

33. Crosslauf FA Blankenese

24.01.2009 - Waldpark Marienhöhe, Hamburg-Sülldorf

Ergebnisse der Damen auf der Kurzstrecke (3300 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | 5 | 4 | 6 | 8 | 9 | 8 | 6 | 3 | 4 | 0 | 1 | 0 | 0 |
|-------|------|---------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|---|---|
| | | | | | | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | | |
| 1 | 781 | Freiburg, Nadja | Laufwerk | 1973 | 12:39 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 958 | Yücel, Sema | PHILIPS | 1970 | 13:25 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 3 | 1393 | Becker, Barbara | Rot-Gelb | 1971 | 13:49 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 4 | 1112 | Engelmann, Heike | Zoll | 1971 | 14:44 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 5 | 141 | Reuschlein, Katja | Beiersdorf | 1978 | 14:51 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 430 | Suckstorff, Anja | ERGOsports | 1969 | 14:54 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 7 | 394 | Ewers, Dorit | ERGOsports | 1961 | 14:54 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 8 | 410 | Lupke, Anne | ERGOsports | 1980 | 14:56 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 9 | 708 | Recht, Janette | HSH-NORDB. | 1981 | 15:10 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 10 | 575 | Nentwig, Karin | HH-Hochsch | 1959 | 15:11 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 11 | 117 | Henke, Katrin | BACARDI | 1992 | 15:14 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 12 | 422 | Schmidt, Hilke | ERGOsports | 1964 | 15:22 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 13 | 1074 | Klindworth, Alica | Stern | 1995 | 15:29 | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 759 | Brandt, Rieke | Gaden | 1995 | 15:31 | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 1397 | Röper, Christiana | Rot-Gelb | 1949 | 15:43 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 16 | 746 | Jarren, Sabine | Innovas | 1966 | 15:45 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 17 | 932 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 15:50 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 18 | 974 | Priebe, Mareike | Polizei HH | 1996 | 16:07 | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 19 | 1384 | Tschirch, Martina | Laufwerk | 1970 | 16:18 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 20 | 1444 | Lang, Dörte | CPAG | 1959 | 16:41 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 21 | 924 | Krause, Svenja | PHILIPS | 1978 | 17:02 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 22 | 426 | Stahlbock, Astrid | ERGOsports | 1959 | 17:06 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 23 | 1104 | Weber, Jamie | Stern | 1995 | 17:13 | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 24 | 1076 | Klindworth, Gunda | Stern | 1960 | 17:24 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 25 | 846 | Grotherr, Marion | NDR | 1963 | 17:36 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 26 | 815 | Rehders, Inge | Lufthansa | 1953 | 17:40 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 27 | 424 | Sievers, Susanne | ERGOsports | 1967 | 17:43 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 28 | 623 | Keuntje, Sabine | HEK | 1971 | 17:44 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 29 | 1005 | Leifels, Gabi | Raffay | 1966 | 17:50 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 30 | 852 | Kersten, Ines | NDR | 1962 | 17:54 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 31 | 998 | Flock, Elke | Raffay | 1958 | 17:58 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 32 | 1008 | Weirich, Ursula | Raffay | 1966 | 18:10 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 33 | 1043 | Oestreich, Daniela | Rot-Gelb | 1976 | 18:25 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 34 | 1276 | Wolf, Uta | TÜV-Nord | 1978 | 18:29 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 35 | 1370 | Subat, Rica Marie | ERGOsports | 1997 | 18:33 | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 36 | 427 | Subat, Babette | ERGOsports | 1966 | 18:42 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 37 | 205 | Noetzel, Brigitte | BP-Oil | 1946 | 18:49 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 38 | 1201 | Kamlage, Frauke | Sig. Iduna | 1956 | 19:03 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 39 | 1222 | Teke, Susanne | Sig. Iduna | 1963 | 19:05 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 40 | 684 | Bornemann, Viola | HSH-NORDB. | 1969 | 19:21 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 41 | 304 | Bartels, Petra | Deut.Bank | 1953 | 19:38 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 42 | 257 | Jaekel, Hannelore | DESY | 1948 | 19:52 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 43 | 1408 | Boerner, Anja | Zoll | 1972 | 20:00 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 44 | 950 | Sommer, Madlen | PHILIPS | 1981 | 20:20 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 45 | 1116 | Schiemann, Sabine | Zoll | 1952 | 20:33 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 46 | 920 | Jeschke, Annegret | PHILIPS | 1955 | 20:42 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 47 | 1403 | Scheibe, Hannelore | Stern | 1967 | 20:46 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 48 | 1490 | Steinbrunn, Katja | PHILIPS | 1975 | 20:58 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 49 | 461 | Andag, Gerda | Feuerwehr | 1936 | 21:13 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 50 | 1435 | Rachow, Sigrid | BeraCom | 1960 | 21:21 | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 51 | 280 | Pfeiffer, Claudia | BBK | 1970 | 23:07 | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 52 | 839 | Biel, Sabine | NDR | 1961 | 23:44 | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 53 | 1190 | Dally, Renate | Sig. Iduna | 1945 | 23:53 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 54 | 1662 | Höhne, Dana | TÜV-Nord | 1978 | 25:24 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |

Ergebnisse der Damen auf der Mittelstrecke (6400 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 0 | 5 | 7 | 6 | 18 | 9 | 8 | 3 | 1 | 1 | 0 | 0 | 0 |
|-------|------|---------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|---|---|
| | | | | | | | | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | | |
| 1 | 477 | Rohlfing, Silja | Feuerwehr | 1972 | 25:34 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 958 | Yücel, Sema | PHILIPS | 1970 | 26:34 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 3 | 1127 | Blan, Tania | Siemens | 1968 | 28:46 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 4 | 1345 | Bley, Marie-Louise | Airbus | 1984 | 28:51 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 575 | Nentwig, Karin | HH-Hochsch | 1959 | 29:10 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 6 | 141 | Reuschlein, Katja | Beiersdorf | 1978 | 29:15 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 7 | 430 | Suckstorff, Anja | ERGOsports | 1969 | 29:30 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 8 | 19 | Drews, Margarida | Airbus | 1960 | 30:02 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 9 | 1617 | Schmidt, Vanessa | OrthoNord | 1987 | 30:13 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 10 | 1627 | Kindler, Anja | OTTO | 1976 | 30:19 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 11 | 365 | Probst, Beatrice | E.ON Hanse | 1973 | 30:23 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 12 | 410 | Lupke, Anne | ERGOsports | 1980 | 30:26 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 932 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 31:20 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 14 | 41 | König, Irmtraut | Airbus | 1953 | 31:32 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 15 | 1236 | Ehlers, Annette | Tchibo | 1965 | 31:57 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 16 | 976 | Rietzke, Marion | Polizei HH | 1975 | 32:05 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 1620 | Freitag, Caroline | HPA | 1976 | 32:44 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 1245 | Spielvogel, Jutta | Tchibo | 1951 | 32:45 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 19 | 924 | Krause, Svenja | PHILIPS | 1978 | 32:51 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 690 | Engelbrecht, Martina | HSH-NORDB. | 1964 | 32:53 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 21 | 746 | Jarren, Sabine | Innovas | 1966 | 33:05 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 22 | 422 | Schmidt, Hilke | ERGOsports | 1964 | 33:08 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 23 | 584 | Friedrich, Silke | Haspa | 1971 | 33:33 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 24 | 852 | Kersten, Ines | NDR | 1962 | 34:14 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 25 | 1253 | Hübert, Susann | TK | 1966 | 34:16 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 26 | 424 | Sievers, Susanne | ERGOsports | 1967 | 34:32 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 27 | 1336 | Theißen, Sabine | Volksfürs. | 1966 | 35:06 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 28 | 1005 | Leifels, Gabi | Raffay | 1966 | 35:14 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 29 | 1304 | Reiter, Jeanette | VATTENFALL | 1966 | 35:22 | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 30 | 998 | Flock, Elke | Raffay | 1958 | 35:29 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 31 | 427 | Subat, Babette | ERGOsports | 1966 | 35:36 | . | . | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 32 | 117 | Henke, Katrin | BACARDI | 1992 | 35:53 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 33 | 1602 | Tampke, Anne-Karin | HSH-NORDB. | 1968 | 35:54 | . | . | . | 12 | . | . | . | . | . | . | . | . | . | . | . |
| 34 | 386 | Schulze, Sabine | EDEKA | 1964 | 36:03 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 35 | 928 | Lovon Marcondes, Katia | PHILIPS | 1964 | 36:08 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 36 | 1201 | Kamlage, Frauke | Sig. Iduna | 1956 | 36:40 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 37 | 156 | Carstens, Gabriele | Berenberg | 1977 | 36:47 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 68 | Struck, Ulrike | Airbus | 1969 | 37:06 | . | . | . | 13 | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 556 | Kaussler, Claudia | Hochbahn | 1961 | 37:08 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 40 | 1265 | Jiminez Lopez, Isabel | TÜV-Nord | 1965 | 37:14 | . | . | . | 14 | . | . | . | . | . | . | . | . | . | . | . |
| 41 | 27 | Genzel, Katrin | Airbus | 1969 | 37:43 | . | . | . | 15 | . | . | . | . | . | . | . | . | . | . | . |
| 42 | 1019 | Neumann, Linda | Rapid | 1947 | 37:56 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 43 | 1043 | Oestreich, Daniela | Rot-Gelb | 1976 | 38:07 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 1094 | Semgart, Ulrike | Stern | 1972 | 38:18 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 45 | 552 | Händler, Angela | Hochbahn | 1968 | 38:20 | . | . | . | 16 | . | . | . | . | . | . | . | . | . | . | . |
| 46 | 1610 | Lange-Paulick, Sabine | Siemens | 1961 | 38:25 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 47 | 942 | Schrader, Marina | PHILIPS | 1981 | 38:29 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 48 | 393 | Dzukowski, Anke | ERGOsports | 1968 | 38:35 | . | . | . | 17 | . | . | . | . | . | . | . | . | . | . | . |
| 49 | 742 | Vanthuyne, Anna-Maria | IBM Klub | 1954 | 38:50 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 50 | 1168 | Glismann, Angela | SPK-Süd | 1957 | 39:00 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 51 | 138 | Lüders, Susanne | Beiersdorf | 1959 | 39:16 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 52 | 1169 | Johannsen, Jutta | SPK-Süd | 1970 | 39:37 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 53 | 1641 | Schütt, Anja | Siemens | 1964 | 39:47 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 54 | 609 | Suckow, Maria | Haspa | 1968 | 39:49 | . | . | . | 18 | . | . | . | . | . | . | . | . | . | . | . |
| 55 | 1217 | Schlegel, Bärbel | Sig. Iduna | 1955 | 41:46 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 56 | 561 | Westphal, Brigitte | Hochbahn | 1958 | 42:25 | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 57 | 1277 | Zernitz, Ariane | TÜV-Nord | 1958 | 43:17 | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 58 | 1351 | Waller, Renate | Airbus | 1942 | 44:34 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . |

