

46. Philips-Waldlauf

02.04.2011 - Niendorfer Gehege

Ergebnisse der Damen auf der Kurzstrecke (4400 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | 3 | 1 | 8 | 7 | 14 | 6 | 5 | 7 | 3 | 2 | 1 | 0 | 0 | 0 |
|-------|------|---------------------------|------------|------|-------|----|------------------|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | | | | | | | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | |
| 1 | 904 | Yücel, Sema | PHILIPS | 1970 | 18:18 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 669 | Recht, Janette | HSH-NORDB. | 1981 | 18:53 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 653 | Engelbrecht, Martina | HSH-NORDB. | 1964 | 19:46 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 4 | 912 | Drückler, Franziska | Polizei HH | 1980 | 19:49 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 788 | Schulz, Nina | Lufthansa | 1973 | 21:05 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 182 | Oetgen, Iwona | DAK | 1967 | 21:15 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 7 | 1061 | Dogan, Canan | Zoll | 1973 | 21:20 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 8 | 1488 | Dittmer, Corinna | Fa.Blanke. | 1968 | 21:22 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 9 | 1345 | Tilch, Hanna | HPA | 1999 | 21:23 | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 10 | 1519 | Leifels, Gabi | Siemens | 1966 | 21:39 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 11 | 389 | Ewers, Dorit | ERGOsports | 1961 | 21:46 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 12 | 1395 | Fischer, Christiane | PHILIPS | 1981 | 21:57 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 539 | Wohlers, Regina | HH-Hochsch | 1959 | 22:10 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 14 | 1062 | Engelmann, Heike | Zoll | 1971 | 22:43 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 15 | 761 | Behrends, Helene | Lufthansa | 1954 | 24:00 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 16 | 929 | Priebe, Mareike | Polizei HH | 1996 | 24:08 | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 1318 | Schroten, Denise | ELBE-Sport | 1977 | 24:16 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 376 | Schroten, Melanie-Maren | ELBE-Sport | 1970 | 24:16 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 19 | 411 | Neitzel, Tanja | ERGOsports | 1978 | 24:38 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 416 | Sievers, Susanne | ERGOsports | 1967 | 24:39 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 21 | 1070 | Schiemann, Sabine | Zoll | 1952 | 24:53 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 22 | 1436 | Stiller, Christel | Tchibo | 1944 | 25:21 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 23 | 1467 | Töpfer, Maria | AXA-Hbg | 1968 | 25:27 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 24 | 1162 | Kamlage, Frauke | Sig. Iduna | 1956 | 25:29 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 25 | 386 | Clausen, Sylvia | ERGOsports | 1940 | 25:41 | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 26 | 1155 | Hahn, Miriam | Sig. Iduna | 1980 | 25:46 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 27 | 1634 | Pohl, Katja | DG-HYP | 1969 | 26:15 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 27 | 1609 | Tschirch, Martina | Laufwerk | 1970 | 26:15 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 29 | 1273 | Müller, Ursel | PHILIPS | 1947 | 26:28 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 30 | 272 | Härtel, Brigitte | Commerz-B. | 1954 | 26:38 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 31 | 887 | Mansfeld-Stiegert, Ulrike | PHILIPS | 1967 | 26:40 | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 32 | 436 | Reckewerth, Regina | Feuerwehr | 1981 | 26:41 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 33 | 1317 | Kahlbohm, Ulrike | ELBE-Sport | 1969 | 26:46 | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 34 | 574 | Boettcher, Dagmar | Haspa | 1962 | 27:05 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 35 | 1311 | Bartels, Petra | Deut.Bank | 1953 | 27:17 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 36 | 127 | van Wijk, Beate | BACARDI | 1960 | 27:44 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 37 | 1408 | Hinfner, Bianca | Rot-Gelb | 1967 | 27:48 | . | . | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 38 | 983 | Oestreich, Daniela | Rot-Gelb | 1976 | 27:54 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 1726 | Hahn, Katharina | PHILIPS | 1976 | 27:55 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 40 | 1596 | Ralfs, Andrea | Biester | 1966 | 28:04 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| | 1725 | Bauer, Monika | Rapid | 1962 | 28:13 | 1. | Außer Konkurrenz | | | | | | | | | | | | | |
| 41 | 410 | Müller, Ilona | ERGOsports | 1976 | 28:14 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 42 | 1130 | Weißkirchen, Irmgard | Siemens | 1956 | 28:39 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 43 | 1450 | Schilling, Christiane | Polizei HH | 1974 | 28:41 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 408 | Messow, Katrin | ERGOsports | 1978 | 28:50 | . | . | 8 | . | . | . | . | . | . | . | . | . | . | . | . |
| 45 | 1435 | Maaß, Anna-Katharina | Tchibo | 1997 | 28:53 | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 46 | 1197 | Randjbarzadeh, Daniela | Tchibo | 1973 | 29:00 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 47 | 1199 | Seeling-Maaß, Meike | Tchibo | 1965 | 29:02 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 48 | 243 | Jaekel, Hannelore | DESY | 1948 | 29:13 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 49 | 483 | Lemke, Christa | Generali | 1950 | 30:40 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 50 | 807 | Biel, Sabine | NDR | 1961 | 30:43 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 51 | 246 | Loppenthien, Stella | DESY | 1988 | 31:40 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 52 | 1396 | Jeschke, Annegret | PHILIPS | 1955 | 31:42 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 53 | 1149 | Dally, Renate | Sig. Iduna | 1945 | 33:24 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 54 | 260 | Pfeiffer, Claudia | BBK | 1970 | 34:31 | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . | . |
| 55 | 1322 | Berthold, Anne-Kathrin | ERGOsports | 1967 | 36:28 | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . | . |
| 56 | 1324 | Hinckeldeyn, Sabine | ERGOsports | 1960 | 36:30 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |

Ergebnisse der Damen auf der Mittelstrecke (6900 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 0 | 2 | 7 | 7 | 8 | 7 | 6 | 6 | 2 | 1 | 0 | 0 | 0 | 0 |
|-------|------|------------------------|------------|------|-------|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 912 | Drückler, Franziska | Polizei HH | 1980 | 31:16 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 669 | Recht, Janette | HSH-NORDB. | 1981 | 31:47 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 931 | Rietzke, Marion | Polizei HH | 1975 | 32:07 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 836 | Tobies, Dorathe | NDR | 1960 | 32:43 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 5 | 1403 | von Schwerin, Caroline | Polizei HH | 1980 | 33:04 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 1723 | Hittmeyer, Natalie | Polizei HH | 1982 | 33:15 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 7 | 33 | König, Irmtraut | Airbus | 1953 | 33:23 | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 8 | 379 | Westerfeld, Sabine | ELBE-Sport | 1966 | 34:37 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 9 | 653 | Engelbrecht, Martina | HSH-NORDB. | 1964 | 34:46 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 10 | 13 | Drews, Margarida | Airbus | 1960 | 34:52 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 11 | 1202 | Tesch, Katharina | Tchibo | 1958 | 35:01 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 12 | 1519 | Leifels, Gabi | Siemens | 1966 | 35:02 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 13 | 509 | Freitag, Caroline | HPA | 1976 | 35:03 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 1201 | Spielvogel, Jutta | Tchibo | 1951 | 35:49 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 15 | 788 | Schulz, Nina | Lufthansa | 1973 | 35:50 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 16 | 1197 | Randjbarzadeh, Daniela | Tchibo | 1973 | 35:58 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 1301 | Hoffmann, Kristina | OrthoNord | 1977 | 36:25 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 441 | Stooß, Beate | Feuerwehr | 1965 | 36:28 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 19 | 983 | Oestreich, Daniela | Rot-Gelb | 1976 | 36:31 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 1594 | Drobe, Susan | Biester | 1979 | 37:16 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 21 | 1408 | Hinfner, Bianca | Rot-Gelb | 1967 | 37:23 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 22 | 1222 | Jimenez Lopez, Isabel | TÜV-Nord | 1965 | 37:50 | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 23 | 1219 | Glismann, Angela | TÜV-Nord | 1957 | 38:04 | . | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 24 | 1303 | Walsh, Shelley | DESY | 1953 | 38:10 | . | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 25 | 487 | Theißen, Sabine | Generali | 1966 | 39:07 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 26 | 761 | Behrends, Helene | Lufthansa | 1954 | 39:12 | . | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 27 | 411 | Neitzel, Tanja | ERGOsports | 1978 | 39:34 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 28 | 199 | Bittkowski, Ingrid | A.Springer | 1955 | 40:51 | . | . | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 29 | 1162 | Kamlage, Frauke | Sig. Iduna | 1956 | 41:16 | . | . | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 30 | 1051 | Wendt, Mareike | Stern | 1969 | 41:27 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 31 | 647 | Bornemann, Viola | HSH-NORDB. | 1969 | 42:32 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 32 | 1492 | Lohstroh, Ellen | HPA | 1957 | 42:42 | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 33 | 1634 | Pohl, Katja | DG-HYP | 1969 | 42:47 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 34 | 525 | Händler, Angela | Hochbahn | 1968 | 43:15 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 35 | 140 | Lüders, Susanne | Beiersdorf | 1959 | 43:26 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 36 | 416 | Sievers, Susanne | ERGOsports | 1967 | 43:32 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 37 | 410 | Müller, Ilona | ERGOsports | 1976 | 43:38 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 1155 | Hahn, Miriam | Sig. Iduna | 1980 | 43:48 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 1342 | Schitnik, Claudia | HPA | 1969 | 43:59 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 40 | 1060 | Boerner, Anja | Zoll | 1972 | 44:16 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 41 | 1615 | Bildner, Nikol | Zoll | 1971 | 44:26 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 42 | 1273 | Müller, Ursel | PHILIPS | 1947 | 44:28 | . | . | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 43 | 1620 | Rasmussen, Ingrid | TÜV-Nord | 1952 | 44:50 | . | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 44 | 81 | Waller, Renate | Airbus | 1942 | 46:39 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 45 | 1164 | Kirchner, Viviane | Sig. Iduna | 1964 | 47:26 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 46 | 1302 | Schulz, Mandy-Chantal | OrthoNord | 1988 | 51:02 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |

