

Stadtparklauf ERGOsports Hamburg

22.11.2008 - Stadtpark Hamburg

Ergebnisse der Damen auf der Kurzstrecke (3700 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | 4 | 6 | 8 | 6 | 8 | 7 | 8 | 6 | 3 | 0 | 2 | 0 | 0 |
|-------|------|---------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|---|
| | | | | | | | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
| 1 | 575 | Nentwig, Karin | HH-Hochsch | 1959 | 14:30 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 2 | 958 | Yücel, Sema | PHILIPS | 1970 | 14:44 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 3 | 410 | Lupke, Anne | ERGOsports | 1980 | 15:00 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 1112 | Engelmann, Heike | Zoll | 1971 | 15:27 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 5 | 1393 | Becker, Barbara | Rot-Gelb | 1971 | 15:30 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 6 | 430 | Suckstorff, Anja | ERGOsports | 1969 | 15:51 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 7 | 932 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 16:36 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 8 | 357 | Parge, Sabine | D. Telekom | 1964 | 16:51 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 9 | 422 | Schmidt, Hilke | ERGOsports | 1964 | 17:07 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 10 | 414 | Neitzel, Tanja | ERGOsports | 1978 | 17:17 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 11 | 250 | Eis, Gesine | DESY | 1993 | 17:34 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 12 | 974 | Priebe, Mareike | Polizei HH | 1996 | 17:52 | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 759 | Brandt, Rieke | Gaden | 1995 | 17:52 | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 924 | Krause, Svenja | PHILIPS | 1978 | 17:53 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 1397 | Röper, Christiana | Rot-Gelb | 1949 | 18:09 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 16 | 859 | Läubin, Susanne | NDR | 1958 | 18:19 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 17 | 426 | Stahlbock, Astrid | ERGOsports | 1959 | 18:36 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 18 | 424 | Sievers, Susanne | ERGOsports | 1967 | 18:44 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 19 | 1444 | Lang, Dörte | CPAG | 1959 | 19:10 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 20 | 1005 | Leifels, Gabi | Raffay | 1966 | 19:19 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 21 | 937 | Nieswandt, Tanja | PHILIPS | 1971 | 19:22 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 22 | 1276 | Wolf, Uta | TÜV-Nord | 1978 | 19:36 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 23 | 815 | Rehders, Inge | Lufthansa | 1953 | 19:36 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 24 | 1441 | Eis, Mareike | DESY | 1997 | 19:37 | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 25 | 1076 | Klindworth, Gunda | Stern | 1960 | 19:38 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 26 | 852 | Kersten, Ines | NDR | 1962 | 19:44 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 27 | 805 | Glöde, Jutta | Lufthansa | 1963 | 19:44 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 28 | 1104 | Weber, Jamie | Stern | 1995 | 19:54 | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 29 | 1201 | Kamlage, Frauke | Sig. Iduna | 1956 | 20:13 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 30 | 1075 | Klindworth, Birte | Stern | 1991 | 20:15 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 31 | 1043 | Oestreich, Daniela | Rot-Gelb | 1976 | 20:16 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 32 | 633 | Strauchmann, Maraike | HEK | 1981 | 20:19 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 33 | 623 | Keuntje, Sabine | HEK | 1971 | 20:20 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 34 | 287 | Härtel, Brigitte | Commerz-B. | 1954 | 20:32 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 35 | 1452 | Schroten, Denise | ESW&STN | 1977 | 20:36 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 36 | 597 | Limmermann, Heike | Haspa | 1967 | 20:50 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 37 | 1008 | Weirich, Ursula | Raffay | 1966 | 20:57 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 38 | 1116 | Schiemann, Sabine | Zoll | 1952 | 21:00 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 39 | 1387 | Meinicke, Heike | Lufthansa | 1961 | 21:05 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 40 | 304 | Bartels, Petra | Deut.Bank | 1953 | 21:07 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 41 | 257 | Jaekel, Hannelore | DESY | 1948 | 21:09 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 42 | 1163 | Weißkirchen, Irmgard | Siemens | 1956 | 21:11 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 43 | 950 | Sommer, Madlen | PHILIPS | 1981 | 21:38 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 1403 | Scheibe, Hannelore | Stern | 1967 | 21:49 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 45 | 920 | Jeschke, Annegret | PHILIPS | 1955 | 22:11 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 46 | 1435 | Rachow, Sigrid | BeraCom | 1960 | 22:21 | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 47 | 461 | Andag, Gerda | Feuerwehr | 1936 | 22:27 | . | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 48 | 861 | Meier, Martina | NDR | 1965 | 22:49 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 49 | 845 | Gedanke, Heike | NDR | 1957 | 22:52 | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 50 | 1332 | Lemke, Christa | Volksfürs. | 1950 | 23:20 | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 51 | 1575 | Schwenck, Stefanie | HSH-NORDB. | 1977 | 23:23 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 52 | 1190 | Dally, Renate | Sig. Iduna | 1945 | 23:35 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 53 | 1564 | Schardig, Waltraud | Laufladen | 1954 | 24:05 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 54 | 280 | Pfeiffer, Claudia | BBK | 1970 | 24:38 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 55 | 259 | Loppenthien, Stella | DESY | 1988 | 24:41 | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 56 | 1431 | Klockmann, Sonja | BACARDI | 1975 | 24:42 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 57 | 1490 | Steinbrunn, Katja | PHILIPS | 1975 | 24:43 | . | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 58 | 590 | Himpel, Elsbeth | Haspa | 1938 | 26:53 | . | . | . | . | . | . | . | . | . | . | . | 2 | . | . |

Ergebnisse der Damen auf der Mittelstrecke (6860 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
|-------|------|---------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|--|
| | | 2 Hilschenz, Marina | LGWePi | 1981 | 25:33 | 1. | | | | | | | | | | | | | |
| 1 | 805 | Glöde, Jutta | Lufthansa | 1963 | 28:13 | | | | | | | 1 | | | | | | | |
| | 1 | Helbig, Leana | LGWePi | 1981 | 28:32 | 2. | | | | | | | | | | | | | |
| 2 | 575 | Nentwig, Karin | HH-Hochsch | 1959 | 28:38 | | | | | | | 1 | | | | | | | |
| 3 | 958 | Yücel, Sema | PHILIPS | 1970 | 28:46 | | | | 1 | | | | | | | | | | |
| 4 | 988 | Gielen, Silke | Postbank-H | 1957 | 29:45 | | | | | | | | 2 | | | | | | |
| 5 | 410 | Lupke, Anne | ERGOsports | 1980 | 30:22 | | 1 | | | | | | | | | | | | |
| 6 | 430 | Suckstorff, Anja | ERGOsports | 1969 | 30:37 | | | | | | 1 | | | | | | | | |
| 7 | 1127 | Blan, Tania | Siemens | 1968 | 30:48 | | | | | | | 2 | | | | | | | |
| 8 | 365 | Probst, Beatrice | E.ON Hanse | 1973 | 31:11 | | | | | 2 | | | | | | | | | |
| 9 | 746 | Jarren, Sabine | Innovas | 1966 | 31:17 | | | | | | | 3 | | | | | | | |
| 10 | 976 | Rietzke, Marion | Polizei HH | 1975 | 31:19 | | | 1 | | | | | | | | | | | |
| 11 | 159 | Gädke, Christin | Berenberg | 1968 | 31:26 | | | | | | | 4 | | | | | | | |
| 12 | 1429 | Meyer, Juliane | Airbus | 1980 | 31:49 | | 2 | | | | | | | | | | | | |
| 13 | 792 | Schierau, Marlen | Laufwerk | 1969 | 31:54 | | | | | | | 5 | | | | | | | |
| 14 | 19 | Drews, Margarida | Airbus | 1960 | 32:15 | | | | | | | | 2 | | | | | | |
| 15 | 1213 | Rieckhoff, Daniela | Sig. Iduna | 1983 | 32:29 | | 3 | | | | | | | | | | | | |
| 16 | 1345 | Bley, Marie-Louise | Airbus | 1984 | 32:31 | | 4 | | | | | | | | | | | | |
| 17 | 1536 | Prüß, Kirstin | Beiersdorf | 1981 | 33:09 | | 5 | | | | | | | | | | | | |
| 18 | 1236 | Ehlers, Annette | Tchibo | 1965 | 33:26 | | | | | | 6 | | | | | | | | |
| 19 | 357 | Parge, Sabine | D. Telekom | 1964 | 33:43 | | | | | | | 3 | | | | | | | |
| 20 | 193 | Schumacher, Andrea | BVI | 1959 | 33:53 | | | | | | | | 3 | | | | | | |
| 21 | 932 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 34:01 | | | | | | 7 | | | | | | | | |
| 22 | 1371 | Bullmann, Claudia | Fa.Blanke. | 1966 | 34:09 | | | | | | 8 | | | | | | | | |
| 23 | 1447 | Horn, Carola | Deut.Bank | 1966 | 34:28 | | | | | | 9 | | | | | | | | |
| 24 | 117 | Henke, Katrin | BACARDI | 1992 | 34:35 | | 6 | | | | | | | | | | | | |
| 25 | 1555 | Stotz, Alexa | Hochbahn | 1973 | 34:41 | | | | 3 | | | | | | | | | | |
| 26 | 1081 | Liburg, Dana | Stern | 1982 | 35:15 | | 7 | | | | | | | | | | | | |
| 27 | 1245 | Spielvogel, Jutta | Tchibo | 1951 | 35:24 | | | | | | | | | 1 | | | | | |
| 28 | 485 | Tardel, Gita | Feuerwehr | 1960 | 35:45 | | | | | | | 4 | | | | | | | |
| 29 | 1336 | Theißen, Sabine | Volksfürs. | 1966 | 36:02 | | | | | 10 | | | | | | | | | |
| 30 | 1005 | Leifels, Gabi | Raffay | 1966 | 36:13 | | | | | 11 | | | | | | | | | |
| 31 | 386 | Schulze, Sabine | EDEKA | 1964 | 36:18 | | | | | | | 5 | | | | | | | |
| 32 | 1363 | Eis, Marianne | DESY | 1964 | 36:19 | | | | | | | 6 | | | | | | | |
| 33 | 1602 | Tampke, Anne-Karin | HSH-NORDB. | 1968 | 36:39 | | | | | 12 | | | | | | | | | |
| 34 | 924 | Krause, Svenja | PHILIPS | 1978 | 37:01 | | | 2 | | | | | | | | | | | |
| 35 | 424 | Sievers, Susanne | ERGOsports | 1967 | 37:19 | | | | | 13 | | | | | | | | | |
| 36 | 852 | Kersten, Ines | NDR | 1962 | 37:32 | | | | | | 7 | | | | | | | | |
| 37 | 1601 | Heitmann, Sonja | HH-Hochsch | 1974 | 37:37 | | | | 4 | | | | | | | | | | |
| 38 | 392 | Clausen, Sylvia | ERGOsports | 1940 | 37:40 | | | | | | | | | | | | | 1 | |
| 39 | 1201 | Kamlage, Frauke | Sig. Iduna | 1956 | 37:43 | | | | | | | | 4 | | | | | | |
| 40 | 1420 | Randjbarzadeh, Daniela | Tchibo | 1973 | 37:52 | | | | | 5 | | | | | | | | | |
| 41 | 1478 | Eckholt, Marion | Knossos.de | 1973 | 37:55 | | | | | 6 | | | | | | | | | |
| 42 | 68 | Struck, Ulrike | Airbus | 1969 | 37:58 | | | | | 14 | | | | | | | | | |
| 43 | 27 | Genzel, Katrin | Airbus | 1969 | 38:08 | | | | | 15 | | | | | | | | | |
| 44 | 422 | Schmidt, Hilke | ERGOsports | 1964 | 38:18 | | | | | | | 8 | | | | | | | |
| 45 | 414 | Neitzel, Tanja | ERGOsports | 1978 | 38:18 | | | 3 | | | | | | | | | | | |
| 46 | 928 | Lovon Marcondes, Katia | PHILIPS | 1964 | 38:25 | | | | | | | 9 | | | | | | | |
| 47 | 1304 | Reiter, Jeanette | VATTENFALL | 1966 | 38:28 | | | | | 16 | | | | | | | | | |
| 48 | 1198 | Hanke, Sabrina | Sig. Iduna | 1985 | 38:30 | | 8 | | | | | | | | | | | | |
| 49 | 1043 | Oestreich, Daniela | Rot-Gelb | 1976 | 38:32 | | | 4 | | | | | | | | | | | |
| 50 | 1265 | Jiminez Lopez, Isabel | TÜV-Nord | 1965 | 38:33 | | | | | 17 | | | | | | | | | |
| 51 | 1094 | Semgart, Ulrike | Stern | 1972 | 38:53 | | | | 7 | | | | | | | | | | |
| 52 | 609 | Suckow, Maria | Haspa | 1968 | 39:21 | | | | | 18 | | | | | | | | | |
| 53 | 937 | Nieswandt, Tanja | PHILIPS | 1971 | 39:23 | | | | | 8 | | | | | | | | | |
| 54 | 552 | Händler, Angela | Hochbahn | 1968 | 39:29 | | | | | 19 | | | | | | | | | |
| 55 | 742 | Vanthuyne, Anna-Maria | IBM Klub | 1954 | 39:35 | | | | | | | | 2 | | | | | | |
| 56 | 393 | Dzukowski, Anke | ERGOsports | 1968 | 39:42 | | | | | 20 | | | | | | | | | |
| 57 | 1196 | Hanke, Anja | Sig. Iduna | 1964 | 40:02 | | | | | | 10 | | | | | | | | |
| 58 | 138 | Lüders, Susanne | Beiersdorf | 1959 | 40:27 | | | | | | | | 5 | | | | | | |
| 59 | 167 | Krueger, Karen | Berenberg | 1974 | 40:31 | | | | 9 | | | | | | | | | | |
| 60 | 1540 | von Jhering, Janina | Berenberg | 1984 | 40:34 | | 9 | | | | | | | | | | | | |
| 61 | 1217 | Schlegel, Bärbel | Sig. Iduna | 1955 | 40:56 | | | | | | | | 6 | | | | | | |
| 62 | 1243 | Seeling-Maaß, Meike | Tchibo | 1965 | 41:08 | | | | | 21 | | | | | | | | | |
| 63 | 1552 | Schälzle, Kerstin | Germ.Lloyd | 1974 | 41:28 | | | | 10 | | | | | | | | | | |

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|--------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 64 | 1340 | Wutzke, Margit | Volksfürs. | 1959 | 41:36 | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 65 | 1425 | Lenz, Doris | VATTENFALL | 1954 | 41:39 | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 66 | 370 | Carlsen, Tanja | EDEKA | 1978 | 41:44 | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 67 | 561 | Westphal, Brigitte | Hochbahn | 1958 | 41:58 | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 68 | 1406 | Taylor, Regina | Stern | 1950 | 42:15 | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 69 | 1116 | Schiemann, Sabine | Zoll | 1952 | 42:24 | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 70 | 1539 | Kamlah, Susanne | Berenberg | 1978 | 42:41 | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 71 | 492 | Busacker, Regine | Fa.Blanke. | 1961 | 43:04 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 72 | 1277 | Zernitz, Ariane | TÜV-Nord | 1958 | 44:21 | . | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 73 | 1500 | Hahn, Monika | Siemens | 1965 | 47:56 | . | . | . | . | 22 | . | . | . | . | . | . | . | . |
| 74 | 1499 | Hahn, Melanie | Siemens | 1972 | 47:56 | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 75 | 1507 | Kirchner, Viviane | Sig. Iduna | 1964 | 48:26 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 76 | 1188 | Cichon, Margarete | Sig. Iduna | 1963 | 48:49 | . | . | . | . | . | 13 | . | . | . | . | . | . | . |

