heiko | 1:02:46 | 40. M40 | 263. M | 1:01:47 | 40. M40 | 270. M |
| 340. | 1454 Pünner, Björn | 1:02:48 | 41. M40 | 264. M | 1:02:00 | 42. M40 | 275. M |
| 341. | 1049 Pohl, Angela | 1:02:48 | 8. W45 | 77. W | 1:01:08 | 7. W45 | 69. W |
| 342. | 1114 Gebauer, Anke | 1:02:50 | 17. W40 | 78. W | 1:01:44 | 18. W40 | 81. W |
| 343. | 1629 Kühn, Julia | 1:02:50 | 18. W30 | 79. W | 1:00:35 | 16. W30 | 66. W |
| 344. | 1315 Schmidt, Stefan | 1:02:52 | 53. M30 | 265. M | 1:01:55 | 57. M30 | 273. M |
| 345. | 1017 Weigt, Norbert | 1:02:56 | 36. M45 | 266. M | 1:02:30 | 38. M45 | 280. M |
| 346. | 1834 Lutz, Carola | 1:02:56 | 18. W40 | 80. W | 1:01:10 | 16. W40 | 71. W |
| 347. | 1792 Przemus, Dana | 1:02:57 | 23. W20 | 81. W | 1:01:27 | 23. W20 | 78. W |
| 348. | 1786 Drühe, Markus | 1:03:03 | 52. M35 | 267. M | 1:00:42 | 52. M35 | 257. M |
| 349. | 1541 Svensson, Ole | 1:03:04 | 54. M30 | 268. M | 1:01:21 | 52. M30 | 264. M |
| 350. | 1241 Puck, Kai | 1:03:08 | 53. M35 | 269. M | 1:00:46 | 53. M35 | 258. M |
| 351. | 1514 Wehrmacher, Stephan | 1:03:10 | 42. M40 | 270. M | 1:02:26 | 44. M40 | 278. M |
| 352. | 1794 Pollähn, Arne | 1:03:19 | 55. M30 | 271. M | 1:01:23 | 53. M30 | 265. M |
| 353. | 1542 Vroegindeweiij, Anne | 1:03:23 | 24. W20 | 82. W | 1:01:20 | 22. W20 | 74. W |
| 354. | 1337 Bornholdt, Susanne | 1:03:29 | 3. W50 | 83. W | 1:02:24 | 3. W50 | 87. W |
| 355. | 1757 Scholz, Andrea | 1:03:29 | 19. W30 | 84. W | 1:02:06 | 20. W30 | 85. W |
| 356. | 1754 Dvoretzki, Andrej | 1:03:33 | 43. M20 | 272. M | 1:02:42 | 44. M20 | 287. M |
| 357. | 1444 Lorenz, Stefan | 1:03:33 | 43. M40 | 273. M | 1:02:40 | 46. M40 | 285. M |
| 358. | 1297 von Garnier, Volker | 1:03:33 | 37. M45 | 274. M | 1:02:31 | 39. M45 | 282. M |
| 359. | 1368 Haas, Clemens | 1:03:37 | 13. M50 | 275. M | 1:02:40 | 14. M50 | 286. M |
| 360. | 1390 Oberbillig, Daniel | 1:03:39 | 56. M30 | 276. M | 1:01:39 | 54. M30 | 267. M |
| 361. | 1850 Löhr, Stephan | 1:03:40 | 38. M45 | 277. M | 1:01:47 | 36. M45 | 269. M |
| 362. | 1776 Breese, Arndt | 1:03:42 | 44. M40 | 278. M | 1:01:57 | 41. M40 | 274. M |
| 363. | 1025 Meinecke, Isabel | 1:03:44 | 8. W35 | 85. W | 1:02:54 | 8. W35 | 88. W |
| 364. | 1467 Haskanli, Juliet | 1:03:44 | 20. W30 | 86. W | 1:02:55 | 21. W30 | 89. W |

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| 365. | 1281 | Herbst, Thomas | 1:03:53 | 57. M30 | 279. M | 1:01:49 | 56. M30 | 271. M |
| 366. | 1263 | Lemke, Holger | 1:03:58 | 45. M40 | 280. M | 1:02:30 | 45. M40 | 279. M |
| 367. | 1650 | Strothmann, Frank | 1:03:59 | 46. M40 | 281. M | 1:02:03 | 43. M40 | 276. M |
| 368. | 1209 | Petersen, Rene | 1:04:00 | 54. M35 | 282. M | 1:03:00 | 55. M35 | 294. M |
| 369. | 1091 | Nielson, Stefan | 1:04:00 | 44. M20 | 283. M | 1:01:31 | 43. M20 | 266. M |
| 370. | 1496 | Brüß, Meggy | 1:04:04 | 19. W40 | 87. W | 1:02:10 | 20. W40 | 86. W |
| 371. | 1557 | Essler, Anja | 1:04:06 | 20. W40 | 88. W | 1:01:54 | 19. W40 | 84. W |
| 372. | 1634 | Sternitzke, Anja | 1:04:07 | 21. W30 | 89. W | 1:01:52 | 19. W30 | 83. W |
| 373. | 1753 | Pfadler, Oliver | 1:04:09 | 39. M45 | 284. M | 1:02:55 | 42. M45 | 293. M |
| 374. | 1173 | Friedrich, Rainer | 1:04:12 | 14. M50 | 285. M | 1:01:52 | 13. M50 | 272. M |
| 375. | 1858 | Teinert, Tatjana | 1:04:17 | 21. W40 | 90. W | 1:03:55 | 24. W40 | 99. W |
| 376. | 1474 | Goldberger, Claus | 1:04:20 | 40. M45 | 286. M | 1:02:45 | 41. M45 | 288. M |
| 377. | 1039 | van Asperen, Saturnino | 1:04:21 | 45. M20 | 287. M | 1:02:47 | 45. M20 | 290. M |
| 378. | 1038 | Schloemann, Finn | 1:04:21 | 6. MJA | 288. M | 1:02:47 | 6. MJA | 289. M |
| 379. | 1319 | Geierhaas, Peter Michae | 1:04:22 | 7. M60 | 289. M | 1:03:59 | 8. M60 | 313. M |
| 380. | 2692 | jurkschat, bineta | 1:04:25 | 9. W45 | 91. W | 1:02:55 | 9. W45 | 90. W |
| 381. | 1066 | Hitz, Andy | 1:04:27 | 41. M45 | 290. M | 1:02:17 | 37. M45 | 277. M |
| 382. | 1894 | Petersson, Anders | 1:04:31 | 55. M35 | 291. M | 1:03:38 | 56. M35 | 299. M |
| 383. | 1711 | Kuhlmann, Wolfgang | 1:04:35 | 8. M60 | 292. M | 1:02:31 | 7. M60 | 281. M |
| 384. | 1649 | Franck, Jens Peter | 1:04:41 | 15. M50 | 293. M | 1:03:43 | 16. M50 | 301. M |
| 385. | 1468 | le Bell, Miriam | 1:04:42 | 9. W35 | 92. W | 1:03:07 | 9. W35 | 93. W |
| 386. | 1520 | Simon, Heiko | 1:04:44 | 46. M20 | 294. M | 1:02:54 | 46. M20 | 292. M |
