

Waldlauf Rot-Gelb Shell

15.12.2007 - Volkspark

Ergebnisse der Damen auf der Kurzstrecke (3600 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
|-------|------|------------------------------|------------|------|-------|---------------------|---|----|----|----|----|----|----|----|----|----|----|----|---|
| 1 | 1664 | Freiburg, Nadja | Laufwerk | 1973 | 14:27 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| | 1510 | Neumann, Tanja | VATTENFALL | 1985 | 14:38 | 1. Klasse II | | | | | | | | | | | | | |
| 2 | 1109 | Yücel, Sema | PHILIPS | 1970 | 15:04 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 3 | 563 | Lupke, Anne | Hbg.Mannh. | 1980 | 15:52 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 1292 | Engelmann, Heike | Zoll | 1971 | 15:54 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 5 | 543 | Ewers, Dorit | Hbg.Mannh. | 1961 | 16:38 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 6 | 494 | Klein, Lisa | Fa.Blanke. | 1995 | 16:45 | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 7 | 1251 | Klindworth, Alica | Stern | 1995 | 16:50 | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| | 1809 | Schulze, Maike | PHILIPS | 1950 | 17:21 | 1. Außer Konkurrenz | | | | | | | | | | | | | |
| 8 | 568 | Neitzel, Tanja | Hbg.Mannh. | 1978 | 17:30 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 9 | 986 | Kersten, Ines | NDR | 1962 | 17:35 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 10 | 400 | Parge, Sabine | D. Telekom | 1964 | 17:35 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 11 | 272 | Eis, Gesine | DESY | 1993 | 17:55 | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 12 | 1081 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 18:05 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 13 | 637 | Wohlens, Regina | HH-Hochsch | 1959 | 18:15 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 14 | 925 | Fischwasser, Anke | Lufthansa | 1979 | 18:25 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 1132 | Priebe, Mareike | Polizei HH | 1996 | 18:26 | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 16 | 1285 | Weber, Jamie | Stern | 1995 | 18:57 | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 1662 | Brandt, Rieke | Gaden | 1995 | 19:03 | 6 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 232 | Bittkowski, Ingrid | A.Springer | 1955 | 19:18 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 19 | 1167 | Leifels, Gabi | Raffay | 1966 | 19:26 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 20 | 1252 | Klindworth, Birte | Stern | 1991 | 19:32 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 21 | 1484 | Wolf, Uta | TÜV-Nord | 1978 | 19:36 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 22 | 311 | Härtel, Brigitte | Commerz-B. | 1954 | 19:48 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 23 | 1253 | Klindworth, Gunda | Stern | 1960 | 19:52 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 24 | 582 | Sievers, Susanne | Hbg.Mannh. | 1967 | 19:55 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 25 | 746 | Kumst, Anja | HOFI HH | 1969 | 20:10 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 26 | 1201 | Hagemann, Anna | Rot-Gelb | 1947 | 20:19 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 27 | 584 | Stahlbock, Astrid | Hbg.Mannh. | 1959 | 20:34 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 28 | 666 | Limmermann, Heike | Haspa | 1967 | 20:36 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 29 | 1751 | Hupke- Grünhagen, Heidemarie | Lufthansa | 1952 | 20:38 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 30 | 701 | Keuntje, Sabine | HEK | 1971 | 20:50 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 31 | 1606 | Sommer, Madlen | PHILIPS | 1981 | 20:51 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 32 | 225 | Noetzel, Brigitte | BP-Oil | 1946 | 20:59 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 33 | 281 | Jaekel, Hannelore | DESY | 1948 | 21:03 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 34 | 1160 | Flock, Elke | Raffay | 1958 | 21:05 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 35 | 710 | Strauchmann, Maraike | HEK | 1981 | 21:06 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 36 | 945 | Rehders, Inge | Lufthansa | 1953 | 21:09 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 37 | 1451 | Hübert, Susann | TK | 1966 | 21:45 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 38 | 1766 | Lübbesmeyer, Katrin | Sig. Iduna | 1979 | 21:46 | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 778 | Bornemann, Viola | HSH-NORDB. | 1969 | 21:49 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 40 | 1075 | Krause, Svenja | PHILIPS | 1978 | 22:05 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 41 | 451 | Andag, Gerda | Feuerwehr | 1936 | 22:27 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 42 | 200 | Haslbauer, Karin | Berenberg | 1963 | 22:50 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 43 | 340 | Bartels, Petra | Deut.Bank | 1953 | 23:15 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 44 | 795 | Kattoll, Elisabeth | HSH-NORDB. | 1969 | 23:30 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 45 | 1744 | Abel, Regina | HSH-NORDB. | 1961 | 23:33 | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 46 | 1638 | Pfeiffer, Claudia | BBK | 1970 | 23:38 | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 47 | 1063 | Hahn, Katharina | PHILIPS | 1976 | 23:59 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 48 | 1789 | Vollmers, Anja | Deut.Ring | 1970 | 24:36 | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 49 | 1071 | Jeschke, Annegret | PHILIPS | 1955 | 24:55 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 50 | 1386 | Dally, Renate | Sig. Iduna | 1945 | 24:55 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 51 | 1095 | Schrader, Marina | PHILIPS | 1981 | 26:07 | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 52 | 1175 | Jahnke, Inge | Rapid | 1942 | 27:32 | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . |

Ergebnisse der Damen auf der Mittelstrecke (7100 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|---------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 468 | Rohlfing, Silja | Feuerwehr | 1972 | 29:19 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 2 | 926 | Glöde, Jutta | Lufthansa | 1963 | 30:48 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 3 | 563 | Lupke, Anne | Hbg.Mannh. | 1980 | 32:38 | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 23 | Drews, Margarida | Airbus | 1960 | 33:47 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 5 | 1705 | Dewald, Dorothea | Polizei HH | 1987 | 33:47 | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 47 | König, Irmtraut | Airbus | 1953 | 34:25 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 7 | 1630 | Gädke, Christin | Berenberg | 1968 | 35:07 | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 8 | 986 | Kersten, Ines | NDR | 1962 | 35:08 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 9 | 400 | Parge, Sabine | D. Telekom | 1964 | 35:09 | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 10 | 1428 | Ehlers, Annette | Tchibo | 1965 | 35:19 | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 11 | 702 | Kleinemeyer, Dagmar | HEK | 1956 | 35:24 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 12 | 1314 | Blan, Tania | Siemens | 1968 | 35:32 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 13 | 1081 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 35:32 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 14 | 594 | Wessoly, Karen | Hbg.Mannh. | 1987 | 35:34 | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 646 | Friedrich, Silke | Haspa | 1971 | 35:53 | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 16 | 1686 | Rieckhoff, Daniela | Sig. Iduna | 1983 | 36:36 | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 1399 | Kamlage, Frauke | Sig. Iduna | 1956 | 36:40 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 18 | 152 | Henke, Katrin | BACARDI | 1992 | 37:24 | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 19 | 613 | Kaussler, Claudia | Hochbahn | 1961 | 37:43 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 20 | 1707 | Tesch, Katharina | Tchibo | 1958 | 38:01 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 21 | 51 | Krysiak, Martina | Airbus | 1959 | 38:12 | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 22 | 1167 | Leifels, Gabi | Raffay | 1966 | 38:24 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 23 | 1484 | Wolf, Uta | TÜV-Nord | 1978 | 39:05 | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 24 | 709 | Schwing, Katrin | HEK | 1993 | 39:10 | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 25 | 1783 | Struck, Ulrike | Airbus | 1969 | 39:18 | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 26 | 1075 | Krause, Svenja | PHILIPS | 1978 | 39:22 | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 27 | 232 | Bittkowski, Ingrid | A.Springer | 1955 | 39:24 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 28 | 1632 | Prüfer, Nicole | Berenberg | 1974 | 39:45 | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 29 | 1462 | Aschbermer, Jana | TÜV-Nord | 1981 | 40:16 | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 30 | 1201 | Hagemann, Anna | Rot-Gelb | 1947 | 40:20 | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 31 | 582 | Sievers, Susanne | Hbg.Mannh. | 1967 | 40:22 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 32 | 1469 | Jiminez Lopez, Isabel | TÜV-Nord | 1965 | 40:24 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 33 | 1160 | Flock, Elke | Raffay | 1958 | 40:26 | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 34 | 539 | Clausen, Sylvia | Hbg.Mannh. | 1940 | 40:32 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 35 | 473 | Schrötke, Ute | Feuerwehr | 1955 | 40:45 | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 36 | 1647 | Schulze, Sabine | EDEKA | 1964 | 40:53 | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 37 | 1396 | Hanke, Sabrina | Sig. Iduna | 1985 | 41:06 | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 1360 | Glismann, Angela | SPK-Süd | 1957 | 41:24 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 39 | 1782 | Genzel, Katrin | Airbus | 1969 | 41:43 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 40 | 1597 | Grotherr, Marion | NDR | 1963 | 42:19 | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 41 | 1087 | Nieswandt, Tanja | PHILIPS | 1971 | 43:14 | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 42 | 141 | Meier-Rößler, Gabriele | BA-Nord | 1956 | 43:30 | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 43 | 1355 | Weißkirchen, Irmgard | Siemens | 1956 | 43:52 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 44 | 1408 | Rietdorf, Edeltraud | Sig. Iduna | 1935 | 43:57 | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 45 | 1733 | Rudolph, Claudia | Dresdner-B | 1967 | 44:12 | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 46 | 178 | Lüders, Susanne | Beiersdorf | 1959 | 44:28 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 47 | 1722 | Tietze, Sylvia | Berenberg | 1972 | 44:35 | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 48 | 1183 | Neumann, Linda | Rapid | 1947 | 44:41 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 49 | 1267 | Milewski, Ewa | Stern | 1970 | 44:53 | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 50 | 455 | Gust, Renate | Feuerwehr | 1945 | 45:04 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 51 | 842 | Vanthuyne, Anna-Maria | IBM Klub | 1954 | 45:10 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 52 | 1192 | Alberts, Ingeborg | Rot-Gelb | 1946 | 45:12 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 53 | 958 | Wohlenberg, Elfi | Lufthansa | 1939 | 45:16 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 54 | 610 | Händler, Angela | Hochbahn | 1968 | 45:18 | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 55 | 923 | Dießelmeier, Brigitte | Lufthansa | 1948 | 45:20 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 56 | 204 | Krueger, Karen | Berenberg | 1974 | 45:45 | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 57 | 1410 | Schlegel, Bärbel | Sig. Iduna | 1955 | 45:50 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 58 | 393 | Rudolph, Christiane | Dresdner-B | 1950 | 48:08 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 59 | 1485 | Zernitz, Ariane | TÜV-Nord | 1958 | 48:54 | . | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 60 | 1095 | Schrader, Marina | PHILIPS | 1981 | 50:03 | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 61 | 1063 | Hahn, Katharina | PHILIPS | 1976 | 50:04 | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 62 | 619 | Westphal, Brigitte | Hochbahn | 1958 | 50:17 | . | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 63 | 1749 | Hadler, SusannChristina | Gaden | 1988 | 53:13 | . | 9 | . | . | . | . | . | . | . | . | . | . | . |

Ergebnisse der Damen auf der Langstrecke (10600 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 0 | 11 | 4 | 11 | 20 | 10 | 8 | 4 | 3 | 2 | 1 | 0 | 0 |
|-------|------|---------------------------|------------|------|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|---|---|
| | | | | | | | | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | | |
| 1 | 1771 | Trukenmüller, Rebekka | Laufwerk | 1982 | 45:05 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 634 | Nentwig, Karin | HH-Hochsch | 1959 | 45:40 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 3 | 1283 | Verseemann, Tina | Stern | 1968 | 47:36 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 4 | 894 | Jalass, Frauke | Laufwerk | 1972 | 47:50 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 896 | Krispin, Marion | Laufwerk | 1973 | 49:27 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 9 | Belau, Monika | Airbus | 1954 | 49:45 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 7 | 1127 | Lehmann, Martina | Polizei HH | 1980 | 50:00 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 8 | 1718 | Reuschlein, Katja | Beiersdorf | 1978 | 50:04 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 9 | 85 | Simon, Daniela | Airbus | 1974 | 50:27 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 10 | 950 | Schönfeldt, Dagmar | Lufthansa | 1968 | 50:32 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 11 | 384 | Jungnickel, Wiebke | Dresdner-B | 1959 | 50:54 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 12 | 784 | Engelbrecht, Martina | HSH-NORDB. | 1964 | 51:23 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 13 | 626 | Hauptmeier, Lena | HH-Hochsch | 1981 | 52:08 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 715 | Annighöfer, Dörthe | HSU HH | 1984 | 52:14 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 1476 | Pax, Katrin | TÜV-Nord | 1966 | 52:49 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 16 | 1548 | Schümann-Bloens, Heimke | Volksfürs. | 1968 | 52:58 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 17 | 529 | van Wahden, Kristina | Germ.Lloyd | 1964 | 53:00 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 18 | 563 | Lupke, Anne | Hbg.Mannh. | 1980 | 53:14 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 19 | 1084 | Meyer-Wilmes, Christel | PHILIPS | 1964 | 53:35 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 20 | 722 | Golinski, Agnes | HSU HH | 1981 | 54:15 | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 21 | 1478 | Schlegel, Cornelia | TÜV-Nord | 1978 | 54:29 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 22 | 230 | Agricola, Kathrin | A.Springer | 1967 | 54:45 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 23 | 1702 | Hinrichsen, Ulrike | Laufwerk | 1971 | 54:48 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 24 | 1570 | Mocigemba, Nicole | Beiersdorf | 1973 | 55:00 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 25 | 826 | Barowsky, Gabriela | IBM Klub | 1970 | 55:10 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 26 | 1143 | Strathus, Claudia | Polizei HH | 1981 | 55:12 | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 27 | 445 | van der Pluijm, Michaela | ESW&STN | 1973 | 55:33 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 28 | 400 | Parge, Sabine | D. Telekom | 1964 | 55:46 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 29 | 1238 | da Silva, Georgeta | Stern | 1964 | 56:04 | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 30 | 35 | Höper, Anke | Airbus | 1967 | 56:14 | . | . | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| | 1769 | Hagedorn, Gabi | Volksfürs. | 1957 | 56:19 | | | | | | | | | | | | | | | |
| 31 | 441 | Josenhans, Katharina | ESW&STN | 1981 | 56:39 | . | 8 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 32 | 829 | Freyer, Sibille | IBM Klub | 1971 | 56:48 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 33 | 1654 | Geyer, Irmela | HSU HH | 1969 | 57:00 | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 34 | 257 | Sagert, Erika | HapagLloyd | 1952 | 57:04 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 35 | 986 | Kersten, Ines | NDR | 1962 | 57:28 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 36 | 1081 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 57:29 | . | . | . | 12 | . | . | . | . | . | . | . | . | . | . | . |
| 37 | 1451 | Hübert, Susann | TK | 1966 | 57:38 | . | . | . | 13 | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 1579 | Anguiano, Andrea | Germ.Lloyd | 1974 | 58:15 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 1323 | Hahn, Marion | Siemens | 1954 | 58:30 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 40 | 659 | König, Monika | Haspa | 1958 | 58:35 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 41 | 1226 | Bühler-Becker, Heidi | G+J | 1961 | 58:38 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 42 | 1423 | Marcus-Simon, Gitta | Allianz | 1959 | 58:39 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 43 | 732 | Meißner, Ulrike | HSU HH | 1971 | 59:02 | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 1033 | Pieconka, Antje | OTTO | 1959 | 59:09 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 45 | 951 | Schwarz, Gerhild | Lufthansa | 1959 | 59:31 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 46 | 130 | Knobloch, Erika | BA-Eimsb. | 1957 | 59:59 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 47 | 1573 | Timm, Heike | A.Springer | 1982 | 1:00:11 | . | 9 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 48 | 470 | Schröder, Marlies | Feuerwehr | 1941 | 1:00:13 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| | 1806 | Sie Too, Mechthild | Siemens | 1965 | 1:00:19 | | | | | | | | | | | | | | | |
| 49 | 1023 | Ihling, Anke | OTTO | 1965 | 1:00:44 | . | . | . | 14 | . | . | . | . | . | . | . | . | . | . | . |
| 50 | 669 | Ollson, Ines | Haspa | 1962 | 1:00:58 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 51 | 1261 | Lau, Christel | Stern | 1949 | 1:00:58 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 52 | 1167 | Leifels, Gabi | Raffay | 1966 | 1:01:09 | . | . | . | 15 | . | . | . | . | . | . | . | . | . | . | . |
| 53 | 519 | Hamann, Melanie | Germ.Lloyd | 1965 | 1:01:13 | . | . | . | 16 | . | . | . | . | . | . | . | . | . | . | . |
| 54 | 1014 | Bornmann, Kerstin | OTTO | 1967 | 1:01:23 | . | . | . | 17 | . | . | . | . | . | . | . | . | . | . | . |
| 55 | 1555 | Wenrich, Anja | Volksfürs. | 1967 | 1:01:57 | . | . | . | 18 | . | . | . | . | . | . | . | . | . | . | . |
| 56 | 1399 | Kamlage, Frauke | Sig. Iduna | 1956 | 1:02:17 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 57 | 807 | Recht, Janette | HSH-NORDB. | 1981 | 1:02:27 | . | 10 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 58 | 660 | Körber, Greta | Haspa | 1936 | 1:03:34 | . | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 59 | 1201 | Hagemann, Anna | Rot-Gelb | 1947 | 1:03:42 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 60 | 1520 | Schulze, Maren | VATTENFALL | 1961 | 1:03:49 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 61 | 1799 | Siemers, Britta | HSH-NORDB. | 1968 | 1:03:55 | . | . | . | 19 | . | . | . | . | . | . | . | . | . | . | . |
| 62 | 45 | Köhlmoos, Birgitt | Airbus | 1942 | 1:04:44 | . | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 63 | 527 | Rauschnabel, Angelika | Germ.Lloyd | 1972 | 1:04:52 | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-------------------------|------------|------|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 64 | 1315 | Damm, Ursel | Siemens | 1946 | 1:04:55 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 65 | 1085 | Müller, Ursel | PHILIPS | 1947 | 1:05:11 | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 66 | 311 | Härtel, Brigitte | Commerz-B. | 1954 | 1:06:57 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 67 | 920 | Behrends, Helene | Lufthansa | 1954 | 1:07:09 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 68 | 1153 | Thun, Bettina | Postbank-H | 1966 | 1:08:36 | . | . | . | 20 | . | . | . | . | . | . | . | . | . |
| 69 | 446 | Schroten, Melanie-Maren | ESW&STN | 1970 | 1:08:51 | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 70 | 435 | Frey, Birgit | ESW&STN | 1957 | 1:11:49 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 71 | 1028 | Louis, Anna | OTTO | 1984 | 1:12:32 | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 72 | 1713 | Wolff, Renate Marianne | BA-Eimsb. | 1953 | 1:14:41 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 73 | 1753 | Holst, Elisabeth | Meyer A.B. | 1959 | 1:16:16 | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 74 | 667 | Markwardt, Christl | Haspa | 1950 | 1:16:35 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |

