

Hohenbuchenlauf 2015

26.08.2015 - Hohenbuche9ark Poppenbüttel

Ergebnisse der Damen auf der Kinderlauf (600 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | WK |
|--------------|-------------|-------------------|------------|-----------|-------------|-----------|
| 1 | 783 | Becker, Charlotte | Rot Gelb | 05 | 02:22 | 1 |
| 2 | 639 | Becker, Judith | Rot Gelb | 07 | 02:29 | 2 |
| 3 | 360 | Matzke, Sanja | PHILIPS | 09 | 03:46 | 3 |

Ergebnisse der Damen auf der Kurzstrecke (2900 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 |
|-------|------|----------------------|--------------|----|-------|----|---|----|----|----|----|----|----|----|----|----|----|
| 1 | 388 | Becker, Barbara | Rot Gelb | 71 | 12:07 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 2 | 45 | Horlamus, Pia | Polizei HH | 03 | 12:43 | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 361 | Matzke, Svenja | PHILIPS | 78 | 13:32 | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 4 | 582 | Keschke, Vivien | HPA | 02 | 14:17 | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 703 | Glaser, Steffi | OTTO | 70 | 14:18 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 6 | 284 | Stadelmann, Anouk | HPA | 02 | 14:51 | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 7 | 645 | Lovon, Lena | PHILIPS | 90 | 15:04 | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 8 | 301 | Strauchmann, Maraike | HEK | 81 | 15:53 | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 9 | 849 | Weiß, Meike | ATH. BACARDI | 80 | 15:59 | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 10 | 297 | Eckert, Ingeborg | HEK | 65 | 16:03 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 11 | 282 | Schitnik, Claudia | HPA | 69 | 16:25 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 12 | 547 | Kunzel, Ornella | Airbus | 88 | 16:59 | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 13 | 571 | Clausen, Sylvia | ERGOsports | 40 | 17:15 | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 14 | 612 | Lovon, Katia | PHILIPS | 64 | 17:23 | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 15 | 391 | Kirchner, Viviane | Sig. Iduna | 64 | 18:43 | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 16 | 148 | Noetzel, Brigitte | BP-Oil | 46 | 18:58 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 17 | 155 | Bartels, Petra | Deut.Bank | 53 | 19:25 | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 18 | 345 | Hollerith, Silke | NDR | 65 | 19:47 | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 19 | 128 | Fuhr, Karin | Rot Gelb | 41 | 20:26 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 20 | 89 | Markwardt, Christl | Haspa | 50 | 20:51 | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 21 | 70 | Jeschke, Annegret | PHILIPS | 55 | 21:01 | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 22 | 39 | Müller, Ursel | PHILIPS | 47 | 24:24 | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 23 | 851 | Hinckeldeyn, Sabine | ERGOsports | 60 | 24:34 | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 24 | 456 | Köhr, Dagmar | Veolia | 58 | 25:46 | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 25 | 101 | Lehmer, Nicole | Sig. Iduna | 76 | 31:31 | . | . | . | 3 | . | . | . | . | . | . | . | . |