| 387. | 1862 | Brüning, Roland | 1:04:48 | 42. M45 | 295. M | 1:02:36 | 40. M45 | 283. M |
| 388. | 1531 | Kley, Jana Kathrin | 1:04:50 | 25. W20 | 93. W | 1:03:00 | 25. W20 | 92. W |
| 389. | 1092 | Beckadolf, Anja | 1:04:50 | 22. W40 | 94. W | 1:03:17 | 21. W40 | 94. W |
| 390. | 1533 | Saggan, Malte | 1:04:51 | 58. M30 | 296. M | 1:03:51 | 62. M30 | 306. M |
| 391. | 1845 | Timm, Anna-Maria | 1:04:53 | 26. W20 | 95. W | 1:04:00 | 26. W20 | 102. W |
| 392. | 1041 | Kross, Michael | 1:04:53 | 43. M45 | 297. M | 1:03:52 | 43. M45 | 309. M |
| 393. | 1043 | Sawallich-Kross, Jana | 1:04:54 | 10. W35 | 96. W | 1:03:53 | 11. W35 | 98. W |
| 394. | 1336 | Bornholdt, Gerhard | 1:04:55 | 8. M55 | 298. M | 1:03:50 | 9. M55 | 305. M |
| 395. | 1731 | Mayer-Lindenberg, Anneg | 1:05:03 | 22. W30 | 97. W | 1:02:59 | 22. W30 | 91. W |
| 396. | 1211 | Beckmann, Ingo | 1:05:04 | 59. M30 | 299. M | 1:02:39 | 58. M30 | 284. M |
| 397. | 1673 | Burmeister, Axel | 1:05:05 | 56. M35 | 300. M | 1:02:47 | 54. M35 | 291. M |
| 398. | 1175 | Salchow-Paap, Dorothee | 1:05:05 | 23. W30 | 98. W | 1:04:11 | 23. W30 | 104. W |
| 399. | 1614 | Saggan, Felix | 1:05:05 | 47. M20 | 301. M | 1:04:05 | 48. M20 | 316. M |
| 400. | 1613 | Saggan, Wolfgang | 1:05:05 | 9. M55 | 302. M | 1:04:05 | 11. M55 | 315. M |
| 401. | 1246 | Mewes, Inga | 1:05:08 | 27. W20 | 99. W | 1:04:08 | 27. W20 | 103. W |
| 402. | 1204 | König, Frank | 1:05:09 | 44. M45 | 303. M | 1:03:54 | 44. M45 | 311. M |
| 403. | 1170 | Näder, Volkmar | 1:05:13 | 2. M65 | 304. M | 1:04:00 | 2. M65 | 314. M |
| 404. | 1366 | Oppolzer, Sebastian | 1:05:19 | 57. M35 | 305. M | 1:03:40 | 57. M35 | 300. M |
| 405. | 1855 | Wentzien, Tim | 1:05:25 | 48. M20 | 306. M | 1:03:52 | 47. M20 | 308. M |
| 406. | 1130 | Lindemann, Friedemann | 1:05:27 | 60. M30 | 307. M | 1:03:04 | 59. M30 | 295. M |
| 407. | 1854 | Hirt, Melissa | 1:05:29 | 3. WJA | 100. W | 1:03:56 | 3. WJA | 100. W |
| 408. | 1660 | Basteck, Reiner | 1:05:29 | 10. M55 | 308. M | 1:03:44 | 8. M55 | 303. M |
| 409. | 1540 | Sendt, Sven | 1:05:31 | 61. M30 | 309. M | 1:03:48 | 61. M30 | 304. M |
| 410. | 1429 | Zeidler, Franziska | 1:05:31 | 24. W30 | 101. W | 1:04:39 | 24. W30 | 109. W |
| 411. | 1750 | Kühn, Christine | 1:05:31 | 11. M55 | 310. M | 1:04:44 | 12. M55 | 324. M |
| 412. | 1128 | Lindner, Timo | 1:05:33 | 62. M30 | 311. M | 1:03:10 | 60. M30 | 296. M |
| 413. | 1713 | Schiwek, Susann | 1:05:37 | 11. W35 | 102. W | 1:03:30 | 10. W35 | 95. W |
| 414. | 1758 | Majewski, Viktor | 1:05:39 | 9. MJB | 312. M | 1:04:27 | 9. MJB | 319. M |
| 415. | 1759 | Majewski, Jerzy | 1:05:40 | 16. M50 | 313. M | 1:04:27 | 18. M50 | 320. M |
| 416. | 1185 | Kühl, Michael | 1:05:42 | 17. M50 | 314. M | 1:03:21 | 15. M50 | 297. M |

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| 417. 1168 Wolff, Gitta | 1:05:45 | 12. W35 | 103. W | 1:05:45 | 20. W35 | 129. W |
| 418. 1298 Krüger, Thorsten | 1:05:48 | 47. M40 | 315. M | 1:03:29 | 47. M40 | 298. M |
| 419. 1328 Seeger, Ole | 1:05:49 | 58. M35 | 316. M | 1:04:47 | 60. M35 | 325. M |
| 420. 1593 Gravenhorst, Julia | 1:05:52 | 13. W35 | 104. W | 1:04:22 | 12. W35 | 105. W |
| 421. 1240 Schupp, Sybille | 1:05:52 | 14. W35 | 105. W | 1:05:17 | 16. W35 | 118. W |
| 422. 1291 Nowak, Tanja | 1:05:54 | 23. W40 | 106. W | 1:03:37 | 23. W40 | 97. W |
| 423. 1804 Abbe, Björn | 1:05:54 | 59. M35 | 317. M | 1:03:44 | 58. M35 | 302. M |
| 424. 1365 Helms, Gunnar | 1:05:57 | 63. M30 | 318. M | 1:04:17 | 63. M30 | 318. M |
| 425. 1615 Niethus, Gudrun | 1:05:58 | 24. W40 | 107. W | 1:03:33 | 22. W40 | 96. W |
| 426. 1712 Müller, Jens | 1:06:00 | 60. M35 | 319. M | 1:03:54 | 59. M35 | 310. M |
| 427. 1273 Gohla, Michael | 1:06:04 | 12. M55 | 320. M | 1:03:52 | 10. M55 | 307. M |
| 428. 1478 Steinmaier, Astrid | 1:06:06 | 15. W35 | 108. W | 1:05:17 | 17. W35 | 120. W |
| 429. 1042 Sander, Nadine | 1:06:12 | 28. W20 | 109. W | 1:05:12 | 29. W20 | 113. W |
| 430. 1046 Warszta, Thomas | 1:06:12 | 61. M35 | 321. M | 1:06:12 | 62. M35 | 341. M |
| 431. 1047 Eller, Thomas | 1:06:15 | 18. M50 | 322. M | 1:04:15 | 17. M50 | 317. M |
| 432. 1286 Schröer, Birgit | 1:06:16 | 10. W45 | 110. W | 1:05:21 | 13. W45 | 122. W |
| 433. 1238 Sander, Axel-Kevin | 1:06:18 | 49. M20 | 323. M | 1:05:43 | 51. M20 | 332. M |
