

Crosslauf Horner Rennbahn 2024

02.11.2024 - Horner Rennbahn

Ergebnisse der Damen auf der Kinderlauf (400 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | WK |
|-------|------|------------------------|--------------|----|-------|----|
| 1 | 569 | Scharf, Mara Sophie | Signal Iduna | 14 | 02:32 | 1 |
| 2 | 347 | Tiemann, Anna Gretchen | Airbus | 14 | 03:05 | 2 |
| 3 | 348 | Tiemann, Martha | Airbus | 19 | 03:09 | 3 |

VORLÄUFIG

Ergebnisse der Damen auf der Kurzstrecke (2900 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 1 | 2 | 4 | 4 | 5 | 5 | 11 | 2 | 1 | 3 | 1 | 1 |
|-------|------|----------------------|--------------|----|-------|----|------------------|----|----|----|----|----|----|----|----|----|----|
| | | | | | | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 80 | 85 |
| | 471 | Poon, Marianne | Krüss-OSH | 85 | 12:29 | 1. | Außer Konkurrenz | | | | | | | | | | |
| | 463 | Stockrahm, Celine | Jungheinrich | 01 | 12:47 | 2. | Außer Konkurrenz | | | | | | | | | | |
| 1 | 395 | Pfennig, Viviane | Energie SV H | 88 | 13:17 | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 2 | 576 | Pries, Daniela | Tchibo | 73 | 13:41 | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 3 | 401 | Baumann, Katja | ERGOsports | 70 | 14:00 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 4 | 285 | Becker, Barbara | Polizei HH | 71 | 14:01 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 5 | 465 | Gerhardt, Katja | Knossos.de | 87 | 14:02 | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 6 | 388 | Begerow, Sandra | Energie SV H | 87 | 14:28 | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 7 | 16 | Schultz, Eva | Airbus | 84 | 14:58 | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 8 | 541 | Spindler, Angela | Polizei HH | 79 | 15:05 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 9 | 341 | Dux, Maren | Airbus | 68 | 15:13 | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 10 | 585 | Dreier, Dagmar | TÜV-Nord | 68 | 15:27 | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 11 | 308 | Balzer, Maren | Zoll | 67 | 15:28 | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 12 | 315 | Goebel, Petra | Siemens | 69 | 15:30 | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 13 | 76 | Rimatzki, Ricarda | Energie SV H | 91 | 15:40 | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 14 | 551 | Nachtigäller, Iris | G+J | 77 | 15:41 | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 15 | 402 | Dreller, Hilke | ERGOsports | 64 | 15:43 | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 16 | 286 | Engelmann, Heike | Polizei HH | 71 | 16:06 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 17 | 237 | Hoeft, Gesine | Laufladen | 52 | 16:41 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 18 | 244 | Sagert, Erika | HapagLloyd | 52 | 17:19 | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 18 | 439 | Slomski, Birgit | Laufladen | 75 | 17:19 | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 20 | 428 | Mabikounou, Monique | Hochbahn | 87 | 17:22 | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 21 | 549 | Bühler-Becker, Heidi | G+J | 61 | 17:30 | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 22 | 73 | Reese, Irina | Energie SV H | 72 | 17:39 | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 23 | 353 | Büsen, Melanie | Beiersdorf | 81 | 17:48 | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 24 | 355 | Martynenko, Nataliia | Beiersdorf | 92 | 17:49 | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 25 | 380 | Pohl, Katja | DZ HYP | 69 | 17:58 | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 26 | 539 | Marthiens, Ute | Polizei HH | 52 | 18:01 | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 27 | 570 | Scharf, Nicole | Signal Iduna | 76 | 18:05 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 28 | 523 | Liesenfeld, Melanie | Nordmark | 77 | 19:01 | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 29 | 408 | Stahlbock, Astrid | ERGOsports | 59 | 19:31 | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 30 | 294 | Zuncke, Sonja | Polizei HH | 66 | 19:53 | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 31 | 598 | Loibl, Regina | Airbus | 66 | 20:40 | . | . | . | . | . | . | 8 | . | . | . | . | . |
| 32 | 595 | Steinfeld, Ivonne | Dataport | 80 | 20:41 | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 33 | 476 | Engelmann, Katrin | Laufwerk | 66 | 21:25 | . | . | . | . | . | . | 9 | . | . | . | . | . |
| 34 | 321 | Schneider, Maren | Signal Iduna | 68 | 21:35 | . | . | . | . | . | . | 10 | . | . | . | . | . |
| 35 | 80 | Clausen, Sylvia | ERGOsports | 40 | 21:36 | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 36 | 467 | Heinrich, Nina | Krüss-OSH | 82 | 23:05 | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 37 | 504 | Schubert, Wiebke | Marien-Krh | 66 | 26:55 | . | . | . | . | . | . | 11 | . | . | . | . | . |
| 38 | 280 | Orlowski, Elke | PHILIPS | 41 | 34:46 | . | . | . | . | . | . | . | . | . | . | 1 | . |

Ergebnisse der Damen auf der Mittelstrecke (5300 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 3 | 2 | 2 | 1 | 3 | 3 | 4 | 4 | 2 | 3 |
|-------|------|-----------------------|--------------|----|-------|---------------------------|----|----|----|----|----|----|----|----|----|
| | | | | | | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 |
| | 581 | Feldmann, Finnja | TH Eilbeck | 01 | 22:49 | 1. Außer Konkurrenz (DLV) | | | | | | | | | |
| 1 | 576 | Pries, Daniela | Tchibo | 73 | 24:48 | . | . | . | . | . | 1 | . | . | . | . |
| 2 | 89 | Klass, Leonie | Gaden | 99 | 26:55 | 1 | . | . | . | . | . | . | . | . | . |
| 3 | 315 | Goebel, Petra | Siemens | 69 | 27:54 | . | . | . | . | . | . | 1 | . | . | . |
| 4 | 535 | Matzke, Svenja | PHILIPS | 78 | 28:21 | . | . | . | . | 1 | . | . | . | . | . |
| 5 | 386 | Vollstedt, Andrea | ELBE-Sport | 71 | 28:41 | . | . | . | . | . | 2 | . | . | . | . |
| 6 | 420 | Scherff, Aileen | HH Airport | 92 | 28:44 | . | 1 | . | . | . | . | . | . | . | . |
| 7 | 354 | Hollah, Sina | Beiersdorf | 90 | 28:45 | . | . | 1 | . | . | . | . | . | . | . |
| 8 | 341 | Dux, Maren | Airbus | 68 | 29:43 | . | . | . | . | . | . | 2 | . | . | . |
| 9 | 494 | Berels, Marika | Lufthansa | 63 | 30:08 | . | . | . | . | . | . | . | 1 | . | . |
| 10 | 458 | Kleinemeyer, Dagmar | HEK | 56 | 31:00 | . | . | . | . | . | . | . | . | 1 | . |
| 11 | 32 | Schlieter, Kathrin | Commerzbank | 71 | 31:02 | . | . | . | . | . | 3 | . | . | . | . |
| 12 | 237 | Hoefl, Gesine | Laufladen | 52 | 31:19 | . | . | . | . | . | . | . | . | . | 1 |
| 13 | 353 | Büsen, Melanie | Beiersdorf | 81 | 31:28 | . | . | . | 1 | . | . | . | . | . | . |
| 14 | 415 | Wulff, Michelle | Gaden | 98 | 31:31 | 2 | . | . | . | . | . | . | . | . | . |
| 15 | 244 | Sagert, Erika | HapagLloyd | 52 | 32:04 | . | . | . | . | . | . | . | . | . | 2 |
| 16 | 505 | Cordes, Natalie | Montblanc | 76 | 32:09 | . | . | . | . | 2 | . | . | . | . | . |
| 16 | 58 | Denker, Franziska | Energie SV H | 90 | 32:09 | . | . | 2 | . | . | . | . | . | . | . |
| 18 | 380 | Pohl, Katja | DZ HYP | 69 | 32:52 | . | . | . | . | . | . | 3 | . | . | . |
| 19 | 475 | Timpe, Kerstin | Krüss-OSH | 68 | 32:53 | . | . | . | . | . | . | 4 | . | . | . |
| 20 | 355 | Martynenko, Nataliia | Beiersdorf | 92 | 33:12 | . | 2 | . | . | . | . | . | . | . | . |
| 21 | 539 | Marthiens, Ute | Polizei HH | 52 | 34:23 | . | . | . | . | . | . | . | . | . | 3 |
| 22 | 61 | Felske, Karen | Energie SV H | 78 | 34:29 | . | . | . | . | 3 | . | . | . | . | . |
| 23 | 413 | Reimers, Wiebke | Gaden | 65 | 34:47 | . | . | . | . | . | . | . | 2 | . | . |
| 24 | 351 | Buß, Dirka | AK Nord | 65 | 38:16 | . | . | . | . | . | . | . | 3 | . | . |
| 25 | 384 | Frey, Birgit | ELBE-Sport | 57 | 38:50 | . | . | . | . | . | . | . | . | 2 | . |
| 26 | 567 | Reese-Theege, Kirsten | Signal Iduna | 62 | 39:15 | . | . | . | . | . | . | . | 4 | . | . |