Ergebnisse der Damen auf der Langstrecke (10000 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | D | 30 | 35 | 40 | 45 | 50 | 55 | 65 |
|-------|------|-------------------------|--------------|----|---------|----|------------------|----|----|----|----|----|----|
| 1 | 373 | Thams, Maike | Polizei HH | 91 | 45:01 | 1 | . | . | . | . | . | . | . |
| 2 | 614 | Fahnenbruck, Nele | Polizei HH | 82 | 47:19 | . | 1 | . | . | . | . | . | . |
| 3 | 320 | Lappe, Kathrin | Kühne+Nagel | 77 | 47:55 | . | . | 1 | . | . | . | . | . |
| 4 | 631 | Schumann, Sandra | VATTENFALL | 87 | 48:38 | 2 | . | . | . | . | . | . | . |
| 5 | 336 | Berels, Marika | Lufthansa | 63 | 48:47 | . | . | . | . | . | 1 | . | . |
| 6 | 55 | Warnecke-Jerol, Margret | Stern | 61 | 49:37 | . | . | . | . | . | 2 | . | . |
| 7 | 351 | Fuchs, Bettina | PHILIPS | 73 | 50:11 | . | . | . | 1 | . | . | . | . |
| 8 | 25 | Recht, Janette | HSH-NORDB. | 81 | 50:22 | . | 2 | . | . | . | . | . | . |
| 9 | 440 | Felchner, Carola | wellnuss.de | 78 | 50:44 | . | . | 2 | . | . | . | . | . |
| 10 | 700 | Eich, Janna | TK | 85 | 51:39 | . | 3 | . | . | . | . | . | . |
| 11 | 785 | Schomburg, Karen | TK | 84 | 51:51 | . | 4 | . | . | . | . | . | . |
| 12 | 173 | Brose, Silke | ELBE-Sport | 62 | 51:59 | . | . | . | . | . | 3 | . | . |
| 13 | 372 | Dewald, Dorothea | Polizei HH | 87 | 52:03 | 3 | . | . | . | . | . | . | . |
| 14 | 311 | Kaussler, Claudia | Hochbahn | 61 | 52:33 | . | . | . | . | . | 4 | . | . |
| 15 | 551 | Henke, Katrin | ATH. BACARDI | 92 | 53:32 | 4 | . | . | . | . | . | . | . |
| 16 | 348 | Beu, Sylvie | OTTO | 74 | 53:43 | . | . | . | 2 | . | . | . | . |
| 17 | 350 | Timm, Martina | OTTO | 70 | 53:58 | . | . | . | . | 1 | . | . | . |
| 18 | 328 | Kersten, Ines | Laufwerk | 62 | 54:34 | . | . | . | . | . | 5 | . | . |
| 19 | 677 | König, Monika | Haspa | 58 | 54:41 | . | . | . | . | . | . | 1 | . |
| 20 | 334 | Wolff, Stephanie | Laufwerk | 71 | 54:44 | . | . | . | 3 | . | . | . | . |
| 21 | 153 | Ansen, Maike | DAK | 83 | 54:48 | . | 5 | . | . | . | . | . | . |
| 22 | 448 | Koring, Dagmar | VATTENFALL | 68 | 55:33 | . | . | . | . | 2 | . | . | . |
| 23 | 176 | Antes, Berit | ERGOsports | 65 | 55:42 | . | . | . | . | . | 6 | . | . |
| 24 | 178 | Dreller, Hilke | ERGOsports | 64 | 56:19 | . | . | . | . | . | 7 | . | . |
| 25 | 180 | Ewers, Dorit | ERGOsports | 61 | 56:20 | . | . | . | . | . | 8 | . | . |
| 26 | 592 | Ahrens, Maike | HEK | 68 | 56:28 | . | . | . | . | 3 | . | . | . |
| 27 | 280 | Reiher, Nicole | HPA | 71 | 57:37 | . | . | . | 4 | . | . | . | . |
| 28 | 538 | Hagemann, Anna | Rot Gelb | 47 | 58:48 | . | . | . | . | . | . | . | 1 |
| 29 | 329 | Machate, Sabine | Laufwerk | 57 | 59:21 | . | . | . | . | . | . | 2 | . |
| 30 | 564 | König, Johanna | Dataport | 64 | 1:00:23 | . | . | . | . | . | 9 | . | . |
| 31 | 279 | Lohstroh, Ellen | HPA | 57 | 1:01:07 | . | . | . | . | . | . | 3 | . |
| 32 | 166 | Carlsen, Tanja | EDEKA | 78 | 1:01:52 | . | . | 3 | . | . | . | . | . |
| 33 | 281 | Scheile-Bängsson, Barb | HPA | 68 | 1:03:41 | . | . | . | . | 4 | . | . | . |
| 34 | 613 | Nieswandt, Tanja | PHILIPS | 71 | 1:03:56 | . | . | . | 5 | . | . | . | . |
| 35 | 569 | Frey, Birgit | ELBE-Sport | 57 | 1:05:09 | . | . | . | . | . | . | 4 | . |
| | 510 | Yakici, Hatice | Allianz | 64 | 1:05:56 | 1. | Außer Konkurrenz | | | | | | |
| 36 | 641 | Reese-Theegee, Kirsten | Sig. Iduna | 62 | 1:09:51 | . | . | . | . | . | 10 | . | . |
| 37 | 396 | Pantelmann, Susann | Sig. Iduna | 68 | 1:12:09 | . | . | . | . | 5 | . | . | . |