| 434. 1312 Steinkamp, Anke | 1:06:19 | 11. W45 | 111. W | 1:03:57 | 10. W45 | 101. W |
| 435. 1169 mabikounou, christina | 1:06:22 | 12. W45 | 112. W | 1:05:07 | 11. W45 | 112. W |
| 436. 1359 Brieger, Jörg | 1:06:28 | 48. M40 | 324. M | 1:03:55 | 48. M40 | 312. M |
| 437. 1224 Kaspers, Katja | 1:06:28 | 25. W40 | 113. W | 1:05:51 | 30. W40 | 132. W |
| 438. 1187 Hecke, Wolfgang | 1:06:28 | 45. M45 | 325. M | 1:04:41 | 46. M45 | 322. M |
| 439. 1341 Knoll, Stephanie | 1:06:28 | 16. W35 | 114. W | 1:04:46 | 14. W35 | 110. W |
| 440. 1702 Schmidt, Eckhard | 1:06:35 | 46. M45 | 326. M | 1:04:29 | 45. M45 | 321. M |
| 441. 1378 Lemke, Antonie | 1:06:36 | 26. W40 | 115. W | 1:04:32 | 25. W40 | 107. W |
| 442. 1693 Schepers, Manfred | 1:06:41 | 47. M45 | 327. M | 1:05:34 | 47. M45 | 329. M |
| 443. 1809 Bräuer, Sabine | 1:06:50 | 4. W50 | 116. W | 1:05:18 | 4. W50 | 121. W |
| 444. 1538 Eckert, Tilman | 1:06:50 | 49. M40 | 328. M | 1:05:18 | 49. M40 | 327. M |
| 445. 1767 Zahn, Angela | 1:06:55 | 29. W20 | 117. W | 1:04:29 | 28. W20 | 106. W |
| 446. 1303 Dedert, Anke | 1:07:01 | 17. W35 | 118. W | 1:04:36 | 13. W35 | 108. W |
| 447. 1100 Becker, Heike | 1:07:02 | 27. W40 | 119. W | 1:06:24 | 34. W40 | 144. W |
| 448. 1800 Hottenrott, Mario | 1:07:02 | 50. M20 | 329. M | 1:05:06 | 49. M20 | 326. M |
| 449. 1222 Clauder, Katrin | 1:07:07 | 18. W35 | 120. W | 1:05:27 | 18. W35 | 125. W |
| 450. 1548 Dehn, Andrea | 1:07:08 | 28. W40 | 121. W | 1:04:58 | 26. W40 | 111. W |
| 451. 1665 Peters, Michaela | 1:07:09 | 29. W40 | 122. W | 1:05:26 | 28. W40 | 123. W |
| 452. 1705 Mayensohn, Yvonne | 1:07:09 | 19. W35 | 123. W | 1:06:20 | 22. W35 | 140. W |
| 453. 1517 Palme, Frederik | 1:07:12 | 19. M50 | 330. M | 1:06:00 | 21. M50 | 337. M |
| 454. 1083 Steyreiff, Angela | 1:07:13 | 13. W45 | 124. W | 1:05:15 | 12. W45 | 116. W |
| 455. 1727 Rehbach, Joana | 1:07:15 | 25. W30 | 125. W | 1:05:36 | 26. W30 | 126. W |
| 456. 1486 Wieben, Diana | 1:07:16 | 26. W30 | 126. W | 1:06:23 | 27. W30 | 142. W |
| 457. 1380 Hentschel, Anuschka | 1:07:18 | 30. W20 | 127. W | 1:05:57 | 32. W20 | 134. W |
| 458. 1107 Schmidtke, Sabine | 1:07:21 | 30. W40 | 128. W | 1:06:43 | 37. W40 | 152. W |
| 459. 1699 Müting, Christina | 1:07:23 | 20. W35 | 129. W | 1:05:15 | 15. W35 | 115. W |
| 460. 1558 Schumann, Sinje | 1:07:27 | 31. W40 | 130. W | 1:05:16 | 27. W40 | 117. W |
| 461. 1507 Egger, Susanne | 1:07:28 | 32. W40 | 131. W | 1:05:53 | 31. W40 | 133. W |
| 462. 1732 Riel-Wittekind, Silke | 1:07:30 | 33. W40 | 132. W | 1:06:02 | 33. W40 | 136. W |
| 463. 1356 Krause, Sina | 1:07:32 | 4. WJA | 133. W | 1:05:46 | 4. WJA | 131. W |
| 464. 1543 Mull, Wolfgang | 1:07:32 | 9. M60 | 331. M | 1:05:47 | 9. M60 | 333. M |
| 465. 1544 Titze, Jörg | 1:07:33 | 20. M50 | 332. M | 1:05:49 | 19. M50 | 334. M |
| 466. 1734 Seligmann, Gabriele | 1:07:33 | 5. W50 | 134. W | 1:06:10 | 5. W50 | 138. W |
| 467. 1835 Maaß, Roland | 1:07:35 | 50. M40 | 333. M | 1:06:22 | 50. M40 | 344. M |
| 468. 1635 Tuchel, Anett | 1:07:41 | 27. W30 | 135. W | 1:05:17 | 25. W30 | 119. W |

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| 469. 1729 John, Carmen | 1:07:42 | 14. W45 | 136. W | 1:06:24 | 16. W45 | 143. W |
| 470. 1155 Meinelt, Katrin | 1:07:43 | 31. W20 | 137. W | 1:05:13 | 30. W20 | 114. W |
| 471. 1604 Diedrichsen, Tobias | 1:07:43 | 51. M20 | 334. M | 1:06:07 | 52. M20 | 339. M |
| 472. 1603 Diedrichsen, Andreas | 1:07:44 | 62. M35 | 335. M | 1:06:06 | 61. M35 | 338. M |
| 473. 1149 Fust, Karin | 1:07:44 | 34. W40 | 138. W | 1:05:58 | 32. W40 | 135. W |
| 474. 1851 Lahl, Sabine | 1:07:44 | 15. W45 | 139. W | 1:05:46 | 14. W45 | 130. W |
| 475. 1194 Clausen, Björn | 1:07:45 | 64. M30 | 336. M | 1:04:43 | 64. M30 | 323. M |
| 476. 1466 Groot, Ferry | 1:07:45 | 65. M30 | 337. M | 1:05:33 | 65. M30 | 328. M |
| 477. 1056 Baehr, Veronik | 1:07:46 | 35. W40 | 140. W | 1:07:19 | 39. W40 | 162. W |
| 478. 1463 Prillwitz, Andy | 1:07:46 | 52. M20 | 338. M | 1:05:35 | 50. M20 | 330. M |
| 479. 1839 Schlüter, Ulrike | 1:07:47 | 16. W45 | 141. W | 1:06:14 | 15. W45 | 139. W |
| 480. 1596 Matthiesen, Anne | 1:07:48 | 36. W40 | 142. W | 1:05:26 | 29. W40 | 124. W |
| 481. 1852 Vanselow, Steffe | 1:07:50 | 48. M45 | 339. M | 1:05:51 | 48. M45 | 335. M |
