

Waldlauf der Airbus SG 2023

21.01.2023 - Volkspark

Ergebnisse der Damen auf der Kinderlauf (560 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | WK |
|-------|------|---------------------|--------------|----|-------|----|
| 1 | 895 | Hauschildt, Lena | Laufwerk | 14 | 02:49 | 1 |
| 2 | 636 | Robers, Charlene | TÜV-Nord | 15 | 03:09 | 2 |
| 3 | 617 | Scharf, Mara Sophie | Signal Iduna | 14 | 03:44 | 3 |

VORLÄUFIG

Ergebnisse der Damen auf der Kurzstrecke (3640 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | WJ | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 |
|-------|------|-----------------------|--------------|----|-------|---------------------|---|----|----|----|----|----|----|----|----|----|
| 1 | 567 | Hielscher, Marie | Runn Green | 84 | 14:27 | . | . | . | 1 | . | . | . | . | . | . | . |
| 2 | 313 | Brockmann, Christina | Airbus | 84 | 15:06 | . | . | . | 2 | . | . | . | . | . | . | . |
| 3 | 183 | Goebel, Sonia Isabel | Knossos.de | 90 | 15:46 | . | . | 1 | . | . | . | . | . | . | . | . |
| 4 | 477 | Voß, Katharina | K&M Sport | 83 | 15:54 | . | . | . | . | 1 | . | . | . | . | . | . |
| 5 | 328 | Schultz, Eva | Airbus | 84 | 15:56 | . | . | . | 3 | . | . | . | . | . | . | . |
| 6 | 907 | Liebler, Katja | Polizei HH | 73 | 17:08 | . | . | . | . | . | . | 1 | . | . | . | . |
| 7 | 259 | Becker, Barbara | Rot Gelb | 71 | 17:12 | . | . | . | . | . | . | 2 | . | . | . | . |
| 8 | 391 | Baumann, Katja | ERGOsports | 70 | 17:27 | . | . | . | . | . | . | 3 | . | . | . | . |
| 9 | 960 | Gerhardt, Katja | Knossos.de | 87 | 17:52 | . | . | . | 4 | . | . | . | . | . | . | . |
| 10 | 889 | Guenzi, Elena | HapagLloyd | 80 | 18:20 | . | . | . | . | 2 | . | . | . | . | . | . |
| 11 | 556 | Matzke, Svenja | PHILIPS | 78 | 18:55 | . | . | . | . | . | 1 | . | . | . | . | . |
| 12 | 316 | Garbers, Catharina | Airbus | 81 | 18:57 | . | . | . | . | 3 | . | . | . | . | . | . |
| 13 | 253 | Goebel, Petra | Siemens | 69 | 19:04 | . | . | . | . | . | . | 4 | . | . | . | . |
| 14 | 967 | Schütze, Christina | Runn Green | 76 | 19:07 | . | . | . | . | . | 2 | . | . | . | . | . |
| 15 | 576 | Nachtigäller, Iris | G+J | 77 | 19:17 | . | . | . | . | . | 3 | . | . | . | . | . |
| 16 | 76 | Reese, Finja | Gasnetz HH | 04 | 19:24 | . | 1 | . | . | . | . | . | . | . | . | . |
| 17 | 168 | Heß, Verena | Haspa | 69 | 19:31 | . | . | . | . | . | . | 5 | . | . | . | . |
| 18 | 230 | Spindler, Angela | Polizei HH | 79 | 19:50 | . | . | . | . | 4 | . | . | . | . | . | . |
| 19 | 847 | Dreier, Dagmar | TÜV-Nord | 68 | 19:56 | . | . | . | . | . | . | . | 1 | . | . | . |
| 20 | 697 | Dreller, Hilke | ERGOsports | 64 | 19:59 | . | . | . | . | . | . | . | 2 | . | . | . |
| 21 | 164 | Hoefl, Gesine | Laufladen | 52 | 20:06 | . | . | . | . | . | . | . | . | . | . | 1 |
| 22 | 570 | Köhler, Beatrix | Runn Green | 67 | 20:19 | . | . | . | . | . | . | . | 3 | . | . | . |
| 23 | 77 | Reese, Irina | Gasnetz HH | 72 | 20:34 | . | . | . | . | . | . | 6 | . | . | . | . |
| 24 | 444 | Courtault, Britta | Haspa | 66 | 20:35 | . | . | . | . | . | . | . | 4 | . | . | . |
| 25 | 575 | Bühler-Becker, Heidi | G+J | 61 | 20:41 | . | . | . | . | . | . | . | . | 1 | . | . |
| 25 | 30 | Pahl, Svea | CLD HH | 02 | 20:41 | . | 2 | . | . | . | . | . | . | . | . | . |
| 27 | 830 | Niemann, Antonia | FA HH | 04 | 20:50 | . | 3 | . | . | . | . | . | . | . | . | . |
| 28 | 940 | Plambeck, Monika | BBK | 73 | 20:57 | . | . | . | . | . | . | 7 | . | . | . | . |
| 29 | 455 | Sagert, Erika | HapagLloyd | 52 | 21:00 | . | . | . | . | . | . | . | . | . | . | 2 |
| 30 | 844 | Pries, Daniela | Tchibo | 73 | 21:02 | . | . | . | . | . | . | 8 | . | . | . | . |
| 31 | 380 | Denker, Franziska | Energie SV H | 90 | 21:03 | . | . | 2 | . | . | . | . | . | . | . | . |
| 32 | 681 | Bock, Andrea | BBK | 75 | 21:19 | . | . | . | . | . | 4 | . | . | . | . | . |
| 33 | 170 | Suckow, Maria | Haspa | 68 | 21:27 | . | . | . | . | . | . | . | 5 | . | . | . |
| 34 | 694 | Frey, Lena | ELBE-Sport | 89 | 21:50 | . | . | 3 | . | . | . | . | . | . | . | . |
| 35 | 243 | Balzer, Maren | Zoll | 67 | 21:52 | . | . | . | . | . | . | . | 6 | . | . | . |
| 36 | 496 | Kersten, Ines | Laufwerk | 62 | 22:07 | . | . | . | . | . | . | . | . | 2 | . | . |
| 37 | 399 | Stahlbock, Astrid | ERGOsports | 59 | 22:30 | . | . | . | . | . | . | . | . | 3 | . | . |
| 38 | 607 | Lehmer, Nicole | Signal Iduna | 76 | 22:36 | . | . | . | . | . | 5 | . | . | . | . | . |
| 39 | 519 | Meinicke, Heike | Lufthansa | 61 | 22:43 | . | . | . | . | . | . | . | . | 4 | . | . |
| 40 | 231 | Zuncke, Sonja | Polizei HH | 66 | 23:08 | . | . | . | . | . | . | . | 7 | . | . | . |
| 41 | 719 | Strauchmann, Maraike | HEK | 81 | 23:11 | . | . | . | . | 5 | . | . | . | . | . | . |
| 42 | 779 | Hillmann, Iris | EDEKA | 72 | 23:13 | . | . | . | . | . | . | 9 | . | . | . | . |
| 43 | 207 | Liesenfeld, Melanie | Nordmark | 77 | 23:19 | . | . | . | . | . | 6 | . | . | . | . | . |
| 44 | 961 | Hauert, Leonie | Knossos.de | 84 | 24:42 | . | . | . | 5 | . | . | . | . | . | . | . |
| 45 | 943 | Hübener, Hannelore | ERGOsports | 61 | 24:43 | . | . | . | . | . | . | . | . | 5 | . | . |
| | 964 | Hauschildt, Lilly | Laufwerk | 11 | 24:49 | 1. Außer Konkurrenz | | | | | | | | | | |
| 46 | 623 | Gerth, Claudia | Tchibo | 73 | 25:03 | . | . | . | . | . | . | 10 | . | . | . | . |
| 47 | 589 | Vanthuyne, Anna-Maria | SBCN e.V. | 54 | 26:43 | . | . | . | . | . | . | . | . | . | 1 | . |
| 48 | 776 | Bartels, Petra | Deut.Bank | 53 | 28:31 | . | . | . | . | . | . | . | . | . | . | 3 |
| 49 | 456 | Schäller, Lisa | HapagLloyd | 93 | 33:10 | . | . | 4 | . | . | . | . | . | . | . | . |
| 50 | 171 | McGovern, Roberta | HapagLloyd | 75 | 33:19 | . | . | . | . | . | . | 7 | . | . | . | . |

Ergebnisse der Damen auf der Mittelstrecke (7170 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 6 | 2 | 5 | 6 | 6 | 6 | 14 | 3 | 3 | 2 | 1 |
|-------|------|-----------------------|--------------|----|-------|----|------------------|----|----|----|----|----|----|----|----|----|
| | | | | | | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 |
| 1 | 502 | Balduhn, Caroline | FA HH | 95 | 27:23 | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 567 | Hielscher, Marie | Runn Green | 84 | 28:45 | . | . | 1 | . | . | . | . | . | . | . | . |
| 3 | 321 | Kurr Otero, Cecile | Airbus | 85 | 29:55 | . | . | 2 | . | . | . | . | . | . | . | . |
| 4 | 313 | Brockmann, Christina | Airbus | 84 | 30:37 | . | . | 3 | . | . | . | . | . | . | . | . |
| 5 | 183 | Goebel, Sonia Isabel | Knossos.de | 90 | 31:25 | . | 1 | . | . | . | . | . | . | . | . | . |
| 6 | 504 | Jaekel, Sandra | FA HH | 75 | 32:15 | . | . | . | . | 1 | . | . | . | . | . | . |
| 7 | 477 | Voß, Katharina | K&M Sport | 83 | 33:10 | . | . | . | 1 | . | . | . | . | . | . | . |
| 8 | 526 | Hilgendorf, Carmen | Montblanc | 84 | 33:22 | . | . | 4 | . | . | . | . | . | . | . | . |
| 9 | 738 | von Laar, Sabine | nexinsure | 66 | 34:14 | . | . | . | . | . | . | 1 | . | . | . | . |
| 10 | 844 | Pries, Daniela | Tchibo | 73 | 34:32 | . | . | . | . | . | 1 | . | . | . | . | . |
| 11 | 186 | Feldmann, Kerstin | Gaden | 71 | 35:43 | . | . | . | . | . | 2 | . | . | . | . | . |
| 12 | 765 | Hallmann, Kirsten | Airbus | 71 | 36:14 | . | . | . | . | . | 3 | . | . | . | . | . |
| 13 | 528 | Pöhler, Julia | Montblanc | 81 | 36:26 | . | . | . | 2 | . | . | . | . | . | . | . |
| 14 | 618 | Vollmers, Anja | Signal Iduna | 70 | 36:42 | . | . | . | . | . | 4 | . | . | . | . | . |
| 15 | 506 | Neumann, Corinna | FA HH | 68 | 36:51 | . | . | . | . | . | . | 2 | . | . | . | . |
| 16 | 556 | Matzke, Svenja | PHILIPS | 78 | 37:11 | . | . | . | . | 2 | . | . | . | . | . | . |
| 17 | 967 | Schütze, Christina | Runn Green | 76 | 37:16 | . | . | . | . | 3 | . | . | . | . | . | . |
| 18 | 489 | Klass, Leonie | Gaden | 99 | 37:19 | 2 | . | . | . | . | . | . | . | . | . | . |
| 19 | 189 | Liebold, Kristin | Gaden | 00 | 37:56 | 3 | . | . | . | . | . | . | . | . | . | . |
| 20 | 253 | Goebel, Petra | Siemens | 69 | 38:20 | . | . | . | . | . | 5 | . | . | . | . | . |
| 21 | 316 | Garbers, Catharina | Airbus | 81 | 38:25 | . | . | . | 3 | . | . | . | . | . | . | . |
| 22 | 570 | Köhler, Beatrix | Runn Green | 67 | 38:57 | . | . | . | . | . | . | 3 | . | . | . | . |
| 23 | 685 | Engelbrecht, Martina | Alto-Nabe | 64 | 39:24 | . | . | . | . | . | . | 4 | . | . | . | . |
| 24 | 164 | Hoeft, Gesine | Laufladen | 52 | 39:30 | . | . | . | . | . | . | . | . | . | 1 | . |
| 25 | 71 | Luderer, Britt | ERGOsports | 70 | 40:01 | . | . | . | . | . | 6 | . | . | . | . | . |
| 26 | 750 | Tesch, Katharina | Tchibo | 58 | 40:12 | . | . | . | . | . | . | . | . | 1 | . | . |
| 27 | 513 | Berels, Marika | Lufthansa | 63 | 40:14 | . | . | . | . | . | . | . | 1 | . | . | . |
| | 388 | Tschiltschke, Solvejg | Energie SV H | 91 | 40:32 | 1. | Außer Konkurrenz | | | | | | | | | |
| 28 | 732 | Wulff, Michelle | Gaden | 98 | 40:52 | 4 | . | . | . | . | . | . | . | . | . | . |
| 29 | 845 | Seeling-Maaß, Meike | Tchibo | 65 | 40:56 | . | . | . | . | . | . | 5 | . | . | . | . |
| 30 | 243 | Balzer, Maren | Zoll | 67 | 40:57 | . | . | . | . | . | . | 6 | . | . | . | . |
| 31 | 514 | Bohn, Isabel | Lufthansa | 85 | 41:14 | . | . | 5 | . | . | . | . | . | . | . | . |
| 32 | 270 | Steinhaus, Daniela | Alto-Nabe | 83 | 41:15 | . | . | . | 4 | . | . | . | . | . | . | . |
| 33 | 73 | Winterstein, Daniela | ERGOsports | 77 | 41:16 | . | . | . | . | 4 | . | . | . | . | . | . |
| | 933 | Stritzel, Majida | Airbus | 06 | 41:30 | 2. | Außer Konkurrenz | | | | | | | | | |
| 34 | 455 | Sagert, Erika | HapagLloyd | 52 | 41:52 | . | . | . | . | . | . | . | . | 2 | . | . |
| 35 | 190 | Reimers, Wiebke | Gaden | 65 | 42:30 | . | . | . | . | . | . | 7 | . | . | . | . |
| 36 | 444 | Courtault, Britta | Haspa | 66 | 42:38 | . | . | . | . | . | . | 8 | . | . | . | . |
| 37 | 607 | Lehmer, Nicole | Signal Iduna | 76 | 42:58 | . | . | . | . | 5 | . | . | . | . | . | . |
| 38 | 496 | Kersten, Ines | Laufwerk | 62 | 43:02 | . | . | . | . | . | . | . | 2 | . | . | . |
| 39 | 945 | Thomsen, Lydia | ERGOsports | 95 | 43:20 | 5 | . | . | . | . | . | . | . | . | . | . |
| 40 | 532 | Hagemeister, Julia | nexinsure | 76 | 45:08 | . | . | . | . | 6 | . | . | . | . | . | . |
| 41 | 7 | Timpe, Kerstin | Krüss-OSH | 68 | 45:26 | . | . | . | . | . | . | 9 | . | . | . | . |
| 42 | 963 | Majda, Izabella | Funkgruppe | 82 | 46:39 | . | . | . | 5 | . | . | . | . | . | . | . |
| 43 | 959 | Fähnemann, Martina | HapagLloyd | 67 | 47:11 | . | . | . | . | . | . | 10 | . | . | . | . |
| 44 | 868 | Seise, Anja | ERGOsports | 81 | 49:10 | . | . | . | 6 | . | . | . | . | . | . | . |
| 45 | 198 | Perez-Platz, Ursula | Marien-Krh | 66 | 49:17 | . | . | . | . | . | . | 11 | . | . | . | . |
| 46 | 423 | Jordan, Angelika | HHLA | 57 | 50:03 | . | . | . | . | . | . | . | . | 2 | . | . |
| 47 | 338 | Buß, Dirka | AK Nord | 65 | 50:04 | . | . | . | . | . | . | 12 | . | . | . | . |
| 48 | 613 | Pantelmann, Susann | Signal Iduna | 68 | 50:36 | . | . | . | . | . | . | 13 | . | . | . | . |
| 49 | 525 | Fischer, Sabine | Montblanc | 65 | 50:42 | . | . | . | . | . | . | 14 | . | . | . | . |
| 50 | 614 | Reese-Theege, Kirsten | Signal Iduna | 62 | 51:41 | . | . | . | . | . | . | . | 3 | . | . | . |
| 51 | 60 | Frey, Birgit | ELBE-Sport | 57 | 52:18 | . | . | . | . | . | . | . | . | 3 | . | . |
| 52 | 842 | Damm, Ursel | Siemens | 46 | 54:49 | . | . | . | . | . | . | . | . | . | . | 1 |