Ergebnisse der Herren auf der Kurzstrecke (3600 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-----------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 1621 | Hose, Hubert | VATTENFALL | 1971 | 12:46 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 2 | 1047 | Bozyakali, Can | PHILIPS | 1974 | 12:52 | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 3 | 1209 | Norte da Silva, Adao | Rot-Gelb | 1968 | 12:58 | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 4 | 1180 | Kurtz, Matthias | Rapid | 1967 | 13:11 | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 5 | 1100 | Shifren, Jacob | PHILIPS | 1984 | 13:21 | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 1622 | Krohn, Jens | VATTENFALL | 1957 | 13:25 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 7 | 713 | Zampich, Oliver | HEK | 1971 | 13:33 | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 8 | 68 | Plambeck, Lutz | Airbus | 1961 | 13:35 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 9 | 1004 | Schröder, Birger | NDR | 1963 | 13:39 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 10 | 1010 | Becker, Jens-Gerrit | OTTO | 1962 | 13:43 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 11 | 223 | Meichner, Andreas | BP-Oil | 1987 | 13:44 | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 12 | 1057 | Glasenapp, Jan | PHILIPS | 1971 | 13:46 | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 13 | 959 | Bruhnke, Eric | Medeco | 1983 | 13:48 | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 456 | Heemcke, Alexander | Feuerwehr | 1976 | 13:56 | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 15 | 137 | Bahr, Gebhard | BA-Nord | 1955 | 14:03 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 16 | 155 | Krastev, Ulli | BACARDI | 1969 | 14:06 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 17 | 990 | Kohlmann, Carsten | NDR | 1965 | 14:06 | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 18 | 1064 | Hahn, Ronald | PHILIPS | 1967 | 14:08 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 19 | 1077 | Lieske, Christoph | PHILIPS | 1981 | 14:10 | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 1043 | Baß, Michael | PHILIPS | 1968 | 14:15 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 21 | 1062 | Haacker, Kai | PHILIPS | 1963 | 14:17 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 22 | 1500 | Hummel, Thomas | VATTENFALL | 1950 | 14:19 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 23 | 1093 | Rittmeister, Lutz | PHILIPS | 1959 | 14:21 | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 24 | 476 | Ungermann, Stefan | Feuerwehr | 1964 | 14:27 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 25 | 1791 | Vollmers, Thomas | Deut.Ring | 1971 | 14:31 | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 26 | 1101 | Stäcker, Frank | PHILIPS | 1964 | 14:44 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 27 | 274 | Eis, Walter | DESY | 1956 | 14:50 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 28 | 224 | Meichner, Matthias | BP-Oil | 1983 | 14:52 | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 29 | 1082 | Matzke, Herwig | PHILIPS | 1972 | 14:58 | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 30 | 583 | Spijker, Rüdiger | Hbg.Mannh. | 1960 | 15:06 | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 31 | 506 | Trost, Arne | Fa.Blanke. | 1971 | 15:07 | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 32 | 1005 | Schröder, Julius Maximilian | NDR | 1995 | 15:08 | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 33 | 1263 | Lohmann, Rolf-Michael | Stern | 1960 | 15:15 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 34 | 533 | Banck, Sönke | Hbg.Mannh. | 1967 | 15:21 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 35 | 1293 | Engelmann, Jens | Zoll | 1991 | 15:35 | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 36 | 867 | Janßen, Hendrik | Gaden | 1992 | 15:48 | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 37 | 437 | Gläser, Heinz | ESW&STN | 1945 | 15:56 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 38 | 1102 | Steck, Stefan | PHILIPS | 1985 | 15:58 | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 1080 | Lund, Peter J. | PHILIPS | 1947 | 16:02 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 40 | 845 | Gebert, Claus | Innovas | 1975 | 16:10 | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 41 | 564 | Marquardt, Volker | Hbg.Mannh. | 1957 | 16:17 | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 42 | 1250 | Kamrad, Hubert | Stern | 1955 | 16:17 | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 43 | 1378 | Kaminke, Andres | Kravag | 1956 | 16:21 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 44 | 444 | Kühl, Bernd | ESW&STN | 1946 | 16:29 | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 45 | 1243 | Hass, Jochen | Stern | 1966 | 16:31 | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 46 | 453 | Fölschow, Bernd | Feuerwehr | 1943 | 16:33 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 47 | 596 | Winter, Rainer | Hbg.Mannh. | 1949 | 16:34 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 48 | 1242 | Guder, Jens | Stern | 1968 | 16:35 | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 49 | 1682 | Manthei, Jan | Sig. Iduna | 1967 | 16:52 | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 50 | 510 | Wolff, Helmuth | Fa.Blanke. | 1942 | 17:00 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 51 | 1083 | Meier, Manfred | PHILIPS | 1940 | 17:05 | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 52 | 1202 | Hoppe, Holger | Rot-Gelb | 1971 | 17:13 | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 53 | 802 | Konitzer, Martin | HSH-NORDB. | 1958 | 17:19 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 54 | 1326 | Hahn, Uwe | Siemens | 1946 | 17:21 | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 55 | 985 | Kellermann, Peter | NDR | 1957 | 17:21 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 56 | 450 | Wien, Wolfgang | ESW&STN | 1940 | 17:25 | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 57 | 1094 | Rönnebeck, Jens | PHILIPS | 1960 | 17:28 | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 58 | 577 | Sanne, Dirk | Hbg.Mannh. | 1970 | 17:31 | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 59 | 387 | Mengelkamp, Hans-Joachim | Dresdner-B | 1944 | 17:38 | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 60 | 1277 | Stangenberg, Daniel | Stern | 1995 | 17:55 | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 61 | 1276 | Stangenberg, Andreas | Stern | 1960 | 17:56 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 62 | 677 | Steck, Siegfried | Haspa | 1948 | 17:59 | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 63 | 869 | Ohlsen, Willi | Gaden | 1941 | 18:03 | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 64 | 88 | Süß, Jörg | Airbus | 1965 | 18:09 | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 65 | 1060 | Glüse, Ulf | PHILIPS | 1984 | 18:13 | . | 9 | . | . | . | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
|-------|------|------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 66 | 1189 | Seeland, Siegfried | Rapid | 1937 | 18:15 | . | . | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 67 | 1059 | Glüse, Kai | PHILIPS | 1978 | 18:23 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 68 | 1805 | Schmeiser, Mark | PHILIPS | 1979 | 18:25 | . | 10 | . | . | . | . | . | . | . | . | . | . | . | . |
| 69 | 953 | Stahl, Peter | Lufthansa | 1946 | 18:29 | . | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 70 | 1488 | Danckers, Joachim | VATTENFALL | 1963 | 18:29 | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 71 | 681 | Vittalowitsch, Andreas | Haspa | 1955 | 18:30 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 72 | 1560 | Zurloh, Uwe | Volksfürs. | 1959 | 18:34 | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 73 | 1168 | Matthies, Hans-Joachim | Raffay | 1930 | 18:36 | . | . | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 74 | 1499 | Hummel, Alexander | VATTENFALL | 1982 | 18:46 | . | 11 | . | . | . | . | . | . | . | . | . | . | . | . |
| 75 | 811 | Schiminski, Jochen | HSH-NORDB. | 1979 | 18:47 | . | 12 | . | . | . | . | . | . | . | . | . | . | . | . |
| 76 | 1159 | Dobrick, Mario | Raffay | 1950 | 18:50 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 77 | 1284 | Vieregge, Jens | Stern | 1950 | 18:58 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 78 | 1288 | Zdebel, Rene | Stern | 1974 | 19:01 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 79 | 813 | Schwenck, Jörn | HSH-NORDB. | 1944 | 19:09 | . | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 80 | 1531 | Böhmer, Michael | Volksfürs. | 1941 | 19:11 | . | . | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 81 | 1190 | Wiesenberg, Horst | Rapid | 1940 | 19:17 | . | . | . | . | . | . | . | . | . | . | . | 7 | . | . |
| 82 | 844 | Woebke, Gerd | IBM Klub | 1960 | 19:18 | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 83 | 575 | Rinck, Christian | Hbg.Mannh. | 1944 | 19:25 | . | . | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 84 | 1158 | Braun, Friedrich | Raffay | 1946 | 19:28 | . | . | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 85 | 538 | Braun, Manfred | Hbg.Mannh. | 1941 | 19:38 | . | . | . | . | . | . | . | . | . | . | . | 8 | . | . |
| 86 | 566 | Meinke, Frank | Hbg.Mannh. | 1978 | 19:50 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 87 | 1079 | Lumpp, Michael | PHILIPS | 1973 | 20:07 | . | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 88 | 1685 | Olszewski, Markus | Sig. Iduna | 1962 | 20:09 | . | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 89 | 676 | Schneider, Rolf | Haspa | 1939 | 20:20 | . | . | . | . | . | . | . | . | . | . | . | 9 | . | . |
| 90 | 379 | Brüggeman, Ralf | Dresdner-B | 1953 | 20:21 | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 91 | 1735 | Papendorf, Knut | Fa.Blanke. | 1946 | 20:24 | . | . | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 92 | 1244 | Hein, Eckhard | Stern | 1938 | 20:28 | . | . | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 93 | 544 | Fahnhold, Herbert | Hbg.Mannh. | 1935 | 20:36 | . | . | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 94 | 1773 | Lutosch, Dietmar | VATTENFALL | 1941 | 20:36 | . | . | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 95 | 310 | Viohl, Hans-Peter | BBK | 1947 | 20:42 | . | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 96 | 550 | Hellwegen, Walter | Hbg.Mannh. | 1939 | 20:44 | . | . | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 97 | 1272 | Müller, Jürgen | Stern | 1948 | 20:45 | . | . | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 98 | 1784 | Krähwinkel, Alexander | Berenberg | 1970 | 20:47 | . | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 99 | 559 | Krause, Reinhard | Hbg.Mannh. | 1944 | 20:49 | . | . | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 100 | 574 | Reichardt, Wolfgang | Hbg.Mannh. | 1938 | 20:49 | . | . | . | . | . | . | . | . | . | . | . | 4 | . | . |
| 101 | 832 | Jeenicke, Hans | IBM Klub | 1943 | 20:50 | . | . | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 102 | 65 | Peters, Günther | Airbus | 1949 | 20:55 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 103 | 1763 | Scheibe, Paul | Stern | 1963 | 20:57 | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 104 | 165 | Bruchmann, Herbert | Beiersdorf | 1937 | 21:01 | . | . | . | . | . | . | . | . | . | . | . | 5 | . | . |
| 105 | 442 | Kröger, Rolf | ESW&STN | 1942 | 21:01 | . | . | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 106 | 1073 | Kerth, Ernst | PHILIPS | 1950 | 21:05 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 107 | 509 | Winkel, Horst | Fa.Blanke. | 1940 | 21:07 | . | . | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 108 | 1605 | Sommer, Christian | PHILIPS | 1982 | 21:07 | . | 13 | . | . | . | . | . | . | . | . | . | . | . | . |
| 109 | 1098 | Schultz, Jürgen | PHILIPS | 1938 | 21:08 | . | . | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 110 | 929 | Hintz, Martin | Lufthansa | 1937 | 21:11 | . | . | . | . | . | . | . | . | . | . | . | 7 | . | . |
| 111 | 1504 | Klinke, Michael | VATTENFALL | 1971 | 21:16 | . | . | 12 | . | . | . | . | . | . | . | . | . | . | . |
| 112 | 11 | Bind, Reinhold | Airbus | 1950 | 21:17 | . | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 113 | 1493 | Groth, Peter | VATTENFALL | 1945 | 21:38 | . | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 114 | 1448 | Gohde, Fritz | TK | 1959 | 21:45 | . | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 115 | 1454 | Leichtweiß, Heino | TK | 1944 | 21:45 | . | . | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 116 | 482 | Bartels, Rolf | Fa.Blanke. | 1938 | 21:56 | . | . | . | . | . | . | . | . | . | . | . | 8 | . | . |
| 117 | 1198 | Flatau, Norbert | Rot-Gelb | 1939 | 22:10 | . | . | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 118 | 1608 | Flatau, Maximilian | Rot-Gelb | 1993 | 22:11 | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 119 | 1742 | Reimer, Peter | HEK | 1939 | 22:28 | . | . | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 120 | 1157 | Bernin, Siegfried | Raffay | 1937 | 22:51 | . | . | . | . | . | . | . | . | . | . | . | 9 | . | . |
| 121 | 173 | Lampe, Heinz | Beiersdorf | 1935 | 22:55 | . | . | . | . | . | . | . | . | . | . | . | 10 | . | . |
| 122 | 1385 | Dally, Peter | Sig. Iduna | 1935 | 23:01 | . | . | . | . | . | . | . | . | . | . | . | 11 | . | . |
| 123 | 497 | Matthiessen, Uwe | Fa.Blanke. | 1949 | 23:09 | . | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 124 | 714 | Zeman, Leopold | HEK | 1937 | 23:26 | . | . | . | . | . | . | . | . | . | . | . | 12 | . | . |
| 125 | 452 | Andag, Jens | Feuerwehr | 1938 | 23:28 | . | . | . | . | . | . | . | . | . | . | . | 13 | . | . |
| 126 | 774 | Abel, Matthias | HSH-NORDB. | 1963 | 23:28 | . | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 127 | 794 | Janssen, Stefan | HSH-NORDB. | 1962 | 23:29 | . | . | . | . | . | 17 | . | . | . | . | . | . | . | . |
| 128 | 386 | Kyrielleis, Dieter | Dresdner-B | 1960 | 23:34 | . | . | . | . | . | 18 | . | . | . | . | . | . | . | . |
| 129 | 307 | Meß, Karl-Heinz | BBK | 1941 | 23:38 | . | . | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 130 | 1123 | Horlamus, Klaus | Polizei HH | 1947 | 23:40 | . | . | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 131 | 397 | Tubach, Jörn | Dresdner-B | 1937 | 24:12 | . | . | . | . | . | . | . | . | . | . | . | 14 | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-----------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 132 | 166 | Deubel, Rolf | Beiersdorf | 1949 | 24:22 | . | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 133 | 1787 | Kelb, Peter | Deut.Ring | 1941 | 24:34 | . | . | . | . | . | . | . | . | . | 18 | . | . | . |
| 134 | 306 | Meier, Hans-Werner | BBK | 1944 | 25:14 | . | . | . | . | . | . | . | . | 18 | . | . | . | . |
| 135 | 459 | Knop, Uwe | Feuerwehr | 1946 | 25:30 | . | . | . | . | . | . | . | . | 19 | . | . | . | . |
| 136 | 638 | Andersen, Olaf | Haspa | 1926 | 25:59 | . | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 137 | 469 | Schliemann, Jürgen | Feuerwehr | 1940 | 26:14 | . | . | . | . | . | . | . | . | . | 19 | . | . | . |
| 138 | 1188 | Schumacher, Rolf | Rapid | 1940 | 26:44 | . | . | . | . | . | . | . | . | . | 20 | . | . | . |
| 139 | 1177 | Klempert, Hans-Werner | Rapid | 1938 | 27:32 | . | . | . | . | . | . | . | . | . | . | 15 | . | . |