| 482. 1563 Kuhnimhof, Martina | 1:07:50 | 37. W40 | 143. W | 1:06:39 | 35. W40 | 149. W |
| 483. 1597 Bartholomäus, Anke | 1:07:54 | 28. W30 | 144. W | 1:06:50 | 29. W30 | 158. W |
| 484. 1795 Leclerc, Anncathrin | 1:07:54 | 17. W45 | 145. W | 1:07:34 | 19. W45 | 165. W |
| 485. 1701 Falkenhagen-Kock, Ute | 1:07:55 | 18. W45 | 146. W | 1:06:36 | 18. W45 | 148. W |
| 486. 1030 Pohlki, Silke | 1:07:55 | 21. W35 | 147. W | 1:06:43 | 24. W35 | 151. W |
| 487. 1413 Feja, Alice | 1:07:56 | 22. W35 | 148. W | 1:07:38 | 27. W35 | 166. W |
| 488. 1566 wiggers, jessica | 1:07:57 | 1. W80 | 149. W | 1:06:28 | 1. W80 | 145. W |
| 489. 1775 Borrman, Katharina | 1:07:58 | 32. W20 | 150. W | 1:05:42 | 31. W20 | 128. W |
| 490. 1120 Wehmann, Maja | 1:07:58 | 29. W30 | 151. W | 1:06:53 | 30. W30 | 159. W |
| 491. 1703 Weiland, Birgitta | 1:07:59 | 38. W40 | 152. W | 1:06:40 | 36. W40 | 150. W |
| 492. 1700 Uecker, Gerd | 1:08:01 | 21. M50 | 340. M | 1:05:53 | 20. M50 | 336. M |
| 493. 1357 Jesenck, Holger | 1:08:02 | 49. M45 | 341. M | 1:06:16 | 49. M45 | 343. M |
| 494. 1304 Mumm, Carsten | 1:08:04 | 66. M30 | 342. M | 1:05:40 | 66. M30 | 331. M |
| 495. 1302 Bobb, Simone | 1:08:04 | 23. W35 | 153. W | 1:05:38 | 19. W35 | 127. W |
| 496. 1330 Drewes, Melanie | 1:08:05 | 33. W20 | 154. W | 1:06:44 | 34. W20 | 154. W |
| 497. 1329 Bringmann, Svenja | 1:08:05 | 34. W20 | 155. W | 1:06:43 | 33. W20 | 153. W |
| 498. 1144 Rosenkranz, Rolf | 1:08:05 | 22. M50 | 343. M | 1:06:15 | 22. M50 | 342. M |
| 499. 1295 Zielinski, Günter | 1:08:06 | 10. M60 | 344. M | 1:07:27 | 10. M60 | 361. M |
| 500. 1601 Beutel, Svenja | 1:08:10 | 30. W30 | 156. W | 1:06:33 | 28. W30 | 146. W |
| 501. 1352 Wortberg, Andrea | 1:08:11 | 19. W45 | 157. W | 1:06:35 | 17. W45 | 147. W |
| 502. 1353 Eichhorn, Andreas | 1:08:12 | 50. M45 | 345. M | 1:06:36 | 50. M45 | 346. M |
| 503. 1547 Simon, Markus | 1:08:12 | 51. M45 | 346. M | 1:06:38 | 51. M45 | 347. M |
| 504. 1113 Abuah, Anthony | 1:08:14 | 52. M45 | 347. M | 1:07:08 | 53. M45 | 358. M |
| 505. 1014 Kröger, Yvonne | 1:08:16 | 24. W35 | 158. W | 1:06:47 | 25. W35 | 155. W |
| 506. 1780 Reuß, Andreas | 1:08:22 | 67. M30 | 348. M | 1:06:08 | 67. M30 | 340. M |
| 507. 1778 Mennenga, Silke | 1:08:23 | 25. W35 | 159. W | 1:06:09 | 21. W35 | 137. W |
| 508. 1670 McCoy, Tiffany | 1:08:26 | 35. W20 | 160. W | 1:07:03 | 35. W20 | 160. W |
| 509. 1668 Werner, Stefan | 1:08:29 | 68. M30 | 349. M | 1:07:55 | 70. M30 | 366. M |
| 510. 1666 Albers, Heike | 1:08:33 | 26. W35 | 161. W | 1:06:22 | 23. W35 | 141. W |
| 511. 1455 Richter, Bernd | 1:08:34 | 63. M35 | 350. M | 1:07:04 | 66. M35 | 355. M |
| 512. 1150 Czinczel, Frank | 1:08:34 | 53. M45 | 351. M | 1:07:04 | 52. M45 | 354. M |
| 513. 1399 seifert, claudia | 1:08:40 | 39. W40 | 162. W | 1:06:48 | 38. W40 | 157. W |
| 514. 1400 seifert, ralph | 1:08:40 | 51. M40 | 352. M | 1:06:48 | 51. M40 | 350. M |
| 515. 1697 Moses, Petra | 1:08:40 | 27. W35 | 163. W | 1:06:48 | 26. W35 | 156. W |
| 516. 1442 reichl, rene | 1:08:41 | 69. M30 | 353. M | 1:07:06 | 68. M30 | 357. M |
| 517. 1274 Knoop, Peter | 1:08:44 | 3. M65 | 354. M | 1:06:46 | 3. M65 | 349. M |
| 518. 1621 Lubomierski, Maike | 1:08:49 | 28. W35 | 164. W | 1:07:46 | 28. W35 | 169. W |
| 519. 1765 Ostermann, Tanja | 1:08:52 | 29. W35 | 165. W | 1:08:15 | 30. W35 | 179. W |
| 520. 1205 Aberle, Jens | 1:08:56 | 64. M35 | 355. M | 1:07:01 | 64. M35 | 352. M |

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| 521. 1053 Verbeet, Markus | 1:08:56 | 65. M35 | 356. M | 1:07:02 | 65. M35 | 353. M |
| 522. 1052 Gille, Justus | 1:08:58 | 66. M35 | 357. M | 1:07:05 | 67. M35 | 356. M |
| 523. 1823 Maurer, Thomas | 1:09:00 | 23. M50 | 358. M | 1:06:35 | 23. M50 | 345. M |
| 524. 1892 Fries, Sven | 1:09:01 | 24. M50 | 359. M | 1:08:46 | 27. M50 | 381. M |
| 525. 1672 Alegre, Björn | 1:09:01 | 67. M35 | 360. M | 1:06:44 | 63. M35 | 348. M |
| 526. 1860 Jeising, Karin | 1:09:07 | 20. W45 | 166. W | 1:07:41 | 20. W45 | 167. W |
| 527. 1011 Meins, Jon | 1:09:07 | 4. M65 | 361. M | 1:07:59 | 4. M65 | 369. M |
| 528. 1871 tubach, dirk | 1:09:09 | 52. M40 | 362. M | 1:06:50 | 52. M40 | 351. M |
| 529. 1722 Holm, Freya | 1:09:10 | 2. WJB | 167. W | 1:08:45 | 2. WJB | 185. W |
| 530. 1117 Mohamad, Sherim | 1:09:11 | 31. W30 | 168. W | 1:08:05 | 34. W30 | 175. W |