VORLÄUFIG

Ergebnisse der Damen auf der Langstrecke (7800 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 70 |
|-------|------|-----------------------|--------------|----|-------|----|------------------|----|----|----|----|----|----|----|
| 1 | 484 | Günther, Sina | FA HH | 98 | 33:14 | 1 | . | . | . | . | . | . | . | . |
| 2 | 431 | Bruns, Miriam | Laufladen | 83 | 34:27 | . | . | . | 1 | . | . | . | . | . |
| 3 | 482 | Willamowski, Claudia | Laufwerk | 67 | 36:01 | . | . | . | . | . | . | . | 1 | . |
| 4 | 576 | Pries, Daniela | Tchibo | 73 | 37:06 | . | . | . | . | . | 1 | . | . | . |
| 5 | 441 | Zimmermann, Nicole | Laufladen | 93 | 38:00 | . | 1 | . | . | . | . | . | . | . |
| 6 | 485 | Jaekel, Sandra | FA HH | 75 | 38:03 | . | . | . | . | . | 2 | . | . | . |
| 7 | 16 | Schultz, Eva | Airbus | 84 | 38:36 | . | . | . | 2 | . | . | . | . | . |
| 8 | 554 | Röhrich, Monika | Zoll | 79 | 38:41 | . | . | . | . | 1 | . | . | . | . |
| 9 | 315 | Goebel, Petra | Siemens | 69 | 39:45 | . | . | . | . | . | . | 2 | . | . |
| 9 | 299 | Hausmann, Isabel | Stern | 01 | 39:45 | 2 | . | . | . | . | . | . | . | . |
| 11 | 363 | Krahn, Sylvia | Commerzbank | 73 | 39:53 | . | . | . | . | . | 3 | . | . | . |
| 12 | 487 | Neumann, Corinna | FA HH | 68 | 40:09 | . | . | . | . | . | . | 3 | . | . |
| 13 | 455 | Wolf, Corinna | HapagLloyd | 89 | 40:12 | . | . | 1 | . | . | . | . | . | . |
| 14 | 335 | Baron, Franziska | Polizei HH | 80 | 40:50 | . | . | . | . | 2 | . | . | . | . |
| 15 | 465 | Gerhardt, Katja | Knossos.de | 87 | 41:00 | . | . | 2 | . | . | . | . | . | . |
| 16 | 411 | Lüders, Kerstin | Gaden | 63 | 41:15 | . | . | . | . | . | . | . | 1 | . |
| 17 | 256 | Bürger, Kim Marie | Lufthansa | 98 | 41:26 | 3 | . | . | . | . | . | . | . | . |
| 18 | 308 | Balzer, Maren | Zoll | 67 | 41:38 | . | . | . | . | . | . | 4 | . | . |
| 19 | 2 | Buchmann, Sigrid | Agapleasure | 68 | 42:16 | . | . | . | . | . | . | 5 | . | . |
| 20 | 404 | Fönschau, Silke | ERGOsports | 62 | 42:26 | . | . | . | . | . | . | . | 2 | . |
| 21 | 341 | Dux, Maren | Airbus | 68 | 42:55 | . | . | . | . | . | . | 6 | . | . |
| 22 | 438 | Schmidt, Christine | Laufladen | 84 | 44:12 | . | . | . | 3 | . | . | . | . | . |
| 23 | 237 | Hoef, Gesine | Laufladen | 52 | 44:52 | . | . | . | . | . | . | . | . | 1 |
| 24 | 353 | Büsen, Melanie | Beiersdorf | 81 | 45:11 | . | . | . | 4 | . | . | . | . | . |
| 25 | 510 | Fecke, Malin | NDR | 93 | 45:26 | . | 2 | . | . | . | . | . | . | . |
| 26 | 244 | Sagert, Erika | HapagLloyd | 52 | 45:48 | . | . | . | . | . | . | . | . | 2 |
| 27 | 566 | Raether-Egger, Andrea | Signal Iduna | 74 | 46:04 | . | . | . | . | . | 4 | . | . | . |
| 28 | 557 | Begemann, Barbara | SPK-Süd | 69 | 46:33 | . | . | . | . | . | . | . | 7 | . |
| 29 | 417 | Sals, Angelina | Generali | 77 | 46:47 | . | . | . | . | 3 | . | . | . | . |
| 30 | 75 | Regolin, Lea | Energie SV H | 98 | 46:51 | 4 | . | . | . | . | . | . | . | . |
| 31 | 372 | Keim, Gesche | Deut.Bank | 66 | 46:55 | . | . | . | . | . | . | 8 | . | . |
| 32 | 447 | Suckow, Maria | Haspa | 68 | 46:58 | . | . | . | . | . | . | . | 9 | . |
| | 522 | Kohlhagen, Ramona | Nordmark | 80 | 47:07 | 1. | Außer Konkurrenz | . | . | . | . | . | . | . |
| 33 | 355 | Martynenko, Nataliia | Beiersdorf | 92 | 47:31 | . | 3 | . | . | . | . | . | . | . |
| 34 | 380 | Pohl, Katja | DZ HYP | 69 | 48:31 | . | . | . | . | . | . | 10 | . | . |
| 34 | 468 | Herrmann, Sandra | Krüss-OSH | 78 | 48:31 | . | . | . | . | 4 | . | . | . | . |
| 36 | 567 | Reese-Theege, Kirsten | Signal Iduna | 62 | 49:11 | . | . | . | . | . | . | . | 3 | . |
| 37 | 357 | Kolleman, Sabine | CLD HH | 64 | 50:09 | . | . | . | . | . | . | . | 4 | . |
| 38 | 3 | Chery, Jennyfer | Airbus | 82 | 53:22 | . | . | . | 5 | . | . | . | . | . |

Ergebnisse der Herren auf der Kinderlauf (400 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | MK |
|-------|------|-------------------|--------------|----|-------|----|
| 1 | 571 | Scharf, Ole Fiete | Signal Iduna | 17 | 02:35 | 1 |
| 2 | 396 | Rassasse, Maarten | Energie SV H | 18 | 02:52 | 2 |
| 3 | 292 | Schmidt, Leon | Polizei HH | 17 | 02:55 | 3 |
| 4 | 397 | Rassasse, Noah | Energie SV H | 20 | 03:35 | 4 |

VORLÄUFIG

Ergebnisse der Herren auf der Kurzstrecke (2900 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | |
|-------|------|-----------------------------|--------------|----|-------|---------------------------|---|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 1 | 517 | Schröder, Julius Maximilian | NDR | 95 | 09:30 | . | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 564 | Hoffmann, Elias | Signal Iduna | 96 | 10:53 | . | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 512 | Köndgen, David | NDR | 84 | 10:54 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 4 | 231 | Reimer, Tobias | HHLA | 74 | 11:09 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 5 | 271 | Czoschke, Rene | OTTO | 87 | 11:12 | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| | 584 | Stuer, Roger | TH Eilbeck | 79 | 11:27 | 1. Außer Konkurrenz (DLV) | | | | | | | | | | | | | | |
| 6 | 488 | Neumann, Uwe | FA HH | 73 | 11:38 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 7 | 466 | Oswald, Andre | Knossos.de | 75 | 11:40 | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 8 | 342 | Jansen, Thies | Airbus | 71 | 11:43 | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . | . |
| 9 | 300 | Lambracht, Gerald | Stern | 70 | 11:49 | . | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 9 | 454 | Wilde, Tim | HapagLloyd | 85 | 11:49 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 11 | 92 | Wams, Martin | Gaden | 65 | 11:50 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 12 | 400 | Banck, Sönke | ERGOsports | 67 | 11:52 | . | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 13 | 451 | Schnell, Steffen | HapagLloyd | 87 | 11:54 | . | . | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 329 | Kupper, Frank | TÜV-Nord | 64 | 11:54 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 15 | 409 | Tramp, Tobias | ERGOsports | 93 | 12:00 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 16 | 398 | Reese, Johann | Energie SV H | 06 | 12:08 | . | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 17 | 21 | Krastev, Ulli | BACARDI | 69 | 12:09 | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 18 | 391 | Deren, Slawomir | Energie SV H | 82 | 12:17 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 19 | 577 | Sturm, Lukas | Tchibo | 95 | 12:26 | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 574 | Kutschera, Sven | Tchibo | 79 | 12:37 | . | . | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 21 | 268 | Winkeler, Tobias | Nordmark | 88 | 12:46 | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 22 | 521 | Gehn, Marcel | Nordmark | 94 | 12:56 | . | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 23 | 434 | Lumpp, Michael | Laufladen | 73 | 12:59 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 24 | 405 | Holt, Johannes | ERGOsports | 84 | 13:07 | . | . | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 25 | 338 | Buchmann, Bendix | Agapleasure | 07 | 13:35 | . | 3 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 26 | 421 | Reschke, Mark | HPA | 72 | 13:41 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 27 | 593 | Becker, Jens-Gerrit | OTTO | 62 | 13:50 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 28 | 550 | Hegemann, Bernd | G+J | 68 | 13:52 | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 29 | 594 | Bastian, Jens | G+J | 63 | 13:58 | . | . | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 30 | 305 | Twesten, Dennis | Stern | 83 | 14:06 | . | . | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 31 | 531 | Reuer, Hans-Henning | OTTO | 67 | 14:14 | . | . | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 32 | 290 | Schmidt, Alexander | Polizei HH | 13 | 14:17 | 1 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 33 | 446 | Scholz, Christian | Haspa | 82 | 14:18 | . | . | . | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 34 | 307 | Balzer, Klaus | Zoll | 69 | 14:29 | . | . | . | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 35 | 453 | Schubert, Ralph | HapagLloyd | 73 | 14:40 | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . | . |
| 36 | 85 | Kozieras, Norbert | ERGOsports | 50 | 14:42 | . | . | . | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 37 | 525 | Janssen, Christoph | Olympus | 98 | 15:10 | . | 4 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 38 | 516 | Schröder, Birger | NDR | 63 | 15:14 | . | . | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 39 | 596 | Pantelmann, Nico | Signal Iduna | 69 | 15:20 | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| | 548 | Boldt, Marian Andreas | G+J | 78 | 15:24 | 1. Außer Konkurrenz | | | | | | | | | | | | | | |
| 40 | 544 | Haubeck, Johannes | Postbank-H | 54 | 15:26 | . | . | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 41 | 530 | Kliem, Rüdiger | OTTO | 61 | 15:31 | . | . | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 42 | 68 | Korschenko, Ilja | Energie SV H | 95 | 15:33 | . | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . |
| 43 | 540 | Spijker, Andreas | Polizei HH | 61 | 15:39 | . | . | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 44 | 275 | Dreise, Gösta | PHILIPS | 68 | 15:43 | . | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 45 | 74 | Reese, Lars | Energie SV H | 70 | 15:44 | . | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 46 | 344 | Knaack, Tobias | Airbus | 75 | 15:49 | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . | . |
| 47 | 379 | Meyer-Reim, Utz | DZ HYP | 61 | 15:56 | . | . | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 48 | 352 | Gehle, Friedhelm | BA-Eimsb. | 56 | 16:01 | . | . | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 49 | 374 | Thorborg, Nils | Deut.Bank | 64 | 16:06 | . | . | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 50 | 297 | Braeuer, Karsten | Stern | 72 | 16:07 | . | . | . | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 51 | 339 | Borgstädt, Tim | Airbus | 53 | 16:28 | . | . | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 52 | 284 | Stäcker, Frank | PHILIPS | 64 | 16:44 | . | . | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 53 | 547 | Becker, Michael | G+J | 72 | 16:46 | . | . | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 54 | 489 | Niemann, Erik | FA HH | 01 | 17:05 | . | 5 | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 55 | 486 | Kamprad-Papendorf, Nils | FA HH | 70 | 17:18 | . | . | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 56 | 440 | Wienberg, Tore | Laufladen | 13 | 17:19 | 2 | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 56 | 436 | Peppel, Andreas | Laufladen | 78 | 17:19 | . | . | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 58 | 356 | Mutz, Michael | Beiersdorf | 67 | 17:28 | . | . | . | . | . | . | 11 | . | . | . | . | . | . | . | . |
| 59 | 40 | Rowedder, Frank | Deut.Bank | 66 | 17:29 | . | . | . | . | . | . | 12 | . | . | . | . | . | . | . | . |
| 60 | 424 | Wulff, Helmut | HPA | 60 | 17:37 | . | . | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 61 | 320 | Scharf, Dietmar | Signal Iduna | 68 | 17:38 | . | . | . | . | . | . | 13 | . | . | . | . | . | . | . | . |
| 62 | 52 | Kühl, Bernd | ELBE-Sport | 46 | 17:50 | . | . | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 63 | 597 | Käming, Michael | Energie SV H | 58 | 17:52 | . | . | . | . | . | . | . | . | 3 | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | Jg | Zeit | MJ | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | |
|-------|------|----------------------|--------------|----|-------|---------------------|---|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 64 | 345 | Möller, Thomas | Airbus | 63 | 17:59 | . | . | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 65 | 67 | Hummel, Thomas | Energie SV H | 50 | 18:22 | . | . | . | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 66 | 375 | Wolff, Mario | Deut.Bank | 56 | 18:39 | . | . | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 67 | 90 | Rücker, Heinrich | Gaden | 36 | 19:02 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 68 | 410 | Janßen, Uwe | Gaden | 60 | 19:25 | . | . | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 69 | 542 | Stypmann, Michael | Polizei HH | 63 | 19:29 | . | . | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 70 | 361 | Brüggeman, Ralf | Commerzbank | 53 | 19:55 | . | . | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 71 | 414 | Schulz, Hans-Joachim | Gaden | 46 | 19:56 | . | . | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 72 | 457 | Brandt, Peter | HEK | 40 | 20:05 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | 2 |
| 73 | 50 | Gläser, Heinz | ELBE-Sport | 45 | 20:06 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | 1 |
| 74 | 459 | Münster, Reinhold | HEK | 42 | 20:26 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | 2 |
| 75 | 448 | Unterspann, Klaus | Haspa | 41 | 20:47 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | 3 |
| 76 | 586 | Dreier, Gerhard | TÜV-Nord | 63 | 22:13 | . | . | . | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 77 | 33 | Schröder, Günter | Commerzbank | 47 | 22:18 | . | . | . | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 78 | 490 | Papendorf, Knut | FA HH | 46 | 22:33 | . | . | . | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 79 | 346 | Nigmann, Michael | Airbus | 53 | 22:57 | . | . | . | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 80 | 497 | Hintz, Martin | Lufthansa | 37 | 24:44 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | 3 |
| | 503 | Dröge, Matthias | Marien-Krh | 66 | 26:55 | 2. Außer Konkurrenz | | | | | | | | | | | | | | |
| 81 | 501 | Uhl, Manfred | Lufthansa | 39 | 32:16 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | 4 |
| 82 | 534 | Koudougou, Halidou | PHILIPS | 79 | 34:48 | . | . | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 83 | 281 | Orlowski, Rolf | PHILIPS | 42 | 34:51 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | 4 |