Ergebnisse der Damen auf der Langstrecke (10390 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|----------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 447 | Josenhans, Katharina | ESW&STN | 1981 | 41:00 | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 794 | Trukenmüller, Rebekka | Laufwerk | 1982 | 41:52 | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 1090 | Neudörffer, Cordula | Stern | 1971 | 42:50 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 4 | 785 | Jalass, Frauke | Laufwerk | 1972 | 42:56 | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 5 | 781 | Freiburg, Nadja | Laufwerk | 1973 | 43:40 | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 6 | 1611 | Borowski, Jana | Germ.Lloyd | 1988 | 44:18 | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 7 | 141 | Reuschlein, Katja | Beiersdorf | 1978 | 44:59 | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 8 | 786 | Krispin, Marion | Laufwerk | 1973 | 45:05 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 9 | 1383 | Slomski, Birgit | Laufwerk | 1975 | 45:22 | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 10 | 1438 | Heiden, Janet | HapagLloyd | 1979 | 45:44 | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 11 | 309 | Hennecke, Anke | Deut.Bank | 1976 | 45:55 | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 12 | 731 | Sauer, Antje | HypoVerein | 1967 | 46:10 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 13 | 969 | Lehmann, Martina | Polizei HH | 1980 | 46:40 | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 1573 | Hoenen, Anne | Holsten | 1983 | 46:48 | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 575 | Nentwig, Karin | HH-Hochsch | 1959 | 46:52 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 16 | 690 | Engelbrecht, Martina | HSH-NORDB. | 1964 | 46:59 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 17 | 1561 | Krumbholz, Gertje | Laufladen | 1980 | 47:31 | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 410 | Lupke, Anne | ERGOsports | 1980 | 48:02 | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 19 | 1436 | Klimach, Marzena | BVI | 1966 | 48:08 | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 20 | 1531 | Mohnsame-Zitterich, Andrea | Airbus | 1967 | 48:25 | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 21 | 1412 | Griem, Bärbel | Siemens | 1970 | 48:55 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 22 | 159 | Gädke, Christin | Berenberg | 1968 | 48:58 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 23 | 147 | Zielke, Uta | Beiersdorf | 1971 | 49:28 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 24 | 302 | Schellhammer, Stefanie | DAK | 1976 | 49:38 | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 25 | 1468 | Rebmann, Sybil | Laufladen | 1985 | 49:39 | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 26 | 1470 | Steffen, Ann-Kristin | Laufladen | 1970 | 50:02 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 27 | 819 | Schönfeldt, Dagmar | Lufthansa | 1968 | 50:13 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 28 | 459 | Westerfeld, Sabine | ESW&STN | 1966 | 50:16 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 29 | 732 | Barowsky, Gabriela | IBM Klub | 1970 | 50:25 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 30 | 570 | Hauptmeier, Lena | HH-Hochsch | 1981 | 50:46 | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 31 | 1335 | Schümann-Bloens, Heimke | Volksfürs. | 1968 | 50:51 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 32 | 430 | Suckstorff, Anja | ERGOsports | 1969 | 50:51 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 33 | 874 | Beu, Sylvie | OTTO | 1974 | 50:54 | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 34 | 820 | Schulz, Nina | Lufthansa | 1973 | 51:02 | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 35 | 787 | Last, Bettina | Laufwerk | 1974 | 51:08 | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 36 | 1534 | Hahn, Tanja | Beiersdorf | 1967 | 51:12 | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 37 | 328 | Neumann, Ricarda | Deut.Ring | 1969 | 51:30 | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 38 | 890 | Pieconka, Antje | OTTO | 1959 | 51:30 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 39 | 1327 | Hagedorn, Gabi | Volksfürs. | 1957 | 51:38 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 40 | 1385 | Berels, Marika | Lufthansa | 1963 | 51:43 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 41 | 1253 | Hübert, Susann | TK | 1966 | 51:55 | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 42 | 784 | Hirsch-Gips, Nina | Laufwerk | 1967 | 52:07 | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 43 | 23 | Eschenburg, Stefanie | Airbus | 1963 | 52:21 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 44 | 1052 | Bastian, Kerstin | G+J | 1962 | 52:24 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 45 | 1437 | Oetgen, Iwona | BVI | 1967 | 52:27 | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 46 | 875 | Bitter, Olga | OTTO | 1967 | 52:57 | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 47 | 982 | Strathus, Claudia | Polizei HH | 1981 | 53:12 | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 48 | 453 | Piepenburg, Anne Kathrin | ESW&STN | 1984 | 53:16 | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 49 | 301 | Reckmann, Martina | DAK | 1966 | 53:28 | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 50 | 1537 | Barth, Sonja | Berenberg | 1975 | 53:44 | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 51 | 708 | Recht, Janette | HSH-NORDB. | 1981 | 53:59 | . | 12 | . | . | . | . | . | . | . | . | . | . | . |
| 52 | 525 | Anguiano, Andrea | Germ.Lloyd | 1974 | 54:03 | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 53 | 330 | Rabe, Andrea | Deut.Ring | 1964 | 54:05 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 54 | 18 | Daehn, Birgit | Airbus | 1976 | 54:23 | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 55 | 357 | Parge, Sabine | D. Telekom | 1964 | 54:28 | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 56 | 1230 | Marcus-Simon, Gitta | Allianz | 1959 | 54:34 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 57 | 234 | Sagert, Erika | HapagLloyd | 1952 | 54:38 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 58 | 450 | Krüger, Karin | ESW&STN | 1950 | 54:38 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 59 | 220 | Timm, Heike | A.Springer | 1982 | 54:43 | . | 13 | . | . | . | . | . | . | . | . | . | . | . |
| 60 | 327 | Kraemer, Birgit | Deut.Ring | 1964 | 55:06 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 61 | 594 | König, Monika | Haspa | 1958 | 55:29 | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 62 | 1005 | Leifels, Gabi | Raffay | 1966 | 55:33 | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 63 | 211 | Bittkowski, Ingrid | A.Springer | 1955 | 55:50 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 64 | 877 | Bornmann, Kerstin | OTTO | 1967 | 55:53 | . | . | . | . | 17 | . | . | . | . | . | . | . | . |
| 65 | 581 | Brühler, Karin | Haspa | 1962 | 56:05 | . | . | . | . | . | 8 | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|---------------------------|------------|------|---------|---------------------|----|----|----|----|----|----|----|----|----|----|----|----|
| 66 | 1339 | Wenrich, Anja | Volksfürs. | 1967 | 56:21 | . | . | . | . | 18 | . | . | . | . | . | . | . | . |
| 67 | 1565 | Stroetmann, Miriam | Laufladen | 1968 | 56:33 | . | . | . | . | 19 | . | . | . | . | . | . | . | . |
| 68 | 1465 | Hebeler, Meike | Laufladen | 1974 | 56:34 | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 69 | 716 | Siemers, Britta | HSH-NORDB. | 1968 | 56:36 | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 70 | 1576 | Solchinger, Rosemarie | HSH-NORDB. | 1957 | 56:36 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 71 | 1043 | Oestreich, Daniela | Rot-Gelb | 1976 | 57:06 | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 72 | 932 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 57:10 | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 73 | 650 | Meißner, Ulrike | HSU HH | 1971 | 57:15 | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 74 | 1498 | Donn, Simone | Siemens | 1972 | 57:20 | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 75 | 96 | Knobloch, Erika | BA-Eimsb. | 1957 | 57:24 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 76 | 1035 | Hagemann, Anna | Rot-Gelb | 1947 | 57:32 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 77 | 39 | Köhlmoos, Birgitt | Airbus | 1942 | 57:47 | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| | 1610 | Lange-Paulick, Sabine | Siemens | 1961 | 57:50 | 1. Außer Konkurrenz | | | | | | | | | | | | |
| 78 | 533 | Rauschnabel, Angelika | Germ.Lloyd | 1972 | 58:17 | . | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 79 | 1358 | Trzebiatowsky, Nicola | BG 36 | 1962 | 58:28 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 80 | 1366 | Michaelis, Birgitt | DAK | 1961 | 58:30 | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 81 | 1080 | Lau, Christel | Stern | 1949 | 58:45 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 82 | 1378 | Grubacic, Nina | Holsten | 1978 | 58:47 | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 83 | 888 | Macholl, Petra | OTTO | 1957 | 59:01 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 84 | 1439 | Junchen, Angelika | HapagLloyd | 1949 | 59:05 | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 85 | 1129 | Damm, Ursel | Siemens | 1946 | 59:11 | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 86 | 441 | Frey, Birgit | ESW&STN | 1957 | 59:32 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 87 | 1379 | Supper, Katja | Holsten | 1982 | 59:44 | . | 14 | . | . | . | . | . | . | . | . | . | . | . |
| 88 | 456 | Schroten, Melanie-Maren | ESW&STN | 1970 | 59:51 | . | . | . | 17 | . | . | . | . | . | . | . | . | . |
| 89 | 799 | Behrends, Helene | Lufthansa | 1954 | 59:56 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 90 | 595 | Körber, Greta | Haspa | 1936 | 1:00:14 | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 91 | 178 | Schultz, Jeanette | Berenberg | 1969 | 1:00:16 | . | . | . | . | 22 | . | . | . | . | . | . | . | . |
| 92 | 414 | Neitzel, Tanja | ERGOsports | 1978 | 1:00:20 | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 93 | 1201 | Kamlage, Frauke | Sig. Iduna | 1956 | 1:01:39 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 94 | 852 | Kersten, Ines | NDR | 1962 | 1:01:56 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 95 | 1346 | Heinrichsen, Meike | Airbus | 1966 | 1:01:58 | . | . | . | 23 | . | . | . | . | . | . | . | . | . |
| 96 | 936 | Müller, Ursel | PHILIPS | 1947 | 1:02:19 | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 97 | 937 | Nieswandt, Tanja | PHILIPS | 1971 | 1:02:55 | . | . | . | 18 | . | . | . | . | . | . | . | . | . |
| 98 | 292 | Dörner, Anette | DAK | 1959 | 1:03:45 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 99 | 1584 | Stork, Martina | Laufwerk | 1964 | 1:04:16 | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 100 | 16 | Büscher, Sandra | Airbus | 1979 | 1:04:57 | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 101 | 308 | Gorski, Isabella | Deut.Bank | 1972 | 1:06:19 | . | . | . | 19 | . | . | . | . | . | . | . | . | . |
| 102 | 1276 | Wolf, Uta | TÜV-Nord | 1978 | 1:06:40 | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 103 | 1556 | Maier, Jennifer | HH-Hochsch | 1984 | 1:10:54 | . | 15 | . | . | . | . | . | . | . | . | . | . | . |
| 104 | 1557 | Meckenhäuser, Gundula | HH-Hochsch | 1984 | 1:10:57 | . | 16 | . | . | . | . | . | . | . | . | . | . | . |
| 105 | 102 | Wolff, Renate Marianne | BA-Eimsb. | 1953 | 1:20:39 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |

Ergebnisse der Herren auf der Kurzstrecke (3700 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | 6 | 9 | 10 | 13 | 16 | 18 | 21 | 7 | 15 | 20 | 12 | 2 | 1 |
|-------|------|-----------------------|------------|------|-------|----|--------------|----|----|----|----|----|----|----|----|----|----|----|---|
| | | | | | | | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
| | 1510 | Herbold, Martin | HSU HH | 1987 | 12:08 | | 1. Klasse II | | | | | | | | | | | | |
| 1 | 775 | Wichmann, Oliver | Gaden | 1981 | 12:45 | | 1 | | | | | | | | | | | | |
| 2 | 1293 | Hose, Hubert | VATTENFALL | 1971 | 13:03 | | | | 1 | | | | | | | | | | |
| 3 | 901 | Bozyakali, Can | PHILIPS | 1974 | 13:07 | | | | 2 | | | | | | | | | | |
| 4 | 860 | Lüders-Bahlmann, Uwe | NDR | 1956 | 13:17 | | | | | | | | 1 | | | | | | |
| 5 | 1415 | Bauer, Dr. Eric | Sun | 1965 | 13:23 | | | | | 1 | | | | | | | | | |
| 6 | 918 | Hiekmann, Thorben | PHILIPS | 1979 | 13:25 | | | 1 | | | | | | | | | | | |
| 7 | 926 | Lieske, Christoph | PHILIPS | 1981 | 13:27 | | 2 | | | | | | | | | | | | |
| 8 | 854 | Kohlmann, Carsten | NDR | 1965 | 13:29 | | | | | | 2 | | | | | | | | |
| 9 | 867 | Schönrock, Günter | NDR | 1957 | 13:30 | | | | | | | | 2 | | | | | | |
| 10 | 635 | Zampich, Oliver | HEK | 1971 | 13:31 | | | | 3 | | | | | | | | | | |
| 11 | 1299 | Krohn, Jens | VATTENFALL | 1957 | 13:34 | | | | | | | | 3 | | | | | | |
| 12 | 868 | Schröder, Birger | NDR | 1963 | 13:36 | | | | | | | | 1 | | | | | | |
| 13 | 828 | Bruhnke, Eric | Medeco | 1983 | 13:37 | | 3 | | | | | | | | | | | | |
| 14 | 873 | Becker, Jens-Gerrit | OTTO | 1962 | 13:41 | | | | | | | 2 | | | | | | | |
| 15 | 121 | Krastev, Ulli | BACARDI | 1969 | 13:52 | | | | | 3 | | | | | | | | | |
| 16 | 955 | Timm, Thomas | PHILIPS | 1958 | 13:56 | | | | | | | | 4 | | | | | | |
| 17 | 103 | Bahr, Gebhard | BA-Nord | 1955 | 14:02 | | | | | | | | 5 | | | | | | |
| 18 | 1488 | Marten, Dieter | NDR | 1957 | 14:02 | | | | | | | | 6 | | | | | | |
| 19 | 1453 | Westerfeld, Philipp | ESW&STN | 1991 | 14:13 | | 4 | | | | | | | | | | | | |
| 20 | 1484 | Schierau, Arne | Laufwerk | 1966 | 14:15 | | | | | | 4 | | | | | | | | |
| 21 | 389 | Banck, Sönke | ERGOsports | 1967 | 14:17 | | | | | | 5 | | | | | | | | |
| 22 | 251 | Eis, Walter | DESY | 1956 | 14:21 | | | | | | | | 7 | | | | | | |
| 23 | 356 | Neumann, Uwe | D. Telekom | 1973 | 14:23 | | | | | 4 | | | | | | | | | |
| 24 | 933 | Matzke, Herwig | PHILIPS | 1972 | 14:24 | | | | | 5 | | | | | | | | | |
| 25 | 939 | Rittmeister, Lutz | PHILIPS | 1959 | 14:24 | | | | | | | | 8 | | | | | | |
| 26 | 538 | Freund, Tobias | HW | 1977 | 14:28 | | | 2 | | | | | | | | | | | |
| 27 | 929 | Lumpp, Michael | PHILIPS | 1973 | 14:29 | | | | | 6 | | | | | | | | | |
| 28 | 931 | Manke, Dirk | PHILIPS | 1971 | 14:33 | | | | | 7 | | | | | | | | | |
| 29 | 1569 | Kähler, Sven | Haspa | 1977 | 14:48 | | | 3 | | | | | | | | | | | |
| 30 | 514 | Trost, Arne | Fa.Blanke. | 1971 | 14:50 | | | | | 8 | | | | | | | | | |
| 31 | 466 | Heemcke, Alexander | Feuerwehr | 1976 | 14:54 | | | | 4 | | | | | | | | | | |
| 32 | 1119 | Süllwold, Josef | Zoll | 1947 | 15:01 | | | | | | | | | | | 1 | | | |
| 33 | 910 | Glüse, Kai | PHILIPS | 1978 | 15:03 | | | | 5 | | | | | | | | | | |
| 34 | 1400 | Neudörffer, Henry | Stern | 1997 | 15:10 | 1 | | | | | | | | | | | | | |
| 35 | 1082 | Lohmann, Rolf-Michael | Stern | 1960 | 15:11 | | | | | | | 3 | | | | | | | |
| 36 | 1280 | Kutschka, Gregor | D. Telekom | 1970 | 15:17 | | | | | 9 | | | | | | | | | |
| 37 | 399 | Goldschmidt, Sven | ERGOsports | 1975 | 15:20 | | | 6 | | | | | | | | | | | |
| 38 | 1055 | Hegemann, Bernd | G+J | 1968 | 15:24 | | | | | 6 | | | | | | | | | |
| 39 | 617 | Gröhn, Dennis | HEK | 1990 | 15:28 | | 5 | | | | | | | | | | | | |
| 40 | 316 | Thorborg, Nils | Deut.Bank | 1964 | 15:31 | | | | | | | 4 | | | | | | | |
| 41 | 851 | Kellermann, Peter | NDR | 1957 | 15:32 | | | | | | | | 9 | | | | | | |
| 42 | 1233 | Pfaffe, Andreas | Allianz | 1962 | 15:35 | | | | | | | 5 | | | | | | | |
| 43 | 1401 | Neudörffer, Robin | Stern | 1995 | 15:40 | 2 | | | | | | | | | | | | | |
| 44 | 425 | Spijker, Rüdiger | ERGOsports | 1960 | 15:45 | | | | | | | 6 | | | | | | | |
| 45 | 1077 | Klindworth, Jürgen | Stern | 1959 | 15:56 | | | | | | | | 10 | | | | | | |
| 46 | 930 | Lund, Peter J. | PHILIPS | 1947 | 15:59 | | | | | | | | | | | 2 | | | |
| 47 | 1274 | Schumacher, Peter | TÜV-Nord | 1952 | 16:01 | | | | | | | | | 1 | | | | | |
| 48 | 911 | Glüse, Ulf | PHILIPS | 1984 | 16:05 | | 6 | | | | | | | | | | | | |
| 49 | 189 | Bialk, Adalbert | BVI | 1964 | 16:06 | | | | | | | 7 | | | | | | | |
| 50 | 1118 | Semke, Jürgen | Zoll | 1953 | 16:07 | | | | | | | | | | | 2 | | | |
| 51 | 1365 | Müller, Jens | DESY | 1967 | 16:08 | | | | | | 7 | | | | | | | | |
| 52 | 1072 | Kamrad, Hubert | Stern | 1955 | 16:14 | | | | | | | | 11 | | | | | | |
| 53 | 1424 | Gessert, Nils | VATTENFALL | 1991 | 16:17 | | 7 | | | | | | | | | | | | |
| 54 | 745 | Gebert, Claus | Innovas | 1975 | 16:21 | | | 7 | | | | | | | | | | | |
| 55 | 452 | Kühl, Bernd | ESW&STN | 1946 | 16:23 | | | | | | | | | | | 3 | | | |
| 56 | 1066 | Hass, Jochen | Stern | 1966 | 16:26 | | | | | | 8 | | | | | | | | |
| 57 | 618 | Gröhn, Sven | HEK | 1991 | 16:30 | | 8 | | | | | | | | | | | | |
| 58 | 1096 | Stangenberg, Daniel | Stern | 1995 | 16:32 | 3 | | | | | | | | | | | | | |
| 59 | 1391 | Konrad, Fabian | NDR | 1997 | 16:35 | 4 | | | | | | | | | | | | | |
| 60 | 855 | Konrad, Thomas | NDR | 1967 | 16:36 | | | | | | 9 | | | | | | | | |
| 61 | 1000 | Hänjes, Hans-Martin | Raffay | 1964 | 16:45 | | | | | | | 8 | | | | | | | |
| 62 | 1288 | Gessert, Frank | VATTENFALL | 1959 | 16:53 | | | | | | | | 12 | | | | | | |
| 63 | 1207 | Manthei, Jan | Sig. Iduna | 1967 | 16:57 | | | | | 10 | | | | | | | | | |
| 64 | 809 | Kern, Helmut | Lufthansa | 1949 | 17:00 | | | | | | | | | | | 4 | | | |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|--------------------------|------------|------|-------|---------------------|---|----|----|----|----|----|----|----|----|----|----|----|
| 65 | 1185 | Kaminke, Andres | Kravag | 1956 | 17:02 | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 66 | 247 | Döhmen, Georg | T-Systems | 1961 | 17:05 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 67 | 940 | Rönnebeck, Jens | PHILIPS | 1960 | 17:06 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 68 | 421 | Sanne, Dirk | ERGOsports | 1970 | 17:07 | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 69 | 1068 | Heisinger, Hartmut | Stern | 1949 | 17:11 | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 70 | 1448 | Rühter, Bernd | ERGOsports | 1959 | 17:12 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 71 | 909 | Glüse, Jan | PHILIPS | 1947 | 17:25 | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 72 | 412 | Meinke, Frank | ERGOsports | 1978 | 17:30 | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 73 | 1577 | Völling, Jens | IBM Klub | 1966 | 17:31 | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 74 | 407 | Krause, Reinhard | ERGOsports | 1944 | 17:37 | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 75 | 1285 | Danckers, Joachim | VATTENFALL | 1963 | 17:45 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 76 | 1103 | Vieregge, Jens | Stern | 1950 | 17:52 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 77 | 758 | Brandt, Andreas | Gaden | 1958 | 17:54 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 78 | 460 | Wien, Wolfgang | ESW&STN | 1940 | 18:02 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 79 | 245 | Baumeister, Thorsten | T-Systems | 1969 | 18:08 | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 80 | 611 | Vittalowitsch, Andreas | Haspa | 1955 | 18:24 | . | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 81 | 587 | Gröhn, Ullrich | Haspa | 1958 | 18:24 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 82 | 391 | Braun, Manfred | ERGOsports | 1941 | 18:26 | . | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 83 | 1404 | Stangenberg, Marco | Stern | 1997 | 18:28 | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 84 | 1024 | Seeland, Siegfried | Rapid | 1937 | 18:29 | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 85 | 1095 | Stangenberg, Andreas | Stern | 1960 | 18:30 | . | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 86 | 1267 | Kohl, Andreas | TÜV-Nord | 1961 | 18:31 | . | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 87 | 315 | Rowedder, Frank | Deut.Bank | 1966 | 18:51 | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 88 | 1006 | Matthies, Hans-Joachim | Raffay | 1930 | 18:53 | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 89 | 420 | Rinck, Christian | ERGOsports | 1944 | 18:55 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 90 | 347 | Mengelkamp, Hans-Joachim | Dresdner-B | 1944 | 19:05 | . | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 91 | 236 | Schnabel, Harald | HapagLloyd | 1953 | 19:07 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 92 | 997 | Dobrick, Mario | Raffay | 1950 | 19:08 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 93 | 1212 | Rahn, Peter | Sig. Iduna | 1942 | 19:11 | . | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 94 | 443 | Gläser, Heinz | ESW&STN | 1945 | 19:11 | . | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 95 | 1588 | Stahl, Peter | Lufthansa | 1946 | 19:13 | . | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 96 | 606 | Schneider, Rolf | Haspa | 1939 | 19:18 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 97 | 50 | Nigmann, Michael | Airbus | 1953 | 19:20 | . | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 98 | 1321 | Böhmer, Michael | Volksfürs. | 1941 | 19:28 | . | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 99 | 416 | Oellrich, Günter | ERGOsports | 1940 | 19:31 | . | . | . | . | . | . | . | . | . | 8 | . | . | . |
| 100 | 1266 | Kathenbach, Martin | TÜV-Nord | 1979 | 19:36 | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 101 | 63 | Schreiber, Siegfried | Airbus | 1936 | 19:41 | . | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 102 | 837 | Beckmann, Jörg | NDR | 1934 | 19:44 | . | . | . | . | . | . | . | . | . | . | 2 | . | . |
| | 1599 | Jacobsen, Claas | Airbus | 1996 | 19:45 | 1. Außer Konkurrenz | | | | | | | | | | | | |
| 103 | 52 | Peters, Günther | Airbus | 1949 | 19:45 | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 104 | 66 | Störk, Heiko | Airbus | 1977 | 19:45 | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 105 | 36 | Jacobsen, Matthias | Airbus | 1965 | 19:47 | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 106 | 1089 | Müller, Jürgen | Stern | 1948 | 19:52 | . | . | . | . | . | . | . | . | 10 | . | . | . | . |
| 107 | 807 | Hintz, Martin | Lufthansa | 1937 | 19:54 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 108 | 505 | Matthiessen, Uwe | Fa.Blanke. | 1949 | 19:57 | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 109 | 619 | Gröhn, Thomas | HEK | 1956 | 20:06 | . | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 110 | 900 | Borchers, Mario | PHILIPS | 1964 | 20:11 | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 111 | 1108 | Zdebel, Rene | Stern | 1974 | 20:15 | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 112 | 515 | Winkel, Horst | Fa.Blanke. | 1940 | 20:16 | . | . | . | . | . | . | . | . | . | 9 | . | . | . |
| 113 | 915 | Hahn, Ronald | PHILIPS | 1967 | 20:16 | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 114 | 1038 | Hoppe, Holger | Rot-Gelb | 1971 | 20:17 | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 115 | 428 | Subat, Thomas | ERGOsports | 1961 | 20:27 | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 116 | 429 | Subat, Tim Nico | ERGOsports | 1995 | 20:28 | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 117 | 1300 | Lutosch, Dietmar | VATTENFALL | 1941 | 20:28 | . | . | . | . | . | . | . | . | . | 10 | . | . | . |
| 118 | 449 | Kröger, Rolf | ESW&STN | 1942 | 20:34 | . | . | . | . | . | . | . | . | . | 11 | . | . | . |
| 119 | 341 | Brüggeman, Ralf | Dresdner-B | 1953 | 20:39 | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 120 | 1289 | Groth, Peter | VATTENFALL | 1945 | 20:42 | . | . | . | . | . | . | . | . | 12 | . | . | . | . |
| 121 | 153 | Rachow, Michael | BeraCom | 1956 | 20:44 | . | . | . | . | . | 19 | . | . | . | . | . | . | . |
| 122 | 256 | Jaekel, Claus | DESY | 1945 | 20:46 | . | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 123 | 999 | Gallaun, Andreas | Raffay | 1963 | 20:56 | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 124 | 1073 | Klein, Uwe | Stern | 1961 | 21:01 | . | . | . | . | 17 | . | . | . | . | . | . | . | . |
| 125 | 1202 | Kamlage, Jens | Sig. Iduna | 1943 | 21:05 | . | . | . | . | . | . | . | . | . | 12 | . | . | . |
| 126 | 1093 | Scheibe, Paul | Stern | 1963 | 21:11 | . | . | . | . | 18 | . | . | . | . | . | . | . | . |
| 127 | 1571 | Wenthe, Adolf | Haspa | 1940 | 21:21 | . | . | . | . | . | . | . | . | . | 13 | . | . | . |
| 128 | 630 | Reimer, Peter | HEK | 1939 | 21:25 | . | . | . | . | . | . | . | . | . | . | 5 | . | . |
| 129 | 419 | Reichardt, Wolfgang | ERGOsports | 1938 | 21:44 | . | . | . | . | . | . | . | . | . | . | 6 | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|--------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 130 | 585 | Goetzke, Stefan | Haspa | 1966 | 21:48 | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 131 | 1261 | Ewert, Jens | TÜV-Nord | 1959 | 21:58 | . | . | . | . | . | . | 20 | . | . | . | . | . | . |
| 132 | 949 | Sommer, Christian | PHILIPS | 1982 | 22:12 | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 133 | 607 | Steck, Siegfried | Haspa | 1948 | 22:29 | . | . | . | . | . | . | . | . | 14 | . | . | . | . |
| 134 | 1067 | Hein, Eckhard | Stern | 1938 | 22:44 | . | . | . | . | . | . | . | . | . | . | . | 7 | . |
| 135 | 1189 | Dally, Peter | Sig. Iduna | 1935 | 22:45 | . | . | . | . | . | . | . | . | . | . | . | 8 | . |
| 136 | 1369 | Kieldyk, Peter | ERGOsports | 1943 | 22:52 | . | . | . | . | . | . | . | . | . | 14 | . | . | . |
| 137 | 1025 | Wiesenberg, Horst | Rapid | 1940 | 23:00 | . | . | . | . | . | . | . | . | . | . | 15 | . | . |
| 138 | 965 | Horlamus, Klaus | Polizei HH | 1947 | 23:03 | . | . | . | . | . | . | . | . | . | 15 | . | . | . |
| 139 | 636 | Zeman, Leopold | HEK | 1937 | 23:03 | . | . | . | . | . | . | . | . | . | . | . | 9 | . |
| 140 | 1050 | Toborg, Sven | Rot-Gelb | 1970 | 23:10 | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 141 | 490 | Bartels, Fritz | Fa.Blanke. | 1938 | 23:17 | . | . | . | . | . | . | . | . | . | . | . | 10 | . |
| 142 | 715 | Schwenck, Jörn | HSH-NORDB. | 1944 | 23:23 | . | . | . | . | . | . | . | . | . | . | 16 | . | . |
| 143 | 279 | Meß, Karl-Heinz | BBK | 1941 | 24:00 | . | . | . | . | . | . | . | . | . | . | 17 | . | . |
| 144 | 462 | Andag, Jens | Feuerwehr | 1938 | 24:14 | . | . | . | . | . | . | . | . | . | . | . | 11 | . |
| 145 | 1598 | Bures, Anton | Volksfürs. | 1942 | 24:19 | . | . | . | . | . | . | . | . | . | . | 18 | . | . |
| 146 | 1593 | Prehn, Fritz | Stern | 1929 | 24:22 | . | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 147 | 258 | Loppenthien, Jan | DESY | 1958 | 24:41 | . | . | . | . | . | . | 21 | . | . | . | . | . | . |
| 148 | 995 | Bernin, Siegfried | Raffay | 1937 | 24:48 | . | . | . | . | . | . | . | . | . | . | . | 12 | . |
| 149 | 278 | Meier, Hans-Werner | BBK | 1944 | 24:52 | . | . | . | . | . | . | . | . | . | . | 19 | . | . |
| 150 | 478 | Schliemann, Jürgen | Feuerwehr | 1940 | 26:32 | . | . | . | . | . | . | . | . | . | . | 20 | . | . |