Ergebnisse der Damen auf der Langstrecke (10700 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | D | 6 | 4 | 6 | 10 | 5 | 7 | 7 | 3 | 2 |
|-------|------|---------------------------|-----------------|----|---------|---------------------|---|----|---|----|---|---|---|---|---|
| 1 | 471 | Balduhn, Ann-Kathrin | Jungheinrich | 95 | 41:42 | 1 | . | . | . | . | . | . | . | . | . |
| 2 | 567 | Hielscher, Marie | Runn Green | 84 | 45:25 | . | . | 1 | . | . | . | . | . | . | . |
| 3 | 211 | Meyer-Ranke, Josefine | Olympus OSTE | 97 | 45:56 | 2 | . | . | . | . | . | . | . | . | . |
| 4 | 313 | Brockmann, Christina | Airbus | 84 | 46:47 | . | . | 2 | . | . | . | . | . | . | . |
| | 952 | Petzoldt , Laura-Kathrin | Langsam aber se | 95 | 46:50 | 1. Außer Konkurrenz | | | | | | | | | |
| 5 | 711 | Bruns, Miriam | Laufladen | 83 | 46:54 | . | . | . | 1 | . | . | . | . | . | . |
| 6 | 328 | Schultz, Eva | Airbus | 84 | 49:38 | . | . | 3 | . | . | . | . | . | . | . |
| 7 | 177 | Wolf, Simone | HapagLloyd | 89 | 49:54 | . | 1 | . | . | . | . | . | . | . | . |
| 8 | 438 | Schönwälder, Claudia | Laufladen | 71 | 50:22 | . | . | . | . | . | 1 | . | . | . | . |
| 9 | 183 | Goebel, Sonia Isabel | Knossos.de | 90 | 51:06 | . | 2 | . | . | . | . | . | . | . | . |
| 10 | 405 | Westphal, Luise | Gasnetz HH | 85 | 51:12 | . | . | 4 | . | . | . | . | . | . | . |
| 11 | 477 | Voß, Katharina | K&M Sport | 83 | 51:21 | . | . | . | 2 | . | . | . | . | . | . |
| 12 | 427 | Berghausen, Solveig | Laufladen | 75 | 51:35 | . | . | . | . | 1 | . | . | . | . | . |
| 13 | 675 | Meyer, Lisa-Christin | Airbus | 99 | 51:36 | 3 | . | . | . | . | . | . | . | . | . |
| 14 | 896 | Willamowski, Claudia | Laufwerk | 67 | 51:50 | . | . | . | . | . | . | 1 | . | . | . |
| 15 | 14 | Masing, Alexandra | Airbus | 99 | 52:19 | 4 | . | . | . | . | . | . | . | . | . |
| 16 | 920 | Felchner, Carola | wellnuss.de | 78 | 52:47 | . | . | . | . | 2 | . | . | . | . | . |
| 17 | 433 | Kaßen, Dortje | Laufladen | 73 | 52:55 | . | . | . | . | . | 2 | . | . | . | . |
| 18 | 460 | Wolf, Corinna | HapagLloyd | 89 | 53:32 | . | 3 | . | . | . | . | . | . | . | . |
| 19 | 8 | Werner, Kristina | Krüss-OSH | 82 | 53:40 | . | . | . | 3 | . | . | . | . | . | . |
| 20 | 429 | Dittmer, Friederike | Laufladen | 83 | 53:52 | . | . | . | 4 | . | . | . | . | . | . |
| 21 | 730 | Lüders, Kerstin | Gaden | 63 | 54:11 | . | . | . | . | . | . | . | 1 | . | . |
| 22 | 453 | Ahrens, Janet | HapagLloyd | 79 | 54:39 | . | . | . | 5 | . | . | . | . | . | . |
| 23 | 35 | Krahn, Sylvia | Commerzbank | 73 | 54:41 | . | . | . | . | . | 3 | . | . | . | . |
| 24 | 223 | Baron, Franziska | Polizei HH | 80 | 55:05 | . | . | . | 6 | . | . | . | . | . | . |
| 25 | 960 | Gerhardt, Katja | Knossos.de | 87 | 55:29 | . | . | 5 | . | . | . | . | . | . | . |
| 26 | 220 | Quermann, Birgit | PHILIPS | 71 | 55:49 | . | . | . | . | . | 4 | . | . | . | . |
| 27 | 716 | Bade, Kim-Kristin | HapagLloyd | 92 | 56:14 | . | 4 | . | . | . | . | . | . | . | . |
| 28 | 310 | Schmidt-Berbatovci, Julia | Krüss-OSH | 79 | 56:15 | . | . | . | . | 7 | . | . | . | . | . |
| 29 | 967 | Schütze, Christina | Runn Green | 76 | 57:43 | . | . | . | . | 3 | . | . | . | . | . |
| 30 | 253 | Goebel, Petra | Siemens | 69 | 58:18 | . | . | . | . | . | 5 | . | . | . | . |
| 31 | 18 | Grimm, Ariane | Beiersdorf | 87 | 59:14 | . | . | 6 | . | . | . | . | . | . | . |
| 32 | 309 | Leibrock, Karin | Krüss-OSH | 74 | 59:16 | . | . | . | . | 4 | . | . | . | . | . |
| 33 | 470 | Sauer, Antje | HypoVerein | 67 | 59:21 | . | . | . | . | . | . | 2 | . | . | . |
| | 968 | Seifert, Ria | Runn Green | 78 | 59:37 | 2. Außer Konkurrenz | | | | | | | | | |
| 34 | 395 | Fönschau, Silke | ERGOsports | 62 | 59:39 | . | . | . | . | . | . | . | 2 | . | . |
| 35 | 316 | Garbers, Catharina | Airbus | 81 | 59:48 | . | . | . | 8 | . | . | . | . | . | . |
| 36 | 71 | Luderer, Britt | ERGOsports | 70 | 1:01:21 | . | . | . | . | . | 6 | . | . | . | . |
| 37 | 164 | Hoeft, Gesine | Laufladen | 52 | 1:01:59 | . | . | . | . | . | . | . | 1 | . | . |
| 38 | 168 | Heß, Verena | Haspa | 69 | 1:02:07 | . | . | . | . | . | 7 | . | . | . | . |
| 39 | 599 | Schwabe, Maren | Still | 97 | 1:02:53 | 5 | . | . | . | . | . | . | . | . | . |
| 40 | 170 | Suckow, Maria | Haspa | 68 | 1:03:41 | . | . | . | . | . | . | 3 | . | . | . |
| 41 | 570 | Köhler, Beatrix | Runn Green | 67 | 1:04:01 | . | . | . | . | . | . | 4 | . | . | . |
| 42 | 474 | Lange, Susanne | K&M Sport | 68 | 1:04:26 | . | . | . | . | . | . | 5 | . | . | . |
| 43 | 444 | Courtault, Britta | Haspa | 66 | 1:04:37 | . | . | . | . | . | . | 6 | . | . | . |
| 44 | 455 | Sagert, Erika | HapagLloyd | 52 | 1:04:56 | . | . | . | . | . | . | . | 2 | . | . |
| 45 | 745 | Müller, Kristin | Polizei HH | 82 | 1:05:07 | . | . | . | 9 | . | . | . | . | . | . |
| 46 | 357 | Stübner, Sarah-Christina | Commerzbank | 83 | 1:06:04 | . | . | 10 | . | . | . | . | . | . | . |
| 47 | 496 | Kersten, Ines | Laufwerk | 62 | 1:08:00 | . | . | . | . | . | . | . | 3 | . | . |
| 48 | 847 | Dreier, Dagmar | TÜV-Nord | 68 | 1:08:23 | . | . | . | . | . | . | 7 | . | . | . |

Ergebnisse der Herren auf der Kinderlauf (560 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | MK |
|-------|------|-------------------------|--------------|----|-------|----|
| 1 | 972 | Hansen, Mads | wellnuss.de | 14 | 03:03 | 1 |
| 2 | 977 | Schmidt, Leon | Polizei HH | 17 | 03:22 | 2 |
| 3 | 904 | Kosbü, Phil | PHILIPS | 14 | 03:23 | 3 |
| 4 | 918 | Scharf, Ole Fiete | Signal Iduna | 17 | 03:58 | 4 |
| | 950 | Perez Bertolina, Matteo | Gast | 18 | 05:31 | . |
| 5 | 903 | Giesecking, Hanno | PHILIPS | 20 | 06:31 | 5 |

VORLÄUFIG

Ergebnisse der Herren auf der Kurzstrecke (3640 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 |
|-------|------|-----------------------|--------------|----|-------|---|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 202 | Köndgen, David | NDR | 84 | 13:18 | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 564 | Gresens, Jan | Runn Green | 75 | 14:10 | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 3 | 318 | Jansen, Thies | Airbus | 71 | 14:20 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 4 | 507 | Neumann, Uwe | FA HH | 73 | 14:24 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 5 | 334 | Jaekel, Carsten | AlbeDiakon | 70 | 14:27 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 6 | 16 | Krastev, Ulli | BACARDI | 69 | 14:43 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 7 | 936 | Weckwerth, Stefan | Airbus | 77 | 14:51 | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 8 | 597 | Peschke, Daniel | Still | 79 | 15:04 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 9 | 176 | Wilde, Tim | HapagLloyd | 85 | 15:15 | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 10 | 162 | Reimer, Tobias | HHLA | 74 | 15:20 | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 11 | 555 | Matzke, Herwig | PHILIPS | 72 | 15:24 | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 12 | 865 | Deren, Slawomir | Energie SV H | 82 | 15:31 | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 13 | 871 | Winter, Christian | ERGOsports | 81 | 15:37 | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 14 | 727 | Oswald, Andre | Knossos.de | 75 | 15:46 | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 15 | 244 | Gierach, Nils | Zoll | 86 | 15:51 | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 16 | 78 | Reese, Johann | Gasnetz HH | 06 | 15:52 | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 569 | Kleinwort, Markus | Runn Green | 73 | 15:53 | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 18 | 242 | Balzer, Klaus | Zoll | 69 | 15:59 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 19 | 392 | Becker, Dietmar | ERGOsports | 59 | 16:12 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 20 | 580 | Lambracht, Gerald | Stern | 70 | 16:13 | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 21 | 400 | Tramp, Tobias | ERGOsports | 93 | 16:14 | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 22 | 634 | Kupper, Frank | TÜV-Nord | 64 | 16:19 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 23 | 435 | Lumpp, Michael | Laufladen | 73 | 16:24 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 24 | 682 | Wenzlaff, Borwin | BBK | 69 | 16:36 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 25 | 184 | Oswald, Mathias | Knossos.de | 78 | 16:44 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 26 | 655 | Hegemann, Bernd | G+J | 68 | 16:46 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 27 | 390 | Banck, Sönke | ERGOsports | 67 | 16:54 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 28 | 250 | Schrader, Michael | Zoll | 63 | 17:01 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 29 | 552 | Bramer, Marco | PHILIPS | 82 | 17:06 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 30 | 55 | Meyer-Reim, Utz | DZ HYP | 61 | 17:09 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 31 | 236 | Dörr, Ole | Stern | 67 | 17:16 | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 32 | 340 | Gehle, Friedhelm | BA-Eimsb. | 56 | 17:27 | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 33 | 330 | Trümper, Michael | Airbus | 66 | 17:31 | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 34 | 440 | Altrock, Andreas | Haspa | 67 | 17:33 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 35 | 336 | Buchmann, Bendix | AK Nord | 07 | 17:34 | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 36 | 174 | Schubert, Ralph | HapagLloyd | 73 | 17:44 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 37 | 537 | Lüders-Bahlmann, Uwe | NDR | 56 | 17:50 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 38 | 480 | Ludwig, Dirk | Knossos.de | 71 | 17:52 | . | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 39 | 70 | Kozieras, Norbert | ERGOsports | 50 | 18:04 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 40 | 408 | Zielinski, Dennis | Polizei HH | 92 | 18:08 | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 41 | 725 | Eisoldt, Andreas | Knossos.de | 74 | 18:11 | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 42 | 969 | Eren, Levent | Stern | 76 | 18:15 | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 43 | 261 | Petsch, Wolfgang | Signal Iduna | 60 | 18:18 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 44 | 573 | Bastian, Jens | G+J | 63 | 18:22 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 45 | 169 | Scholz, Christian | Haspa | 82 | 18:25 | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 46 | 508 | Niemann, Erik | FA HH | 01 | 18:37 | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 47 | 327 | Schmidt, Gunter | Airbus | 61 | 18:49 | . | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 48 | 420 | Meyer, Mario | HW | 63 | 18:54 | . | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 49 | 248 | Liebers, Ralf | Zoll | 64 | 19:00 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 50 | 66 | Kayser, Oliver | Energie SV H | 75 | 19:08 | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 51 | 574 | Becker, Michael | G+J | 72 | 19:28 | . | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 52 | 715 | Wichmann, Marc | Haspa | 72 | 19:30 | . | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 53 | 221 | Stäcker, Frank | PHILIPS | 64 | 19:36 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 54 | 79 | Reese, Lars | Gasnetz HH | 70 | 20:12 | . | . | . | . | . | 15 | . | . | . | . | . | . | . |
| 55 | 235 | Braeuer, Karsten | Stern | 72 | 20:16 | . | . | . | . | . | 16 | . | . | . | . | . | . | . |
| 56 | 915 | Philippi-Laur, Martin | Signal Iduna | 68 | 20:18 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 57 | 661 | Käming, Michael | Energie SV H | 58 | 20:30 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 58 | 443 | Breier, Thomas | Haspa | 67 | 20:39 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 59 | 348 | Lewerenz, Max | CLD HH | 99 | 20:42 | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 60 | 397 | Krause, Reinhard | ERGOsports | 44 | 20:45 | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 61 | 478 | Bilanovic, Anto | Knossos.de | 83 | 20:48 | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 62 | 809 | Olivier, Mischa | HW | 67 | 20:52 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 63 | 161 | Tilch, Peter | HPA | 55 | 20:57 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 64 | 624 | Gliewe, Volker | Tchibo | 52 | 21:01 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 65 | 848 | Dreier, Gerhard | TÜV-Nord | 63 | 21:12 | . | . | . | . | . | . | . | 8 | . | . | . | . | . |

| Platz | StNr | Name | BSG | Jg | Zeit | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 |
|-------|------|-------------------------|--------------|----|-------|---|----|----|----|----|----|----|----|----|----|----|----|----|
| 66 | 505 | Kamprad-Papendorf, Nils | FA HH | 70 | 21:26 | . | . | . | . | . | 17 | . | . | . | . | . | . | . |
| 67 | 775 | Eis, Walter | DESY | 56 | 21:33 | . | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 68 | 638 | Schumacher, Peter | TÜV-Nord | 52 | 21:53 | . | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 69 | 63 | Kühl, Bernd | ELBE-Sport | 46 | 21:58 | . | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 70 | 351 | Brüggeman, Ralf | Commerzbank | 53 | 22:08 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 71 | 584 | Bödeker, Heinz | Siemens | 47 | 22:11 | . | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 72 | 883 | Jahrbeck, Joachim | HPA | 67 | 22:14 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 73 | 577 | Kittler, Holger | Stern | 65 | 22:30 | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 73 | 464 | Münster, Reinhold | HEK | 42 | 22:30 | . | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 75 | 451 | Unterspann, Klaus | Haspa | 41 | 22:32 | . | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 76 | 52 | Rowedder, Frank | Deut.Bank | 66 | 22:45 | . | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 77 | 490 | Rücker, Heinrich | Gaden | 36 | 22:53 | . | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 78 | 195 | Majcherek, Ronald | FA HH | 59 | 22:58 | . | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 79 | 232 | Meyer, Peter | Postbank-H | 47 | 23:08 | . | . | . | . | . | . | . | . | . | . | 4 | . | . |
| 80 | 543 | Swoboda, Peter | Nordmark | 63 | 23:19 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 81 | 461 | Brandt, Peter | HEK | 40 | 23:36 | . | . | . | . | . | . | . | . | . | . | . | 3 | . |
| 82 | 62 | Gläser, Heinz | ELBE-Sport | 45 | 23:42 | . | . | . | . | . | . | . | . | . | . | 5 | . | . |
| 83 | 64 | Wien, Wolfgang | ELBE-Sport | 40 | 24:16 | . | . | . | . | . | . | . | . | . | . | . | 4 | . |
| 84 | 553 | Dreise, Gösta | PHILIPS | 68 | 24:42 | . | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 85 | 256 | Ganschow, Sven Robert | SRHH | 62 | 24:51 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 86 | 962 | Steuernagel, Curt | Krüss-OSH | 56 | 25:03 | . | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 87 | 509 | Papendorf, Knut | FA HH | 46 | 25:39 | . | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 88 | 864 | Danckers, Joachim | Energie SV H | 63 | 25:44 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 89 | 588 | Kusch, Günter | SBCN e.V. | 45 | 26:59 | . | . | . | . | . | . | . | . | . | . | 7 | . | . |
| 90 | 39 | Schröder, Günter | Commerzbank | 47 | 27:49 | . | . | . | . | . | . | . | . | . | . | 8 | . | . |
| 91 | 48 | Georg, Jens | DESY | 78 | 28:47 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 92 | 219 | Orlowski, Rolf | PHILIPS | 42 | 29:02 | . | . | . | . | . | . | . | . | . | . | . | 5 | . |
| 93 | 902 | Bublitz, Manfred | PHILIPS | 39 | 29:09 | . | . | . | . | . | . | . | . | . | . | . | 6 | . |
| 94 | 788 | Rinck, Christian | ERGOsports | 44 | 31:05 | . | . | . | . | . | . | . | . | . | . | 9 | . | . |
| 95 | 637 | Robers, Josef | TÜV-Nord | 43 | 31:32 | . | . | . | . | . | . | . | . | . | . | . | 7 | . |
| 96 | 197 | Uhl, Manfred | Lufthansa | 39 | 32:07 | . | . | . | . | . | . | . | . | . | . | . | 8 | . |
| 97 | 375 | Eybächer, Michael | ELBE-Sport | 43 | 33:06 | . | . | . | . | . | . | . | . | . | . | . | 9 | . |