Ergebnisse der Damen auf der Langstrecke (11900 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | |
|-------|------|-------------------------|------------|------|---------|----|---|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 1 | 556 | Krumbholz, Gertje | Laufladen | 1980 | 48:23 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 755 | Trukenmüller, Rebekka | Trionik | 1982 | 49:33 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 1035 | Neudörffer, Cordula | Stern | 1971 | 52:21 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 4 | 287 | Hennecke, Anke | Deut.Bank | 1976 | 54:08 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 743 | Kunst, Sabine | Laufwerk | 1970 | 55:49 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 6 | 1375 | Krispin, Marion | Laufwerk | 1973 | 56:22 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 7 | 1572 | Roggenthien, Sabine | JustizHH | 1976 | 59:15 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 8 | 653 | Engelbrecht, Martina | HSH-NORDB. | 1964 | 1:00:03 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 9 | 1509 | Ladwig, Sylvia | Lufthansa | 1977 | 1:00:36 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 10 | 861 | Weigert, Elizabeth | OTTO | 1970 | 1:01:06 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 11 | 1002 | da Silva, Georgeta | Stern | 1964 | 1:01:35 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 12 | 858 | Timm, Martina | OTTO | 1970 | 1:02:18 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 13 | 1500 | Klug, Rita | Haspa | 1954 | 1:03:15 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 14 | 896 | Schmid, Melanie | PHILIPS | 1984 | 1:03:49 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 630 | Beyer, Stephanie | HSU HH | 1979 | 1:04:16 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 16 | 237 | Eis, Marianne | DESY | 1964 | 1:04:24 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 17 | 767 | Fischwasser, Anke | Lufthansa | 1979 | 1:05:02 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 304 | Neumann, Ricarda | Deut.Ring | 1969 | 1:05:19 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 19 | 1114 | Möller, Tanja | Siemens | 1973 | 1:05:45 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 983 | Oestreich, Daniela | Rot-Gelb | 1976 | 1:06:09 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 21 | 1519 | Leifels, Gabi | Siemens | 1966 | 1:06:17 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 22 | 844 | Bornmann, Kerstin | OTTO | 1967 | 1:06:28 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 23 | 1451 | Grünwald-Knapp, Barbara | Laufladen | 1954 | 1:06:42 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 24 | 1209 | Hübert, Susann | TK | 1966 | 1:06:43 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 25 | 303 | Kraemer, Birgit | Deut.Ring | 1964 | 1:08:10 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 26 | 1106 | Lange-Paulick, Sabine | Siemens | 1961 | 1:09:01 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 27 | 600 | Suckow, Maria | Haspa | 1968 | 1:09:47 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 28 | 187 | Timm, Doris | BVI | 1951 | 1:09:52 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 29 | 1618 | Zapf, Julia | Siemens | 1985 | 1:10:03 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 30 | 1099 | Hahn, Marion | Siemens | 1954 | 1:10:11 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 30 | 584 | König, Monika | Haspa | 1958 | 1:10:11 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 30 | 1124 | Sie Too, Mechthild | Siemens | 1965 | 1:10:11 | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 33 | 376 | Schroten, Melanie-Maren | ELBE-Sport | 1970 | 1:10:17 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 34 | 1277 | Sejnowsky-Helms, Iris | Siemens | 1960 | 1:10:20 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 35 | 372 | Krüger, Karin | ELBE-Sport | 1950 | 1:11:20 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 36 | 285 | Schmidt, Julia | DAK | 1977 | 1:11:32 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 37 | 362 | Frey, Birgit | ELBE-Sport | 1957 | 1:11:59 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 38 | 1092 | Donn, Simone | Siemens | 1972 | 1:12:13 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 788 | Schulz, Nina | Lufthansa | 1973 | 1:12:34 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 40 | 669 | Recht, Janette | HSH-NORDB. | 1981 | 1:12:36 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 41 | 1158 | Hanke, Sabrina | Sig. Iduna | 1985 | 1:12:49 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 42 | 761 | Behrends, Helene | Lufthansa | 1954 | 1:13:02 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 43 | 411 | Neitzel, Tanja | ERGOsports | 1978 | 1:13:12 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 1399 | Lovon, Katia | PHILIPS | 1964 | 1:13:44 | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 45 | 519 | Strauch, Kristine | HW | 1963 | 1:14:18 | . | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 46 | 797 | Düsterhöft, Katy | Medeco | 1968 | 1:14:36 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 47 | 1070 | Schiemann, Sabine | Zoll | 1952 | 1:15:42 | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 48 | 746 | Papenberg, Daniela | Laufwerk | 1967 | 1:16:26 | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 49 | 1162 | Kamlage, Frauke | Sig. Iduna | 1956 | 1:17:10 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 50 | 792 | Wiesner, Claudia | Lufthansa | 1961 | 1:17:52 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 51 | 1443 | Grunsdorf, Christel | TÜV-Nord | 1949 | 1:20:22 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 52 | 416 | Sievers, Susanne | ERGOsports | 1967 | 1:24:14 | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 53 | 108 | Wolff, Renate Marianne | BA-Eimsb. | 1953 | 1:40:37 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |

Ergebnisse der Herren auf der Kurzstrecke (4400 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | 10 MJ | 8 M | 6 30 | 6 35 | 12 40 | 10 45 | 15 50 | 11 55 | 6 60 | 11 65 | 11 70 | 4 75 | 1 80 | 0 85 | |
|-------|------|--------------------------|------------|------|-------|-------|-----|------|------|-------|-------|-------|-------|------|-------|-------|------|------|------|---|
| 1 | 430 | Heemcke, Alexander | Feuerwehr | 1976 | 14:57 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 728 | Wichmann, Oliver | Gaden | 1981 | 15:26 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 926 | Meyer, Timo | Polizei HH | 1982 | 15:37 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 508 | Dörheit, Christian | HPA | 1979 | 16:04 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 382 | Banck, Sönke | ERGOsports | 1967 | 16:17 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 5 | 909 | Dankers, Heinz | Polizei HH | 1960 | 16:17 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 7 | 119 | Krastev, Ulli | BACARDI | 1969 | 16:21 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 8 | 378 | Westerfeld, Philipp | ELBE-Sport | 1991 | 16:25 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 9 | 895 | Rittmeister, Lutz | PHILIPS | 1959 | 16:44 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 10 | 842 | Becker, Jens-Gerrit | OTTO | 1962 | 16:48 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 11 | 919 | Kröning, Wolfgang | Polizei HH | 1964 | 16:51 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 12 | 902 | Weinrich, Konrad | PHILIPS | 1959 | 17:14 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 13 | 1617 | Klöß, Andreas | Siemens | 1967 | 17:26 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 14 | 881 | Lieske, Christoph | PHILIPS | 1981 | 17:27 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 715 | Brandt, Andreas | Gaden | 1958 | 17:29 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 16 | 129 | Hoch, Christoph | Baubehörde | 1960 | 17:34 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 17 | 394 | Hinckeldeyn, Jörg | ERGOsports | 1960 | 17:39 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 17 | 1047 | Vanselow, Niklas | Stern | 1995 | 17:39 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 19 | 1025 | Lambracht, Gerald | Stern | 1970 | 17:48 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 20 | 511 | Reschke, Mark | HPA | 1972 | 18:02 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 21 | 1057 | Balzer, Klaus | Zoll | 1969 | 18:10 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 22 | 610 | Gröhn, Dennis | HEK | 1990 | 18:29 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 23 | 505 | Taferner, Jonas | Germ.Lloyd | 1997 | 18:35 | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 24 | 417 | Spijker, Rüdiger | ERGOsports | 1960 | 18:39 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 25 | 1561 | Schulz, Rainer | ERGOsports | 1969 | 19:00 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 26 | 321 | Küster, Siegfried | Commerz-B. | 1948 | 19:04 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 27 | 917 | Knaack, Thomas | Polizei HH | 1981 | 19:06 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 28 | 512 | Tilch, Peter | HPA | 1955 | 19:10 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 29 | 1044 | Stangenberg, Daniel | Stern | 1995 | 19:19 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 30 | 884 | Lumpp, Michael | PHILIPS | 1973 | 19:20 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 31 | 835 | Thimm, Erich | NDR | 1951 | 19:21 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 32 | 648 | Burkhardt, Torsten | HSH-NORDB. | 1956 | 19:57 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 33 | 655 | Haberkost, Jens | HSH-NORDB. | 1964 | 19:59 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 34 | 663 | Klein, Friedrich | HSH-NORDB. | 1959 | 20:00 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 35 | 1015 | Kamrad, Hubert | Stern | 1955 | 20:03 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 36 | 1418 | Seiler, Stefan | Zoll | 1965 | 20:05 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 37 | 538 | Knaack, Tobias | HH-Hochsch | 1975 | 20:08 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 1005 | Duda, Rudolf | Stern | 1941 | 20:11 | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 39 | 1494 | Sens, Hendrik | HPA | 1998 | 20:13 | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 40 | 611 | Gröhn, Sven | HEK | 1991 | 20:19 | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 41 | 238 | Eis, Walter | DESY | 1956 | 20:24 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 42 | 1174 | Scharf, Dietmar | Sig. Iduna | 1968 | 20:27 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 43 | 1402 | Bust, Johann | Polizei HH | 1999 | 20:29 | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 44 | 1371 | Zollbeck, Marco | HSH-NORDB. | 1966 | 20:33 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 45 | 1167 | Manthei, Jan | Sig. Iduna | 1967 | 20:36 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 46 | 1027 | Lohmann, Rolf-Michael | Stern | 1960 | 20:49 | . | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 46 | 1045 | Stangenberg, Marco | Stern | 1997 | 20:49 | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 48 | 650 | Diezel, Günter | HSH-NORDB. | 1954 | 20:55 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 49 | 719 | Janßen, Lennart | Gaden | 1996 | 21:08 | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 50 | 678 | Unterspann, Klaus | HSH-NORDB. | 1941 | 21:13 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 51 | 1146 | Kaminke, Andres | Kravag | 1956 | 21:16 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 52 | 334 | Neumann, Uwe | D. Telekom | 1973 | 21:22 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 53 | 407 | Melde, Christian | ERGOsports | 1969 | 21:25 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 54 | 322 | Mengelkamp, Hans-Joachim | Commerz-B. | 1943 | 21:30 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 55 | 229 | Baumeister, Thorsten | T-Systems | 1969 | 21:44 | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 56 | 717 | Chamier, Matti | Gaden | 1998 | 21:48 | 6 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 57 | 1719 | von Pein, Ralf | HPA | 1968 | 21:49 | . | . | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 57 | 727 | Wams, Martin | Gaden | 1965 | 21:49 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 59 | 1360 | Wagner, Tom | Haspa | 1997 | 21:52 | 7 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 60 | 876 | Glüse, Ulf | PHILIPS | 1984 | 21:57 | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 61 | 1240 | Danckers, Joachim | VATTENFALL | 1963 | 22:23 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 62 | 1385 | Staffelt, Heiko | Lufthansa | 1974 | 22:29 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 63 | 888 | Meier, Manfred | PHILIPS | 1940 | 22:33 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 64 | 401 | Krause, Reinhard | ERGOsports | 1944 | 22:34 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 65 | 673 | Schwenck, Jörn | HSH-NORDB. | 1944 | 22:39 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | |
|-------|------|------------------------|------------|------|-------|----|------------------|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | 1724 | Bielkin, Stefan | Rapid | 1962 | 22:53 | 1. | Außer Konkurrenz | | | | | | | | | | | | | |
| 66 | 1389 | Zuther, Olaf | NDR | 1967 | 22:54 | . | . | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 67 | 1262 | Späth, Eberhard | VATTENFALL | 1946 | 23:09 | . | . | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 68 | 612 | Gröhn, Thomas | HEK | 1956 | 23:19 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 68 | 123 | Ruthe, Fabian | BACARDI | 1978 | 23:19 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 70 | 951 | Matthies, Hans-Joachim | PHILIPS | 1930 | 23:28 | . | . | . | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 71 | 1344 | Schitnik, Luca | HPA | 1999 | 23:44 | 8 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 72 | 1493 | Reiher, Fabian | HPA | 1998 | 23:55 | 9 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 73 | 1381 | Nowack, Frank | Lufthansa | 1959 | 24:01 | . | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 74 | 1212 | Leichtweiß, Heino | TK | 1944 | 24:25 | . | . | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 75 | 361 | Eybächer, Michael | ELBE-Sport | 1943 | 24:28 | . | . | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 76 | 1448 | Meinke, Frank | PHILIPS | 1978 | 24:38 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 77 | 231 | Döhmen, Georg | T-Systems | 1961 | 24:56 | . | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 78 | 1049 | Vierегge, Jens | Stern | 1950 | 25:08 | . | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 79 | 315 | Brüggeman, Ralf | Commerz-B. | 1953 | 25:22 | . | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 80 | 828 | Meister, Wolfgang | NDR | 1956 | 25:36 | . | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 81 | 1445 | Kyrieleis, Dieter | Commerz-B. | 1960 | 25:43 | . | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 82 | 1505 | Chamier, Bela | Gaden | 1996 | 25:47 | 10 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 83 | 945 | Braun, Friedrich | PHILIPS | 1946 | 25:51 | . | . | . | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 84 | 1163 | Kamlage, Jens | Sig. Iduna | 1943 | 26:18 | . | . | . | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 85 | 606 | Wenthe, Adolf | Haspa | 1940 | 26:44 | . | . | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 86 | 1397 | Jeschke, Sebastian | PHILIPS | 1987 | 26:52 | . | 8 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 87 | 577 | Goetzke, Stefan | Haspa | 1961 | 27:05 | . | . | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 88 | 113 | Schumacher, Jens-Uwe | BA-Nord | 1944 | 27:06 | . | . | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 89 | 1034 | Müller, Jürgen | Stern | 1948 | 27:11 | . | . | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 90 | 371 | Kröger, Rolf | ELBE-Sport | 1942 | 27:28 | . | . | . | . | . | . | . | . | . | . | 10 | . | . | . | . |
| 91 | 122 | Pepperrell, Stephen | BACARDI | 1958 | 27:45 | . | . | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 92 | 975 | Hinfner, Oliver | Rot-Gelb | 1964 | 27:52 | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 92 | 332 | Tubach, Jörn | Commerz-B. | 1937 | 27:52 | . | . | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 94 | 245 | Loppenthien, Jan | DESY | 1958 | 28:11 | . | . | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 95 | 52 | Nigmann, Michael | Airbus | 1953 | 28:31 | . | . | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 96 | 457 | Matthiessen, Uwe | Fa.Blanke. | 1949 | 28:40 | . | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 97 | 69 | Schreiber, Siegfried | Airbus | 1936 | 28:58 | . | . | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 98 | 183 | Schindler, Matthias | BVI | 1952 | 29:12 | . | . | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 99 | 1009 | Hein, Eckhard | Stern | 1938 | 29:22 | . | . | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 100 | 1148 | Dally, Peter | Sig. Iduna | 1935 | 29:36 | . | . | . | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 101 | 431 | Hintzmann, Alfred | Feuerwehr | 1934 | 29:47 | . | . | . | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 102 | 397 | Ihme, Kurt | ERGOsports | 1934 | 30:31 | . | . | . | . | . | . | . | . | . | . | . | . | 4 | . | . |
| 103 | 434 | Neumann, Wilhelm | Feuerwehr | 1938 | 30:37 | . | . | . | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 104 | 916 | Horlamus, Klaus | Polizei HH | 1947 | 30:52 | . | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 105 | 444 | Bartels, Fritz | Fa.Blanke. | 1938 | 31:26 | . | . | . | . | . | . | . | . | . | . | . | 8 | . | . | . |
| 106 | 471 | Winkel, Horst | Fa.Blanke. | 1940 | 32:04 | . | . | . | . | . | . | . | . | . | . | . | 9 | . | . | . |
| 107 | 1475 | Schadlowski, Olaf | Biester | 1966 | 32:14 | . | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 108 | 1305 | Meß, Karl-Heinz | BBK | 1941 | 33:45 | . | . | . | . | . | . | . | . | . | . | . | 10 | . | . | . |
| 109 | 259 | Meier, Hans-Werner | BBK | 1944 | 34:35 | . | . | . | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 110 | 437 | Schliemann, Jürgen | Feuerwehr | 1940 | 38:41 | . | . | . | . | . | . | . | . | . | . | . | 11 | . | . | . |