Ergebnisse der Herren auf der Kinderlauf (600 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | MK |
|--------------|-------------|------------------|------------|-----------|-------------|-----------|
| 1 | 359 | Matzke, Marek | PHILIPS | 11 | 03:48 | 1 |
| 2 | 809 | Wittmar, Simon | OTTO | 11 | 05:01 | 2 |
| 3 | 865 | Reckewerth, Luca | NDR | 13 | 05:39 | 3 |

Ergebnisse der Herren auf der Kurzstrecke (2900 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 3 | 1 | 1 | 1 | 1 | 6 | 6 | 4 | 3 | 5 | 4 | 1 |
|-------|------|------------------------|------------|----|-------|----|---|----|----|----|----|----|----|----|----|----|----|
| | | | | | | MJ | M | 30 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 85 |
| 1 | 127 | Dankers, Heinz | Polizei HH | 60 | 10:35 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 2 | 604 | Wams, Martin | Gaden | 65 | 10:38 | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 3 | 463 | Kupper, Frank | TÜV-Nord | 64 | 10:40 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 4 | 492 | Lovon, Emmanuel | PHILIPS | 62 | 10:43 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 5 | 358 | Matzke, Herwig | PHILIPS | 72 | 11:16 | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 6 | 491 | Jeschke, Ottmar | Laufwerk | 58 | 11:55 | . | . | . | . | . | . | 2 | . | . | . | . | . |
| | 162 | Zempel, Philipp | Deut.Bank | 00 | 12:15 | . | . | . | . | . | . | . | . | . | . | . | . |
| 7 | 330 | Skwirbliess, Martin | Laufwerk | 65 | 12:23 | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 8 | 666 | Koss, Alexander | Airbus | 83 | 13:21 | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 9 | 574 | Krause, Reinhard | ERGOsports | 44 | 13:33 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 10 | 400 | Stamm, Volker | Sig. Iduna | 53 | 13:42 | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 11 | 462 | Köhr, Jens | Veolia | 54 | 14:01 | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 12 | 668 | Wolff, Mario | Deut.Bank | 56 | 14:07 | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 13 | 143 | Meier-Rößler, Jochen | BA-Nord | 44 | 14:30 | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 14 | 591 | Ahrens, Justus | HEK | 03 | 14:31 | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 15 | 496 | Ahrens, Ingo | HEK | 68 | 14:38 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 16 | 283 | Schitnik, Fin | HPA | 01 | 14:51 | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 576 | Winter, Rainer | ERGOsports | 49 | 15:14 | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 18 | 363 | Meier, Manfred | PHILIPS | 40 | 15:26 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 19 | 21 | Bernzen, Johannes | Hochbahn | 59 | 15:33 | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 20 | 387 | Kaminke, Andres | Kravag | 56 | 16:20 | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 21 | 494 | Roders, Wolfgang | IBM Klub | 63 | 16:59 | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 22 | 766 | Friedrich, Wolfram | Jungheinr. | 59 | 17:08 | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 23 | 62 | Lutosch, Dietmar | VATTENFALL | 41 | 17:13 | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 24 | 295 | Steck, Siegfried | Haspa | 48 | 17:21 | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 25 | 337 | Hintz, Martin | Lufthansa | 37 | 17:36 | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 26 | 174 | Gläser, Heinz | ELBE-Sport | 45 | 17:49 | . | . | . | . | . | . | . | . | . | 4 | . | . |
| 27 | 858 | Ahrens, Julian | HEK | 99 | 17:57 | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 28 | 638 | Wolter, Friedrich | VATTENFALL | 52 | 17:58 | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 29 | 357 | Matthies, Hans-Joachim | PHILIPS | 30 | 18:49 | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 30 | 195 | Böthern, Rolf | Fa.Blanke. | 43 | 19:45 | . | . | . | . | . | . | . | . | . | 5 | . | . |
| 31 | 189 | Scholz, Guido | ERGOsports | 64 | 20:12 | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 32 | 294 | Becker, Wolfgang | Haspa | 51 | 20:30 | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 33 | 16 | Matthiessen, Uwe | Fa.Blanke. | 49 | 22:46 | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 34 | 194 | Bartels, Fritz | Fa.Blanke. | 38 | 25:24 | . | . | . | . | . | . | . | . | . | . | 3 | . |
| 35 | 17 | Winkel, Horst | Fa.Blanke. | 40 | 26:47 | . | . | . | . | . | . | . | . | . | . | 4 | . |