Ergebnisse der Herren auf der Mittelstrecke (7100 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 10 | 16 | 36 | 23 | 17 | 17 | 15 | 19 | 13 | 3 | 0 |
|-------|------|-----------------------------------|-------------|--------------|----------------|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | | | | | | | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
| 1 | 592 | Virus, Andreas | Hbg.Mannh. | 1977 | 24:54 | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 1184 | Nölting, Frieder | Rapid | 1970 | 25:50 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 3 | 75 | Riley, Jonathan | Airbus | 1967 | 26:01 | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 4 | 999 | Rohlfing, Jörg | NDR | 1967 | 26:14 | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 5 | 68 | Plambeck, Lutz | Airbus | 1961 | 27:17 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 6 | 1057 | Glasenapp, Jan | PHILIPS | 1971 | 27:23 | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 7 | 1117 | Dankers, Heinz | Polizei HH | 1960 | 27:58 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 8 | 476 | Ungermann, Stefan | Feuerwehr | 1964 | 28:11 | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 9 | 1185 | Petzel, Dirk | Rapid | 1965 | 28:17 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 10 | 349 | Voß, Thomas | Deut.Bank | 1967 | 28:19 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 11 | 1062 | Haacker, Kai | PHILIPS | 1963 | 28:21 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 12 | 959 | Bruhnke, Eric | Medeco | 1983 | 28:24 | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 1077 | Lieske, Christoph | PHILIPS | 1981 | 28:25 | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 1500 | Hummel, Thomas | VATTENFALL | 1950 | 28:26 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 15 | 1043 | Baß, Michael | PHILIPS | 1968 | 28:27 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 16 | 1439 | Seliger, Niels-Michael | Tchibo | 1971 | 28:38 | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 17 | 17 | Böttger, Martin | Airbus | 1971 | 28:38 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 18 | 1266 | Miedeck, Georg | Stern | 1942 | 28:40 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 19 | 1222 | Lüders-Bahlmann, Uwe | NDR | 1956 | 28:44 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 20 | 155 | Krastev, Ulli | BACARDI | 1969 | 28:46 | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 21 | 990 | Kohlmann, Carsten Roura, Pablo | NDR OTTO | 1965 1975 | 28:48 28:55 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 22 | 456 | Heemcke, Alexander | Feuerwehr | 1976 | 28:57 | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 23 | 924 | Drexhage, Rolf | Lufthansa | 1961 | 29:05 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 24 | 1093 | Rittmeister, Lutz | PHILIPS | 1959 | 29:07 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 25 | 41 | Jacobsen, Matthias | Airbus | 1965 | 29:26 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 26 | 1646 | Peuckert, Christian | EDEKA | 1977 | 29:42 | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 27 | 1313 | Blan, Andreas | Siemens | 1966 | 29:44 | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 28 | 202 | Koop, Joachim | Berenberg | 1976 | 29:49 | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 29 | 1101 | Stäcker, Frank | PHILIPS | 1964 | 30:03 | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 30 | 1302 | Wagner, Ingo | Zoll | 1970 | 30:11 | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 31 | 426 | Rohlfs, Dirk | EDEKA | 1967 | 30:11 | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 32 | 1133 | Priebe, Markus | Polizei HH | 1965 | 30:22 | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 33 | 1082 | Matzke, Herwig | PHILIPS | 1972 | 30:30 | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 34 | 533 | Banck, Sönke | Hbg.Mannh. | 1967 | 30:37 | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 35 | 1791 | Vollmers, Thomas | Deut.Ring | 1971 | 30:38 | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 36 | 1064 | Hahn, Ronald | PHILIPS | 1967 | 30:40 | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 37 | 1414 | Sürsal, Attila | Sig. Iduna | 1978 | 30:40 | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 38 | 583 | Spijker, Rüdiger | Hbg.Mannh. | 1960 | 30:46 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 39 | 505 | Theile, Hartwich | Fa.Blanke. | 1955 | 30:53 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 40 | 454 | Gust, Harald | Feuerwehr | 1945 | 31:00 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 41 | 1305 | Au, Thomas | Siemens | 1967 | 31:09 | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 42 | 1804 | Urbatsch, Markus | Lufthansa | 1968 | 31:13 | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 43 | 1309 | Bentien, Ronald | Siemens | 1948 | 31:40 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 44 | 1503 | Kayser, Oliver | VATTENFALL | 1975 | 31:50 | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 45 | 1433 | Müller, Reinhard | Tchibo | 1967 | 31:53 | . | . | . | 17 | . | . | . | . | . | . | . | . | . |
| 46 | 1096 | Schrader, Torben | PHILIPS | 1977 | 31:56 | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 47 | 1290 | Balzer, Klaus | Zoll | 1969 | 31:59 | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 48 | 88 | Süß, Jörg | Airbus | 1965 | 32:07 | . | . | . | . | 18 | . | . | . | . | . | . | . | . |
| 49 | 1038 | Trabitzsch, Ari | OTTO | 1971 | 32:09 | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 50 | 593 | Wessoly, Dieter | Hbg.Mannh. | 1950 | 32:17 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 51 | 1329 | Kremers, Dieter | Siemens | 1956 | 32:18 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 52 | 1567 | Frankenberger, Eckart | Airbus | 1966 | 32:20 | . | . | . | . | 19 | . | . | . | . | . | . | . | . |
| 53 | 686 | Winkler, Udo | Haspa | 1959 | 32:27 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 54 | 38 | Holst, Friedrich | Airbus | 1938 | 32:29 | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 55 | 1739 | Tapken, Henning | HW | 1973 | 32:32 | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 56 | 1080 | Lund, Peter J. | PHILIPS | 1947 | 32:40 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 57 | 1430 | Glieve, Volker | Tchibo | 1952 | 32:44 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 58 | 1434 | Peckmann, Carsten | Tchibo | 1967 | 32:46 | . | . | . | 20 | . | . | . | . | . | . | . | . | . |
| 59 | 305 | Levezow, Thomas | BBK | 1969 | 32:53 | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 60 | 970 | Wellbrock, Ekehardt | Montblanc | 1958 | 32:58 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 61 | 620 | Westphal, Wolfgang | Hochbahn | 1954 | 33:01 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 62 | 313 | Tolksdorf, Wolfgang | Commerz-B. | 1957 | 33:05 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 63 | 1388 | Frahm, Patrick | Sig. Iduna | 1978 | 33:08 | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 64 | 1393 | Hänsel, Steffen | Sig. Iduna | 1951 | 33:20 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 65 | 1242 | Guder, Jens | Stern | 1968 | 33:27 | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 66 | 1616 | Prüsmann, Marc | Sig. Iduna | 1981 | 33:28 | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 67 | 1682 | Manthei, Jan | Sig. Iduna | 1967 | 33:32 | . | . | . | . | 22 | . | . | . | . | . | . | . | . |
| 68 | 162 | Behrens, Jürgen | Beiersdorf | 1953 | 33:36 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 69 | 1268 | Milewski, Marek | Stern | 1967 | 33:38 | . | . | . | . | 23 | . | . | . | . | . | . | . | . |
| 70 | 429 | Schulze, Stephan | EDEKA | 1964 | 33:55 | . | . | . | . | 24 | . | . | . | . | . | . | . | . |
| 71 | 1807 | Brulz, Rudolf | Stern | 1954 | 34:00 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 72 | 1202 | Hoppe, Holger | Rot-Gelb | 1971 | 34:07 | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 73 | 1421 | Kleinert, Herbert | Allianz | 1940 | 34:09 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 74 | 1240 | Duda, Rudolf | Stern | 1941 | 34:15 | . | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 75 | 1083 | Meier, Manfred | PHILIPS | 1940 | 34:20 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 76 | 1701 | Sauerbier, Erich | Jungheinr. | 1943 | 34:22 | . | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 77 | 567 | Melde, Christian | Hbg.Mannh. | 1969 | 34:40 | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 78 | 1409 | Scharf, Dietmar | Sig. Iduna | 1968 | 34:51 | . | . | . | . | 25 | . | . | . | . | . | . | . | . |
| 79 | 459 | Knop, Uwe | Feuerwehr | 1946 | 35:01 | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 80 | 1016 | Buchholz, Ulrich | OTTO | 1964 | 35:07 | . | . | . | . | 26 | . | . | . | . | . | . | . | . |
| 81 | 1602 | Gröhn, Ullrich | Haspa | 1958 | 35:09 | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 82 | 1094 | Rönnebeck, Jens | PHILIPS | 1960 | 35:21 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 83 | 262 | Meyer, Klaus | OrthoNord | 1952 | 35:30 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 84 | 1389 | Frischer, Horst | Sig. Iduna | 1946 | 35:36 | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 85 | 1058 | Glüse, Jan | PHILIPS | 1947 | 35:42 | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 86 | 1061 | Goerke, Klaus | PHILIPS | 1939 | 35:48 | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 87 | 1624 | Fiedler, Thomas | Volksfürs. | 1971 | 35:55 | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 88 | 1105 | Strocka, Bernhard | PHILIPS | 1943 | 35:59 | . | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 89 | 185 | Röming, Wilfried | Beiersdorf | 1940 | 36:01 | . | . | . | . | . | . | . | . | . | 8 | . | . | . |
| 90 | 834 | Kusch, Günter | IBM Klub | 1945 | 36:03 | . | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 91 | 1610 | Rohn, Oliver | Stern | 1967 | 36:06 | . | . | . | . | 27 | . | . | . | . | . | . | . | . |
| 92 | 1239 | Danker, Hans-Jürgen | Stern | 1952 | 36:09 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 93 | 703 | Lahrmann, Günther | HEK | 1934 | 36:09 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 94 | 380 | Clauß, Peter | Dresdner-B | 1943 | 36:11 | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 95 | 985 | Kellermann, Peter | NDR | 1957 | 36:12 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 96 | 1265 | Meyer, Joachim | Stern | 1956 | 36:23 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 97 | 1168 | Matthies, Hans-Joachim | Raffay | 1930 | 36:28 | . | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 98 | 1404 | Prüsmann, Jürgen | Sig. Iduna | 1953 | 36:30 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 99 | 1752 | Tuszynski, Uwe | Lufthansa | 1961 | 36:31 | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 100 | 410 | Probst, Helmut | E.ON Hanse | 1939 | 36:34 | . | . | . | . | . | . | . | . | 10 | . | . | . | . |
| 101 | 1369 | Thiele, Gerhard | Still | 1939 | 36:35 | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 102 | 57 | Möller, Thomas | Airbus | 1963 | 36:38 | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 103 | 968 | Oltmanns, Helmer | Montblanc | 1949 | 36:43 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 104 | 110 | Staub, Matthias | AXA-Hbg | 1963 | 36:50 | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 105 | 263 | Mohwinkel, Jörg | OrthoNord | 1959 | 36:51 | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 106 | 394 | Rudolph, Klaus | Dresdner-B | 1946 | 36:56 | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 107 | 1569 | Hendricks, Torben | AXA-Hbg | 1978 | 37:10 | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 108 | 1199 | Friedriszik, Thomas | Rot-Gelb | 1965 | 37:14 | . | . | . | . | 28 | . | . | . | . | . | . | . | . |
| 109 | 608 | Burghard, Werner | Hochbahn | 1950 | 37:18 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 110 | 153 | Henke, Peter | BACARDI | 1963 | 37:24 | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 111 | 984 | von Hetling, Claus | NDR | 1946 | 37:29 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 112 | 1628 | Mertelsmann, Detlef | Baubehörde | 1940 | 37:31 | . | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 113 | 460 | Mattern, Horst | Feuerwehr | 1943 | 37:32 | . | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 114 | 1358 | Wienand, Udo | Siemens | 1948 | 37:38 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 115 | 972 | Baus, Wolfgang | NDR | 1962 | 37:40 | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 116 | 680 | Tidow, Heinz | Haspa | 1955 | 37:44 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 117 | 297 | Dwinger, Jens | BBK | 1938 | 37:49 | . | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 118 | 1287 | Werneke, Dieter | Stern | 1957 | 37:51 | . | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 119 | 44 | Klockmann, Gordian | Airbus | 1966 | 37:56 | . | . | . | . | 29 | . | . | . | . | . | . | . | . |
| 120 | 74 | Riebling, Stephan | Airbus | 1967 | 38:00 | . | . | . | . | 30 | . | . | . | . | . | . | . | . |
| 121 | 794 | Janssen, Stefan | HSH-NORDB. | 1962 | 38:03 | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 122 | 1614 | Diedrich, Ralph | Siemens | 1962 | 38:05 | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 123 | 1270 | Müller, Hans-Werner | Stern | 1951 | 38:09 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 124 | 1178 | Kluger, Günter | Rapid | 1933 | 38:11 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 125 | 553 | Hübener, Matthias | Hbg.Mannh. | 1962 | 38:24 | . | . | . | . | 17 | . | . | . | . | . | . | . | . |
| 126 | 59 | Neumann, Bernhard | Airbus | 1949 | 38:24 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 127 | 1317 | Dierking, Peter | Siemens | 1943 | 38:30 | . | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 128 | 1341 | Pöllmann, Karlheinz | Siemens | 1936 | 38:40 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 129 | 175 | Lüders, Christopher | Beiersdorf | 1994 | 38:45 | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 130 | 207 | Otto, Michael | Berenberg | 1966 | 38:49 | . | . | . | . | 31 | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|----------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 131 | 1603 | Jeschke, Sebastian | PHILIPS | 1987 | 38:54 | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 132 | 615 | Koslowski, Andreas | Hochbahn | 1967 | 39:02 | . | . | . | . | 32 | . | . | . | . | . | . | . | . |
| 133 | 1099 | Schwarz, Otto | PHILIPS | 1935 | 39:04 | . | . | . | . | . | . | . | . | . | . | . | 5 | . |
| 134 | 612 | Harms, Michael | Hochbahn | 1955 | 39:11 | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 135 | 566 | Meinke, Frank | Hbg.Mannh. | 1978 | 39:16 | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 136 | 1411 | Schlegel, Karl-Heinz | Sig. Iduna | 1946 | 39:16 | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 137 | 844 | Woebke, Gerd | IBM Klub | 1960 | 39:25 | . | . | . | . | . | 18 | . | . | . | . | . | . | . |
| 138 | 1547 | Pschorr, Rüdiger | Volksfürs. | 1949 | 39:37 | . | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 139 | 573 | Radetzki, Manfred | Hbg.Mannh. | 1938 | 39:41 | . | . | . | . | . | . | . | . | . | . | . | 6 | . |
| 140 | 611 | Händler, Gunnar | Hochbahn | 1967 | 40:07 | . | . | . | . | 33 | . | . | . | . | . | . | . | . |
| 141 | 658 | Knoefel, Gerhard | Haspa | 1959 | 40:37 | . | . | . | . | . | 19 | . | . | . | . | . | . | . |
| 142 | 1631 | Kolodziej, Sebastian | Berenberg | 1983 | 40:47 | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 143 | 146 | Wirth, Bernhard | BA-Nord | 1938 | 40:55 | . | . | . | . | . | . | . | . | . | . | . | 7 | . |
| 144 | 1400 | Kamlage, Jens | Sig. Iduna | 1943 | 40:59 | . | . | . | . | . | . | . | . | . | 15 | . | . | . |
| 145 | 1169 | Thießen, Arnold | Raffay | 1957 | 41:09 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 146 | 942 | Nowack, Frank | Lufthansa | 1959 | 41:32 | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 147 | 1108 | Wilke, Manfred | PHILIPS | 1948 | 41:35 | . | . | . | . | . | . | . | . | 12 | . | . | . | . |
| 148 | 1272 | Müller, Jürgen | Stern | 1948 | 41:39 | . | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 149 | 691 | Geffert, Heiko | HEK | 1971 | 41:56 | . | . | 16 | . | . | . | . | . | . | . | . | . | . |
| 150 | 221 | Knigge, Hubert | BP-Oil | 1951 | 42:13 | . | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 151 | 1244 | Hein, Eckhard | Stern | 1938 | 42:23 | . | . | . | . | . | . | . | . | . | . | . | 8 | . |
| 152 | 1429 | Ehlers, Frank | Tchibo | 1966 | 42:24 | . | . | . | . | 34 | . | . | . | . | . | . | . | . |
| 153 | 82 | Schreiber, Siegfried | Airbus | 1936 | 42:58 | . | . | . | . | . | . | . | . | . | . | . | 9 | . |
| 154 | 1407 | Rahn, Peter | Sig. Iduna | 1942 | 43:43 | . | . | . | . | . | . | . | . | . | 16 | . | . | . |
| 155 | 671 | Otte, Michael | Haspa | 1951 | 43:50 | . | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 156 | 1343 | Püttjer, Horst | Siemens | 1953 | 43:52 | . | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 157 | 1677 | Schmidt-D., Detlev | Rot-Gelb | 1945 | 44:08 | . | . | . | . | . | . | . | . | 14 | . | . | . | . |
| 158 | 1419 | Dietrich, Günter | Allianz | 1932 | 44:11 | . | . | . | . | . | . | . | . | . | . | . | 3 | . |
| 159 | 645 | Fick, Horst | Haspa | 1942 | 44:24 | . | . | . | . | . | . | . | . | . | 17 | . | . | . |
| 160 | 1193 | Alberts, Johann | Rot-Gelb | 1941 | 45:20 | . | . | . | . | . | . | . | . | . | 18 | . | . | . |
| 161 | 647 | Goetzke, Stefan | Haspa | 1966 | 45:40 | . | . | . | . | 35 | . | . | . | . | . | . | . | . |
| 162 | 479 | Wunderlich, Peter | Feuerwehr | 1956 | 45:52 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 163 | 424 | Müggenburg, Horst | EDEKA | 1944 | 46:02 | . | . | . | . | . | . | . | . | 15 | . | . | . | . |
| 164 | 1598 | Kardels, Axel | NDR | 1954 | 46:25 | . | . | . | . | . | 16 | . | . | . | . | . | . | . |
| 165 | 1721 | Roosen, Gerrit | Berenberg | 1962 | 46:48 | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 166 | 614 | Koppermann, Horst | Hochbahn | 1952 | 46:48 | . | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 167 | 1571 | Wohlers, Wolfgang | Beiersdorf | 1955 | 47:31 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 168 | 314 | Engel, Manfred | CPAG | 1937 | 48:12 | . | . | . | . | . | . | . | . | . | . | . | 10 | . |
| 169 | 1468 | Hilker, Walter | TÜV-Nord | 1960 | 48:54 | . | . | . | . | . | 22 | . | . | . | . | . | . | . |
| 170 | 461 | Neumann, Wilhelm | Feuerwehr | 1938 | 48:56 | . | . | . | . | . | . | . | . | . | . | . | 11 | . |
| 171 | 457 | Hintzmann, Alfred | Feuerwehr | 1934 | 49:04 | . | . | . | . | . | . | . | . | . | . | . | 12 | . |
| 172 | 1526 | Voß, Gilbert | VATTENFALL | 1959 | 49:44 | . | . | . | . | . | 23 | . | . | . | . | . | . | . |
| 173 | 33 | Hewers, Otto | Airbus | 1939 | 49:48 | . | . | . | . | . | . | . | . | . | 19 | . | . | . |
| 174 | 1425 | Müller, Gerhard | Allianz | 1936 | 50:33 | . | . | . | . | . | . | . | . | . | . | . | 13 | . |
| 175 | 419 | Kirste, John | EDEKA | 1967 | 54:23 | . | . | . | . | 36 | . | . | . | . | . | . | . | . |