Ergebnisse der Herren auf der Mittelstrecke (6860 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 8 | 12 | 14 | 35 | 34 | 26 | 23 | 20 | 16 | 7 | 2 | 0 |
|-------|------|------------------------|------------|------|-------|---------------------|---|----|----|----|----|----|----|----|----|----|----|----|---|
| | | | | | | | | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
| 1 | 1042 | Norte da Silva, Adao | Rot-Gelb | 1968 | 24:57 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 2 | 1362 | Schulz, Michael | A.Springer | 1965 | 25:16 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 3 | 962 | Dankers, Heinz | Polizei HH | 1960 | 25:18 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 4 | 1382 | Meise, Helge | Laufwerk | 1964 | 25:46 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 5 | 1011 | Hackenberger, Raimund | Rapid | 1968 | 25:59 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 6 | 1121 | Wagner, Ingo | Zoll | 1970 | 25:59 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 7 | 1244 | Seliger, Niels-Michael | Tchibo | 1971 | 25:59 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 8 | 1415 | Bauer, Dr. Eric | Sun | 1965 | 26:14 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 9 | 903 | Cuny, Emmanuel | PHILIPS | 1962 | 26:24 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 10 | 486 | Ungermann, Stefan | Feuerwehr | 1964 | 26:32 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 11 | 913 | Haacker, Kai | PHILIPS | 1963 | 26:32 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 12 | 828 | Bruhnke, Eric | Medeco | 1983 | 26:37 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 1488 | Marten, Dieter | NDR | 1957 | 26:38 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 14 | 860 | Lüders-Bahlmann, Uwe | NDR | 1956 | 26:41 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 15 | 1167 | Hoppe, Thomas | S2 Sport | 1967 | 26:42 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 16 | 88 | Zühlke, Jürgen | AXA-Hbg | 1955 | 26:48 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 17 | 1085 | Miedeck, Georg | Stern | 1942 | 26:51 | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 18 | 802 | Drexhage, Rolf | Lufthansa | 1961 | 26:56 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 19 | 493 | Carl, Christian | Fa.Blanke. | 1968 | 27:06 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 20 | 775 | Wichmann, Oliver | Gaden | 1981 | 27:10 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 21 | 867 | Schönrock, Günter | NDR | 1957 | 27:12 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 22 | 854 | Kohlmann, Carsten | NDR | 1965 | 27:14 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 23 | 939 | Rittmeister, Lutz | PHILIPS | 1959 | 27:14 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 24 | 103 | Bahr, Gebhard | BA-Nord | 1955 | 27:19 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 25 | 955 | Timm, Thomas | PHILIPS | 1958 | 27:20 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 26 | 383 | Peuckert, Christian | EDEKA | 1977 | 27:22 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 27 | 1240 | Müller, Reinhard | Tchibo | 1967 | 27:23 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 28 | 968 | Laude, Niels | Polizei HH | 1975 | 27:25 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 29 | 1111 | Boerner, Andreas | Zoll | 1965 | 27:25 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 30 | 384 | Rohlfs, Dirk | EDEKA | 1967 | 27:30 | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 31 | 121 | Krastev, Ulli | BACARDI | 1969 | 27:31 | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 32 | 975 | Priebe, Markus | Polizei HH | 1965 | 27:33 | . | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 33 | 1126 | Blan, Andreas | Siemens | 1966 | 27:34 | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 34 | 1551 | Schramm, Torsten | Fa.Blanke. | 1990 | 27:38 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 35 | 900 | Borchers, Mario | PHILIPS | 1964 | 27:42 | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 36 | 563 | Ziethen, Karl-Heinz | Hochbahn | 1952 | 27:47 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 37 | 389 | Banck, Sönke | ERGOsports | 1967 | 27:50 | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 38 | 826 | Urbatsch, Markus | Lufthansa | 1968 | 27:56 | . | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 39 | 73 | Trümper, Michael | Airbus | 1966 | 27:58 | . | . | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 40 | 36 | Jacobsen, Matthias | Airbus | 1965 | 28:00 | . | . | . | . | 17 | . | . | . | . | . | . | . | . | . |
| | 1582 | Neumann, Björn | Laufwerk | 1970 | 28:02 | 1. Außer Konkurrenz | | | | | | | | | | | | | |
| 41 | 1481 | Hauschildt, Maik | Laufwerk | 1974 | 28:12 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 42 | 1581 | Eckhardt, Fabian | Laufwerk | 1981 | 28:21 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 43 | 1297 | Kayser, Oliver | VATTENFALL | 1975 | 28:23 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 1114 | Pape, Thomas | Zoll | 1972 | 28:27 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 45 | 512 | Theile, Hartwich | Fa.Blanke. | 1955 | 28:29 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 46 | 933 | Matzke, Herwig | PHILIPS | 1972 | 28:38 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 47 | 748 | von Restorff, Stefan | Innovas | 1968 | 28:56 | . | . | . | . | 18 | . | . | . | . | . | . | . | . | . |
| 48 | 506 | Mehrkens, Hans-Werner | Fa.Blanke. | 1955 | 29:06 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 49 | 33 | Holst, Friedrich | Airbus | 1938 | 29:08 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 50 | 34 | Horn, Christian | Airbus | 1978 | 29:12 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 51 | 1416 | Hinrichs, Hans-Peter | Sun | 1966 | 29:23 | . | . | . | . | 19 | . | . | . | . | . | . | . | . | . |
| 52 | 85 | Schweder, Klaus | AXA-Hbg | 1962 | 29:26 | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 53 | 1136 | Hahn, Sebastian | Siemens | 1989 | 29:27 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 54 | 1195 | Hänsel, Steffen | Sig. Iduna | 1951 | 29:28 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 55 | 1119 | Süllwold, Josef | Zoll | 1947 | 29:36 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 56 | 562 | Westphal, Wolfgang | Hochbahn | 1954 | 29:42 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 57 | 835 | Wellbrock, Eckehardt | Montblanc | 1958 | 29:45 | . | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 58 | 466 | Heemcke, Alexander | Feuerwehr | 1976 | 29:47 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 59 | 915 | Hahn, Ronald | PHILIPS | 1967 | 29:47 | . | . | . | . | 20 | . | . | . | . | . | . | . | . | . |
| 60 | 1492 | Faix, Stefan | Polizei HH | 1968 | 29:55 | . | . | . | . | 21 | . | . | . | . | . | . | . | . | . |
| 61 | 1280 | Kutschka, Gregor | D. Telekom | 1970 | 29:57 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 62 | 1140 | Kremers, Dieter | Siemens | 1956 | 30:03 | . | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 63 | 277 | Levezow, Thomas | BBK | 1969 | 30:07 | . | . | . | . | 22 | . | . | . | . | . | . | . | . | . |
| 64 | 288 | Tolksdorf, Wolfgang | Commerz-B. | 1957 | 30:12 | . | . | . | . | . | . | 12 | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|------------|------|-------|---------------------|---|----|----|----|----|----|----|----|----|----|----|----|
| 65 | 6 | Bartels, Ronald | Airbus | 1962 | 30:15 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 66 | 356 | Neumann, Uwe | D. Telekom | 1973 | 30:20 | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 67 | 1455 | Steinbring, Marco | Fa.Blanke. | 1963 | 30:23 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 68 | 86 | Soetebeer, Michael | AXA-Hbg | 1955 | 30:24 | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 69 | 127 | Behrens, Jürgen | Beiersdorf | 1953 | 30:26 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 70 | 879 | Buchholz, Ulrich | OTTO | 1964 | 30:27 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 71 | 425 | Spijker, Rüdiger | ERGOsports | 1960 | 30:36 | . | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 72 | 1192 | Frahm, Patrick | Sig. Iduna | 1978 | 30:39 | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 73 | 464 | Gust, Harald | Feuerwehr | 1945 | 30:43 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 74 | 244 | Schmidt, Axel | OrthoNord | 1958 | 30:55 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 75 | 1228 | Kleinert, Herbert | Allianz | 1940 | 31:03 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 76 | 1233 | Pfaffe, Andreas | Allianz | 1962 | 31:15 | . | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 77 | 136 | Lüders, Christopher | Beiersdorf | 1994 | 31:24 | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| | 1600 | Geilert, Silvio | Feuerwehr | 1975 | 31:25 | 2. Außer Konkurrenz | | | | | | | | | | | | |
| 78 | 930 | Lund, Peter J. | PHILIPS | 1947 | 31:29 | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 79 | 55 | Radtke, Jörg | Airbus | 1963 | 31:31 | . | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 80 | 1509 | Moormann, Thomas | TK | 1968 | 31:46 | . | . | . | 23 | . | . | . | . | . | . | . | . | . |
| 81 | 1118 | Semke, Jürgen | Zoll | 1953 | 31:49 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 82 | 1124 | Bentien, Ronald | Siemens | 1948 | 31:57 | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 83 | 1115 | Rubiales Jimenez, Luis | Zoll | 1938 | 31:58 | . | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 84 | 242 | Meyer, Klaus | OrthoNord | 1952 | 32:03 | . | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 85 | 44 | Menzel, Siegfried | Airbus | 1955 | 32:06 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 86 | 1065 | Guder, Jens | Stern | 1968 | 32:12 | . | . | . | 24 | . | . | . | . | . | . | . | . | . |
| 87 | 1082 | Lohmann, Rolf-Michael | Stern | 1960 | 32:13 | . | . | . | . | . | 15 | . | . | . | . | . | . | . |
| 88 | 1219 | Schmidt, Volker | Sig. Iduna | 1961 | 32:23 | . | . | . | . | . | 16 | . | . | . | . | . | . | . |
| 89 | 566 | Deutz, Mathias | HH-Hochsch | 1978 | 32:26 | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 90 | 142 | Röming, Wilfried | Beiersdorf | 1940 | 32:33 | . | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 91 | 1063 | Duda, Rudolf | Stern | 1941 | 32:39 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 92 | 1062 | Danker, Hans-Jürgen | Stern | 1952 | 32:41 | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 93 | 1266 | Kathenbach, Martin | TÜV-Nord | 1979 | 32:46 | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 94 | 628 | Münster, Reinhold | HEK | 1942 | 32:49 | . | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 95 | 169 | Otto, Michael | Berenberg | 1966 | 32:52 | . | . | . | 25 | . | . | . | . | . | . | . | . | . |
| 96 | 809 | Kern, Helmut | Lufthansa | 1949 | 32:53 | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 97 | 1193 | Frischer, Horst | Sig. Iduna | 1946 | 32:54 | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 98 | 387 | Schulze, Stephan | EDEKA | 1964 | 33:02 | . | . | . | . | . | 17 | . | . | . | . | . | . | . |
| 99 | 551 | Burghard, Werner | Hochbahn | 1950 | 33:06 | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 100 | 1550 | Schramm, Hans-Peter | Fa.Blanke. | 1959 | 33:08 | . | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 101 | 1528 | Ratz, Andre | CPAG | 1982 | 33:21 | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 102 | 940 | Rönnebeck, Jens | PHILIPS | 1960 | 33:36 | . | . | . | . | . | 18 | . | . | . | . | . | . | . |
| 103 | 1207 | Manthei, Jan | Sig. Iduna | 1967 | 33:37 | . | . | . | 26 | . | . | . | . | . | . | . | . | . |
| 104 | 1068 | Heisinger, Hartmut | Stern | 1949 | 33:44 | . | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 105 | 412 | Meinke, Frank | ERGOsports | 1978 | 33:47 | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 106 | 836 | Baus, Wolfgang | NDR | 1962 | 33:51 | . | . | . | . | . | 19 | . | . | . | . | . | . | . |
| 107 | 738 | Kusch, Günter | IBM Klub | 1945 | 33:54 | . | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 108 | 118 | Henke, Peter | BACARDI | 1963 | 33:55 | . | . | . | . | . | 20 | . | . | . | . | . | . | . |
| 109 | 87 | Staub, Matthias | AXA-Hbg | 1963 | 33:57 | . | . | . | . | . | 21 | . | . | . | . | . | . | . |
| 110 | 1177 | Thiele, Gerhard | Still | 1939 | 33:59 | . | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 111 | 1448 | Rühter, Bernd | ERGOsports | 1959 | 34:00 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 112 | 1325 | Fiedler, Thomas | Volksfürs. | 1971 | 34:03 | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 113 | 323 | Appel, Thomas | Deut.Ring | 1959 | 34:05 | . | . | . | . | . | 18 | . | . | . | . | . | . | . |
| 114 | 315 | Rowedder, Frank | Deut.Bank | 1966 | 34:09 | . | . | . | 27 | . | . | . | . | . | . | . | . | . |
| 115 | 1209 | Prüsmann, Jürgen | Sig. Iduna | 1953 | 34:10 | . | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 116 | 253 | Herrmann, Jörg | DESY | 1973 | 34:14 | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 117 | 342 | Clauß, Peter | Dresdner-B | 1943 | 34:18 | . | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 118 | 402 | Hübener, Matthias | ERGOsports | 1962 | 34:24 | . | . | . | . | . | 22 | . | . | . | . | . | . | . |
| 119 | 1000 | Hänjes, Hans-Martin | Raffay | 1964 | 34:25 | . | . | . | . | . | 23 | . | . | . | . | . | . | . |
| 120 | 555 | Harms, Michael | Hochbahn | 1955 | 34:27 | . | . | . | . | . | . | 19 | . | . | . | . | . | . |
| 121 | 385 | Schmidt, Gerd | EDEKA | 1947 | 34:30 | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 122 | 57 | Riebling, Stephan | Airbus | 1967 | 34:34 | . | . | . | 28 | . | . | . | . | . | . | . | . | . |
| 123 | 470 | Mattern, Horst | Feuerwehr | 1943 | 34:37 | . | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 124 | 273 | Janel, Werner | BBK | 1950 | 34:38 | . | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 125 | 245 | Baumeister, Thorsten | T-Systems | 1969 | 34:46 | . | . | . | 29 | . | . | . | . | . | . | . | . | . |
| 126 | 137 | Lüders, Gerhard | Beiersdorf | 1957 | 34:48 | . | . | . | . | . | . | 20 | . | . | . | . | . | . |
| 127 | 1399 | Eggert, Andreas | Stern | 1967 | 34:49 | . | . | . | 30 | . | . | . | . | . | . | . | . | . |
| 128 | 1088 | Müller, Hans-Werner | Stern | 1951 | 34:49 | . | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 129 | 715 | Schwenck, Jörn | HSH-NORDB. | 1944 | 34:50 | . | . | . | . | . | . | . | . | . | 8 | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 130 | 1356 | Petersson, Jörg | Beiersdorf | 1966 | 34:53 | . | . | . | . | 31 | . | . | . | . | . | . | . | . |
| 131 | 834 | Oltmanns, Helmer | Montblanc | 1949 | 34:56 | . | . | . | . | . | . | . | . | 10 | . | . | . | . |
| 132 | 1432 | Pepperrell, Stephen | BACARDI | 1958 | 34:56 | . | . | . | . | . | . | 21 | . | . | . | . | . | . |
| 133 | 1131 | Diedrich, Ralph | Siemens | 1962 | 34:56 | . | . | . | . | . | 24 | . | . | . | . | . | . | . |
| 134 | 530 | Meyer, Andreas | Germ.Lloyd | 1960 | 34:59 | . | . | . | . | . | 25 | . | . | . | . | . | . | . |
| 135 | 593 | Knoefel, Gerhard | Haspa | 1959 | 35:01 | . | . | . | . | . | . | 22 | . | . | . | . | . | . |
| 136 | 745 | Gebert, Claus | Innovas | 1975 | 35:08 | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 137 | 848 | von Hetling, Claus | NDR | 1946 | 35:11 | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 138 | 1347 | Kerpen, Christian | Airbus | 1973 | 35:12 | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 139 | 353 | Rudolph, Klaus | Dresdner-B | 1946 | 35:14 | . | . | . | . | . | . | . | . | 12 | . | . | . | . |
| 140 | 1205 | Lenfers, Wolfgang | Sig. Iduna | 1962 | 35:25 | . | . | . | . | . | 26 | . | . | . | . | . | . | . |
| 141 | 1166 | Wienand, Udo | Siemens | 1948 | 35:28 | . | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 142 | 1334 | Pschorr, Rüdiger | Volksfürs. | 1949 | 35:42 | . | . | . | . | . | . | . | . | 14 | . | . | . | . |
| 143 | 553 | Händler, Gunnar | Hochbahn | 1967 | 35:48 | . | . | . | 32 | . | . | . | . | . | . | . | . | . |
| 144 | 1132 | Dierking, Peter | Siemens | 1943 | 36:02 | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 145 | 1006 | Matthies, Hans-Joachim | Raffay | 1930 | 36:04 | . | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 146 | 740 | Roders, Wolfgang | IBM Klub | 1963 | 36:08 | . | . | . | . | 27 | . | . | . | . | . | . | . | . |
| 147 | 1592 | Nibbe, Hans-Dieter | Stern | 1952 | 36:14 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 148 | 1218 | Schlegel, Karl-Heinz | Sig. Iduna | 1946 | 36:24 | . | . | . | . | . | . | . | . | 15 | . | . | . | . |
| 149 | 1360 | Wangemann, Eicke | BP-Oil | 1940 | 36:31 | . | . | . | . | . | . | . | . | 10 | . | . | . | . |
| 150 | 704 | Konitzer, Tim | HSH-NORDB. | 1991 | 36:32 | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 151 | 1430 | Welling, Felix | BA-Nord | 1947 | 36:37 | . | . | . | . | . | . | . | . | 16 | . | . | . | . |
| 152 | 1350 | Rhein, Michael | Airbus | 1961 | 36:45 | . | . | . | . | 28 | . | . | . | . | . | . | . | . |
| 153 | 926 | Lieske, Christoph | PHILIPS | 1981 | 37:01 | 8 | . | . | . | . | . | . | . | . | . | . | . | . |
| 154 | 417 | Radetzki, Manfred | ERGOsports | 1938 | 37:03 | . | . | . | . | . | . | . | . | . | . | . | 4 | . |
| 155 | 276 | Levezow, Ralf | BBK | 1944 | 37:12 | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 156 | 739 | Prignitz, Werner | IBM Klub | 1952 | 37:22 | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 157 | 366 | Probst, Helmut | E.ON Hanse | 1939 | 37:28 | . | . | . | . | . | . | . | . | . | . | . | 5 | . |
| 158 | 616 | Geffert, Heiko | HEK | 1971 | 37:35 | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 159 | 1267 | Kohl, Andreas | TÜV-Nord | 1961 | 37:36 | . | . | . | . | 29 | . | . | . | . | . | . | . | . |
| 160 | 1079 | Köhlitz, Uwe | Stern | 1952 | 37:43 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 161 | 1357 | Seimer, Holger | Beiersdorf | 1944 | 37:48 | . | . | . | . | . | . | . | . | 12 | . | . | . | . |
| 162 | 605 | Schmidt, Andre | Haspa | 1964 | 37:50 | . | . | . | . | 30 | . | . | . | . | . | . | . | . |
| 163 | 153 | Rachow, Michael | BeraCom | 1956 | 38:00 | . | . | . | . | . | 23 | . | . | . | . | . | . | . |
| 164 | 1595 | Muhl, Klaus-Peter | Sun | 1965 | 38:07 | . | . | . | 33 | . | . | . | . | . | . | . | . | . |
| 165 | 1237 | Ehlers, Frank | Tchibo | 1966 | 38:08 | . | . | . | 34 | . | . | . | . | . | . | . | . | . |
| 166 | 1108 | Zdebel, Rene | Stern | 1974 | 38:16 | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 167 | 1315 | Voß, Gilbert | VATTENFALL | 1959 | 38:28 | . | . | . | . | . | 24 | . | . | . | . | . | . | . |
| 168 | 201 | Knigge, Hubert | BP-Oil | 1951 | 38:29 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 169 | 1050 | Toborg, Sven | Rot-Gelb | 1970 | 38:33 | . | . | 13 | . | . | . | . | . | . | . | . | . | . |
| 170 | 1038 | Hoppe, Holger | Rot-Gelb | 1971 | 38:34 | . | . | 14 | . | . | . | . | . | . | . | . | . | . |
| 171 | 1494 | Steier, Kurt | Postbank-H | 1956 | 38:38 | . | . | . | . | . | 25 | . | . | . | . | . | . | . |
| 172 | 428 | Subat, Thomas | ERGOsports | 1961 | 38:38 | . | . | . | . | 31 | . | . | . | . | . | . | . | . |
| 173 | 560 | Schwarz, Manfred | Hochbahn | 1953 | 38:43 | . | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 174 | 736 | Granzow, Norbert | IBM Klub | 1952 | 38:51 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 175 | 1066 | Hass, Jochen | Stern | 1966 | 38:54 | . | . | . | 35 | . | . | . | . | . | . | . | . | . |
| 176 | 1048 | Schmidt-D., Detlev | Rot-Gelb | 1945 | 39:08 | . | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 177 | 601 | Otte, Michael | Haspa | 1951 | 39:22 | . | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 178 | 1152 | Püttjer, Horst | Siemens | 1953 | 39:26 | . | . | . | . | . | . | 19 | . | . | . | . | . | . |
| 179 | 66 | Störk, Heiko | Airbus | 1977 | 39:31 | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 180 | 1202 | Kamlage, Jens | Sig. Iduna | 1943 | 39:41 | . | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 181 | 960 | Baier, Tino | Polizei HH | 1975 | 39:42 | . | 12 | . | . | . | . | . | . | . | . | . | . | . |
| 182 | 1563 | Schardig, Gerd | Laufladen | 1950 | 39:46 | . | . | . | . | . | . | 20 | . | . | . | . | . | . |
| 183 | 1208 | Olszewski, Markus | Sig. Iduna | 1962 | 40:00 | . | . | . | . | 32 | . | . | . | . | . | . | . | . |
| 184 | 1503 | Dittrich, Henry | Still | 1961 | 40:03 | . | . | . | . | 33 | . | . | . | . | . | . | . | . |
| 185 | 111 | Wirth, Bernhard | BA-Nord | 1938 | 40:06 | . | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 186 | 1089 | Müller, Jürgen | Stern | 1948 | 40:57 | . | . | . | . | . | . | . | 18 | . | . | . | . | . |
| 187 | 382 | Müggenburg, Horst | EDEKA | 1944 | 40:58 | . | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 188 | 488 | Wunderlich, Peter | Feuerwehr | 1956 | 41:01 | . | . | . | . | . | 26 | . | . | . | . | . | . | . |
| 189 | 1405 | Taylor, Keith | Stern | 1948 | 41:17 | . | . | . | . | . | . | . | 19 | . | . | . | . | . |
| 190 | 583 | Fick, Horst | Haspa | 1942 | 41:31 | . | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 191 | 50 | Nigmann, Michael | Airbus | 1953 | 41:50 | . | . | . | . | . | . | 21 | . | . | . | . | . | . |
| 192 | 281 | Predel, Gerhard | BBK | 1944 | 43:05 | . | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 193 | 343 | Fiedler, Thomas | Dresdner-B | 1953 | 43:22 | . | . | . | . | . | . | 22 | . | . | . | . | . | . |
| 194 | 467 | Hintzmann, Alfred | Feuerwehr | 1934 | 43:58 | . | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 195 | 83 | Matz, Michael | AXA-Hbg | 1962 | 44:14 | . | . | . | . | 34 | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 196 | 130 | Deubel, Rolf | Beiersdorf | 1949 | 44:15 | . | . | . | . | . | . | . | . | 20 | . | . | . | . |
| 197 | 472 | Neumann, Wilhelm | Feuerwehr | 1938 | 44:16 | . | . | . | . | . | . | . | . | . | . | 7 | . | . |
| 198 | 1485 | Schultz, Axel | Laufwerk | 1953 | 47:37 | . | . | . | . | . | . | . | 23 | . | . | . | . | . |