Ergebnisse der Herren auf der Langstrecke (10000 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 1 | 3 | 9 | 7 | 9 | 17 | 18 | 15 | 7 | 8 | 3 | 2 |
|-------|------|------------------------|--------------|----|-------|----|---|----|----|----|----|----|----|----|----|----|----|
| | | | | | | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 |
| 1 | 628 | Ahlfeld, Carsten | TÜV-Nord | 67 | 35:47 | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 2 | 611 | Wittmar, Johannes | OTTO | 81 | 36:09 | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 3 | 353 | Glasenapp, Jan | PHILIPS | 71 | 36:59 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 4 | 526 | Ebel, Thomas | NDR | 65 | 37:22 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| | 859 | Burmeister, Bernd | Gaden | 84 | 37:29 | 1. | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| 5 | 854 | Dörheit, Christian | HPA | 79 | 38:05 | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 6 | 193 | Winter, Christian | ERGOsports | 81 | 38:16 | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 7 | 635 | Bach, Manuel | Gaden | 85 | 38:44 | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 8 | 442 | Stephan, Achim | wellnuss.de | 76 | 39:22 | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 9 | 726 | Zimmer, Martin | VATTENFALL | 81 | 39:33 | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 10 | 136 | Kiehl, Thorsten | Airbus | 84 | 39:39 | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 11 | 85 | Levezow, Thomas | BBK | 69 | 39:46 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 12 | 863 | Bietke, Dirk | TÜV-Nord | 71 | 40:06 | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 13 | 142 | Krastev, Ulli | ATH. BACARDI | 69 | 40:10 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 14 | 593 | Zampich, Oliver | HEK | 71 | 40:13 | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 15 | 51 | Lambracht, Gerald | Stern | 70 | 40:47 | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 16 | 333 | Voß, Ingo | Laufwerk | 72 | 41:06 | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 17 | 196 | Caspari, Rene | Fa.Blanke. | 80 | 41:21 | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 18 | 733 | Gruber, Markus | DAK | 70 | 41:30 | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 19 | 856 | Baumann, Martin | HHLA | 88 | 41:37 | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 20 | 375 | Schirduan, Stefan | Postbank-H | 65 | 42:40 | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 21 | 861 | Bastian, Jens | G+J | 63 | 42:51 | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 22 | 152 | Ansen, Hans-Jürgen | DAK | 50 | 43:16 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 23 | 518 | Becker, Jens-Gerrit | OTTO | 62 | 43:47 | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 24 | 371 | Brandt, Boris | Polizei HH | 82 | 43:54 | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 25 | 390 | Koebe, Gerhard | Rot Gelb | 60 | 44:03 | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 26 | 864 | Schöning, Reiner | Laufwerk | 55 | 44:17 | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 27 | 848 | Herzberg, Andreas | Airbus | 66 | 44:25 | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 28 | 34 | Haacker, Kai | PHILIPS | 63 | 44:30 | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 29 | 599 | Jacobsen, Henrik | Hochbahn | 92 | 44:39 | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 30 | 866 | Reckewerth, Alexander | NDR | 76 | 44:53 | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 31 | 169 | Laurisch, Wolf | EDEKA | 72 | 44:55 | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 32 | 300 | Lemkau, Niels | HEK | 65 | 45:19 | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 33 | 161 | Voß, Thomas | Deut.Bank | 67 | 45:24 | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 34 | 626 | Sägert, Jan | wellnuss.de | 78 | 45:31 | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 35 | 98 | Timm, Thomas | PHILIPS | 58 | 45:35 | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 36 | 740 | Niermann, Marco | HH Airport | 80 | 46:06 | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 37 | 632 | Schumann, Thomas | VATTENFALL | 58 | 46:34 | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 38 | 389 | Kerres, Bertram | Rot Gelb | 59 | 46:38 | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 39 | 137 | Lucke, Marcus | Airbus | 65 | 46:41 | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 40 | 43 | Stäcker, Frank | PHILIPS | 64 | 46:47 | . | . | . | . | . | . | . | 8 | . | . | . | . |
| | 665 | Lampe, Andreas | TH Eilbeck | 66 | 46:48 | 1. | | | | | | | | | | | |
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| 41 | 572 | Faust, Thomas | ERGOsports | 62 | 47:06 | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 42 | 459 | Schmidt, Bjoern | EDEKA | 72 | 47:10 | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 43 | 18 | Tilch, Peter | HPA | 55 | 47:22 | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 44 | 369 | Weinrich, Konrad | PHILIPS | 59 | 48:23 | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 45 | 610 | Reuer, Hans-Henning | OTTO | 67 | 48:32 | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 46 | 298 | Herrmann, Christoph | HEK | 90 | 48:45 | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 47 | 299 | Herrmann, Thomas | HEK | 58 | 48:48 | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 48 | 674 | Spijker, Rüdiger | ERGOsports | 60 | 48:51 | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 49 | 183 | Hinckeldeyn, Jörg | ERGOsports | 60 | 48:52 | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 50 | 850 | Schmidt, Dennis Kim | Dataport | 83 | 48:55 | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 51 | 521 | Kozieras, Norbert | ERGOsports | 50 | 48:56 | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 52 | 617 | Allonge, Andreas | Rot Gelb | 68 | 49:08 | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 53 | 517 | Müller, Karsten | Laufwerk | 69 | 49:26 | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 54 | 852 | Wagner, Dirk | ERGOsports | 72 | 49:57 | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 55 | 774 | Martin, Dirk | Laufwerk | 66 | 50:30 | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 56 | 323 | Schulz, Hans-Joachim | Gaden | 46 | 50:36 | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 57 | 586 | Barckhahn, Sven | HHLA | 75 | 50:45 | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 58 | 56 | Rubiales Jimenez, Luis | Zoll | 38 | 50:59 | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 59 | 125 | Wagener, Horst | Gaden | 61 | 51:13 | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 60 | 741 | Weber, Karsten | HH Airport | 58 | 51:41 | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 61 | 548 | Meyer-Johne, Ludolf | Airbus | 48 | 51:55 | . | . | . | . | . | . | . | . | . | 4 | . | . |
| 62 | 682 | Unterspann, Klaus | HSH-NORDB. | 41 | 51:56 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 63 | 23 | Diezel, Günter | HSH-NORDB. | 54 | 51:57 | . | . | . | . | . | . | . | . | 3 | . | . | . |