VORLÄUFIG

Ergebnisse der Herren auf der Mittelstrecke (5300 Meter)

| Platz | StNr | Name | B SG | Jg | Zeit | M | 4 | 4 | 6 | 7 | 2 | 18 | 13 | 9 | 8 | 6 | 2 | 1 |
|-------|------|-----------------------------|--------------|----|-------|---------------------------|----|----|----|----|----|----|----|----|----|----|---|---|
| | | | | | | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | | |
| 1 | 517 | Schröder, Julius Maximilian | NDR | 95 | 18:08 | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 324 | Vollmers, Laurin | Signal Iduna | 05 | 19:43 | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 3 | 589 | Thieben, Florian | UKE | 92 | 20:07 | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 4 | 564 | Hoffmann, Elias | Signal Iduna | 96 | 20:30 | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 238 | Hollander, Karsten | Laufladen | 85 | 20:52 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 6 | 514 | Küpper, Pascal | NDR | 86 | 20:59 | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 7 | 271 | Czoschke, Rene | OTTO | 87 | 21:05 | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 8 | 231 | Reimer, Tobias | HHLA | 74 | 21:39 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 9 | 466 | Oswald, Andre | Knossos.de | 75 | 21:59 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| | 582 | Reincke, Sven | TH Eilbeck | 89 | 22:09 | 1. Außer Konkurrenz (DLV) | | | | | | | | | | | | |
| 10 | 477 | Hoppe, Thomas | Laufwerk | 67 | 22:10 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 11 | 300 | Lambracht, Gerald | Stern | 70 | 22:21 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 12 | 342 | Jansen, Thies | Airbus | 71 | 22:23 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 13 | 488 | Neumann, Uwe | FA HH | 73 | 22:24 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 14 | 454 | Wilde, Tim | HapagLloyd | 85 | 22:46 | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 15 | 278 | Matzke, Herwig | PHILIPS | 72 | 22:48 | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 16 | 21 | Krastev, Ulli | BACARDI | 69 | 23:41 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 17 | 63 | Gerstmann, Thorsten | Energie SV H | 72 | 23:55 | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 18 | 572 | Vollmers, Thomas | Signal Iduna | 71 | 24:02 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 19 | 577 | Sturm, Lukas | Tchibo | 95 | 24:10 | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 20 | 343 | Kiehl, Thorsten | Airbus | 84 | 24:12 | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 21 | 574 | Kutschera, Sven | Tchibo | 79 | 24:23 | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 22 | 451 | Schnell, Steffen | HapagLloyd | 87 | 24:30 | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 23 | 268 | Winkeler, Tobias | Nordmark | 88 | 24:38 | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| | 545 | Draak, Christian | Runn Green | 75 | 24:41 | 1. Außer Konkurrenz | | | | | | | | | | | | |
| 24 | 481 | Tschirch, Finn | Laufwerk | 06 | 25:11 | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 25 | 376 | Albrecht, Axel | DNV | 66 | 25:19 | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 26 | 42 | Backhausen, Dirk | DNV | 66 | 25:20 | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 27 | 509 | Scherer, Gerhold | Montblanc | 71 | 25:22 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 28 | 421 | Reschke, Mark | HPA | 72 | 25:34 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 29 | 521 | Gehn, Marcel | Nordmark | 94 | 25:38 | . | 4 | . | . | . | . | . | . | . | . | . | . | . |
| 30 | 537 | Krüger, Wilfried | Polizei HH | 60 | 25:52 | . | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 31 | 538 | Laude, Niels | Polizei HH | 75 | 26:01 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 32 | 446 | Scholz, Christian | Haspa | 82 | 26:07 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 33 | 575 | Müller, Reinhard | Tchibo | 67 | 26:27 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 34 | 274 | Bansemer, Boris | PHILIPS | 52 | 26:28 | . | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 35 | 344 | Knaack, Tobias | Airbus | 75 | 26:30 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 36 | 368 | Steinfeld, Marco | Dataport | 75 | 26:32 | . | . | . | . | . | 12 | . | . | . | . | . | . | . |
| 37 | 360 | Albrecht, Christian | Commerzbank | 70 | 26:35 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 38 | 594 | Bastian, Jens | G+J | 63 | 26:37 | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 39 | 513 | Konrad, Thomas | NDR | 67 | 26:46 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 40 | 45 | Rooseboom, Markus | DZ HYP | 65 | 27:09 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 41 | 453 | Schubert, Ralph | HapagLloyd | 73 | 27:26 | . | . | . | . | . | 13 | . | . | . | . | . | . | . |
| 42 | 593 | Becker, Jens-Gerrit | OTTO | 62 | 27:43 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 43 | 602 | Ruh, Jochen | Tchibo | 71 | 27:44 | . | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 44 | 387 | Wilms, Christian | ELBE-Sport | 88 | 28:24 | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 45 | 391 | Deren, Slawomir | Energie SV H | 82 | 28:33 | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 46 | 426 | Geerke, Jörg | HHLA | 60 | 28:35 | . | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 47 | 423 | Vater, Andreas | HPA | 55 | 28:59 | . | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 48 | 525 | Janssen, Christoph | Olympus | 98 | 29:04 | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 49 | 305 | Twesten, Dennis | Stern | 83 | 29:20 | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 50 | 379 | Meyer-Reim, Utz | DZ HYP | 61 | 29:29 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 51 | 425 | Eckert, Carsten | HHLA | 83 | 29:32 | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| 52 | 275 | Dreise, Gösta | PHILIPS | 68 | 29:42 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| | 580 | Benz, Markus | TK | 69 | 29:49 | 2. Außer Konkurrenz | | | | | | | | | | | | |
| 53 | 339 | Borgstädt, Tim | Airbus | 53 | 29:58 | . | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 54 | 596 | Pantelmann, Nico | Signal Iduna | 69 | 29:59 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 55 | 429 | Westphal, Wolfgang | Hochbahn | 54 | 30:00 | . | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 56 | 297 | Braeuer, Karsten | Stern | 72 | 30:06 | . | . | . | . | . | 15 | . | . | . | . | . | . | . |
| 57 | 356 | Mutz, Michael | Beiersdorf | 67 | 30:19 | . | . | . | . | . | 11 | . | . | . | . | . | . | . |
| 58 | 59 | Denker, Karsten | Energie SV H | 71 | 30:49 | . | . | . | . | . | 16 | . | . | . | . | . | . | . |
| 59 | 407 | Spijker, Rüdiger | ERGOsports | 60 | 30:56 | . | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 60 | 389 | Bratsch, Jürgen | Energie SV H | 62 | 31:06 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 61 | 284 | Stäcker, Frank | PHILIPS | 64 | 31:22 | . | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 62 | 36 | Heitmann, Brian | Dataport | 68 | 31:41 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | Jg | Zeit | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-----------------------|--------------|----|-------|---------------------|----|----|----|----|----|----|----|----|----|----|----|
| 63 | 248 | Büchel, Thomas | Holborn | 76 | 32:15 | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 64 | 359 | Kafke, Norbert | BBK | 60 | 32:58 | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 65 | 427 | Janssen, Rainer | HHLA | 65 | 33:09 | . | . | . | . | . | . | . | 7 | . | . | . | . |
| 66 | 499 | Liese, Hans-Ulrich | Lufthansa | 56 | 34:00 | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 67 | 69 | Langemann, Michael | Energie SV H | 71 | 34:08 | . | . | . | . | 17 | . | . | . | . | . | . | . |
| 68 | 283 | Rittmeister, Lutz | PHILIPS | 59 | 34:17 | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 69 | 508 | Oltmanns, Helmer | Montblanc | 49 | 35:11 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 70 | 450 | Schnabel, Harald | HapagLloyd | 53 | 35:17 | . | . | . | . | . | . | . | . | 5 | . | . | . |
| | 506 | Hammann, Sven | Montblanc | 65 | 36:06 | 3. Außer Konkurrenz | | | | | | | | | | | |
| 71 | 474 | Steuernagel, Curt | Krüss-OSH | 56 | 36:31 | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 72 | 419 | Lange, Klaus-Peter | HH Airport | 60 | 36:47 | . | . | . | . | . | . | . | . | 8 | . | . | . |
| 73 | 316 | Ganschow, Sven Robert | SRHH | 62 | 37:17 | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 74 | 568 | Rohde, Kurt | Signal Iduna | 49 | 37:37 | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 75 | 385 | Frey, Matthias | ELBE-Sport | 51 | 39:30 | . | . | . | . | . | . | . | . | . | 6 | . | . |
| 76 | 383 | Eybächer, Michael | ELBE-Sport | 43 | 46:40 | . | . | . | . | . | . | . | . | . | . | . | 1 |