Ergebnisse der Herren auf der Mittelstrecke (7170 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|------------------------|--------------|----|-------|---------------------|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 582 | Rauter, Monier | Stern | 88 | 26:10 | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 2 | 818 | Mensing, Philip | HapagLloyd | 95 | 27:18 | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 202 | Köndgen, David | NDR | 84 | 27:36 | . | . | 2 | . | . | . | . | . | . | . | . | . |
| | 955 | Würth, Ildar | Gast | 97 | 27:43 | 1. Außer Konkurrenz | | | | | | | | | | | |
| 4 | 562 | Schmidt, Birger | Polizei HH | 84 | 27:57 | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 5 | 740 | Krieger, Jan | NDR | 76 | 27:59 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 6 | 564 | Gresens, Jan | Runn Green | 75 | 28:22 | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 7 | 833 | Dörheit, Christian | NDR | 79 | 28:27 | . | . | . | 1 | . | . | . | . | . | . | . | . |
| | 843 | Fink, Patrick | Allianz | 79 | 28:35 | 2. Außer Konkurrenz | | | | | | | | | | | |
| 8 | 507 | Neumann, Uwe | FA HH | 73 | 28:40 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 9 | 16 | Krastev, Ulli | BACARDI | 69 | 29:03 | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 10 | 568 | Huhn, Philipp | Runn Green | 88 | 29:07 | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 11 | 871 | Winter, Christian | ERGOsports | 81 | 29:12 | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 12 | 318 | Jansen, Thies | Airbus | 71 | 29:18 | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 13 | 727 | Oswald, Andre | Knossos.de | 75 | 29:33 | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 14 | 667 | Ebel, Thomas | NDR | 65 | 29:40 | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 15 | 619 | Vollmers, Laurin | Signal Iduna | 05 | 29:50 | 2 | . | . | . | . | . | . | . | . | . | . | . |
| | 971 | Nagel, Tino | Tchibo | 77 | 29:56 | 3. Außer Konkurrenz | | | | | | | | | | | |
| 16 | 162 | Reimer, Tobias | HHLA | 74 | 29:57 | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 17 | 176 | Wilde, Tim | HapagLloyd | 85 | 30:38 | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 18 | 555 | Matzke, Herwig | PHILIPS | 72 | 30:49 | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 19 | 188 | Langer, Mathias | AltonaDiag | 67 | 30:52 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| | 947 | Mair, David | Gast | 86 | 31:09 | 4. Außer Konkurrenz | | | | | | | | | | | |
| 20 | 625 | Müller, Reinhard | Tchibo | 67 | 31:28 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 21 | 495 | Hoppe, Thomas | Laufwerk | 67 | 31:39 | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 22 | 569 | Kleinwort, Markus | Runn Green | 73 | 31:57 | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 23 | 184 | Oswald, Mathias | Knossos.de | 78 | 32:34 | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 24 | 271 | Hoch, Christoph | Alto-Nabe | 60 | 32:45 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 25 | 580 | Lambracht, Gerald | Stern | 70 | 32:49 | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 25 | 68 | Fennen, Dr. Michael | ERGOsports | 88 | 32:49 | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 27 | 936 | Weckwerth, Stefan | Airbus | 77 | 32:56 | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 28 | 620 | Vollmers, Thomas | Signal Iduna | 71 | 33:00 | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 29 | 546 | Becker, Jens-Gerrit | OTTO | 62 | 33:04 | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 30 | 329 | Thiele, Florian | Airbus | 88 | 33:05 | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 31 | 390 | Banck, Sönke | ERGOsports | 67 | 33:15 | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 32 | 529 | Scherer, Gerhold | Montblanc | 71 | 33:16 | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 33 | 244 | Gierach, Nils | Zoll | 86 | 33:18 | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 34 | 324 | Plambeck, Lutz | Airbus | 61 | 33:20 | . | . | . | . | . | . | 3 | . | . | . | . | . |
| | 946 | Breier, Laurenz | thjnk AG | 92 | 33:21 | 5. Außer Konkurrenz | | | | | | | | | | | |
| 35 | 627 | Seliger, Niels-Michael | Tchibo | 71 | 33:21 | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 36 | 242 | Balzer, Klaus | Zoll | 69 | 33:28 | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 37 | 812 | Peppel, Andreas | Laufladen | 78 | 33:38 | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 38 | 757 | Lemm, Ronald | Marien-Krh | 56 | 33:47 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 39 | 206 | Gniechwitz, Peter | Nordmark | 65 | 33:52 | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 40 | 867 | Faber, Florian | ERGOsports | 74 | 33:59 | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 41 | 969 | Eren, Levent | Stern | 76 | 34:01 | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 42 | 970 | Müller, Oliver | Siemens | 65 | 34:39 | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 43 | 55 | Meyer-Reim, Utz | DZ HYP | 61 | 34:48 | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 44 | 552 | Bramer, Marco | PHILIPS | 82 | 35:11 | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 45 | 725 | Eisoldt, Andreas | Knossos.de | 74 | 35:17 | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 46 | 559 | Krüger, Wilfried | Polizei HH | 60 | 35:23 | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 47 | 379 | Wilms, Christian | ELBE-Sport | 88 | 35:25 | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 48 | 612 | Pantelmann, Nico | Signal Iduna | 69 | 35:32 | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 49 | 535 | Konrad, Thomas | NDR | 67 | 35:44 | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 50 | 560 | Laude, Niels | Polizei HH | 75 | 35:50 | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 51 | 33 | Albrecht, Christian | Commerzbank | 70 | 35:59 | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 52 | 261 | Petsch, Wolfgang | Signal Iduna | 60 | 36:01 | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 53 | 174 | Schubert, Ralph | HapagLloyd | 73 | 36:05 | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 54 | 537 | Lüders-Bahlmann, Uwe | NDR | 56 | 36:28 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 55 | 626 | Ruh, Jochen | Tchibo | 71 | 36:37 | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 56 | 751 | Hansen, Jan | wellnuss.de | 74 | 36:48 | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 57 | 327 | Schmidt, Gunter | Airbus | 61 | 37:04 | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 58 | 492 | Stark, Jöran | Funkgruppe | 78 | 37:22 | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 59 | 425 | Westphal, Wolfgang | Hochbahn | 54 | 37:26 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 60 | 573 | Bastian, Jens | G+J | 63 | 37:28 | . | . | . | . | . | 8 | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | Jg | Zeit | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-------------------------|--------------|----|-------|---|----|----|----|----|----|----|----|----|----|----|----|
| 61 | 169 | Scholz, Christian | Haspa | 82 | 37:33 | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 62 | 248 | Liebers, Ralf | Zoll | 64 | 38:01 | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 63 | 522 | Budig, Alexander | Montblanc | 97 | 38:06 | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 64 | 543 | Swoboda, Peter | Nordmark | 63 | 38:18 | . | . | . | . | . | . | . | 9 | . | . | . | . |
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| 68 | 221 | Stäcker, Frank | PHILIPS | 64 | 38:35 | . | . | . | . | . | . | 10 | . | . | . | . | . |
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| 70 | 458 | Schröder, Martin | HapagLloyd | 59 | 39:07 | . | . | . | . | . | . | . | 12 | . | . | . | . |
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| 72 | 635 | Pöhler, Andre | TÜV-Nord | 75 | 39:35 | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 73 | 312 | Brockmann, Achim | Airbus | 80 | 40:01 | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 74 | 299 | Rittmeister, Lutz | PHILIPS | 59 | 40:09 | . | . | . | . | . | . | . | 14 | . | . | . | . |
| 75 | 976 | Stieper, Klaus | HapagLloyd | 60 | 40:21 | . | . | . | . | . | . | . | 15 | . | . | . | . |
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| 77 | 161 | Tilch, Peter | HPA | 55 | 40:29 | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 78 | 691 | Beyer, Jürgen | EDEKA | 61 | 40:56 | . | . | . | . | . | . | . | 16 | . | . | . | . |
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| 81 | 267 | Koppelman, Jan | TÜV-Nord | 73 | 41:31 | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 82 | 809 | Olivier, Mischa | HW | 67 | 42:09 | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 83 | 443 | Breier, Thomas | Haspa | 67 | 42:36 | . | . | . | . | . | . | 12 | . | . | . | . | . |
| 84 | 748 | von Mallinckrodt, Klaus | Siemens | 46 | 42:38 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 85 | 252 | Damm, Wolfgang | Siemens | 46 | 42:39 | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 86 | 571 | Thalheim, Thomas | Runn Green | 56 | 42:59 | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 87 | 937 | Brüning, Roland | AK Nord | 63 | 43:15 | . | . | . | . | . | . | . | 17 | . | . | . | . |
| 87 | 553 | Dreise, Gösta | PHILIPS | 68 | 43:15 | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 89 | 944 | Panner, Steffen | ERGOsports | 76 | 43:30 | . | . | . | . | 15 | . | . | . | . | . | . | . |
| 90 | 862 | Dockhorn, Marc | Commerzbank | 71 | 43:49 | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 91 | 860 | Reimer, Torsten | AXA-Hbg | 54 | 44:48 | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 92 | 446 | Engel, Wolfgang | Haspa | 54 | 45:07 | . | . | . | . | . | . | . | . | 8 | . | . | . |
| 93 | 451 | Unterspann, Klaus | Haspa | 41 | 45:28 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 94 | 457 | Schnabel, Harald | HapagLloyd | 53 | 45:49 | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 94 | 916 | Plötzky, Lars | Signal Iduna | 68 | 45:49 | . | . | . | . | . | . | 14 | . | . | . | . | . |
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| 101 | 322 | Möller, Thomas | Airbus | 63 | 52:37 | . | . | . | . | . | . | . | 18 | . | . | . | . |

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| Platz | StNr | Name | BSG | Jg | Zeit | 7 | 6 | 17 | 17 | 19 | 32 | 24 | 30 | 6 | 3 | 1 | 1 |
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| | | | | | | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
| 1 | 538 | Schröder, Julius Maximilian | NDR | 95 | 36:19 | 1 | . | . | . | . | . | . | . | . | . | . | . |
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| 3 | 493 | Dieckmann, Lukas | Laufwerk | 85 | 39:11 | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 4 | 689 | von Bialy, Robert | DNV GL | 88 | 40:57 | . | . | 2 | . | . | . | . | . | . | . | . | . |
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| 9 | 521 | Schönhut, Steffen | Lufthansa | 84 | 42:29 | . | . | 4 | . | . | . | . | . | . | . | . | . |
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| 14 | 834 | Warneck, Marco | NDR | 78 | 44:05 | . | . | . | . | 2 | . | . | . | . | . | . | . |
| | 953 | Riebe, Christoph | T.H. Eilbeck | 94 | 44:09 | 2. Außer Konkurrenz | | | | | | | | | | | |
| 15 | 925 | Meyer, Alexander | WTM HH | 92 | 44:38 | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 16 | 325 | Rohlfs, Torben | Airbus | 77 | 44:43 | . | . | . | . | 3 | . | . | . | . | . | . | . |
| | 703 | Perez Torra, Javier | R/O/C Crew | 88 | 44:47 | 3. Außer Konkurrenz | | | | | | | | | | | |
| 17 | 898 | Groth, Paul | FA HH | 70 | 44:58 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 18 | 866 | Höhne, David | Energie SV H | 83 | 45:03 | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 19 | 16 | Krastev, Ulli | BACARDI | 69 | 45:08 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 20 | 366 | Albrecht, Axel | DNV GL | 66 | 45:14 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 21 | 754 | Bietke, Dirk | TÜV-Nord | 71 | 45:48 | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 22 | 630 | Stephan, Achim | wellnuss.de | 76 | 45:53 | . | . | . | . | . | 4 | . | . | . | . | . | . |
| | 956 | Ziegenhorn, Marvin | SG Elbe-Saale | 82 | 45:59 | 4. Außer Konkurrenz | | | | | | | | | | | |
| 23 | 936 | Weckwerth, Stefan | Airbus | 77 | 46:23 | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 24 | 727 | Oswald, Andre | Knossos.de | 75 | 46:26 | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 25 | 923 | Zimmermann, Ralf | Uni Bw | 87 | 46:32 | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 26 | 452 | Ahrens, Hans-Björn | HapagLloyd | 79 | 46:36 | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 27 | 676 | Schewe, Stefan | Airbus | 74 | 46:43 | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 28 | 318 | Jansen, Thies | Airbus | 71 | 46:45 | . | . | . | . | . | . | 5 | . | . | . | . | . |
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| 29 | 643 | Jeschak, Patrick | wellnuss.de | 86 | 47:12 | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 30 | 965 | Meise, Helge | Laufwerk | 64 | 47:14 | . | . | . | . | . | . | 2 | . | . | . | . | . |
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| 43 | 210 | Kroll, Kristoffer | Olympus OSTE | 89 | 49:17 | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 43 | 319 | Jürgens, Uwe Meno | Airbus | 80 | 49:17 | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 45 | 356 | Lorenzen, Niels | Commerzbank | 75 | 49:20 | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 46 | 743 | Hensel, Jullian | PHILIPS | 85 | 49:21 | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 47 | 533 | Cherek, Uwe | NDR | 68 | 49:25 | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 48 | 208 | Winkeler, Tobias | Nordmark | 88 | 49:56 | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 49 | 966 | Voß, Ingo | Laufwerk | 72 | 50:07 | . | . | . | . | . | 10 | . | . | . | . | . | . |
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| 55 | 682 | Wenzlaff, Borwin | BBK | 69 | 51:36 | . | . | . | . | . | 12 | . | . | . | . | . | . |
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| 58 | 781 | Laurisch, Wolf | EDEKA | 72 | 52:09 | . | . | . | . | . | 14 | . | . | . | . | . | . |
| 59 | 205 | Gehn, Marcel | Nordmark | 94 | 52:15 | 3 | . | . | . | . | . | . | . | . | . | . | . |

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| 61 | 665 | Papenberg, Matthias | Laufwerk | 65 | 52:55 | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 62 | 209 | Janssen, Christoph | Olympus OSTE | 98 | 52:57 | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 63 | 867 | Faber, Florian | ERGOsports | 74 | 52:58 | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 64 | 57 | Rooseboom, Markus | DZ HYP | 65 | 53:01 | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 65 | 372 | Ruf, Martin | EDEKA | 85 | 53:06 | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 66 | 297 | Willsch, Pascal | Lufthansa | 78 | 53:11 | . | . | . | . | 15 | . | . | . | . | . | . | . |
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| 68 | 856 | Arnesson, Fredrik | Airbus | 85 | 53:14 | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 69 | 374 | Wohlfrohm, Björn | EDEKA | 78 | 53:27 | . | . | . | . | 16 | . | . | . | . | . | . | . |
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| 75 | 467 | Breitenstein, Andre | HypoVerein | 67 | 53:55 | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 76 | 369 | Wandt, Matthias | DZ HYP | 62 | 53:58 | . | . | . | . | . | . | . | 6 | . | . | . | . |
| 77 | 193 | Werner, Guido | Gaden | 68 | 54:11 | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 78 | 53 | Voß, Thomas | Deut.Bank | 67 | 54:16 | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 79 | 569 | Kleinwort, Markus | Runn Green | 73 | 54:29 | . | . | . | . | . | 17 | . | . | . | . | . | . |
| 80 | 32 | Wulff, Lars | CLD HH | 72 | 54:32 | . | . | . | . | . | 18 | . | . | . | . | . | . |
| 81 | 480 | Ludwig, Dirk | Knossos.de | 71 | 54:37 | . | . | . | . | . | 19 | . | . | . | . | . | . |
| 82 | 261 | Petsch, Wolfgang | Signal Iduna | 60 | 54:42 | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 83 | 169 | Scholz, Christian | Haspa | 82 | 54:48 | . | . | . | 11 | . | . | . | . | . | . | . | . |
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| 86 | 355 | Kwaschny, Sebastian | Commerzbank | 88 | 54:59 | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 87 | 942 | Kück, Oliver | Energie SV H | 67 | 55:02 | . | . | . | . | . | . | 11 | . | . | . | . | . |
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| 90 | 974 | Idel, Moritz | WTM HH | 91 | 55:47 | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 91 | 892 | Morales, Michael | Jungheinrich | 78 | 56:01 | . | . | . | . | 17 | . | . | . | . | . | . | . |
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| 118 | 40 | Wittmann, Joerg | DAK | 68 | 59:56 | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 119 | 10 | Felger, Fritz | Airbus | 59 | 1:00:05 | . | . | . | . | . | . | 18 | . | . | . | . | . |
| 120 | 786 | Hübener, Matthias | ERGOsports | 62 | 1:00:19 | . | . | . | . | . | . | 19 | . | . | . | . | . |
| 121 | 430 | Freitag, Jens | Laufladen | 63 | 1:00:25 | . | . | . | . | . | . | 20 | . | . | . | . | . |
| 122 | 9 | Borgstädt, Tim | Airbus | 53 | 1:00:33 | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 123 | 475 | Schüßler, Lutz | K&M Sport | 63 | 1:00:36 | . | . | . | . | . | . | 21 | . | . | . | . | . |
| 124 | 282 | Ulrich, Rainer | OTTO | 60 | 1:00:44 | . | . | . | . | . | . | 22 | . | . | . | . | . |
| 125 | 481 | Ludwig, Jens | Knossos.de | 73 | 1:00:47 | . | . | . | . | . | 28 | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | Jg | Zeit | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-------------------------|--------------|----|---------|---|----|----|----|----|----|----|----|----|----|----|----|
| 125 | 688 | Ehrenberg, Frank | Deut.Bank | 59 | 1:00:47 | . | . | . | . | . | . | . | 23 | . | . | . | . |
| 127 | 387 | Stüfen, Sönke | Energie SV H | 65 | 1:01:04 | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 128 | 698 | Ehrke, Michael | ERGOsports | 59 | 1:01:09 | . | . | . | . | . | . | . | 24 | . | . | . | . |
| 129 | 734 | Bohlken, Wilfried | Lufthansa | 70 | 1:02:05 | . | . | . | . | . | 29 | . | . | . | . | . | . |
| 130 | 969 | Eren, Levent | Stern | 76 | 1:02:07 | . | . | . | . | 19 | . | . | . | . | . | . | . |
| 131 | 715 | Wichmann, Marc | Haspa | 72 | 1:02:11 | . | . | . | . | . | 30 | . | . | . | . | . | . |
| 132 | 432 | Goergens, Michael | Laufladen | 55 | 1:02:49 | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 133 | 234 | Wegert, Danny | G+J | 81 | 1:03:01 | . | . | . | 14 | . | . | . | . | . | . | . | . |
| 134 | 586 | Buck, Klaus | Siemens | 62 | 1:03:13 | . | . | . | . | . | . | . | 25 | . | . | . | . |
| 135 | 587 | Sie Too, Petrus | Siemens | 58 | 1:03:14 | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 136 | 161 | Tilch, Peter | HPA | 55 | 1:03:26 | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 137 | 583 | Bentien, Ronald | Siemens | 48 | 1:03:31 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 138 | 926 | Klein, Friedrich | Haspa | 59 | 1:03:38 | . | . | . | . | . | . | . | 26 | . | . | . | . |
| 139 | 312 | Brockmann, Achim | Airbus | 80 | 1:04:05 | . | . | 15 | . | . | . | . | . | . | . | . | . |
| 140 | 718 | Lemkau, Niels | HEK | 65 | 1:04:09 | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 141 | 235 | Braeuer, Karsten | Stern | 72 | 1:04:21 | . | . | . | . | 31 | . | . | . | . | . | . | . |
| 142 | 443 | Breier, Thomas | Haspa | 67 | 1:04:35 | . | . | . | . | . | . | 18 | . | . | . | . | . |
| 143 | 215 | Haubrich, Gerhard | PHILIPS | 43 | 1:04:48 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 144 | 616 | Scharf, Dietmar | Signal Iduna | 68 | 1:05:15 | . | . | . | . | . | . | 19 | . | . | . | . | . |
| 145 | 592 | Wendland, Christian | SPK-Süd | 80 | 1:05:18 | . | . | 16 | . | . | . | . | . | . | . | . | . |
| 146 | 768 | Niefanger, Thomas | Airbus | 63 | 1:06:33 | . | . | . | . | . | . | . | 27 | . | . | . | . |
| 147 | 544 | Baier, Alois | Olympus OSTE | 59 | 1:06:38 | . | . | . | . | . | . | . | 28 | . | . | . | . |
| 148 | 747 | Hofsommer, Steffen | Siemens | 72 | 1:06:54 | . | . | . | . | . | 32 | . | . | . | . | . | . |
| 149 | 396 | Green, Sven | ERGOsports | 64 | 1:07:41 | . | . | . | . | . | . | 20 | . | . | . | . | . |
| 150 | 809 | Olivier, Mischa | HW | 67 | 1:08:36 | . | . | . | . | . | . | 21 | . | . | . | . | . |
| 151 | 447 | Janssen, Stefan | Haspa | 62 | 1:09:21 | . | . | . | . | . | . | . | 29 | . | . | . | . |
| 152 | 678 | Bussmann-Kuban, Michael | BA-Eimsb. | 53 | 1:09:35 | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 153 | 221 | Stäcker, Frank | PHILIPS | 64 | 1:10:22 | . | . | . | . | . | . | . | 22 | . | . | . | . |
| 154 | 553 | Dreise, Gösta | PHILIPS | 68 | 1:11:15 | . | . | . | . | . | . | . | 23 | . | . | . | . |
| 155 | 577 | Kittler, Holger | Stern | 65 | 1:12:04 | . | . | . | . | . | . | . | 24 | . | . | . | . |
| 156 | 157 | Feldhusen, Dr. Johannes | Generali | 57 | 1:12:18 | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 157 | 906 | Leitz, Hagen | Polizei HH | 60 | 1:16:50 | . | . | . | . | . | . | . | 30 | . | . | . | . |