| 531. 1193 Friehe, Heiko | 1:09:12 | 68. M35 | 363. M | 1:07:16 | 68. M35 | 360. M |
| 532. 1880 Maß, Mareike | 1:09:13 | 36. W20 | 169. W | 1:07:21 | 36. W20 | 163. W |
| 533. 1740 Struwe, Claudia | 1:09:27 | 40. W40 | 170. W | 1:07:55 | 41. W40 | 173. W |
| 534. 1574 Hehnen, Tobias | 1:09:29 | 70. M30 | 364. M | 1:08:26 | 73. M30 | 377. M |
| 535. 1573 Poloschek, Sandra | 1:09:29 | 37. W20 | 171. W | 1:08:26 | 40. W20 | 182. W |
| 536. 1492 Hunfeld, Sabine | 1:09:29 | 38. W20 | 172. W | 1:07:33 | 37. W20 | 164. W |
| 537. 1874 Demler, Claudia | 1:09:30 | 32. W30 | 173. W | 1:07:14 | 31. W30 | 161. W |
| 538. 1873 Bargest, Frank | 1:09:30 | 71. M30 | 365. M | 1:07:13 | 69. M30 | 359. M |
| 539. 1146 von Appen, Jens | 1:09:32 | 53. M40 | 366. M | 1:07:40 | 53. M40 | 362. M |
| 540. 1494 Lehmann, Sven | 1:09:34 | 54. M40 | 367. M | 1:07:52 | 54. M40 | 364. M |
| 541. 1733 westberg-heuer, daniela | 1:09:37 | 39. W20 | 174. W | 1:07:54 | 38. W20 | 172. W |
| 542. 1529 Kreipe, Sven | 1:09:37 | 72. M30 | 368. M | 1:08:08 | 71. M30 | 372. M |
| 543. 1364 Sträter, Jens | 1:09:45 | 55. M40 | 369. M | 1:09:05 | 58. M40 | 385. M |
| 544. 1473 Heisterhagen, Andrea | 1:09:47 | 21. W45 | 175. W | 1:08:22 | 21. W45 | 180. W |
| 545. 1275 Rinow-Gumpricht, Andrea | 1:09:49 | 41. W40 | 176. W | 1:08:12 | 42. W40 | 178. W |
| 546. 1590 usinger, andrea | 1:09:50 | 22. W45 | 177. W | 1:08:25 | 22. W45 | 181. W |
| 547. 1610 Mardt, Britta | 1:09:52 | 40. W20 | 178. W | 1:08:06 | 39. W20 | 177. W |
| 548. 1608 Doering, Myriam | 1:09:52 | 33. W30 | 179. W | 1:08:06 | 35. W30 | 176. W |
| 549. 1134 Mollowitz, Maren | 1:09:55 | 34. W30 | 180. W | 1:07:52 | 33. W30 | 170. W |
| 550. 1125 Dräger, Antje | 1:09:56 | 42. W40 | 181. W | 1:07:53 | 40. W40 | 171. W |
| 551. 1305 Domröse, Bernd-Michael | 1:09:57 | 25. M50 | 370. M | 1:07:48 | 24. M50 | 363. M |
| 552. 1104 Neubauer, Anna | 1:09:58 | 30. W35 | 182. W | 1:07:56 | 29. W35 | 174. W |
| 553. 1140 Wuller, Stella | 1:10:03 | 31. W35 | 183. W | 1:08:48 | 31. W35 | 186. W |
| 554. 1631 Penzler, Anja | 1:10:09 | 2. W80 | 184. W | 1:08:40 | 2. W80 | 184. W |
| 555. 1518 Haase, Guenter | 1:10:10 | 54. M45 | 371. M | 1:07:54 | 54. M45 | 365. M |
| 556. 1524 Ovenbeck, Ralph | 1:10:12 | 13. M55 | 372. M | 1:07:59 | 13. M55 | 370. M |
| 557. 1519 Hoffmann, Jürgen | 1:10:13 | 55. M45 | 373. M | 1:07:56 | 55. M45 | 367. M |
| 558. 1600 Haase, Andreas | 1:10:13 | 26. M50 | 374. M | 1:07:57 | 25. M50 | 368. M |
| 559. 1605 Herz, Susanne | 1:10:15 | 23. W45 | 185. W | 1:09:28 | 24. W45 | 193. W |
| 560. 1424 Sting, Christoph | 1:10:16 | 56. M40 | 375. M | 1:08:26 | 55. M40 | 378. M |
| 561. 1250 Carus, Michael | 1:10:19 | 57. M40 | 376. M | 1:08:27 | 56. M40 | 379. M |
| 562. 1171 Klüß, Reinhold | 1:10:19 | 14. M55 | 377. M | 1:08:04 | 14. M55 | 371. M |
| 563. 1148 Hack, Thorsten | 1:10:24 | 58. M40 | 378. M | 1:10:03 | 60. M40 | 394. M |
| 564. 1127 Romeike, Andrea | 1:10:24 | 24. W45 | 186. W | 1:10:00 | 26. W45 | 200. W |
| 565. 1822 Stuewer, Mathias | 1:10:30 | 27. M50 | 379. M | 1:08:11 | 26. M50 | 373. M |
| 566. 1126 Dröge, Katrin | 1:10:33 | 6. W50 | 187. W | 1:10:08 | 7. W50 | 203. W |
| 567. 1411 Schewe, Claudia | 1:10:34 | 43. W40 | 188. W | 1:09:12 | 45. W40 | 191. W |
| 568. 1306 Broszeit, Peter | 1:10:43 | 56. M45 | 380. M | 1:08:20 | 56. M45 | 374. M |
| 569. 1801 Lorenz, Klaus | 1:10:49 | 15. M55 | 381. M | 1:08:50 | 15. M55 | 382. M |
| 570. 1582 Köppen, Wulf | 1:10:53 | 73. M30 | 382. M | 1:08:25 | 72. M30 | 375. M |
| 571. 1180 Patzker, Norbert | 1:10:53 | 57. M45 | 383. M | 1:08:25 | 57. M45 | 376. M |
| 572. 1178 Granzow, Johannes | 1:10:54 | 10. MJB | 384. M | 1:09:01 | 10. MJB | 383. M |

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| 573. 1537 Dungs, Silka | 1:10:55 | 25. W45 | 189. W | 1:08:57 | 23. W45 | 187. W |
| 574. 1118 Parthum, Jacqueline | 1:10:58 | 32. W35 | 190. W | 1:09:42 | 32. W35 | 197. W |
| 575. 1119 Schreiber, Raul | 1:11:00 | 69. M35 | 385. M | 1:09:43 | 69. M35 | 389. M |
| 576. 1244 vogel, petra | 1:11:03 | 44. W40 | 191. W | 1:08:35 | 43. W40 | 183. W |
| 577. 1803 Gojak, Ivana | 1:11:07 | 41. W20 | 192. W | 1:09:11 | 41. W20 | 190. W |
| 578. 1802 Lorenz, Petra | 1:11:07 | 7. W50 | 193. W | 1:09:07 | 6. W50 | 188. W |
| 579. 1771 Salge, Dr. Matthias | 1:11:12 | 58. M45 | 386. M | 1:08:41 | 58. M45 | 380. M |