| Platz | StNr | Name | BSG | Jg | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 |
|-------|------|-----------------------------|--------------|----|---------|----|---|----|----|----|----|----|----|----|----|----|----|
| 64 | 105 | Scharf, Dietmar | Sig. Iduna | 68 | 52:53 | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 65 | 381 | Liebers, Ralf | Zoll | 64 | 53:05 | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 66 | 146 | Nandelstaedt, Rainer | Beiersdorf | 52 | 53:16 | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 67 | 374 | Meyer, Peter | Postbank-H | 47 | 53:30 | . | . | . | . | . | . | . | . | . | 5 | . | . |
| 68 | 185 | Marquardt, Volker | ERGOsports | 57 | 53:40 | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 69 | 179 | Ehrke, Michael | ERGOsports | 59 | 53:47 | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 70 | 546 | Knaack, Tobias | Airbus | 75 | 54:10 | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 71 | 552 | Henke, Peter | ATH. BACARDI | 63 | 54:16 | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 72 | 139 | Paschold, Rüdiger | Airbus | 61 | 54:19 | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 73 | 316 | Kieselbach, Wolfgang | HypoVerein | 52 | 54:40 | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 74 | 175 | Kühl, Bernd | ELBE-Sport | 46 | 55:32 | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 75 | 288 | Becker, Uwe | HHLA | 56 | 55:41 | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 75 | 399 | Rohde, Kurt | Sig. Iduna | 49 | 55:41 | . | . | . | . | . | . | . | . | . | 7 | . | . |
| 77 | 274 | Ehlers, Jörg | HH Airport | 65 | 55:51 | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 78 | 862 | Diedrich, Ralph | Siemens | 62 | 55:56 | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 79 | 286 | Waldtmann, Andreas | HPA | 63 | 56:03 | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 80 | 855 | Reiher, Sven | HPA | 67 | 56:12 | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 81 | 562 | Sietz, Andreas | DAK | 68 | 56:25 | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 81 | 563 | Sietz, Jesper | DAK | 00 | 56:25 | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 83 | 577 | Majcherek, Ronald | Fa.Blanke. | 59 | 56:26 | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 84 | 671 | Möller, Johann Carsten | EDEKA | 68 | 56:44 | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 85 | 339 | Holz kamp-Heise, Karl-Heinz | Lufthansa | 52 | 56:46 | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 86 | 511 | Haubrich, Gerhard | PHILIPS | 43 | 57:06 | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 87 | 314 | Schwenck, Jörn | HSH-NORDB. | 44 | 57:15 | . | . | . | . | . | . | . | . | . | . | 3 | . |
| 88 | 341 | Nowack, Frank | Lufthansa | 59 | 57:18 | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 89 | 159 | Rowedder, Frank | Deut.Bank | 66 | 57:51 | . | . | . | . | . | 16 | . | . | . | . | . | . |
| 90 | 853 | Feldhaus, Holger | HH Airport | 83 | 58:17 | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 91 | 331 | Stadter, Gerd | Laufwerk | 62 | 58:27 | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 91 | 332 | Steuernagel, Curt | Laufwerk | 56 | 58:27 | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 93 | 570 | Frey, Matthias | ELBE-Sport | 51 | 59:46 | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 94 | 454 | Wangemann, Björn | VATTENFALL | 76 | 1:00:24 | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 95 | 743 | Janssen, Rainer | HHLA | 65 | 1:00:42 | . | . | . | . | . | . | 18 | . | . | . | . | . |
| 96 | 343 | Uhl, Manfred | Lufthansa | 39 | 1:06:14 | . | . | . | . | . | . | . | . | . | . | . | 2 |
| 97 | 150 | Schrader, Rudi | BP-Oil | 49 | 1:06:18 | . | . | . | . | . | . | . | . | . | 8 | . | . |