Ergebnisse der Damen auf der Langstrecke (9400 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 0 | 9 | 7 | 5 | 10 | 10 | 9 | 5 | 4 | 0 | 1 | 0 | 0 |
|-------|------|---------------------------|------------|------|---------|---------------------|---|----|----|----|----|----|----|----|----|----|----|----|---|---|
| | | | | | | | | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | | |
| 1 | 794 | Trukenmüller, Rebekka | Laufwerk | 1982 | 39:02 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 575 | Nentwig, Karin | HH-Hochsch | 1959 | 41:35 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 3 | 786 | Krispin, Marion | Laufwerk | 1973 | 42:10 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 141 | Reuschlein, Katja | Beiersdorf | 1978 | 42:20 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 1383 | Slomski, Birgit | Laufwerk | 1975 | 42:33 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 1438 | Heiden, Janet | HapagLloyd | 1979 | 43:24 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 7 | 1561 | Krumbholz, Gertje | Laufladen | 1980 | 43:51 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 8 | 410 | Lupke, Anne | ERGOsports | 1980 | 44:02 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 9 | 1685 | Lüders, Kerstin | Gaden | 1963 | 44:15 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 10 | 690 | Engelbrecht, Martina | HSH-NORDB. | 1964 | 44:37 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 11 | 430 | Suckstorff, Anja | ERGOsports | 1969 | 44:40 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 12 | 1573 | Hoenen, Anne | Holsten | 1983 | 45:00 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 309 | Hennecke, Anke | Deut.Bank | 1976 | 45:25 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 1470 | Steffen, Ann-Kristin | Laufladen | 1970 | 45:26 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 1159 | Sielmann, Antje | Siemens | 1960 | 46:02 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 16 | 9 | Belau, Monika | Airbus | 1954 | 46:19 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 17 | 746 | Jarren, Sabine | Innovas | 1966 | 46:52 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 18 | 1335 | Schümann-Bloens, Heimke | Volksfürs. | 1968 | 47:40 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 19 | 638 | Arndt, Yvonne | HSU HH | 1985 | 47:46 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 1468 | Rebmann, Sybil | Laufladen | 1985 | 47:47 | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 21 | 708 | Recht, Janette | HSH-NORDB. | 1981 | 48:34 | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 22 | 732 | Barowsky, Gabriela | IBM Klub | 1970 | 49:06 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 23 | 459 | Westerfeld, Sabine | ESW&STN | 1966 | 49:08 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 24 | 1534 | Hahn, Tanja | Beiersdorf | 1967 | 49:17 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 25 | 454 | van der Pluijm, Michaela | ESW&STN | 1973 | 49:21 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 26 | 1061 | da Silva, Georgeta | Stern | 1964 | 49:23 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 27 | 852 | Kersten, Ines | NDR | 1962 | 50:23 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 28 | 1643 | Wegener, Susanne | Airbus | 1970 | 50:25 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 29 | 982 | Strathus, Claudia | Polizei HH | 1981 | 50:27 | . | 8 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| | 1689 | Warnecke-Jerol, Margret | Stern | 1961 | 50:58 | 1. Außer Konkurrenz | | | | | | | | | | | | | | |
| 30 | 1320 | Ahrens, Sabine | Volksfürs. | 1960 | 51:09 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 31 | 1135 | Hahn, Marion | Siemens | 1954 | 51:13 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 32 | 1253 | Hübert, Susann | TK | 1966 | 51:53 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 33 | 450 | Krüger, Karin | ESW&STN | 1950 | 52:15 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 34 | 1005 | Leifels, Gabi | Raffay | 1966 | 52:30 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 35 | 23 | Eschenburg, Stefanie | Airbus | 1963 | 52:40 | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 36 | 1043 | Oestreich, Daniela | Rot-Gelb | 1976 | 52:40 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 37 | 327 | Kraemer, Birgit | Deut.Ring | 1964 | 52:44 | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 38 | 453 | Piepenburg, Anne Kathrin | ESW&STN | 1984 | 53:28 | . | 9 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 1339 | Wenrich, Anja | Volksfürs. | 1967 | 53:32 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 40 | 932 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 53:33 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 41 | 1463 | Frieling, Marietta | Laufladen | 1958 | 53:53 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 42 | 1230 | Marcus-Simon, Gitta | Allianz | 1959 | 53:55 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 43 | 1327 | Hagedorn, Gabi | Volksfürs. | 1957 | 54:04 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 44 | 1080 | Lau, Christel | Stern | 1949 | 54:51 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 45 | 1439 | Junchen, Angelika | HapagLloyd | 1949 | 55:26 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 46 | 1201 | Kamlage, Frauke | Sig. Iduna | 1956 | 56:04 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 47 | 888 | Macholl, Petra | OTTO | 1957 | 56:16 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 48 | 594 | König, Monika | Haspa | 1958 | 56:40 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 49 | 196 | Timm, Doris | BVI | 1951 | 56:57 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 50 | 1035 | Hagemann, Anna | Rot-Gelb | 1947 | 57:07 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 51 | 1276 | Wolf, Uta | TÜV-Nord | 1978 | 57:33 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 52 | 799 | Behrends, Helene | Lufthansa | 1954 | 57:57 | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 53 | 1311 | Schulze, Maren | VATTENFALL | 1961 | 59:22 | . | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 54 | 1584 | Stork, Martina | Laufwerk | 1964 | 59:30 | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 55 | 595 | Körber, Greta | Haspa | 1936 | 59:48 | . | . | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 56 | 1129 | Damm, Ursel | Siemens | 1946 | 1:00:25 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 57 | 441 | Frey, Birgit | ESW&STN | 1957 | 1:00:40 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 58 | 96 | Knobloch, Erika | BA-Eimsb. | 1957 | 1:00:56 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 59 | 16 | Büscher, Sandra | Airbus | 1979 | 1:01:08 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 60 | 1346 | Heinrichsen, Meike | Airbus | 1966 | 1:03:24 | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . |

Ergebnisse der Herren auf der Kurzstrecke (3300 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-----------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 1684 | Peters, Detlef | HSH-NORDB. | 1962 | 10:53 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 2 | 1293 | Hose, Hubert | VATTENFALL | 1971 | 11:39 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 3 | 143 | Rütze, Martin | Beiersdorf | 1977 | 11:43 | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 4 | 868 | Schröder, Birger | NDR | 1963 | 11:50 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 5 | 838 | Beckmann, Thorsten | NDR | 1967 | 11:51 | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 6 | 775 | Wichmann, Oliver | Gaden | 1981 | 11:58 | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 7 | 903 | Cuny, Emmanuel | PHILIPS | 1962 | 12:01 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 8 | 474 | Popovic, Dragan | Feuerwehr | 1978 | 12:04 | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 9 | 860 | Lüders-Bahlmann, Uwe | NDR | 1956 | 12:15 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 10 | 926 | Lieske, Christoph | PHILIPS | 1981 | 12:17 | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 11 | 466 | Heemcke, Alexander | Feuerwehr | 1976 | 12:17 | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 12 | 873 | Becker, Jens-Gerrit | OTTO | 1962 | 12:18 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 13 | 1453 | Westerfeld, Philipp | ESW&STN | 1991 | 12:23 | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 635 | Zampich, Oliver | HEK | 1971 | 12:30 | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 15 | 1287 | Gessert, Felix | VATTENFALL | 1988 | 12:33 | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 16 | 901 | Bozyakali, Can | PHILIPS | 1974 | 12:35 | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 17 | 966 | Kröning, Wolfgang | Polizei HH | 1964 | 12:36 | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 18 | 959 | Abler, Frederik | Polizei HH | 1968 | 12:37 | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 19 | 764 | Janßen, Hendrik | Gaden | 1992 | 12:50 | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 900 | Borchers, Mario | PHILIPS | 1964 | 13:01 | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 21 | 1111 | Boerner, Andreas | Zoll | 1965 | 13:08 | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 22 | 828 | Bruhnke, Eric | Medeco | 1983 | 13:10 | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 23 | 929 | Lumpp, Michael | PHILIPS | 1973 | 13:11 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 24 | 1055 | Hegemann, Bernd | G+J | 1968 | 13:14 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 25 | 103 | Bahr, Gebhard | BA-Nord | 1955 | 13:18 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 26 | 1449 | Rühter, Pascal | ERGOsports | 1992 | 13:20 | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 27 | 121 | Krastev, Ulli | BACARDI | 1969 | 13:21 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 28 | 1286 | Gabius, Rainer | VATTENFALL | 1948 | 13:22 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 29 | 939 | Rittmeister, Lutz | PHILIPS | 1959 | 13:23 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 30 | 1082 | Lohmann, Rolf-Michael | Stern | 1960 | 13:27 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 31 | 758 | Brandt, Andreas | Gaden | 1958 | 13:29 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 32 | 955 | Timm, Thomas | PHILIPS | 1958 | 13:31 | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 33 | 1114 | Pape, Thomas | Zoll | 1972 | 13:35 | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 34 | 1100 | Vanselow, Niklas | Stern | 1995 | 13:45 | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 35 | 514 | Trost, Arne | Fa.Blanke. | 1971 | 13:49 | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 36 | 855 | Konrad, Thomas | NDR | 1967 | 13:51 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 37 | 1424 | Gessert, Nils | VATTENFALL | 1991 | 13:57 | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 202 | Lorenz, Jörg-Hendrick | BP-Oil | 1944 | 14:00 | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 39 | 1298 | Klinke, Michael | VATTENFALL | 1971 | 14:06 | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 40 | 356 | Neumann, Uwe | D. Telekom | 1973 | 14:11 | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 41 | 1274 | Schumacher, Peter | TÜV-Nord | 1952 | 14:16 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 42 | 1646 | Caliebe, Wolfgang | DESY | 1967 | 14:25 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 43 | 1401 | Neudörffer, Robin | Stern | 1995 | 14:31 | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 930 | Lund, Peter J. | PHILIPS | 1947 | 14:35 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 45 | 452 | Kühl, Bernd | ESW&STN | 1946 | 14:39 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 46 | 411 | Marquardt, Volker | ERGOsports | 1957 | 14:41 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 47 | 407 | Krause, Reinhard | ERGOsports | 1944 | 14:43 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 48 | 1233 | Pfaffe, Andreas | Allianz | 1962 | 14:49 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 49 | 1185 | Kaminke, Andres | Kravag | 1956 | 14:50 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 50 | 934 | Meier, Manfred | PHILIPS | 1940 | 14:52 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 51 | 1288 | Gessert, Frank | VATTENFALL | 1959 | 15:00 | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 52 | 854 | Kohlmann, Carsten | NDR | 1965 | 15:02 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 53 | 724 | Zollbeck, Marco | HSH-NORDB. | 1966 | 15:08 | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 54 | 118 | Henke, Peter | BACARDI | 1963 | 15:08 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 55 | 1511 | Oppermann, Fred | Feuerwehr | 1959 | 15:14 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 56 | 851 | Kellermann, Peter | NDR | 1957 | 15:19 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 57 | 412 | Meinke, Frank | ERGOsports | 1978 | 15:25 | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 58 | 247 | Döhmen, Georg | T-Systems | 1961 | 15:27 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 59 | 1077 | Klindworth, Jürgen | Stern | 1959 | 15:31 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 60 | 460 | Wien, Wolfgang | ESW&STN | 1940 | 15:31 | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 61 | 140 | Nolte, Markus | Beiersdorf | 1969 | 15:39 | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 62 | 915 | Hahn, Ronald | PHILIPS | 1967 | 15:41 | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 63 | 1160 | Sietz, Andreas | Siemens | 1968 | 15:43 | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 64 | 745 | Gebert, Claus | Innovas | 1975 | 15:45 | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 65 | 227 | Kay, Matthias | HapagLloyd | 1978 | 15:48 | . | . | 6 | . | . | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|--------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 66 | 1687 | Niemann, Reiner | PHILIPS | 1955 | 15:48 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 67 | 437 | Winter, Rainer | ERGOsports | 1949 | 15:49 | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 68 | 1404 | Stangenberg, Marco | Stern | 1997 | 15:49 | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 69 | 809 | Kern, Helmut | Lufthansa | 1949 | 15:54 | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 70 | 1280 | Kutschka, Gregor | D. Telekom | 1970 | 15:56 | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 71 | 420 | Rinck, Christian | ERGOsports | 1944 | 16:14 | . | . | . | . | . | . | . | . | . | . | 5 | . | . |
| 72 | 996 | Braun, Friedrich | Raffay | 1946 | 16:25 | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 73 | 1101 | Vanselow, Oliver | Stern | 1964 | 16:27 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 74 | 607 | Steck, Siegfried | Haspa | 1948 | 16:29 | . | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 75 | 1038 | Hoppe, Holger | Rot-Gelb | 1971 | 16:34 | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 76 | 1103 | Vieregge, Jens | Stern | 1950 | 16:35 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 77 | 1118 | Semke, Jürgen | Zoll | 1953 | 16:39 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 78 | 949 | Sommer, Christian | PHILIPS | 1982 | 16:43 | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 79 | 347 | Mengelkamp, Hans-Joachim | Dresdner-B | 1944 | 16:45 | . | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 80 | 1266 | Kathenbach, Martin | TÜV-Nord | 1979 | 16:52 | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 81 | 1659 | Ebbesmeyer, Lars | Sig. Iduna | 1964 | 16:55 | . | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 82 | 1004 | Ihde, Bernd | Raffay | 1946 | 17:07 | . | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 83 | 1000 | Hänjes, Hans-Martin | Raffay | 1964 | 17:10 | . | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 84 | 443 | Gläser, Heinz | ESW&STN | 1945 | 17:16 | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 85 | 236 | Schnabel, Harald | HapagLloyd | 1953 | 17:19 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 86 | 1108 | Zdebel, Rene | Stern | 1974 | 17:19 | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 87 | 1300 | Lutosch, Dietmar | VATTENFALL | 1941 | 17:21 | . | . | . | . | . | . | . | . | . | . | 7 | . | . |
| 88 | 1066 | Hass, Jochen | Stern | 1966 | 17:30 | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 89 | 508 | Papendorf, Knut | Fa.Blanke. | 1946 | 17:34 | . | . | . | . | . | . | . | . | 10 | . | . | . | . |
| 90 | 1025 | Wiesenberg, Horst | Rapid | 1940 | 17:35 | . | . | . | . | . | . | . | . | . | . | 8 | . | . |
| 91 | 1006 | Matthies, Hans-Joachim | Raffay | 1930 | 17:37 | . | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 92 | 807 | Hintz, Martin | Lufthansa | 1937 | 17:42 | . | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 93 | 1318 | Wolter, Friedrich | VATTENFALL | 1952 | 18:02 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 94 | 47 | Möller, Thomas | Airbus | 1963 | 18:03 | . | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 95 | 449 | Kröger, Rolf | ESW&STN | 1942 | 18:08 | . | . | . | . | . | . | . | . | . | . | 9 | . | . |
| 96 | 1448 | Rühter, Bernd | ERGOsports | 1959 | 18:08 | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 97 | 63 | Schreiber, Siegfried | Airbus | 1936 | 18:12 | . | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 98 | 1050 | Toborg, Sven | Rot-Gelb | 1970 | 18:23 | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 99 | 1073 | Klein, Uwe | Stern | 1961 | 18:24 | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 100 | 1089 | Müller, Jürgen | Stern | 1948 | 18:33 | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 101 | 401 | Hellwegen, Walter | ERGOsports | 1939 | 18:46 | . | . | . | . | . | . | . | . | . | . | . | 3 | . |
| 102 | 1289 | Groth, Peter | VATTENFALL | 1945 | 18:53 | . | . | . | . | . | . | . | . | 12 | . | . | . | . |
| 103 | 630 | Reimer, Peter | HEK | 1939 | 19:00 | . | . | . | . | . | . | . | . | . | . | . | 4 | . |
| 104 | 1200 | Herrmann, Peter | Sig. Iduna | 1957 | 19:06 | . | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 105 | 416 | Oellrich, Günter | ERGOsports | 1940 | 19:08 | . | . | . | . | . | . | . | . | . | . | 10 | . | . |
| 106 | 999 | Gallaun, Andreas | Raffay | 1963 | 19:09 | . | . | . | . | . | 16 | . | . | . | . | . | . | . |
| 107 | 683 | Bornemann, Matthias | HSH-NORDB. | 1963 | 19:19 | . | . | . | . | . | 17 | . | . | . | . | . | . | . |
| 108 | 50 | Nigmann, Michael | Airbus | 1953 | 19:41 | . | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 109 | 1093 | Scheibe, Paul | Stern | 1963 | 19:42 | . | . | . | . | . | 18 | . | . | . | . | . | . | . |
| 110 | 515 | Winkel, Horst | Fa.Blanke. | 1940 | 19:54 | . | . | . | . | . | . | . | . | . | . | 11 | . | . |
| 111 | 849 | Kardels, Axel | NDR | 1954 | 19:59 | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 112 | 1067 | Hein, Eckhard | Stern | 1938 | 20:05 | . | . | . | . | . | . | . | . | . | . | . | 5 | . |
| 113 | 419 | Reichardt, Wolfgang | ERGOsports | 1938 | 20:10 | . | . | . | . | . | . | . | . | . | . | . | 6 | . |
| 114 | 1202 | Kamlage, Jens | Sig. Iduna | 1943 | 20:27 | . | . | . | . | . | . | . | . | . | . | 12 | . | . |
| 115 | 1369 | Kieldyk, Peter | ERGOsports | 1943 | 20:46 | . | . | . | . | . | . | . | . | . | . | 13 | . | . |
| 116 | 153 | Rachow, Michael | BeraCom | 1956 | 21:01 | . | . | . | . | . | 15 | . | . | . | . | . | . | . |
| 117 | 965 | Horlamus, Klaus | Polizei HH | 1947 | 21:23 | . | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 118 | 1189 | Dally, Peter | Sig. Iduna | 1935 | 21:48 | . | . | . | . | . | . | . | . | . | . | . | 7 | . |
| 119 | 1593 | Prehn, Fritz | Stern | 1929 | 21:57 | . | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 120 | 462 | Andag, Jens | Feuerwehr | 1938 | 22:03 | . | . | . | . | . | . | . | . | . | . | . | 8 | . |
| 121 | 490 | Bartels, Fritz | Fa.Blanke. | 1938 | 22:15 | . | . | . | . | . | . | . | . | . | . | . | 9 | . |
| 122 | 1023 | Schumacher, Rolf | Rapid | 1940 | 22:49 | . | . | . | . | . | . | . | . | . | . | 14 | . | . |
| 123 | 278 | Meier, Hans-Werner | BBK | 1944 | 23:19 | . | . | . | . | . | . | . | . | . | . | 15 | . | . |
| 124 | 636 | Zeman, Leopold | HEK | 1937 | 23:20 | . | . | . | . | . | . | . | . | . | . | . | 10 | . |
| 125 | 1232 | Müller, Gerhard | Allianz | 1936 | 24:35 | . | . | . | . | . | . | . | . | . | . | . | 11 | . |
| 126 | 478 | Schliemann, Jürgen | Feuerwehr | 1940 | 25:35 | . | . | . | . | . | . | . | . | . | . | 16 | . | . |
| 127 | 578 | Andersen, Olaf | Haspa | 1926 | 25:44 | . | . | . | . | . | . | . | . | . | . | . | . | 2 |