Ergebnisse der Herren auf der Mittelstrecke (6900 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | 3 | 4 | 9 | 11 | 22 | 24 | 26 | 21 | 18 | 13 | 10 | 0 | 0 | 0 |
|-------|------|------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|----|
| | | | | | | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 |
| 1 | 964 | Nölting, Frieder | Rapid | 1970 | 24:22 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 2 | 430 | Heemcke, Alexander | Feuerwehr | 1976 | 24:41 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 3 | 926 | Meyer, Timo | Polizei HH | 1982 | 25:21 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 913 | Göttsche, Sören | Polizei HH | 1985 | 25:37 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 728 | Wichmann, Oliver | Gaden | 1981 | 26:02 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 905 | Abler, Frederik | Polizei HH | 1968 | 26:14 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 7 | 119 | Krastev, Ulli | BACARDI | 1969 | 26:20 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 8 | 1200 | Seliger, Niels-Michael | Tchibo | 1971 | 26:30 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 9 | 831 | Schröder, Birger | NDR | 1963 | 26:32 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 10 | 877 | Haacker, Kai | PHILIPS | 1963 | 26:52 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 11 | 895 | Rittmeister, Lutz | PHILIPS | 1959 | 27:00 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 12 | 1194 | Müller, Reinhard | Tchibo | 1967 | 27:02 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 13 | 382 | Banck, Sönke | ERGOsports | 1967 | 27:26 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 14 | 1195 | Nagel, Tino | Tchibo | 1977 | 27:27 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 766 | Drexhage, Rolf | Lufthansa | 1961 | 27:43 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 16 | 923 | Laude, Niels | Polizei HH | 1975 | 27:52 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 17 | 919 | Kröning, Wolfgang | Polizei HH | 1964 | 27:57 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 18 | 902 | Weinrich, Konrad | PHILIPS | 1959 | 28:13 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 19 | 2 | Bartels, Ronald | Airbus | 1962 | 28:34 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 20 | 930 | Priebe, Markus | Polizei HH | 1966 | 28:35 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 21 | 129 | Hoch, Christoph | Baubehörde | 1960 | 29:00 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 22 | 1251 | Kayser, Oliver | VATTENFALL | 1975 | 29:17 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 23 | 394 | Hinckeldeyn, Jörg | ERGOsports | 1960 | 29:28 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 24 | 1191 | Gliewe, Volker | Tchibo | 1952 | 29:32 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 25 | 1639 | Bublitz, Manfred | PHILIPS | 1939 | 29:34 | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 26 | 1654 | Clemm, Thomas | HPA | 1960 | 29:35 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 27 | 866 | Borchers, Mario | PHILIPS | 1964 | 29:39 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 28 | 1453 | Hrouda, Peter | Hochbahn | 1972 | 30:00 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 29 | 529 | Westphal, Wolfgang | Hochbahn | 1954 | 30:05 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 30 | 417 | Spijker, Rüdiger | ERGOsports | 1960 | 30:07 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 31 | 258 | Levezow, Thomas | BBK | 1969 | 30:08 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 32 | 1412 | Duden, Olaf | Stern | 1977 | 30:19 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 33 | 1332 | Mehrkens, Hans-Werner | Fa.Blanke. | 1955 | 30:28 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 34 | 61 | Radtko, Jörg | Airbus | 1963 | 30:33 | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 35 | 689 | Benz, Markus | IBM Klub | 1969 | 30:37 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 36 | 124 | Schreiner, Benedikt | BACARDI | 1979 | 30:39 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 37 | 1154 | Hänsel, Steffen | Sig. Iduna | 1951 | 30:52 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 38 | 1025 | Lambracht, Gerald | Stern | 1970 | 30:54 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 39 | 511 | Reschke, Mark | HPA | 1972 | 30:55 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 40 | 1048 | Vanselow, Oliver | Stern | 1964 | 30:59 | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 41 | 228 | Schmidt, Axel | OrthoNord | 1958 | 31:03 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 42 | 1479 | Suaidy, Jens-Valentin | OrthoNord | 1976 | 31:04 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 43 | 1718 | Habermann, Arnim | DAK | 1966 | 31:23 | . | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 44 | 1032 | Milewski, Marek | Stern | 1967 | 31:30 | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 45 | 1057 | Balzer, Klaus | Zoll | 1969 | 31:46 | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 46 | 131 | Behrens, Jürgen | Beiersdorf | 1953 | 31:52 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 47 | 1080 | Bentien, Ronald | Siemens | 1948 | 31:59 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 48 | 512 | Tilch, Peter | HPA | 1955 | 32:01 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 49 | 429 | Gust, Harald | Feuerwehr | 1945 | 32:09 | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 50 | 1127 | Sietz, Andreas | Siemens | 1968 | 32:14 | . | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 51 | 321 | Küster, Siegfried | Commerz-B. | 1948 | 32:35 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 52 | 442 | Stoof, Gerald | Feuerwehr | 1960 | 32:38 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 53 | 227 | Meyer, Klaus | OrthoNord | 1952 | 32:40 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 54 | 91 | Soetebeer, Michael | AXA-Hbg | 1955 | 32:41 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 55 | 1220 | Halweg, Wolfgang | TÜV-Nord | 1948 | 32:44 | . | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 56 | 663 | Klein, Friedrich | HSH-NORDB. | 1959 | 32:53 | . | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 57 | 655 | Haberkost, Jens | HSH-NORDB. | 1964 | 32:54 | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 58 | 1614 | Klatte, Alexander | Polizei HH | 1977 | 33:01 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 59 | 318 | Fuchs, Norbert | Commerz-B. | 1944 | 33:06 | . | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 60 | 648 | Burkhardt, Torsten | HSH-NORDB. | 1956 | 33:09 | . | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 61 | 1720 | Bachmann, Marcus | Innovas | 1967 | 33:15 | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 61 | 1371 | Zollbeck, Marco | HSH-NORDB. | 1966 | 33:15 | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 63 | 207 | Petersen, Dennis | A.Springer | 1982 | 33:18 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 64 | 937 | Thoma, Christian | Polizei HH | 1978 | 33:22 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 65 | 735 | Hauschildt, Maik | Laufwerk | 1974 | 33:36 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 |
|-------|------|-----------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|----|
| 65 | 754 | Skwirblies, Martin | Laufwerk | 1965 | 33:36 | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 67 | 495 | Baars, Stefan | Germ.Lloyd | 1974 | 33:38 | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 68 | 665 | Konitzer, Tim | HSH-NORDB. | 1991 | 33:41 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 69 | 1174 | Scharf, Dietmar | Sig. Iduna | 1968 | 33:43 | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 70 | 821 | Konrad, Fabian | NDR | 1997 | 33:54 | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 71 | 822 | Konrad, Thomas | NDR | 1967 | 33:55 | . | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 72 | 1167 | Manthei, Jan | Sig. Iduna | 1967 | 33:59 | . | . | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 73 | 1239 | Bratsch, Jürgen | VATTENFALL | 1962 | 34:02 | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 74 | 650 | Diezel, Günter | HSH-NORDB. | 1954 | 34:06 | . | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 75 | 111 | zum Brook, Reinhold | BA-Nord | 1958 | 34:08 | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 76 | 1502 | Münster, Reinhold | HEK | 1942 | 34:09 | . | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 77 | 1027 | Lohmann, Rolf-Michael | Stern | 1960 | 34:24 | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 78 | 1507 | Kiefer, Thomas | Laufwerk | 1970 | 34:28 | . | . | . | 17 | . | . | . | . | . | . | . | . | . | . |
| 79 | 1015 | Kamrad, Hubert | Stern | 1955 | 34:44 | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 80 | 699 | Woebke, Gerd | IBM Klub | 1960 | 34:49 | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 81 | 256 | Janel, Werner | BBK | 1950 | 35:24 | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 82 | 502 | Meyer, Andreas | Germ.Lloyd | 1960 | 35:27 | . | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 83 | 602 | Tidow, Heinz | Haspa | 1955 | 35:30 | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 84 | 583 | Knoefel, Gerhard | Haspa | 1959 | 35:33 | . | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 85 | 538 | Knaack, Tobias | HH-Hochsch | 1975 | 35:34 | . | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 86 | 229 | Baumeister, Thorsten | T-Systems | 1969 | 35:41 | . | . | . | 18 | . | . | . | . | . | . | . | . | . | . |
| 87 | 747 | Papenberg, Leo | Laufwerk | 1997 | 35:42 | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 88 | 357 | Schulze, Stephan | EDEKA | 1964 | 35:45 | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 89 | 888 | Meier, Manfred | PHILIPS | 1940 | 35:48 | . | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 90 | 787 | Schulte, Stephan | Lufthansa | 1976 | 35:50 | . | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 91 | 1292 | Kluge, Joachim | BA-Nord | 1961 | 35:51 | . | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 92 | 1094 | Endelmann, Rolf | Siemens | 1940 | 35:56 | . | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 93 | 1531 | Köhr, Jens | Veolia | 1954 | 36:01 | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 94 | 804 | Baus, Wolfgang | NDR | 1962 | 36:08 | . | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 95 | 1143 | Thiele, Gerhard | Still | 1939 | 36:10 | . | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 96 | 1722 | Rohde, Lothar | PHILIPS | 1953 | 36:11 | . | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 97 | 801 | Oltmanns, Helmer | Montblanc | 1949 | 36:12 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 98 | 148 | Röming, Wilfried | Beiersdorf | 1940 | 36:28 | . | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 99 | 46 | Michels, Rolf | Airbus | 1961 | 36:32 | . | . | . | . | . | 17 | . | . | . | . | . | . | . | . |
| 100 | 646 | Bornemann, Matthias | HSH-NORDB. | 1963 | 36:33 | . | . | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 101 | 122 | Pepperrell, Stephen | BACARDI | 1958 | 36:41 | . | . | . | . | . | 18 | . | . | . | . | . | . | . | . |
| 101 | 123 | Ruthe, Fabian | BACARDI | 1978 | 36:41 | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 103 | 1010 | Jerol, Peter | Stern | 1958 | 36:52 | . | . | . | . | . | 19 | . | . | . | . | . | . | . | . |
| 104 | 1348 | Geerke, Jörg | HHLA | 1960 | 36:58 | . | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 105 | 355 | Schmidt, Gerd | EDEKA | 1947 | 37:06 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 106 | 961 | Kurtz, Udo | Rapid | 1968 | 37:19 | . | . | . | 19 | . | . | . | . | . | . | . | . | . | . |
| 107 | 975 | Hinfner, Oliver | Rot-Gelb | 1964 | 37:24 | . | . | . | . | 17 | . | . | . | . | . | . | . | . | . |
| 108 | 1133 | Wienand, Udo | Siemens | 1948 | 37:35 | . | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 109 | 1477 | Hesebeck, Holger | OrthoNord | 1958 | 37:36 | . | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 110 | 48 | Möller, Thomas | Airbus | 1963 | 37:37 | . | . | . | . | 18 | . | . | . | . | . | . | . | . | . |
| 111 | 145 | Petersson, Jörg | Beiersdorf | 1966 | 37:40 | . | . | . | . | 19 | . | . | . | . | . | . | . | . | . |
| 112 | 1030 | Meyer, Joachim | Stern | 1956 | 37:45 | . | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 113 | 432 | Mattern, Horst | Feuerwehr | 1943 | 37:58 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 114 | 486 | Pschorr, Rüdiger | Generali | 1949 | 37:59 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 115 | 186 | Steinhagen, Michael | BVI | 1958 | 38:01 | . | . | . | . | 22 | . | . | . | . | . | . | . | . | . |
| 116 | 250 | Rakutt, Manfred | DESY | 1947 | 38:11 | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 117 | 664 | Konitzer, Martin | HSH-NORDB. | 1958 | 38:14 | . | . | . | . | 23 | . | . | . | . | . | . | . | . | . |
| 118 | 115 | Welling, Felix | BA-Nord | 1947 | 38:16 | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 119 | 527 | Harms, Michael | Hochbahn | 1955 | 38:22 | . | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 120 | 51 | Neumann, Bernhard | Airbus | 1949 | 38:34 | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 121 | 1552 | Wangemann, Eicke | BP-Oil | 1940 | 38:48 | . | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 122 | 361 | Eybächer, Michael | ELBE-Sport | 1943 | 38:51 | . | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 123 | 1381 | Nowack, Frank | Lufthansa | 1959 | 38:56 | . | . | . | . | 24 | . | . | . | . | . | . | . | . | . |
| 124 | 673 | Schwenck, Jörn | HSH-NORDB. | 1944 | 38:59 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 125 | 1091 | Dierking, Peter | Siemens | 1943 | 39:08 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 126 | 197 | Schrader, Rudi | BP-Oil | 1949 | 39:09 | . | . | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 127 | 301 | Feick, Joachim | Deut.Ring | 1961 | 39:13 | . | . | . | . | . | 25 | . | . | . | . | . | . | . | . |
| 128 | 1183 | Bernhard, Jürgen | Allianz | 1937 | 39:16 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 129 | 694 | Kusch, Günter | IBM Klub | 1945 | 39:17 | . | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 130 | 412 | Radetzki, Manfred | ERGOsports | 1938 | 39:22 | . | . | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 131 | 1045 | Stangenberg, Marco | Stern | 1997 | 39:30 | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | |
|-------|------|--------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 132 | 1448 | Meinke, Frank | PHILIPS | 1978 | 39:34 | . | . | 8 | . | . | . | . | . | . | . | . | . | . | . | . |
| 133 | 130 | Mertelsmann, Detlef | Baubehörde | 1940 | 39:38 | . | . | . | . | . | . | . | . | . | . | . | 9 | . | . | . |
| 134 | 316 | Clauß, Peter | Commerz-B. | 1943 | 40:08 | . | . | . | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 135 | 1265 | Wolter, Friedrich | VATTENFALL | 1952 | 40:09 | . | . | . | . | . | . | . | 16 | . | . | . | . | . | . | . |
| 136 | 480 | Fiedler, Thomas | Generali | 1971 | 40:18 | . | . | . | 20 | . | . | . | . | . | . | . | . | . | . | . |
| 137 | 526 | Händler, Gunnar | Hochbahn | 1967 | 40:25 | . | . | . | 21 | . | . | . | . | . | . | . | . | . | . | . |
| 138 | 132 | Behrens, Michael | Beiersdorf | 1950 | 40:29 | . | . | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 139 | 350 | Houlman-Scheiba, Herbert | EDEKA | 1955 | 40:37 | . | . | . | . | . | . | . | 17 | . | . | . | . | . | . | . |
| 140 | 193 | Knigge, Hubert | BP-Oil | 1951 | 40:38 | . | . | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 140 | 352 | Kröger, Jürgen | EDEKA | 1964 | 40:38 | . | . | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 142 | 175 | Antkowiak, Rene | BVI | 1967 | 40:56 | . | . | . | 22 | . | . | . | . | . | . | . | . | . | . | . |
| 143 | 986 | Schmidt-D., Detlev | Rot-Gelb | 1945 | 41:17 | . | . | . | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 144 | 1038 | Polke, Robert | Stern | 1978 | 41:18 | . | . | 9 | . | . | . | . | . | . | . | . | . | . | . | . |
| 145 | 594 | Otte, Michael | Haspa | 1951 | 41:24 | . | . | . | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 146 | 461 | Oehlke, Frank | Fa.Blanke. | 1960 | 41:33 | . | . | . | . | . | . | 26 | . | . | . | . | . | . | . | . |
| 147 | 693 | Klatt, Rainer | IBM Klub | 1949 | 41:42 | . | . | . | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 148 | 116 | Wirth, Bernhard | BA-Nord | 1938 | 42:17 | . | . | . | . | . | . | . | . | . | . | 10 | . | . | . | . |
| 149 | 847 | Hildebrecht, Theodor | OTTO | 1949 | 42:40 | . | . | . | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 150 | 1341 | Henneik, Steffen | HPA | 1966 | 42:42 | . | . | . | 21 | . | . | . | . | . | . | . | . | . | . | . |
| 151 | 1119 | Püttjer, Horst | Siemens | 1953 | 42:58 | . | . | . | . | . | . | . | 18 | . | . | . | . | . | . | . |
| 152 | 1404 | Steier, Kurt | Postbank-H | 1956 | 44:07 | . | . | . | . | . | . | . | 19 | . | . | . | . | . | . | . |
| 153 | 907 | Baier, Tino | Polizei HH | 1975 | 44:46 | . | . | 11 | . | . | . | . | . | . | . | . | . | . | . | . |
| 154 | 695 | Roders, Wolfgang | IBM Klub | 1963 | 44:49 | . | . | . | . | 22 | . | . | . | . | . | . | . | . | . | . |
| 155 | 943 | Vogt, Karl-Heinz | Postbank-H | 1946 | 46:14 | . | . | . | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 156 | 183 | Schindler, Matthias | BVI | 1952 | 46:32 | . | . | . | . | . | . | . | 20 | . | . | . | . | . | . | . |
| 157 | 261 | Predel, Gerhard | BBK | 1944 | 46:34 | . | . | . | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 158 | 1163 | Kamlage, Jens | Sig. Iduna | 1943 | 46:44 | . | . | . | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 159 | 317 | Fiedler, Thomas | Commerz-B. | 1953 | 46:48 | . | . | . | . | . | . | . | 21 | . | . | . | . | . | . | . |
| 160 | 88 | Matz, Michael | AXA-Hbg | 1962 | 46:50 | . | . | . | . | 23 | . | . | . | . | . | . | . | . | . | . |
| 161 | 965 | Schaefer, Andreas | Rapid | 1962 | 47:03 | . | . | . | . | 24 | . | . | . | . | . | . | . | . | . | . |