Ergebnisse der Herren auf der Langstrecke (10390 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
|-------|------|---------------------------|------------|------|-------|---------------------|---|----|----|----|----|----|----|----|----|----|----|----|---|
| | | 1578 Bekakcha, Mourad | Laufwerk | 1978 | 34:39 | 1. Außer Konkurrenz | | | | | | | | | | | | | |
| 1 | 568 | Hämmerling, Oliver | HH-Hochsch | 1970 | 35:42 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 221 | Totzke, Lars | A.Springer | 1966 | 35:42 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 3 | 653 | Papenfuß, Ulf | HSU HH | 1979 | 36:05 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 642 | Glück, Christian | HSU HH | 1981 | 36:30 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 28 | Görke, Ralf | Airbus | 1960 | 36:36 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 6 | 1134 | Härle, Ralf | Siemens | 1963 | 36:57 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 7 | 510 | Sturm, Volker | Fa.Blanke. | 1965 | 37:02 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| | 1604 | Nachtigall, Detlef | UNBEKANNT | 1964 | 37:25 | 2. Außer Konkurrenz | | | | | | | | | | | | | |
| 8 | 214 | Langer, Mathias | A.Springer | 1967 | 37:26 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 9 | 655 | Rogler, Konrad | HSU HH | 1981 | 37:38 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 10 | 798 | Bach, Rene | Lufthansa | 1981 | 37:43 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 11 | 143 | Rütze, Martin | Beiersdorf | 1977 | 37:50 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 12 | 549 | Walter, Uwe | HW | 1965 | 37:59 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 13 | 793 | Schütze, Matthias | Laufwerk | 1976 | 38:07 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 14 | 254 | Jaekel, Carsten | DESY | 1970 | 38:11 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 15 | 646 | Johannsen, Hauke | HSU HH | 1977 | 38:49 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 16 | 1493 | Woithe, Thomas | Polizei HH | 1978 | 39:01 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 322 | Ahrens, Hans-Björn | Deut.Ring | 1979 | 39:31 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 639 | Christmann, Daniel | HSU HH | 1976 | 39:38 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 19 | 297 | Hartz, Manfred | DAK | 1963 | 39:44 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 20 | 778 | Behn, Nils | Laufwerk | 1965 | 39:58 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 21 | 1609 | Bajric, Mersudin | Germ.Lloyd | 1974 | 40:03 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 22 | 1529 | Korba, Wojciech | Airbus | 1972 | 40:09 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 23 | 32 | Hoffmeister, Marc | Airbus | 1972 | 40:11 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 24 | 640 | Duits, Wilhelm | HSU HH | 1983 | 40:12 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 25 | 157 | Dannenberg, Lars | Berenberg | 1978 | 40:16 | . | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 26 | 372 | Danger, Frank | EDEKA | 1964 | 40:19 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 27 | 1211 | Putzke, Matthias | Sig. Iduna | 1966 | 40:21 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 28 | 1483 | Lorenzen, Uwe | Laufwerk | 1973 | 40:25 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 29 | 1415 | Bauer, Dr. Eric | Sun | 1965 | 40:32 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 30 | 691 | Fennert, Michael | HSH-NORDB. | 1962 | 40:33 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 31 | 830 | Jaacks, Ulrich | Medeco | 1962 | 40:34 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 32 | 1180 | Witthöft, Holger | Still | 1957 | 40:35 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 33 | 613 | Wilde, Klaus | Haspa | 1958 | 40:42 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 34 | 526 | Backhausen, Dirk | Germ.Lloyd | 1966 | 40:44 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 35 | 296 | Gruber, Markus | DAK | 1970 | 40:45 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 36 | 521 | Ryszka, Josef | GEHE-PH | 1963 | 40:54 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 37 | 1486 | Herrmann, Lennart | Lufthansa | 1985 | 41:00 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 219 | Ruckelshausen, Olaf | A.Springer | 1968 | 41:01 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 39 | 831 | Venegas, Miguel | Medeco | 1965 | 41:04 | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 40 | 893 | Spliethoff, Hans Georg | OTTO | 1966 | 41:07 | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 41 | 780 | Dobrick, Heiko | Laufwerk | 1969 | 41:08 | . | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 42 | 1530 | Krutzki, Frank | Airbus | 1971 | 41:08 | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 43 | 336 | Meyer-Reim, Utz | DG-HYP | 1961 | 41:11 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 44 | 645 | Hundertmark, Michael | HSU HH | 1971 | 41:22 | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 45 | 1150 | Peschel Sielmann, Manfred | Siemens | 1960 | 41:24 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 46 | 1162 | Tokarek, Thomas | Siemens | 1959 | 41:31 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 47 | 1322 | Buchholz, Uwe | Volksfürs. | 1968 | 41:33 | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 48 | 289 | Ansen, Hans-Jürgen | DAK | 1950 | 41:41 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 49 | 782 | Hartwig, Wolfgang | Laufwerk | 1970 | 41:42 | . | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 50 | 1607 | Doutre, Pierre | HSU HH | 1988 | 41:47 | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 51 | 889 | Patzer, Ralf | OTTO | 1967 | 41:48 | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 52 | 337 | Meyer-Sach, Jan-M. | DG-HYP | 1966 | 41:51 | . | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 53 | 647 | Klatt, Michael | HSU HH | 1987 | 41:58 | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 54 | 494 | Elze, Stefan | Fa.Blanke. | 1965 | 42:04 | . | . | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 55 | 873 | Becker, Jens-Gerrit | OTTO | 1962 | 42:05 | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 56 | 1128 | Brumm, Norbert | Siemens | 1959 | 42:08 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 57 | 668 | Lindner, Patric | Holsten | 1966 | 42:17 | . | . | . | . | 17 | . | . | . | . | . | . | . | . | . |
| 58 | 1517 | Hoell, Philipp | HSU HH | 1985 | 42:20 | . | 8 | . | . | . | . | . | . | . | . | . | . | . | . |
| 59 | 312 | Keim, Olaf | Deut.Bank | 1964 | 42:24 | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 60 | 20 | Ehlers, Norbert | Airbus | 1965 | 42:36 | . | . | . | . | 18 | . | . | . | . | . | . | . | . | . |
| 61 | 600 | Olsson, Jens | Haspa | 1963 | 42:37 | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 62 | 1003 | Hornung, Jürgen | Raffay | 1954 | 42:40 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 63 | 310 | Herrmann, Michael | Deut.Bank | 1961 | 42:43 | . | . | . | . | . | 13 | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 64 | 1501 | Müller, Oliver | Siemens | 1965 | 42:44 | . | . | . | . | 19 | . | . | . | . | . | . | . | . |
| 65 | 14 | Böttcher, Hartwig | Airbus | 1973 | 42:44 | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 66 | 641 | Gehb, Ruben | HSU HH | 1985 | 42:45 | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 67 | 772 | Schottenhaml, Andreas | Gaden | 1975 | 42:46 | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 68 | 939 | Rittmeister, Lutz | PHILIPS | 1959 | 42:49 | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 69 | 878 | Broscheit, Jörn | OTTO | 1966 | 42:52 | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 70 | 1259 | Ahlfeld, Carsten | TÜV-Nord | 1967 | 42:58 | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 71 | 921 | Jeschke, Heinz | PHILIPS | 1955 | 43:04 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 72 | 1051 | Bastian, Jens | G+J | 1963 | 43:07 | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 73 | 828 | Bruhnke, Eric | Medeco | 1983 | 43:10 | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 74 | 1077 | Klindworth, Jürgen | Stern | 1959 | 43:16 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 75 | 75 | Wandschneider, Dirk | Airbus | 1963 | 43:18 | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 76 | 705 | Laake, Christian | HSH-NORDB. | 1970 | 43:20 | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 77 | 956 | Weinrich, Konrad | PHILIPS | 1959 | 43:23 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 78 | 528 | Hamann, Rainer | Germ.Lloyd | 1962 | 43:25 | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 79 | 466 | Heemcke, Alexander | Feuerwehr | 1976 | 43:25 | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 80 | 573 | Kiehl, Thorsten | HH-Hochsch | 1984 | 43:28 | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 81 | 493 | Carl, Christian | Fa.Blanke. | 1968 | 43:28 | . | . | . | . | 22 | . | . | . | . | . | . | . | . |
| 82 | 1069 | Jux, Michael | Stern | 1966 | 43:31 | . | . | . | . | 23 | . | . | . | . | . | . | . | . |
| 83 | 93 | Gehle, Friedhelm | BA-Eimsb. | 1956 | 43:32 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 84 | 712 | Sanders, Lars | HSH-NORDB. | 1970 | 43:34 | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 85 | 1018 | Lorenz, Martin | Rapid | 1965 | 43:36 | . | . | . | . | 24 | . | . | . | . | . | . | . | . |
| 86 | 1333 | Merta, Stefan | Volksfürs. | 1966 | 43:40 | . | . | . | . | 25 | . | . | . | . | . | . | . | . |
| 87 | 224 | Zarnekow, Sebastian | A.Springer | 1982 | 43:47 | . | 12 | . | . | . | . | . | . | . | . | . | . | . |
| 88 | 783 | Henjes, Carsten | Laufladen | 1963 | 43:49 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 89 | 1453 | Westerfeld, Philipp | ESW&STN | 1991 | 43:51 | . | 13 | . | . | . | . | . | . | . | . | . | . | . |
| 90 | 125 | Hoch, Christoph | Baubehörde | 1960 | 43:54 | . | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 91 | 1087 | Milewski, Marek | Stern | 1967 | 43:56 | . | . | . | . | 26 | . | . | . | . | . | . | . | . |
| 92 | 666 | Köpke, Manfred | Holsten | 1958 | 43:56 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 93 | 758 | Brandt, Andreas | Gaden | 1958 | 43:57 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 94 | 774 | Schulz, Hans-Joachim | Gaden | 1946 | 43:59 | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 95 | 1381 | Wams, Martin | Gaden | 1965 | 44:01 | . | . | . | . | 27 | . | . | . | . | . | . | . | . |
| 96 | 723 | Zinecker, Stefan | HSH-NORDB. | 1964 | 44:09 | . | . | . | . | . | . | 19 | . | . | . | . | . | . |
| 97 | 602 | Peters, Detlef | Haspa | 1963 | 44:12 | . | . | . | . | . | . | 20 | . | . | . | . | . | . |
| 98 | 320 | Ziems, Alexander | Deut.Bank | 1981 | 44:15 | . | 14 | . | . | . | . | . | . | . | . | . | . | . |
| 99 | 1338 | Wenrich, Alexander | Volksfürs. | 1966 | 44:17 | . | . | . | . | 28 | . | . | . | . | . | . | . | . |
| 100 | 1458 | Reschke, Mark | HPA | 1972 | 44:17 | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 101 | 72 | Tretau, Sebastian | Airbus | 1978 | 44:24 | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 102 | 1583 | Peppel, Andreas | Laufwerk | 1978 | 44:28 | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 103 | 775 | Wichmann, Oliver | Gaden | 1981 | 44:38 | . | 15 | . | . | . | . | . | . | . | . | . | . | . |
| 104 | 1533 | Wolff, Andreas | Airbus | 1968 | 44:38 | . | . | . | . | 29 | . | . | . | . | . | . | . | . |
| 105 | 972 | Meißner, Karsten | Polizei HH | 1976 | 44:39 | . | . | 13 | . | . | . | . | . | . | . | . | . | . |
| 106 | 753 | Beckmann, Niels | Knossos.de | 1974 | 44:46 | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 107 | 1605 | Naumann, Hendrik | Polizei HH | 1981 | 44:49 | . | 16 | . | . | . | . | . | . | . | . | . | . | . |
| 108 | 24 | Felger, Fritz | Airbus | 1959 | 44:49 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 109 | 765 | Janßen, Uwe | Gaden | 1960 | 44:52 | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 110 | 1125 | Berka, Thomas | Siemens | 1962 | 44:56 | . | . | . | . | 22 | . | . | . | . | . | . | . | . |
| 111 | 446 | Hildebrandt, Helmut | ESW&STN | 1957 | 44:57 | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 112 | 955 | Timm, Thomas | PHILIPS | 1958 | 44:59 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 113 | 1549 | Vollmann, Tim | Feuerwehr | 1970 | 45:00 | . | . | 16 | . | . | . | . | . | . | . | . | . | . |
| 114 | 1469 | Siegmund, Karsten | Laufladen | 1978 | 45:01 | . | 14 | . | . | . | . | . | . | . | . | . | . | . |
| 115 | 1095 | Stangenberg, Andreas | Stern | 1960 | 45:05 | . | . | . | . | 23 | . | . | . | . | . | . | . | . |
| 116 | 854 | Kohlmann, Carsten | NDR | 1965 | 45:15 | . | . | . | 30 | . | . | . | . | . | . | . | . | . |
| 117 | 124 | Croissier, Rene | Baubehörde | 1950 | 45:25 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 118 | 406 | Kozieras, Norbert | ERGOsports | 1950 | 45:31 | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 119 | 842 | Chollet, Thomas | NDR | 1966 | 45:31 | . | . | . | 31 | . | . | . | . | . | . | . | . | . |
| 120 | 915 | Hahn, Ronald | PHILIPS | 1967 | 45:32 | . | . | . | . | 32 | . | . | . | . | . | . | . | . |
| 121 | 440 | Drahl, Bernd | ESW&STN | 1955 | 45:34 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 122 | 931 | Manke, Dirk | PHILIPS | 1971 | 45:38 | . | . | 17 | . | . | . | . | . | . | . | . | . | . |
| 123 | 267 | Schulz, Torsten | DESY | 1962 | 45:47 | . | . | . | . | 24 | . | . | . | . | . | . | . | . |
| 124 | 223 | von Woedtke, Christoph | A.Springer | 1945 | 45:48 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 125 | 307 | Ehrenberg, Frank | Deut.Bank | 1959 | 45:56 | . | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 126 | 725 | Beckmann, Gerd | HypoVerein | 1964 | 46:00 | . | . | . | . | 25 | . | . | . | . | . | . | . | . |
| 127 | 1158 | Sie Too, Petrus | Siemens | 1958 | 46:01 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 128 | 961 | Bust, Rudolf | Polizei HH | 1962 | 46:02 | . | . | . | . | 26 | . | . | . | . | . | . | . | . |
| 129 | 733 | Benz, Markus | IBM Klub | 1969 | 46:04 | . | . | . | . | 33 | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 130 | 197 | Wöbke, Volker | BVI | 1966 | 46:04 | . | . | . | . | 34 | . | . | . | . | . | . | . | . |
| 131 | 1508 | Feldmann, Jürgen | TK | 1950 | 46:05 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 132 | 812 | Meinicke, Knuth | Lufthansa | 1963 | 46:06 | . | . | . | . | . | 27 | . | . | . | . | . | . | . |
| 133 | 885 | Kliem, Rüdiger | OTTO | 1961 | 46:08 | . | . | . | . | . | 28 | . | . | . | . | . | . | . |
| 134 | 1312 | Schumann, Thomas | VATTENFALL | 1958 | 46:11 | . | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 135 | 1569 | Kähler, Sven | Haspa | 1977 | 46:11 | . | 15 | . | . | . | . | . | . | . | . | . | . | . |
| 136 | 1608 | Wenner, Matthias | Beiersdorf | 1965 | 46:12 | . | . | . | . | 35 | . | . | . | . | . | . | . | . |
| 137 | 389 | Banck, Sönke | ERGOsports | 1967 | 46:15 | . | . | . | . | 36 | . | . | . | . | . | . | . | . |
| 138 | 11 | Bley, Stefan | Airbus | 1971 | 46:21 | . | . | 18 | . | . | . | . | . | . | . | . | . | . |
| 139 | 743 | Winter, Jörg | IBM Klub | 1970 | 46:24 | . | . | 19 | . | . | . | . | . | . | . | . | . | . |
| 140 | 1161 | Strecker, Ulrich | Siemens | 1970 | 46:28 | . | . | 20 | . | . | . | . | . | . | . | . | . | . |
| 141 | 899 | Baß, Michael | PHILIPS | 1968 | 46:29 | . | . | . | 37 | . | . | . | . | . | . | . | . | . |
| 142 | 338 | Sievers, Jörg | DG-HYP | 1965 | 46:31 | . | . | . | 38 | . | . | . | . | . | . | . | . | . |
| 143 | 1055 | Hegemann, Bernd | G+J | 1968 | 46:34 | . | . | . | 39 | . | . | . | . | . | . | . | . | . |
| 144 | 1199 | Hartmann, Frank | Sig. Iduna | 1965 | 46:36 | . | . | . | 40 | . | . | . | . | . | . | . | . | . |
| 145 | 1443 | Lang, Dennis G. | CPAG | 1986 | 46:41 | 17 | . | . | . | . | . | . | . | . | . | . | . | . |
| 146 | 237 | Schröder, Martin | HapagLloyd | 1959 | 46:42 | . | . | . | . | . | 19 | . | . | . | . | . | . | . |
| 147 | 121 | Krastev, Ulli | BACARDI | 1969 | 46:44 | . | . | . | 41 | . | . | . | . | . | . | . | . | . |
| 148 | 1284 | Bratsch, Jürgen | VATTENFALL | 1962 | 46:46 | . | . | . | . | 29 | . | . | . | . | . | . | . | . |
| 149 | 550 | Streckwaldt, Kai | HHLA | 1966 | 46:46 | . | . | . | 42 | . | . | . | . | . | . | . | . | . |
| 150 | 933 | Matzke, Herwig | PHILIPS | 1972 | 46:50 | . | . | 21 | . | . | . | . | . | . | . | . | . | . |
| 151 | 1390 | Haberland, Rolf | NDR | 1948 | 46:53 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 152 | 92 | Freude, Holger | BA-Eimsb. | 1960 | 46:55 | . | . | . | . | 30 | . | . | . | . | . | . | . | . |
| 153 | 1160 | Sietz, Andreas | Siemens | 1968 | 46:56 | . | . | . | 43 | . | . | . | . | . | . | . | . | . |
| 154 | 1413 | Langfeld, Martin | Siemens | 1963 | 47:01 | . | . | . | . | 31 | . | . | . | . | . | . | . | . |
| 155 | 629 | Plümer, Ralf | HEK | 1971 | 47:01 | . | . | 22 | . | . | . | . | . | . | . | . | . | . |
| 156 | 795 | Bödeker, Heinz | LINCAS-BT | 1947 | 47:06 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 157 | 295 | Götz, Peter | DAK | 1953 | 47:06 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 158 | 1414 | Winter, Albrecht | Siemens | 1949 | 47:07 | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 159 | 797 | Bach, Burkhard | Lufthansa | 1956 | 47:09 | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 160 | 1579 | Bräuer, Ralf | Laufwerk | 1959 | 47:10 | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 161 | 1603 | Schulte, Stephan | Lufthansa | 1976 | 47:11 | . | 16 | . | . | . | . | . | . | . | . | . | . | . |
| 162 | 1145 | Möller, Henry | Siemens | 1951 | 47:12 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 163 | 1148 | Naundorf, Jens | Siemens | 1964 | 47:15 | . | . | . | 32 | . | . | . | . | . | . | . | . | . |
| 164 | 788 | Müller, Walter-Stephan | Laufladen | 1954 | 47:19 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 165 | 184 | Machado de Lima, Agostinho | BG 36 | 1951 | 47:21 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 166 | 1130 | Damm, Wolfgang | Siemens | 1946 | 47:24 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 167 | 673 | Schmidt, Florian | Holsten | 1986 | 47:27 | 18 | . | . | . | . | . | . | . | . | . | . | . | . |
| 168 | 916 | von Hartmann-Arentschildt, Hinrich | PHILIPS | 1971 | 47:29 | . | . | 23 | . | . | . | . | . | . | . | . | . | . |
| 169 | 1462 | Freitag, Jens | Laufladen | 1963 | 47:31 | . | . | . | . | 33 | . | . | . | . | . | . | . | . |
| 170 | 1179 | Vollmer, Stefan | Still | 1982 | 47:36 | 19 | . | . | . | . | . | . | . | . | . | . | . | . |
| 171 | 286 | Lang, Hans-Georg | CPAG | 1951 | 47:40 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 172 | 409 | Löffler, Uwe | ERGOsports | 1941 | 47:43 | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 173 | 1249 | Dick, Joachim | TK | 1943 | 47:45 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 174 | 150 | Hinsch, Lukas | BeraCom | 1978 | 47:51 | . | 17 | . | . | . | . | . | . | . | . | . | . | . |
| 175 | 677 | Unterspann, Klaus | Holsten | 1941 | 47:52 | . | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 176 | 569 | Hatje, Philipp | HH-Hochsch | 1960 | 48:03 | . | . | . | . | 34 | . | . | . | . | . | . | . | . |
| 177 | 359 | Bulla, Bernhard | E.ON Hanse | 1960 | 48:08 | . | . | . | . | 35 | . | . | . | . | . | . | . | . |
| 178 | 1143 | von Mallinckrodt, Klaus | Siemens | 1946 | 48:09 | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 179 | 439 | Döring, Michael | ESW&STN | 1965 | 48:10 | . | . | . | 44 | . | . | . | . | . | . | . | . | . |
| 180 | 917 | Hensel, Jullian | PHILIPS | 1985 | 48:11 | 20 | . | . | . | . | . | . | . | . | . | . | . | . |
| 181 | 1461 | Knaack, Tobias | HH-Hochsch | 1975 | 48:13 | . | 18 | . | . | . | . | . | . | . | . | . | . | . |
| 182 | 1505 | Breitenstein, Michele | Kravag | 1971 | 48:14 | . | . | 24 | . | . | . | . | . | . | . | . | . | . |
| 183 | 1560 | Hebeler, Michael | Laufladen | 1956 | 48:20 | . | . | . | . | . | 22 | . | . | . | . | . | . | . |
| 184 | 272 | Heinrich, Bernhard | BBK | 1957 | 48:28 | . | . | . | . | . | 23 | . | . | . | . | . | . | . |
| 185 | 808 | Kahlbohm, Olav | Lufthansa | 1968 | 48:33 | . | . | . | 45 | . | . | . | . | . | . | . | . | . |