VORLÄUFIG

Ergebnisse der Herren auf der Langstrecke (7800 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | M | 7 | 4 | 12 | 14 | 9 | 18 | 28 | 18 | 10 | 5 | 3 | 2 |
|-------|------|-----------------------------|--------------|----|-------|---------------------------|----|----|----|----|----|----|----|----|----|----|---|---|
| | | | | | | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | | |
| 1 | 517 | Schröder, Julius Maximilian | NDR | 95 | 26:31 | . | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 2 | 378 | von Bialy, Robert | DNV | 88 | 28:13 | . | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 3 | 255 | Dieckmann, Lukas | Laufwerk | 85 | 29:02 | . | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 4 | 406 | Kunigk, Leonard | ERGOsports | 98 | 29:53 | 1 | . | . | . | . | . | . | . | . | . | . | . | . |
| 5 | 588 | Jürß, Paul | UKE | 99 | 29:56 | 2 | . | . | . | . | . | . | . | . | . | . | . | . |
| 6 | 271 | Czoschke, Rene | OTTO | 87 | 30:28 | . | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 7 | 456 | Zielinski, Dieter | HapagLloyd | 72 | 30:47 | . | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 8 | 433 | Grüter, Daniel | Laufladen | 81 | 30:55 | . | . | . | 2 | . | . | . | . | . | . | . | . | . |
| 9 | 520 | Warneck, Marco | NDR | 78 | 30:57 | . | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 10 | 231 | Reimer, Tobias | HHLA | 74 | 31:04 | . | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 11 | 546 | Huhn, Philipp | Runn Green | 88 | 31:11 | . | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 12 | 340 | Deppe, Jan | Airbus | 98 | 31:30 | 3 | . | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 600 | Kores, Robert | SG CWIT | 86 | 31:31 | . | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 14 | 376 | Albrecht, Axel | DNV | 66 | 31:34 | . | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 15 | 579 | Stephan, Achim | wellnuss.de | 76 | 31:41 | . | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 16 | 466 | Oswald, Andre | Knossos.de | 75 | 31:57 | . | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 17 | 233 | Bach, Wolfgang | Laufladen | 82 | 32:15 | . | . | . | 3 | . | . | . | . | . | . | . | . | . |
| 18 | 342 | Jansen, Thies | Airbus | 71 | 32:18 | . | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 19 | 454 | Wilde, Tim | HapagLloyd | 85 | 32:27 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 20 | 300 | Lambracht, Gerald | Stern | 70 | 32:34 | . | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 21 | 70 | Naderhoff, Thorsten | Energie SV H | 90 | 32:54 | . | . | 5 | . | . | . | . | . | . | . | . | . | . |
| 22 | 26 | Wöstmann, Sebastian | CLD HH | 87 | 33:12 | . | . | 6 | . | . | . | . | . | . | . | . | . | . |
| 23 | 488 | Neumann, Uwe | FA HH | 73 | 33:15 | . | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 24 | 29 | Fielitz, Andreas | Commerzbank | 72 | 33:29 | . | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 25 | 578 | Sägert, Jan | wellnuss.de | 78 | 33:43 | . | . | . | . | 3 | . | . | . | . | . | . | . | . |
| 26 | 483 | Groth, Paul | FA HH | 70 | 33:48 | . | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 27 | 21 | Krastev, Ulli | BACARDI | 69 | 34:09 | . | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 28 | 377 | Bajric, Mersudin | DNV | 74 | 34:26 | . | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 29 | 451 | Schnell, Steffen | HapagLloyd | 87 | 34:31 | . | . | 7 | . | . | . | . | . | . | . | . | . | . |
| 30 | 400 | Banck, Sönke | ERGOsports | 67 | 34:56 | . | . | . | . | . | . | 5 | . | . | . | . | . | . |
| 31 | 268 | Winkeler, Tobias | Nordmark | 88 | 35:03 | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| 32 | 470 | Moya, Angel | Krüß-OSH | 82 | 35:06 | . | . | . | 5 | . | . | . | . | . | . | . | . | . |
| 33 | 527 | Kroll, Kristoffer | Olympus | 89 | 35:10 | . | . | 9 | . | . | . | . | . | . | . | . | . | . |
| 34 | 577 | Sturm, Lukas | Tchibo | 95 | 35:29 | . | 2 | . | . | . | . | . | . | . | . | . | . | . |
| 35 | 42 | Backhausen, Dirk | DNV | 66 | 35:41 | . | . | . | . | . | . | 6 | . | . | . | . | . | . |
| 36 | 418 | Wenrich, Alexander | Generali | 66 | 35:46 | . | . | . | . | . | . | 7 | . | . | . | . | . | . |
| 37 | 234 | Breitenstein, Andre | Laufladen | 67 | 35:49 | . | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 38 | 298 | Dörr, Ole | Stern | 67 | 35:50 | . | . | . | . | . | . | 9 | . | . | . | . | . | . |
| 38 | 574 | Kutschera, Sven | Tchibo | 79 | 35:50 | . | . | . | 4 | . | . | . | . | . | . | . | . | . |
| 40 | 521 | Gehn, Marcel | Nordmark | 94 | 35:57 | . | 3 | . | . | . | . | . | . | . | . | . | . | . |
| 41 | 436 | Peppel, Andreas | Laufladen | 78 | 36:11 | . | . | . | . | 5 | . | . | . | . | . | . | . | . |
| 42 | 421 | Reschke, Mark | HPA | 72 | 36:31 | . | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 43 | 307 | Balzer, Klaus | Zoll | 69 | 36:38 | . | . | . | . | . | . | 10 | . | . | . | . | . | . |
| 44 | 422 | Sens, Hendrik | HPA | 98 | 36:46 | 4 | . | . | . | . | . | . | . | . | . | . | . | . |
| 45 | 492 | Rosenbaum, Thomas | FA HH | 65 | 36:50 | . | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 46 | 601 | Papenberg, Matthias | Laufwerk | 65 | 36:59 | . | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 47 | 462 | Pawelczyk, Florian | Jungheinrich | 84 | 37:01 | . | . | . | 6 | . | . | . | . | . | . | . | . | . |
| 48 | 446 | Scholz, Christian | Haspa | 82 | 37:08 | . | . | . | 7 | . | . | . | . | . | . | . | . | . |
| | 583 | Sträßner, Mathias | TH Eilbeck | 84 | 37:15 | 1. Außer Konkurrenz (DLV) | | | | | | | | | | | | |
| 49 | 41 | Voß, Thomas | Deut.Bank | 67 | 37:20 | . | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 50 | 399 | Sawadski, Alexander | Energie SV H | 81 | 37:23 | . | . | . | 8 | . | . | . | . | . | . | . | . | . |
| | 392 | Engel, Leonard | Energie SV H | 96 | 37:23 | 1. Außer Konkurrenz | | | | | | | | | | | | |
| 51 | 405 | Holt, Johannes | ERGOsports | 84 | 37:32 | . | . | . | 9 | . | . | . | . | . | . | . | . | . |
| 52 | 382 | Ruf, Martin | EDEKA | 85 | 37:36 | . | . | . | 10 | . | . | . | . | . | . | . | . | . |
| 53 | 362 | Kasper, Thomas | Commerzbank | 68 | 37:51 | . | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 54 | 493 | Sturm, Volker | FA HH | 65 | 37:55 | . | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 55 | 305 | Twesten, Dennis | Stern | 83 | 38:37 | . | . | . | 11 | . | . | . | . | . | . | . | . | . |
| 56 | 594 | Bastian, Jens | G+J | 63 | 38:44 | . | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 57 | 430 | Bendzuk, Thorsten | Laufladen | 70 | 38:56 | . | . | . | . | . | . | . | 13 | . | . | . | . | . |
| 58 | 453 | Schubert, Ralph | HapagLloyd | 73 | 39:21 | . | . | . | . | . | 9 | . | . | . | . | . | . | . |
| 59 | 251 | Schwierts, Thomas | Jungheinrich | 69 | 39:25 | . | . | . | . | . | . | . | 14 | . | . | . | . | . |
| 60 | 54 | Albrecht, Florian | Energie SV H | 75 | 39:30 | . | . | . | . | . | 10 | . | . | . | . | . | . | . |
| 61 | 531 | Reuer, Hans-Henning | OTTO | 67 | 39:39 | . | . | . | . | . | . | . | 15 | . | . | . | . | . |
| 62 | 532 | Bastardo, Gustavo | PHILIPS | 65 | 39:41 | . | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 63 | 518 | Schulz, Thomas | NDR | 61 | 39:44 | . | . | . | . | . | . | . | 6 | . | . | . | . | . |