Ergebnisse der Herren auf der Langstrecke (11900 Meter)

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | |
|-------|------|---------------------------|------------|------|-------|----|---|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 1 | 423 | Virus, Andreas | ERGOsports | 1977 | 41:55 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 1132 | Wiebe, Nicholas | Siemens | 1975 | 43:08 | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 430 | Heemcke, Alexander | Feuerwehr | 1976 | 44:14 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 799 | Kores, Robert | Medeco | 1986 | 44:49 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 74 | Stübs, Andre | Airbus | 1975 | 44:59 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 1575 | Schneider, Sebastian | Holsten | 1968 | 45:16 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 7 | 1577 | Woithe, Thomas | Polizei HH | 1978 | 45:18 | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 8 | 1147 | Burmester, Karsten | Sig. Iduna | 1971 | 45:23 | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 9 | 508 | Dörheit, Christian | HPA | 1979 | 46:01 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 10 | 883 | Lovon, Emmanuel | PHILIPS | 1962 | 46:03 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 11 | 1387 | Groth, Paul | Medeco | 1970 | 46:06 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 12 | 497 | Bajric, Mersudin | Germ.Lloyd | 1974 | 46:18 | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 759 | Bach, Rene | Lufthansa | 1981 | 46:21 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 14 | 427 | Boda, Rainer | Feuerwehr | 1966 | 46:38 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 15 | 330 | Scheffler, Marco | Commerz-B. | 1974 | 46:45 | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 16 | 1351 | Hausendorf, Jörg | Laufladen | 1964 | 46:46 | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 17 | 241 | Jaekel, Christoph | DESY | 1973 | 46:55 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 18 | 796 | Bruhnke, Eric | Medeco | 1983 | 47:34 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 19 | 1288 | Walther, Hendrik | Airbus | 1981 | 47:44 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 30 | Jansen, Thies | Airbus | 1971 | 47:46 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 21 | 1145 | Witthöft, Holger | Still | 1957 | 47:49 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 22 | 1520 | Rebstock, Stefan | Siemens | 1969 | 48:05 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 23 | 895 | Rittmeister, Lutz | PHILIPS | 1959 | 48:15 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 24 | 334 | Neumann, Uwe | D. Telekom | 1973 | 48:19 | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . |
| 25 | 1487 | Naumann, Stefan | Feuerwehr | 1963 | 48:38 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 26 | 728 | Wichmann, Oliver | Gaden | 1981 | 48:46 | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . |
| 27 | 1272 | Jeschke, Heinz | PHILIPS | 1955 | 48:49 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 28 | 857 | Spliethoff, Hans Georg | OTTO | 1966 | 49:14 | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 29 | 185 | Spardel, Holger | BVI | 1979 | 49:23 | . | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . |
| 30 | 382 | Banck, Sönke | ERGOsports | 1967 | 49:25 | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 31 | 579 | Goth, Björn | Haspa | 1969 | 49:31 | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 32 | 476 | Breitenstein, Andre | Generali | 1967 | 49:36 | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . |
| 33 | 901 | Timm, Thomas | PHILIPS | 1958 | 49:37 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 34 | 537 | Kiehl, Thorsten | HH-Hochsch | 1984 | 49:38 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 35 | 346 | Danger, Frank | EDEKA | 1964 | 49:58 | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 36 | 676 | Stiegler, Björn | HSH-NORDB. | 1975 | 50:02 | . | . | . | 8 | . | . | . | . | . | . | . | . | . | . | . |
| 37 | 1117 | Peschel Sielmann, Manfred | Siemens | 1960 | 50:28 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 38 | 68 | Schewe, Stefan | Airbus | 1974 | 50:33 | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . | . |
| 39 | 727 | Wams, Martin | Gaden | 1965 | 50:49 | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 40 | 129 | Hoch, Christoph | Baubehörde | 1960 | 51:18 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 41 | 485 | Merta, Stefan | Generali | 1966 | 51:33 | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 42 | 750 | Rickert, Matthias | Laufwerk | 1976 | 51:41 | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . | . |
| 43 | 842 | Becker, Jens-Gerrit | OTTO | 1962 | 51:45 | . | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 44 | 1081 | Berka, Thomas | Siemens | 1962 | 51:47 | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 45 | 624 | Zampich, Oliver | HEK | 1971 | 52:01 | . | . | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 46 | 1409 | Koebe, Gerhard | Rot-Gelb | 1960 | 52:09 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 47 | 748 | Papenberg, Matthias | Laufwerk | 1965 | 52:12 | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 48 | 491 | Albrecht, Axel | Germ.Lloyd | 1966 | 52:14 | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 49 | 1358 | Scholz, Christian | Haspa | 1982 | 52:15 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 50 | 274 | Ansen, Hans-Jürgen | DAK | 1950 | 52:17 | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 51 | 1161 | Hillebrecht, Frank | Sig. Iduna | 1970 | 52:19 | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 52 | 1043 | Stangenberg, Andreas | Stern | 1960 | 52:21 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 53 | 787 | Schulte, Stephan | Lufthansa | 1976 | 52:24 | . | . | . | 11 | . | . | . | . | . | . | . | . | . | . | . |
| 54 | 715 | Brandt, Andreas | Gaden | 1958 | 52:28 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 55 | 1590 | Hermans, Christian | HH-Hochsch | 1987 | 52:40 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 56 | 1727 | Hahn, Ronald | PHILIPS | 1967 | 52:45 | . | . | . | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 57 | 1518 | Ulrich, Stefan | Stern | 1966 | 52:56 | . | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 58 | 563 | Peppel, Andreas | Laufladen | 1978 | 53:01 | . | . | 8 | . | . | . | . | . | . | . | . | . | . | . | . |
| 59 | 1291 | Bolda, Thomas | BA-Eimsb. | 1952 | 53:03 | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 60 | 552 | Hebeler, Michael | Laufladen | 1956 | 53:06 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 61 | 234 | Caliebe, Wolfgang | DESY | 1967 | 53:19 | . | . | . | . | 12 | . | . | . | . | . | . | . | . | . | . |
| 62 | 854 | Patzer, Ralf | OTTO | 1967 | 53:23 | . | . | . | . | 13 | . | . | . | . | . | . | . | . | . | . |
| 63 | 1589 | Jürgens, Uwe Menno | Airbus | 1980 | 53:27 | . | . | 9 | . | . | . | . | . | . | . | . | . | . | . | . |
| 64 | 400 | Kozieras, Norbert | ERGOsports | 1950 | 53:30 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 65 | 20 | Felger, Fritz | Airbus | 1959 | 53:44 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | |
|-------|------|-------------------------|------------|------|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 66 | 619 | Plümer, Ralf | HEK | 1971 | 53:46 | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . | . |
| 67 | 1073 | Süllwold, Josef | Zoll | 1947 | 53:56 | . | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 68 | 82 | Wandschneider, Dirk | Airbus | 1963 | 54:00 | . | . | . | . | . | 14 | . | . | . | . | . | . | . | . | . |
| 69 | 1021 | Knop, Egon | Stern | 1952 | 54:14 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 70 | 705 | Di Nardo, Emanuel | Jungheinr. | 1983 | 54:15 | . | 6 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 71 | 962 | Lorenz, Martin | Rapid | 1965 | 54:16 | . | . | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 72 | 1089 | Damm, Wolfgang | Siemens | 1946 | 54:25 | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 73 | 1551 | Aalto, Jukka | BP-Oil | 1969 | 54:26 | . | . | . | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 74 | 724 | Schottenhaml, Andreas | Gaden | 1975 | 54:28 | . | . | . | 12 | . | . | . | . | . | . | . | . | . | . | . |
| 75 | 394 | Hinckeldeyn, Jörg | ERGOsports | 1960 | 54:38 | . | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 76 | 1054 | Zeiser, Tobias | Stern | 1960 | 54:41 | . | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 77 | 878 | Hensel, Jullian | PHILIPS | 1985 | 54:52 | . | 7 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 78 | 618 | Lemkau, Niels | HEK | 1965 | 54:54 | . | . | . | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 79 | 712 | Ludwig, Dirk | Knossos.de | 1971 | 55:14 | . | . | . | . | 16 | . | . | . | . | . | . | . | . | . | . |