| 186 | 1022 | Schaefer, Andreas | Rapid | 1962 | 48:39 | . | . | . | . | 36 | . | . | . | . | . | . | . | . |
| 187 | 425 | Spijker, Rüdiger | ERGOsports | 1960 | 48:42 | . | . | . | . | 37 | . | . | . | . | . | . | . | . |
| 188 | 405 | Kock, Reinhard | ERGOsports | 1952 | 48:45 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 189 | 1426 | Bloens, Marcus | Volksfürs. | 1969 | 48:47 | . | . | . | 46 | . | . | . | . | . | . | . | . | . |
| 190 | 612 | Wagner, Dr. Klaus Uwe | Haspa | 1964 | 48:51 | . | . | . | . | 38 | . | . | . | . | . | . | . | . |
| 191 | 59 | Schaumann, Oliver | Airbus | 1963 | 48:52 | . | . | . | . | 39 | . | . | . | . | . | . | . | . |
| 192 | 1220 | Seel, Olaf | Sig. Iduna | 1969 | 49:03 | . | . | . | 47 | . | . | . | . | . | . | . | . | . |
| 193 | 364 | Mollenhauer, Eric | E.ON Hanse | 1965 | 49:13 | . | . | . | 48 | . | . | . | . | . | . | . | . | . |
| 194 | 685 | Burkhardt, Torsten | HSH-NORDB. | 1956 | 49:15 | . | . | . | . | . | 24 | . | . | . | . | . | . | . |
| 195 | 1516 | Schaare, Uwe | JahrVerlag | 1959 | 49:20 | . | . | . | . | . | 25 | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-------------------------|-------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 196 | 1229 | Linow, Ulrich | Allianz | 1953 | 49:22 | . | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 197 | 981 | Spijker, Andreas | Polizei HH | 1961 | 49:31 | . | . | . | . | . | 40 | . | . | . | . | . | . | . |
| 198 | 1606 | Sternjacob, Christoph | HSU HH | 1984 | 49:34 | . | 21 | . | . | . | . | . | . | . | . | . | . | . |
| 199 | 1446 | Ogan, Anton | DAK | 1966 | 49:38 | . | . | . | . | 49 | . | . | . | . | . | . | . | . |
| 200 | 413 | Melde, Christian | ERGOsports | 1969 | 49:44 | . | . | . | . | 50 | . | . | . | . | . | . | . | . |
| 201 | 762 | Glowienka, Tobias | Gaden | 1979 | 49:44 | . | . | 19 | . | . | . | . | . | . | . | . | . | . |
| 202 | 672 | Reschka, Edmund | Holsten | 1954 | 49:47 | . | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 203 | 246 | Dahms, Andreas | T-Systems | 1980 | 49:47 | . | 22 | . | . | . | . | . | . | . | . | . | . | . |
| 204 | 1174 | Ollik, Sven | Still | 1972 | 49:49 | . | . | . | 25 | . | . | . | . | . | . | . | . | . |
| 205 | 1173 | Erdmann, Holger | Still | 1965 | 49:50 | . | . | . | . | 51 | . | . | . | . | . | . | . | . |
| 206 | 1411 | Goy, Christian | Siemens | 1964 | 49:50 | . | . | . | . | . | 41 | . | . | . | . | . | . | . |
| 207 | 1040 | Kerres, Bertram | Rot-Gelb | 1959 | 49:53 | . | . | . | . | . | . | 26 | . | . | . | . | . | . |
| 208 | 776 | Wittke, Mitja | Gaden | 1981 | 49:53 | . | 23 | . | . | . | . | . | . | . | . | . | . | . |
| 209 | 1421 | Borowka, Stephan | TK | 1977 | 49:54 | . | . | 20 | . | . | . | . | . | . | . | . | . | . |
| 210 | 131 | Hahn, Carsten | Beiersdorf | 1967 | 49:58 | . | . | . | . | 52 | . | . | . | . | . | . | . | . |
| 211 | 495 | Fredenhagen, Harald | Fa.Blanke. | 1959 | 50:01 | . | . | . | . | . | . | 27 | . | . | . | . | . | . |
| 212 | 274 | Kafke, Norbert | BBK | 1960 | 50:05 | . | . | . | . | . | 42 | . | . | . | . | . | . | . |
| 213 | 1386 | Kolbe, Jens | Lufthansa | 1960 | 50:08 | . | . | . | . | 43 | . | . | . | . | . | . | . | . |
| 214 | 894 | Trabitzsch, Ari | OTTO | 1971 | 50:14 | . | . | 26 | . | . | . | . | . | . | . | . | . | . |
| 215 | 183 | Karsten, Joern | BG 36 | 1959 | 50:15 | . | . | . | . | . | 28 | . | . | . | . | . | . | . |
| 216 | 1274 | Schumacher, Peter | TÜV-Nord | 1952 | 50:16 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 217 | 1450 | Shala, Nol | ERGOsports | 1971 | 50:20 | . | . | . | 27 | . | . | . | . | . | . | . | . | . |
| 218 | 94 | Gollnast, Ronald | BA-Eimsb. | 1962 | 50:21 | . | . | . | . | 44 | . | . | . | . | . | . | . | . |
| 219 | 40 | König, Dietmar | Airbus | 1952 | 50:23 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 220 | 1118 | Semke, Jürgen | Zoll | 1953 | 50:28 | . | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 221 | 1402 | Pahl, Nickolai | Stern | 1973 | 50:28 | . | . | . | 28 | . | . | . | . | . | . | . | . | . |
| 222 | 532 | Raschle, Hanspeter | Germ.Lloyd | 1954 | 50:30 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 223 | 970 | Leitz, Hagen | Polizei HH | 1960 | 50:32 | . | . | . | . | 45 | . | . | . | . | . | . | . | . |
| 224 | 1002 | Haubrich, Gerhard | Raffay | 1943 | 50:34 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 225 | 726 | Bohn, Holger | HypoVerein | 1964 | 50:40 | . | . | . | . | 46 | . | . | . | . | . | . | . | . |
| 226 | 1326 | Fischer, Christian | Volksfürs. | 1965 | 50:52 | . | . | . | . | 53 | . | . | . | . | . | . | . | . |
| 227 | 816 | Rix, Mathias | Lufthansa | 1965 | 50:58 | . | . | . | . | 54 | . | . | . | . | . | . | . | . |
| 228 | 45 | Meyer-Johne, Ludolf | Airbus | 1948 | 50:59 | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 229 | 1559 | Besic, Amir | Laufladen | 1975 | 51:02 | . | . | 21 | . | . | . | . | . | . | . | . | . | . |
| 230 | 1502 | Predel, Maik | Siemens | 1980 | 51:10 | . | 24 | . | . | . | . | . | . | . | . | . | . | . |
| 231 | 727 | Kieselbach, Wolfgang | HypoVerein | 1952 | 51:11 | . | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 232 | 1594 | Marquardt, Guido | SPK-Süd | 1971 | 51:19 | . | . | 29 | . | . | . | . | . | . | . | . | . | . |
| 233 | 1612 | Troppmann, Stefan | NundP | 1974 | 51:20 | . | . | 30 | . | . | . | . | . | . | . | . | . | . |
| 234 | 1233 | Pfaffe, Andreas | Allianz | 1962 | 51:26 | . | . | . | . | 47 | . | . | . | . | . | . | . | . |
| 235 | 752 | Sauerbier, Erich | Jungheintr. | 1943 | 51:26 | . | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 236 | 324 | Feick, Joachim | Deut.Ring | 1961 | 51:28 | . | . | . | . | 48 | . | . | . | . | . | . | . | . |
| 237 | 1296 | Käming, Michael | VATTENFALL | 1958 | 51:28 | . | . | . | . | . | 29 | . | . | . | . | . | . | . |
| 238 | 177 | Schreiner, Andreas | Berenberg | 1963 | 51:30 | . | . | . | . | 49 | . | . | . | . | . | . | . | . |
| 239 | 1496 | Allonge, Andreas | Rot-Gelb | 1968 | 51:33 | . | . | . | . | 55 | . | . | . | . | . | . | . | . |
| 240 | 1280 | Kutschka, Gregor | D. Telekom | 1970 | 51:35 | . | . | 31 | . | . | . | . | . | . | . | . | . | . |
| 241 | 1361 | Lange, Jan Hendrik | A.Springer | 1980 | 51:36 | . | 25 | . | . | . | . | . | . | . | . | . | . | . |
| 242 | 110 | Soor, Matthias | BA-Nord | 1964 | 51:38 | . | . | . | . | 50 | . | . | . | . | . | . | . | . |
| 243 | 195 | Steinhagen, Michael | BVI | 1958 | 51:42 | . | . | . | . | . | 30 | . | . | . | . | . | . | . |
| 244 | 694 | Hagemann, Uwe | HSH-NORDB. | 1950 | 51:44 | . | . | . | . | . | . | 19 | . | . | . | . | . | . |
| 245 | 431 | Sypniewski, Mathias | ERGOsports | 1968 | 51:49 | . | . | . | . | 56 | . | . | . | . | . | . | . | . |
| 246 | 91 | Bussmann-Kuban, Michael | BA-Eimsb. | 1953 | 51:51 | . | . | . | . | . | . | 20 | . | . | . | . | . | . |
| 247 | 191 | Krauß, Alexander | BVI | 1976 | 51:53 | . | . | 22 | . | . | . | . | . | . | . | . | . | . |
| 248 | 1255 | Leichtweiß, Heino | TK | 1944 | 51:55 | . | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 249 | 1072 | Kamrad, Hubert | Stern | 1955 | 52:00 | . | . | . | . | . | 31 | . | . | . | . | . | . | . |
| 250 | 1215 | Rohde, Kurt | Sig. Iduna | 1949 | 52:02 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 251 | 1553 | Rechter, Stefan | HPA | 1961 | 52:12 | . | . | . | . | 51 | . | . | . | . | . | . | . | . |
| 252 | 687 | Diezel, Günther | HSH-NORDB. | 1954 | 52:15 | . | . | . | . | . | . | 21 | . | . | . | . | . | . |
| 253 | 1460 | Graudenz, Eckart | HH-Hochsch | 1944 | 52:19 | . | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 254 | 1597 | Späth, Eberhard | VATTENFALL | 1946 | 52:23 | . | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 255 | 1066 | Hass, Jochen | Stern | 1966 | 52:25 | . | . | . | . | 57 | . | . | . | . | . | . | . | . |
| 256 | 498 | Hinners, Udo | Fa.Blanke. | 1953 | 52:29 | . | . | . | . | . | . | 22 | . | . | . | . | . | . |
| 257 | 761 | Fitschen, Nils | Gaden | 1981 | 52:36 | . | 26 | . | . | . | . | . | . | . | . | . | . | . |
| 258 | 77 | Wiepking, Heiko | Airbus | 1969 | 52:38 | . | . | . | . | 58 | . | . | . | . | . | . | . | . |
| 259 | 442 | Frey, Matthias | ESW&STN | 1951 | 52:43 | . | . | . | . | . | . | 23 | . | . | . | . | . | . |
| 260 | 76 | Wichers, Klaus | Airbus | 1946 | 52:45 | . | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 261 | 1120 | Treder, Peter | Zoll | 1955 | 52:46 | . | . | . | . | . | 32 | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-----------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 262 | 282 | Stein, Thomas | BBK | 1956 | 52:47 | . | . | . | . | . | . | 33 | . | . | . | . | . | . |
| 263 | 1331 | Krögler, Thomas | Volksfürs. | 1959 | 52:50 | . | . | . | . | . | . | 34 | . | . | . | . | . | . |
| 264 | 698 | Janssen, Stefan | HSH-NORDB. | 1962 | 52:51 | . | . | . | . | . | 52 | . | . | . | . | . | . | . |
| 265 | 1223 | Bernhard, Jochen | Allianz | 1962 | 52:53 | . | . | . | . | . | 53 | . | . | . | . | . | . | . |
| 266 | 1186 | Kiontke, Werner | Kravag | 1949 | 53:01 | . | . | . | . | . | . | . | . | 12 | . | . | . | . |
| 267 | 1574 | Beisch, Carsten | HSH-NORDB. | 1979 | 53:03 | . | 23 | . | . | . | . | . | . | . | . | . | . | . |
| 268 | 509 | Sommer, Heinz | Fa.Blanke. | 1939 | 53:05 | . | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 269 | 105 | Blaszkowski, Hans-G. | BA-Nord | 1955 | 53:08 | . | . | . | . | . | . | 35 | . | . | . | . | . | . |
| 270 | 285 | Hartwigsen, Fred | CPAG | 1952 | 53:08 | . | . | . | . | . | . | . | 24 | . | . | . | . | . |
| 271 | 315 | Rowedder, Frank | Deut.Bank | 1966 | 53:10 | . | . | . | . | 59 | . | . | . | . | . | . | . | . |
| 272 | 940 | Rönnebeck, Jens | PHILIPS | 1960 | 53:12 | . | . | . | . | . | 54 | . | . | . | . | . | . | . |
| 273 | 814 | Parpart, Christian | Lufthansa | 1961 | 53:13 | . | . | . | . | . | 55 | . | . | . | . | . | . | . |
| 274 | 524 | Albrecht, Henning | Germ.Lloyd | 1972 | 53:18 | . | . | 32 | . | . | . | . | . | . | . | . | . | . |
| 275 | 1306 | Röhlig, Lutz | VATTENFALL | 1956 | 53:19 | . | . | . | . | . | . | 36 | . | . | . | . | . | . |
| 276 | 1200 | Herrmann, Peter | Sig. Iduna | 1957 | 53:21 | . | . | . | . | . | . | 37 | . | . | . | . | . | . |
| 277 | 1451 | Helmke, Matthias | ESW&STN | 1969 | 53:25 | . | . | . | 60 | . | . | . | . | . | . | . | . | . |
| 278 | 1149 | Oldag, Thomas | Siemens | 1957 | 53:26 | . | . | . | . | . | . | 38 | . | . | . | . | . | . |
| 279 | 298 | Heitmann, Jörg | DAK | 1959 | 53:29 | . | . | . | . | . | . | 39 | . | . | . | . | . | . |
| 280 | 300 | Meyer, Dirk | DAK | 1960 | 53:29 | . | . | . | . | . | 56 | . | . | . | . | . | . | . |
| 281 | 826 | Urbatsch, Markus | Lufthansa | 1968 | 53:29 | . | . | . | 61 | . | . | . | . | . | . | . | . | . |
| 282 | 1172 | Dobrowolski, Claus | Still | 1957 | 53:32 | . | . | . | . | . | . | 40 | . | . | . | . | . | . |
| 283 | 1545 | Alpers, Werner | ERGOsports | 1950 | 53:36 | . | . | . | . | . | . | . | 25 | . | . | . | . | . |
| 284 | 592 | Kluth, Peter | Haspa | 1944 | 53:57 | . | . | . | . | . | . | . | . | . | 8 | . | . | . |
| 285 | 1203 | Kuhnigk, Christian | Sig. Iduna | 1961 | 54:11 | . | . | . | . | . | 57 | . | . | . | . | . | . | . |
| 286 | 388 | Thomsen, Dirk | EDEKA | 1963 | 54:12 | . | . | . | . | . | 58 | . | . | . | . | . | . | . |
| 287 | 1224 | Bernhard, Jürgen | Allianz | 1937 | 54:14 | . | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 288 | 4 | Bäse, Wolfgang | Airbus | 1954 | 54:18 | . | . | . | . | . | . | . | 26 | . | . | . | . | . |
| 289 | 1586 | Holz kamp-Heise, Karl-Heinz | Lufthansa | 1952 | 54:20 | . | . | . | . | . | . | . | 27 | . | . | . | . | . |
| 290 | 615 | Brandt, Peter | HEK | 1940 | 54:31 | . | . | . | . | . | . | . | . | . | 9 | . | . | . |
| 291 | 1004 | Ihde, Bernd | Raffay | 1946 | 54:32 | . | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 292 | 1157 | Seier, Heinz | Siemens | 1947 | 54:34 | . | . | . | . | . | . | . | . | 14 | . | . | . | . |
| 293 | 1310 | Schulze, Frank | VATTENFALL | 1959 | 54:36 | . | . | . | . | . | . | 41 | . | . | . | . | . | . |
| 294 | 1192 | Frahm, Patrick | Sig. Iduna | 1978 | 54:44 | . | 24 | . | . | . | . | . | . | . | . | . | . | . |
| 295 | 362 | Hinz, Manfred | E.ON Hanse | 1959 | 54:49 | . | . | . | . | . | . | 42 | . | . | . | . | . | . |
| 296 | 1448 | Rühter, Bernd | ERGOsports | 1959 | 54:52 | . | . | . | . | . | . | 43 | . | . | . | . | . | . |
| 297 | 1207 | Manthei, Jan | Sig. Iduna | 1967 | 54:55 | . | . | . | 62 | . | . | . | . | . | . | . | . | . |
| 298 | 507 | Oehlke, Frank | Fa.Blanke. | 1960 | 55:03 | . | . | . | . | 59 | . | . | . | . | . | . | . | . |
| 299 | 596 | Körber, Klaus | Haspa | 1950 | 55:08 | . | . | . | . | . | . | . | 28 | . | . | . | . | . |
| 300 | 245 | Baumeister, Thorsten | T-Systems | 1969 | 55:13 | . | . | . | 63 | . | . | . | . | . | . | . | . | . |
| 301 | 1518 | de Vogel, Stephan | Lauf laden | 1966 | 55:14 | . | . | . | 64 | . | . | . | . | . | . | . | . | . |
| 302 | 817 | Runke, Uwe | Lufthansa | 1959 | 55:19 | . | . | . | . | . | . | 44 | . | . | . | . | . | . |
| 303 | 151 | Margittai, Stephan | BeraCom | 1969 | 55:35 | . | . | . | . | 65 | . | . | . | . | . | . | . | . |
| 304 | 923 | Kerth, Ernst | PHILIPS | 1950 | 55:40 | . | . | . | . | . | . | . | 29 | . | . | . | . | . |
| 305 | 265 | Rakutt, Manfred | DESY | 1947 | 55:42 | . | . | . | . | . | . | . | . | 15 | . | . | . | . |
| 306 | 153 | Rachow, Michael | BeraCom | 1956 | 55:43 | . | . | . | . | . | . | 45 | . | . | . | . | . | . |
| 307 | 64 | Schwartau, Frank | Airbus | 1958 | 55:46 | . | . | . | . | . | . | 46 | . | . | . | . | . | . |
| 308 | 744 | Woebke, Gerd | IBM Klub | 1960 | 55:48 | . | . | . | . | 60 | . | . | . | . | . | . | . | . |
| 309 | 567 | Dwenger, Werner | HH-Hochsch | 1953 | 55:55 | . | . | . | . | . | . | . | 30 | . | . | . | . | . |
| 310 | 363 | Kolb, Carsten | E.ON Hanse | 1965 | 55:59 | . | . | . | 66 | . | . | . | . | . | . | . | . | . |
| 311 | 989 | Jendrysik, Dieter | Postbank-H | 1965 | 56:01 | . | . | . | 67 | . | . | . | . | . | . | . | . | . |
| 312 | 321 | Ahrens, Claus-Werner | Deut.Ring | 1944 | 56:02 | . | . | . | . | . | . | . | . | . | 10 | . | . | . |
| 313 | 1562 | Lüders-Bahlmann, Peter | Lauf laden | 1963 | 56:03 | . | . | . | . | 61 | . | . | . | . | . | . | . | . |
| 314 | 755 | de-Brun, Dirk | Knossos.de | 1968 | 56:08 | . | . | . | 68 | . | . | . | . | . | . | . | . | . |
| 315 | 907 | Gaebert, Hans-Joachim | PHILIPS | 1947 | 56:12 | . | . | . | . | . | . | . | . | 16 | . | . | . | . |
| 316 | 1 | Reese, Lars | ABN-AMRO | 1970 | 56:22 | . | . | 33 | . | . | . | . | . | . | . | . | . | . |
| 317 | 695 | Heins, Knut | HSH-NORDB. | 1957 | 56:25 | . | . | . | . | . | . | 47 | . | . | . | . | . | . |
| 318 | 1197 | Hanke, Dieter | Sig. Iduna | 1958 | 56:28 | . | . | . | . | . | . | 48 | . | . | . | . | . | . |
| 319 | 249 | Behrens, Michael | DESY | 1947 | 56:28 | . | . | . | . | . | . | . | . | 17 | . | . | . | . |
| 320 | 1266 | Kathenbach, Martin | TÜV-Nord | 1979 | 56:30 | . | 25 | . | . | . | . | . | . | . | . | . | . | . |
| 321 | 1432 | Pepperrell, Stephen | BACARDI | 1958 | 56:31 | . | . | . | . | . | . | 49 | . | . | . | . | . | . |
| 322 | 358 | Backhaus, Carsten | E.ON Hanse | 1950 | 56:33 | . | . | . | . | . | . | . | 31 | . | . | . | . | . |
| 323 | 349 | Radlof, Walter | Dresdner-B | 1935 | 56:35 | . | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 324 | 927 | Lohmann, Heiner | PHILIPS | 1950 | 56:35 | . | . | . | . | . | . | . | 32 | . | . | . | . | . |
| 325 | 1353 | Meier, Thorsten | Beiersdorf | 1967 | 56:49 | . | . | . | 69 | . | . | . | . | . | . | . | . | . |
| 326 | 181 | Eilers, Ulrich | BG 36 | 1957 | 56:57 | . | . | . | . | . | . | 50 | . | . | . | . | . | . |
| 327 | 95 | Hormann, Klaus | BA-Eimsb. | 1952 | 57:07 | . | . | . | . | . | . | . | 33 | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|------------|------|---------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 328 | 491 | Böthern, Rolf | Fa.Blanke. | 1943 | 57:18 | . | . | . | . | . | . | . | . | . | . | 11 | . | . |
| 329 | 207 | Schrader, Rudi | BP-Oil | 1949 | 57:21 | . | . | . | . | . | . | . | . | . | 18 | . | . | . |
| 330 | 756 | Dose, Jörg | Knossos.de | 1971 | 57:26 | . | . | . | 34 | . | . | . | . | . | . | . | . | . |
| 331 | 1521 | Liesebach, Rainer | Germ.Lloyd | 1943 | 57:33 | . | . | . | . | . | . | . | . | . | . | 12 | . | . |
| 332 | 1535 | Luther, Alexander | Beiersdorf | 1969 | 57:38 | . | . | . | . | 70 | . | . | . | . | . | . | . | . |
| 333 | 1291 | Hecht, Ingo | VATTENFALL | 1969 | 57:46 | . | . | . | . | 71 | . | . | . | . | . | . | . | . |
| 334 | 715 | Schwenck, Jörn | HSH-NORDB. | 1944 | 57:55 | . | . | . | . | . | . | . | . | . | . | 13 | . | . |
| 335 | 97 | Knobloch, Holger | BA-Eimsb. | 1955 | 58:04 | . | . | . | . | . | . | . | 51 | . | . | . | . | . |
| 336 | 361 | Freund, Udo | E.ON Hanse | 1938 | 58:13 | . | . | . | . | . | . | . | . | . | . | . | 4 | . |
| 337 | 37 | Janik, Hans-Joachim | Airbus | 1952 | 58:22 | . | . | . | . | . | . | . | . | 34 | . | . | . | . |
| 338 | 754 | Caesar, Clemens | Knossos.de | 1963 | 58:37 | . | . | . | . | . | 62 | . | . | . | . | . | . | . |
| 339 | 957 | Wilke, Manfred | PHILIPS | 1948 | 58:37 | . | . | . | . | . | . | . | . | . | 19 | . | . | . |
| 340 | 1522 | Matthießen, Thomas | Still | 1960 | 58:53 | . | . | . | . | . | 63 | . | . | . | . | . | . | . |
| 341 | 356 | Neumann, Uwe | D. Telekom | 1973 | 59:00 | . | . | . | 35 | . | . | . | . | . | . | . | . | . |
| 342 | 262 | Noack, Bruno | DESY | 1936 | 59:04 | . | . | . | . | . | . | . | . | . | . | . | 5 | . |
| 343 | 800 | Darimont, Manfred | Lufthansa | 1940 | 59:07 | . | . | . | . | . | . | . | . | . | . | 14 | . | . |
| 344 | 1596 | Robers, Josef | TÜV-Nord | 1943 | 59:12 | . | . | . | . | . | . | . | . | . | . | 15 | . | . |
| 345 | 994 | Adolf, Hans-Willy | Raffay | 1936 | 59:16 | . | . | . | . | . | . | . | . | . | . | . | 6 | . |
| 346 | 608 | Sube, Wolfgang | Haspa | 1952 | 59:52 | . | . | . | . | . | . | . | 35 | . | . | . | . | . |
| 347 | 332 | Sothmann, Hans-Joachim | Deut.Ring | 1938 | 59:55 | . | . | . | . | . | . | . | . | . | . | . | 7 | . |
| 348 | 333 | Sothmann, Thomas | Deut.Ring | 1969 | 59:55 | . | . | . | . | 72 | . | . | . | . | . | . | . | . |
| 349 | 1548 | Sonnleitner, Robert | Feuerwehr | 1940 | 1:00:05 | . | . | . | . | . | . | . | . | . | . | 16 | . | . |
| 350 | 579 | Becker, Wolfgang | Haspa | 1951 | 1:00:14 | . | . | . | . | . | . | . | 36 | . | . | . | . | . |
| 351 | 1000 | Hänjes, Hans-Martin | Raffay | 1964 | 1:00:15 | . | . | . | . | . | 64 | . | . | . | . | . | . | . |
| 352 | 1538 | Hurtig, Lars | Berenberg | 1975 | 1:00:16 | . | . | 26 | . | . | . | . | . | . | . | . | . | . |
| 353 | 729 | Neitzel, Hans Georg | HypoVerein | 1949 | 1:00:21 | . | . | . | . | . | . | . | . | 20 | . | . | . | . |
| 354 | 412 | Meinke, Frank | ERGOsports | 1978 | 1:00:59 | . | . | 27 | . | . | . | . | . | . | . | . | . | . |
| 355 | 444 | Glienke, Hartmut | ESW&STN | 1948 | 1:01:03 | . | . | . | . | . | . | . | . | 21 | . | . | . | . |
| 356 | 825 | Uhl, Manfred | Lufthansa | 1939 | 1:01:32 | . | . | . | . | . | . | . | . | . | . | . | 8 | . |
| 357 | 662 | Kumst, Anja | HOFI HH | 1969 | 1:02:03 | . | . | . | . | 73 | . | . | . | . | . | . | . | . |
| 358 | 1202 | Kamlage, Jens | Sig. Iduna | 1943 | 1:03:08 | . | . | . | . | . | . | . | . | . | 17 | . | . | . |
| 359 | 1050 | Toborg, Sven | Rot-Gelb | 1970 | 1:03:35 | . | . | . | 36 | . | . | . | . | . | . | . | . | . |
| 360 | 1038 | Hoppe, Holger | Rot-Gelb | 1971 | 1:03:35 | . | . | . | 37 | . | . | . | . | . | . | . | . | . |
| 361 | 175 | Roosen, Gerrit | Berenberg | 1962 | 1:03:52 | . | . | . | . | . | 65 | . | . | . | . | . | . | . |
| 362 | 627 | Lühmann, Frank | HEK | 1953 | 1:04:06 | . | . | . | . | . | . | . | 37 | . | . | . | . | . |
| 363 | 443 | Gläser, Heinz | ESW&STN | 1945 | 1:04:38 | . | . | . | . | . | . | . | . | 22 | . | . | . | . |
| 364 | 99 | Leisner, Siegfried | BA-Eimsb. | 1944 | 1:04:55 | . | . | . | . | . | . | . | . | . | 18 | . | . | . |
| 365 | 745 | Gebert, Claus | Innovas | 1975 | 1:05:12 | . | . | 28 | . | . | . | . | . | . | . | . | . | . |
| 366 | 688 | Drywa, Thomas | HSH-NORDB. | 1955 | 1:07:10 | . | . | . | . | . | . | 52 | . | . | . | . | . | . |
| 367 | 1542 | Pendowski, Roman | DAK | 1958 | 1:11:54 | . | . | . | . | . | . | . | 53 | . | . | . | . | . |
| 368 | 252 | Fuchs, Christian | DESY | 1969 | 1:13:42 | . | . | . | . | 74 | . | . | . | . | . | . | . | . |