| Platz | StNr | Name | BSG | Jg | Zeit | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 |
|-------|------|-------------------------|--------------|----|-------|---------------------|----|----|----|----|----|----|----|----|----|----|----|
| 64 | 10 | Jakobsen, Frank | Airbus | 66 | 39:50 | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 65 | 472 | Rosner, Ingo | Krüss-OSH | 55 | 40:03 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 66 | 240 | Ackermann, Siegfried | Haspa | 60 | 40:08 | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 67 | 381 | Wandt, Matthias | DZ HYP | 62 | 40:10 | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 68 | 85 | Kozieras, Norbert | ERGOsports | 50 | 40:11 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 69 | 373 | Keim, Olaf | Deut.Bank | 64 | 40:14 | . | . | . | . | . | . | . | 8 | . | . | . | . |
| 70 | 48 | Sperfeld, Dirk | EDEKA | 70 | 40:22 | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 71 | 596 | Pantelmann, Nico | Signal Iduna | 69 | 40:40 | . | . | . | . | . | . | 18 | . | . | . | . | . |
| 72 | 391 | Deren, Slawomir | Energie SV H | 82 | 40:47 | . | . | 12 | . | . | . | . | . | . | . | . | . |
| 73 | 592 | Otto, Thomas | WTM HH | 91 | 40:48 | . | 4 | . | . | . | . | . | . | . | . | . | . |
| 74 | 573 | Weitmann, Daniel | Signal Iduna | 72 | 40:54 | . | . | . | . | . | 11 | . | . | . | . | . | . |
| 75 | 344 | Knaack, Tobias | Airbus | 75 | 40:57 | . | . | . | . | . | 12 | . | . | . | . | . | . |
| 76 | 464 | Dose, Jörg | Knossos.de | 71 | 41:06 | . | . | . | . | . | 13 | . | . | . | . | . | . |
| 77 | 5 | Giszas, Heiner | Airbus | 76 | 41:08 | . | . | . | 6 | . | . | . | . | . | . | . | . |
| 78 | 390 | Bulla, Bernhard | Energie SV H | 60 | 41:10 | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 79 | 358 | Wulff, Lars | CLD HH | 72 | 41:16 | . | . | . | . | 14 | . | . | . | . | . | . | . |
| 80 | 599 | Taferner, Johann | DNV | 48 | 41:24 | . | . | . | . | . | . | . | . | . | . | 2 | . |
| 81 | 293 | Vierling, Heiko | Polizei HH | 68 | 41:35 | . | . | . | . | . | . | 19 | . | . | . | . | . |
| 82 | 379 | Meyer-Reim, Utz | DZ HYP | 61 | 41:36 | . | . | . | . | . | . | . | 9 | . | . | . | . |
| 83 | 558 | Marquardt, Guido | SPK-Süd | 71 | 41:56 | . | . | . | . | . | 15 | . | . | . | . | . | . |
| 84 | 525 | Janssen, Christoph | Olympus | 98 | 42:18 | 5 | . | . | . | . | . | . | . | . | . | . | . |
| 85 | 364 | Persiel, Arne | Commerzbank | 66 | 42:22 | . | . | . | . | . | . | 20 | . | . | . | . | . |
| 86 | 403 | Faust, Thomas | ERGOsports | 62 | 42:26 | . | . | . | . | . | . | . | 10 | . | . | . | . |
| 87 | 460 | Zachos, Dimitrios | HEK | 78 | 42:31 | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 88 | 565 | Manthei, Jan | Signal Iduna | 67 | 42:36 | . | . | . | . | . | . | 21 | . | . | . | . | . |
| 89 | 443 | Bornemann, Matthias | Haspa | 63 | 42:38 | . | . | . | . | . | . | . | 11 | . | . | . | . |
| 90 | 562 | Hoppe, Holger | Rot Gelb | 71 | 42:47 | . | . | . | . | . | . | 16 | . | . | . | . | . |
| 91 | 297 | Braeuer, Karsten | Stern | 72 | 43:05 | . | . | . | . | . | . | 17 | . | . | . | . | . |
| 92 | 350 | Hornung, Jürgen | AlbeDiakon | 54 | 43:20 | . | . | . | . | . | . | . | . | . | 2 | . | . |
| 93 | 534 | Koudougou, Halidou | PHILIPS | 79 | 43:21 | . | . | . | . | . | 8 | . | . | . | . | . | . |
| 94 | 275 | Dreise, Gösta | PHILIPS | 68 | 43:34 | . | . | . | . | . | . | 22 | . | . | . | . | . |
| 95 | 49 | Gaebert, Günter | ELBE-Sport | 64 | 43:35 | . | . | . | . | . | . | . | 12 | . | . | . | . |
| 96 | 367 | Sietz, Jesper | DAK | 00 | 43:37 | 6 | . | . | . | . | . | . | . | . | . | . | . |
| 96 | 296 | Wegert, Danny | G+J | 81 | 43:37 | . | . | 13 | . | . | . | . | . | . | . | . | . |
| 98 | 491 | Peise, Carsten | FA HH | 70 | 43:54 | . | . | . | . | . | . | . | 23 | . | . | . | . |
| 98 | 591 | Matthias, Friedrich | WTM HH | 88 | 43:54 | . | 10 | . | . | . | . | . | . | . | . | . | . |
| 100 | 339 | Borgstädt, Tim | Airbus | 53 | 43:55 | . | . | . | . | . | . | . | . | . | 3 | . | . |
| 101 | 528 | Schweigert, Karl-Heinz | Olympus | 63 | 44:03 | . | . | . | . | . | . | . | 13 | . | . | . | . |
| 102 | 590 | Holst, Günter | WTM HH | 59 | 44:05 | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 103 | 553 | Radou, Frederic | Stern | 67 | 44:10 | . | . | . | . | . | . | 24 | . | . | . | . | . |
| 104 | 366 | Sietz, Andreas | DAK | 68 | 44:14 | . | . | . | . | . | . | 25 | . | . | . | . | . |
| 105 | 432 | Drengwitz, Andreas | Laufladen | 62 | 44:21 | . | . | . | . | . | . | . | 14 | . | . | . | . |
| 106 | 301 | Lohmann, Rolf-Michael | Stern | 60 | 44:43 | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 107 | 356 | Mutz, Michael | Beiersdorf | 67 | 44:47 | . | . | . | . | . | . | 26 | . | . | . | . | . |
| 108 | 36 | Heitmann, Brian | Dataport | 68 | 44:55 | . | . | . | . | . | . | 27 | . | . | . | . | . |
| 109 | 258 | Reichel-Busch, Oliver | Lufthansa | 73 | 45:17 | . | . | . | . | . | . | 18 | . | . | . | . | . |
| 110 | 445 | Klein, Friedrich | Haspa | 59 | 45:20 | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 111 | 284 | Stäcker, Frank | PHILIPS | 64 | 45:24 | . | . | . | . | . | . | . | 15 | . | . | . | . |
| | 511 | Geiger, Marcel | NDR | 87 | 45:26 | 2. Außer Konkurrenz | | | | | | | | | | | |
| 112 | 4 | Felger, Fritz | Airbus | 59 | 45:26 | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 113 | 514 | Küpper, Pascal | NDR | 86 | 45:27 | . | 11 | . | . | . | . | . | . | . | . | . | . |
| 114 | 236 | Goergens, Michael | Laufladen | 55 | 45:32 | . | . | . | . | . | . | . | . | . | 4 | . | . |
| 115 | 365 | Berger, Sergej | DAK | 70 | 46:01 | . | . | . | . | . | . | 28 | . | . | . | . | . |
| 116 | 563 | Egger, Stefan | Signal Iduna | 78 | 46:04 | . | . | . | 9 | . | . | . | . | . | . | . | . |
| 116 | 452 | Schröder, Martin | HapagLloyd | 59 | 46:04 | . | . | . | . | . | . | . | . | 7 | . | . | . |
| 118 | 45 | Rooseboom, Markus | DZ HYP | 65 | 47:21 | . | . | . | . | . | . | . | 16 | . | . | . | . |
| 119 | 371 | Ehrenberg, Frank | Deut.Bank | 59 | 47:23 | . | . | . | . | . | . | . | . | 8 | . | . | . |
| 120 | 524 | Baier, Alois | Olympus | 59 | 47:32 | . | . | . | . | . | . | . | . | 9 | . | . | . |
| 121 | 533 | Haubrich, Gerhard | PHILIPS | 43 | 47:42 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 122 | 416 | Malunat, Nils | Generali | 64 | 47:58 | . | . | . | . | . | . | . | 17 | . | . | . | . |
| 123 | 277 | Lutz, Bernd | PHILIPS | 61 | 50:19 | . | . | . | . | . | . | . | 18 | . | . | . | . |
| 124 | 51 | Hildebrandt, Edgard | ELBE-Sport | 53 | 50:52 | . | . | . | . | . | . | . | . | . | 5 | . | . |
| 125 | 22 | Croissier, René | Baubehörde | 50 | 51:01 | . | . | . | . | . | . | . | . | . | . | 3 | . |
| 126 | 223 | Feldhusen, Dr. Johannes | Generali | 57 | 53:41 | . | . | . | . | . | . | . | . | 10 | . | . | . |
| 127 | 448 | Unterspann, Klaus | Haspa | 41 | 54:16 | . | . | . | . | . | . | . | . | . | . | 2 | . |

Ergebnisse der Damenmannschaften auf der Kurzstrecke (2900 Meter)

| | | | | |
|---|--------------|---|--|----|
| 1 | Energie SV H | 1 | Pfennig, Viviane; Begerow, Sandra; Rimatzki, Ricarda | 20 |
| 2 | Polizei HH | 1 | Becker, Barbara; Spindler, Angela; Engelmann, Heike | 28 |
| 3 | ERGOsports | 1 | Baumann, Katja; Dreller, Hilke; Stahlbock, Astrid | 47 |
| 4 | Airbus | 1 | Schultz, Eva; Dux, Maren; Loibl, Regina | 47 |

Ergebnisse der Damenmannschaften auf der Mittelstrecke (5300 Meter)

| | | | | |
|---|------------|---|--|----|
| 1 | Gaden | 1 | Klass, Leonie; Wulff, Michelle; Reimers, Wiebke | 39 |
| 2 | Beiersdorf | 1 | Hollah, Sina; Büsen, Melanie; Martynenko, Nataliia | 40 |

Ergebnisse der Damenmannschaften auf der Langstrecke (7800 Meter)

| | | | | |
|---|-----------|---|---|----|
| 1 | FA HH | 1 | Günther, Sina; Jaekel, Sandra; Neumann, Corinna | 19 |
| 2 | Laufladen | 1 | Bruns, Miriam; Zimmermann, Nicole; Schmidt, Christine | 29 |
| 3 | Airbus | 1 | Schultz, Eva; Dux, Maren; Chery, Jennyfer | 66 |

V O R L Ä U F I G

Ergebnisse der Herrenmannschaften auf der Kurzstrecke (2900 Meter)

| | | | | |
|----|--------------|---|---|-----|
| 1 | NDR | 1 | Schröder, Julius Maximilian; Köndgen, David; Schröder, Birger | 42 |
| 2 | ERGOsports | 1 | Banck, Sönke; Tramp, Tobias; Holt, Johannes | 51 |
| 3 | HapagLloyd | 1 | Wilde, Tim; Schnell, Steffen; Schubert, Ralph | 57 |
| 4 | OTTO | 1 | Czoschke, Rene; Becker, Jens-Gerrit; Reuer, Hans-Henning | 63 |
| 5 | Energie SV H | 1 | Reese, Johann; Deren, Slawomir; Korschenko, Ilja | 76 |
| 6 | Stern | 1 | Lambracht, Gerald; Twesten, Dennis; Braeuer, Karsten | 89 |
| 7 | Signal Iduna | 1 | Hoffmann, Elias; Pantelmann, Nico; Scharf, Dietmar | 102 |
| 8 | Airbus | 1 | Jansen, Thies; Knaack, Tobias; Borgstädt, Tim | 105 |
| 9 | G+J | 1 | Hegemann, Bernd; Bastian, Jens; Becker, Michael | 110 |
| 10 | FA HH | 1 | Neumann, Uwe; Niemann, Erik; Kamprad-Papendorf, Nils | 115 |
| 11 | Laufladen | 1 | Lumpp, Michael; Wienberg, Tore; Peppel, Andreas | 135 |
| 12 | Polizei HH | 1 | Schmidt, Alexander; Spijker, Andreas; Stypmann, Michael | 144 |
| 13 | Gaden | 1 | Wams, Martin; Rücker, Heinrich; Janßen, Uwe | 146 |
| 14 | Energie SV H | 2 | Reese, Lars; Käming, Michael; Hummel, Thomas | 173 |
| 15 | Deut.Bank | 1 | Thorborg, Nils; Rowedder, Frank; Wolff, Mario | 174 |
| 16 | PHILIPS | 1 | Dreise, Gösta; Stäcker, Frank; Koudougou, Halidou | 178 |