| 580. 1195 Wicht, Ilona | 1:11:14 | 45. W40 | 194. W | 1:09:57 | 48. W40 | 199. W |
| 581. 1485 Moran, Goetz | 1:11:17 | 59. M40 | 387. M | 1:09:02 | 57. M40 | 384. M |
| 582. 1598 Held, Kristin | 1:11:18 | 42. W20 | 195. W | 1:10:28 | 45. W20 | 208. W |
| 583. 1129 Franz, Nicole | 1:11:27 | 46. W40 | 196. W | 1:09:08 | 44. W40 | 189. W |
| 584. 1810 Ernst, Britta | 1:11:29 | 26. W45 | 197. W | 1:09:51 | 25. W45 | 198. W |
| 585. 1243 Kuschert, Rüdiger | 1:11:31 | 28. M50 | 388. M | 1:10:44 | 31. M50 | 404. M |
| 586. 1856 Berg, Christine | 1:11:34 | 47. W40 | 198. W | 1:11:08 | 50. W40 | 216. W |
| 587. 1562 Garbade, Jan | 1:11:39 | 70. M35 | 389. M | 1:09:57 | 71. M35 | 393. M |
| 588. 1342 Ziegler, Marisa | 1:11:39 | 43. W20 | 199. W | 1:09:16 | 42. W20 | 192. W |
| 589. 1138 Zellmer, Dirk | 1:11:41 | 59. M45 | 390. M | 1:09:32 | 60. M45 | 388. M |
| 590. 1618 Scheffler, Roger | 1:11:45 | 60. M40 | 391. M | 1:09:49 | 59. M40 | 390. M |
| 591. 1788 Labuda, Akradiusz | 1:11:48 | 53. M20 | 392. M | 1:09:19 | 53. M20 | 386. M |
| 592. 1787 Labuda, Agnieszka | 1:11:48 | 35. W30 | 200. W | 1:07:42 | 32. W30 | 168. W |
| 593. 1282 Schindzielorz, Thomas | 1:11:49 | 71. M35 | 393. M | 1:10:44 | 73. M35 | 403. M |
| 594. 1207 Reimers, Anna | 1:11:49 | 3. WJB | 201. W | 1:10:23 | 3. WJB | 207. W |
| 595. 1235 Thiede, Monika | 1:11:52 | 48. W40 | 202. W | 1:09:34 | 46. W40 | 194. W |
| 596. 1325 Hüttche, Gabriele | 1:11:54 | 44. W20 | 203. W | 1:10:06 | 43. W20 | 202. W |
| 597. 1189 Sievers, Nadja | 1:11:56 | 33. W35 | 204. W | 1:11:56 | 35. W35 | 225. W |
| 598. 1459 Lübke, Juliane | 1:11:57 | 36. W30 | 205. W | 1:10:09 | 38. W30 | 204. W |
| 599. 1067 Wendt-Reese, Stefan | 1:11:57 | 72. M35 | 394. M | 1:09:52 | 70. M35 | 391. M |
| 600. 1033 Hollerith, Silke | 1:12:00 | 49. W40 | 206. W | 1:10:12 | 49. W40 | 205. W |
| 601. 1159 Wegener, Annette | 1:12:05 | 50. W40 | 207. W | 1:09:39 | 47. W40 | 196. W |
| 602. 1276 Schifffl, Klaus | 1:12:09 | 29. M50 | 395. M | 1:09:52 | 28. M50 | 392. M |
| 603. 1075 Dilsky, Erich | 1:12:11 | 30. M50 | 396. M | 1:10:22 | 29. M50 | 398. M |
| 604. 1332 Renz, Sigrid | 1:12:17 | 27. W45 | 208. W | 1:10:31 | 27. W45 | 209. W |
| 605. 1805 Achs, Stefanie | 1:12:18 | 37. W30 | 209. W | 1:11:14 | 40. W30 | 217. W |
| 606. 1001 Hastedt, Jürgen | 1:12:18 | 61. M40 | 397. M | 1:10:13 | 61. M40 | 397. M |
| 607. 1886 Laeschke, Karl-Heinz | 1:12:20 | | 398. M | 1:10:12 | | 396. M |
| 608. 1157 Busl, Daniela | 1:12:22 | 34. W35 | 210. W | 1:10:58 | 34. W35 | 212. W |
| 609. 1870 Paschke, Helmut | 1:12:23 | 31. M50 | 399. M | 1:10:39 | 30. M50 | 400. M |
| 610. 1192 Inzelmann, Rainer | 1:12:30 | 60. M45 | 400. M | 1:09:31 | 59. M45 | 387. M |
| 611. 1373 Wolter, Edda | 1:12:31 | 38. W30 | 211. W | 1:10:03 | 37. W30 | 201. W |
| 612. 1679 Lübbert, Gitta | 1:12:34 | 39. W30 | 212. W | 1:09:35 | 36. W30 | 195. W |
| 613. 1181 Möllmann, Günther | 1:12:35 | 61. M45 | 401. M | 1:10:07 | 61. M45 | 395. M |
| 614. 1868 Heese, André | 1:12:41 | 73. M35 | 402. M | 1:10:40 | 72. M35 | 401. M |
| 615. 1863 Schneider, Tanja | 1:12:44 | 35. W35 | 213. W | 1:10:44 | 33. W35 | 211. W |
| 616. 1266 Voß, John Frederik | 1:12:48 | 62. M40 | 403. M | 1:11:58 | 62. M40 | 410. M |
| 617. 1115 Harms, Markus | 1:12:49 | 62. M45 | 404. M | 1:11:39 | 64. M45 | 408. M |
| 618. 1116 Harms, Christiane | 1:12:49 | 51. W40 | 214. W | 1:11:33 | 51. W40 | 220. W |
| 619. 1161 Schulz, Margrit | 1:12:52 | 1. W65 | 215. W | 1:10:58 | 1. W65 | 213. W |
| 620. 1578 Pollmann, Martin | 1:12:54 | 63. M45 | 405. M | 1:11:01 | 63. M45 | 406. M |
| 621. 1572 Lackner, Michael | 1:12:55 | 74. M35 | 406. M | 1:11:01 | 75. M35 | 407. M |
| 622. 1746 Voßberg, Angela | 1:13:03 | 28. W45 | 216. W | 1:11:16 | 28. W45 | 218. W |
| 623. 1506 unger, reinhard | 1:13:05 | 74. M30 | 407. M | 1:10:38 | 74. M30 | 399. M |
| 624. 1844 Wulf, Marion | 1:13:06 | 3. W55 | 217. W | 1:12:19 | 3. W55 | 228. W |

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| 625. 1382 Rauschan, Sybille | 1:13:07 | 40. W30 | 218. W | 1:10:40 | 39. W30 | 210. W |
| 626. 1219 Beilfuß, Melanie | 1:13:09 | 45. W20 | 219. W | 1:11:32 | 47. W20 | 219. W |
| 627. 1443 Kaszuba, Jeanette | 1:13:12 | 36. W35 | 220. W | 1:12:20 | 36. W35 | 230. W |