Ergebnisse der Herren auf der Langstrecke (10600 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | 0 | 23 | 26 | 36 | 54 | 69 | 48 | 32 | 20 | 10 | 8 | 0 | 0 |
|-------|------|-----------------------|------------|------|-------|---------------------|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | | | | | | | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
| 1 | 1779 | Hämmerling, Oliver | HH-Hochsch | 1970 | 37:48 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 1155 | Hartwig, Christian | PwC | 1972 | 37:51 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| | 1743 | Papenfuß, Ulf | HSU HH | 1979 | 37:55 | 1. Klasse II | | | | | | | | | | | | | |
| 3 | 884 | Gauger, Jens | Laufwerk | 1965 | 38:11 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 4 | 721 | Glück, Christian | HSU HH | 1981 | 38:12 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 1450 | Hinz, Carsten | TK | 1965 | 38:24 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 6 | 1322 | Härle, Ralf | Siemens | 1963 | 38:41 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 7 | 503 | Sturm, Volker | Fa.Blanke. | 1965 | 38:57 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 8 | 712 | Wenck, Thomas | HEK | 1961 | 38:59 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 9 | 738 | Rogler, Konrad | HSU HH | 1981 | 39:09 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 10 | 1041 | Wittmar, Johannes | OTTO | 1981 | 39:11 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 11 | 241 | Totzke, Lars | A.Springer | 1966 | 39:11 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 12 | 919 | Bach, Rene | Lufthansa | 1981 | 39:46 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 352 | Ahrens, Hans-Björn | Deut.Ring | 1979 | 39:56 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 1477 | Polster, Malte | TÜV-Nord | 1976 | 40:08 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 278 | Jaekel, Carsten | DESY | 1970 | 40:21 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 16 | 1275 | Prigge, Hauke | Stern | 1989 | 40:38 | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 728 | Johannsen, Hauke | HSU HH | 1977 | 40:42 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 171 | Janßen, Harald | Beiersdorf | 1968 | 40:53 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 19 | 717 | Christmann, Daniel | HSU HH | 1976 | 41:05 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 718 | Corbe, Marian | HSU HH | 1983 | 41:09 | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 21 | 872 | Salman, Dogan | Gaden | 1969 | 41:10 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 22 | 1663 | Behn, Nils | Laufwerk | 1965 | 41:30 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 23 | 1815 | Schütze, Matthias | Laufwerk | 1976 | 41:32 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 24 | 87 | Stübs, Andre | Airbus | 1975 | 41:57 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 25 | 1254 | Klindworth, Jürgen | Stern | 1959 | 42:01 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 26 | 962 | Jaacks, Ulrich | Medeco | 1962 | 42:07 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 27 | 759 | Köpke, Manfred | Holsten | 1958 | 42:18 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 28 | 237 | Martin, Dieter | A.Springer | 1961 | 42:21 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 29 | 279 | Jaekel, Christoph | DESY | 1973 | 42:22 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 30 | 186 | Rütze, Martin | Beiersdorf | 1977 | 42:24 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 31 | 514 | Ryszka, Josef | GEHE-PH | 1963 | 42:26 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 32 | 327 | Hartz, Manfred | DAK | 1963 | 42:27 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 33 | 1802 | Raassis, Marc-Alex | Laufwerk | 1971 | 42:28 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 34 | 1507 | Metzner, Bernd | VATTENFALL | 1965 | 42:30 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 35 | 1609 | Moll, Thomas | G+J | 1978 | 42:47 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 36 | 318 | Ansen, Hans-Jürgen | DAK | 1950 | 42:57 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 37 | 1797 | Hausmann, Christoph | HSU HH | 1983 | 43:02 | . | 8 | . | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 740 | Seifert, Maik | HSU HH | 1983 | 43:03 | . | 9 | . | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 785 | Fennert, Michael | HSH-NORDB. | 1962 | 43:03 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 40 | 1027 | Lierow, Wolfgang | OTTO | 1970 | 43:09 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 41 | 148 | Dettmer, Jörg | BACARDI | 1967 | 43:11 | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 42 | 685 | Wilde, Klaus | Haspa | 1958 | 43:11 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 43 | 1278 | Sturzenegger, Andreas | Stern | 1972 | 43:13 | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 44 | 198 | Hartmann, Michael | Berenberg | 1954 | 43:19 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 45 | 349 | Voß, Thomas | Deut.Bank | 1967 | 43:24 | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 46 | 1424 | Meyer-Reim, Utz | Allianz | 1961 | 43:26 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 47 | 1816 | Backhausen, Dirk | Germ.Lloyd | 1966 | 43:32 | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 48 | 1585 | Hansen, Rolf | Hochbahn | 1962 | 43:34 | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 49 | 648 | Goth, Björn | Haspa | 1969 | 43:34 | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 50 | 1165 | Hornung, Jürgen | Raffay | 1954 | 43:34 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 51 | 239 | Ruckelshausen, Olaf | A.Springer | 1968 | 43:35 | . | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 52 | 1777 | Dobrick, Heiko | Laufwerk | 1969 | 43:55 | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 53 | 963 | Venegas, Miguel | Medeco | 1965 | 44:10 | . | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 54 | 1057 | Glasenapp, Jan | PHILIPS | 1971 | 44:13 | . | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 55 | 111 | Zühlke, Jürgen | AXA-Hbg | 1955 | 44:24 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 56 | 956 | Treuten, Andreas | Lufthansa | 1963 | 44:24 | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 57 | 600 | Bardenhagen, Lars | HW | 1964 | 44:25 | . | . | . | 13 | . | . | . | . | . | . | . | . | . | . |
| 58 | 1031 | Patzer, Ralf | OTTO | 1967 | 44:30 | . | . | . | 14 | . | . | . | . | . | . | . | . | . | . |
| 59 | 1093 | Rittmeister, Lutz | PHILIPS | 1959 | 44:38 | . | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 60 | 959 | Bruhnke, Eric | Medeco | 1983 | 44:40 | . | 10 | . | . | . | . | . | . | . | . | . | . | . | . |
| 61 | 1333 | Meyer, Jörg | Siemens | 1961 | 44:45 | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 62 | 1010 | Becker, Jens-Gerrit | OTTO | 1962 | 44:46 | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| | 1811 | Klöver, Ingo | UNBEKANNT | 1965 | 44:57 | 1. Außer Konkurrenz | | | | | | | | | | | | | |
| 63 | 1372 | Witthöft, Holger | Still | 1957 | 44:57 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|---------------------------|------------|------|-------|---------------------|----|----|----|----|----|----|----|----|----|----|----|----|
| 64 | 974 | Beckmann, Thorsten | NDR | 1967 | 45:00 | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 65 | 810 | Sanders, Lars | HSH-NORDB. | 1970 | 45:14 | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 66 | 395 | Scheffler, Marco | Dresdner-B | 1974 | 45:17 | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 67 | 629 | Kiehl, Thorsten | HH-Hochsch | 1984 | 45:18 | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 68 | 320 | Bodora, Werner | DAK | 1952 | 45:20 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 69 | 990 | Kohlmann, Carsten | NDR | 1965 | 45:22 | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 70 | 1339 | Peschel Sielmann, Manfred | Siemens | 1960 | 45:24 | . | . | . | . | . | 15 | . | . | . | . | . | . | . |
| 71 | 670 | Olsson, Jens | Haspa | 1963 | 45:26 | . | . | . | . | . | 16 | . | . | . | . | . | . | . |
| 72 | 1043 | Baß, Michael | PHILIPS | 1968 | 45:30 | . | . | . | . | 17 | . | . | . | . | . | . | . | . |
| 73 | 891 | Heilmann, Oliver | Laufwerk | 1970 | 45:32 | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 74 | 1532 | Buchholz, Uwe | Volksfürs. | 1968 | 45:34 | . | . | . | . | 18 | . | . | . | . | . | . | . | . |
| 75 | 804 | Laake, Christian | HSH-NORDB. | 1970 | 45:47 | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 76 | 1076 | Kuncke, Stefan | PHILIPS | 1967 | 45:49 | . | . | . | . | 19 | . | . | . | . | . | . | . | . |
| | | Brumm, Johan-Frederic | Laufwerk | 1992 | 46:03 | 2. Außer Konkurrenz | | | | | | | | | | | | |
| 77 | 1483 | Wehowsky, Frank | TÜV-Nord | 1962 | 46:05 | . | . | . | . | . | 17 | . | . | . | . | . | . | . |
| 78 | 1062 | Haacker, Kai | PHILIPS | 1963 | 46:07 | . | . | . | . | . | 18 | . | . | . | . | . | . | . |
| 79 | 719 | Duits, Wilhelm | HSU HH | 1983 | 46:17 | . | 12 | . | . | . | . | . | . | . | . | . | . | . |
| 80 | 863 | Brandt, Andreas | Gaden | 1958 | 46:26 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 81 | 39 | Horn, Christian | Airbus | 1978 | 46:30 | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 82 | 1072 | Jeschke, Heinz | PHILIPS | 1955 | 46:30 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 83 | 160 | Hoch, Christoph | Baubehörde | 1960 | 46:34 | . | . | . | . | . | 19 | . | . | . | . | . | . | . |
| 84 | 921 | Blasczyk, Rolf | Lufthansa | 1955 | 46:35 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 85 | 558 | Kozieras, Norbert | Hbg.Mannh. | 1950 | 46:40 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 86 | 243 | von Woedtke, Christoph | A.Springer | 1945 | 46:43 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 87 | 1106 | Timm, Thomas | PHILIPS | 1958 | 46:45 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 88 | 24 | Ehlers, Norbert | Airbus | 1965 | 46:47 | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 89 | 199 | Haslbauer, Dieter | Berenberg | 1959 | 46:49 | . | . | . | . | . | 20 | . | . | . | . | . | . | . |
| 90 | 1796 | Töpfer, Tom | HH-Hochsch | 1984 | 46:52 | . | 13 | . | . | . | . | . | . | . | . | . | . | . |
| 91 | 707 | Plümer, Ralf | HEK | 1971 | 46:56 | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 92 | 873 | Schottenhaml, Andreas | Gaden | 1975 | 47:03 | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 93 | 1554 | Wenrich, Alexander | Volksfürs. | 1966 | 47:06 | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 94 | 126 | Gehle, Friedhelm | BA-Eimsb. | 1956 | 47:07 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 95 | 742 | Titze, Rene | HSU HH | 1968 | 47:08 | . | . | . | . | 22 | . | . | . | . | . | . | . | . |
| 96 | 1667 | Lubeseder, Andre | Laufwerk | 1968 | 47:08 | . | . | . | . | 23 | . | . | . | . | . | . | . | . |
| 97 | 346 | Rewel, Thomas | Deut.Bank | 1978 | 47:09 | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 98 | 488 | Hauck, Michael | Fa.Blanke. | 1975 | 47:11 | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 99 | 1312 | Berka, Thomas | Siemens | 1962 | 47:12 | . | . | . | . | . | 21 | . | . | . | . | . | . | . |
| 100 | 744 | Wimmer, Georg | HSU HH | 1971 | 47:12 | . | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 101 | 1650 | Hildebrandt, Helmut | ESW&STN | 1957 | 47:14 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 102 | 1466 | Hering, Christian | TÜV-Nord | 1978 | 47:16 | . | . | 13 | . | . | . | . | . | . | . | . | . | . |
| 103 | 1107 | Weinrich, Konrad | PHILIPS | 1959 | 47:21 | . | . | . | . | . | 22 | . | . | . | . | . | . | . |
| | 1808 | Laude, Niels | Polizei HH | 1975 | 47:22 | 3. Außer Konkurrenz | | | | | | | | | | | | |
| 104 | 623 | Deutz, Mathias | HH-Hochsch | 1978 | 47:27 | . | . | 14 | . | . | . | . | . | . | . | . | . | . |
| 105 | 73 | Reifschläger, Norbert | Airbus | 1954 | 47:28 | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 106 | 1727 | Schäfer, Daniel | HapagLloyd | 1978 | 47:30 | . | . | 15 | . | . | . | . | . | . | . | . | . | . |
| 107 | 1337 | Naundorf, Jens | Siemens | 1964 | 47:39 | . | . | . | . | 24 | . | . | . | . | . | . | . | . |
| 108 | 97 | Wandschneider, Dirk | Airbus | 1963 | 47:41 | . | . | . | . | . | 23 | . | . | . | . | . | . | . |
| 109 | 342 | Herrmann, Michael | Deut.Bank | 1961 | 47:47 | . | . | . | . | . | 24 | . | . | . | . | . | . | . |
| 110 | 583 | Spijker, Rüdiger | Hbg.Mannh. | 1960 | 47:49 | . | . | . | . | . | 25 | . | . | . | . | . | . | . |