Ergebnisse der Herrenmannschaften auf der Mittelstrecke (5300 Meter)

| | | | | |
|----|--------------|---|---|-----|
| 1 | Signal Iduna | 1 | Vollmers, Laurin; Hoffmann, Elias; Vollmers, Thomas | 24 |
| 2 | NDR | 1 | Schröder, Julius Maximilian; Küpper, Pascal; Konrad, Thomas | 46 |
| 3 | Airbus | 1 | Jansen, Thies; Kiehl, Thorsten; Knaack, Tobias | 67 |
| 4 | Tchibo | 1 | Sturm, Lukas; Kutschera, Sven; Müller, Reinhard | 73 |
| 5 | HapagLloyd | 1 | Wilde, Tim; Schnell, Steffen; Schubert, Ralph | 77 |
| 6 | PHILIPS | 1 | Matzke, Herwig; Bansemer, Boris; Dreise, Gösta | 101 |
| 7 | HHLA | 1 | Reimer, Tobias; Geerke, Jörg; Eckert, Carsten | 105 |
| 8 | Stern | 1 | Lambracht, Gerald; Twesten, Dennis; Braeuer, Karsten | 116 |
| 9 | Energie SV H | 1 | Gerstmann, Thorsten; Deren, Slawomir; Denker, Karsten | 120 |
| 10 | ELBE-Sport | 1 | Wilms, Christian; Frey, Matthias; Eybächer, Michael | 195 |

Ergebnisse der Herrenmannschaften auf der Langstrecke (7800 Meter)

| | | | | |
|----|--------------|---|---|-----|
| 1 | DNV | 1 | von Bialy, Robert; Albrecht, Axel; Bajric, Mersudin | 44 |
| 2 | HapagLloyd | 1 | Zielinski, Dieter; Wilde, Tim; Schnell, Steffen | 55 |
| 3 | Laufladen | 1 | Grüter, Daniel; Bach, Wolfgang; Breitenstein, Andre | 62 |
| 4 | NDR | 1 | Schröder, Julius Maximilian; Warneck, Marco; Schulz, Thomas | 73 |
| 5 | ERGOsports | 1 | Kunigk, Leonard; Banck, Sönke; Holt, Johannes | 85 |
| 6 | FA HH | 1 | Neumann, Uwe; Groth, Paul; Rosenbaum, Thomas | 94 |
| 7 | Airbus | 1 | Deppe, Jan; Jansen, Thies; Jakobsen, Frank | 94 |
| 8 | Stern | 1 | Lambracht, Gerald; Dörr, Ole; Twesten, Dennis | 113 |
| 9 | Energie SV H | 1 | Naderhoff, Thorsten; Sawadski, Alexander; Albrecht, Florian | 131 |
| 10 | Commerzbank | 1 | Fielitz, Andreas; Kasper, Thomas; Persiel, Arne | 162 |
| 11 | Haspa | 1 | Scholz, Christian; Ackermann, Siegfried; Bornemann, Matthias | 203 |
| 12 | Laufladen | 2 | Peppel, Andreas; Bendzuk, Thorsten; Drengwitz, Andreas | 203 |
| 13 | Olympus | 1 | Kroll, Kristoffer; Janssen, Christoph; Schweigert, Karl-Heinz | 218 |
| 14 | Signal Iduna | 1 | Pantelmann, Nico; Weitmann, Daniel; Manthei, Jan | 233 |
| 15 | Deut.Bank | 1 | Voß, Thomas; Keim, Olaf; Ehrenberg, Frank | 237 |
| 16 | PHILIPS | 1 | Bastardo, Gustavo; Koudougou, Halidou; Dreise, Gösta | 249 |
| 17 | Airbus | 2 | Knaack, Tobias; Giszas, Heiner; Borgstädt, Tim | 252 |
| 18 | DZ HYP | 1 | Wandt, Matthias; Meyer-Reim, Utz; Rooseboom, Markus | 267 |
| 19 | WTM HH | 1 | Otto, Thomas; Matthias, Friedrich; Holst, Günter | 273 |
| 20 | Generali | 1 | Wenrich, Alexander; Malunat, Nils; Feldhusen, Dr. Johannes | 284 |
| 21 | Stern | 2 | Braeuer, Karsten; Radou, Frederic; Lohmann, Rolf-Michael | 300 |
| 22 | DAK | 1 | Sietz, Jesper; Sietz, Andreas; Berger, Sergej | 315 |
| 23 | PHILIPS | 2 | Stäcker, Frank; Haubrich, Gerhard; Lutz, Bernd | 355 |

Ergebnisse der M/W50+ Mannschaften auf der Kurzstrecke (2900 Meter)

| | | | | |
|----|--------------|---|--|-----|
| 1 | ERGOsports | 1 | Banck, Sönke; Baumann, Katja; Kozieras, Norbert | 44 |
| 2 | OTTO | 1 | Becker, Jens-Gerrit; Reuer, Hans-Henning; Kliem, Rüdiger | 60 |
| 3 | Airbus | 1 | Jansen, Thies; Dux, Maren; Knaack, Tobias | 60 |
| 4 | G+J | 1 | Hegemann, Bernd; Bastian, Jens; Becker, Michael | 72 |
| 5 | Polizei HH | 1 | Becker, Barbara; Spijker, Andreas; Engelmann, Heike | 84 |
| 6 | Laufladen | 1 | Lumpp, Michael; Hoeft, Gesine; Slomski, Birgit | 96 |
| 7 | TÜV-Nord | 1 | Kupper, Frank; Dreier, Dagmar; Dreier, Gerhard | 109 |
| 8 | FA HH | 1 | Neumann, Uwe; Kamprad-Papendorf, Nils; Papendorf, Knut | 123 |
| 9 | Gaden | 1 | Wams, Martin; Rücker, Heinrich; Janßen, Uwe | 127 |
| 10 | Energie SV H | 1 | Reese, Lars; Reese, Irina; Käming, Michael | 139 |
| 11 | Deut.Bank | 1 | Thorborg, Nils; Rowedder, Frank; Wolff, Mario | 145 |
| 12 | Signal Iduna | 1 | Pantelmann, Nico; Scharf, Dietmar; Schneider, Maren | 148 |
| 13 | PHILIPS | 1 | Dreise, Gösta; Stäcker, Frank; Orłowski, Elke | 155 |
| 14 | Airbus | 2 | Borgstädt, Tim; Möller, Thomas; Loibl, Regina | 166 |
| 15 | ERGOsports | 2 | Dreller, Hilke; Stahlbock, Astrid; Clausen, Sylvia | 169 |
| 16 | Polizei HH | 2 | Marthiens, Ute; Stypmann, Michael; Zuncke, Sonja | 183 |

Ergebnisse der M/W50+ Mannschaften auf der Mittelstrecke (5300 Meter)

| | | | | |
|----|--------------|---|---|-----|
| 1 | Tchibo | 1 | Pries, Daniela; Müller, Reinhard; Ruh, Jochen | 57 |
| 2 | PHILIPS | 1 | Matzke, Herwig; Bansemer, Boris; Dreise, Gösta | 60 |
| 3 | Airbus | 1 | Jansen, Thies; Knaack, Tobias; Dux, Maren | 60 |
| 4 | HHLA | 1 | Reimer, Tobias; Geerke, Jörg; Janssen, Rainer | 85 |
| 5 | Polizei HH | 1 | Krüger, Wilfried; Laude, Niels; Marthiens, Ute | 91 |
| 6 | Energie SV H | 1 | Gerstmann, Thorsten; Denker, Karsten; Bratsch, Jürgen | 97 |
| 7 | DZ HYP | 1 | Rooseboom, Markus; Meyer-Reim, Utz; Pohl, Katja | 109 |
| 8 | Signal Iduna | 1 | Vollmers, Thomas; Pantelmann, Nico; Rohde, Kurt | 112 |
| 9 | HapagLloyd | 1 | Schubert, Ralph; Sagert, Erika; Schnabel, Harald | 137 |
| 10 | ELBE-Sport | 1 | Vollstedt, Andrea; Frey, Birgit; Frey, Matthias | 167 |

Ergebnisse der M/W50+ Mannschaften auf der Langstrecke (7800 Meter)

| | | | | |
|----|--------------|---|---|-----|
| 1 | DNV | 1 | Albrecht, Axel; Bajric, Mersudin; Backhausen, Dirk | 27 |
| 2 | FA HH | 1 | Neumann, Uwe; Groth, Paul; Rosenbaum, Thomas | 36 |
| 3 | Commerzbank | 1 | Fielitz, Andreas; Kasper, Thomas; Krahn, Sylvia | 69 |
| 4 | Stern | 1 | Lambracht, Gerald; Dörr, Ole; Braeuer, Karsten | 87 |
| 5 | Airbus | 1 | Jansen, Thies; Jakobsen, Frank; Knaack, Tobias | 88 |
| 6 | FA HH | 2 | Sturm, Volker; Jaekel, Sandra; Neumann, Corinna | 91 |
| 7 | ERGOsports | 1 | Banck, Sönke; Kozieras, Norbert; Fönschau, Silke | 113 |
| 8 | HapagLloyd | 1 | Zielinski, Dieter; Schubert, Ralph; Sagert, Erika | 115 |
| 9 | Laufladen | 1 | Breitenstein, Andre; Bendzuk, Thorsten; Drengwitz, Andreas | 118 |
| 10 | Signal Iduna | 1 | Pantelmann, Nico; Weitmann, Daniel; Manthei, Jan | 152 |
| 11 | Deut.Bank | 1 | Voß, Thomas; Keim, Olaf; Keim, Gesche | 156 |
| 12 | Haspa | 1 | Ackermann, Siegfried; Bornemann, Matthias; Klein, Friedrich | 182 |
| 13 | PHILIPS | 1 | Bastardo, Gustavo; Dreise, Gösta; Stäcker, Frank | 182 |
| 14 | DZ HYP | 1 | Wandt, Matthias; Meyer-Reim, Utz; Rooseboom, Markus | 187 |
| 15 | Generali | 1 | Wenrich, Alexander; Malunat, Nils; Feldhusen, Dr. Johannes | 213 |
| 16 | Airbus | 2 | Dux, Maren; Borgstädt, Tim; Felger, Fritz | 217 |