Ergebnisse der Herren auf der Mittelstrecke (6400 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 466 | Heemcke, Alexander | Feuerwehr | 1976 | 22:54 | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 1042 | Norte da Silva, Adao | Rot-Gelb | 1968 | 23:03 | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 3 | 143 | Rütze, Martin | Beiersdorf | 1977 | 23:16 | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 4 | 775 | Wichmann, Oliver | Gaden | 1981 | 23:29 | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 903 | Cuny, Emmanuel | PHILIPS | 1962 | 23:30 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 6 | 959 | Abler, Frederik | Polizei HH | 1968 | 23:43 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 7 | 962 | Dankers, Heinz | Polizei HH | 1960 | 23:48 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 8 | 1011 | Hackenberger, Raimund | Rapid | 1968 | 24:05 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 9 | 1121 | Wagner, Ingo | Zoll | 1970 | 24:31 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 10 | 860 | Lüders-Bahlmann, Uwe | NDR | 1956 | 25:01 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 11 | 103 | Bahr, Gebhard | BA-Nord | 1955 | 25:06 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 12 | 968 | Laude, Niels | Polizei HH | 1975 | 25:11 | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 13 | 913 | Haacker, Kai | PHILIPS | 1963 | 25:20 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 14 | 88 | Zühlke, Jürgen | AXA-Hbg | 1955 | 25:22 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 15 | 1244 | Seliger, Niels-Michael | Tchibo | 1971 | 25:27 | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 16 | 1240 | Müller, Reinhard | Tchibo | 1967 | 25:31 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 17 | 828 | Bruhnke, Eric | Medeco | 1983 | 25:40 | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 493 | Carl, Christian | Fa.Blanke. | 1968 | 25:44 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 19 | 125 | Hoch, Christoph | Baubehörde | 1960 | 25:46 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 20 | 121 | Krastev, Ulli | BACARDI | 1969 | 25:54 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 21 | 1111 | Boerner, Andreas | Zoll | 1965 | 25:54 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 22 | 921 | Jeschke, Heinz | PHILIPS | 1955 | 25:56 | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 23 | 1297 | Kayser, Oliver | VATTENFALL | 1975 | 26:05 | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 24 | 73 | Trümper, Michael | Airbus | 1966 | 26:11 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 25 | 1492 | Faix, Stefan | Polizei HH | 1968 | 26:22 | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 26 | 975 | Priebe, Markus | Polizei HH | 1965 | 26:23 | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 27 | 1126 | Blan, Andreas | Siemens | 1966 | 26:27 | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 28 | 955 | Timm, Thomas | PHILIPS | 1958 | 26:30 | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 29 | 36 | Jacobsen, Matthias | Airbus | 1965 | 26:32 | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 30 | 939 | Rittmeister, Lutz | PHILIPS | 1959 | 26:34 | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 31 | 384 | Rohlfs, Dirk | EDEKA | 1967 | 26:38 | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 32 | 1114 | Pape, Thomas | Zoll | 1972 | 26:43 | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 33 | 563 | Ziethen, Karl-Heinz | Hochbahn | 1952 | 27:09 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 34 | 1624 | Tschirch, Jörg | Laufwerk | 1961 | 27:14 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 35 | 1551 | Schramm, Torsten | Fa.Blanke. | 1990 | 27:18 | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 36 | 1413 | Langfeld, Martin | Siemens | 1963 | 27:23 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 37 | 93 | Gehle, Friedhelm | BA-Eimsb. | 1956 | 27:26 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 38 | 1416 | Hinrichs, Hans-Peter | Sun | 1966 | 27:28 | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 39 | 867 | Schönrock, Günter | NDR | 1957 | 27:30 | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 40 | 640 | Duits, Wilhelm | HSU HH | 1983 | 27:32 | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 41 | 356 | Neumann, Uwe | D. Telekom | 1973 | 27:36 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 42 | 562 | Westphal, Wolfgang | Hochbahn | 1954 | 27:38 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 43 | 1136 | Hahn, Sebastian | Siemens | 1989 | 27:42 | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 835 | Wellbrock, Ekehard | Montblanc | 1958 | 27:45 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 45 | 79 | Hendricks, Torben | AXA-Hbg | 1978 | 27:47 | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 46 | 1481 | Hauschildt, Maik | Laufwerk | 1974 | 27:52 | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 47 | 6 | Bartels, Ronald | Airbus | 1962 | 27:52 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 48 | 85 | Schweder, Klaus | AXA-Hbg | 1962 | 27:55 | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 49 | 277 | Levezow, Thomas | BBK | 1969 | 28:01 | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 50 | 943 | Schrader, Torben | PHILIPS | 1977 | 28:05 | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 51 | 915 | Hahn, Ronald | PHILIPS | 1967 | 28:10 | . | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 52 | 464 | Gust, Harald | Feuerwehr | 1945 | 28:17 | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 53 | 1238 | Gliewe, Volker | Tchibo | 1952 | 28:22 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 54 | 496 | Hauck, Michael | Fa.Blanke. | 1975 | 28:27 | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 55 | 136 | Lüders, Christopher | Beiersdorf | 1994 | 28:34 | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 56 | 1497 | Baumann, Jörg | Siemens | 1962 | 28:43 | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 57 | 33 | Holst, Friedrich | Airbus | 1938 | 28:48 | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 58 | 32 | Hoffmeister, Marc | Airbus | 1972 | 28:52 | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 59 | 1247 | Tesch, Thomas | Tchibo | 1958 | 28:55 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 60 | 1325 | Fiedler, Thomas | Volksfürs. | 1971 | 28:59 | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 61 | 930 | Lund, Peter J. | PHILIPS | 1947 | 28:59 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 62 | 127 | Behrens, Jürgen | Beiersdorf | 1953 | 29:01 | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 63 | 1124 | Bentien, Ronald | Siemens | 1948 | 29:05 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 64 | 1170 | Johannsen, Sönke | SPK-Süd | 1970 | 29:07 | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 65 | 86 | Soetebeer, Michael | AXA-Hbg | 1955 | 29:11 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 66 | 1280 | Kutschka, Gregor | D. Telekom | 1970 | 29:26 | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 67 | 1063 | Duda, Rudolf | Stern | 1941 | 29:28 | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 68 | 854 | Kohlmann, Carsten | NDR | 1965 | 29:39 | . | . | . | 17 | . | . | . | . | . | . | . | . | . |
| 69 | 1233 | Pfaffe, Andreas | Allianz | 1962 | 29:42 | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 70 | 1228 | Kleinert, Herbert | Allianz | 1940 | 29:49 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 71 | 879 | Buchholz, Ulrich | OTTO | 1964 | 30:03 | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 72 | 1062 | Danker, Hans-Jürgen | Stern | 1952 | 30:05 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 73 | 1038 | Hoppe, Holger | Rot-Gelb | 1971 | 30:11 | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 74 | 244 | Schmidt, Axel | OrthoNord | 1958 | 30:14 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 75 | 387 | Schulze, Stephan | EDEKA | 1964 | 30:17 | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 76 | 406 | Kozieras, Norbert | ERGOsports | 1950 | 30:18 | . | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 77 | 242 | Meyer, Klaus | OrthoNord | 1952 | 30:24 | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 78 | 44 | Menzel, Siegfried | Airbus | 1955 | 30:30 | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 79 | 1065 | Guder, Jens | Stern | 1968 | 30:42 | . | . | . | 18 | . | . | . | . | . | . | . | . | . |
| 80 | 1160 | Sietz, Andreas | Siemens | 1968 | 30:49 | . | . | . | 19 | . | . | . | . | . | . | . | . | . |
| 81 | 1626 | Eulig, Nils | NDR | 1969 | 30:51 | . | . | . | 20 | . | . | . | . | . | . | . | . | . |
| 82 | 628 | Münster, Reinhold | HEK | 1942 | 30:51 | . | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 83 | 273 | Janel, Werner | BBK | 1950 | 30:51 | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 84 | 1115 | Rubiales Jimenez, Luis | Zoll | 1938 | 30:57 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 85 | 809 | Kern, Helmut | Lufthansa | 1949 | 30:59 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 86 | 323 | Appel, Thomas | Deut.Ring | 1959 | 31:01 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 87 | 1262 | Halweg, Wolfgang | TÜV-Nord | 1948 | 31:10 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 88 | 724 | Zollbeck, Marco | HSH-NORDB. | 1966 | 31:20 | . | . | . | 21 | . | . | . | . | . | . | . | . | . |
| 89 | 412 | Meinke, Frank | ERGOsports | 1978 | 31:20 | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 90 | 106 | zum Brook, Reinhold | BA-Nord | 1958 | 31:22 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 91 | 142 | Röming, Wilfried | Beiersdorf | 1940 | 31:46 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 92 | 46 | Michels, Rolf | Airbus | 1961 | 31:49 | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 93 | 1193 | Frischer, Horst | Sig. Iduna | 1946 | 31:54 | . | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 94 | 703 | Konitzer, Martin | HSH-NORDB. | 1958 | 31:57 | . | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 95 | 738 | Kusch, Günter | IBM Klub | 1945 | 31:59 | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 96 | 1088 | Müller, Hans-Werner | Stern | 1951 | 32:05 | . | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 97 | 551 | Burghard, Werner | Hochbahn | 1950 | 32:07 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 98 | 1430 | Welling, Felix | BA-Nord | 1947 | 32:10 | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 99 | 1118 | Semke, Jürgen | Zoll | 1953 | 32:12 | . | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 100 | 1396 | Oertel, Sven | Rot-Gelb | 1970 | 32:16 | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 101 | 57 | Riebling, Stephan | Airbus | 1967 | 32:16 | . | . | . | 22 | . | . | . | . | . | . | . | . | . |
| 102 | 243 | Mohwinkel, Jörg | OrthoNord | 1959 | 32:30 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 103 | 1209 | Prüsmann, Jürgen | Sig. Iduna | 1953 | 32:33 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 104 | 1550 | Schramm, Hans-Peter | Fa.Blanke. | 1959 | 32:38 | . | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 105 | 169 | Otto, Michael | Berenberg | 1966 | 32:43 | . | . | . | 23 | . | . | . | . | . | . | . | . | . |
| 106 | 402 | Hübener, Matthias | ERGOsports | 1962 | 32:47 | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 107 | 126 | Mertelsmann, Detlef | Baubehörde | 1940 | 32:51 | . | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 108 | 342 | Clauß, Peter | Dresdner-B | 1943 | 32:51 | . | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 109 | 1108 | Zdebel, Rene | Stern | 1974 | 32:52 | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 110 | 836 | Baus, Wolfgang | NDR | 1962 | 32:57 | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 111 | 137 | Lüders, Gerhard | Beiersdorf | 1957 | 33:00 | . | . | . | . | . | . | 19 | . | . | . | . | . | . |
| 112 | 470 | Mattern, Horst | Feuerwehr | 1943 | 33:02 | . | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 113 | 745 | Gebert, Claus | Innovas | 1975 | 33:06 | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 114 | 610 | Tidow, Heinz | Haspa | 1955 | 33:08 | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 115 | 274 | Kafke, Norbert | BBK | 1960 | 33:10 | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 116 | 1131 | Diedrich, Ralph | Siemens | 1962 | 33:11 | . | . | . | . | 17 | . | . | . | . | . | . | . | . |
| 117 | 47 | Möller, Thomas | Airbus | 1963 | 33:22 | . | . | . | . | 18 | . | . | . | . | . | . | . | . |
| 118 | 1010 | Beutner, Günter | Rapid | 1939 | 33:28 | . | . | . | . | . | . | . | . | . | . | . | 3 | . |
| 119 | 1068 | Heisinger, Hartmut | Stern | 1949 | 33:41 | . | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 120 | 1356 | Petersson, Jörg | Beiersdorf | 1966 | 33:45 | . | . | . | 24 | . | . | . | . | . | . | . | . | . |
| 121 | 683 | Bornemann, Matthias | HSH-NORDB. | 1963 | 33:49 | . | . | . | . | 19 | . | . | . | . | . | . | . | . |
| 122 | 1138 | Hahn, Uwe | Siemens | 1946 | 34:02 | . | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 123 | 66 | Störk, Heiko | Airbus | 1977 | 34:04 | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 124 | 555 | Harms, Michael | Hochbahn | 1955 | 34:16 | . | . | . | . | . | . | 21 | . | . | . | . | . | . |
| 125 | 747 | von Laar, Heinz-Josef | Innovas | 1968 | 34:20 | . | . | . | 25 | . | . | . | . | . | . | . | . | . |
| 126 | 593 | Knoefel, Gerhard | Haspa | 1959 | 34:25 | . | . | . | . | 22 | . | . | . | . | . | . | . | . |
| 127 | 740 | Roders, Wolfgang | IBM Klub | 1963 | 34:29 | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 128 | 1000 | Hänjes, Hans-Martin | Raffay | 1964 | 34:35 | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 129 | 1006 | Matthies, Hans-Joachim | Raffay | 1930 | 34:39 | . | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 130 | 343 | Fiedler, Thomas | Dresdner-B | 1953 | 34:45 | . | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 131 | 1266 | Kathenbach, Martin | TÜV-Nord | 1979 | 34:51 | . | 11 | . | . | . | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|--------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 132 | 1577 | Völling, Jens | IBM Klub | 1966 | 34:53 | . | . | . | . | 26 | . | . | . | . | . | . | . | . |
| 133 | 1079 | Köhlitz, Uwe | Stern | 1952 | 34:54 | . | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 134 | 1448 | Rühter, Bernd | ERGOsports | 1959 | 34:59 | . | . | . | . | . | . | 23 | . | . | . | . | . | . |
| 135 | 553 | Händler, Gunnar | Hochbahn | 1967 | 35:04 | . | . | . | . | 27 | . | . | . | . | . | . | . | . |
| 136 | 1132 | Dierking, Peter | Siemens | 1943 | 35:08 | . | . | . | . | . | . | . | . | . | 8 | . | . | . |
| 137 | 922 | Jeschke, Sebastian | PHILIPS | 1987 | 35:10 | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 138 | 366 | Probst, Helmut | E.ON Hanse | 1939 | 35:18 | . | . | . | . | . | . | . | . | . | . | 4 | . | . |
| 139 | 605 | Schmidt, Andre | Haspa | 1964 | 35:26 | . | . | . | . | . | 22 | . | . | . | . | . | . | . |
| 140 | 232 | Otten, Hans-Joachim | HapagLloyd | 1947 | 35:29 | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 141 | 1218 | Schlegel, Karl-Heinz | Sig. Iduna | 1946 | 35:45 | . | . | . | . | . | . | . | . | 12 | . | . | . | . |
| 142 | 1659 | Ebbersmeyer, Lars | Sig. Iduna | 1964 | 35:48 | . | . | . | . | . | 23 | . | . | . | . | . | . | . |
| 143 | 118 | Henke, Peter | BACARDI | 1963 | 35:52 | . | . | . | . | . | 24 | . | . | . | . | . | . | . |
| 144 | 377 | Houlman-Scheiba, Herbert | EDEKA | 1955 | 36:02 | . | . | . | . | . | . | 24 | . | . | . | . | . | . |
| 145 | 1636 | Brusberg, Klaus | Sun | 1968 | 36:04 | . | . | . | . | 28 | . | . | . | . | . | . | . | . |
| 146 | 380 | Kröger, Jürgen | EDEKA | 1964 | 36:06 | . | . | . | . | . | 25 | . | . | . | . | . | . | . |
| 147 | 1200 | Herrmann, Peter | Sig. Iduna | 1957 | 36:17 | . | . | . | . | . | . | 25 | . | . | . | . | . | . |
| 148 | 1089 | Müller, Jürgen | Stern | 1948 | 36:28 | . | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 149 | 50 | Nigmann, Michael | Airbus | 1953 | 36:41 | . | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 150 | 201 | Knigge, Hubert | BP-Oil | 1951 | 36:45 | . | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 151 | 49 | Neumann, Bernhard | Airbus | 1949 | 36:57 | . | . | . | . | . | . | . | . | 14 | . | . | . | . |
| 152 | 153 | Rachow, Michael | BeraCom | 1956 | 37:06 | . | . | . | . | . | . | 26 | . | . | . | . | . | . |
| 153 | 1048 | Schmidt-D., Detlev | Rot-Gelb | 1945 | 37:13 | . | . | . | . | . | . | . | . | 15 | . | . | . | . |
| 154 | 1433 | Ruthe, Fabian | BACARDI | 1978 | 37:26 | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 155 | 616 | Geffert, Heiko | HEK | 1971 | 37:29 | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 156 | 1050 | Toborg, Sven | Rot-Gelb | 1970 | 38:08 | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 157 | 1226 | Dietrich, Günter | Allianz | 1932 | 38:12 | . | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 158 | 1066 | Hass, Jochen | Stern | 1966 | 38:18 | . | . | . | . | 29 | . | . | . | . | . | . | . | . |
| 159 | 1152 | Püttjer, Horst | Siemens | 1953 | 38:43 | . | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 160 | 601 | Otte, Michael | Haspa | 1951 | 39:50 | . | . | . | . | . | . | . | 18 | . | . | . | . | . |
| 161 | 960 | Baier, Tino | Polizei HH | 1975 | 40:14 | . | . | 13 | . | . | . | . | . | . | . | . | . | . |
| 162 | 1202 | Kamlage, Jens | Sig. Iduna | 1943 | 40:24 | . | . | . | . | . | . | . | . | . | 9 | . | . | . |
| 163 | 382 | Müggenburg, Horst | EDEKA | 1944 | 40:54 | . | . | . | . | . | . | . | . | . | 10 | . | . | . |
| 164 | 1315 | Voß, Gilbert | VATTENFALL | 1959 | 41:18 | . | . | . | . | . | 27 | . | . | . | . | . | . | . |
| 165 | 583 | Fick, Horst | Haspa | 1942 | 41:20 | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 166 | 130 | Deubel, Rolf | Beiersdorf | 1949 | 42:20 | . | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 167 | 284 | Engel, Manfred | CPAG | 1937 | 42:23 | . | . | . | . | . | . | . | . | . | . | 5 | . | . |
| 168 | 472 | Neumann, Wilhelm | Feuerwehr | 1938 | 42:42 | . | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 169 | 281 | Predel, Gerhard | BBK | 1944 | 44:09 | . | . | . | . | . | . | . | . | . | 12 | . | . | . |
| 170 | 76 | Wichers, Klaus | Airbus | 1946 | 44:35 | . | . | . | . | . | . | . | . | 17 | . | . | . | . |