Ergebnisse der Damenmannschaften auf der Kurzstrecke (3700 Meter)

| | | | | |
|---|------------|---|--|-----|
| 1 | ERGOsports | 1 | Lupke, Anne; Suckstorff, Anja; Schmidt, Hilke | 18 |
| 2 | PHILIPS | 1 | Yücel, Sema; Mansfeld-Stiegert, Ulrike; Krause, Svenja | 23 |
| 3 | ERGOsports | 2 | Neitzel, Tanja; Stahlbock, Astrid; Sievers, Susanne | 45 |
| 4 | Rot-Gelb | 1 | Becker, Barbara; Röper, Christiana; Oestreich, Daniela | 51 |
| 5 | DESY | 1 | Eis, Gesine; Eis, Mareike; Jaekel, Hannelore | 76 |
| 6 | Stern | 1 | Klindworth, Gunda; Weber, Jamie; Klindworth, Birte | 83 |
| 7 | Lufthansa | 1 | Rehders, Inge; Glöde, Jutta; Meinicke, Heike | 89 |
| 8 | NDR | 1 | Läubin, Susanne; Kersten, Ines; Meier, Martina | 90 |
| 9 | PHILIPS | 2 | Nieswandt, Tanja; Sommer, Madlen; Jeschke, Annegret | 109 |