| 111 | 904 | Ostermann, Olaf | Laufwerk | 1966 | 47:49 | . | . | . | . | 25 | . | . | . | . | . | . | . | . |
| 112 | 868 | Janßen, Uwe | Gaden | 1960 | 48:08 | . | . | . | . | . | 26 | . | . | . | . | . | . | . |
| 113 | 816 | Steinkühler, Thomas | HSH-NORDB. | 1957 | 48:21 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 114 | 515 | Albrecht, Axel | Germ.Lloyd | 1966 | 48:22 | . | . | . | . | 26 | . | . | . | . | . | . | . | . |
| 115 | 504 | Tavarnay, Christian | Fa.Blanke. | 1974 | 48:26 | . | . | 16 | . | . | . | . | . | . | . | . | . | . |
| 116 | 875 | Schulz, Hans-Joachim | Gaden | 1946 | 48:28 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 117 | 1539 | Feldhusen, Dr. Johannes | Volksfürs. | 1957 | 48:28 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 118 | 350 | Ziems, Alexander | Deut.Bank | 1981 | 48:32 | . | 14 | . | . | . | . | . | . | . | . | . | . | . |
| 119 | 155 | Krastev, Ulli | BACARDI | 1969 | 48:33 | . | . | . | 17 | . | . | . | . | . | . | . | . | . |
| 120 | 941 | Meinicke, Knuth | Lufthansa | 1963 | 48:35 | . | . | . | . | . | 27 | . | . | . | . | . | . | . |
| 121 | 1529 | Ahrens, Reiner | Volksfürs. | 1960 | 48:37 | . | . | . | . | . | 28 | . | . | . | . | . | . | . |
| 122 | 975 | Chollet, Thomas | NDR | 1966 | 48:39 | . | . | . | . | 27 | . | . | . | . | . | . | . | . |
| 123 | 1101 | Stäcker, Frank | PHILIPS | 1964 | 48:43 | . | . | . | . | 28 | . | . | . | . | . | . | . | . |
| 124 | 1350 | Sietz, Andreas | Siemens | 1968 | 48:43 | . | . | . | . | 29 | . | . | . | . | . | . | . | . |
| 125 | 1067 | Hensel, Jullian | PHILIPS | 1985 | 48:45 | . | 15 | . | . | . | . | . | . | . | . | . | . | . |
| 126 | 1276 | Stangenberg, Andreas | Stern | 1960 | 48:47 | . | . | . | . | . | 29 | . | . | . | . | . | . | . |
| 127 | 433 | Drahl, Bernd | ESW&STN | 1955 | 48:50 | . | . | . | . | . | . | 16 | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
|-------|------|-------------------------|------------|------|-------|----|------------------|----|----|----|----|----|----|----|----|----|----|----|--|
| 128 | 1006 | Thimm, Erich | NDR | 1951 | 48:53 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | |
| 129 | 108 | Schweder, Klaus | AXA-Hbg | 1962 | 48:53 | . | . | . | . | 30 | . | . | . | . | . | . | . | . | |
| 130 | 811 | Schiminski, Jochen | HSH-NORDB. | 1979 | 48:54 | . | 16 | . | . | . | . | . | . | . | . | . | . | . | |
| 131 | 443 | Krützelmann, Christian | ESW&STN | 1964 | 48:55 | . | . | . | 30 | . | . | . | . | . | . | . | . | . | |
| 132 | 871 | Rücker, Heinrich | Gaden | 1936 | 48:55 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | |
| 133 | 1522 | Schumann, Thomas | VATTENFALL | 1958 | 48:56 | . | . | . | . | . | . | 17 | . | . | . | . | . | . | |
| 134 | 1325 | Hahn, Thomas | Siemens | 1968 | 48:57 | . | . | . | 31 | . | . | . | . | . | . | . | . | . | |
| 135 | 1641 | Friz, Stefan | EDEKA | 1966 | 49:10 | . | . | . | 32 | . | . | . | . | . | . | . | . | . | |
| 136 | 1348 | Sie Too, Petrus | Siemens | 1958 | 49:10 | . | . | . | . | . | . | 18 | . | . | . | . | . | . | |
| 137 | 109 | Soetebeer, Michael | AXA-Hbg | 1955 | 49:10 | . | . | . | . | . | . | 19 | . | . | . | . | . | . | |
| 138 | 603 | Kollenkarn, Thies-Uwe | HW | 1955 | 49:12 | . | . | . | . | . | . | 20 | . | . | . | . | . | . | |
| 139 | 520 | Hamann, Rainer | Germ.Lloyd | 1962 | 49:14 | . | . | . | . | 31 | . | . | . | . | . | . | . | . | |
| 140 | 1669 | Meißner, Karsten | Polizei HH | 1976 | 49:19 | . | . | 17 | . | . | . | . | . | . | . | . | . | . | |
| 141 | 1082 | Matzke, Herwig | PHILIPS | 1972 | 49:20 | . | . | . | 18 | . | . | . | . | . | . | . | . | . | |
| 142 | 736 | Resch, Christian | HSU HH | 1983 | 49:24 | . | 17 | . | . | . | . | . | . | . | . | . | . | . | |
| 143 | 991 | Konrad, Thomas | NDR | 1967 | 49:29 | . | . | . | 33 | . | . | . | . | . | . | . | . | . | |
| 144 | 125 | Freude, Holger | BA-Eimsb. | 1960 | 49:31 | . | . | . | . | 32 | . | . | . | . | . | . | . | . | |
| 145 | 294 | Wölflick, Torsten | DESY | 1977 | 49:31 | . | . | 18 | . | . | . | . | . | . | . | . | . | . | |
| 146 | 1758 | Manke, Dirk | PHILIPS | 1971 | 49:33 | . | . | . | 19 | . | . | . | . | . | . | . | . | . | |
| 147 | 859 | Ludwig, Dirk | Knossos.de | 1971 | 49:35 | . | . | . | 20 | . | . | . | . | . | . | . | . | . | |
| 148 | 242 | Unger, Olaf | A.Springer | 1967 | 49:41 | . | . | . | 34 | . | . | . | . | . | . | . | . | . | |
| 149 | 132 | Kögler, Gebhard | BA-Eimsb. | 1941 | 49:43 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | |
| 150 | 1475 | Moka, Axel | TÜV-Nord | 1974 | 49:49 | . | . | 19 | . | . | . | . | . | . | . | . | . | . | |
| 151 | 389 | Niemann, Volker | Dresdner-B | 1959 | 49:53 | . | . | . | . | 33 | . | . | . | . | . | . | . | . | |
| 152 | 366 | Sothmann, Thomas | Deut.Ring | 1969 | 49:56 | . | . | . | 21 | . | . | . | . | . | . | . | . | . | |
| 153 | 1741 | Streckwaldt, Kai | HHLA | 1966 | 49:58 | . | . | . | . | 35 | . | . | . | . | . | . | . | . | |
| 154 | 928 | Haß, Dennis | Lufthansa | 1972 | 50:02 | . | . | . | 22 | . | . | . | . | . | . | . | . | . | |
| 155 | 112 | Adler, Joachim | BVI | 1971 | 50:06 | . | . | . | 23 | . | . | . | . | . | . | . | . | . | |
| 156 | 843 | Winter, Jörg | IBM Klub | 1970 | 50:10 | . | . | . | 24 | . | . | . | . | . | . | . | . | . | |
| 157 | 159 | Croissier, Rene | Baubehörde | 1950 | 50:10 | . | . | . | . | . | . | . | 5 | . | . | . | . | . | |
| 158 | 651 | Heidel, Oliver | Haspa | 1962 | 50:11 | . | . | . | . | 34 | . | . | . | . | . | . | . | . | |
| 159 | 1732 | Bornholdt, Jörg | Deut.Bank | 1961 | 50:14 | . | . | . | . | 35 | . | . | . | . | . | . | . | . | |
| 160 | 490 | Hinners, Udo | Fa.Blanke. | 1953 | 50:16 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | |
| 161 | 730 | Kretzschmar, Carsten | HSU HH | 1965 | 50:26 | . | . | . | . | 36 | . | . | . | . | . | . | . | . | |
| 162 | 787 | Haberkost, Jens | HSH-NORDB. | 1964 | 50:30 | . | . | . | . | 37 | . | . | . | . | . | . | . | . | |
| 163 | 1699 | Hinsch, Lukas | BeraCom | 1978 | 50:33 | . | . | 20 | . | . | . | . | . | . | . | . | . | . | |
| 164 | 557 | Kock, Reinhard | Hbg.Mannh. | 1952 | 50:35 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | |
| 165 | 293 | Schulz, Torsten | DESY | 1962 | 50:39 | . | . | . | . | 36 | . | . | . | . | . | . | . | . | |
| 166 | 918 | Bach, Burkhard | Lufthansa | 1956 | 50:41 | . | . | . | . | 21 | . | . | . | . | . | . | . | . | |
| 167 | 916 | Bödeker, Heinz | LINCAS-BT | 1947 | 50:45 | . | . | . | . | . | . | . | . | . | . | 3 | . | . | |
| 168 | 385 | Küster, Siegfried | Dresdner-B | 1948 | 50:49 | . | . | . | . | . | . | . | . | . | . | 4 | . | . | |
| 169 | 69 | Poppe, Ralf | Airbus | 1958 | 50:49 | . | . | . | . | . | . | 22 | . | . | . | . | . | . | |
| 170 | 1352 | Strecker, Ulrich | Siemens | 1970 | 50:57 | . | . | . | . | 25 | . | . | . | . | . | . | . | . | |
| | 752 | Birke, Lennard | Holsten | 1990 | 50:59 | 4. | Außer Konkurrenz | | | | | | | | | | | | |
| 171 | 447 | Sluzalek, Ralf | ESW&STN | 1963 | 51:05 | . | . | . | . | 37 | . | . | . | . | . | . | . | . | |
| 172 | 358 | Heinzinger, Manfred | Deut.Ring | 1962 | 51:06 | . | . | . | . | 38 | . | . | . | . | . | . | . | . | |
| 173 | 1331 | von Mallinckrodt, Klaus | Siemens | 1946 | 51:08 | . | . | . | . | . | . | . | . | 5 | . | . | . | . | |
| 174 | 1316 | Damm, Wolfgang | Siemens | 1946 | 51:10 | . | . | . | . | . | . | . | . | 6 | . | . | . | . | |
| 175 | 1296 | Rubiales Jimenez, Luis | Zoll | 1938 | 51:14 | . | . | . | . | . | . | . | . | . | . | 2 | . | . | |
| 176 | 1682 | Manthei, Jan | Sig. Iduna | 1967 | 51:15 | . | . | . | . | 38 | . | . | . | . | . | . | . | . | |
| 177 | 767 | Reschka, Edmund | Holsten | 1954 | 51:20 | . | . | . | . | . | . | 23 | . | . | . | . | . | . | |
| 178 | 937 | Kolbe, Johannes | Lufthansa | 1958 | 51:20 | . | . | . | . | . | . | 24 | . | . | . | . | . | . | |
| 179 | 142 | Meier-Rößler, Jochen | BA-Nord | 1944 | 51:24 | . | . | . | . | . | . | . | . | 7 | . | . | . | . | |
| 180 | 562 | Löffler, Uwe | Hbg.Mannh. | 1941 | 51:25 | . | . | . | . | . | . | . | . | . | . | 2 | . | . | |
| 181 | 821 | Bohn, Holger | HypoVerein | 1964 | 51:27 | . | . | . | . | 39 | . | . | . | . | . | . | . | . | |
| | 1810 | Huth, Günther | Airbus | 1963 | 51:31 | 5. | Außer Konkurrenz | | | | | | | | | | | | |
| 182 | 1700 | Stooß, Gerald | Feuerwehr | 1960 | 51:33 | . | . | . | . | 39 | . | . | . | . | . | . | . | . | |
| 183 | 772 | Unterspann, Klaus | Holsten | 1941 | 51:47 | . | . | . | . | . | . | . | . | . | . | 3 | . | . | |
| 184 | 906 | Pfaffe, Andreas | Laufwerk | 1962 | 52:06 | . | . | . | . | 40 | . | . | . | . | . | . | . | . | |
| 185 | 231 | Bay, Peter | A.Springer | 1960 | 52:08 | . | . | . | . | 41 | . | . | . | . | . | . | . | . | |
| 186 | 1557 | Wutzke, Volker | Volksfürs. | 1959 | 52:14 | . | . | . | . | 42 | . | . | . | . | . | . | . | . | |
| 187 | 683 | Wagner, Dr. Klaus Uwe | Haspa | 1964 | 52:25 | . | . | . | . | 40 | . | . | . | . | . | . | . | . | |
| 188 | 1202 | Hoppe, Holger | Rot-Gelb | 1971 | 52:41 | . | . | . | 26 | . | . | . | . | . | . | . | . | . | |
| 189 | 347 | Rowedder, Frank | Deut.Bank | 1966 | 52:46 | . | . | . | . | 41 | . | . | . | . | . | . | . | . | |
| 190 | 1626 | Beckmann, Walter | Airbus | 1971 | 52:49 | . | . | . | . | 27 | . | . | . | . | . | . | . | . | |
| 191 | 865 | Fitschen, Nils | Gaden | 1981 | 52:52 | . | 18 | . | . | . | . | . | . | . | . | . | . | . | |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-------------------------|------------|------|-------|---------------------|----|----|----|----|----|----|----|----|----|----|----|----|
| 192 | 1535 | Corts, Frank | Volksfürs. | 1962 | 52:58 | . | . | . | . | . | 43 | . | . | . | . | . | . | . |
| 193 | 903 | Müller, Walter-Stephan | Laufwerk | 1954 | 52:59 | . | . | . | . | . | . | 25 | . | . | . | . | . | . |
| 194 | 533 | Banck, Sönke | Hbg.Mannh. | 1967 | 53:04 | . | . | . | . | 42 | . | . | . | . | . | . | . | . |
| 195 | 46 | König, Dietmar | Airbus | 1952 | 53:04 | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 196 | 1578 | Mollenhauer, Eric | E.ON Hanse | 1965 | 53:06 | . | . | . | . | 43 | . | . | . | . | . | . | . | . |
| 197 | 216 | Karsten, Joern | BG 36 | 1959 | 53:08 | . | . | . | . | . | 44 | . | . | . | . | . | . | . |
| 198 | 1445 | Dick, Joachim | TK | 1943 | 53:12 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 199 | 1528 | Wolter, Friedrich | VATTENFALL | 1952 | 53:25 | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 200 | 1237 | da Silva, Fernando | Stern | 1960 | 53:33 | . | . | . | . | . | 45 | . | . | . | . | . | . | . |
| 201 | 1798 | Schmidhäusler, Daniel | HSU HH | 1976 | 53:35 | . | . | 21 | . | . | . | . | . | . | . | . | . | . |
| 202 | 864 | Busse, Heino | Gaden | 1953 | 53:37 | . | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 203 | 952 | Staffelt, Heiko | Lufthansa | 1974 | 53:39 | . | . | 22 | . | . | . | . | . | . | . | . | . | . |
| 204 | 1801 | Glowienka, Tobias | Gaden | 1979 | 53:42 | . | 19 | . | . | . | . | . | . | . | . | . | . | . |
| 205 | 1039 | Ulrich, Rainer | OTTO | 1960 | 53:47 | . | . | . | . | . | 46 | . | . | . | . | . | . | . |
| 206 | 517 | Albrecht, Henning | Germ.Lloyd | 1972 | 53:49 | . | . | . | 28 | . | . | . | . | . | . | . | . | . |
| 207 | 1249 | Kalus, Andreas | Stern | 1962 | 53:50 | . | . | . | . | . | 47 | . | . | . | . | . | . | . |
| 208 | 1263 | Lohmann, Rolf-Michael | Stern | 1960 | 53:55 | . | . | . | . | . | 48 | . | . | . | . | . | . | . |
| 209 | 1409 | Scharf, Dietmar | Sig. Iduna | 1968 | 53:56 | . | . | . | . | 44 | . | . | . | . | . | . | . | . |
| 210 | 317 | Lang, Hans-Georg | CPAG | 1951 | 54:00 | . | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 211 | 292 | Rudolph, Florian | DESY | 1980 | 54:10 | . | 20 | . | . | . | . | . | . | . | . | . | . | . |
| 212 | 1164 | Haubrich, Gerhard | Raffay | 1943 | 54:12 | . | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 213 | 998 | Prössl, Christoph | NDR | 1973 | 54:13 | . | . | 29 | . | . | . | . | . | . | . | . | . | . |
| 214 | 856 | Dose, Jörg | Knossos.de | 1971 | 54:14 | . | . | 30 | . | . | . | . | . | . | . | . | . | . |
| 215 | 351 | Ahrens, Claus-Werner | Deut.Ring | 1944 | 54:21 | . | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 216 | 526 | Raschle, Hanspeter | Germ.Lloyd | 1954 | 54:22 | . | . | . | . | . | . | 26 | . | . | . | . | . | . |
| 217 | 341 | Ehrenberg, Frank | Deut.Bank | 1959 | 54:35 | . | . | . | . | . | 49 | . | . | . | . | . | . | . |
| 218 | 302 | Kafke, Norbert | BBK | 1960 | 54:36 | . | . | . | . | . | 50 | . | . | . | . | . | . | . |