Ergebnisse der Herren auf der Langstrecke (9400 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | |
|-------|------|---------------------------|------------|------|-------|---------------------|---|----|----|----|----|----|----|----|----|----|----|----|---|
| 1 | 568 | Hämmerling, Oliver | HH-Hochsch | 1970 | 32:38 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 221 | Totzke, Lars | A.Springer | 1966 | 32:41 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 3 | 1020 | Nölting, Frieder | Rapid | 1970 | 33:07 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 4 | 1464 | Gauger, Jens | Laufladen | 1965 | 33:19 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 5 | 642 | Glück, Christian | HSU HH | 1981 | 33:39 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| | 993 | Hartwig, Christian | Laufladen | 1972 | 33:40 | 1. Außer Konkurrenz | | | | | | | | | | | | | |
| 6 | 214 | Langer, Mathias | A.Springer | 1967 | 33:43 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 7 | 1272 | Polster, Malte | TÜV-Nord | 1976 | 34:03 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 8 | 655 | Rogler, Konrad | HSU HH | 1981 | 34:04 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 9 | 1134 | Härle, Ralf | Siemens | 1963 | 34:19 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 10 | 510 | Sturm, Volker | Fa.Blanke. | 1965 | 34:19 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 11 | 865 | Rohlfing, Jörg | NDR | 1967 | 34:45 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 12 | 634 | Wenck, Thomas | HEK | 1961 | 35:05 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 13 | 254 | Jaekel, Carsten | DESY | 1970 | 35:10 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 14 | 143 | Rütze, Martin | Beiersdorf | 1977 | 35:18 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 798 | Bach, Rene | Lufthansa | 1981 | 35:32 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 16 | 69 | Stübs, Andre | Airbus | 1975 | 35:55 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 793 | Schütze, Matthias | Laufwerk | 1976 | 35:58 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 1663 | Tychsen, Frederik | Upsolut | 1975 | 36:04 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 19 | 646 | Johannsen, Hauke | HSU HH | 1977 | 36:08 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 1625 | Ebel, Thomas | NDR | 1965 | 36:29 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 21 | 778 | Behn, Nils | Laufwerk | 1965 | 36:45 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 22 | 466 | Heemcke, Alexander | Feuerwehr | 1976 | 37:02 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 23 | 521 | Ryszka, Josef | GEHE-PH | 1963 | 37:02 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 24 | 216 | Martin, Dieter | A.Springer | 1961 | 37:36 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 25 | 255 | Jaekel, Christoph | DESY | 1973 | 37:39 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 26 | 547 | Tapken, Henning | HW | 1973 | 37:45 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 27 | 32 | Hoffmeister, Marc | Airbus | 1972 | 37:49 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 28 | 1652 | Lubeseder, Andre | Laufladen | 1968 | 37:52 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 29 | 1585 | Taillandier, Patrick | Laufwerk | 1969 | 37:53 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 30 | 157 | Dannenber, Lars | Berenberg | 1978 | 37:54 | . | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 31 | 782 | Hartwig, Wolfgang | Laufwerk | 1970 | 37:55 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 32 | 1547 | Oertel, Thomas | Feuerwehr | 1972 | 38:01 | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 33 | 526 | Backhausen, Dirk | Germ.Lloyd | 1966 | 38:06 | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 34 | 121 | Krastev, Ulli | BACARDI | 1969 | 38:08 | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 35 | 219 | Ruckelshausen, Olaf | A.Springer | 1968 | 38:16 | . | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 36 | 873 | Becker, Jens-Gerrit | OTTO | 1962 | 38:32 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 37 | 640 | Duits, Wilhelm | HSU HH | 1983 | 38:35 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 289 | Ansen, Hans-Jürgen | DAK | 1950 | 38:43 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 39 | 831 | Venegas, Miguel | Medeco | 1965 | 38:46 | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 40 | 493 | Carl, Christian | Fa.Blanke. | 1968 | 38:47 | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 41 | 705 | Laake, Christian | HSH-NORDB. | 1970 | 38:50 | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 42 | 613 | Wilde, Klaus | Haspa | 1958 | 38:51 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 43 | 828 | Bruhnke, Eric | Medeco | 1983 | 39:04 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 1180 | Witthöft, Holger | Still | 1957 | 39:06 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 45 | 1150 | Peschel Sielmann, Manfred | Siemens | 1960 | 39:08 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 46 | 1003 | Hornung, Jürgen | Raffay | 1954 | 39:09 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 47 | 893 | Spliethoff, Hans Georg | OTTO | 1966 | 39:21 | . | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 48 | 1654 | Lohe, Sebastian | HSU HH | 1983 | 39:22 | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 49 | 772 | Schottenhaml, Andreas | Gaden | 1975 | 39:23 | . | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 50 | 1077 | Klindworth, Jürgen | Stern | 1959 | 39:29 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 51 | 939 | Rittmeister, Lutz | PHILIPS | 1959 | 39:31 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 52 | 56 | Reifschläger, Norbert | Airbus | 1954 | 39:33 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 53 | 1162 | Tokarek, Thomas | Siemens | 1959 | 39:38 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 54 | 955 | Timm, Thomas | PHILIPS | 1958 | 39:41 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 55 | 789 | Papenberg, Matthias | Laufwerk | 1965 | 39:46 | . | . | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 56 | 783 | Henjes, Carsten | Laufladen | 1963 | 39:47 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 57 | 310 | Herrmann, Michael | Deut.Bank | 1961 | 39:48 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 58 | 691 | Fennert, Michael | HSH-NORDB. | 1962 | 39:49 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 59 | 728 | Lohmann, Carsten | HypoVerein | 1966 | 39:51 | . | . | . | . | 17 | . | . | . | . | . | . | . | . | . |
| 60 | 668 | Lindner, Patric | Holsten | 1966 | 39:53 | . | . | . | . | 18 | . | . | . | . | . | . | . | . | . |
| 61 | 320 | Ziems, Alexander | Deut.Bank | 1981 | 40:00 | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 62 | 621 | Herrmann, Thomas | HEK | 1958 | 40:04 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 63 | 312 | Keim, Olaf | Deut.Bank | 1964 | 40:08 | . | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 64 | 758 | Brandt, Andreas | Gaden | 1958 | 40:10 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 65 | 978 | Schenk, Lutz | Polizei HH | 1978 | 40:30 | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 66 | 511 | Tavarnay, Christian | Fa.Blanke. | 1974 | 40:31 | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 67 | 1549 | Vollmann, Tim | Feuerwehr | 1970 | 40:33 | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 68 | 899 | Baß, Michael | PHILIPS | 1968 | 40:49 | . | . | . | . | 19 | . | . | . | . | . | . | . | . |
| 69 | 93 | Gehle, Friedhelm | BA-Eimsb. | 1956 | 40:51 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 70 | 1607 | Doutre, Pierre | HSU HH | 1988 | 40:54 | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 71 | 223 | von Woedtke, Christoph | A.Springer | 1945 | 40:54 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 72 | 336 | Meyer-Reim, Utz | DG-HYP | 1961 | 40:57 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 73 | 878 | Broscheit, Jörn | OTTO | 1966 | 41:02 | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 74 | 1676 | Schwandt, Markus | Dresdner-B | 1976 | 41:02 | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 75 | 40 | König, Dietmar | Airbus | 1952 | 41:16 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 76 | 20 | Ehlers, Norbert | Airbus | 1965 | 41:17 | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 77 | 1691 | Reuss, Marcel | HSU HH | 1988 | 41:19 | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 78 | 1128 | Brumm, Norbert | Siemens | 1959 | 41:29 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 79 | 854 | Kohlmann, Carsten | NDR | 1965 | 41:32 | . | . | . | . | 22 | . | . | . | . | . | . | . | . |
| 80 | 666 | Köpke, Manfred | Holsten | 1958 | 41:33 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 81 | 1690 | Cramer, Thomas | HSU HH | 1987 | 41:44 | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 82 | 1324 | Feldhusen, Dr. Johannes | Volksfürs. | 1957 | 41:47 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 83 | 1087 | Milewski, Marek | Stern | 1967 | 41:51 | . | . | . | . | 23 | . | . | . | . | . | . | . | . |
| 84 | 725 | Beckmann, Gerd | HypoVerein | 1964 | 41:54 | . | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 85 | 733 | Benz, Markus | IBM Klub | 1969 | 41:56 | . | . | . | . | 24 | . | . | . | . | . | . | . | . |
| 86 | 455 | Sauerberg, Achim | ESW&STN | 1980 | 42:00 | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 87 | 915 | Hahn, Ronald | PHILIPS | 1967 | 42:02 | . | . | . | . | 25 | . | . | . | . | . | . | . | . |
| 88 | 956 | Weinrich, Konrad | PHILIPS | 1959 | 42:04 | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 89 | 1686 | Riedel, Stephan | Laufwerk | 1978 | 42:08 | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 90 | 1141 | Kremers, Philipp | Siemens | 1983 | 42:08 | . | 12 | . | . | . | . | . | . | . | . | . | . | . |
| 91 | 374 | Friz, Stefan | EDEKA | 1966 | 42:10 | . | . | . | . | 26 | . | . | . | . | . | . | . | . |
| 92 | 1095 | Stangenberg, Andreas | Stern | 1960 | 42:11 | . | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 93 | 1338 | Wenrich, Alexander | Volksfürs. | 1966 | 42:13 | . | . | . | . | 27 | . | . | . | . | . | . | . | . |
| 94 | 406 | Kozieras, Norbert | ERGOsports | 1950 | 42:15 | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 95 | 1125 | Berka, Thomas | Siemens | 1962 | 42:17 | . | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 96 | 1489 | Kurze, Christoph | PHILIPS | 1983 | 42:19 | . | 13 | . | . | . | . | . | . | . | . | . | . | . |
| 97 | 1319 | Ahrens, Reiner | Volksfürs. | 1960 | 42:23 | . | . | . | . | . | 15 | . | . | . | . | . | . | . |
| 98 | 1609 | Bajric, Mersudin | Germ.Lloyd | 1974 | 42:27 | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 99 | 723 | Zinecker, Stefan | HSH-NORDB. | 1964 | 42:29 | . | . | . | . | . | 16 | . | . | . | . | . | . | . |
| 100 | 1359 | Zollenkopf, Michael | BVI | 1967 | 42:35 | . | . | . | . | 28 | . | . | . | . | . | . | . | . |
| 101 | 1148 | Naundorf, Jens | Siemens | 1964 | 42:39 | . | . | . | . | . | 17 | . | . | . | . | . | . | . |
| 102 | 1109 | Zeiser, Tobias | Stern | 1960 | 42:41 | . | . | . | . | . | 18 | . | . | . | . | . | . | . |
| 103 | 162 | Haslbauer, Dieter | Berenberg | 1959 | 42:41 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 104 | 325 | Heinzinger, Manfred | Deut.Ring | 1962 | 42:43 | . | . | . | . | . | 19 | . | . | . | . | . | . | . |
| 105 | 1608 | Wenner, Matthias | Beiersdorf | 1965 | 42:45 | . | . | . | . | 29 | . | . | . | . | . | . | . | . |
| 106 | 774 | Schulz, Hans-Joachim | Gaden | 1946 | 42:47 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 107 | 1517 | Hoell, Philipp | HSU HH | 1985 | 42:48 | . | 14 | . | . | . | . | . | . | . | . | . | . | . |