| 628. 1879 von Löbbecke, Manuela | 1:13:13 | 46. W20 | 221. W | 1:11:07 | 46. W20 | 215. W |
| 629. 1764 Jung, Petra | 1:13:14 | 52. W40 | 222. W | 1:11:47 | 52. W40 | 221. W |
| 630. 1338 Klena, Brigitta | 1:13:18 | 53. W40 | 223. W | 1:12:08 | 54. W40 | 227. W |
| 631. 1089 Lagemann, Silke | 1:13:25 | 29. W45 | 224. W | 1:11:52 | 29. W45 | 222. W |
| 632. 1090 Roxin, Sabine | 1:13:26 | 30. W45 | 225. W | 1:11:55 | 30. W45 | 224. W |
| 633. 1087 Kummerow, Lars | 1:13:26 | 64. M45 | 408. M | 1:11:55 | 65. M45 | 409. M |
| 634. 1152 Peemöller, Sven | 1:13:28 | 75. M30 | 409. M | 1:12:25 | 75. M30 | 412. M |
| 635. 1782 Laude, Astrid | 1:13:28 | 3. W80 | 226. W | 1:11:07 | 3. W80 | 214. W |
| 636. 1096 Friedrich, Michael | 1:13:29 | 75. M35 | 410. M | 1:10:56 | 74. M35 | 405. M |
| 637. 1191 Borhardt, Peter Alexan | 1:13:41 | 65. M45 | 411. M | 1:10:41 | 62. M45 | 402. M |
| 638. 1686 Rappold, Herbert | 1:13:47 | 5. M65 | 412. M | 1:12:06 | 5. M65 | 411. M |
| 639. 1162 Schulz, Stefanie | 1:13:49 | 54. W40 | 227. W | 1:11:55 | 53. W40 | 223. W |
| 640. 1417 Zimmermann, Werner | 1:13:55 | 2. M70 | 413. M | 1:13:11 | 2. M70 | 413. M |
| 641. 1348 Gehrman, Marina | 1:14:09 | 8. W50 | 228. W | 1:13:26 | 8. W50 | 235. W |
| 642. 1323 Gethmann, Carolin | 1:14:09 | 47. W20 | 229. W | 1:10:19 | 44. W20 | 206. W |
| 643. 1502 Lowaßer, Bianca | 1:14:41 | 41. W30 | 230. W | 1:12:20 | 41. W30 | 229. W |
| 644. 1556 Christoffer, Beate | 1:14:57 | 37. W35 | 231. W | 1:12:38 | 37. W35 | 231. W |
| 645. 1059 Mönnich, Nicolette | 1:14:57 | 38. W35 | 232. W | 1:12:58 | 39. W35 | 233. W |
| 646. 1085 Fuhlrott, Theres | 1:15:04 | 1. W60 | 233. W | 1:13:37 | 1. W60 | 237. W |
| 647. 1678 Kreitz, Imke | 1:15:07 | 48. W20 | 234. W | 1:12:07 | 48. W20 | 226. W |
| 648. 1525 Ovenbeck, Silke | 1:15:24 | 31. W45 | 235. W | 1:13:13 | 31. W45 | 234. W |
| 649. 1546 Simon, Brigitte | 1:15:25 | 55. W40 | 236. W | 1:13:52 | 56. W40 | 239. W |
| 650. 1136 Timm, Anke-Catharina | 1:15:25 | 32. W45 | 237. W | 1:13:45 | 32. W45 | 238. W |
| 651. 1375 Strala, Maike | 1:15:28 | 49. W20 | 238. W | 1:15:28 | 49. W20 | 246. W |
| 652. 1377 Strala, Renate | 1:15:28 | 2. W60 | 239. W | 1:15:28 | 3. W60 | 247. W |
| 653. 1004 Sehlmacher, Jessica | 1:15:31 | 39. W35 | 240. W | 1:12:52 | 38. W35 | 232. W |
| 654. 1245 Hußmann, Marcus | 1:15:33 | 76. M35 | 414. M | 1:13:43 | 76. M35 | 414. M |
| 655. 1738 Harz, Norbert | 1:15:40 | 77. M35 | 415. M | 1:13:53 | 77. M35 | 415. M |
| 656. 1133 Wagner, Brigitta | 1:16:03 | 56. W40 | 241. W | 1:13:37 | 55. W40 | 236. W |
| 657. 1695 Rößler, Hellmuth | 1:16:11 | 2. M80 | 416. M | 1:16:11 | 2. M80 | 418. M |
| 658. 1226 Niemann, Sven | 1:16:13 | 66. M45 | 417. M | 1:14:11 | 66. M45 | 416. M |
| 659. 1176 Schmidt, Dr. Nicole | 1:16:19 | 4. W55 | 242. W | 1:15:02 | 5. W55 | 243. W |
| 660. 1177 Knust, Petra | 1:16:20 | 9. W50 | 243. W | 1:15:03 | 9. W50 | 244. W |
| 661. 1371 Narvaez, Yolanda | 1:16:32 | 10. W50 | 244. W | 1:16:32 | 11. W50 | 259. W |
| 662. 1555 Böther, Marianne | 1:16:37 | 3. W60 | 245. W | 1:14:25 | 2. W60 | 240. W |
| 663. 1234 Urbatsch, Maren | 1:16:55 | 40. W35 | 246. W | 1:14:31 | 40. W35 | 241. W |
| 664. 1898 Röncke, Steffi | 1:16:57 | 57. W40 | 247. W | 1:16:32 | 60. W40 | 260. W |
| 665. 1583 Johnston, Birgit | 1:16:58 | 5. W55 | 248. W | 1:15:38 | 6. W55 | 250. W |
| 666. 1061 Koletzki, Peter | 1:16:59 | 6. M65 | 418. M | 1:15:39 | 6. M65 | 417. M |
| 667. 1172 Klüß, Ute | 1:17:02 | 6. W55 | 249. W | 1:14:45 | 4. W55 | 242. W |
| 668. 1064 Hascha, Petra | 1:17:07 | 58. W40 | 250. W | 1:15:08 | 57. W40 | 245. W |
| 669. 1869 Modler, Birgit | 1:17:16 | 11. W50 | 251. W | 1:15:41 | 10. W50 | 251. W |
| 670. 1447 herrmann, sandra | 1:17:25 | 42. W30 | 252. W | 1:16:31 | 42. W30 | 258. W |
| 671. 1141 Schröder, Jörg | 1:17:28 | 63. M40 | 419. M | 1:16:13 | 63. M40 | 419. M |
| 672. 1143 Stemme-Schröder, Andrea | 1:17:28 | 33. W45 | 253. W | 1:16:17 | 33. W45 | 254. W |
| 673. 1591 Petzholdt, Walter | 1:17:35 | 3. M70 | 420. M | 1:16:22 | 3. M70 | 420. M |
| 674. 1340 Hoffmann, Maren | 1:17:38 | 59. W40 | 254. W | 1:15:34 | 58. W40 | 249. W |
| 675. 1372 Augustin, Silvia | 1:17:49 | 12. W50 | 255. W | 1:17:49 | 12. W50 | 266. W |
| 676. 1233 Jahn, Paulina | 1:17:52 | 4. WJB | 256. W | 1:16:23 | 4. WJB | 257. W |