Ergebnisse der Damenmannschaften auf der Kurzstrecke (2900 Meter)

| | | |
|-----------|---------------------------------------------------------|---------|
| 1 HPA | 1 Keschke, Vivien; Stadelmann, Anouk; Schitnik, Claudia | 0:45:33 |
| 2 PHILIPS | 1 Matzke, Svenja; Lovon, Lena; Lovon, Katia | 0:45:59 |

Ergebnisse der Damenmannschaften auf der Langstrecke (10000 Meter)

| | | |
|--------------|-----------------------------------------------------------|---------|
| 1 Polizei HH | 1 Thams, Maike; Fahnenbruck, Nele; Dewald, Dorothea | 2:24:23 |
| 2 ERGOsports | 1 Antes, Berit; Dreller, Hilke; Ewers, Dorit | 2:48:21 |
| 3 Laufwerk | 1 Kersten, Ines; Wolff, Stephanie; Machate, Sabine | 2:48:39 |
| 4 HPA | 1 Reiher, Nicole; Lohstroh, Ellen; Scheile-Bångsson, Barb | 3:02:25 |

Ergebnisse der Herrenmannschaften auf der Kurzstrecke (2900 Meter)

| | | | | |
|---|------------|---|-------------------------------------------------|---------|
| 1 | PHILIPS | 1 | Lovon, Emmanuel; Matzke, Herwig; Meier, Manfred | 0:37:25 |
| 2 | HEK | 1 | Ahrens, Justus; Ahrens, Ingo; Ahrens, Julian | 0:47:06 |
| 3 | ERGOsports | 1 | Krause, Reinhard; Winter, Rainer; Scholz, Guido | 0:48:59 |
| 4 | Fa.Blanke. | 1 | Böthern, Rolf; Matthiessen, Uwe; Bartels, Fritz | 1:07:55 |

Ergebnisse der Herrenmannschaften auf der Langstrecke (10000 Meter)

| | | | | |
|----|------------|---|-------------------------------------------------------------|---------|
| 1 | PHILIPS | 1 | Glasenapp, Jan; Haacker, Kai; Timm, Thomas | 2:07:04 |
| 2 | OTTO | 1 | Wittmar, Johannes; Becker, Jens-Gerrit; Reuer, Hans-Henning | 2:08:28 |
| 3 | Airbus | 1 | Kiehl, Thorsten; Herzberg, Andreas; Lucke, Marcus | 2:10:45 |
| 4 | ERGOsports | 1 | Winter, Christian; Faust, Thomas; Spijker, Rüdiger | 2:14:13 |
| 5 | HEK | 1 | Zampich, Oliver; Lemkau, Niels; Herrmann, Christoph | 2:14:17 |
| 6 | Laufwerk | 1 | Voß, Ingo; Schöning, Reiner; Müller, Karsten | 2:14:49 |
| 7 | Rot Gelb | 1 | Koebe, Gerhard; Kerres, Bertram; Allonge, Andreas | 2:19:49 |
| 8 | Gaden | 1 | Bach, Manuel; Schulz, Hans-Joachim; Wagener, Horst | 2:20:33 |
| 9 | DAK | 1 | Gruber, Markus; Ansen, Hans-Jürgen; Sietz, Andreas | 2:21:11 |
| 10 | HPA | 1 | Dörheit, Christian; Tilch, Peter; Waldtmann, Andreas | 2:21:30 |
| 11 | VATTENFALL | 1 | Zimmer, Martin; Schumann, Thomas; Wangemann, Björn | 2:26:31 |
| 12 | ERGOsports | 2 | Hinckeldeyn, Jörg; Kozieras, Norbert; Wagner, Dirk | 2:27:45 |
| 13 | HHLA | 1 | Baumann, Martin; Barckhahn, Sven; Becker, Uwe | 2:28:03 |
| 14 | EDEKA | 1 | Laurisch, Wolf; Schmidt, Bjoern; Möller, Johann Carsten | 2:28:49 |
| 15 | PHILIPS | 2 | Stäcker, Frank; Weinrich, Konrad; Haubrich, Gerhard | 2:32:16 |
| 16 | HH Airport | 1 | Niermann, Marco; Weber, Karsten; Ehlers, Jörg | 2:33:38 |
| 17 | Airbus | 2 | Meyer-Johne, Ludolf; Knaack, Tobias; Paschold, Rüdiger | 2:40:24 |
| 18 | HSH-NORDB. | 1 | Unterspann, Klaus; Diezel, Günter; Schwenck, Jörn | 2:41:08 |
| 19 | Laufwerk | 2 | Martin, Dirk; Steuernagel, Curt; Stadter, Gerd | 2:47:24 |
| 20 | Lufthansa | 1 | Holzcamp-Heise, Karl-Heinz; Nowack, Frank; Uhl, Manfred | 3:00:18 |