| 219 | 1698 | Rachow, Michael | BeraCom | 1956 | 54:38 | . | . | . | . | . | . | 27 | . | . | . | . | . | . |
| 220 | 139 | Blazzkowski, Hans-G. | BA-Nord | 1955 | 54:43 | . | . | . | . | . | . | 28 | . | . | . | . | . | . |
| 221 | 1575 | Baumeister, Thorsten | T-Systems | 1969 | 54:47 | . | . | 31 | . | . | . | . | . | . | . | . | . | . |
| 222 | 295 | Wohlenberg, Torsten | DESY | 1962 | 54:52 | . | . | . | . | . | 51 | . | . | . | . | . | . | . |
| 223 | 1128 | Leitz, Hagen | Polizei HH | 1960 | 54:57 | . | . | . | . | . | 52 | . | . | . | . | . | . | . |
| 224 | 1250 | Kamrad, Hubert | Stern | 1955 | 55:00 | . | . | . | . | . | . | 29 | . | . | . | . | . | . |
| 225 | 432 | Döring, Michael | ESW&STN | 1965 | 55:02 | . | . | . | . | 45 | . | . | . | . | . | . | . | . |
| 226 | 1538 | Doose, Holger | Volksfürs. | 1953 | 55:06 | . | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 227 | 431 | Brandt, Jens | ESW&STN | 1956 | 55:07 | . | . | . | . | . | . | 30 | . | . | . | . | . | . |
| 228 | 164 | von Bremen, Dirk | Beiersdorf | 1964 | 55:15 | . | . | . | . | 46 | . | . | . | . | . | . | . | . |
| 229 | 437 | Gläser, Heinz | ESW&STN | 1945 | 55:19 | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 230 | 124 | Bussmann-Kuban, Michael | BA-Eimsb. | 1953 | 55:25 | . | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 231 | 1652 | Taferner, Johann | Germ.Lloyd | 1948 | 55:27 | . | . | . | . | . | . | . | . | 10 | . | . | . | . |
| 232 | 284 | Ludwig, Kai | DESY | 1960 | 55:33 | . | . | . | . | . | 53 | . | . | . | . | . | . | . |
| 233 | 845 | Gebert, Claus | Innovas | 1975 | 55:35 | . | 23 | . | . | . | . | . | . | . | . | . | . | . |
| 234 | 1694 | Rohde, Kurt | Sig. Iduna | 1949 | 55:36 | . | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 235 | 1166 | Ihde, Bernd | Raffay | 1946 | 55:37 | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 236 | 528 | Supke, Uwe | Germ.Lloyd | 1963 | 55:39 | . | . | . | . | . | 54 | . | . | . | . | . | . | . |
| 237 | 440 | Janning, Wolfgang | ESW&STN | 1954 | 55:46 | . | . | . | . | . | . | 31 | . | . | . | . | . | . |
| 238 | 848 | Rieck, Jörn | Innovas | 1968 | 55:48 | . | . | . | . | 47 | . | . | . | . | . | . | . | . |
| 239 | 1154 | Vogt, Karl-Heinz | Postbank-H | 1946 | 55:48 | . | . | . | . | . | . | . | . | 12 | . | . | . | . |
| 240 | 1064 | Hahn, Ronald | PHILIPS | 1967 | 56:02 | . | . | . | . | . | 48 | . | . | . | . | . | . | . |
| 241 | 1473 | Koppelman, Jan | TÜV-Nord | 1973 | 56:02 | . | . | 32 | . | . | . | . | . | . | . | . | . | . |
| 242 | 1342 | Predel, Maik | Siemens | 1980 | 56:08 | . | 21 | . | . | . | . | . | . | . | . | . | . | . |
| 243 | 1243 | Hass, Jochen | Stern | 1966 | 56:12 | . | . | . | . | . | 49 | . | . | . | . | . | . | . |
| | 1770 | Hagedorn, Michael | Volksfürs. | 1956 | 56:13 | 6. Außer Konkurrenz | | | | | | | | | | | | |
| 244 | 1719 | Rubart, Lothar | BeraCom | 1960 | 56:14 | . | . | . | . | . | . | 55 | . | . | . | . | . | . |
| 245 | 210 | Schreiner, Andreas | Berenberg | 1963 | 56:14 | . | . | . | . | . | 56 | . | . | . | . | . | . | . |
| 246 | 1515 | Röhlig, Lutz | VATTENFALL | 1956 | 56:44 | . | . | . | . | . | . | 32 | . | . | . | . | . | . |
| 247 | 315 | Hartwigsen, Fred | CPAG | 1952 | 56:56 | . | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 248 | 1401 | Kuhnigk, Christian | Sig. Iduna | 1961 | 57:02 | . | . | . | . | . | 57 | . | . | . | . | . | . | . |
| 249 | 1633 | Praski, Matthias R. | Berenberg | 1976 | 57:07 | . | 24 | . | . | . | . | . | . | . | . | . | . | . |
| 250 | 404 | von Eitzen, Martin | E.ON Hanse | 1942 | 57:09 | . | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 251 | 853 | Beckmann, Niels | Knossos.de | 1974 | 57:15 | . | 25 | . | . | . | . | . | . | . | . | . | . | . |
| 252 | 1094 | Rönnebeck, Jens | PHILIPS | 1960 | 57:19 | . | . | . | . | . | 58 | . | . | . | . | . | . | . |
| 253 | 1747 | Kieselbach, Wolfgang | HypoVerein | 1952 | 57:21 | . | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 254 | 135 | Scheibner, Andreas | BA-Eimsb. | 1956 | 57:23 | . | . | . | . | . | . | 33 | . | . | . | . | . | . |
| 255 | 878 | Wittke, Mitja | Gaden | 1981 | 57:26 | . | 22 | . | . | . | . | . | . | . | . | . | . | . |
| 256 | 781 | Diezel, Günther | HSH-NORDB. | 1954 | 57:31 | . | . | . | . | . | . | 34 | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|------------|------|---------|----|------------------|----|----|----|----|----|----|----|----|----|----|----|
| 257 | 1454 | Leichtweiß, Heino | TK | 1944 | 57:38 | . | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 258 | 411 | Schadwell, Thomas | E.ON Hanse | 1964 | 57:39 | . | . | . | . | 50 | . | . | . | . | . | . | . | . |
| 259 | 1519 | Schulze, Frank | VATTENFALL | 1959 | 57:42 | . | . | . | . | . | 59 | . | . | . | . | . | . | . |
| 260 | 1544 | Krögler, Thomas | Volksfürs. | 1959 | 57:44 | . | . | . | . | 60 | . | . | . | . | . | . | . | . |
| 261 | 219 | Behncke, Rainer | BP-Oil | 1951 | 57:54 | . | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 262 | 392 | Radlof, Walter | Dresdner-B | 1935 | 57:58 | . | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 263 | 1754 | Meyer, Holger | Meyer A.B. | 1966 | 58:00 | . | . | . | . | 51 | . | . | . | . | . | . | . | . |
| 264 | 436 | Frey, Matthias | ESW&STN | 1951 | 58:03 | . | . | . | . | . | . | . | 18 | . | . | . | . | . |
| 265 | 251 | Klindtberg, Benno | HapagLloyd | 1949 | 58:06 | . | . | . | . | . | . | . | 19 | . | . | . | . | . |
| 266 | 258 | Schnabel, Harald | HapagLloyd | 1953 | 58:11 | . | . | . | . | . | . | . | 20 | . | . | . | . | . |
| 267 | 3 | Bäse, Wolfgang | Airbus | 1954 | 58:13 | . | . | . | . | . | . | 35 | . | . | . | . | . | . |
| 268 | 44 | Klockmann, Gordian | Airbus | 1966 | 58:15 | . | . | . | . | 52 | . | . | . | . | . | . | . | . |
| 269 | 996 | Meister, Wolfgang | NDR | 1956 | 58:17 | . | . | . | . | . | . | 36 | . | . | . | . | . | . |
| 270 | 1370 | Tubenthal, Jörg | Still | 1962 | 58:21 | . | . | . | . | 61 | . | . | . | . | . | . | . | . |
| 271 | 249 | Kay, Matthias | HapagLloyd | 1978 | 58:23 | . | 26 | . | . | . | . | . | . | . | . | . | . | . |
| 272 | 1745 | Burkhardt, Torsten | HSH-NORDB. | 1956 | 58:34 | . | . | . | . | . | 37 | . | . | . | . | . | . | . |
| 273 | 328 | Heitmann, Jörg | DAK | 1959 | 58:42 | . | . | . | . | 62 | . | . | . | . | . | . | . | . |
| 274 | 900 | Lüders-Bahlmann, Peter | Laufwerk | 1963 | 58:46 | . | . | . | . | 63 | . | . | . | . | . | . | . | . |
| 275 | 1301 | Treder, Peter | Zoll | 1955 | 58:53 | . | . | . | . | . | 38 | . | . | . | . | . | . | . |
| 276 | 1659 | Bornemann, Matthias | HSH-NORDB. | 1963 | 59:03 | . | . | . | . | 64 | . | . | . | . | . | . | . | . |
| 277 | 1366 | Dobrowolski, Claus | Still | 1957 | 59:09 | . | . | . | . | . | 39 | . | . | . | . | . | . | . |
| 278 | 1013 | Bötel, Jörg | OTTO | 1966 | 59:11 | . | . | . | 53 | . | . | . | . | . | . | . | . | . |
| 279 | 943 | Parpart, Christian | Lufthansa | 1961 | 59:11 | . | . | . | . | 65 | . | . | . | . | . | . | . | . |
| 280 | 624 | Dwenger, Werner | HH-Hochsch | 1953 | 59:29 | . | . | . | . | . | 21 | . | . | . | . | . | . | . |
| 281 | 197 | Günther, Wolfgang | Berenberg | 1986 | 59:51 | 23 | . | . | . | . | . | . | . | . | . | . | . | . |
| 282 | 1501 | Käming, Michael | VATTENFALL | 1958 | 59:52 | . | . | . | . | . | 40 | . | . | . | . | . | . | . |
| 283 | 771 | Suhr, Holger | Holsten | 1965 | 59:57 | . | . | . | 54 | . | . | . | . | . | . | . | . | . |
| 284 | 790 | Heins, Knut | HSH-NORDB. | 1957 | 1:00:00 | . | . | . | . | . | 41 | . | . | . | . | . | . | . |
| 285 | 973 | Beckmann, Jörg | NDR | 1934 | 1:00:13 | . | . | . | . | . | . | . | . | . | . | 4 | . | . |
| 286 | 291 | Rakutt, Manfred | DESY | 1947 | 1:00:17 | . | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 287 | 922 | Darimont, Manfred | Lufthansa | 1940 | 1:00:34 | . | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 288 | 657 | Kluth, Peter | Haspa | 1944 | 1:00:38 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 289 | 948 | Runke, Uwe | Lufthansa | 1959 | 1:00:40 | . | . | . | . | 66 | . | . | . | . | . | . | . | . |
| 290 | 1553 | Vierk, Helge | Volksfürs. | 1972 | 1:00:42 | . | . | 33 | . | . | . | . | . | . | . | . | . | . |
| 291 | 1078 | Lohmann, Heiner | PHILIPS | 1950 | 1:01:03 | . | . | . | . | . | . | 22 | . | . | . | . | . | . |
| 292 | 1453 | Lachmann, Jan | TK | 1970 | 1:01:04 | . | . | 34 | . | . | . | . | . | . | . | . | . | . |
| 293 | 8 | Belau, Günther | Airbus | 1955 | 1:01:13 | . | . | . | . | . | 42 | . | . | . | . | . | . | . |
| 294 | 1398 | Herrmann, Peter | Sig. Iduna | 1957 | 1:01:17 | . | . | . | . | . | 43 | . | . | . | . | . | . | . |
| 295 | 1472 | Kohl, Andreas | TÜV-Nord | 1961 | 1:01:44 | . | . | . | . | 67 | . | . | . | . | . | . | . | . |
| 296 | 128 | Hormann, Klaus | BA-Eimsb. | 1952 | 1:01:48 | . | . | . | . | . | 23 | . | . | . | . | . | . | . |
| 297 | 1600 | Selent, Jan | NDR | 1972 | 1:01:57 | . | . | 35 | . | . | . | . | . | . | . | . | . | . |
| 298 | 131 | Knobloch, Holger | BA-Eimsb. | 1955 | 1:02:40 | . | . | . | . | . | 44 | . | . | . | . | . | . | . |
| 299 | 1400 | Kamlage, Jens | Sig. Iduna | 1943 | 1:02:44 | . | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 300 | 813 | Schwenck, Jörn | HSH-NORDB. | 1944 | 1:02:48 | . | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 301 | 1156 | Adolf, Hans-Willy | Raffay | 1936 | 1:02:53 | . | . | . | . | . | . | . | . | . | . | 5 | . | . |
| 302 | 25 | Eichler, Gerhard | Airbus | 1953 | 1:02:54 | . | . | . | . | . | . | 24 | . | . | . | . | . | . |
| 303 | 1114 | Bust, Rudolf | Polizei HH | 1962 | 1:02:55 | . | . | . | . | 68 | . | . | . | . | . | . | . | . |
| 304 | 42 | Janik, Hans-Joachim | Airbus | 1952 | 1:03:01 | . | . | . | . | . | . | 25 | . | . | . | . | . | . |
| 305 | 483 | Böthern, Rolf | Fa.Blanke. | 1943 | 1:03:09 | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 306 | 405 | Freund, Udo | E.ON Hanse | 1938 | 1:03:36 | . | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 307 | 280 | Jaekel, Claus | DESY | 1945 | 1:03:58 | . | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 308 | 828 | Dreyer, Klaus | IBM Klub | 1937 | 1:04:17 | . | . | . | . | . | . | . | . | . | . | 7 | . | . |
| | 1814 | Knobloch, Felix | UNBEKANNT | 1977 | 1:04:32 | 7. | Außer Konkurrenz | . | . | . | . | . | . | . | . | . | . | . |
| 309 | 402 | Backhaus, Carsten | E.ON Hanse | 1950 | 1:04:51 | . | . | . | . | . | . | 26 | . | . | . | . | . | . |
| 310 | 438 | Glienke, Hartmut | ESW&STN | 1948 | 1:04:55 | . | . | . | . | . | . | . | 18 | . | . | . | . | . |
| | 1813 | Tessenow, Olaf | UNBEKANNT | 1963 | 1:05:22 | 8. | Außer Konkurrenz | . | . | . | . | . | . | . | . | . | . | . |
| 311 | 227 | Schneider, Peter | BP-Oil | 1951 | 1:05:28 | . | . | . | . | . | . | 27 | . | . | . | . | . | . |
| 312 | 661 | Körber, Klaus | Haspa | 1950 | 1:05:28 | . | . | . | . | . | . | 28 | . | . | . | . | . | . |
| 313 | 116 | Schindler, Matthias | BVI | 1952 | 1:05:38 | . | . | . | . | . | . | 29 | . | . | . | . | . | . |
| 314 | 985 | Kellermann, Peter | NDR | 1957 | 1:06:01 | . | . | . | . | . | 45 | . | . | . | . | . | . | . |
| 315 | 823 | Neitzel, Hans Georg | HypoVerein | 1949 | 1:06:03 | . | . | . | . | . | . | 30 | . | . | . | . | . | . |
| 316 | 818 | Voß, Roland | HSH-NORDB. | 1963 | 1:06:22 | . | . | . | . | 69 | . | . | . | . | . | . | . | . |
| 317 | 678 | Sube, Wolfgang | Haspa | 1952 | 1:06:53 | . | . | . | . | . | . | 31 | . | . | . | . | . | . |
| 318 | 365 | Sothmann, Hans-Joachim | Deut.Ring | 1938 | 1:07:11 | . | . | . | . | . | . | . | . | . | . | 8 | . | . |
| 319 | 814 | Sönnichsen, Uwe | HSH-NORDB. | 1950 | 1:08:24 | . | . | . | . | . | . | 32 | . | . | . | . | . | . |
| 320 | 1795 | Böhlke, Eckhard | HH-Hochsch | 1946 | 1:08:59 | . | . | . | . | . | . | . | 19 | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-----------------------|------------|------|---------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 321 | 1055 | Gaebert, Hans-Joachim | PHILIPS | 1947 | 1:10:55 | . | . | . | . | . | . | . | . | 20 | . | . | . | . |
| 322 | 782 | Drywa, Thomas | HSH-NORDB. | 1955 | 1:12:06 | . | . | . | . | . | . | . | 46 | . | . | . | . | . |
| 323 | 275 | Fuchs, Christian | DESY | 1969 | 1:13:35 | . | . | . | 36 | . | . | . | . | . | . | . | . | . |
| 324 | 1666 | Walter, Herbert | Allianz | 1940 | 1:14:39 | . | . | . | . | . | . | . | . | . | . | 10 | . | . |
| 325 | 1456 | Renken, Frank | TK | 1955 | 1:16:33 | . | . | . | . | . | . | . | 47 | . | . | . | . | . |
| 326 | 1418 | Cremer, Wolfram | Allianz | 1956 | 1:17:21 | . | . | . | . | . | . | . | 48 | . | . | . | . | . |