Ergebnisse der Damenmannschaften auf der Mittelstrecke (6860 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | Airbus | 1 | Meyer, Juliane; Drews, Margarida; Bley, Marie-Louise | 42 |
| 2 | ERGOsports | 1 | Lupke, Anne; Suckstorff, Anja; Sievers, Susanne | 46 |
| 3 | PHILIPS | 1 | Yücel, Sema; Mansfeld-Stiegert, Ulrike; Krause, Svenja | 58 |
| 4 | Tchibo | 1 | Ehlers, Annette; Spielvogel, Jutta; Randjbarzadeh, Daniela | 85 |
| 5 | Sig. Iduna | 1 | Rieckhoff, Daniela; Kamlage, Frauke; Hanke, Sabrina | 102 |
| 6 | ERGOsports | 2 | Clausen, Sylvia; Schmidt, Hilke; Neitzel, Tanja | 127 |
| 7 | Berenberg | 1 | Gädke, Christin; Krueger, Karen; von Jhering, Janina | 130 |
| 8 | Stern | 1 | Liburg, Dana; Semgart, Ulrike; Taylor, Regina | 145 |
| 9 | Hochbahn | 1 | Stotz, Alexa; Händler, Angela; Westphal, Brigitte | 146 |
| 10 | Siemens | 1 | Blan, Tania; Hahn, Monika; Hahn, Melanie | 154 |
| 11 | Sig. Iduna | 2 | Hanke, Anja; Schlegel, Bärbel; Kirchner, Viviane | 193 |

Ergebnisse der Damenmannschaften auf der Langstrecke (10390 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | Laufwerk | 1 | Trukenmüller, Rebekka; Jalass, Frauke; Freiburg, Nadja | 11 |
| 2 | Laufwerk | 2 | Krispin, Marion; Slomski, Birgit; Last, Bettina | 52 |
| 3 | Beiersdorf | 1 | Reuschlein, Katja; Zielke, Uta; Hahn, Tanja | 66 |
| 4 | Laufladen | 1 | Krumbholz, Gertje; Rebmann, Sybil; Steffen, Ann-Kristin | 68 |
| 5 | ESW&STN | 1 | Josenhans, Katharina; Westerfeld, Sabine; Piepenburg, Anne Kathrin | 77 |
| 6 | Lufthansa | 1 | Schönfeldt, Dagmar; Schulz, Nina; Berels, Marika | 101 |
| 7 | OTTO | 1 | Beu, Sylvie; Pieconka, Antje; Bitter, Olga | 117 |
| 8 | Airbus | 1 | Mohnsamer-Zitterich, Andrea; Eschenburg, Stefanie; Daehn, Birgit | 117 |
| 9 | Volksfürs. | 1 | Schümann-Bloens, Heimke; Hagedorn, Gabi; Wenrich, Anja | 136 |
| 10 | HSH-NORDB. | 1 | Engelbrecht, Martina; Recht, Janette; Siemers, Britta | 136 |
| 11 | Germ.Lloyd | 1 | Borowski, Jana; Anguiano, Andrea; Rauschnabel, Angelika | 136 |
| 12 | ERGOsports | 1 | Lupke, Anne; Suckstorff, Anja; Neitzel, Tanja | 142 |
| 13 | HH-Hochsch | 1 | Nentwig, Karin; Hauptmeier, Lena; Maier, Jennifer | 148 |
| 14 | Deut.Ring | 1 | Neumann, Ricarda; Rabe, Andrea; Kraemer, Birgit | 150 |
| 15 | HapagLloyd | 1 | Heiden, Janet; Sagert, Erika; Junchen, Angelika | 151 |
| 16 | DAK | 1 | Schellhammer, Stefanie; Reckmann, Martina; Michaelis, Birgitt | 153 |
| 17 | Berenberg | 1 | Gädke, Christin; Barth, Sonja; Schultz, Jeanette | 163 |
| 18 | Siemens | 1 | Griem, Bärbel; Donn, Simone; Damm, Ursel | 180 |
| 19 | Holsten | 1 | Hoenen, Anne; Grubacic, Nina; Supper, Katja | 183 |
| 20 | Haspa | 1 | König, Monika; Brühler, Karin; Körber, Greta | 216 |
| 21 | ESW&STN | 2 | Krüger, Karin; Frey, Birgit; Schrotten, Melanie-Maren | 232 |
| 22 | PHILIPS | 1 | Mansfeld-Stiegert, Ulrike; Müller, Ursel; Nieswandt, Tanja | 265 |
| 23 | Airbus | 2 | Köhlmoos, Birgitt; Heinrichsen, Meike; Büscher, Sandra | 272 |

Ergebnisse der Herrenmannschaften auf der Kurzstrecke (3700 Meter)

| | | | | |
|----|------------|---|---|-----|
| 1 | PHILIPS | 1 | Bozyakali, Can; Hiekmann, Thorben; Lieske, Christoph | 16 |
| 2 | NDR | 1 | Lüders-Bahlmann, Uwe; Kohlmann, Carsten; Schönrock, Günter | 21 |
| 3 | PHILIPS | 2 | Timm, Thomas; Matzke, Herwig; Rittmeister, Lutz | 65 |
| 4 | VATTENFALL | 1 | Hose, Hubert; Krohn, Jens; Gessert, Nils | 66 |
| 5 | NDR | 2 | Schröder, Birger; Marten, Dieter; Kellermann, Peter | 71 |
| 6 | PHILIPS | 3 | Lumpp, Michael; Manke, Dirk; Glöse, Kai | 88 |
| 7 | ERGOsports | 1 | Banck, Sönke; Goldschmidt, Sven; Spijker, Rüdiger | 102 |
| 8 | HEK | 1 | Zampich, Oliver; Gröhn, Dennis; Gröhn, Sven | 106 |
| 9 | Stern | 1 | Neudörffer, Henry; Lohmann, Rolf-Michael; Neudörffer, Robin | 112 |
| 10 | ESW&STN | 1 | Westerfeld, Philipp; Kühl, Bernd; Wien, Wolfgang | 152 |
| 11 | Stern | 2 | Klindworth, Jürgen; Kamrad, Hubert; Hass, Jochen | 153 |
| 12 | PHILIPS | 4 | Lund, Peter J.; Glöse, Ulf; Rönnebeck, Jens | 161 |
| 13 | Haspa | 1 | Kähler, Sven; Vittalowitsch, Andreas; Gröhn, Ullrich | 190 |
| 14 | DESY | 1 | Eis, Walter; Müller, Jens; Jaekel, Claus | 195 |
| 15 | Stern | 3 | Stangenberg, Daniel; Heisinger, Hartmut; Vieregge, Jens | 203 |
| 16 | ERGOsports | 2 | Sanne, Dirk; Rührter, Bernd; Meinke, Frank | 210 |
| 17 | NDR | 3 | Konrad, Fabian; Konrad, Thomas; Beckmann, Jörg | 221 |
| 18 | TÜV-Nord | 1 | Schumacher, Peter; Kohl, Andreas; Kathenbach, Martin | 233 |
| 19 | Raffay | 1 | Hänjes, Hans-Martin; Matthies, Hans-Joachim; Dobrick, Mario | 241 |
| 20 | ERGOsports | 3 | Krause, Reinhard; Braun, Manfred; Rinck, Christian | 245 |
| 21 | Fa.Blanke. | 1 | Trost, Arne; Matthiessen, Uwe; Winkel, Horst | 250 |
| 22 | VATTENFALL | 2 | Gessert, Frank; Danckers, Joachim; Lutosch, Dietmar | 254 |
| 23 | Lufthansa | 1 | Kern, Helmut; Stahl, Peter; Hintz, Martin | 266 |
| 24 | Stern | 4 | Stangenberg, Marco; Stangenberg, Andreas; Müller, Jürgen | 274 |
| 25 | Sig. Iduna | 1 | Manthei, Jan; Rahn, Peter; Kamlage, Jens | 281 |
| 26 | PHILIPS | 5 | Glöse, Jan; Borchers, Mario; Hahn, Ronald | 294 |
| 27 | Airbus | 1 | Nigmann, Michael; Schreiber, Siegfried; Peters, Günther | 301 |
| 28 | Feuerwehr | 1 | Heemcke, Alexander; Andag, Jens; Schliemann, Jürgen | 325 |
| 29 | ERGOsports | 4 | Oellrich, Günter; Subat, Thomas; Subat, Tim Nico | 330 |
| 30 | Haspa | 2 | Schneider, Rolf; Wenthe, Adolf; Goetzke, Stefan | 353 |
| 31 | Stern | 5 | Zdebel, Rene; Klein, Uwe; Scheibe, Paul | 361 |
| 32 | HEK | 2 | Gröhn, Thomas; Reimer, Peter; Zeman, Leopold | 376 |