Ergebnisse der Damenmannschaften auf der Kurzstrecke (3640 Meter)

| | | | | |
|---|------------|---|--|----|
| 1 | Airbus | 1 | Brockmann, Christina; Schultz, Eva; Garbers, Catharina | 19 |
| 2 | Runn Green | 1 | Hielscher, Marie; Schütze, Christina; Köhler, Beatrix | 37 |
| 3 | Knossos.de | 1 | Goebel, Sonia Isabel; Gerhardt, Katja; Hauert, Leonie | 56 |
| 4 | Polizei HH | 1 | Liebler, Katja; Spindler, Angela; Zuncke, Sonja | 64 |
| 5 | ERGOsports | 1 | Baumann, Katja; Dreller, Hilke; Stahlbock, Astrid | 65 |
| 6 | Haspa | 1 | Heß, Verena; Courtault, Britta; Suckow, Maria | 74 |
| 7 | HapagLloyd | 1 | Guenzi, Elena; Sagert, Erika; Schäller, Lisa | 88 |

Ergebnisse der Damenmannschaften auf der Mittelstrecke (7170 Meter)

| | | | | |
|---|--------------|---|---|----|
| 1 | Airbus | 1 | Kurr Otero, Cecile; Brockmann, Christina; Hallmann, Kirsten | 19 |
| 2 | FA HH | 1 | Balduhn, Caroline; Jaekel, Sandra; Neumann, Corinna | 22 |
| 3 | Runn Green | 1 | Hielscher, Marie; Schütze, Christina; Köhler, Beatrix | 41 |
| 4 | Gaden | 1 | Feldmann, Kerstin; Klass, Leonie; Liebold, Kristin | 48 |
| 5 | Tchibo | 1 | Pries, Daniela; Tesch, Katharina; Seeling-Maaß, Meike | 65 |
| 6 | Montblanc | 1 | Hilgendorf, Carmen; Pöhler, Julia; Fischer, Sabine | 70 |
| 7 | ERGOsports | 1 | Luderer, Britt; Winterstein, Daniela; Thomsen, Lydia | 97 |
| 8 | Signal Iduna | 1 | Vollmers, Anja; Lehmer, Nicole; Pantelmann, Susann | 99 |

Ergebnisse der Damenmannschaften auf der Langstrecke (10700 Meter)

| | | | | |
|---|------------|---|--|-----|
| 1 | Airbus | 1 | Brockmann, Christina; Schultz, Eva; Meyer, Lisa-Christin | 23 |
| 2 | Laufladen | 1 | Bruns, Miriam; Schönwälder, Claudia; Berghausen, Solveig | 25 |
| 3 | HapagLloyd | 1 | Wolf, Simone; Wolf, Corinna; Ahrens, Janet | 47 |
| 4 | Runn Green | 1 | Hielscher, Marie; Schütze, Christina; Köhler, Beatrix | 72 |
| 5 | Laufladen | 2 | Kaßen, Dortje; Dittmer, Friederike; Hoefft, Gesine | 74 |
| 6 | Krüss-OSH | 1 | Werner, Kristina; Schmidt-Berbatovci, Julia; Leibrock, Karin | 79 |
| 7 | Haspa | 1 | Heß, Verena; Suckow, Maria; Courtault, Britta | 121 |

V O R L Ä U F I G

Ergebnisse der Herrenmannschaften auf der Kurzstrecke (3640 Meter)

| | | | | |
|----|--------------|---|--|-----|
| 1 | Airbus | 1 | Jansen, Thies; Weckwerth, Stefan; Trümper, Michael | 43 |
| 2 | ERGOsports | 1 | Winter, Christian; Becker, Dietmar; Tramp, Tobias | 53 |
| 3 | Zoll | 1 | Gierach, Nils; Balzer, Klaus; Schrader, Michael | 61 |
| 4 | Knossos.de | 1 | Oswald, Andre; Oswald, Mathias; Ludwig, Dirk | 77 |
| 5 | Stern | 1 | Lambracht, Gerald; Dörr, Ole; Eren, Levent | 93 |
| 6 | PHILIPS | 1 | Matzke, Herwig; Bramer, Marco; Stäcker, Frank | 93 |
| 7 | FA HH | 1 | Neumann, Uwe; Niemann, Erik; Kamprad-Papendorf, Nils | 116 |
| 8 | Energie SV H | 1 | Deren, Slawomir; Kayser, Oliver; Käming, Michael | 119 |
| 9 | G+J | 1 | Hegemann, Bernd; Bastian, Jens; Becker, Michael | 121 |
| 10 | ERGOsports | 2 | Banck, Sönke; Kozieras, Norbert; Krause, Reinhard | 126 |
| 11 | Haspa | 1 | Altrock, Andreas; Scholz, Christian; Wichmann, Marc | 131 |
| 12 | TÜV-Nord | 1 | Kupper, Frank; Dreier, Gerhard; Schumacher, Peter | 155 |
| 13 | ELBE-Sport | 1 | Kühl, Bernd; Gläser, Heinz; Wien, Wolfgang | 234 |
| 14 | PHILIPS | 2 | Dreise, Gösta; Orłowski, Rolf; Bublitz, Manfred | 269 |

Ergebnisse der Herrenmannschaften auf der Mittelstrecke (7170 Meter)

| | | | | |
|----|--------------|---|--|-----|
| 1 | NDR | 1 | Köndgen, David; Krieger, Jan; Dörheit, Christian | 15 |
| 2 | Runn Green | 1 | Gresens, Jan; Huhn, Philipp; Kleinwort, Markus | 38 |
| 3 | ERGOsports | 1 | Winter, Christian; Fennen, Dr. Michael; Banck, Sönke | 67 |
| 4 | Stern | 1 | Rauter, Monier; Lambracht, Gerald; Eren, Levent | 67 |
| 5 | Airbus | 1 | Jansen, Thies; Weckwerth, Stefan; Thiele, Florian | 69 |
| 6 | HapagLloyd | 1 | Mensing, Philip; Wilde, Tim; Schubert, Ralph | 72 |
| 7 | Knossos.de | 1 | Oswald, Andre; Oswald, Mathias; Eisoldt, Andreas | 81 |
| 8 | Signal Iduna | 1 | Vollmers, Laurin; Vollmers, Thomas; Pantelmann, Nico | 91 |
| 9 | Polizei HH | 1 | Schmidt, Birger; Krüger, Wilfried; Laude, Niels | 100 |
| 10 | Tchibo | 1 | Müller, Reinhard; Seliger, Niels-Michael; Ruh, Jochen | 110 |
| 11 | NDR | 2 | Ebel, Thomas; Konrad, Thomas; Lüders-Bahlmann, Uwe | 117 |
| 12 | PHILIPS | 1 | Matzke, Herwig; Bramer, Marco; Stäcker, Frank | 130 |
| 13 | Zoll | 1 | Gierach, Nils; Balzer, Klaus; Liebers, Ralf | 131 |
| 14 | Montblanc | 1 | Scherer, Gerhold; Budig, Alexander; Wellbrock, Eckehardt | 160 |
| 15 | Airbus | 2 | Plambeck, Lutz; Schmidt, Gunter; Brockmann, Achim | 164 |
| 16 | Siemens | 1 | Müller, Oliver; von Mallinckrodt, Klaus; Damm, Wolfgang | 211 |
| 17 | Signal Iduna | 2 | Petsch, Wolfgang; Stamm, Volker; Plötzky, Lars | 213 |
| 18 | Haspa | 1 | Scholz, Christian; Breier, Thomas; Engel, Wolfgang | 236 |
| 19 | HapagLloyd | 2 | Schröder, Martin; Stieper, Klaus; Schnabel, Harald | 239 |
| 20 | Airbus | 3 | Mohammed, Chalid; Nigmann, Michael; Möller, Thomas | 282 |

Ergebnisse der Herrenmannschaften auf der Langstrecke (10700 Meter)

| | | | | |
|----|--------------|---|--|-----|
| 1 | Laufladen | 1 | Grüter, Daniel; Jennrich, Nils; Merklinger, Sergej | 21 |
| 2 | Laufwerk | 1 | Dieckmann, Lukas; Schlag, Marcel; Meise, Helge | 38 |
| 3 | DNV GL | 1 | von Bialy, Robert; Albrecht, Axel; Bajric, Mersudin | 59 |
| 4 | NDR | 1 | Schröder, Julius Maximilian; Warneck, Marco; Cherek, Uwe | 62 |
| 5 | Airbus | 1 | Rohlfs, Torben; Weckwerth, Stefan; Schewe, Stefan | 66 |
| 6 | HapagLloyd | 1 | Zielinski, Dieter; Ahrens, Hans-Björn; Wilde, Tim | 69 |
| 7 | wellnuss.de | 1 | Stephan, Achim; Jeschak, Patrick; Sägert, Jan | 101 |
| 8 | Airbus | 2 | Jansen, Thies; Kurch, Sebastian; van Schie, John | 108 |
| 9 | Laufwerk | 2 | Hasenclever, Jörg; Voß, Ingo; Papenberg, Matthias | 147 |
| 10 | Krüss-OSH | 1 | Sievertsen, Momme; Moya, Angel; Golembiewski, Andreas | 148 |
| 11 | Knossos.de | 1 | Oswald, Andre; Oswald, Mathias; Ludwig, Dirk | 165 |
| 12 | Stern | 1 | Lever, Patrick; Lambracht, Gerald; Twesten, Dennis | 181 |
| 13 | Lufthansa | 1 | Schönhut, Steffen; Willsch, Pascal; Meinicke, Knuth | 185 |
| 14 | EDEKA | 1 | Laurisch, Wolf; Ruf, Martin; Wohlfromm, Björn | 192 |
| 15 | Laufladen | 2 | Böttcher, Dirk; Rohlfs, Dirk; Drengwitz, Andreas | 193 |
| 16 | Airbus | 3 | Jürgens, Uwe Meno; Arnesson, Fredrik; Jakobsen, Frank | 196 |
| 17 | WTM HH | 1 | Meyer, Alexander; Idel, Moritz; Otto, Thomas | 205 |
| 18 | ERGOsports | 1 | Faber, Florian; Holt, Johannes; Faust, Thomas | 208 |
| 19 | Energie SV H | 1 | Höhne, David; Kück, Oliver; Stüfen, Sönke | 232 |
| 20 | DZ HYP | 1 | Rooseboom, Markus; Wandt, Matthias; Schmidt, Jürgen | 236 |
| 21 | Commerzbank | 1 | Lorenzen, Niels; Kwaschny, Sebastian; Persiel, Arne | 238 |
| 22 | Olympus OSTE | 1 | Kroll, Kristoffer; Janssen, Christoph; Baier, Alois | 252 |
| 23 | PHILIPS | 1 | Hensel, Jullian; Bramer, Marco; Haubrich, Gerhard | 273 |
| 24 | Signal Iduna | 1 | Petsch, Wolfgang; Weitmann, Daniel; Hillebrecht, Frank | 284 |
| 25 | Airbus | 4 | Lucke, Marcus; Trümper, Michael; Richter, Jörg | 287 |
| 26 | Airbus | 5 | Schmidt, Gunter; Mohammed, Chalid; Gottwald, Kristian | 318 |
| 27 | Airbus | 6 | Giszas, Heiner; Löffler, Gerd; Felger, Fritz | 346 |

| | | |
|---------------|---|-----|
| 28 Haspa | 1 Scholz, Christian; Wichmann, Marc; Klein, Friedrich | 352 |
| 29 ERGOsports | 2 Hübener, Matthias; Ehrke, Michael; Green, Sven | 397 |
| 30 Siemens | 1 Buck, Klaus; Sie Too, Petrus; Bentien, Ronald | 406 |
| 31 Airbus | 7 Borgstädt, Tim; Brockmann, Achim; Niefanger, Thomas | 407 |
| 32 Stern | 2 Eren, Levent; Braeuer, Karsten; Kittler, Holger | 426 |

VORLÄUFIG

Ergebnisse der M/W50+ Mannschaften auf der Kurzstrecke (3640 Meter)

| | | | | |
|----|------------|---|--|-----|
| 1 | ERGOsports | 1 | Becker, Dietmar; Banck, Sönke; Baumann, Katja | 42 |
| 2 | Airbus | 1 | Jansen, Thies; Trümper, Michael; Schmidt, Gunter | 53 |
| 3 | Zoll | 1 | Balzer, Klaus; Schrader, Michael; Liebers, Ralf | 54 |
| 4 | Stern | 1 | Lambracht, Gerald; Dörr, Ole; Braeuer, Karsten | 70 |
| 5 | G+J | 1 | Hegemann, Bernd; Bastian, Jens; Becker, Michael | 76 |
| 6 | Haspa | 1 | Altrock, Andreas; Wichmann, Marc; Heß, Verena | 94 |
| 7 | TÜV-Nord | 1 | Kupper, Frank; Dreier, Dagmar; Dreier, Gerhard | 105 |
| 8 | ERGOsports | 2 | Kozieras, Norbert; Dreier, Hilke; Krause, Reinhard | 116 |
| 9 | PHILIPS | 1 | Matzke, Herwig; Stäcker, Frank; Dreise, Gösta | 125 |
| 10 | FA HH | 1 | Neumann, Uwe; Kamprad-Papendorf, Nils; Majcherek, Ronald | 135 |
| 11 | Haspa | 2 | Courtault, Britta; Breier, Thomas; Suckow, Maria | 154 |
| 12 | Tchibo | 1 | Gliewe, Volker; Pries, Daniela; Gerth, Claudia | 197 |
| 13 | ELBE-Sport | 1 | Kühl, Bernd; Gläser, Heinz; Wien, Wolfgang | 226 |
| 14 | ERGOsports | 3 | Stahlbock, Astrid; Hübener, Hannelore; Rinck, Christian | 248 |

Ergebnisse der M/W50+ Mannschaften auf der Mittelstrecke (7170 Meter)

| | | | | |
|----|--------------|---|--|-----|
| 1 | Tchibo | 1 | Müller, Reinhard; Seliger, Niels-Michael; Pries, Daniela | 46 |
| 2 | Airbus | 1 | Jansen, Thies; Plambeck, Lutz; Hallmann, Kirsten | 51 |
| 3 | NDR | 1 | Ebel, Thomas; Konrad, Thomas; Lüders-Bahlmann, Uwe | 65 |
| 4 | Signal Iduna | 1 | Vollmers, Thomas; Pantelmann, Nico; Petsch, Wolfgang | 68 |
| 5 | PHILIPS | 1 | Matzke, Herwig; Stäcker, Frank; Rittmeister, Lutz | 105 |
| 6 | Zoll | 1 | Balzer, Klaus; Liebers, Ralf; Balzer, Maren | 120 |
| 7 | Runn Green | 1 | Kleinwort, Markus; Köhler, Beatrix; Thalheim, Thomas | 129 |
| 8 | Siemens | 1 | Müller, Oliver; Goebel, Petra; von Mallinckrodt, Klaus | 134 |
| 9 | HapagLloyd | 1 | Schubert, Ralph; Schröder, Martin; Stieper, Klaus | 137 |
| 10 | Tchibo | 2 | Ruh, Jochen; Tesch, Katharina; Seeling-Maaß, Meike | 150 |
| 11 | Montblanc | 1 | Scherer, Gerhold; Wellbrock, Eckehardt; Fischer, Sabine | 150 |
| 12 | Stern | 1 | Lambracht, Gerald; Braeuer, Karsten; Kittler, Holger | 154 |
| 13 | Signal Iduna | 2 | Vollmers, Anja; Stamm, Volker; Plötzky, Lars | 161 |
| 14 | Airbus | 2 | Schmidt, Gunter; Mohammed, Chalid; Nigmann, Michael | 195 |
| 15 | Haspa | 1 | Breier, Thomas; Courtault, Britta; Engel, Wolfgang | 216 |
| 16 | HapagLloyd | 2 | Sagert, Erika; Schnabel, Harald; Fähnemann, Martina | 230 |
| 17 | Signal Iduna | 3 | Rohde, Kurt; Pantelmann, Susann; Reese-Theeje, Kirsten | 270 |