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| 677. | 1124 Roeper, Hans | 1:17:52 | 4. M70 | 421. M | 1:17:24 | 4. M70 | 426. M |
| 678. | 1830 Jahn, Ole | 1:17:55 | 67. M45 | 422. M | 1:16:26 | 67. M45 | 421. M |
| 679. | 1425 Lucius, Kirsty | 1:17:57 | 50. W20 | 257. W | 1:15:31 | 50. W20 | 248. W |
| 680. | 1632 Scharrer, Arnd | 1:17:58 | 3. M80 | 423. M | 1:16:30 | 3. M80 | 422. M |
| 681. | 1681 Bruning, Christine | 1:17:58 | 41. W35 | 258. W | 1:16:09 | 41. W35 | 252. W |
| 682. | 1397 möller, carsten | 1:17:59 | 68. M45 | 424. M | 1:17:03 | 68. M45 | 424. M |
| 683. | 1404 Wollny, Stefanie | 1:18:05 | 51. W20 | 259. W | 1:17:09 | 52. W20 | 263. W |
| 684. | 1684 Meyer, Marion | 1:18:07 | 42. W35 | 260. W | 1:16:18 | 42. W35 | 255. W |
| 685. | 1743 Ohoven, Frank | 1:18:13 | 76. M30 | 425. M | 1:16:46 | 76. M30 | 423. M |
| 686. | 1214 Forner, Katja | 1:18:15 | 60. W40 | 261. W | 1:16:10 | 59. W40 | 253. W |
| 687. | 1671 Biel, Sabine | 1:18:16 | 34. W45 | 262. W | 1:16:19 | 34. W45 | 256. W |
| 688. | 1078 Engelmann, Christine | 1:18:16 | 35. W45 | 263. W | 1:17:08 | 35. W45 | 262. W |
| 689. | 1166 Hadler, Andrea | 1:18:52 | 52. W20 | 264. W | 1:18:01 | 53. W20 | 267. W |
| 690. | 1153 Schlüter, Thorsten | 1:18:54 | 77. M30 | 426. M | 1:18:03 | 77. M30 | 427. M |
| 691. | 1664 Rögenger, Marc | 1:18:56 | 69. M45 | 427. M | 1:17:07 | 69. M45 | 425. M |
| 692. | 1423 Fischer, Johanna | 1:19:14 | 53. W20 | 265. W | 1:17:05 | 51. W20 | 261. W |
| 693. | 1208 Hultsch, Ines | 1:19:38 | 54. W20 | 266. W | 1:18:26 | 54. W20 | 268. W |
| 694. | 1599 Kock, Anke | 1:19:49 | 13. W50 | 267. W | 1:18:58 | 13. W50 | 269. W |
| 695. | 1062 Einfeldt, Simone | 1:20:02 | 43. W30 | 268. W | 1:17:48 | 43. W30 | 265. W |
| 696. | 1106 Kiewewalter, Tanja | 1:20:10 | 43. W35 | 269. W | 1:17:38 | 43. W35 | 264. W |
| 697. | 1006 Thoms, Dagmar | 1:20:27 | 14. W50 | 270. W | 1:20:00 | 14. W50 | 270. W |
| 698. | 1887 Lohmann, Carsten | 1:20:45 | | 428. M | 1:18:36 | | 429. M |
| 699. | 1667 Wongaiham, Vincent | 1:21:11 | 64. M40 | 429. M | 1:19:29 | 64. M40 | 430. M |
| 700. | 1602 Böge, Britt | 1:21:32 | 61. W40 | 271. W | 1:20:09 | 61. W40 | 272. W |
| 701. | 1188 Krüger, Thomas | 1:21:32 | 70. M45 | 430. M | 1:18:32 | 70. M45 | 428. M |
| 702. | 1592 Gieselmann, Karl-Heinz | 1:21:57 | 11. M60 | 431. M | 1:20:20 | 11. M60 | 432. M |
| 703. | 1197 Mauch, Gerrit | 1:22:02 | 65. M40 | 432. M | 1:19:59 | 65. M40 | 431. M |
| 704. | 1420 Schrader, Lia | 1:22:05 | 36. W45 | 272. W | 1:20:05 | 36. W45 | 271. W |
| 705. | 1248 Krämer, Stefan | 1:22:27 | 78. M35 | 433. M | 1:20:44 | 78. M35 | 433. M |
| 706. | 1249 von Allwörden, Corina | 1:22:27 | 62. W40 | 273. W | 1:20:44 | 62. W40 | 273. W |
| 707. | 1060 Meier, Anja | 1:22:39 | 44. W35 | 274. W | 1:21:56 | 45. W35 | 276. W |
| 708. | 1280 Hachmann, Ilona | 1:22:45 | 45. W35 | 275. W | 1:20:47 | 44. W35 | 274. W |
| 709. | 1724 Möcklinghoff-Stemmte, D | 1:23:58 | 37. W45 | 276. W | 1:22:42 | 38. W45 | 277. W |
| 710. | 1530 Dietzel, Cordula | 1:23:59 | 38. W45 | 277. W | 1:21:38 | 37. W45 | 275. W |
| 711. | 1744 Lischke, Dr. Christian | 1:23:59 | 4. M80 | 434. M | 1:22:42 | 4. M80 | 434. M |
| 712. | 1057 Oeding, Sebastian | 1:25:12 | 54. M20 | 435. M | 1:23:36 | 54. M20 | 435. M |
| 713. | 1559 Ballerstein, Lennart | 1:27:26 | 7. MJA | 436. M | 1:25:15 | 7. MJA | 436. M |
| 714. | 1103 May, Imke | 1:27:59 | 63. W40 | 278. W | 1:25:58 | 63. W40 | 278. W |
| 715. | 1102 Hennesthal, Anne | 1:28:00 | 64. W40 | 279. W | 1:25:59 | 64. W40 | 279. W |
| 716. | 1024 Cimandori, Berthold | 1:32:06 | 66. M40 | 437. M | 1:32:06 | 66. M40 | 437. M |
| 717. | 1842 Mumbauer, Ortrud | 1:38:38 | 7. W55 | 280. W | 1:35:59 | 7. W55 | 280. W |
| 718. | 1819 Preiksch, Gaby | 1:45:54 | 46. W35 | 281. W | 1:43:14 | 46. W35 | 281. W |
| 719. | 1781 Pawlowski, Simone | 1:46:14 | 65. W40 | 282. W | 1:43:35 | 65. W40 | 282. W |
| 720. | 1139 Krause, Suanne | 1:56:00 | 39. W45 | 283. W | 1:54:33 | 39. W45 | 283. W |
| 721. | 1374 Strala, Dr. Johannes | 1:58:37 | 7. M65 | 438. M | 1:58:37 | 7. M65 | 438. M |
| 722. | 1376 Strala, wiebke | 1:58:52 | 44. W30 | 284. W | 1:58:52 | 44. W30 | 284. W |
| 723. | 1190 von Websky, Viktor | 2:36:33 | 79. M35 | 439. M | 2:36:33 | 79. M35 | 439. M |

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