Ergebnisse der Herrenmannschaften auf der Mittelstrecke (6860 Meter)

| | | | | |
|----|------------|---|---|-----|
| 1 | PHILIPS | 1 | Cuny, Emmanuel; Haacker, Kai; Rittmeister, Lutz | 43 |
| 2 | NDR | 1 | Marten, Dieter; Lüders-Bahlmann, Uwe; Schönrock, Günter | 48 |
| 3 | Polizei HH | 1 | Dankers, Heinz; Laude, Niels; Priebe, Markus | 63 |
| 4 | Zoll | 1 | Wagner, Ingo; Boerner, Andreas; Pape, Thomas | 79 |
| 5 | Laufwerk | 1 | Meise, Helge; Hauschildt, Maik; Eckhardt, Fabian | 87 |
| 6 | Fa.Blanke. | 1 | Carl, Christian; Schramm, Torsten; Theile, Hartwich | 98 |
| 7 | PHILIPS | 2 | Timm, Thomas; Borchers, Mario; Matzke, Herwig | 106 |
| 8 | Airbus | 1 | Trümper, Michael; Jacobsen, Matthias; Holst, Friedrich | 128 |
| 9 | AXA-Hbg | 1 | Zühlke, Jürgen; Schweder, Klaus; Soetebeer, Michael | 136 |
| 10 | Feuerwehr | 1 | Ungermann, Stefan; Heemcke, Alexander; Gust, Harald | 141 |
| 11 | Siemens | 1 | Blan, Andreas; Hahn, Sebastian; Kremers, Dieter | 148 |
| 12 | Lufthansa | 1 | Drexhage, Rolf; Urbatsch, Markus; Kern, Helmut | 152 |
| 13 | EDEKA | 1 | Peuckert, Christian; Rohlf, Dirk; Schulze, Stephan | 154 |
| 14 | Stern | 1 | Miedeck, Georg; Guder, Jens; Lohmann, Rolf-Michael | 190 |
| 15 | Hochbahn | 1 | Ziethen, Karl-Heinz; Westphal, Wolfgang; Burghard, Werner | 191 |
| 16 | Airbus | 2 | Horn, Christian; Bartels, Ronald; Radtke, Jörg | 194 |
| 17 | Tchibo | 1 | Seliger, Niels-Michael; Müller, Reinhard; Ehlers, Frank | 199 |
| 18 | ERGOsports | 1 | Banck, Sönke; Spijker, Rüdiger; Meinke, Frank | 213 |
| 19 | Sig. Iduna | 1 | Hänsel, Steffen; Frahm, Patrick; Schmidt, Volker | 214 |
| 20 | Fa.Blanke. | 2 | Mehrkens, Hans-Werner; Steinbring, Marco; Schramm, Hans-Peter | 215 |
| 21 | Zoll | 2 | Süllwold, Josef; Semke, Jürgen; Rubiales Jimenez, Luis | 219 |
| 22 | Sun | 1 | Bauer, Dr. Eric; Hinrichs, Hans-Peter; Muhl, Klaus-Peter | 223 |
| 23 | Beiersdorf | 1 | Behrens, Jürgen; Lüders, Christopher; Römig, Wilfried | 236 |
| 24 | PHILIPS | 3 | Hahn, Ronald; Lund, Peter J.; Rönnebeck, Jens | 239 |
| 25 | NDR | 2 | Kohlmann, Carsten; Baus, Wolfgang; von Hetling, Claus | 265 |
| 26 | BACARDI | 1 | Krastev, Ulli; Henke, Peter; Pepperrell, Stephen | 271 |
| 27 | Stern | 2 | Duda, Rudolf; Danker, Hans-Jürgen; Heisinger, Hartmut | 287 |
| 28 | Sig. Iduna | 2 | Frischer, Horst; Manthei, Jan; Prüsmann, Jürgen | 315 |
| 29 | Rot-Gelb | 1 | Norte da Silva, Adao; Toborg, Sven; Hoppe, Holger | 340 |
| 30 | BBK | 1 | Levezow, Thomas; Janel, Werner; Levezow, Ralf | 342 |
| 31 | Airbus | 3 | Menzel, Siegfried; Riebling, Stephan; Kerpen, Christian | 345 |
| 32 | Siemens | 2 | Bentien, Ronald; Diedrich, Ralph; Wienand, Udo | 356 |

| | | | | |
|----|------------|---|--|-----|
| 33 | BA-Nord | 1 | Bahr, Gebhard; Welling, Felix; Wirth, Bernhard | 360 |
| 34 | ERGOsports | 2 | Rühter, Bernd; Hübener, Matthias; Radetzki, Manfred | 383 |
| 35 | Stern | 3 | Eggert, Andreas; Müller, Hans-Werner; Nibbe, Hans-Dieter | 402 |
| 36 | IBM Klub | 1 | Kusch, Günter; Roders, Wolfgang; Prignitz, Werner | 409 |
| 37 | Beiersdorf | 2 | Lüders, Gerhard; Petersson, Jörg; Seimer, Holger | 417 |
| 38 | Hochbahn | 2 | Harms, Michael; Händler, Gunnar; Schwarz, Manfred | 436 |
| 39 | Dresdner-B | 1 | Clauß, Peter; Rudolph, Klaus; Fiedler, Thomas | 449 |
| 40 | Sig. Iduna | 3 | Lenfers, Wolfgang; Schlegel, Karl-Heinz; Kamlage, Jens | 468 |
| 41 | Haspa | 1 | Knoefel, Gerhard; Schmidt, Andre; Otte, Michael | 474 |
| 42 | Stern | 4 | Köhlitz, Uwe; Zdebel, Rene; Hass, Jochen | 501 |
| 43 | Feuerwehr | 2 | Mattern, Horst; Wunderlich, Peter; Hintzmann, Alfred | 505 |
| 44 | Airbus | 4 | Rhein, Michael; Störk, Heiko; Nigmann, Michael | 522 |

Ergebnisse der Herrenmannschaften auf der Langstrecke (10390 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | HSU HH | 1 | Papenfuß, Ulf; Glück, Christian; Rogler, Konrad | 16 |
| 2 | A.Springer | 1 | Totzke, Lars; Langer, Mathias; Ruckelshausen, Olaf | 48 |
| 3 | Airbus | 1 | Görke, Ralf; Korba, Wojciech; Hoffmeister, Marc | 50 |
| 4 | HSU HH | 2 | Johannsen, Hauke; Christmann, Daniel; Duits, Wilhelm | 57 |
| 5 | Laufwerk | 1 | Schütze, Matthias; Behn, Nils; Lorenzen, Uwe | 61 |
| 6 | Siemens | 1 | Härle, Ralf; Peschel Sielmann, Manfred; Tokarek, Thomas | 97 |
| 7 | DAK | 1 | Hartz, Manfred; Gruber, Markus; Ansen, Hans-Jürgen | 102 |
| 8 | Germ.Lloyd | 1 | Bajric, Mersudin; Backhausen, Dirk; Hamann, Rainer | 133 |
| 9 | Fa.Blanke. | 1 | Sturm, Volker; Elze, Stefan; Carl, Christian | 142 |
| 10 | Medeco | 1 | Jaacks, Ulrich; Venegas, Miguel; Bruhnke, Eric | 143 |
| 11 | OTTO | 1 | Spliethoff, Hans Georg; Patzer, Ralf; Becker, Jens-Gerrit | 146 |
| 12 | HSU HH | 3 | Hundertmark, Michael; Doutre, Pierre; Klatt, Michael | 147 |
| 13 | Airbus | 2 | Krutzki, Frank; Ehlers, Norbert; Böttcher, Hartwig | 167 |
| 14 | Lufthansa | 1 | Bach, Rene; Herrmann, Lennart; Meinicke, Knuth | 179 |
| 15 | HSH-NORDB. | 1 | Fennert, Michael; Laake, Christian; Sanders, Lars | 190 |
| 16 | Haspa | 1 | Wilde, Klaus; Olsson, Jens; Peters, Detlef | 191 |
| 17 | Laufwerk | 2 | Dobrick, Heiko; Hartwig, Wolfgang; Peppel, Andreas | 192 |
| 18 | PHILIPS | 1 | Rittmeister, Lutz; Jeschke, Heinz; Weinrich, Konrad | 216 |
| 19 | Deut.Bank | 1 | Keim, Olaf; Herrmann, Michael; Ziems, Alexander | 220 |
| 20 | Polizei HH | 1 | Woithe, Thomas; Meißner, Karsten; Naumann, Hendrik | 228 |
| 21 | Siemens | 2 | Brumm, Norbert; Müller, Oliver; Berka, Thomas | 230 |
| 22 | Volksfürs. | 1 | Buchholz, Uwe; Merta, Stefan; Wenrich, Alexander | 232 |
| 23 | DG-HYP | 1 | Meyer-Reim, Utz; Meyer-Sach, Jan-M.; Sievers, Jörg | 237 |
| 24 | Stern | 1 | Klindworth, Jürgen; Jux, Michael; Milewski, Marek | 247 |
| 25 | Gaden | 1 | Schottenhaml, Andreas; Brandt, Andreas; Schulz, Hans-Joachim | 254 |
| 26 | HH-Hochsch | 1 | Hämmerling, Oliver; Kiehl, Thorsten; Hatje, Philipp | 257 |
| 27 | Airbus | 3 | Wandschneider, Dirk; Tretau, Sebastian; Wolff, Andreas | 280 |
| 28 | Gaden | 2 | Wams, Martin; Wichmann, Oliver; Janßen, Uwe | 307 |
| 29 | Holsten | 1 | Lindner, Patric; Köpke, Manfred; Schmidt, Florian | 316 |
| 30 | ESW&STN | 1 | Westerfeld, Philipp; Hildebrandt, Helmut; Drahl, Bernd | 321 |
| 31 | HSU HH | 4 | Hoell, Philipp; Gehb, Ruben; Sternjacob, Christoph | 322 |
| 32 | PHILIPS | 2 | Timm, Thomas; Hahn, Ronald; Manke, Dirk | 354 |
| 33 | Beiersdorf | 1 | Rütze, Martin; Wenner, Matthias; Hahn, Carsten | 357 |
| 34 | Sig. Iduna | 1 | Putzke, Matthias; Hartmann, Frank; Seel, Olaf | 363 |
| 35 | Laufladen | 1 | Henjes, Carsten; Siegmund, Karsten; Müller, Walter-Stephan | 366 |
| 36 | NDR | 1 | Kohlmann, Carsten; Chollet, Thomas; Haberland, Rolf | 386 |
| 37 | Still | 1 | Witthöft, Holger; Vollmer, Stefan; Ollik, Sven | 406 |
| 38 | OTTO | 2 | Broscheit, Jörn; Kliem, Rüdiger; Trabitczsch, Ari | 416 |
| 39 | Siemens | 3 | Sie Too, Petrus; Strecker, Ulrich; Sietz, Andreas | 420 |
| 40 | ERGOsports | 1 | Kozieras, Norbert; Banck, Sönke; Löffler, Uwe | 427 |
| 41 | Airbus | 4 | Felger, Fritz; Bley, Stefan; Schaumann, Oliver | 437 |
| 42 | DESY | 1 | Jaekel, Carsten; Schulz, Torsten; Rakutt, Manfred | 442 |
| 43 | A.Springer | 2 | Zarnekow, Sebastian; von Woedtke, Christoph; Lange, Jan Hendrik | 452 |
| 44 | BA-Eimsb. | 1 | Gehle, Friedhelm; Freude, Holger; Gollnast, Ronald | 453 |
| 45 | PHILIPS | 3 | Baß, Michael; Matzke, Herwig; von Hartmann-Arentschildt, Hinrich | 459 |
| 46 | Siemens | 4 | Langfeld, Martin; Winter, Albrecht; Möller, Henry | 474 |
| 47 | Lufthansa | 2 | Bach, Burkhard; Schulte, Stephan; Kahlbohm, Olav | 505 |
| 48 | Siemens | 5 | Naundorf, Jens; Damm, Wolfgang; von Mallinckrodt, Klaus | 507 |
| 49 | TK | 1 | Feldmann, Jürgen; Dick, Joachim; Borowka, Stephan | 513 |
| 50 | VATTENFALL | 1 | Schumann, Thomas; Bratsch, Jürgen; Käming, Michael | 520 |
| 51 | HSH-NORDB. | 2 | Zinecker, Stefan; Burkhardt, Torsten; Hagemann, Uwe | 534 |
| 52 | Feuerwehr | 1 | Heemcke, Alexander; Vollmann, Tim; Sonnleitner, Robert | 541 |
| 53 | Polizei HH | 2 | Bust, Rudolf; Spijker, Andreas; Leitz, Hagen | 548 |

| | | | | |
|----|------------|---|--|------|
| 54 | Deut.Ring | 1 | Ahrens, Hans-Björn; Feick, Joachim; Ahrens, Claus-Werner | 565 |
| 55 | ERGOsports | 2 | Spijker, Rüdiger; Kock, Reinhard; Melde, Christian | 575 |
| 56 | IBM Klub | 1 | Benz, Markus; Winter, Jörg; Woebke, Gerd | 576 |
| 57 | Raffay | 1 | Hornung, Jürgen; Haubrich, Gerhard; Ihde, Bernd | 577 |
| 58 | Laufladen | 2 | Freitag, Jens; Hebeler, Michael; Besic, Amir | 581 |
| 59 | HypoVerein | 1 | Beckmann, Gerd; Bohn, Holger; Kieselbach, Wolfgang | 582 |
| 60 | Stern | 2 | Stangenberg, Andreas; Pahl, Nikolai; Kamrad, Hubert | 585 |
| 61 | CPAG | 1 | Lang, Dennis G.; Lang, Hans-Georg; Hartwigsen, Fred | 586 |
| 62 | TÜV-Nord | 1 | Ahlfeld, Carsten; Schumacher, Peter; Kathenbach, Martin | 606 |
| 63 | Haspa | 2 | Kähler, Sven; Wagner, Dr. Klaus Uwe; Kluth, Peter | 609 |
| 64 | Berenberg | 1 | Dannenberg, Lars; Schreiner, Andreas; Hurtig, Lars | 615 |
| 65 | BVI | 1 | Wöbke, Volker; Steinhagen, Michael; Krauß, Alexander | 620 |
| 66 | DAK | 2 | Götz, Peter; Ogan, Anton; Heitmann, Jörg | 635 |
| 67 | BBK | 1 | Heinrich, Bernhard; Kafke, Norbert; Stein, Thomas | 658 |
| 68 | E.ON Hanse | 1 | Bulla, Bernhard; Mollenhauer, Eric; Hinz, Manfred | 665 |
| 69 | Gaden | 3 | Glowienka, Tobias; Wittke, Mitja; Fitschen, Nils | 666 |
| 70 | Volksfürs. | 2 | Bloens, Marcus; Fischer, Christian; Krögler, Thomas | 678 |
| 71 | Allianz | 1 | Linow, Ulrich; Pfaffe, Andreas; Bernhard, Jochen | 695 |
| 72 | Airbus | 5 | König, Dietmar; Meyer-Johne, Ludolf; Wiepking, Heiko | 705 |
| 73 | BG 36 | 1 | Machado de Lima, Agostinho; Karsten, Joern; Eilers, Ulrich | 706 |
| 74 | Lufthansa | 3 | Kolbe, Jens; Rix, Mathias; Parpart, Christian | 713 |
| 75 | Siemens | 6 | Goy, Christian; Predel, Maik; Oldag, Thomas | 714 |
| 76 | ESW&STN | 2 | Döring, Michael; Frey, Matthias; Helmke, Matthias | 715 |
| 77 | Fa.Blanke. | 2 | Fredenhagen, Harald; Hinnens, Udo; Sommer, Heinz | 735 |
| 78 | HH-Hochsch | 2 | Knaack, Tobias; Graudenz, Eckart; Dwenger, Werner | 743 |
| 79 | ERGOsports | 3 | Shala, Nol; Sypniewski, Mathias; Alpers, Werner | 745 |
| 80 | Knossos.de | 1 | Beckmann, Niels; de-Brun, Dirk; Dose, Jörg | 750 |
| 81 | PHILIPS | 4 | Hensel, Jullian; Rönnebeck, Jens; Kerth, Ernst | 756 |
| 82 | HSH-NORDB. | 3 | Diezel, Günther; Janssen, Stefan; Beisch, Carsten | 783 |
| 83 | BeraCom | 1 | Hinsch, Lukas; Margittai, Stephan; Rachow, Michael | 783 |
| 84 | Rot-Gelb | 1 | Kerres, Bertram; Allonge, Andreas; Toborg, Sven | 805 |
| 85 | HEK | 1 | Plümer, Ralf; Brandt, Peter; Lühmann, Frank | 807 |
| 86 | Sig. Iduna | 2 | Rohde, Kurt; Herrmann, Peter; Kuhnigk, Christian | 811 |
| 87 | VATTENFALL | 2 | Späth, Eberhard; Röhlig, Lutz; Schulze, Frank | 822 |
| 88 | Germ.Lloyd | 2 | Raschle, Hanspeter; Albrecht, Henning; Liesebach, Rainer | 827 |
| 89 | Still | 2 | Erdmann, Holger; Dobrowolski, Claus; Matthießen, Thomas | 827 |
| 90 | Airbus | 6 | Wichers, Klaus; Bäse, Wolfgang; Schwartau, Frank | 855 |
| 91 | Lufthansa | 4 | Urbatsch, Markus; Holzkamp-Heise, Karl-Heinz; Runke, Uwe | 872 |
| 92 | BA-Eimsb. | 2 | Bussmann-Kuban, Michael; Hormann, Klaus; Knobloch, Holger | 908 |
| 93 | Sig. Iduna | 3 | Frahm, Patrick; Manthei, Jan; Hanke, Dieter | 909 |
| 94 | E.ON Hanse | 2 | Kolb, Carsten; Backhaus, Carsten; Freund, Udo | 968 |
| 95 | PHILIPS | 5 | Gaebert, Hans-Joachim; Lohmann, Heiner; Wilke, Manfred | 978 |
| 96 | Haspa | 3 | Körber, Klaus; Sube, Wolfgang; Becker, Wolfgang | 995 |
| 97 | HSH-NORDB. | 4 | Heins, Knut; Schwenck, Jörn; Drywa, Thomas | 1017 |
| 98 | DESY | 2 | Behrens, Michael; Noack, Bruno; Fuchs, Christian | 1029 |