Ergebnisse der Damenmannschaften auf der Kurzstrecke (3600 Meter)

| | | |
|--------------|--|-----|
| 1 Hbg.Mannh. | 1 Lupke, Anne; Ewers, Dorit; Neitzel, Tanja | 16 |
| 2 Stern | 1 Klindworth, Alica; Weber, Jamie; Klindworth, Birte | 43 |
| 3 PHILIPS | 1 Yücel, Sema; Mansfeld-Stiegert, Ulrike; Sommer, Madlen | 45 |
| 4 Lufthansa | 1 Fischwasser, Anke; Hupke- Grünhagen, Heidemarie; Rehders, Inge | 79 |
| 5 HSH-NORDB. | 1 Bornemann, Viola; Kattoll, Elisabeth; Abel, Regina | 128 |
| 6 PHILIPS | 2 Krause, Svenja; Hahn, Katharina; Jeschke, Annegret | 136 |

Ergebnisse der Damenmannschaften auf der Mittelstrecke (7100 Meter)

| | | |
|--------------|---|-----|
| 1 Airbus | 1 Drews, Margarida; König, Irmtraut; Krysiak, Martina | 31 |
| 2 Hbg.Mannh. | 1 Lupke, Anne; Wessoly, Karen; Sievers, Susanne | 48 |
| 3 Sig. Iduna | 1 Rieckhoff, Daniela; Kamlage, Frauke; Hanke, Sabrina | 70 |
| 4 PHILIPS | 1 Mansfeld-Stiegert, Ulrike; Krause, Svenja; Nieswandt, Tanja | 80 |
| 5 Berenberg | 1 Gädke, Christin; Prüfer, Nicole; Tietze, Sylvia | 82 |
| 6 TÜV-Nord | 1 Wolf, Uta; Aschbermer, Jana; Jiminez Lopez, Isabel | 84 |
| 7 Feuerwehr | 1 Rohlfing, Silja; Schrötke, Ute; Gust, Renate | 86 |
| 8 Lufthansa | 1 Glöde, Jutta; Wohlenberg, Elfi; Dießelmeier, Brigitte | 110 |
| 9 Hochbahn | 1 Kaussler, Claudia; Händler, Angela; Westphal, Brigitte | 135 |

Ergebnisse der Damenmannschaften auf der Langstrecke (10600 Meter)

| | | |
|--------------|---|-----|
| 1 Laufwerk | 1 Trukenmüller, Rebekka; Jalass, Frauke; Krispin, Marion | 10 |
| 2 Airbus | 1 Belau, Monika; Simon, Danniel; Höper, Anke | 45 |
| 3 HSU HH | 1 Annighöfer, Dörthe; Golinski, Agnes; Geyer, Irmela | 67 |
| 4 Stern | 1 Versemann, Tina; da Silva, Georgeta; Lau, Christel | 83 |
| 5 Germ.Lloyd | 1 van Wahden, Kristina; Anguiano, Andrea; Hamann, Melanie | 108 |
| 6 PHILIPS | 1 Meyer-Wilmes, Christel; Mansfeld-Stiegert, Ulrike; Müller, Ursel | 120 |
| 7 Lufthansa | 1 Schönfeldt, Dagmar; Schwarz, Gerhild; Behrends, Helene | 122 |
| 8 ESW&STN | 1 van der Pluijm, Michaela; Josenhans, Katharina; Schroten, Melanie-Maren | 127 |
| 9 HSH-NORDB. | 1 Engelbrecht, Martina; Recht, Janette; Siemers, Britta | 130 |
| 10 OTTO | 1 Pieconka, Antje; Ihling, Anke; Bornmann, Kerstin | 147 |
| 11 Haspa | 1 König, Monika; Ollson, Ines; Körber, Greta | 148 |

Ergebnisse der Herrenmannschaften auf der Kurzstrecke (3600 Meter)

| | | | |
|---------------|---|--|-----|
| 1 PHILIPS | 1 | Bozyakali, Can; Shifren, Jacob; Glasenapp, Jan | 19 |
| 2 VATTENFALL | 1 | Hose, Hubert; Krohn, Jens; Hummel, Thomas | 29 |
| 3 PHILIPS | 2 | Hahn, Ronald; Lieske, Christoph; Baß, Michael | 57 |
| 4 NDR | 1 | Schröder, Birger; Kohlmann, Carsten; Schröder, Julius Maximilian | 58 |
| 5 PHILIPS | 3 | Haacker, Kai; Rittmeister, Lutz; Stäcker, Frank | 70 |
| 6 Feuerwehr | 1 | Heemcke, Alexander; Ungermann, Stefan; Fölschow, Bernd | 84 |
| 7 Hbg.Mannh. | 1 | Spijker, Rüdiger; Banck, Sönke; Marquardt, Volker | 105 |
| 8 PHILIPS | 4 | Matzke, Herwig; Steck, Stefan; Lund, Peter J. | 106 |
| 9 Stern | 1 | Lohmann, Rolf-Michael; Kamrad, Hubert; Hass, Jochen | 120 |
| 10 ESW&STN | 1 | Gläser, Heinz; Kühl, Bernd; Wien, Wolfgang | 137 |
| 11 Rapid | 1 | Kurtz, Matthias; Seeland, Siegfried; Wiesenberg, Horst | 151 |
| 12 Stern | 2 | Guder, Jens; Stangenberg, Daniel; Stangenberg, Andreas | 169 |
| 13 Fa.Blanke. | 1 | Trost, Arne; Wolff, Helmuth; Papendorf, Knut | 172 |
| 14 Rot-Gelb | 1 | Norte da Silva, Adao; Hoppe, Holger; Flatau, Norbert | 172 |
| 15 PHILIPS | 5 | Meier, Manfred; Rönnebeck, Jens; Glüse, Ulf | 173 |
| 16 Airbus | 1 | Plambeck, Lutz; Süß, Jörg; Peters, Günther | 174 |
| 17 Hbg.Mannh. | 2 | Winter, Rainer; Sanne, Dirk; Rinck, Christian | 188 |
| 18 HSH-NORDB. | 1 | Konitzer, Martin; Schiminski, Jochen; Schwenck, Jörn | 207 |
| 19 PHILIPS | 6 | Glüse, Kai; Schmeiser, Mark; Lump, Michael | 222 |
| 20 Haspa | 1 | Steck, Siegfried; Vittalowitsch, Andreas; Schneider, Rolf | 222 |
| 21 Raffay | 1 | Matthies, Hans-Joachim; Dobrick, Mario; Braun, Friedrich | 233 |
| 22 VATTENFALL | 2 | Danckers, Joachim; Hummel, Alexander; Lutosch, Dietmar | 238 |
| 23 Stern | 3 | Viergge, Jens; Zebel, Rene; Hein, Eckhard | 247 |
| 24 HEK | 1 | Zampich, Oliver; Reimer, Peter; Zeman, Leopold | 250 |
| 25 Sig. Iduna | 1 | Manthei, Jan; Olszewski, Markus; Dally, Peter | 259 |
| 26 Hbg.Mannh. | 3 | Braun, Manfred; Meinke, Frank; Fahnhold, Herbert | 264 |
| 27 Dresdner-B | 1 | Mengelkamp, Hans-Joachim; Brüggeman, Ralf; Kyrieleis, Dieter | 277 |
| 28 Hbg.Mannh. | 4 | Hellwegen, Walter; Krause, Reinhard; Reichardt, Wolfgang | 295 |
| 29 PHILIPS | 7 | Kerth, Ernst; Sommer, Christian; Schultz, Jürgen | 323 |
| 30 Fa.Blanke. | 2 | Winkel, Horst; Bartels, Fritz; Matthiessen, Uwe | 346 |
| 31 Beiersdorf | 1 | Bruchmann, Herbert; Lampe, Heinz; Deubel, Rolf | 357 |
| 32 BBK | 1 | Viohl, Hans-Peter; Meß, Karl-Heinz; Meier, Hans-Werner | 358 |
| 33 Feuerwehr | 2 | Andag, Jens; Knop, Uwe; Schliemann, Jürgen | 397 |