| 80 | 967 | Adolf, Jörg | Rot-Gelb | 1966 | 55:20 | . | . | . | . | . | 17 | . | . | . | . | . | . | . | . | . |
| 81 | 720 | Janßen, Uwe | Gaden | 1960 | 55:47 | . | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 82 | 908 | Bust, Rudolf | Polizei HH | 1962 | 55:50 | . | . | . | . | . | 18 | . | . | . | . | . | . | . | . | . |
| 83 | 216 | Fest, Josef | HapagLloyd | 1950 | 55:51 | . | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 84 | 1213 | Liedtke, Matthias | TK | 1973 | 56:11 | . | . | . | 13 | . | . | . | . | . | . | . | . | . | . | . |
| 85 | 1422 | Dreesbach, Knut | Siemens | 1970 | 56:16 | . | . | . | . | 17 | . | . | . | . | . | . | . | . | . | . |
| 86 | 1377 | Tschirch, Jörg | Laufwerk | 1961 | 56:23 | . | . | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 87 | 1260 | Schumann, Thomas | VATTENFALL | 1958 | 56:33 | . | . | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 88 | 323 | Niemann, Volker | Commerz-B. | 1959 | 56:34 | . | . | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 89 | 1113 | Möller, Henry | Siemens | 1951 | 56:48 | . | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 90 | 977 | Kerres, Bertram | Rot-Gelb | 1959 | 56:53 | . | . | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 91 | 102 | Kögler, Gebhard | BA-Eimsb. | 1941 | 56:57 | . | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 92 | 1284 | Gehre, Alexander | Airbus | 1986 | 57:06 | . | 8 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 93 | 251 | Rudolph, Florian | DESY | 1980 | 57:09 | . | . | 10 | . | . | . | . | . | . | . | . | . | . | . | . |
| 93 | 252 | Schulz, Torsten | DESY | 1962 | 57:09 | . | . | . | . | . | 19 | . | . | . | . | . | . | . | . | . |
| 95 | 1412 | Duden, Olaf | Stern | 1977 | 57:16 | . | . | 11 | . | . | . | . | . | . | . | . | . | . | . | . |
| 96 | 1667 | Rößler, Benjamin | Airbus | 1988 | 57:25 | . | 9 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 97 | 212 | Unger, Olaf | A.Springer | 1967 | 57:40 | . | . | . | . | 18 | . | . | . | . | . | . | . | . | . | . |
| 98 | 562 | Ostermann, Olaf | Laufladen | 1966 | 57:41 | . | . | . | . | . | 20 | . | . | . | . | . | . | . | . | . |
| 99 | 1442 | Goers, Stefan | TÜV-Nord | 1966 | 57:53 | . | . | . | . | . | 21 | . | . | . | . | . | . | . | . | . |
| 100 | 1084 | Bödeker, Heinz | Siemens | 1947 | 57:56 | . | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 101 | 850 | Kliem, Rüdiger | OTTO | 1961 | 58:02 | . | . | . | . | . | . | 17 | . | . | . | . | . | . | . | . |
| 102 | 96 | Gehle, Friedhelm | BA-Eimsb. | 1956 | 58:04 | . | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 103 | 233 | Bell, Anthony | DESY | 1963 | 58:10 | . | . | . | . | . | 22 | . | . | . | . | . | . | . | . | . |
| 104 | 1185 | Linow, Ulrich | Allianz | 1953 | 58:14 | . | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 105 | 639 | Schmidthäusler, Daniel | HSU HH | 1976 | 58:19 | . | . | . | 14 | . | . | . | . | . | . | . | . | . | . | . |
| 106 | 678 | Unterspann, Klaus | HSH-NORDB. | 1941 | 58:35 | . | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 107 | 1503 | Beckmann, Gerd | HypoVerein | 1964 | 58:37 | . | . | . | . | . | 23 | . | . | . | . | . | . | . | . | . |
| 108 | 1086 | Bruns, Andreas | Siemens | 1959 | 58:38 | . | . | . | . | . | . | 18 | . | . | . | . | . | . | . | . |
| 109 | 337 | Bulla, Bernhard | E.ON Hanse | 1960 | 58:40 | . | . | . | . | . | . | 19 | . | . | . | . | . | . | . | . |
| 110 | 793 | Willsch, Pascal | Lufthansa | 1978 | 58:46 | . | . | 12 | . | . | . | . | . | . | . | . | . | . | . | . |
| 111 | 224 | Schubert, Ralph | HapagLloyd | 1973 | 58:49 | . | . | . | 15 | . | . | . | . | . | . | . | . | . | . | . |
| 112 | 711 | Hausmann, Malte | Knossos.de | 1984 | 58:55 | . | 10 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 113 | 1569 | Neumann, Hergen | Haspa | 1980 | 59:03 | . | . | 13 | . | . | . | . | . | . | . | . | . | . | . | . |
| 114 | 225 | Stieper, Klaus | HapagLloyd | 1960 | 59:07 | . | . | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 115 | 996 | Gatermann, Marc | G+J | 1971 | 59:08 | . | . | . | . | 19 | . | . | . | . | . | . | . | . | . | . |
| 116 | 293 | Rowedder, Frank | Deut.Bank | 1966 | 59:14 | . | . | . | . | . | 24 | . | . | . | . | . | . | . | . | . |
| 117 | 1271 | Zwirner, Torsten | JustizHH | 1964 | 59:16 | . | . | . | . | . | 25 | . | . | . | . | . | . | . | . | . |
| 118 | 1144 | Vollmer, Stefan | Still | 1982 | 59:18 | . | 11 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 119 | 1179 | Seel, Olaf | Sig. Iduna | 1969 | 59:19 | . | . | . | . | 20 | . | . | . | . | . | . | . | . | . | . |
| 120 | 1001 | da Silva, Fernando | Stern | 1960 | 59:27 | . | . | . | . | . | 21 | . | . | . | . | . | . | . | . | . |
| 121 | 366 | Grandt, Wolfgang | ELBE-Sport | 1954 | 59:32 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 122 | 604 | Wagner, Dr. Klaus Uwe | Haspa | 1964 | 59:38 | . | . | . | . | . | 26 | . | . | . | . | . | . | . | . | . |
| 123 | 454 | Heitbrack, Jörg | Fa.Blanke. | 1970 | 59:51 | . | . | . | . | 21 | . | . | . | . | . | . | . | . | . | . |
| 124 | 680 | Bohn, Holger | HypoVerein | 1964 | 59:54 | . | . | . | . | . | 27 | . | . | . | . | . | . | . | . | . |
| 125 | 1111 | von Mallinckrodt, Klaus | Siemens | 1946 | 1:00:12 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 126 | 1120 | Schenke, Daniel | Siemens | 1987 | 1:00:20 | . | 12 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 127 | 1230 | Wolf, Martin | TÜV-Nord | 1974 | 1:00:27 | . | . | . | 16 | . | . | . | . | . | . | . | . | . | . | . |
| 128 | 112 | Meier-Rößler, Jochen | BA-Nord | 1944 | 1:00:38 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 129 | 94 | Bussmann-Kuban, Michael | BA-Eimsb. | 1953 | 1:00:49 | . | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 129 | 97 | Gollnast, Ronald | BA-Eimsb. | 1962 | 1:00:49 | . | . | . | . | . | 28 | . | . | . | . | . | . | . | . | . |
| 131 | 925 | Leitz, Hagen | Polizei HH | GJ | 1:00:54 | . | . | . | . | . | . | 22 | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 |
|-------|------|----------------------------|------------|------|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 132 | 192 | Dunckel, Dieter | BP-Oil | 1956 | 1:01:05 | . | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 133 | 725 | Schulz, Hans-Joachim | Gaden | 1946 | 1:01:09 | . | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 134 | 533 | Graudenz, Eckart | HH-Hochsch | 1944 | 1:01:18 | . | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 135 | 700 | Gebert, Claus | Innovas | 1975 | 1:01:30 | . | . | 17 | . | . | . | . | . | . | . | . | . | . | . |
| 136 | 1174 | Scharf, Dietmar | Sig. Iduna | 1968 | 1:02:02 | . | . | . | 22 | . | . | . | . | . | . | . | . | . | . |
| 137 | 1107 | Langfeld, Martin | Siemens | 1963 | 1:02:03 | . | . | . | . | 29 | . | . | . | . | . | . | . | . | . |
| 138 | 396 | Hübener, Matthias | ERGOsports | 1962 | 1:02:08 | . | . | . | . | 30 | . | . | . | . | . | . | . | . | . |
| 139 | 460 | Mose, Joachim | Fa.Blanke. | 1957 | 1:02:15 | . | . | . | . | . | 23 | . | . | . | . | . | . | . | . |
| 140 | 203 | Lange, Jan Hendrik | A.Springer | 1980 | 1:02:16 | . | 14 | . | . | . | . | . | . | . | . | . | . | . | . |
| 141 | 698 | Winter, Jörg | IBM Klub | 1970 | 1:02:30 | . | . | . | 23 | . | . | . | . | . | . | . | . | . | . |
| 142 | 1000 | Borchard, Andreas | Stern | 1977 | 1:02:35 | . | 15 | . | . | . | . | . | . | . | . | . | . | . | . |
| 142 | 1032 | Milewski, Marek | Stern | 1967 | 1:02:35 | . | . | . | 24 | . | . | . | . | . | . | . | . | . | . |
| 144 | 1652 | Olmos Pino, Mario Antonio | ELBE-Sport | 1964 | 1:02:55 | . | . | . | . | 31 | . | . | . | . | . | . | . | . | . |
| 145 | 1371 | Zollbeck, Marco | HSH-NORDB. | 1966 | 1:03:08 | . | . | . | . | 32 | . | . | . | . | . | . | . | . | . |
| 146 | 178 | Bunnies, Joachim | BVI | 1966 | 1:03:11 | . | . | . | . | 33 | . | . | . | . | . | . | . | . | . |
| 147 | 771 | Holzcamp-Heise, Karl-Heinz | Lufthansa | 1952 | 1:03:19 | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 148 | 1401 | Rönnebeck, Jens | PHILIPS | 1960 | 1:03:25 | . | . | . | . | 24 | . | . | . | . | . | . | . | . | . |
| 149 | 104 | Scheibner, Andreas | BA-Eimsb. | 1956 | 1:03:28 | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 150 | 45 | Meyer-Johne, Ludolf | Airbus | 1948 | 1:03:34 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 151 | 1037 | Pahl, Nickolai | Stern | 1973 | 1:03:36 | . | . | 18 | . | . | . | . | . | . | . | . | . | . | . |