WMA korrigierte Zeiten der Damen auf der Kinderlauf

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|-------|------|------------------------|--------------|-------|----------|----------|
| | 569 | Scharf, Mara Sophie | Signal Iduna | 14 WK | 00:02:09 | 00:02:32 |
| | 348 | Tiemann, Martha | Airbus | 19 WK | 00:02:18 | 00:03:09 |
| | 347 | Tiemann, Anna Gretchen | Airbus | 14 WK | 00:02:41 | 00:03:05 |

VORLÄUFIG

WMA korrigierte Zeiten der Damen auf der Kurzstrecke

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|--------------|-------------|----------------------|--------------|--------------|------------|-------------|
| 1 | 237 | Hoeft, Gesine | Lauffladen | 52 W70 | 00:10:44 | 00:16:41 |
| 2 | 80 | Clausen, Sylvia | ERGOsports | 40 W80 | 00:10:45 | 00:21:36 |
| 3 | 244 | Sagert, Erika | HapagLloyd | 52 W70 | 00:11:09 | 00:17:19 |
| 4 | 539 | Marthiens, Ute | Polizei HH | 52 W70 | 00:11:36 | 00:18:01 |
| 5 | 401 | Baumann, Katja | ERGOsports | 70 W50 | 00:11:45 | 00:14:00 |
| 6 | 285 | Becker, Barbara | Polizei HH | 71 W50 | 00:11:55 | 00:14:01 |
| 7 | 576 | Pries, Daniela | Tchibo | 73 W50 | 00:11:56 | 00:13:41 |
| | 471 | Poon, Marianne | Krüss-OSH | 85 W35 | 00:12:10 | 00:12:29 |
| | 402 | Dreller, Hilke | ERGOsports | 64 W60 | 00:12:10 | 00:15:43 |
| 9 | 341 | Dux, Maren | Airbus | 68 W55 | 00:12:27 | 00:15:13 |
| 10 | 308 | Balzer, Maren | Zoll | 67 W55 | 00:12:29 | 00:15:28 |
| 11 | 585 | Dreier, Dagmar | TÜV-Nord | 68 W55 | 00:12:38 | 00:15:27 |
| | 463 | Stockrahm, Celine | Jungheinrich | 01 D | 00:12:47 | 00:12:47 |
| 12 | 315 | Goebel, Petra | Siemens | 69 W55 | 00:12:51 | 00:15:30 |
| 13 | 549 | Bühler-Becker, Heidi | G+J | 61 W60 | 00:12:59 | 00:17:30 |
| 14 | 395 | Pfennig, Viviane | Energie SV H | 88 W35 | 00:13:07 | 00:13:17 |
| 15 | 286 | Engelmann, Heike | Polizei HH | 71 W50 | 00:13:42 | 00:16:06 |
| 16 | 465 | Gerhardt, Katja | Knossos.de | 87 W35 | 00:13:52 | 00:14:02 |
| 17 | 408 | Stahlbock, Astrid | ERGOsports | 59 W65 | 00:14:03 | 00:19:31 |
| 18 | 541 | Spindler, Angela | Polizei HH | 79 W45 | 00:14:04 | 00:15:05 |
| 19 | 388 | Begerow, Sandra | Energie SV H | 87 W35 | 00:14:14 | 00:14:28 |
| 20 | 551 | Nachtigäller, Iris | G+J | 77 W45 | 00:14:20 | 00:15:41 |
| 21 | 16 | Schultz, Eva | Airbus | 84 W40 | 00:14:30 | 00:14:58 |
| 22 | 380 | Pohl, Katja | DZ HYP | 69 W55 | 00:14:53 | 00:17:58 |
| 23 | 73 | Reese, Irina | Energie SV H | 72 W50 | 00:15:12 | 00:17:39 |
| 24 | 439 | Slomski, Birgit | Lauffladen | 75 W45 | 00:15:29 | 00:17:19 |
| 25 | 76 | Rimatzki, Ricarda | Energie SV H | 91 W30 | 00:15:36 | 00:15:40 |
| 26 | 294 | Zuncke, Sonja | Polizei HH | 66 W55 | 00:15:50 | 00:19:53 |
| 27 | 570 | Scharf, Nicole | Signal Iduna | 76 W45 | 00:16:21 | 00:18:05 |
| 28 | 598 | Loibl, Regina | Airbus | 66 W55 | 00:16:41 | 00:20:40 |
| 29 | 353 | Büsen, Melanie | Beiersdorf | 81 W40 | 00:16:53 | 00:17:48 |
| 30 | 476 | Engelmann, Katrin | Laufwerk | 66 W55 | 00:17:03 | 00:21:25 |
| 31 | 428 | Mabikounou, Monique | Hochbahn | 87 W35 | 00:17:05 | 00:17:22 |
| 32 | 523 | Liesenfeld, Melanie | Nordmark | 77 W45 | 00:17:23 | 00:19:01 |
| 33 | 321 | Schneider, Maren | Signal Iduna | 68 W55 | 00:17:39 | 00:21:35 |
| 34 | 355 | Martynenko, Nataliia | Beiersdorf | 92 W30 | 00:17:47 | 00:17:49 |
| 35 | 280 | Orlowski, Elke | PHILIPS | 41 W80 | 00:17:52 | 00:34:46 |
| 36 | 595 | Steinfeld, Ivonne | Dataport | 80 W40 | 00:19:27 | 00:20:41 |
| 37 | 504 | Schubert, Wiebke | Marien-Krh | 66 W55 | 00:21:25 | 00:26:55 |
| 38 | 467 | Heinrich, Nina | Krüss-OSH | 82 W40 | 00:22:03 | 00:23:05 |

WMA korrigierte Zeiten der Damen auf der Mittelstrecke

| Platz | StNr | Name | BSG | Jg | AK | WMA | Zeit |
|--------------|-------------|-----------------------|--------------|-----------|-----------|------------|-------------|
| 1 | 237 | Hoeft, Gesine | Laufladen | 52 | W70 | 00:20:09 | 00:31:19 |
| 2 | 244 | Sagert, Erika | HapagLloyd | 52 | W70 | 00:20:38 | 00:32:04 |
| 3 | 576 | Pries, Daniela | Tchibo | 73 | W50 | 00:21:38 | 00:24:48 |
| | 458 | Kleinemeyer, Dagmar | HEK | 56 | W65 | 00:21:38 | 00:31:00 |
| 5 | 539 | Marthiens, Ute | Polizei HH | 52 | W70 | 00:22:07 | 00:34:23 |
| | 581 | Feldmann, Finnja | TH Eilbeck | 01 | D | 00:22:49 | 00:22:49 |
| 6 | 315 | Goebel, Petra | Siemens | 69 | W55 | 00:23:07 | 00:27:54 |
| 7 | 494 | Berels, Marika | Lufthansa | 63 | W60 | 00:23:20 | 00:30:08 |
| 8 | 341 | Dux, Maren | Airbus | 68 | W55 | 00:24:18 | 00:29:43 |
| 9 | 386 | Vollstedt, Andrea | ELBE-Sport | 71 | W50 | 00:24:24 | 00:28:41 |
| 10 | 535 | Matzke, Svenja | PHILIPS | 78 | W45 | 00:26:11 | 00:28:21 |
| 11 | 32 | Schlieter, Kathrin | Commerzbank | 71 | W50 | 00:26:23 | 00:31:02 |
| 12 | 475 | Timpe, Kerstin | Krüss-OSH | 68 | W55 | 00:26:53 | 00:32:53 |
| 13 | 89 | Klass, Leonie | Gaden | 99 | D | 00:26:55 | 00:26:55 |
| 14 | 384 | Frey, Birgit | ELBE-Sport | 57 | W65 | 00:27:06 | 00:38:50 |
| 15 | 380 | Pohl, Katja | DZ HYP | 69 | W55 | 00:27:14 | 00:32:52 |
| 16 | 413 | Reimers, Wiebke | Gaden | 65 | W55 | 00:27:18 | 00:34:47 |
| 17 | 354 | Hollah, Sina | Beiersdorf | 90 | W30 | 00:28:34 | 00:28:45 |
| 18 | 420 | Scherff, Aileen | HH Airport | 92 | W30 | 00:28:40 | 00:28:44 |
| 19 | 505 | Cordes, Natalie | Montblanc | 76 | W45 | 00:29:04 | 00:32:09 |
| 20 | 567 | Reese-Theege, Kirsten | Signal Iduna | 62 | W60 | 00:29:31 | 00:39:15 |
| 21 | 353 | Büsen, Melanie | Beiersdorf | 81 | W40 | 00:29:50 | 00:31:28 |
| 22 | 351 | Buß, Dirka | AK Nord | 65 | W55 | 00:30:02 | 00:38:16 |
| 23 | 415 | Wulff, Michelle | Gaden | 98 | D | 00:31:31 | 00:31:31 |
| 24 | 61 | Felske, Karen | Energie SV H | 78 | W45 | 00:31:51 | 00:34:29 |
| 25 | 58 | Denker, Franziska | Energie SV H | 90 | W30 | 00:31:57 | 00:32:09 |
| 26 | 355 | Martynenko, Nataliia | Beiersdorf | 92 | W30 | 00:33:08 | 00:33:12 |