Ergebnisse der M/W50+ Mannschaften auf der Langstrecke (10700 Meter)

| | | | | |
|----|--------------|---|--|-----|
| 1 | Laufladen | 1 | Böttcher, Dirk; Rohlf, Dirk; Schönwälder, Claudia | 36 |
| 2 | Laufwerk | 1 | Meise, Helge; Voß, Ingo; Willamowski, Claudia | 43 |
| 3 | Airbus | 1 | Jansen, Thies; van Schie, John; Jakobsen, Frank | 58 |
| 4 | NDR | 1 | Cherek, Uwe; Schulz, Thomas; Thimm, Erich | 104 |
| 5 | DZ HYP | 1 | Rooseboom, Markus; Wandt, Matthias; Schmidt, Jürgen | 108 |
| 6 | Stern | 1 | Lever, Patrick; Lambracht, Gerald; Braeuer, Karsten | 133 |
| 7 | Airbus | 2 | Lucke, Marcus; Trümper, Michael; Richter, Jörg | 148 |
| 8 | Signal Iduna | 1 | Petsch, Wolfgang; Weitmann, Daniel; Hillebrecht, Frank | 149 |
| 9 | HapagLloyd | 1 | Zielinski, Dieter; Schubert, Ralph; Sagert, Erika | 149 |
| 10 | Laufladen | 2 | Kaßen, Dortje; Drengwitz, Andreas; Freitag, Jens | 169 |
| 11 | ERGOsports | 1 | Faust, Thomas; Fönschau, Silke; Hübener, Matthias | 172 |
| 12 | Airbus | 3 | Schmidt, Gunter; Mohammed, Chalid; Gottwald, Kristian | 175 |
| 13 | Airbus | 4 | Löffler, Gerd; Felger, Fritz; Borgstädt, Tim | 214 |
| 14 | K&M Sport | 1 | Lau, Dirk; Schüßler, Lutz; Lange, Susanne | 222 |
| 15 | Siemens | 1 | Goebel, Petra; Buck, Klaus; Sie Too, Petrus | 240 |
| 16 | PHILIPS | 1 | Quermann, Birgit; Haubrich, Gerhard; Stäcker, Frank | 257 |
| 17 | Haspa | 1 | Heß, Verena; Wichmann, Marc; Klein, Friedrich | 263 |
| 18 | ERGOsports | 2 | Ehrke, Michael; Luderer, Britt; Green, Sven | 269 |
| 19 | Haspa | 2 | Suckow, Maria; Breier, Thomas; Courtault, Britta | 290 |

WMA korrigierte Zeiten der Damen auf der Kinderlauf

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|--------------|-------------|---------------------|--------------|--------------|------------|-------------|
| | 895 | Hauschildt, Lena | Laufwerk | 14 WK | 00:02:19 | 00:02:49 |
| | 636 | Robers, Charlene | TÜV-Nord | 15 WK | 00:02:30 | 00:03:09 |
| | 617 | Scharf, Mara Sophie | Signal Iduna | 14 WK | 00:03:04 | 00:03:44 |

VORLÄUFIG

WMA korrigierte Zeiten der Damen auf der Kurzstrecke

| Platz | StNr | Name | BSG | Jg | AK | WMA | Zeit |
|-------|------|-----------------------|--------------|----|-----|----------|----------|
| 1 | 164 | Hoefl, Gesine | Laufladen | 52 | W70 | 00:13:09 | 00:20:06 |
| 2 | 455 | Sagert, Erika | HapagLloyd | 52 | W70 | 00:13:58 | 00:21:00 |
| 3 | 567 | Hielscher, Marie | Runn Green | 84 | W35 | 00:14:04 | 00:14:27 |
| 4 | 313 | Brockmann, Christina | Airbus | 84 | W35 | 00:14:47 | 00:15:06 |
| 5 | 259 | Becker, Barbara | Rot Gelb | 71 | W50 | 00:15:00 | 00:17:12 |
| 6 | 391 | Baumann, Katja | ERGOsports | 70 | W50 | 00:15:02 | 00:17:27 |
| 7 | 907 | Liebler, Katja | Polizei HH | 73 | W50 | 00:15:19 | 00:17:08 |
| 8 | 477 | Voß, Katharina | K&M Sport | 83 | W40 | 00:15:24 | 00:15:54 |
| 9 | 328 | Schultz, Eva | Airbus | 84 | W35 | 00:15:36 | 00:15:56 |
| 10 | 183 | Goebel, Sonia Isabel | Knossos.de | 90 | W30 | 00:15:44 | 00:15:46 |
| 11 | 575 | Bühler-Becker, Heidi | G+J | 61 | W60 | 00:15:47 | 00:20:41 |
| 12 | 697 | Dreller, Hilke | ERGOsports | 64 | W55 | 00:15:54 | 00:19:59 |
| 13 | 253 | Goebel, Petra | Siemens | 69 | W50 | 00:16:13 | 00:19:04 |
| 14 | 399 | Stahlbock, Astrid | ERGOsports | 59 | W60 | 00:16:26 | 00:22:30 |
| 15 | 168 | Heß, Verena | Haspa | 69 | W50 | 00:16:36 | 00:19:31 |
| 16 | 847 | Dreier, Dagmar | TÜV-Nord | 68 | W55 | 00:16:44 | 00:19:56 |
| 17 | 444 | Courtault, Britta | Haspa | 66 | W55 | 00:16:50 | 00:20:35 |
| | 570 | Köhler, Beatrix | Runn Green | 67 | W55 | 00:16:50 | 00:20:19 |
| 19 | 496 | Kersten, Ines | Laufwerk | 62 | W60 | 00:17:07 | 00:22:07 |
| 20 | 519 | Meinicke, Heike | Lufthansa | 61 | W60 | 00:17:20 | 00:22:43 |
| 21 | 889 | Guenzi, Elena | HapagLloyd | 80 | W40 | 00:17:31 | 00:18:20 |
| 22 | 967 | Schütze, Christina | Runn Green | 76 | W45 | 00:17:39 | 00:19:07 |
| 23 | 960 | Gerhardt, Katja | Knossos.de | 87 | W35 | 00:17:42 | 00:17:52 |
| 24 | 556 | Matzke, Svenja | PHILIPS | 78 | W45 | 00:17:48 | 00:18:55 |
| 25 | 576 | Nachtigäller, Iris | G+J | 77 | W45 | 00:17:59 | 00:19:17 |
| 26 | 170 | Suckow, Maria | Haspa | 68 | W55 | 00:18:01 | 00:21:27 |
| 27 | 243 | Balzer, Maren | Zoll | 67 | W55 | 00:18:07 | 00:21:52 |
| 28 | 77 | Reese, Irina | Gasnetz HH | 72 | W50 | 00:18:10 | 00:20:34 |
| 29 | 316 | Garbers, Catharina | Airbus | 81 | W40 | 00:18:14 | 00:18:57 |
| 30 | 589 | Vanthuyne, Anna-Maria | SBCN e.V. | 54 | W65 | 00:18:21 | 00:26:43 |
| 31 | 940 | Plambeck, Monika | BBK | 73 | W50 | 00:18:44 | 00:20:57 |
| 32 | 844 | Pries, Daniela | Tchibo | 73 | W50 | 00:18:48 | 00:21:02 |
| 33 | 230 | Spindler, Angela | Polizei HH | 79 | W40 | 00:18:49 | 00:19:50 |
| 34 | 943 | Hübener, Hannelore | ERGOsports | 61 | W60 | 00:18:52 | 00:24:43 |
| 35 | 231 | Zuncke, Sonja | Polizei HH | 66 | W55 | 00:18:55 | 00:23:08 |
| 36 | 76 | Reese, Finja | Gasnetz HH | 04 | D | 00:19:12 | 00:19:24 |
| 37 | 776 | Bartels, Petra | Deut.Bank | 53 | W70 | 00:19:17 | 00:28:31 |
| 38 | 681 | Bock, Andrea | BBK | 75 | W45 | 00:19:29 | 00:21:19 |
| 39 | 779 | Hillmann, Iris | EDEKA | 72 | W50 | 00:20:30 | 00:23:13 |
| 40 | 830 | Niemann, Antonia | FA HH | 04 | D | 00:20:37 | 00:20:50 |
| 41 | 30 | Pahl, Svea | CLD HH | 02 | D | 00:20:41 | 00:20:41 |
| 42 | 607 | Lehmer, Nicole | Signal Iduna | 76 | W45 | 00:20:52 | 00:22:36 |
| 43 | 380 | Denker, Franziska | Energie SV H | 90 | W30 | 00:21:00 | 00:21:03 |
| 44 | 207 | Liesenfeld, Melanie | Nordmark | 77 | W45 | 00:21:44 | 00:23:19 |
| 45 | 694 | Frey, Lena | ELBE-Sport | 89 | W30 | 00:21:45 | 00:21:50 |
| | 964 | Hauschildt, Lilly | Laufwerk | 11 | WJ | 00:22:05 | 00:24:49 |
| 46 | 719 | Strauchmann, Maraike | HEK | 81 | W40 | 00:22:18 | 00:23:11 |
| 47 | 623 | Gerth, Claudia | Tchibo | 73 | W50 | 00:22:24 | 00:25:03 |
| 48 | 961 | Hauert, Leonie | Knossos.de | 84 | W35 | 00:24:11 | 00:24:42 |
| 49 | 171 | McGovern, Roberta | HapagLloyd | 75 | W45 | 00:30:27 | 00:33:19 |
| 50 | 456 | Schäller, Lisa | HapagLloyd | 93 | W30 | 00:33:10 | 00:33:10 |

WMA korrigierte Zeiten der Damen auf der Mittelstrecke

| Platz | StNr | Name | BSG | Jg | AK | WMA | Zeit |
|-------|------|-----------------------|--------------|----|-----|----------|----------|
| 1 | 164 | Hoeft, Gesine | Laufladen | 52 | W70 | 00:25:50 | 00:39:30 |
| 2 | 502 | Balduhn, Caroline | FA HH | 95 | D | 00:27:23 | 00:27:23 |
| 3 | 455 | Sagert, Erika | HapagLloyd | 52 | W70 | 00:27:50 | 00:41:52 |
| 4 | 738 | von Laar, Sabine | nexinsure | 66 | W55 | 00:27:59 | 00:34:14 |
| 5 | 567 | Hielscher, Marie | Runn Green | 84 | W35 | 00:28:00 | 00:28:45 |
| 6 | 750 | Tesch, Katharina | Tchibo | 58 | W65 | 00:29:22 | 00:40:12 |
| 7 | 321 | Kurr Otero, Cecile | Airbus | 85 | W35 | 00:29:25 | 00:29:55 |
| 8 | 504 | Jaekel, Sandra | FA HH | 75 | W45 | 00:29:29 | 00:32:15 |
| 9 | 313 | Brockmann, Christina | Airbus | 84 | W35 | 00:29:58 | 00:30:37 |
| 10 | 844 | Pries, Daniela | Tchibo | 73 | W50 | 00:30:52 | 00:34:32 |
| 11 | 506 | Neumann, Corinna | FA HH | 68 | W55 | 00:30:56 | 00:36:51 |
| 12 | 186 | Feldmann, Kerstin | Gaden | 71 | W50 | 00:31:09 | 00:35:43 |
| 13 | 183 | Goebel, Sonia Isabel | Knossos.de | 90 | W30 | 00:31:21 | 00:31:25 |
| | 685 | Engelbrecht, Martina | Alto-Nabe | 64 | W55 | 00:31:21 | 00:39:24 |
| 15 | 513 | Berels, Marika | Lufthansa | 63 | W60 | 00:31:35 | 00:40:14 |
| 16 | 618 | Vollmers, Anja | Signal Iduna | 70 | W50 | 00:31:36 | 00:36:42 |
| | 765 | Hallmann, Kirsten | Airbus | 71 | W50 | 00:31:36 | 00:36:14 |
| 18 | 477 | Voß, Katharina | K&M Sport | 83 | W40 | 00:32:06 | 00:33:10 |
| 19 | 570 | Köhler, Beatrix | Runn Green | 67 | W55 | 00:32:16 | 00:38:57 |
| 20 | 253 | Goebel, Petra | Siemens | 69 | W50 | 00:32:36 | 00:38:20 |
| 21 | 526 | Hilgendorf, Carmen | Montblanc | 84 | W35 | 00:32:39 | 00:33:22 |
| 22 | 842 | Damm, Ursel | Siemens | 46 | W75 | 00:32:52 | 00:54:49 |
| 23 | 845 | Seeling-Maaß, Meike | Tchibo | 65 | W55 | 00:33:01 | 00:40:56 |
| 24 | 496 | Kersten, Ines | Laufwerk | 62 | W60 | 00:33:18 | 00:43:02 |
| 25 | 243 | Balzer, Maren | Zoll | 67 | W55 | 00:33:56 | 00:40:57 |
| 26 | 190 | Reimers, Wiebke | Gaden | 65 | W55 | 00:34:17 | 00:42:30 |
| 27 | 967 | Schütze, Christina | Runn Green | 76 | W45 | 00:34:25 | 00:37:16 |
| 28 | 71 | Luderer, Britt | ERGOsports | 70 | W50 | 00:34:28 | 00:40:01 |
| 29 | 444 | Courtault, Britta | Haspa | 66 | W55 | 00:34:51 | 00:42:38 |
| 30 | 556 | Matzke, Svenja | PHILIPS | 78 | W45 | 00:34:58 | 00:37:11 |
| 31 | 528 | Pöhler, Julia | Montblanc | 81 | W40 | 00:35:03 | 00:36:26 |
| 32 | 423 | Jordan, Angelika | HHLA | 57 | W65 | 00:36:01 | 00:50:03 |
| 33 | 316 | Garbers, Catharina | Airbus | 81 | W40 | 00:36:57 | 00:38:25 |
| 34 | 489 | Klass, Leonie | Gaden | 99 | D | 00:37:19 | 00:37:19 |
| 35 | 60 | Frey, Birgit | ELBE-Sport | 57 | W65 | 00:37:38 | 00:52:18 |
| 36 | 189 | Liebold, Kristin | Gaden | 00 | D | 00:37:56 | 00:37:56 |
| 37 | 7 | Timpe, Kerstin | Krüss-OSH | 68 | W55 | 00:38:08 | 00:45:26 |
| 38 | 73 | Winterstein, Daniela | ERGOsports | 77 | W45 | 00:38:28 | 00:41:16 |
| 39 | 959 | Fähnemann, Martina | HapagLloyd | 67 | W55 | 00:39:05 | 00:47:11 |
| 40 | 607 | Lehmer, Nicole | Signal Iduna | 76 | W45 | 00:39:41 | 00:42:58 |
| 41 | 614 | Reese-Theege, Kirsten | Signal Iduna | 62 | W60 | 00:40:00 | 00:51:41 |
| | 933 | Stritzel, Majida | Airbus | 06 | D | 00:40:08 | 00:41:30 |
| 42 | 270 | Steinhaus, Daniela | Alto-Nabe | 83 | W40 | 00:40:10 | 00:41:15 |
| 43 | 198 | Perez-Platz, Ursula | Marien-Krh | 66 | W55 | 00:40:18 | 00:49:17 |
| 44 | 338 | Buß, Dirka | AK Nord | 65 | W55 | 00:40:23 | 00:50:04 |
| | 388 | Tschiltschke, Solvejg | Energie SV H | 91 | W30 | 00:40:30 | 00:40:32 |
| 45 | 514 | Bohn, Isabel | Lufthansa | 85 | W35 | 00:40:32 | 00:41:14 |
| 46 | 732 | Wulff, Michelle | Gaden | 98 | D | 00:40:52 | 00:40:52 |
| 47 | 525 | Fischer, Sabine | Montblanc | 65 | W55 | 00:40:54 | 00:50:42 |
| 48 | 532 | Hagemeister, Julia | nexinsure | 76 | W45 | 00:41:41 | 00:45:08 |
| 49 | 613 | Pantelmann, Susann | Signal Iduna | 68 | W55 | 00:42:28 | 00:50:36 |
| 50 | 945 | Thomsen, Lydia | ERGOsports | 95 | D | 00:43:20 | 00:43:20 |
| 51 | 963 | Majda, Izabella | Funkgruppe | 82 | W40 | 00:45:09 | 00:46:39 |
| 52 | 868 | Seise, Anja | ERGOsports | 81 | W40 | 00:47:18 | 00:49:10 |