| 152 | 1429 | Werner, Carsten | Siemens | 1966 | 1:04:17 | . | . | . | . | 34 | . | . | . | . | . | . | . | . | . |
| 153 | 14 | Drohne, Uwe | Airbus | 1963 | 1:04:31 | . | . | . | . | 35 | . | . | . | . | . | . | . | . | . |
| 154 | 1600 | Majcherek, Ronald | Fa.Blanke. | 1959 | 1:04:44 | . | . | . | . | . | 25 | . | . | . | . | . | . | . | . |
| 155 | 195 | Roscher, Eberhard | BP-Oil | 1962 | 1:04:57 | . | . | . | . | 36 | . | . | . | . | . | . | . | . | . |
| 156 | 1430 | Rohde, Kurt | Sig. Iduna | 1949 | 1:05:07 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 157 | 1468 | Bölck, Thomas | BA-Eimsb. | 1959 | 1:05:18 | . | . | . | . | . | 26 | . | . | . | . | . | . | . | . |
| 157 | 107 | Wiedemann, Hans-Jörg | BA-Eimsb. | 1959 | 1:05:18 | . | . | . | . | . | 26 | . | . | . | . | . | . | . | . |
| 159 | 363 | Frey, Matthias | ELBE-Sport | 1951 | 1:05:42 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 160 | 95 | Freude, Holger | BA-Eimsb. | 1960 | 1:05:51 | . | . | . | . | . | 28 | . | . | . | . | . | . | . | . |
| 161 | 1356 | Scheefe, Bastian | Laufladen | 1982 | 1:05:56 | 13 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 162 | 947 | Haubrich, Gerhard | PHILIPS | 1943 | 1:05:59 | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 162 | 345 | Schadwell, Thomas | E.ON Hanse | 1964 | 1:05:59 | . | . | . | . | 37 | . | . | . | . | . | . | . | . | . |
| 164 | 1474 | Santese, Martin | Biester | 1970 | 1:06:01 | . | . | . | 25 | . | . | . | . | . | . | . | . | . | . |
| 165 | 1510 | Rutzen, Hartmut | Lufthansa | 1941 | 1:06:02 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 166 | 968 | Allonge, Andreas | Rot-Gelb | 1968 | 1:06:09 | . | . | . | 26 | . | . | . | . | . | . | . | . | . | . |
| 167 | 758 | Bach, Burkhard | Lufthansa | 1956 | 1:06:10 | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 168 | 110 | Blaszkowski, Hans-G. | BA-Nord | 1955 | 1:06:16 | . | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 169 | 1250 | Käming, Michael | VATTENFALL | 1958 | 1:06:24 | . | . | . | . | . | 29 | . | . | . | . | . | . | . | . |
| 170 | 151 | Wernecke, Frank | Beiersdorf | 1967 | 1:06:39 | . | . | . | 27 | . | . | . | . | . | . | . | . | . | . |
| 171 | 222 | Schnabel, Harald | HapagLloyd | 1953 | 1:06:45 | . | . | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 172 | 60 | Poggensee, Frank | Airbus | 1968 | 1:06:47 | . | . | . | 28 | . | . | . | . | . | . | . | . | . | . |
| 173 | 990 | Mertens, Ralf | Saga | 1957 | 1:07:04 | . | . | . | . | . | 30 | . | . | . | . | . | . | . | . |
| 174 | 989 | Ehrlich, Jürgen | Saga | 1945 | 1:07:05 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 175 | 1127 | Sietz, Andreas | Siemens | 1968 | 1:07:07 | . | . | . | 29 | . | . | . | . | . | . | . | . | . | . |
| 176 | 229 | Baumeister, Thorsten | T-Systems | 1969 | 1:07:30 | . | . | . | 30 | . | . | . | . | . | . | . | . | . | . |
| 177 | 646 | Bornemann, Matthias | HSH-NORDB. | 1963 | 1:07:42 | . | . | . | . | 38 | . | . | . | . | . | . | . | . | . |
| 178 | 1040 | Radou, Frederic | Stern | 1968 | 1:07:49 | . | . | . | 31 | . | . | . | . | . | . | . | . | . | . |
| 179 | 297 | Ahrens, Claus-Werner | Deut.Ring | 1944 | 1:08:06 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 180 | 1212 | Leichtweiß, Heino | TK | 1944 | 1:08:13 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 181 | 1015 | Kamrad, Hubert | Stern | 1955 | 1:08:19 | . | . | . | . | . | 15 | . | . | . | . | . | . | . | . |
| 182 | 395 | Hinsen, Dr. Guido | ERGOsports | 1959 | 1:08:28 | . | . | . | . | 31 | . | . | . | . | . | . | . | . | . |
| 183 | 100 | Knobloch, Felix | BA-Eimsb. | 1977 | 1:08:31 | . | 16 | . | . | . | . | . | . | . | . | . | . | . | . |
| 184 | 860 | Ulrich, Rainer | OTTO | 1960 | 1:09:19 | . | . | . | . | 32 | . | . | . | . | . | . | . | . | . |
| 185 | 85 | Wiepking, Heiko | Airbus | 1969 | 1:09:30 | . | . | . | 32 | . | . | . | . | . | . | . | . | . | . |
| 186 | 232 | Behrens, Michael | DESY | 1947 | 1:09:34 | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . |
| 186 | 1125 | Sie Too, Petrus | Siemens | 1958 | 1:09:34 | . | . | . | . | 33 | . | . | . | . | . | . | . | . | . |
| 188 | 791 | Uhl, Manfred | Lufthansa | 1939 | 1:09:43 | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 189 | 803 | Wagener, Horst | Nestle | 1961 | 1:09:55 | . | . | . | . | 34 | . | . | . | . | . | . | . | . | . |
| 190 | 828 | Meister, Wolfgang | NDR | 1956 | 1:09:57 | . | . | . | . | . | 16 | . | . | . | . | . | . | . | . |
| 191 | 940 | Meyer, Peter | Postbank-H | 1947 | 1:10:12 | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 192 | 658 | Heins, Knut | HSH-NORDB. | 1957 | 1:10:38 | . | . | . | . | 35 | . | . | . | . | . | . | . | . | . |
| 193 | 648 | Burkhardt, Torsten | HSH-NORDB. | 1956 | 1:12:06 | . | . | . | . | . | 17 | . | . | . | . | . | . | . | . |
| 194 | 784 | Runke, Uwe | Lufthansa | 1959 | 1:12:10 | . | . | . | . | 36 | . | . | . | . | . | . | . | . | . |
| 195 | 662 | Janssen, Stefan | HSH-NORDB. | 1962 | 1:12:19 | . | . | . | . | 39 | . | . | . | . | . | . | . | . | . |
| 196 | 1448 | Meinke, Frank | PHILIPS | 1978 | 1:12:31 | . | 17 | . | . | . | . | . | . | . | . | . | . | . | . |
| 197 | 655 | Haberkost, Jens | HSH-NORDB. | 1964 | 1:12:32 | . | . | . | . | 40 | . | . | . | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | GJ | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | |
|-------|------|-----------------------|------------|------|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 198 | 663 | Klein, Friedrich | HSH-NORDB. | 1959 | 1:12:33 | . | . | . | . | . | . | 37 | . | . | . | . | . | . | . | . |
| 199 | 512 | Tilch, Peter | HPA | 1955 | 1:12:34 | . | . | . | . | . | . | . | 18 | . | . | . | . | . | . | . |
| 200 | 1167 | Manthei, Jan | Sig. Iduna | 1967 | 1:12:35 | . | . | . | . | 33 | . | . | . | . | . | . | . | . | . | . |
| 201 | 1025 | Lambracht, Gerald | Stern | 1970 | 1:12:36 | . | . | . | . | 34 | . | . | . | . | . | . | . | . | . | . |
| 202 | 119 | Krastev, Ulli | BACARDI | 1969 | 1:12:37 | . | . | . | . | 35 | . | . | . | . | . | . | . | . | . | . |
| 202 | 1381 | Nowack, Frank | Lufthansa | 1959 | 1:12:37 | . | . | . | . | . | . | 38 | . | . | . | . | . | . | . | . |
| 202 | 902 | Weinrich, Konrad | PHILIPS | 1959 | 1:12:37 | . | . | . | . | . | . | 38 | . | . | . | . | . | . | . | . |
| 205 | 417 | Spijker, Rüdiger | ERGOsports | 1960 | 1:12:38 | . | . | . | . | . | . | 40 | . | . | . | . | . | . | . | . |
| 206 | 1246 | Hecht, Ingo | VATTENFALL | 1969 | 1:12:48 | . | . | . | . | 36 | . | . | . | . | . | . | . | . | . | . |
| 207 | 122 | Pepperrell, Stephen | BACARDI | 1958 | 1:13:04 | . | . | . | . | . | . | 41 | . | . | . | . | . | . | . | . |
| 208 | 1473 | Reinking, Ernst | Biester | 1953 | 1:13:05 | . | . | . | . | . | . | 19 | . | . | . | . | . | . | . | . |
| 209 | 1537 | Mahn, Kristopher | HW | 1987 | 1:14:08 | . | 14 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 210 | 873 | Gaebert, Hans-Joachim | PHILIPS | 1947 | 1:14:27 | . | . | . | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 211 | 673 | Schwenck, Jörn | HSH-NORDB. | 1944 | 1:14:46 | . | . | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 212 | 365 | Glienke, Hartmut | ELBE-Sport | 1948 | 1:14:48 | . | . | . | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 213 | 538 | Knaack, Tobias | HH-Hochsch | 1975 | 1:14:54 | . | . | . | 19 | . | . | . | . | . | . | . | . | . | . | . |
| 214 | 944 | Adolf, Hans-Willy | PHILIPS | 1936 | 1:15:09 | . | . | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 215 | 684 | Neitzel, Hans Georg | HypoVerein | 1949 | 1:15:29 | . | . | . | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 216 | 98 | Hormann, Klaus | BA-Eimsb. | 1952 | 1:16:43 | . | . | . | . | . | . | 20 | . | . | . | . | . | . | . | . |
| 217 | 868 | Bremer, Alex | PHILIPS | 1940 | 1:17:00 | . | . | . | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 218 | 690 | Dreyer, Klaus | IBM Klub | 1937 | 1:17:47 | . | . | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 219 | 183 | Schindler, Matthias | BVI | 1952 | 1:17:53 | . | . | . | . | . | . | 21 | . | . | . | . | . | . | . | . |
| 220 | 573 | Becker, Wolfgang | Haspa | 1951 | 1:18:12 | . | . | . | . | . | . | . | 15 | . | . | . | . | . | . | . |
| 221 | 599 | Sube, Wolfgang | Haspa | 1952 | 1:18:55 | . | . | . | . | . | . | 22 | . | . | . | . | . | . | . | . |
| 222 | 650 | Diezel, Günter | HSH-NORDB. | 1954 | 1:18:58 | . | . | . | . | . | . | 23 | . | . | . | . | . | . | . | . |
| 223 | 361 | Eybächer, Michael | ELBE-Sport | 1943 | 1:20:29 | . | . | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 224 | 651 | Drywa, Thomas | HSH-NORDB. | 1955 | 1:23:59 | . | . | . | . | . | . | 24 | . | . | . | . | . | . | . | . |