| 108 | 267 | Schulz, Torsten | DESY | 1962 | 42:51 | . | . | . | . | . | 20 | . | . | . | . | . | . | . |
| 109 | 1078 | Knop, Egon | Stern | 1952 | 42:52 | . | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 110 | 446 | Hildebrandt, Helmut | ESW&STN | 1957 | 42:58 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 111 | 1018 | Lorenz, Martin | Rapid | 1965 | 43:06 | . | . | . | . | 30 | . | . | . | . | . | . | . | . |
| 112 | 629 | Plümer, Ralf | HEK | 1971 | 43:09 | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 113 | 765 | Janßen, Uwe | Gaden | 1960 | 43:10 | . | . | . | . | . | 21 | . | . | . | . | . | . | . |
| 114 | 1140 | Kremers, Dieter | Siemens | 1956 | 43:12 | . | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 115 | 1462 | Freitag, Jens | Laufladen | 1963 | 43:15 | . | . | . | . | . | 22 | . | . | . | . | . | . | . |
| 116 | 440 | Drahl, Bernd | ESW&STN | 1955 | 43:17 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 117 | 743 | Winter, Jörg | IBM Klub | 1970 | 43:28 | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 118 | 8 | Beckmann, Walter | Airbus | 1971 | 43:41 | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 119 | 484 | Stooß, Gerald | Feuerwehr | 1960 | 43:45 | . | . | . | . | . | 23 | . | . | . | . | . | . | . |
| 120 | 409 | Löffler, Uwe | ERGOsports | 1941 | 43:52 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 121 | 1508 | Feldmann, Jürgen | TK | 1950 | 43:52 | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 122 | 541 | Kollenkarn, Thies-Uwe | HW | 1955 | 43:56 | . | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 123 | 1130 | Damm, Wolfgang | Siemens | 1946 | 43:56 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 124 | 1158 | Sie Too, Petrus | Siemens | 1958 | 44:02 | . | . | . | . | . | . | 19 | . | . | . | . | . | . |
| 125 | 917 | Hensel, Jullian | PHILIPS | 1985 | 44:03 | . | 15 | . | . | . | . | . | . | . | . | . | . | . |
| 126 | 516 | Wolff, Helmuth | Fa.Blanke. | 1942 | 44:04 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 127 | 550 | Streckwaldt, Kai | HHLA | 1966 | 44:04 | . | . | . | . | 31 | . | . | . | . | . | . | . | . |
| 128 | 345 | Küster, Siegfried | Dresdner-B | 1948 | 44:04 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 129 | 1386 | Kolbe, Jens | Lufthansa | 1960 | 44:08 | . | . | . | . | . | 24 | . | . | . | . | . | . | . |
| 130 | 757 | Ludwig, Dirk | Knossos.de | 1971 | 44:09 | . | . | . | 16 | . | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 131 | 286 | Lang, Hans-Georg | CPAG | 1951 | 44:11 | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
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| 145 | 364 | Mollenhauer, Eric | E.ON Hanse | 1965 | 44:58 | . | . | . | . | 37 | . | . | . | . | . | . | . | . |
| 146 | 808 | Kahlbohm, Olav | Lufthansa | 1968 | 45:02 | . | . | . | . | 38 | . | . | . | . | . | . | . | . |
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| 159 | 1280 | Kutschka, Gregor | D. Telekom | 1970 | 45:46 | . | . | . | 20 | . | . | . | . | . | . | . | . | . |
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| 161 | 1426 | Bloens, Marcus | Volksfürs. | 1969 | 45:53 | . | . | . | . | 41 | . | . | . | . | . | . | . | . |
| 162 | 1323 | Corts, Frank | Volksfürs. | 1962 | 45:54 | . | . | . | . | . | 29 | . | . | . | . | . | . | . |
| 163 | 348 | Niemann, Volker | Dresdner-B | 1959 | 46:01 | . | . | . | . | . | . | 23 | . | . | . | . | . | . |
| 164 | 797 | Bach, Burkhard | Lufthansa | 1956 | 46:04 | . | . | . | . | . | 24 | . | . | . | . | . | . | . |
| 165 | 656 | Schmidhäusler, Daniel | HSU HH | 1976 | 46:08 | . | 16 | . | . | . | . | . | . | . | . | . | . | . |
| 166 | 1411 | Goy, Christian | Siemens | 1964 | 46:09 | . | . | . | . | 30 | . | . | . | . | . | . | . | . |
| 167 | 693 | Haberkost, Jens | HSH-NORDB. | 1964 | 46:09 | . | . | . | . | 31 | . | . | . | . | . | . | . | . |
| 168 | 100 | Scheibner, Andreas | BA-Eimsb. | 1956 | 46:11 | . | . | . | . | . | 25 | . | . | . | . | . | . | . |
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| 170 | 726 | Bohn, Holger | HypoVerein | 1964 | 46:17 | . | . | . | . | 32 | . | . | . | . | . | . | . | . |
| 171 | 724 | Zollbeck, Marco | HSH-NORDB. | 1966 | 46:19 | . | . | . | . | 43 | . | . | . | . | . | . | . | . |
| 172 | 1341 | Wutzke, Volker | Volksfürs. | 1959 | 46:21 | . | . | . | . | . | 26 | . | . | . | . | . | . | . |
| 173 | 685 | Burkhardt, Torsten | HSH-NORDB. | 1956 | 46:22 | . | . | . | . | . | 27 | . | . | . | . | . | . | . |
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| 175 | 45 | Meyer-Johne, Ludolf | Airbus | 1948 | 46:35 | . | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 176 | 1606 | Sternjacob, Christoph | HSU HH | 1984 | 46:38 | . | 17 | . | . | . | . | . | . | . | . | . | . | . |
| 177 | 195 | Steinhagen, Michael | BVI | 1958 | 46:44 | . | . | . | . | . | 28 | . | . | . | . | . | . | . |
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| 181 | 59 | Schaumann, Oliver | Airbus | 1963 | 47:10 | . | . | . | . | . | 33 | . | . | . | . | . | . | . |
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| 184 | 1450 | Shala, Nol | ERGOsports | 1971 | 47:21 | . | . | 22 | . | . | . | . | . | . | . | . | . | . |
| 185 | 1614 | Rohde, Jürgen | Airbus | 1959 | 47:24 | . | . | . | . | . | 30 | . | . | . | . | . | . | . |
| 186 | 940 | Rönnebeck, Jens | PHILIPS | 1960 | 47:31 | . | . | . | . | 34 | . | . | . | . | . | . | . | . |
| 187 | 844 | Gedanke, Frank-York | NDR | 1960 | 47:32 | . | . | . | . | 35 | . | . | . | . | . | . | . | . |
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| 194 | 1066 | Hass, Jochen | Stern | 1966 | 47:44 | . | . | . | 45 | . | . | . | . | . | . | . | . | . |
| 195 | 1402 | Pahl, Nickolai | Stern | 1973 | 47:46 | . | . | 24 | . | . | . | . | . | . | . | . | . | . |
| 196 | 457 | Sluzalek, Ralf | ESW&STN | 1963 | 47:57 | . | . | . | . | 38 | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-----------------------------|------------|------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 197 | 546 | Schmidt, Jörg | HW | 1961 | 47:58 | . | . | . | . | . | 39 | . | . | . | . | . | . | . |
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| 214 | 91 | Bussmann-Kuban, Michael | BA-Eimsb. | 1953 | 49:07 | . | . | . | . | . | . | . | 15 | . | . | . | . | . |
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| 229 | 714 | Schmidt, Reinhard | HSH-NORDB. | 1950 | 50:27 | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 230 | 42 | Konieczny, Gordon | Airbus | 1972 | 50:30 | . | . | 27 | . | . | . | . | . | . | . | . | . | . |
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| 236 | 153 | Rachow, Michael | BeraCom | 1956 | 51:07 | . | . | . | . | . | 37 | . | . | . | . | . | . | . |
| 237 | 131 | Hahn, Carsten | Beiersdorf | 1967 | 51:11 | . | . | . | 52 | . | . | . | . | . | . | . | . | . |
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| 242 | 260 | Ludwig, Kai | DESY | 1960 | 51:23 | . | . | . | . | 47 | . | . | . | . | . | . | . | . |
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| 246 | 1628 | Ehrlich, Jürgen | Saga | 1945 | 51:38 | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
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| 253 | 298 | Heitmann, Jörg | DAK | 1959 | 52:01 | . | . | . | . | . | 39 | . | . | . | . | . | . | . |
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| 255 | 1149 | Oldag, Thomas | Siemens | 1957 | 52:26 | . | . | . | . | . | 41 | . | . | . | . | . | . | . |
| 256 | 445 | Grandt, Wolfgang | ESW&STN | 1954 | 52:32 | . | . | . | . | . | . | 19 | . | . | . | . | . | . |
| 257 | 1038 | Hoppe, Holger | Rot-Gelb | 1971 | 52:40 | . | . | 29 | . | . | . | . | . | . | . | . | . | . |
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| 259 | 1310 | Schulze, Frank | VATTENFALL | 1959 | 52:43 | . | . | . | . | . | 42 | . | . | . | . | . | . | . |
| 260 | 1480 | Ludwig, Jens | Knossos.de | 1973 | 52:44 | . | . | 30 | . | . | . | . | . | . | . | . | . | . |
| 261 | 715 | Schwenck, Jörn | HSH-NORDB. | 1944 | 52:47 | . | . | . | . | . | . | . | . | . | 13 | . | . | . |
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| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|------------|------|---------|----|---|----|-----|-----|-----|-----|-----|-----|-----|----|----|----|
| 263 | 500 | Höpfner, Arne | Fa.Blanke. | 1969 | 53:11 | . | . | . | . | .54 | . | . | . | . | . | . | . | . |
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| 265 | 813 | Nowack, Frank | Lufthansa | 1959 | 53:20 | . | . | . | . | . | . | .44 | . | . | . | . | . | . |
| 266 | 1157 | Seier, Heinz | Siemens | 1947 | 53:30 | . | . | . | . | . | . | . | . | .11 | . | . | . | . |
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| 269 | 994 | Adolf, Hans-Willy | Raffay | 1936 | 53:59 | . | . | . | . | . | . | . | . | . | . | . | .3 | . |
| 270 | 443 | Gläser, Heinz | ESW&STN | 1945 | 54:00 | . | . | . | . | . | . | . | . | .12 | . | . | . | . |
| 271 | 1328 | Hagedorn, Michael | Volksfürs. | 1956 | 54:03 | . | . | . | . | . | . | .46 | . | . | . | . | . | . |
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| 274 | 1675 | Rauch, Thomas | Dresdner-B | 1956 | 54:42 | . | . | . | . | . | . | .47 | . | . | . | . | . | . |
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| 276 | 837 | Beckmann, Jörg | NDR | 1934 | 54:55 | . | . | . | . | . | . | . | . | . | . | . | . | .1 |
| 277 | 825 | Uhl, Manfred | Lufthansa | 1939 | 55:07 | . | . | . | . | . | . | . | . | . | . | . | .5 | . |
| 278 | 734 | Dreyer, Klaus | IBM Klub | 1937 | 55:13 | . | . | . | . | . | . | . | . | . | . | . | .6 | . |
| 279 | 207 | Schrader, Rudi | BP-Oil | 1949 | 55:16 | . | . | . | . | . | . | . | . | .13 | . | . | . | . |
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| 281 | 206 | Schneider, Peter | BP-Oil | 1951 | 55:34 | . | . | . | . | . | . | . | .22 | . | . | . | . | . |
| 282 | 1596 | Robers, Josef | TÜV-Nord | 1943 | 56:32 | . | . | . | . | . | . | . | . | . | .14 | . | . | . |
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| 284 | 97 | Knobloch, Holger | BA-Eimsb. | 1955 | 56:48 | . | . | . | . | . | .48 | . | . | . | . | . | . | . |
| 285 | 923 | Kerth, Ernst | PHILIPS | 1950 | 56:51 | . | . | . | . | . | . | .23 | . | . | . | . | . | . |
| 286 | 1098 | Todzy, Jens | Stern | 1959 | 57:26 | . | . | . | . | . | .49 | . | . | . | . | . | . | . |
| 287 | 1064 | Esselmann, Frank | Stern | 1960 | 57:30 | . | . | . | . | .51 | . | . | . | . | . | . | . | . |
| 288 | 729 | Neitzel, Hans Georg | HypoVerein | 1949 | 58:00 | . | . | . | . | . | . | . | . | .14 | . | . | . | . |
| 289 | 596 | Körber, Klaus | Haspa | 1950 | 58:05 | . | . | . | . | . | . | .24 | . | . | . | . | . | . |
| 290 | 444 | Glienke, Hartmut | ESW&STN | 1948 | 58:36 | . | . | . | . | . | . | . | .15 | . | . | . | . | . |
| 291 | 579 | Becker, Wolfgang | Haspa | 1951 | 58:45 | . | . | . | . | . | . | .25 | . | . | . | . | . | . |
| 292 | 192 | Schindler, Matthias | BVI | 1952 | 59:27 | . | . | . | . | . | . | .26 | . | . | . | . | . | . |
| 293 | 332 | Sothmann, Hans-Joachim | Deut.Ring | 1938 | 1:00:39 | . | . | . | . | . | . | . | . | . | . | .7 | . | . |
| 294 | 1202 | Kamlage, Jens | Sig. Iduna | 1943 | 1:00:43 | . | . | . | . | . | . | . | .15 | . | . | . | . | . |
| 295 | 4 | Bäse, Wolfgang | Airbus | 1954 | 1:00:53 | . | . | . | . | . | .27 | . | . | . | . | . | . | . |
| 296 | 662 | Kumst, Anja | HOFI HH | 1969 | 1:00:58 | . | . | . | .56 | . | . | . | . | . | . | . | . | . |
| 297 | 99 | Leisner, Siegfried | BA-Eimsb. | 1944 | 1:01:43 | . | . | . | . | . | . | . | .16 | . | . | . | . | . |
| 298 | 627 | Lühmann, Frank | HEK | 1953 | 1:02:14 | . | . | . | . | . | .28 | . | . | . | . | . | . | . |