WMA korrigierte Zeiten der Damen auf der Langstrecke

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|--------------|-------------|---------------------------|--------------|--------------|------------|-------------|
| 1 | 164 | Hoeft, Gesine | Laufladen | 52 W70 | 00:40:32 | 01:01:59 |
| 2 | 471 | Balduhn, Ann-Kathrin | Jungheinrich | 95 D | 00:41:42 | 00:41:42 |
| 3 | 730 | Lüders, Kerstin | Gaden | 63 W60 | 00:42:32 | 00:54:11 |
| 4 | 896 | Willamowski, Claudia | Laufwerk | 67 W55 | 00:42:57 | 00:51:50 |
| 5 | 455 | Sagert, Erika | HapagLloyd | 52 W70 | 00:43:11 | 01:04:56 |
| 6 | 438 | Schönwälder, Claudia | Laufladen | 71 W50 | 00:43:55 | 00:50:22 |
| 7 | 567 | Hielscher, Marie | Runn Green | 84 W35 | 00:44:13 | 00:45:25 |
| 8 | 711 | Bruns, Miriam | Laufladen | 83 W40 | 00:45:24 | 00:46:54 |
| 9 | 313 | Brockmann, Christina | Airbus | 84 W35 | 00:45:47 | 00:46:47 |
| 10 | 211 | Meyer-Ranke, Josefine | Olympus OSTE | 97 D | 00:45:56 | 00:45:56 |
| 11 | 395 | Fönschau, Silke | ERGOsports | 62 W60 | 00:46:10 | 00:59:39 |
| | 952 | Petzoldt , Laura-Kathrin | Gast | 95 D | 00:46:50 | 00:46:50 |
| 12 | 427 | Berghausen, Solveig | Laufladen | 75 W45 | 00:47:09 | 00:51:35 |
| 13 | 433 | Kaßen, Dortje | Laufladen | 73 W50 | 00:47:18 | 00:52:55 |
| 14 | 328 | Schultz, Eva | Airbus | 84 W35 | 00:48:34 | 00:49:38 |
| 15 | 220 | Quermann, Birgit | PHILIPS | 71 W50 | 00:48:40 | 00:55:49 |
| 16 | 35 | Krahn, Sylvia | Commerzbank | 73 W50 | 00:48:53 | 00:54:41 |
| 17 | 470 | Sauer, Antje | HypoVerein | 67 W55 | 00:49:10 | 00:59:21 |
| 18 | 253 | Goebel, Petra | Siemens | 69 W50 | 00:49:34 | 00:58:18 |
| 19 | 920 | Felchner, Carola | wellnuss.de | 78 W45 | 00:49:38 | 00:52:47 |
| 20 | 177 | Wolf, Simone | HapagLloyd | 89 W30 | 00:49:42 | 00:49:54 |
| | 477 | Voß, Katharina | K&M Sport | 83 W40 | 00:49:42 | 00:51:21 |
| 22 | 405 | Westphal, Luise | Gasnetz HH | 85 W35 | 00:50:20 | 00:51:12 |
| 23 | 183 | Goebel, Sonia Isabel | Knossos.de | 90 W30 | 00:50:59 | 00:51:06 |
| 24 | 675 | Meyer, Lisa-Christin | Airbus | 99 D | 00:51:36 | 00:51:36 |
| 25 | 453 | Ahrens, Janet | HapagLloyd | 79 W40 | 00:51:49 | 00:54:39 |
| 26 | 8 | Werner, Kristina | Krüss-OSH | 82 W40 | 00:51:57 | 00:53:40 |
| 27 | 14 | Masing, Alexandra | Airbus | 99 D | 00:52:19 | 00:52:19 |
| 28 | 429 | Dittmer, Friederike | Laufladen | 83 W40 | 00:52:27 | 00:53:52 |
| 29 | 223 | Baron, Franziska | Polizei HH | 80 W40 | 00:52:37 | 00:55:05 |
| 30 | 496 | Kersten, Ines | Laufwerk | 62 W60 | 00:52:38 | 01:08:00 |
| 31 | 168 | Heß, Verena | Haspa | 69 W50 | 00:52:49 | 01:02:07 |
| 32 | 71 | Luderer, Britt | ERGOsports | 70 W50 | 00:52:50 | 01:01:21 |
| | 444 | Courtault, Britta | Haspa | 66 W55 | 00:52:50 | 01:04:37 |
| 34 | 570 | Köhler, Beatrix | Runn Green | 67 W55 | 00:53:02 | 01:04:01 |
| 35 | 967 | Schütze, Christina | Runn Green | 76 W45 | 00:53:18 | 00:57:43 |
| 36 | 460 | Wolf, Corinna | HapagLloyd | 89 W30 | 00:53:19 | 00:53:32 |
| 37 | 310 | Schmidt-Berbatovci, Julia | Krüss-OSH | 79 W40 | 00:53:20 | 00:56:15 |
| 38 | 170 | Suckow, Maria | Haspa | 68 W55 | 00:53:27 | 01:03:41 |
| 39 | 309 | Leibrock, Karin | Krüss-OSH | 74 W45 | 00:53:35 | 00:59:16 |
| 40 | 474 | Lange, Susanne | K&M Sport | 68 W55 | 00:54:05 | 01:04:26 |
| 41 | 960 | Gerhardt, Katja | Knossos.de | 87 W35 | 00:54:58 | 00:55:29 |
| | 968 | Seifert, Ria | Runn Green | 78 W45 | 00:56:04 | 00:59:37 |
| 42 | 716 | Bade, Kim-Kristin | HapagLloyd | 92 W30 | 00:56:13 | 00:56:14 |
| 43 | 847 | Dreier, Dagmar | TÜV-Nord | 68 W55 | 00:57:24 | 01:08:23 |
| 44 | 316 | Garbers, Catharina | Airbus | 81 W40 | 00:57:31 | 00:59:48 |
| 45 | 18 | Grimm, Ariane | Beiersdorf | 87 W35 | 00:58:40 | 00:59:14 |
| 46 | 599 | Schwabe, Maren | Still | 97 D | 01:02:53 | 01:02:53 |
| 47 | 745 | Müller, Kristin | Polizei HH | 82 W40 | 01:03:02 | 01:05:07 |
| 48 | 357 | Stübner, Sarah-Christina | Commerzbank | 83 W40 | 01:04:19 | 01:06:04 |

WMA korrigierte Zeiten der Herren auf der Kinderlauf

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|-------|------|-------------------|--------------|-------|----------|----------|
| | 977 | Schmidt, Leon | Polizei HH | 17 MK | 00:02:12 | 00:03:22 |
| | 972 | Hansen, Mads | wellnuss.de | 14 MK | 00:02:19 | 00:03:03 |
| | 904 | Kosbü, Phil | PHILIPS | 14 MK | 00:02:34 | 00:03:23 |
| | 918 | Scharf, Ole Fiete | Signal Iduna | 17 MK | 00:02:36 | 00:03:58 |

VORLÄUFIG

WMA korrigierte Zeiten der Herren auf der Kurzstrecke

| Platz | StNr | Name | BSG | Jg | AK | WMA | Zeit |
|-------|------|---------------------|--------------|----|-----|----------|----------|
| 1 | 490 | Rücker, Heinrich | Gaden | 36 | M85 | 00:11:44 | 00:22:53 |
| 2 | 334 | Jaekel, Carsten | AlbeDiakon | 70 | M50 | 00:12:27 | 00:14:27 |
| | 318 | Jansen, Thies | Airbus | 71 | M50 | 00:12:27 | 00:14:20 |
| 4 | 16 | Krastev, Ulli | BACARDI | 69 | M50 | 00:12:34 | 00:14:43 |
| 5 | 392 | Becker, Dietmar | ERGOsports | 59 | M60 | 00:12:42 | 00:16:12 |
| | 564 | Gresens, Jan | Runn Green | 75 | M45 | 00:12:42 | 00:14:10 |
| | 507 | Neumann, Uwe | FA HH | 73 | M50 | 00:12:42 | 00:14:24 |
| 8 | 202 | Köndgen, David | NDR | 84 | M35 | 00:12:46 | 00:13:18 |
| 9 | 70 | Kozieras, Norbert | ERGOsports | 50 | M70 | 00:12:54 | 00:18:04 |
| 10 | 340 | Gehle, Friedhelm | BA-Eimsb. | 56 | M65 | 00:13:18 | 00:17:27 |
| 11 | 397 | Krause, Reinhard | ERGOsports | 44 | M75 | 00:13:20 | 00:20:45 |
| 12 | 634 | Kupper, Frank | TÜV-Nord | 64 | M55 | 00:13:22 | 00:16:19 |
| 13 | 555 | Matzke, Herwig | PHILIPS | 72 | M50 | 00:13:29 | 00:15:24 |
| 14 | 451 | Unterspann, Klaus | Haspa | 41 | M80 | 00:13:30 | 00:22:32 |
| 15 | 936 | Weckwerth, Stefan | Airbus | 77 | M45 | 00:13:31 | 00:14:51 |
| 16 | 537 | Lüders-Bahmann, Uwe | NDR | 56 | M65 | 00:13:36 | 00:17:50 |
| 17 | 162 | Reimer, Tobias | HHLA | 74 | M45 | 00:13:38 | 00:15:20 |
| 18 | 242 | Balzer, Klaus | Zoll | 69 | M50 | 00:13:39 | 00:15:59 |
| 19 | 55 | Meyer-Reim, Utz | DZ HYP | 61 | M60 | 00:13:41 | 00:17:09 |
| 20 | 64 | Wien, Wolfgang | ELBE-Sport | 40 | M80 | 00:13:45 | 00:24:16 |
| | 461 | Brandt, Peter | HEK | 40 | M80 | 00:13:45 | 00:23:36 |
| 22 | 464 | Münster, Reinhold | HEK | 42 | M80 | 00:13:49 | 00:22:30 |
| | 250 | Schrader, Michael | Zoll | 63 | M60 | 00:13:49 | 00:17:01 |
| 24 | 597 | Peschke, Daniel | Still | 79 | M40 | 00:13:56 | 00:15:04 |
| 25 | 580 | Lambracht, Gerald | Stern | 70 | M50 | 00:13:58 | 00:16:13 |
| 26 | 569 | Kleinwort, Markus | Runn Green | 73 | M50 | 00:14:01 | 00:15:53 |
| 27 | 727 | Oswald, Andre | Knossos.de | 75 | M45 | 00:14:08 | 00:15:46 |
| 28 | 682 | Wenzlaff, Borwin | BBK | 69 | M50 | 00:14:11 | 00:16:36 |
| 29 | 655 | Hegemann, Bernd | G+J | 68 | M55 | 00:14:12 | 00:16:46 |
| | 390 | Banck, Sönke | ERGOsports | 67 | M55 | 00:14:12 | 00:16:54 |
| 31 | 261 | Petsch, Wolfgang | Signal Iduna | 60 | M60 | 00:14:28 | 00:18:18 |
| | 435 | Lumpp, Michael | Laufladen | 73 | M50 | 00:14:28 | 00:16:24 |
| 33 | 236 | Dörr, Ole | Stern | 67 | M55 | 00:14:30 | 00:17:16 |
| 34 | 330 | Trümper, Michael | Airbus | 66 | M55 | 00:14:35 | 00:17:31 |
| 35 | 871 | Winter, Christian | ERGOsports | 81 | M40 | 00:14:39 | 00:15:37 |
| 36 | 865 | Deren, Slawomir | Energie SV H | 82 | M40 | 00:14:40 | 00:15:31 |
| 37 | 63 | Kühl, Bernd | ELBE-Sport | 46 | M75 | 00:14:42 | 00:21:58 |
| 38 | 440 | Altrock, Andreas | Haspa | 67 | M55 | 00:14:44 | 00:17:33 |
| 39 | 176 | Wilde, Tim | HapagLloyd | 85 | M35 | 00:14:45 | 00:15:15 |
| 40 | 573 | Bastian, Jens | G+J | 63 | M60 | 00:14:55 | 00:18:22 |
| 41 | 78 | Reese, Johann | Gasnetz HH | 06 | M | 00:14:57 | 00:15:52 |
| 42 | 327 | Schmidt, Gunter | Airbus | 61 | M60 | 00:15:01 | 00:18:49 |
| 43 | 584 | Bödeker, Heinz | Siemens | 47 | M75 | 00:15:07 | 00:22:11 |
| 44 | 62 | Gläser, Heinz | ELBE-Sport | 45 | M75 | 00:15:14 | 00:23:42 |
| 45 | 420 | Meyer, Mario | HW | 63 | M60 | 00:15:21 | 00:18:54 |
| | 184 | Oswald, Mathias | Knossos.de | 78 | M45 | 00:15:21 | 00:16:44 |
| 47 | 624 | Gliewe, Volker | Tchibo | 52 | M70 | 00:15:23 | 00:21:01 |
| 48 | 244 | Gierach, Nils | Zoll | 86 | M35 | 00:15:26 | 00:15:51 |
| 49 | 480 | Ludwig, Dirk | Knossos.de | 71 | M50 | 00:15:31 | 00:17:52 |
| 50 | 248 | Liebers, Ralf | Zoll | 64 | M55 | 00:15:33 | 00:19:00 |
| 51 | 174 | Schubert, Ralph | HapagLloyd | 73 | M50 | 00:15:39 | 00:17:44 |
| 52 | 232 | Meyer, Peter | Postbank-H | 47 | M75 | 00:15:45 | 00:23:08 |
| 53 | 661 | Käming, Michael | Energie SV H | 58 | M65 | 00:15:46 | 00:20:30 |
| 54 | 161 | Tilch, Peter | HPA | 55 | M65 | 00:15:50 | 00:20:57 |
| 55 | 638 | Schumacher, Peter | TÜV-Nord | 52 | M70 | 00:16:01 | 00:21:53 |
| 56 | 552 | Bramer, Marco | PHILIPS | 82 | M40 | 00:16:03 | 00:17:06 |
| | 221 | Stäcker, Frank | PHILIPS | 64 | M55 | 00:16:03 | 00:19:36 |
| 58 | 725 | Eisoldt, Andreas | Knossos.de | 74 | M45 | 00:16:10 | 00:18:11 |
| 59 | 400 | Tramp, Tobias | ERGOsports | 93 | M30 | 00:16:14 | 00:16:14 |
| 60 | 336 | Buchmann, Bendix | AK Nord | 07 | M | 00:16:17 | 00:17:34 |
| 61 | 351 | Brüggeman, Ralf | Commerzbank | 53 | M70 | 00:16:23 | 00:22:08 |
| 62 | 775 | Eis, Walter | DESY | 56 | M65 | 00:16:26 | 00:21:33 |
| 63 | 969 | Eren, Levent | Stern | 76 | M45 | 00:16:29 | 00:18:15 |
| 64 | 902 | Bublitz, Manfred | PHILIPS | 39 | M80 | 00:16:30 | 00:29:09 |
| 65 | 574 | Becker, Michael | G+J | 72 | M50 | 00:17:02 | 00:19:28 |

| | | | | | | | |
|----|-----|-------------------------|--------------|----|-----|----------|----------|
| 66 | 915 | Philippi-Laur, Martin | Signal Iduna | 68 | M55 | 00:17:03 | 00:20:18 |
| 67 | 715 | Wichmann, Marc | Haspa | 72 | M50 | 00:17:04 | 00:19:30 |
| 68 | 66 | Kayser, Oliver | Energie SV H | 75 | M45 | 00:17:09 | 00:19:08 |
| 69 | 509 | Papendorf, Knut | FA HH | 46 | M75 | 00:17:10 | 00:25:39 |
| 70 | 848 | Dreier, Gerhard | TÜV-Nord | 63 | M60 | 00:17:12 | 00:21:12 |
| 71 | 443 | Breier, Thomas | Haspa | 67 | M55 | 00:17:21 | 00:20:39 |
| 72 | 79 | Reese, Lars | Gasnetz HH | 70 | M50 | 00:17:24 | 00:20:12 |
| 73 | 169 | Scholz, Christian | Haspa | 82 | M40 | 00:17:25 | 00:18:25 |
| 74 | 809 | Olivier, Mischa | HW | 67 | M55 | 00:17:32 | 00:20:52 |
| 75 | 588 | Kusch, Günter | SBCN e.V. | 45 | M75 | 00:17:42 | 00:26:59 |
| 76 | 235 | Braeuer, Karsten | Stern | 72 | M50 | 00:17:44 | 00:20:16 |
| 77 | 219 | Orlowski, Rolf | PHILIPS | 42 | M80 | 00:17:50 | 00:29:02 |
| 78 | 195 | Majcherek, Ronald | FA HH | 59 | M60 | 00:18:00 | 00:22:58 |
| 79 | 408 | Zielinski, Dennis | Polizei HH | 92 | M30 | 00:18:06 | 00:18:08 |
| 80 | 197 | Uhl, Manfred | Lufthansa | 39 | M80 | 00:18:11 | 00:32:07 |
| 81 | 505 | Kamprad-Papendorf, Nils | FA HH | 70 | M50 | 00:18:27 | 00:21:26 |
| 82 | 508 | Niemann, Erik | FA HH | 01 | M | 00:18:33 | 00:18:37 |
| 83 | 577 | Kittler, Holger | Stern | 65 | M55 | 00:18:35 | 00:22:30 |
| 84 | 883 | Jahrbeck, Joachim | HPA | 67 | M55 | 00:18:40 | 00:22:14 |
| 85 | 543 | Swoboda, Peter | Nordmark | 63 | M60 | 00:18:56 | 00:23:19 |
| 86 | 39 | Schröder, Günter | Commerzbank | 47 | M75 | 00:18:57 | 00:27:49 |
| | 52 | Rowedder, Frank | Deut.Bank | 66 | M55 | 00:18:57 | 00:22:45 |
| 88 | 962 | Steuernagel, Curt | Krüss-OSH | 56 | M65 | 00:19:06 | 00:25:03 |
| 89 | 478 | Bilanovic, Anto | Knossos.de | 83 | M40 | 00:19:49 | 00:20:48 |
| 90 | 637 | Robers, Josef | TÜV-Nord | 43 | M80 | 00:19:50 | 00:31:32 |
| 91 | 788 | Rinck, Christian | ERGOsports | 44 | M75 | 00:19:59 | 00:31:05 |
| 92 | 256 | Ganschow, Sven Robert | SRHH | 62 | M60 | 00:20:00 | 00:24:51 |
| 93 | 348 | Lewerenz, Max | CLD HH | 99 | M | 00:20:42 | 00:20:42 |
| 94 | 375 | Eybächer, Michael | ELBE-Sport | 43 | M80 | 00:20:49 | 00:33:06 |
| 95 | 864 | Danckers, Joachim | Energie SV H | 63 | M60 | 00:20:53 | 00:25:44 |
| 96 | 553 | Dreise, Gösta | PHILIPS | 68 | M55 | 00:20:55 | 00:24:42 |
| 97 | 48 | Georg, Jens | DESY | 78 | M45 | 00:26:24 | 00:28:47 |