Ergebnisse der Damenmannschaften auf der Kurzstrecke (4400 Meter)

| | | | | |
|---|------------|---|---|-----|
| 1 | Zoll | 1 | Dogan, Canan; Engelmann, Heike; Schiemann, Sabine | 42 |
| 2 | PHILIPS | 1 | Yücel, Sema; Fischer, Christiane; Müller, Ursel | 42 |
| 3 | ERGOsports | 1 | Ewers, Dorit; Neitzel, Tanja; Sievers, Susanne | 50 |
| 4 | Polizei HH | 1 | Drückler, Franziska; Priebe, Mareike; Schilling, Christiane | 63 |
| 5 | ELBE-Sport | 1 | Schroten, Melanie-Maren; Schroten, Denise; Kahlbohm, Ulrike | 68 |
| 6 | Sig. Iduna | 1 | Kamlage, Frauke; Hahn, Miriam; Dally, Renate | 103 |
| 7 | ERGOsports | 2 | Clausen, Sylvia; Müller, Ilona; Messow, Katrin | 110 |
| 8 | Tchibo | 1 | Stiller, Christel; Maaß, Anna-Katharina; Randjbarzadeh, Daniela | 113 |
| 9 | PHILIPS | 2 | Mansfeld-Stiegert, Ulrike; Hahn, Katharina; Jeschke, Annegret | 122 |