Ergebnisse der Damenmannschaften auf der Kurzstrecke (3300 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | ERGOsports | 1 | Suckstorff, Anja; Ewers, Dorit; Lupke, Anne | 21 |
| 2 | PHILIPS | 1 | Yücel, Sema; Mansfeld-Stiegert, Ulrike; Krause, Svenja | 40 |
| 3 | Rot-Gelb | 1 | Becker, Barbara; Röper, Christiana; Oestreich, Daniela | 51 |
| 4 | Stern | 1 | Klindworth, Alica; Weber, Jamie; Klindworth, Gunda | 60 |
| 5 | ERGOsports | 2 | Schmidt, Hilke; Stahlbock, Astrid; Sievers, Susanne | 61 |
| 6 | Raffay | 1 | Leifels, Gabi; Flock, Elke; Weirich, Ursula | 92 |
| 7 | Zoll | 1 | Engelmann, Heike; Boerner, Anja; Schiemann, Sabine | 92 |
| 8 | NDR | 1 | Grotherr, Marion; Kersten, Ines; Biel, Sabine | 107 |
| 9 | Sig. Iduna | 1 | Kamlage, Frauke; Teke, Susanne; Dally, Renate | 130 |
| 10 | PHILIPS | 2 | Sommer, Madlen; Jeschke, Annegret; Steinbrunn, Katja | 138 |