W O R L Ä N D I G

WMA korrigierte Zeiten der Herren auf der Mittelstrecke

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|-------|------|-------------------------|--------------|--------|----------|----------|
| 1 | 667 | Ebel, Thomas | NDR | 65 M55 | 00:24:30 | 00:29:40 |
| 2 | 16 | Krastev, Ulli | BACARDI | 69 M50 | 00:24:48 | 00:29:03 |
| 3 | 740 | Krieger, Jan | NDR | 76 M45 | 00:25:16 | 00:27:59 |
| 4 | 507 | Neumann, Uwe | FA HH | 73 M50 | 00:25:17 | 00:28:40 |
| 5 | 564 | Gresens, Jan | Runn Green | 75 M45 | 00:25:25 | 00:28:22 |
| 6 | 318 | Jansen, Thies | Airbus | 71 M50 | 00:25:26 | 00:29:18 |
| 7 | 582 | Rauter, Monier | Stern | 88 M35 | 00:25:45 | 00:26:10 |
| | 757 | Lemm, Ronald | Marien-Krh | 56 M65 | 00:25:45 | 00:33:47 |
| 9 | 271 | Hoch, Christoph | Alto-Nabe | 60 M60 | 00:25:53 | 00:32:45 |
| 10 | 188 | Langer, Mathias | AltonaDiag | 67 M55 | 00:25:55 | 00:30:52 |
| 11 | 625 | Müller, Reinhard | Tchibo | 67 M55 | 00:26:12 | 00:31:28 |
| 12 | 833 | Dörheit, Christian | NDR | 79 M40 | 00:26:18 | 00:28:27 |
| | 843 | Fink, Patrick | Allianz | 79 M40 | 00:26:25 | 00:28:35 |
| 13 | 727 | Oswald, Andre | Knossos.de | 75 M45 | 00:26:29 | 00:29:33 |
| | 202 | Köndgen, David | NDR | 84 M35 | 00:26:29 | 00:27:36 |
| 15 | 495 | Hoppe, Thomas | Laufwerk | 67 M55 | 00:26:35 | 00:31:39 |
| | 324 | Plambeck, Lutz | Airbus | 61 M60 | 00:26:35 | 00:33:20 |
| 17 | 546 | Becker, Jens-Gerrit | OTTO | 62 M60 | 00:26:36 | 00:33:04 |
| 18 | 162 | Reimer, Tobias | HHLA | 74 M45 | 00:26:38 | 00:29:57 |
| 19 | 562 | Schmidt, Birger | Polizei HH | 84 M35 | 00:26:49 | 00:27:57 |
| 20 | 555 | Matzke, Herwig | PHILIPS | 72 M50 | 00:26:58 | 00:30:49 |
| 21 | 451 | Unterspann, Klaus | Haspa | 41 M80 | 00:27:13 | 00:45:28 |
| | 971 | Nagel, Tino | Tchibo | 77 M45 | 00:27:15 | 00:29:56 |
| 22 | 818 | Mensing, Philip | HapagLloyd | 95 M | 00:27:18 | 00:27:18 |
| 23 | 871 | Winter, Christian | ERGOsports | 81 M40 | 00:27:24 | 00:29:12 |
| | 955 | Würth, Ildar | Gast | 97 M | 00:27:43 | 00:27:43 |
| 24 | 55 | Meyer-Reim, Utz | DZ HYP | 61 M60 | 00:27:45 | 00:34:48 |
| 25 | 537 | Lüders-Bahlmann, Uwe | NDR | 56 M65 | 00:27:48 | 00:36:28 |
| 26 | 390 | Banck, Sönke | ERGOsports | 67 M55 | 00:27:55 | 00:33:15 |
| 27 | 559 | Krüger, Wilfried | Polizei HH | 60 M60 | 00:27:58 | 00:35:23 |
| | 206 | Gniechwitz, Peter | Nordmark | 65 M55 | 00:27:58 | 00:33:52 |
| 29 | 425 | Westphal, Wolfgang | Hochbahn | 54 M65 | 00:28:00 | 00:37:26 |
| 30 | 569 | Kleinwort, Markus | Runn Green | 73 M50 | 00:28:11 | 00:31:57 |
| 31 | 580 | Lambracht, Gerald | Stern | 70 M50 | 00:28:15 | 00:32:49 |
| 32 | 261 | Petsch, Wolfgang | Signal Iduna | 60 M60 | 00:28:28 | 00:36:01 |
| 33 | 263 | Stamm, Volker | Signal Iduna | 53 M70 | 00:28:30 | 00:38:29 |
| | 619 | Vollmers, Laurin | Signal Iduna | 05 M | 00:28:30 | 00:29:50 |
| 35 | 748 | von Mallinckrodt, Klaus | Siemens | 46 M75 | 00:28:31 | 00:42:38 |
| 36 | 252 | Damm, Wolfgang | Siemens | 46 M75 | 00:28:32 | 00:42:39 |
| 37 | 242 | Balzer, Klaus | Zoll | 69 M50 | 00:28:35 | 00:33:28 |
| 38 | 970 | Müller, Oliver | Siemens | 65 M55 | 00:28:37 | 00:34:39 |
| 39 | 620 | Vollmers, Thomas | Signal Iduna | 71 M50 | 00:28:38 | 00:33:00 |
| 40 | 568 | Huhn, Philipp | Runn Green | 88 M35 | 00:28:40 | 00:29:07 |
| 41 | 627 | Seliger, Niels-Michael | Tchibo | 71 M50 | 00:28:43 | 00:33:21 |
| 42 | 529 | Scherer, Gerhold | Montblanc | 71 M50 | 00:28:52 | 00:33:16 |
| 43 | 327 | Schmidt, Gunter | Airbus | 61 M60 | 00:29:33 | 00:37:04 |
| 44 | 176 | Wilde, Tim | HapagLloyd | 85 M35 | 00:29:36 | 00:30:38 |
| 45 | 899 | Wellbrock, Eckehardt | Montblanc | 58 M65 | 00:29:47 | 00:38:22 |
| 46 | 184 | Oswald, Mathias | Knossos.de | 78 M45 | 00:29:52 | 00:32:34 |
| 47 | 936 | Weckwerth, Stefan | Airbus | 77 M45 | 00:29:58 | 00:32:56 |
| 48 | 535 | Konrad, Thomas | NDR | 67 M55 | 00:30:00 | 00:35:44 |
| 49 | 867 | Faber, Florian | ERGOsports | 74 M45 | 00:30:13 | 00:33:59 |
| | 947 | Mair, David | Gast | 86 M35 | 00:30:19 | 00:31:09 |
| 50 | 612 | Pantelmann, Nico | Signal Iduna | 69 M50 | 00:30:20 | 00:35:32 |
| 51 | 422 | Geerke, Jörg | HHLA | 60 M60 | 00:30:21 | 00:38:24 |
| 52 | 573 | Bastian, Jens | G+J | 63 M60 | 00:30:24 | 00:37:28 |
| 53 | 161 | Tilch, Peter | HPA | 55 M65 | 00:30:34 | 00:40:29 |
| 54 | 458 | Schröder, Martin | HapagLloyd | 59 M60 | 00:30:39 | 00:39:07 |
| 55 | 969 | Eren, Levent | Stern | 76 M45 | 00:30:43 | 00:34:01 |
| 56 | 812 | Peppel, Andreas | Lauffladen | 78 M45 | 00:30:51 | 00:33:38 |
| 57 | 33 | Albrecht, Christian | Commerzbank | 70 M50 | 00:30:59 | 00:35:59 |
| 58 | 543 | Swoboda, Peter | Nordmark | 63 M60 | 00:31:05 | 00:38:18 |
| 59 | 248 | Liebers, Ralf | Zoll | 64 M55 | 00:31:07 | 00:38:01 |
| 60 | 420 | Meyer, Mario | HW | 63 M60 | 00:31:19 | 00:38:35 |
| 61 | 725 | Eisoldt, Andreas | Knossos.de | 74 M45 | 00:31:22 | 00:35:17 |

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|-----|-----|---------------------|--------------|----|-----|----------|----------|
| 62 | 299 | Rittmeister, Lutz | PHILIPS | 59 | M60 | 00:31:27 | 00:40:09 |
| 63 | 221 | Stäcker, Frank | PHILIPS | 64 | M55 | 00:31:35 | 00:38:35 |
| 64 | 370 | Fußler, Norbert | EDEKA | 63 | M60 | 00:31:45 | 00:39:08 |
| 65 | 626 | Ruh, Jochen | Tchibo | 71 | M50 | 00:31:47 | 00:36:37 |
| 66 | 174 | Schubert, Ralph | HapagLloyd | 73 | M50 | 00:31:49 | 00:36:05 |
| 67 | 976 | Stieper, Klaus | HapagLloyd | 60 | M60 | 00:31:54 | 00:40:21 |
| 68 | 560 | Laude, Niels | Polizei HH | 75 | M45 | 00:32:06 | 00:35:50 |
| 69 | 68 | Fennen, Dr. Michael | ERGOsports | 88 | M35 | 00:32:18 | 00:32:49 |
| 70 | 244 | Gierach, Nils | Zoll | 86 | M35 | 00:32:24 | 00:33:18 |
| 71 | 329 | Thiele, Florian | Airbus | 88 | M35 | 00:32:34 | 00:33:05 |
| 72 | 691 | Beyer, Jürgen | EDEKA | 61 | M60 | 00:32:38 | 00:40:56 |
| 73 | 751 | Hansen, Jan | wellnuss.de | 74 | M45 | 00:32:43 | 00:36:48 |
| 74 | 571 | Thalheim, Thomas | Runn Green | 56 | M65 | 00:32:46 | 00:42:59 |
| 75 | 552 | Bramer, Marco | PHILIPS | 82 | M40 | 00:33:01 | 00:35:11 |
| 76 | 860 | Reimer, Torsten | AXA-Hbg | 54 | M65 | 00:33:10 | 00:44:48 |
| | 946 | Breier, Laurenz | Gast | 92 | M30 | 00:33:16 | 00:33:21 |
| 77 | 446 | Engel, Wolfgang | Haspa | 54 | M65 | 00:33:45 | 00:45:07 |
| 78 | 457 | Schnabel, Harald | HapagLloyd | 53 | M70 | 00:33:55 | 00:45:49 |
| 79 | 615 | Rohde, Kurt | Signal Iduna | 49 | M70 | 00:33:56 | 00:48:15 |
| 80 | 492 | Stark, Jöran | Funkgruppe | 78 | M45 | 00:34:16 | 00:37:22 |
| 81 | 379 | Wilms, Christian | ELBE-Sport | 88 | M35 | 00:34:51 | 00:35:25 |
| 82 | 518 | Liese, Hans-Ulrich | Lufthansa | 56 | M65 | 00:34:58 | 00:45:53 |
| 83 | 937 | Brüning, Roland | AK Nord | 63 | M60 | 00:35:06 | 00:43:15 |
| 84 | 235 | Braeuer, Karsten | Stern | 72 | M50 | 00:35:23 | 00:40:26 |
| 85 | 809 | Olivier, Mischa | HW | 67 | M55 | 00:35:24 | 00:42:09 |
| 86 | 635 | Pöhler, Andre | TÜV-Nord | 75 | M45 | 00:35:28 | 00:39:35 |
| | 61 | Frey, Matthias | ELBE-Sport | 51 | M70 | 00:35:28 | 00:49:02 |
| 88 | 169 | Scholz, Christian | Haspa | 82 | M40 | 00:35:30 | 00:37:33 |
| 89 | 443 | Breier, Thomas | Haspa | 67 | M55 | 00:35:46 | 00:42:36 |
| 90 | 930 | Mohammed, Chalid | Airbus | 73 | M50 | 00:36:36 | 00:41:30 |
| 91 | 267 | Koppelman, Jan | TÜV-Nord | 73 | M50 | 00:36:37 | 00:41:31 |
| | 553 | Dreise, Gösta | PHILIPS | 68 | M55 | 00:36:37 | 00:43:15 |
| 93 | 312 | Brockmann, Achim | Airbus | 80 | M40 | 00:37:16 | 00:40:01 |
| 94 | 862 | Dockhorn, Marc | Commerzbank | 71 | M50 | 00:38:01 | 00:43:49 |
| 95 | 522 | Budig, Alexander | Montblanc | 97 | M | 00:38:06 | 00:38:06 |
| 96 | 916 | Plötzky, Lars | Signal Iduna | 68 | M55 | 00:38:48 | 00:45:49 |
| 97 | 323 | Nigmann, Michael | Airbus | 53 | M70 | 00:38:57 | 00:52:37 |
| 98 | 478 | Bilanovic, Anto | Knossos.de | 83 | M40 | 00:39:16 | 00:41:14 |
| 99 | 944 | Panner, Steffen | ERGOsports | 76 | M45 | 00:39:17 | 00:43:30 |
| 100 | 577 | Kittler, Holger | Stern | 65 | M55 | 00:39:35 | 00:47:57 |
| 101 | 322 | Möller, Thomas | Airbus | 63 | M60 | 00:42:42 | 00:52:37 |
| 102 | 939 | Olson, Alex | Berenberg | 92 | M30 | 00:46:33 | 00:46:40 |

WMA korrigierte Zeiten der Herren auf der Langstrecke

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|-------|------|-----------------------------|--------------|--------|----------|----------|
| 1 | 538 | Schröder, Julius Maximilian | NDR | 95 M | 00:36:19 | 00:36:19 |
| 2 | 178 | Zielinski, Dieter | HapagLloyd | 72 M50 | 00:37:29 | 00:42:45 |
| 3 | 366 | Albrecht, Axel | DNV GL | 66 M55 | 00:37:43 | 00:45:14 |
| 4 | 493 | Dieckmann, Lukas | Laufwerk | 85 M35 | 00:38:01 | 00:39:11 |
| 5 | 645 | Best, Ruben | NGTRNG | 90 M30 | 00:38:15 | 00:38:27 |
| 6 | 965 | Meise, Helge | Laufwerk | 64 M55 | 00:38:23 | 00:47:14 |
| | 922 | Liebrich, Johannes | Uni Bw | 94 M | 00:38:33 | 00:38:33 |
| 7 | 16 | Krastev, Ulli | BACARDI | 69 M50 | 00:38:37 | 00:45:08 |
| 8 | 898 | Groth, Paul | FA HH | 70 M50 | 00:38:48 | 00:44:58 |
| 9 | 886 | Grüter, Daniel | Laufladen | 81 M40 | 00:39:06 | 00:41:51 |
| 10 | 436 | Merklinger, Sergej | Laufladen | 79 M40 | 00:39:10 | 00:42:14 |
| 11 | 713 | Jennrich, Nils | Laufladen | 80 M40 | 00:39:20 | 00:42:06 |
| 12 | 564 | Gresens, Jan | Runn Green | 75 M45 | 00:39:22 | 00:43:49 |
| 13 | 754 | Bietke, Dirk | TÜV-Nord | 71 M50 | 00:39:50 | 00:45:48 |
| 14 | 689 | von Bialy, Robert | DNV GL | 88 M35 | 00:40:26 | 00:40:57 |
| 15 | 710 | Böttcher, Dirk | Laufladen | 69 M50 | 00:40:32 | 00:47:23 |
| 16 | 834 | Warneck, Marco | NDR | 78 M45 | 00:40:33 | 00:44:05 |
| 17 | 581 | Lever, Patrick | Stern | 61 M60 | 00:40:34 | 00:50:50 |
| 18 | 318 | Jansen, Thies | Airbus | 71 M50 | 00:40:40 | 00:46:45 |
| 19 | 325 | Rohlfs, Torben | Airbus | 77 M45 | 00:40:49 | 00:44:43 |
| 20 | 215 | Haubrich, Gerhard | PHILIPS | 43 M80 | 00:40:50 | 01:04:48 |
| 21 | 500 | Schlag, Marcel | Laufwerk | 87 M35 | 00:40:51 | 00:41:35 |
| 22 | 521 | Schönhut, Steffen | Lufthansa | 84 M35 | 00:40:55 | 00:42:29 |
| 23 | 377 | Meier, Ralf | ELBE-Sport | 69 M50 | 00:41:03 | 00:47:59 |
| 24 | 437 | Rohlfs, Dirk | Laufladen | 67 M55 | 00:41:21 | 00:49:10 |
| 25 | 546 | Becker, Jens-Gerrit | OTTO | 62 M60 | 00:41:28 | 00:51:29 |
| 26 | 630 | Stephan, Achim | wellnuss.de | 76 M45 | 00:41:33 | 00:45:53 |
| 27 | 676 | Schewe, Stefan | Airbus | 74 M45 | 00:41:38 | 00:46:43 |
| 28 | 50 | Schulz, Torsten | DESY | 62 M60 | 00:41:41 | 00:51:45 |
| 29 | 727 | Oswald, Andre | Knossos.de | 75 M45 | 00:41:43 | 00:46:26 |
| 30 | 507 | Neumann, Uwe | FA HH | 73 M50 | 00:41:49 | 00:47:18 |
| 31 | 533 | Cherek, Uwe | NDR | 68 M55 | 00:41:55 | 00:49:25 |
| 32 | 203 | Thimm, Erich | NDR | 51 M70 | 00:42:13 | 00:58:21 |
| 33 | 58 | Schmidt, Jürgen | DZ HYP | 54 M65 | 00:42:17 | 00:56:32 |
| 34 | 863 | Bajric, Mersudin | DNV GL | 74 M45 | 00:42:18 | 00:47:28 |
| 35 | 936 | Weckwerth, Stefan | Airbus | 77 M45 | 00:42:20 | 00:46:23 |
| 36 | 539 | Schulz, Thomas | NDR | 61 M60 | 00:42:28 | 00:53:12 |
| 37 | 162 | Reimer, Tobias | HHLA | 74 M45 | 00:42:37 | 00:47:49 |
| 38 | 333 | Hornung, Jürgen | AlbeDiakon | 54 M65 | 00:42:52 | 00:57:18 |
| 39 | 938 | Landgraf, Stefan | Beiersdorf | 86 M35 | 00:42:53 | 00:43:54 |
| 40 | 931 | van Schie, John | Airbus | 72 M50 | 00:42:55 | 00:48:56 |
| 41 | 394 | Faust, Thomas | ERGOsports | 62 M60 | 00:42:56 | 00:53:47 |
| 42 | 866 | Höhne, David | Energie SV H | 83 M40 | 00:43:03 | 00:45:03 |
| 43 | 452 | Ahrens, Hans-Björn | HapagLloyd | 79 M40 | 00:43:12 | 00:46:36 |
| 44 | 5 | Sievertsen, Momme | Krüss-OSH | 96 M | 00:43:15 | 00:43:15 |
| 45 | 261 | Petsch, Wolfgang | Signal Iduna | 60 M60 | 00:43:16 | 00:54:42 |
| 46 | 369 | Wandt, Matthias | DZ HYP | 62 M60 | 00:43:28 | 00:53:58 |
| | 956 | Ziegenhorn, Marvin | Gast | 82 M40 | 00:43:37 | 00:45:59 |
| 47 | 494 | Hasenclever, Jörg | Laufwerk | 77 M45 | 00:43:41 | 00:47:52 |
| 48 | 665 | Papenberg, Matthias | Laufwerk | 65 M55 | 00:43:45 | 00:52:55 |
| 49 | 597 | Peschke, Daniel | Still | 79 M40 | 00:43:49 | 00:47:16 |
| | 707 | Scholz, Stephan | HPA | 70 M50 | 00:43:49 | 00:50:48 |
| 51 | 57 | Rooseboom, Markus | DZ HYP | 65 M55 | 00:43:50 | 00:53:01 |
| 52 | 966 | Voß, Ingo | Laufwerk | 72 M50 | 00:43:57 | 00:50:07 |
| 53 | 583 | Bentien, Ronald | Siemens | 48 M75 | 00:44:02 | 01:03:31 |
| 54 | 682 | Wenzlaff, Borwin | BBK | 69 M50 | 00:44:09 | 00:51:36 |
| | 953 | Riebe, Christoph | Gast | 94 M | 00:44:09 | 00:44:09 |
| | 703 | Perez Torra, Javier | Gast | 88 M35 | 00:44:13 | 00:44:47 |
| 55 | 356 | Lorenzen, Niels | Commerzbank | 75 M45 | 00:44:19 | 00:49:20 |
| 56 | 729 | Golembiewski, Andreas | Krüss-OSH | 60 M60 | 00:44:23 | 00:56:37 |
| 57 | 580 | Lambracht, Gerald | Stern | 70 M50 | 00:44:35 | 00:51:41 |
| 58 | 925 | Meyer, Alexander | WTM HH | 92 M30 | 00:44:36 | 00:44:38 |
| 59 | 9 | Borgstädt, Tim | Airbus | 53 M70 | 00:44:50 | 01:00:33 |
| 60 | 13 | Kurch, Sebastian | Airbus | 81 M40 | 00:45:06 | 00:48:16 |
| 61 | 420 | Meyer, Mario | HW | 63 M60 | 00:45:09 | 00:55:34 |