Ergebnisse der Herrenmannschaften auf der Mittelstrecke (7100 Meter)

| | | | |
|---------------|---|--|-----|
| 1 Airbus | 1 | Riley, Jonathan; Plambeck, Lutz; Böttger, Martin | 25 |
| 2 PHILIPS | 1 | Glasenapp, Jan; Haacker, Kai; Lieske, Christoph | 30 |
| 3 NDR | 1 | Rohlfing, Jörg; Lüders-Bahlmann, Uwe; Kohlmann, Carsten | 44 |
| 4 PHILIPS | 2 | Baß, Michael; Rittmeister, Lutz; Stäcker, Frank | 68 |
| 5 Feuerwehr | 1 | Ungermann, Stefan; Heemcke, Alexander; Gust, Harald | 70 |
| 6 Hbg.Mannh. | 1 | Virus, Andreas; Banck, Sönke; Spijker, Rüdiger | 73 |
| 7 Siemens | 1 | Blan, Andreas; Au, Thomas; Bentien, Ronald | 111 |
| 8 PHILIPS | 3 | Matzke, Herwig; Hahn, Ronald; Schrader, Torben | 115 |
| 9 Tchibo | 1 | Seliger, Niels-Michael; Müller, Reinhard; Gliewe, Volker | 118 |
| 10 Airbus | 2 | Jacobsen, Matthias; Süß, Jörg; Frankenberger, Eckart | 125 |
| 11 EDEKA | 1 | Peuckert, Christian; Rohlf, Dirk; Schulze, Stephan | 127 |
| 12 Rapid | 1 | Nötting, Frieder; Petzel, Dirk; Kluger, Günter | 135 |
| 13 Stern | 1 | Miedeck, Georg; Guder, Jens; Milewski, Marek | 152 |
| 14 Sig. Iduna | 1 | Sürsal, Attila; Frahm, Patrick; Hänsel, Steffen | 164 |
| 15 Lufthansa | 1 | Drexhage, Rolf; Urbatsch, Markus; Tuszyński, Uwe | 164 |
| 16 Sig. Iduna | 2 | Prüsmann, Marc; Manthei, Jan; Scharf, Dietmar | 211 |
| 17 PHILIPS | 4 | Lund, Peter J.; Meier, Manfred; Rönnebeck, Jens | 213 |
| 18 VATTENFALL | 1 | Hummel, Thomas; Kayser, Oliver; Voß, Gilbert | 230 |
| 19 Stern | 2 | Brulz, Rudolf; Duda, Rudolf; Rohn, Oliver | 236 |
| 20 Haspa | 1 | Winkler, Udo; Gröhn, Ullrich; Tidow, Heinz | 250 |
| 21 Hbg.Mannh. | 2 | Wessoly, Dieter; Melde, Christian; Hübener, Matthias | 252 |
| 22 PHILIPS | 5 | Glüse, Jan; Goerke, Klaus; Strocka, Bernhard | 259 |
| 23 Airbus | 3 | Holst, Friedrich; Möller, Thomas; Klockmann, Gordian | 275 |
| 24 Beiersdorf | 1 | Behrens, Jürgen; Röming, Wilfried; Lüders, Christopher | 286 |
| 25 Siemens | 2 | Kremers, Dieter; Wienand, Udo; Diedrich, Ralph | 287 |
| 26 Berenberg | 1 | Koop, Joachim; Otto, Michael; Kolodziej, Sebastian | 300 |
| 27 Hochbahn | 1 | Westphal, Wolfgang; Burghard, Werner; Koslowski, Andreas | 302 |
| 28 Stern | 3 | Danker, Hans-Jürgen; Meyer, Joachim; Werneke, Dieter | 306 |
| 29 Sig. Iduna | 3 | Frischer, Horst; Prüsmann, Jürgen; Schlegel, Karl-Heinz | 318 |
| 30 NDR | 2 | Kellermann, Peter; von Hetling, Claus; Baus, Wolfgang | 321 |
| 31 Rot-Gelb | 1 | Hoppe, Holger; Friedriszik, Thomas; Schmidt-D., Detlev | 337 |

| | | | | |
|----|-----------|---|--|-----|
| 32 | Feuerwehr | 2 | Knop, Uwe; Mattern, Horst; Wunderlich, Peter | 354 |
| 33 | Airbus | 4 | Riebling, Stephan; Neumann, Bernhard; Schreiber, Siegfried | 399 |
| 34 | Allianz | 1 | Kleinert, Herbert; Dietrich, Günter; Müller, Gerhard | 405 |
| 35 | PHILIPS | 6 | Jeschke, Sebastian; Schwarz, Otto; Wilke, Manfred | 411 |
| 36 | Siemens | 3 | Dierking, Peter; Pöllmann, Karlheinz; Püttjer, Horst | 411 |
| 37 | Stern | 4 | Müller, Hans-Werner; Müller, Jürgen; Hein, Eckhard | 422 |
| 38 | Hochbahn | 2 | Harms, Michael; Händler, Gunnar; Koppermann, Horst | 440 |
| 39 | Haspa | 2 | Knoefel, Gerhard; Otte, Michael; Fick, Horst | 455 |

Ergebnisse der Herrenmannschaften auf der Langstrecke (10600 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | HSU HH | 1 | Glück, Christian; Rogler, Konrad; Johannsen, Hauke | 30 |
| 2 | Laufwerk | 1 | Gauger, Jens; Behn, Nils; Schütze, Matthias | 48 |
| 3 | HSU HH | 2 | Christmann, Daniel; Corbe, Marian; Hausmann, Christoph | 76 |
| 4 | Stern | 1 | Prigge, Hauke; Klindworth, Jürgen; Sturzenegger, Andreas | 84 |
| 5 | A.Springer | 1 | Totzke, Lars; Martin, Dieter; Ruckelshausen, Olaf | 90 |
| 6 | OTTO | 1 | Wittmar, Johannes; Lierow, Wolfgang; Patzer, Ralf | 108 |
| 7 | DAK | 1 | Hartz, Manfred; Ansen, Hans-Jürgen; Bodora, Werner | 136 |
| 8 | Siemens | 1 | Härle, Ralf; Meyer, Jörg; Peschel Sielmann, Manfred | 137 |
| 9 | Medeco | 1 | Jaacks, Ulrich; Venegas, Miguel; Bruhnke, Eric | 139 |
| 10 | Lufthansa | 1 | Bach, Rene; Treuten, Andreas; Blasczyk, Rolf | 152 |
| 11 | Laufwerk | 2 | Raissis, Marc-Alex; Dobrick, Heiko; Heilmann, Oliver | 158 |
| 12 | HH-Hochsch | 1 | Hämmerling, Oliver; Kiehl, Thorsten; Töpfer, Tom | 158 |
| 13 | Haspa | 1 | Wilde, Klaus; Goth, Björn; Olsson, Jens | 162 |
| 14 | HSH-NORDB. | 1 | Fennert, Michael; Sanders, Lars; Laake, Christian | 179 |
| 15 | PHILIPS | 1 | Glaserapp, Jan; Rittmeister, Lutz; Baß, Michael | 185 |
| 16 | DESY | 1 | Jaekel, Carsten; Jaekel, Christoph; Wölflick, Torsten | 189 |
| 17 | Gaden | 1 | Salman, Dogan; Brandt, Andreas; Schottenhaml, Andreas | 193 |
| 18 | TÜV-Nord | 1 | Polster, Malte; Wehowsky, Frank; Hering, Christian | 193 |
| 19 | Airbus | 1 | Stübs, Andre; Horn, Christian; Ehlers, Norbert | 194 |
| 20 | HSU HH | 3 | Seifert, Maik; Duits, Wilhelm; Titze, Rene | 212 |
| 21 | Fa.Blanke. | 1 | Sturm, Volker; Hauck, Michael; Tavarney, Christian | 220 |
| 22 | PHILIPS | 2 | Kuncke, Stefan; Haacker, Kai; Jeschke, Heinz | 235 |
| 23 | Deut.Bank | 1 | Voß, Thomas; Rewel, Thomas; Herrmann, Michael | 251 |
| 24 | NDR | 1 | Beckmann, Thorsten; Kohlmann, Carsten; Chollet, Thomas | 255 |
| 25 | Beiersdorf | 1 | Janßen, Harald; Rütze, Martin; von Bremen, Dirk | 276 |
| 26 | Volksfürs. | 1 | Buchholz, Uwe; Wenrich, Alexander; Feldhusen, Dr. Johannes | 284 |
| 27 | Germ.Lloyd | 1 | Backhausen, Dirk; Albrecht, Axel; Hamann, Rainer | 300 |
| 28 | PHILIPS | 3 | Timm, Thomas; Weinrich, Konrad; Stäcker, Frank | 313 |
| 29 | AXA-Hbg | 1 | Zühlke, Jürgen; Schweder, Klaus; Soetebeer, Michael | 321 |
| 30 | Siemens | 2 | Berka, Thomas; Naundorf, Jens; Sietz, Andreas | 330 |
| 31 | Deut.Ring | 1 | Ahrens, Hans-Björn; Sothmann, Thomas; Heinzinger, Manfred | 337 |
| 32 | ESW&STN | 1 | Hildebrandt, Helmut; Drahl, Bernd; Krützelmann, Christian | 359 |
| 33 | Hbg.Mannh. | 1 | Kozieras, Norbert; Spijker, Rüdiger; Kock, Reinhard | 359 |
| 34 | Gaden | 2 | Janßen, Uwe; Schulz, Hans-Joachim; Rücker, Heinrich | 360 |
| 35 | VATTENFALL | 1 | Metzner, Bernd; Schumann, Thomas; Wolter, Friedrich | 366 |
| 36 | Berenberg | 1 | Hartmann, Michael; Haslbauer, Dieter; Schreiner, Andreas | 378 |
| 37 | Airbus | 2 | Reifschläger, Norbert; Wandschneider, Dirk; Poppe, Ralf | 382 |
| 38 | Dresdner-B | 1 | Scheffler, Marco; Niemann, Volker; Küster, Siegfried | 385 |
| 39 | BA-Eimsb. | 1 | Gehle, Friedhelm; Freude, Holger; Kögler, Gebhard | 387 |
| 40 | Holsten | 1 | Köpke, Manfred; Reschka, Edmund; Unterspahn, Klaus | 387 |
| 41 | Laufwerk | 3 | Lubeseder, Andre; Ostermann, Olaf; Pfaffe, Andreas | 391 |
| 42 | HSU HH | 4 | Wimmer, Georg; Resch, Christian; Kretzschmar, Carsten | 403 |
| 43 | HSH-NORDB. | 2 | Steinkühler, Thomas; Schiminski, Jochen; Haberkost, Jens | 405 |
| 44 | PHILIPS | 4 | Hensel, Jullian; Matzke, Herwig; Manke, Dirk | 412 |
| 45 | A.Springer | 2 | von Woedtke, Christoph; Unger, Olaf; Bay, Peter | 419 |
| 46 | Lufthansa | 2 | Meinicke, Knuth; Haß, Dennis; Bach, Burkhard | 440 |
| 47 | Siemens | 3 | Hahn, Thomas; Sie Too, Petrus; Strecker, Ulrich | 440 |
| 48 | TK | 1 | Hinz, Carsten; Dick, Joachim; Leichtweiß, Heino | 460 |
| 49 | Deut.Bank | 2 | Ziems, Alexander; Bornholdt, Jörg; Rowedder, Frank | 466 |
| 50 | NDR | 2 | Thimm, Erich; Konrad, Thomas; Prössl, Christoph | 484 |
| 51 | Raffay | 1 | Hornung, Jürgen; Haubrich, Gerhard; Ihde, Bernd | 497 |
| 52 | Volksfürs. | 2 | Ahrens, Reiner; Wutzke, Volker; Corts, Frank | 499 |
| 53 | Stern | 2 | Stangenberg, Andreas; da Silva, Fernando; Kalus, Andreas | 533 |
| 54 | OTTO | 2 | Becker, Jens-Gerrit; Ulrich, Rainer; Bötel, Jörg | 545 |
| 55 | Siemens | 4 | von Mallinckrodt, Klaus; Damm, Wolfgang; Predel, Maik | 589 |
| 56 | Gaden | 3 | Fitschen, Nils; Busse, Heino; Glowienka, Tobias | 597 |
| 57 | DESY | 2 | Schulz, Torsten; Rudolph, Florian; Wohlenberg, Torsten | 598 |

| | | | | |
|----|------------|---|---|-----|
| 58 | Still | 1 | Witthöft, Holger; Tubenthal, Jörg; Dobrowolski, Claus | 610 |
| 59 | Knossos.de | 1 | Ludwig, Dirk; Dose, Jörg; Beckmann, Niels | 612 |
| 60 | Sig. Iduna | 1 | Manthei, Jan; Scharf, Dietmar; Rohde, Kurt | 619 |
| 61 | ESW&STN | 2 | Sluzalek, Ralf; Döring, Michael; Brandt, Jens | 623 |
| 62 | BeraCom | 1 | Hinsch, Lukas; Rachow, Michael; Rubart, Lothar | 626 |
| 63 | Haspa | 2 | Heidel, Oliver; Wagner, Dr. Klaus Uwe; Kluth, Peter | 633 |
| 64 | HapagLloyd | 1 | Schäfer, Daniel; Klindtberg, Benno; Schnabel, Harald | 637 |
| 65 | Airbus | 3 | Beckmann, Walter; König, Dietmar; Bäse, Wolfgang | 652 |
| 66 | Germ.Lloyd | 2 | Albrecht, Henning; Raschle, Hanspeter; Taferner, Johann | 653 |
| 67 | Lufthansa | 3 | Kolbe, Johannes; Staffelt, Heiko; Parpart, Christian | 660 |
| 68 | Polizei HH | 1 | Meißner, Karsten; Leitz, Hagen; Bust, Rudolf | 666 |
| 69 | Stern | 3 | Lohmann, Rolf-Michael; Kamrad, Hubert; Hass, Jochen | 675 |
| 70 | TÜV-Nord | 2 | Moka, Axel; Koppelman, Jan; Kohl, Andreas | 686 |
| 71 | Allianz | 1 | Meyer-Reim, Utz; Walter, Herbert; Cremer, Wolfram | 696 |
| 72 | E.ON Hanse | 1 | Mollenhauer, Eric; von Eitzen, Martin; Schadwell, Thomas | 704 |
| 73 | HH-Hochsch | 2 | Deutz, Mathias; Dwenger, Werner; Böhlke, Eckhard | 704 |
| 74 | ESW&STN | 3 | Gläser, Heinz; Janning, Wolfgang; Frey, Matthias | 730 |
| 75 | HypoVerein | 1 | Bohn, Holger; Kieselbach, Wolfgang; Neitzel, Hans Georg | 749 |
| 76 | Volksfürs. | 3 | Doose, Holger; Krögler, Thomas; Vierk, Helge | 776 |
| 77 | BA-Eimsb. | 2 | Bussmann-Kuban, Michael; Scheibner, Andreas; Hormann, Klaus | 780 |
| 78 | PHILIPS | 5 | Hahn, Ronald; Rönnebeck, Jens; Lohmann, Heiner | 783 |
| 79 | VATTENFALL | 2 | Röhlig, Lutz; Schulze, Frank; Käming, Michael | 787 |
| 80 | HSH-NORDB. | 3 | Diezel, Günther; Burkhardt, Torsten; Bornemann, Matthias | 804 |
| 81 | DESY | 3 | Ludwig, Kai; Rakutt, Manfred; Jaekel, Claus | 825 |
| 82 | Sig. Iduna | 2 | Kuhnigk, Christian; Herrmann, Peter; Kamlage, Jens | 841 |
| 83 | NDR | 3 | Meister, Wolfgang; Beckmann, Jörg; Selent, Jan | 851 |
| 84 | Airbus | 4 | Klockmann, Gordian; Belau, Günther; Eichler, Gerhard | 863 |
| 85 | HSH-NORDB. | 4 | Heins, Knut; Schwenck, Jörn; Voß, Roland | 900 |