Ergebnisse der Damenmannschaften auf der Mittelstrecke (6400 Meter)

| | | | | |
|---|------------|---|--|-----|
| 1 | Airbus | 1 | Bley, Marie-Louise; Drews, Margarida; König, Irmtraut | 26 |
| 2 | PHILIPS | 1 | Yücel, Sema; Mansfeld-Stiegert, Ulrike; Krause, Svenja | 34 |
| 3 | ERGOsports | 1 | Suckstorff, Anja; Lupke, Anne; Schmidt, Hilke | 41 |
| 4 | Siemens | 1 | Blan, Tania; Lange-Paulick, Sabine; Schütt, Anja | 102 |
| 5 | ERGOsports | 2 | Sievers, Susanne; Subat, Babette; Dzukowski, Anke | 105 |
| 6 | Airbus | 2 | Struck, Ulrike; Genzel, Katrin; Waller, Renate | 137 |
| 7 | Hochbahn | 1 | Kaussler, Claudia; Händler, Angela; Westphal, Brigitte | 140 |

Ergebnisse der Damenmannschaften auf der Langstrecke (9400 Meter)

| | | | | |
|---|------------|---|---|-----|
| 1 | Laufwerk | 1 | Trukenmüller, Rebekka; Krispin, Marion; Slomski, Birgit | 9 |
| 2 | Laufladen | 1 | Krumbholz, Gertje; Steffen, Ann-Kristin; Rebmann, Sybil | 41 |
| 3 | Airbus | 1 | Belau, Monika; Wegener, Susanne; Eschenburg, Stefanie | 79 |
| 4 | ESW&STN | 1 | Westerfeld, Sabine; van der Pluijm, Michaela; Krüger, Karin | 81 |
| 5 | Volksfürs. | 1 | Schümann-Bloens, Heimke; Ahrens, Sabine; Wenrich, Anja | 87 |
| 6 | Siemens | 1 | Sielmann, Antje; Hahn, Marion; Damm, Ursel | 102 |

Ergebnisse der Herrenmannschaften auf der Kurzstrecke (3300 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | NDR | 1 | Schröder, Birger; Beckmann, Thorsten; Lüders-Bahlmann, Uwe | 18 |
| 2 | PHILIPS | 1 | Cuny, Emmanuel; Lieske, Christoph; Bozyakali, Can | 33 |
| 3 | VATTENFALL | 1 | Hose, Hubert; Gessert, Felix; Gabius, Rainer | 45 |
| 4 | Gaden | 1 | Wichmann, Oliver; Janßen, Hendrik; Brandt, Andreas | 56 |
| 5 | PHILIPS | 2 | Borchers, Mario; Lump, Michael; Rittmeister, Lutz | 72 |
| 6 | Feuerwehr | 1 | Popovic, Dragan; Heemcke, Alexander; Oppermann, Fred | 74 |
| 7 | Stern | 1 | Lohmann, Rolf-Michael; Vanselow, Niklas; Neudörffer, Robin | 107 |
| 8 | ESW&STN | 1 | Westerfeld, Philipp; Kühl, Bernd; Wien, Wolfgang | 118 |
| 9 | ERGOsports | 1 | Rühter, Pascal; Marquardt, Volker; Krause, Reinhard | 119 |
| 10 | PHILIPS | 3 | Timm, Thomas; Lund, Peter J.; Meier, Manfred | 126 |
| 11 | VATTENFALL | 2 | Gessert, Nils; Klinke, Michael; Gessert, Frank | 127 |
| 12 | Zoll | 1 | Boerner, Andreas; Pape, Thomas; Semke, Jürgen | 131 |
| 13 | NDR | 2 | Konrad, Thomas; Kohlmann, Carsten; Kellermann, Peter | 144 |
| 14 | Polizei HH | 1 | Kröning, Wolfgang; Abler, Frederik; Horlamus, Klaus | 152 |
| 15 | HSH-NORDB. | 1 | Peters, Detlef; Zollbeck, Marco; Bornemann, Matthias | 161 |
| 16 | ERGOsports | 2 | Meinke, Frank; Winter, Rainer; Rinck, Christian | 195 |
| 17 | Stern | 2 | Klindworth, Jürgen; Stangenberg, Marco; Vanselow, Oliver | 200 |
| 18 | PHILIPS | 4 | Hahn, Ronald; Niemann, Reiner; Sommer, Christian | 205 |
| 19 | Fa.Blanke. | 1 | Trost, Arne; Papendorf, Knut; Winkel, Horst | 234 |
| 20 | Raffay | 1 | Braun, Friedrich; Ihde, Bernd; Hänjes, Hans-Martin | 237 |
| 21 | HEK | 1 | Zampich, Oliver; Reimer, Peter; Zeman, Leopold | 241 |
| 22 | Stern | 3 | Vieregge, Jens; Zebel, Rene; Hass, Jochen | 250 |
| 23 | VATTENFALL | 3 | Lutosch, Dietmar; Wolter, Friedrich; Groth, Peter | 282 |
| 24 | Airbus | 1 | Möller, Thomas; Schreiber, Siegfried; Nigmann, Michael | 299 |
| 25 | Sig. Iduna | 1 | Ebbesmeyer, Lars; Herrmann, Peter; Kamlage, Jens | 299 |
| 26 | ERGOsports | 3 | Rühter, Bernd; Hellwegen, Walter; Oellrich, Günter | 302 |
| 27 | Stern | 4 | Klein, Uwe; Müller, Jürgen; Scheibe, Paul | 308 |

Ergebnisse der Herrenmannschaften auf der Mittelstrecke (6400 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | Polizei HH | 1 | Abler, Frederik; Dankers, Heinz; Laude, Niels | 25 |
| 2 | PHILIPS | 1 | Cuny, Emmanuel; Haacker, Kai; Jeschke, Heinz | 40 |
| 3 | Zoll | 1 | Wagner, Ingo; Boerner, Andreas; Pape, Thomas | 62 |
| 4 | Tchibo | 1 | Seliger, Niels-Michael; Müller, Reinhard; Gliewe, Volker | 84 |
| 5 | Airbus | 1 | Trümper, Michael; Jacobsen, Matthias; Bartels, Ronald | 100 |
| 6 | Siemens | 1 | Blan, Andreas; Langfeld, Martin; Hahn, Sebastian | 106 |
| 7 | AXA-Hbg | 1 | Zühlke, Jürgen; Hendricks, Torben; Schweder, Klaus | 107 |
| 8 | Fa.Blanke. | 1 | Carl, Christian; Schramm, Torsten; Hauck, Michael | 107 |
| 9 | PHILIPS | 2 | Timm, Thomas; Rittmeister, Lutz; Schrader, Torben | 108 |
| 10 | NDR | 1 | Lüders-Bahlmann, Uwe; Schönrock, Günter; Kohlmann, Carsten | 117 |
| 11 | Beiersdorf | 1 | Rütze, Martin; Lüders, Christopher; Behrens, Jürgen | 120 |
| 12 | Feuerwehr | 1 | Heemcke, Alexander; Gust, Harald; Mattern, Horst | 165 |
| 13 | Hochbahn | 1 | Ziethen, Karl-Heinz; Westphal, Wolfgang; Burghard, Werner | 172 |
| 14 | Rot-Gelb | 1 | Norte da Silva, Adao; Hoppe, Holger; Oertel, Sven | 175 |
| 15 | Airbus | 2 | Holst, Friedrich; Hoffmeister, Marc; Menzel, Siegfried | 193 |
| 16 | Siemens | 2 | Baumann, Jörg; Bentien, Ronald; Sietz, Andreas | 199 |
| 17 | BA-Nord | 1 | Bahr, Gebhard; zum Brook, Reinhold; Welling, Felix | 199 |
| 18 | Polizei HH | 2 | Faix, Stefan; Priebe, Markus; Baier, Tino | 212 |
| 19 | Stern | 1 | Duda, Rudolf; Danker, Hans-Jürgen; Guder, Jens | 218 |
| 20 | BBK | 1 | Levezow, Thomas; Janel, Werner; Kafke, Norbert | 247 |
| 21 | PHILIPS | 3 | Hahn, Ronald; Lund, Peter J.; Jeschke, Sebastian | 249 |
| 22 | EDEKA | 1 | Rohlf, Dirk; Schulze, Stephan; Houlman-Scheiba, Herbert | 250 |
| 23 | OrthoNord | 1 | Schmidt, Axel; Meyer, Klaus; Mohwinkel, Jörg | 253 |
| 24 | ERGOsports | 1 | Kozieras, Norbert; Meinke, Frank; Hübener, Matthias | 271 |
| 25 | Allianz | 1 | Pfaffe, Andreas; Kleinert, Herbert; Dietrich, Günter | 296 |
| 26 | HSH-NORDB. | 1 | Zollbeck, Marco; Konitzer, Martin; Bornemann, Matthias | 303 |
| 27 | Airbus | 3 | Michels, Rolf; Riebling, Stephan; Möller, Thomas | 310 |
| 28 | BACARDI | 1 | Krastev, Ulli; Henke, Peter; Ruthe, Fabian | 317 |
| 29 | Beiersdorf | 2 | Röming, Wilfried; Lüders, Gerhard; Petersson, Jörg | 322 |
| 30 | Stern | 2 | Müller, Hans-Werner; Zebel, Rene; Heisinger, Hartmut | 324 |
| 31 | Sig. Iduna | 1 | Frischer, Horst; Prüsmann, Jürgen; Schlegel, Karl-Heinz | 337 |
| 32 | IBM Klub | 1 | Kusch, Günter; Roders, Wolfgang; Völling, Jens | 354 |
| 33 | Siemens | 3 | Diedrich, Ralph; Hahn, Uwe; Dierking, Peter | 374 |
| 34 | Haspa | 1 | Tidow, Heinz; Knoefel, Gerhard; Schmidt, Andre | 379 |
| 35 | Airbus | 4 | Störk, Heiko; Nigmann, Michael; Neumann, Bernhard | 423 |
| 36 | Stern | 3 | Köhlitz, Uwe; Müller, Jürgen; Hass, Jochen | 439 |
| 37 | Sig. Iduna | 2 | Ebbesmeyer, Lars; Herrmann, Peter; Kamlage, Jens | 451 |