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|-----|-----|-------------------------|--------------|----|-----|----------|----------|
| 62 | 53 | Voß, Thomas | Deut.Bank | 67 | M55 | 00:45:15 | 00:54:16 |
| 63 | 467 | Breitenstein, Andre | HypoVerein | 67 | M55 | 00:45:21 | 00:53:55 |
| 64 | 781 | Laurisch, Wolf | EDEKA | 72 | M50 | 00:45:22 | 00:52:09 |
| 65 | 327 | Schmidt, Gunter | Airbus | 61 | M60 | 00:45:43 | 00:57:17 |
| | 923 | Zimmermann, Ralf | Uni Bw | 87 | M35 | 00:45:43 | 00:46:32 |
| 67 | 643 | Jeschak, Patrick | wellnuss.de | 86 | M35 | 00:45:47 | 00:47:12 |
| 68 | | Lau, Dirk | K&M Sport | 63 | M60 | 00:45:49 | 00:56:24 |
| 69 | 12 | Jakobsen, Frank | Airbus | 66 | M55 | 00:45:50 | 00:54:57 |
| 70 | 4 | Moya, Angel | Krüss-OSH | 82 | M40 | 00:45:54 | 00:48:23 |
| 71 | 176 | Wilde, Tim | HapagLloyd | 85 | M35 | 00:45:55 | 00:47:20 |
| 72 | 55 | Meyer-Reim, Utz | DZ HYP | 61 | M60 | 00:45:57 | 00:57:34 |
| 73 | 193 | Werner, Guido | Gaden | 68 | M55 | 00:45:58 | 00:54:11 |
| 74 | 319 | Jürgens, Uwe Meno | Airbus | 80 | M40 | 00:46:03 | 00:49:17 |
| 75 | 373 | Sperfeld, Dirk | EDEKA | 70 | M50 | 00:46:16 | 00:53:38 |
| 76 | 942 | Kück, Oliver | Energie SV H | 67 | M55 | 00:46:17 | 00:55:02 |
| 77 | 766 | Lucke, Marcus | Airbus | 65 | M55 | 00:46:26 | 00:56:09 |
| 78 | 629 | Sägert, Jan | wellnuss.de | 78 | M45 | 00:46:29 | 00:50:32 |
| 79 | 402 | Bulla, Bernhard | Gasnetz HH | 60 | M60 | 00:46:31 | 00:58:49 |
| 80 | 858 | Richter, Jörg | Airbus | 63 | M60 | 00:46:32 | 00:57:16 |
| 81 | 622 | Roberts, Gregor | T-Systems | 59 | M60 | 00:46:41 | 00:59:33 |
| | 473 | Krüger, Marian | Jungheinrich | 89 | M30 | 00:46:43 | 00:47:07 |
| 82 | 75 | Gerstmann, Thorsten | Gasnetz HH | 72 | M50 | 00:46:52 | 00:53:27 |
| 83 | 330 | Trümper, Michael | Airbus | 66 | M55 | 00:46:58 | 00:56:19 |
| 84 | 520 | Meinicke, Knuth | Lufthansa | 63 | M60 | 00:47:04 | 00:57:56 |
| 85 | 10 | Felger, Fritz | Airbus | 59 | M60 | 00:47:06 | 01:00:05 |
| 86 | 867 | Faber, Florian | ERGOsports | 74 | M45 | 00:47:12 | 00:52:58 |
| 87 | 432 | Goergens, Michael | Laufladen | 55 | M65 | 00:47:26 | 01:02:49 |
| 88 | 480 | Ludwig, Dirk | Knossos.de | 71 | M50 | 00:47:31 | 00:54:37 |
| 89 | 688 | Ehrenberg, Frank | Deut.Bank | 59 | M60 | 00:47:39 | 01:00:47 |
| 90 | 32 | Wulff, Lars | CLD HH | 72 | M50 | 00:47:49 | 00:54:32 |
| 91 | 743 | Hensel, Jullian | PHILIPS | 85 | M35 | 00:47:52 | 00:49:21 |
| 92 | 161 | Tilch, Peter | HPA | 55 | M65 | 00:47:54 | 01:03:26 |
| 93 | 698 | Ehrke, Michael | ERGOsports | 59 | M60 | 00:47:56 | 01:01:09 |
| 94 | 282 | Ulrich, Rainer | OTTO | 60 | M60 | 00:48:02 | 01:00:44 |
| 95 | 569 | Kleinwort, Markus | Runn Green | 73 | M50 | 00:48:10 | 00:54:29 |
| | 37 | Persiel, Arne | Commerzbank | 66 | M55 | 00:48:10 | 00:57:45 |
| 97 | 184 | Oswald, Mathias | Knossos.de | 78 | M45 | 00:48:11 | 00:52:23 |
| | 591 | Marquardt, Guido | SPK-Süd | 71 | M50 | 00:48:11 | 00:55:24 |
| 99 | 712 | Drengwitz, Andreas | Laufladen | 62 | M60 | 00:48:12 | 00:59:51 |
| | 948 | Meier, David | Gast | 96 | M | 00:48:34 | 00:48:34 |
| 100 | 786 | Hübener, Matthias | ERGOsports | 62 | M60 | 00:48:35 | 01:00:19 |
| 101 | 723 | Schwiers, Thomas | Jungheinrich | 69 | M50 | 00:48:40 | 00:56:53 |
| 102 | 475 | Schüßler, Lutz | K&M Sport | 63 | M60 | 00:48:48 | 01:00:36 |
| 103 | 210 | Kroll, Kristoffer | Olympus OSTE | 89 | M30 | 00:48:52 | 00:49:17 |
| 104 | 297 | Willsch, Pascal | Lufthansa | 78 | M45 | 00:48:56 | 00:53:11 |
| 105 | 430 | Freitag, Jens | Laufladen | 63 | M60 | 00:49:05 | 01:00:25 |
| 106 | 587 | Sie Too, Petrus | Siemens | 58 | M65 | 00:49:07 | 01:03:14 |
| 107 | 374 | Wohlfromm, Björn | EDEKA | 78 | M45 | 00:49:10 | 00:53:27 |
| 108 | 208 | Winkeler, Tobias | Nordmark | 88 | M35 | 00:49:18 | 00:49:56 |
| 109 | 260 | Hillebrecht, Frank | Signal Iduna | 70 | M50 | 00:49:27 | 00:57:20 |
| | 317 | Gottwald, Kristian | Airbus | 69 | M50 | 00:49:27 | 00:57:48 |
| 111 | 174 | Schubert, Ralph | HapagLloyd | 73 | M50 | 00:49:41 | 00:56:12 |
| 112 | 244 | Gierach, Nils | Zoll | 86 | M35 | 00:49:44 | 00:50:55 |
| 113 | 621 | Weitmann, Daniel | Signal Iduna | 72 | M50 | 00:49:52 | 00:56:52 |
| 114 | 926 | Klein, Friedrich | Haspa | 59 | M60 | 00:49:53 | 01:03:38 |
| 115 | 387 | Stüfen, Sönke | Energie SV H | 65 | M55 | 00:50:30 | 01:01:04 |
| 116 | 40 | Wittmann, Joerg | DAK | 68 | M55 | 00:50:51 | 00:59:56 |
| 117 | 586 | Buck, Klaus | Siemens | 62 | M60 | 00:50:55 | 01:03:13 |
| 118 | 930 | Mohammed, Chalid | Airbus | 73 | M50 | 00:51:06 | 00:57:48 |
| 119 | 240 | Twesten, Dennis | Stern | 83 | M40 | 00:51:18 | 00:53:40 |
| 120 | 372 | Ruf, Martin | EDEKA | 85 | M35 | 00:51:31 | 00:53:06 |
| 121 | 892 | Morales, Michael | Jungheinrich | 78 | M45 | 00:51:32 | 00:56:01 |
| | 678 | Bussmann-Kuban, Michael | BA-Eimsb. | 53 | M70 | 00:51:32 | 01:09:35 |
| 123 | 69 | Holt, Johannes | ERGOsports | 84 | M35 | 00:51:34 | 00:53:33 |
| 124 | 856 | Arnesson, Fredrik | Airbus | 85 | M35 | 00:51:38 | 00:53:14 |
| 125 | 552 | Bramer, Marco | PHILIPS | 82 | M40 | 00:51:42 | 00:54:55 |
| 126 | 169 | Scholz, Christian | Haspa | 82 | M40 | 00:51:59 | 00:54:48 |

| | | | | | | | |
|-----|-----|-------------------------|--------------|----|-----|----------|----------|
| 127 | 544 | Baier, Alois | Olympus OSTE | 59 | M60 | 00:52:14 | 01:06:38 |
| 128 | 205 | Gehn, Marcel | Nordmark | 94 | M | 00:52:15 | 00:52:15 |
| 129 | 857 | Löffler, Gerd | Airbus | 73 | M50 | 00:52:35 | 00:59:28 |
| 130 | 11 | Gizzas, Heiner | Airbus | 76 | M45 | 00:52:52 | 00:58:23 |
| 131 | 209 | Janssen, Christoph | Olympus OSTE | 98 | M | 00:52:57 | 00:52:57 |
| 132 | 718 | Lemkau, Niels | HEK | 65 | M55 | 00:53:02 | 01:04:09 |
| 133 | 734 | Bohlken, Wilfried | Lufthansa | 70 | M50 | 00:53:33 | 01:02:05 |
| 134 | 481 | Ludwig, Jens | Knossos.de | 73 | M50 | 00:53:44 | 01:00:47 |
| 135 | 768 | Niefanger, Thomas | Airbus | 63 | M60 | 00:54:04 | 01:06:33 |
| 136 | 355 | Kwaschny, Sebastian | Commerzbank | 88 | M35 | 00:54:17 | 00:54:59 |
| 137 | 443 | Breier, Thomas | Haspa | 67 | M55 | 00:54:19 | 01:04:35 |
| 138 | 715 | Wichmann, Marc | Haspa | 72 | M50 | 00:54:32 | 01:02:11 |
| 139 | 27 | Riemenschneider, Hannes | BG Verkehr | 84 | M35 | 00:55:15 | 00:57:23 |
| 140 | 19 | Grimm, Florian | Beiersdorf | 80 | M40 | 00:55:20 | 00:59:14 |
| 141 | 616 | Scharf, Dietmar | Signal Iduna | 68 | M55 | 00:55:21 | 01:05:15 |
| 142 | 396 | Green, Sven | ERGOsports | 64 | M55 | 00:55:28 | 01:07:41 |
| 143 | 157 | Feldhusen, Dr. Johannes | Generali | 57 | M65 | 00:55:38 | 01:12:18 |
| | 974 | Idel, Moritz | WTM HH | 91 | M30 | 00:55:38 | 00:55:47 |
| 145 | 447 | Janssen, Stefan | Haspa | 62 | M60 | 00:55:51 | 01:09:21 |
| 146 | 969 | Eren, Levent | Stern | 76 | M45 | 00:56:15 | 01:02:07 |
| 147 | 235 | Braeuer, Karsten | Stern | 72 | M50 | 00:56:26 | 01:04:21 |
| 148 | 642 | Otto, Thomas | WTM HH | 91 | M30 | 00:56:56 | 00:57:05 |
| 149 | 221 | Stäcker, Frank | PHILIPS | 64 | M55 | 00:57:40 | 01:10:22 |
| 150 | 809 | Olivier, Mischa | HW | 67 | M55 | 00:57:42 | 01:08:36 |
| 151 | 747 | Hofsommer, Steffen | Siemens | 72 | M50 | 00:58:40 | 01:06:54 |
| 152 | 234 | Wegert, Danny | G+J | 81 | M40 | 00:59:20 | 01:03:01 |
| 153 | 577 | Kittler, Holger | Stern | 65 | M55 | 00:59:35 | 01:12:04 |
| 154 | 312 | Brockmann, Achim | Airbus | 80 | M40 | 00:59:52 | 01:04:05 |
| 155 | 553 | Dreise, Gösta | PHILIPS | 68 | M55 | 01:00:27 | 01:11:15 |
| 156 | 906 | Leitz, Hagen | Polizei HH | 60 | M60 | 01:00:46 | 01:16:50 |
| 157 | 592 | Wendland, Christian | SPK-Süd | 80 | M40 | 01:01:00 | 01:05:18 |

VORLÄUFIG

FAQ

Mein Name, Chipnummer, BSG, ... ist falsch. Wer korrigiert das?

Wende Dich bitte an Deinen Spartenleiter.

Ich bin nicht in der Ergebnisliste. Was nun?

Falls Du Dir vor Ort einen Leihchip besorgt hast, kann es sein, dass diese noch nicht in die Ergebnisliste eingearbeitet wurden. Dies sollte bis Dienstag nach einem Lauf aber geschehen sein. Anderenfalls kann Dir nur noch der Veranstalter weiterhelfen. Einen Ansprechpartner findest Du in der jeweiligen Ausschreibung.

Ich bin ohne Chip gelaufen und nicht in der Ergebnisliste.

Wer ohne Chip läuft, kann nicht gewertet werden! Wer vor Ort merkt, dass er ohne Chip angereist ist, kann sich dort gegen eine Gebühr einen Leihchip besorgen.

Ich bin 'Ausser Konkurrenz' gewertet worden. Warum?

Dafür gibt es mehrere Möglichkeiten. Die wahrscheinlichste ist, dass Dein Startpass vom Leichtathletikausschuss noch nicht eingegeben wurde. Bitte frage Deinen Spartenleiter danach. Solltest Du für einen Verein des DLV starten, wirst Du 'ausser Konkurrenz' gewertet.

Was sind M/W50+ Mannschaften?

Hierbei handelt es sich um eine zusätzliche Auswertung für Mannschaften. In eine M/W50+ Mannschaft kommen Männer und Frauen (die Mannschaft kann also mixed sein), die zur Altersklasse M50 oder W50 oder höher gehören. Die addierten Platzziffern ergeben das Gesamtergebnis der Staffel.

Was sind WMA Zeiten?

WMA Zeiten werden aus der Bruttozeit des jeweiligen Laufs errechnet. Sie machen die Zeiten von Läufern unterschiedlichen Alters vergleichbar. Die gelaufene Bruttozeit wird dabei mit einem Faktor multipliziert, der von der Streckenlänge und dem Alter abhängt. WMA Zeiten haben nur informativen Charakter.

Die ermittelte Altersklasse kann von der in der Serie verwendeten abweichen, da in der Serie bereits die Altersklasse des nächsten Jahres verwendet wird.