Ergebnisse der Damenmannschaften auf der Mittelstrecke (6900 Meter)

| | | | | |
|---|------------|---|--|-----|
| 1 | Polizei HH | 1 | Drückler, Franziska; Rietzke, Marion; von Schwerin, Caroline | 9 |
| 2 | Tchibo | 1 | Tesch, Katharina; Spielvogel, Jutta; Randjbarzadeh, Daniela | 41 |
| 3 | HSH-NORDB. | 1 | Recht, Janette; Engelbrecht, Martina; Bornemann, Viola | 42 |
| 4 | Airbus | 1 | König, Irmtraut; Drews, Margarida; Waller, Renate | 61 |
| 5 | HPA | 1 | Freitag, Caroline; Lohstroh, Ellen; Schitnik, Claudia | 84 |
| 6 | TÜV-Nord | 1 | Jimenez Lopez, Isabel; Glismann, Angela; Rasmussen, Ingrid | 88 |
| 7 | ERGOsports | 1 | Neitzel, Tanja; Sievers, Susanne; Müller, Ilona | 100 |
| 8 | Sig. Iduna | 1 | Kamlage, Frauke; Hahn, Miriam; Kirchner, Viviane | 112 |

Ergebnisse der Damenmannschaften auf der Langstrecke (11900 Meter)

| | | | | |
|---|------------|---|--|-----|
| 1 | OTTO | 1 | Weigert, Elizabeth; Timm, Martina; Bornmann, Kerstin | 44 |
| 2 | Laufwerk | 1 | Kunst, Sabine; Krispin, Marion; Papenberg, Daniela | 59 |
| 3 | Lufthansa | 1 | Ladwig, Sylvia; Fischwasser, Anke; Schulz, Nina | 65 |
| 4 | Siemens | 1 | Möller, Tanja; Leifels, Gabi; Lange-Paulick, Sabine | 66 |
| 5 | Haspa | 1 | Klug, Rita; Suckow, Maria; König, Monika | 71 |
| 6 | Siemens | 2 | Zapf, Julia; Hahn, Marion; Sie Too, Mechthild | 91 |
| 7 | ELBE-Sport | 1 | Schroten, Melanie-Maren; Krüger, Karin; Frey, Birgit | 105 |

Ergebnisse der Herrenmannschaften auf der Kurzstrecke (4400 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | Polizei HH | 1 | Meyer, Timo; Dankers, Heinz; Kröning, Wolfgang | 19 |
| 2 | PHILIPS | 1 | Rittmeister, Lutz; Weinrich, Konrad; Lieske, Christoph | 35 |
| 3 | ERGOsports | 1 | Banck, Sönke; Hinckeldeyn, Jörg; Spijker, Rüdiger | 48 |
| 4 | HPA | 1 | Dörheit, Christian; Reschke, Mark; Tilch, Peter | 52 |
| 5 | Stern | 1 | Vanselow, Niklas; Lambracht, Gerald; Stangenberg, Daniel | 65 |
| 6 | Gaden | 1 | Wichmann, Oliver; Brandt, Andreas; Janßen, Lennart | 66 |
| 7 | HSH-NORDB. | 1 | Burkhardt, Torsten; Haberkost, Jens; Klein, Friedrich | 99 |
| 8 | Stern | 2 | Kamrad, Hubert; Duda, Rudolf; Lohmann, Rolf-Michael | 119 |
| 9 | HEK | 1 | Gröhn, Dennis; Gröhn, Sven; Gröhn, Thomas | 130 |
| 10 | HSH-NORDB. | 2 | Zollbeck, Marco; Diezel, Günter; Unterspann, Klaus | 142 |
| 11 | ERGOsports | 2 | Schulz, Rainer; Melde, Christian; Krause, Reinhard | 142 |
| 12 | PHILIPS | 2 | Lumpp, Michael; Glüse, Ulf; Meier, Manfred | 153 |
| 13 | Commerz-B. | 1 | Küster, Siegfried; Mengelkamp, Hans-Joachim; Brüggeman, Ralf | 159 |
| 14 | BACARDI | 1 | Krastev, Ulli; Ruthe, Fabian; Pepperrell, Stephen | 167 |
| 15 | HPA | 2 | Sens, Hendrik; von Pein, Ralf; Schitnik, Luca | 168 |
| 16 | Sig. Iduna | 1 | Scharf, Dietmar; Manthei, Jan; Kamlage, Jens | 171 |
| 17 | ELBE-Sport | 1 | Westerfeld, Philipp; Eybächer, Michael; Kröger, Rolf | 173 |
| 18 | Polizei HH | 2 | Knaack, Thomas; Bust, Johann; Horlamus, Klaus | 174 |
| 19 | NDR | 1 | Thimm, Erich; Zuther, Olaf; Meister, Wolfgang | 177 |
| 20 | Gaden | 2 | Chamier, Matti; Wams, Martin; Chamier, Bela | 195 |
| 21 | Feuerwehr | 1 | Heemcke, Alexander; Hintzmann, Alfred; Neumann, Wilhelm | 205 |
| 22 | Stern | 3 | Stangenberg, Marco; Vieregge, Jens; Müller, Jürgen | 214 |
| 23 | PHILIPS | 3 | Matthies, Hans-Joachim; Meinke, Frank; Braun, Friedrich | 229 |
| 24 | Haspa | 1 | Wagner, Tom; Wenthe, Adolf; Goetzke, Stefan | 231 |
| 25 | Fa.Blanke. | 1 | Matthiessen, Uwe; Bartels, Fritz; Winkel, Horst | 307 |

Ergebnisse der Herrenmannschaften auf der Mittelstrecke (6900 Meter)

| | | | | |
|----|------------|---|---|-----|
| 1 | Polizei HH | 1 | Meyer, Timo; Götttsche, Sören; Abler, Frederik | 13 |
| 2 | Tchibo | 1 | Seliger, Niels-Michael; Müller, Reinhard; Nagel, Tino | 34 |
| 3 | PHILIPS | 1 | Haacker, Kai; Rittmeister, Lutz; Weinrich, Konrad | 39 |
| 4 | Polizei HH | 2 | Laude, Niels; Kröning, Wolfgang; Priebe, Markus | 53 |
| 5 | ERGOsports | 1 | Banck, Sönke; Hinckeldeyn, Jörg; Spijker, Rüdiger | 66 |
| 6 | Feuerwehr | 1 | Heemcke, Alexander; Gust, Harald; Stooß, Gerald | 103 |
| 7 | Stern | 1 | Duden, Olaf; Lambracht, Gerald; Vanselow, Oliver | 110 |
| 8 | HPA | 1 | Clemm, Thomas; Reschke, Mark; Tilch, Peter | 113 |
| 9 | OrthoNord | 1 | Schmidt, Axel; Suaidy, Jens-Valentin; Meyer, Klaus | 136 |
| 10 | PHILIPS | 2 | Bublitz, Manfred; Borchers, Mario; Meier, Manfred | 141 |
| 11 | BACARDI | 1 | Krastev, Ulli; Schreiner, Benedikt; Ruthe, Fabian | 144 |
| 12 | NDR | 1 | Schröder, Birger; Konrad, Fabian; Konrad, Thomas | 150 |
| 13 | Airbus | 1 | Bartels, Ronald; Radtke, Jörg; Michels, Rolf | 152 |
| 14 | HSH-NORDB. | 1 | Klein, Friedrich; Haberkost, Jens; Burkhardt, Torsten | 173 |
| 15 | Hochbahn | 1 | Hrouda, Peter; Westphal, Wolfgang; Harms, Michael | 176 |
| 16 | Sig. Iduna | 1 | Hänsel, Steffen; Scharf, Dietmar; Manthei, Jan | 178 |
| 17 | Siemens | 1 | Bentien, Ronald; Sietz, Andreas; Endelmann, Rolf | 189 |
| 18 | Stern | 2 | Milewski, Marek; Lohmann, Rolf-Michael; Kamrad, Hubert | 200 |
| 19 | HSH-NORDB. | 2 | Zollbeck, Marco; Konitzer, Tim; Diezel, Günter | 204 |
| 20 | Laufwerk | 1 | Hauschildt, Maik; Skwirblies, Martin; Kiefer, Thomas | 209 |
| 21 | Lufthansa | 1 | Drexhage, Rolf; Schulte, Stephan; Nowack, Frank | 228 |
| 22 | VATTENFALL | 1 | Kayser, Oliver; Bratsch, Jürgen; Wolter, Friedrich | 230 |
| 23 | IBM Klub | 1 | Benz, Markus; Woebke, Gerd; Kusch, Günter | 244 |
| 24 | Commerz-B. | 1 | Küster, Siegfried; Fuchs, Norbert; Clauß, Peter | 244 |
| 25 | Beiersdorf | 1 | Behrens, Jürgen; Röming, Wilfried; Petersson, Jörg | 255 |
| 26 | Rapid | 1 | Nölting, Frieder; Kurtz, Udo; Schaefer, Andreas | 268 |
| 27 | BBK | 1 | Levezow, Thomas; Janel, Werner; Predel, Gerhard | 269 |
| 28 | Polizei HH | 3 | Klatte, Alexander; Thoma, Christian; Baier, Tino | 275 |
| 29 | BA-Nord | 1 | zum Brook, Reinhold; Kluge, Joachim; Welling, Felix | 284 |
| 30 | Haspa | 1 | Tidow, Heinz; Knoefel, Gerhard; Otte, Michael | 312 |
| 31 | EDEKA | 1 | Schulze, Stephan; Schmidt, Gerd; Houlman-Scheiba, Herbert | 332 |
| 32 | HSH-NORDB. | 3 | Bornemann, Matthias; Konitzer, Martin; Schwenck, Jörn | 341 |
| 33 | Stern | 3 | Jerol, Peter; Meyer, Joachim; Stangenberg, Marco | 346 |
| 34 | Siemens | 2 | Wienand, Udo; Dierking, Peter; Püttjer, Horst | 384 |
| 35 | BP-Oil | 1 | Wangemann, Eicke; Schrader, Rudi; Knigge, Hubert | 388 |
| 36 | BVI | 1 | Steinhagen, Michael; Antkowiak, Rene; Schindler, Matthias | 413 |

Ergebnisse der Herrenmannschaften auf der Langstrecke (11900 Meter)

| | | | | |
|---|--------|---|---|----|
| 1 | Medeco | 1 | Kores, Robert; Groth, Paul; Bruhnke, Eric | 33 |
|---|--------|---|---|----|

| | | | | |
|----|------------|---|---|-----|
| 2 | Feuerwehr | 1 | Heemcke, Alexander; Boda, Rainer; Naumann, Stefan | 42 |
| 3 | Airbus | 1 | Stübs, Andre; Walther, Hendrik; Jansen, Thies | 44 |
| 4 | PHILIPS | 1 | Lovon, Emmanuel; Rittmeister, Lutz; Jeschke, Heinz | 60 |
| 5 | Siemens | 1 | Wiebe, Nicholas; Rebstock, Stefan; Peschel Sielmann, Manfred | 61 |
| 6 | ERGOsports | 1 | Virus, Andreas; Banck, Sönke; Kozieras, Norbert | 95 |
| 7 | Gaden | 1 | Wichmann, Oliver; Wams, Martin; Brandt, Andreas | 119 |
| 8 | OTTO | 1 | Spliethoff, Hans Georg; Becker, Jens-Gerrit; Patzer, Ralf | 133 |
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