Ergebnisse der Herrenmannschaften auf der Langstrecke (9400 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | HSU HH | 1 | Glück, Christian; Rogler, Konrad; Johannsen, Hauke | 32 |
| 2 | A.Springer | 1 | Totzke, Lars; Langer, Mathias; Martin, Dieter | 32 |
| 3 | Laufwerk | 1 | Schütze, Matthias; Behn, Nils; Taillandier, Patrick | 67 |
| 4 | Laufladen | 1 | Gauger, Jens; Lubeseder, Andre; Henjes, Carsten | 88 |
| 5 | Airbus | 1 | Stübs, Andre; Hoffmeister, Marc; Reifschläger, Norbert | 95 |
| 6 | Siemens | 1 | Härle, Ralf; Peschel Sielmann, Manfred; Tokarek, Thomas | 107 |
| 7 | NDR | 1 | Rohlfing, Jörg; Ebel, Thomas; Kohlmann, Carsten | 110 |
| 8 | Fa.Blanke. | 1 | Sturm, Volker; Carl, Christian; Tavarnay, Christian | 116 |
| 9 | Feuerwehr | 1 | Heemcke, Alexander; Oertel, Thomas; Vollmann, Tim | 121 |
| 10 | DESY | 1 | Jaekel, Carsten; Jaekel, Christoph; Schulz, Torsten | 146 |
| 11 | HSU HH | 2 | Duits, Wilhelm; Lohe, Sebastian; Doutre, Pierre | 155 |
| 12 | OTTO | 1 | Becker, Jens-Gerrit; Spliethoff, Hans Georg; Broscheit, Jörn | 156 |
| 13 | PHILIPS | 1 | Rittmeister, Lutz; Timm, Thomas; Baß, Michael | 173 |
| 14 | Laufwerk | 2 | Hartwig, Wolfgang; Papenberg, Matthias; Riedel, Stephan | 175 |
| 15 | Deut.Bank | 1 | Herrmann, Michael; Ziems, Alexander; Keim, Olaf | 181 |
| 16 | HEK | 1 | Wenck, Thomas; Herrmann, Thomas; Plümer, Ralf | 186 |
| 17 | HSH-NORDB. | 1 | Laake, Christian; Fennert, Michael; Zinecker, Stefan | 198 |
| 18 | Gaden | 1 | Schottenhaml, Andreas; Brandt, Andreas; Schulz, Hans-Joachim | 219 |
| 19 | Stern | 1 | Klindworth, Jürgen; Milewski, Marek; Stangenberg, Andreas | 225 |
| 20 | A.Springer | 2 | Ruckelshausen, Olaf; von Woedtke, Christoph; Unger, Olaf | 241 |
| 21 | Siemens | 2 | Brumm, Norbert; Kremers, Philipp; Berka, Thomas | 263 |
| 22 | HSU HH | 3 | Reuss, Marcel; Cramer, Thomas; Hoell, Philipp | 265 |
| 23 | Airbus | 2 | König, Dietmar; Ehlers, Norbert; Beckmann, Walter | 269 |
| 24 | PHILIPS | 2 | Hahn, Ronald; Weinrich, Konrad; Kurze, Christoph | 271 |
| 25 | Volksfürs. | 1 | Feldhusen, Dr. Johannes; Wenrich, Alexander; Ahrens, Reiner | 272 |
| 26 | Holsten | 1 | Lindner, Patric; Köpke, Manfred; Liermann, Patrick | 285 |
| 27 | Lufthansa | 1 | Bach, Rene; Kolbe, Jens; Kahlbohm, Olav | 290 |
| 28 | ESW&STN | 1 | Sauerberg, Achim; Hildebrandt, Helmut; Drahl, Bernd | 312 |
| 29 | HypoVerein | 1 | Lohmann, Carsten; Beckmann, Gerd; Bohn, Holger | 313 |
| 30 | Still | 1 | Witthöft, Holger; Ollik, Sven; Erdmann, Holger | 328 |
| 31 | Germ.Lloyd | 1 | Backhausen, Dirk; Bajric, Mersudin; Raschle, Hanspeter | 334 |
| 32 | Siemens | 3 | Naundorf, Jens; Kremers, Dieter; Damm, Wolfgang | 338 |
| 33 | HH-Hochsch | 1 | Hämmerling, Oliver; Knaack, Tobias; Kiehl, Thorsten | 345 |
| 34 | HW | 1 | Tapken, Henning; Kollenkarn, Thies-Uwe; Schmidt, Jörg | 345 |
| 35 | BA-Eimsb. | 1 | Gehle, Friedhelm; Gollnast, Ronald; Kögler, Gebhard | 353 |
| 36 | Beiersdorf | 1 | Rütze, Martin; Wenner, Matthias; Hahn, Carsten | 356 |
| 37 | Berenberg | 1 | Dannenber, Lars; Haslbauer, Dieter; Hurtig, Lars | 358 |
| 38 | Dresdner-B | 1 | Schwandt, Markus; Küster, Siegfried; Niemann, Volker | 365 |
| 39 | Stern | 2 | Zeiser, Tobias; Knop, Egon; da Silva, Fernando | 366 |
| 40 | ERGOsports | 1 | Kozieras, Norbert; Löffler, Uwe; Melde, Christian | 394 |
| 41 | BVI | 1 | Zollenkopf, Michael; Spardel, Holger; Steinhagen, Michael | 425 |
| 42 | Siemens | 4 | Sie Too, Petrus; Sietz, Andreas; Goy, Christian | 426 |
| 43 | DAK | 1 | Ansen, Hans-Jürgen; Gruber, Markus; Heitmann, Jörg | 428 |
| 44 | IBM Klub | 1 | Benz, Markus; Winter, Jörg; Spies, Michael | 437 |
| 45 | Haspa | 1 | Wilde, Klaus; Hamann, Christian; Körber, Klaus | 469 |
| 46 | Raffay | 1 | Hornung, Jürgen; Haubrich, Gerhard; Hänjes, Hans-Martin | 486 |
| 47 | Volksfürs. | 2 | Bloens, Marcus; Corts, Frank; Wutzke, Volker | 495 |
| 48 | TÜV-Nord | 1 | Polster, Malte; Kathenbach, Martin; Robers, Josef | 502 |
| 49 | Polizei HH | 1 | Schenk, Lutz; Spijker, Andreas; Leitz, Hagen | 504 |
| 50 | HSH-NORDB. | 2 | Haberkost, Jens; Zollbeck, Marco; Burkhardt, Torsten | 511 |
| 51 | TK | 1 | Feldmann, Jürgen; Dick, Joachim; Leichtweiß, Heino | 519 |
| 52 | Fa.Blanke. | 2 | Wolff, Helmuth; Hinners, Udo; Sommer, Heinz | 532 |
| 53 | Airbus | 3 | Meyer-Johne, Ludolf; Schaumann, Oliver; Rohde, Jürgen | 541 |
| 54 | Allianz | 1 | Pfaffe, Andreas; Linow, Ulrich; Bernhard, Jochen | 565 |
| 55 | Deut.Ring | 1 | Heinzinger, Manfred; Sothmann, Thomas; Ahrens, Claus-Werner | 571 |
| 56 | Still | 2 | Schäfer, Uwe; Vollmer, Stefan; Dobrowolski, Claus | 580 |
| 57 | PHILIPS | 3 | Hensel, Jullian; Rönnebeck, Jens; Lohmann, Heiner | 583 |
| 58 | HSU HH | 4 | Schmidhäusler, Daniel; Sternjacob, Christoph; Wagner, Ralf | 584 |
| 59 | VATTENFALL | 1 | Schumann, Thomas; Späth, Eberhard; Schulze, Frank | 595 |
| 60 | Knossos.de | 1 | Ludwig, Dirk; de-Brun, Dirk; Dose, Jörg | 597 |
| 61 | HapagLloyd | 1 | Schröder, Martin; Schubert, Ralph; Klindtberg, Benno | 597 |
| 62 | BBK | 1 | Heinrich, Bernhard; Kafke, Norbert; Stein, Thomas | 598 |
| 63 | NDR | 2 | Thimm, Erich; Gedanke, Frank-York; Beckmann, Jörg | 603 |
| 64 | Airbus | 4 | Nalivkin, Alexander; Wiepking, Heiko; Konieczny, Gordon | 630 |
| 65 | Siemens | 5 | von Mallinckrodt, Klaus; van Marwick, Andreas; Oldag, Thomas | 630 |

| | | | | |
|----|------------|---|---|-----|
| 66 | ERGOsports | 2 | Shala, Nol; Meinke, Frank; Rühter, Bernd | 633 |
| 67 | ESW&STN | 2 | Sluzalek, Ralf; Döring, Michael; Grandt, Wolfgang | 650 |
| 68 | Sig. Iduna | 1 | Putzke, Matthias; Herrmann, Peter; Hanke, Dieter | 653 |
| 69 | HSH-NORDB. | 3 | Hagemann, Uwe; Diezel, Günther; Schmidt, Reinhard | 663 |
| 70 | BA-Eimsb. | 2 | Scheibner, Andreas; Bussmann-Kuban, Michael; Knobloch, Holger | 666 |
| 71 | Stern | 3 | Hass, Jochen; Pahl, Nikolai; Todzy, Jens | 675 |
| 72 | Lufthansa | 2 | Bach, Burkhard; Holzkamp-Heise, Karl-Heinz; Runke, Uwe | 676 |
| 73 | HEK | 2 | Lemkau, Niels; Brandt, Peter; Lühmann, Frank | 725 |
| 74 | Airbus | 5 | Oestmann, Jan; Janik, Hans-Joachim; Bäse, Wolfgang | 807 |