VORLÄUFIG

WMA korrigierte Zeiten der Damen auf der Langstrecke

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|--------------|-------------|-----------------------|--------------|--------------|------------|-------------|
| 1 | 237 | Hoeft, Gesine | Laufladen | 52 W70 | 00:28:51 | 00:44:52 |
| 2 | 482 | Willamowski, Claudia | Laufwerk | 67 W55 | 00:29:03 | 00:36:01 |
| 3 | 244 | Sagert, Erika | HapagLloyd | 52 W70 | 00:29:27 | 00:45:48 |
| 4 | 411 | Lüders, Kerstin | Gaden | 63 W60 | 00:31:29 | 00:41:15 |
| 5 | 404 | Fönschau, Silke | ERGOsports | 62 W60 | 00:31:55 | 00:42:26 |
| 6 | 576 | Pries, Daniela | Tchibo | 73 W50 | 00:32:21 | 00:37:06 |
| 7 | 487 | Neumann, Corinna | FA HH | 68 W55 | 00:32:50 | 00:40:09 |
| 8 | 315 | Goebel, Petra | Siemens | 69 W55 | 00:32:56 | 00:39:45 |
| 9 | 431 | Bruns, Miriam | Laufladen | 83 W40 | 00:33:08 | 00:34:27 |
| 10 | 484 | Günther, Sina | FA HH | 98 D | 00:33:14 | 00:33:14 |
| 11 | 308 | Balzer, Maren | Zoll | 67 W55 | 00:33:35 | 00:41:38 |
| 12 | 485 | Jaekel, Sandra | FA HH | 75 W45 | 00:34:01 | 00:38:03 |
| 13 | 2 | Buchmann, Sigrid | Agapleasure | 68 W55 | 00:34:33 | 00:42:16 |
| 14 | 341 | Dux, Maren | Airbus | 68 W55 | 00:35:05 | 00:42:55 |
| 15 | 363 | Krahn, Sylvia | Commerzbank | 73 W50 | 00:35:13 | 00:39:53 |
| 16 | 554 | Röhrich, Monika | Zoll | 79 W45 | 00:36:03 | 00:38:41 |
| 17 | 567 | Reese-Theege, Kirsten | Signal Iduna | 62 W60 | 00:37:00 | 00:49:11 |
| 18 | 372 | Keim, Gesche | Deut.Bank | 66 W55 | 00:37:20 | 00:46:55 |
| 19 | 16 | Schultz, Eva | Airbus | 84 W40 | 00:37:22 | 00:38:36 |
| 20 | 441 | Zimmermann, Nicole | Laufladen | 93 W30 | 00:37:58 | 00:38:00 |
| 21 | 447 | Suckow, Maria | Haspa | 68 W55 | 00:38:24 | 00:46:58 |
| | 335 | Baron, Franziska | Polizei HH | 80 W40 | 00:38:24 | 00:40:50 |
| 23 | 557 | Begemann, Barbara | SPK-Süd | 69 W55 | 00:38:34 | 00:46:33 |
| 24 | 357 | Kolleman, Sabine | CLD HH | 64 W60 | 00:38:49 | 00:50:09 |
| 25 | 299 | Hausmann, Isabel | Stern | 01 D | 00:39:45 | 00:39:45 |
| 26 | 455 | Wolf, Corinna | HapagLloyd | 89 W35 | 00:39:49 | 00:40:12 |
| 27 | 380 | Pohl, Katja | DZ HYP | 69 W55 | 00:40:12 | 00:48:31 |
| 28 | 465 | Gerhardt, Katja | Knossos.de | 87 W35 | 00:40:29 | 00:41:00 |
| 29 | 566 | Raether-Egger, Andrea | Signal Iduna | 74 W50 | 00:40:41 | 00:46:04 |
| 30 | 256 | Bürger, Kim Marie | Lufthansa | 98 D | 00:41:26 | 00:41:26 |
| 31 | 438 | Schmidt, Christine | Laufladen | 84 W40 | 00:42:47 | 00:44:12 |
| 32 | 353 | Büsen, Melanie | Beiersdorf | 81 W40 | 00:42:50 | 00:45:11 |
| 33 | 417 | Sals, Angelina | Generali | 77 W45 | 00:43:12 | 00:46:47 |
| | 522 | Kohlhagen, Ramona | Nordmark | 80 W40 | 00:44:18 | 00:47:07 |
| 34 | 468 | Herrmann, Sandra | Krüss-OSH | 78 W45 | 00:44:48 | 00:48:31 |
| 35 | 510 | Fecke, Malin | NDR | 93 W30 | 00:45:24 | 00:45:26 |
| 36 | 75 | Regolin, Lea | Energie SV H | 98 D | 00:46:51 | 00:46:51 |
| 37 | 355 | Martynenko, Nataliia | Beiersdorf | 92 W30 | 00:47:25 | 00:47:31 |
| 38 | 3 | Chery, Jennyfer | Airbus | 82 W40 | 00:50:59 | 00:53:22 |

WMA korrigierte Zeiten der Herren auf der Kinderlauf

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|--------------|-------------|-------------------|--------------|--------------|------------|-------------|
| | 571 | Scharf, Ole Fiete | Signal Iduna | 17 MK | 00:01:53 | 00:02:35 |
| | 396 | Rassasse, Maarten | Energie SV H | 18 MK | 00:01:59 | 00:02:52 |
| | 292 | Schmidt, Leon | Polizei HH | 17 MK | 00:02:07 | 00:02:55 |

VORLÄUFIG

WMA korrigierte Zeiten der Herren auf der Kurzstrecke

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|-------|------|-----------------------------|--------------|--------|----------|----------|
| 1 | 90 | Rücker, Heinrich | Gaden | 36 M85 | 00:09:24 | 00:19:02 |
| 2 | 517 | Schröder, Julius Maximilian | NDR | 95 M | 00:09:30 | 00:09:30 |
| 3 | 329 | Kupper, Frank | TÜV-Nord | 64 M60 | 00:09:35 | 00:11:54 |
| 4 | 92 | Wams, Martin | Gaden | 65 M55 | 00:09:37 | 00:11:50 |
| 5 | 231 | Reimer, Tobias | HHLA | 74 M50 | 00:09:50 | 00:11:09 |
| 6 | 400 | Banck, Sönke | ERGOsports | 67 M55 | 00:09:53 | 00:11:52 |
| 7 | 300 | Lambracht, Gerald | Stern | 70 M50 | 00:10:01 | 00:11:49 |
| | 342 | Jansen, Thies | Airbus | 71 M50 | 00:10:01 | 00:11:43 |
| 9 | 488 | Neumann, Uwe | FA HH | 73 M50 | 00:10:11 | 00:11:38 |
| | 85 | Kozieras, Norbert | ERGOsports | 50 M70 | 00:10:11 | 00:14:42 |
| 11 | 21 | Krastev, Ulli | BACARDI | 69 M55 | 00:10:12 | 00:12:09 |
| 12 | 466 | Oswald, Andre | Knossos.de | 75 M45 | 00:10:18 | 00:11:40 |
| 13 | 512 | Köndgen, David | NDR | 84 M40 | 00:10:19 | 00:10:54 |
| | 584 | Stuer, Roger | TH Eilbeck | 79 M45 | 00:10:26 | 00:11:27 |
| 14 | 271 | Czoschke, Rene | OTTO | 87 M35 | 00:10:50 | 00:11:12 |
| 15 | 564 | Hoffmann, Elias | Signal Iduna | 96 M | 00:10:53 | 00:10:53 |
| 16 | 593 | Becker, Jens-Gerrit | OTTO | 62 M60 | 00:11:02 | 00:13:50 |
| | 457 | Brandt, Peter | HEK | 40 M80 | 00:11:02 | 00:20:05 |
| 18 | 594 | Bastian, Jens | G+J | 63 M60 | 00:11:09 | 00:13:58 |
| 19 | 454 | Wilde, Tim | HapagLloyd | 85 M35 | 00:11:16 | 00:11:49 |
| | 434 | Lumpp, Michael | Laufaden | 73 M50 | 00:11:16 | 00:12:59 |
| 21 | 544 | Haubeck, Johannes | Postbank-H | 54 M70 | 00:11:18 | 00:15:26 |
| 22 | 391 | Deren, Slawomir | Energie SV H | 82 M40 | 00:11:27 | 00:12:17 |
| 23 | 52 | Kühl, Bernd | ELBE-Sport | 46 M75 | 00:11:28 | 00:17:50 |
| 24 | 574 | Kutschera, Sven | Tchibo | 79 M45 | 00:11:29 | 00:12:37 |
| 25 | 451 | Schnell, Steffen | HapagLloyd | 87 M35 | 00:11:30 | 00:11:54 |
| 26 | 550 | Hegemann, Bernd | G+J | 68 M55 | 00:11:33 | 00:13:52 |
| 27 | 398 | Reese, Johann | Energie SV H | 06 M | 00:11:44 | 00:12:08 |
| 28 | 531 | Reuer, Hans-Henning | OTTO | 67 M55 | 00:11:45 | 00:14:14 |
| 29 | 448 | Unterspann, Klaus | Haspa | 41 M80 | 00:11:46 | 00:20:47 |
| 30 | 421 | Reschke, Mark | HPA | 72 M50 | 00:11:47 | 00:13:41 |
| 31 | 339 | Borgstädt, Tim | Airbus | 53 M70 | 00:11:55 | 00:16:28 |
| | 459 | Münster, Reinhold | HEK | 42 M80 | 00:11:55 | 00:20:26 |
| 33 | 409 | Tramp, Tobias | ERGOsports | 93 M30 | 00:11:59 | 00:12:00 |
| 34 | 290 | Schmidt, Alexander | Polizei HH | 13 MK | 00:12:03 | 00:14:17 |
| 35 | 352 | Gehle, Friedhelm | BA-Eimsb. | 56 M65 | 00:12:06 | 00:16:01 |
| 36 | 516 | Schröder, Birger | NDR | 63 M60 | 00:12:09 | 00:15:14 |
| 37 | 307 | Balzer, Klaus | Zoll | 69 M55 | 00:12:10 | 00:14:29 |
| 38 | 497 | Hintz, Martin | Lufthansa | 37 M85 | 00:12:13 | 00:24:44 |
| 39 | 530 | Kliem, Rüdiger | OTTO | 61 M60 | 00:12:16 | 00:15:31 |
| | 540 | Spijker, Andreas | Polizei HH | 61 M60 | 00:12:16 | 00:15:39 |
| 41 | 405 | Holt, Johannes | ERGOsports | 84 M40 | 00:12:24 | 00:13:07 |
| 42 | 268 | Winkeler, Tobias | Nordmark | 88 M35 | 00:12:26 | 00:12:46 |
| | 577 | Sturm, Lukas | Tchibo | 95 M | 00:12:26 | 00:12:26 |
| 44 | 379 | Meyer-Reim, Utz | DZ HYP | 61 M60 | 00:12:29 | 00:15:56 |
| 45 | 50 | Gläser, Heinz | ELBE-Sport | 45 M75 | 00:12:38 | 00:20:06 |
| 46 | 67 | Hummel, Thomas | Energie SV H | 50 M70 | 00:12:43 | 00:18:22 |
| 47 | 453 | Schubert, Ralph | HapagLloyd | 73 M50 | 00:12:44 | 00:14:40 |
| 48 | 338 | Buchmann, Bendix | Agapleasure | 07 M | 00:12:48 | 00:13:35 |
| 49 | 521 | Gehn, Marcel | Nordmark | 94 M30 | 00:12:55 | 00:12:56 |
| 50 | 596 | Pantelmann, Nico | Signal Iduna | 69 M55 | 00:12:59 | 00:15:20 |
| 51 | 374 | Thorborg, Nils | Deut.Bank | 64 M60 | 00:13:04 | 00:16:06 |
| 52 | 275 | Dreise, Gösta | PHILIPS | 68 M55 | 00:13:05 | 00:15:43 |
| | 414 | Schulz, Hans-Joachim | Gaden | 46 M75 | 00:13:05 | 00:19:56 |
| 54 | 446 | Scholz, Christian | Haspa | 82 M40 | 00:13:19 | 00:14:18 |
| 55 | 305 | Twesten, Dennis | Stern | 83 M40 | 00:13:20 | 00:14:06 |
| | 74 | Reese, Lars | Energie SV H | 70 M50 | 00:13:20 | 00:15:44 |
| 57 | 284 | Stäcker, Frank | PHILIPS | 64 M60 | 00:13:28 | 00:16:44 |
| 58 | 597 | Käming, Michael | Energie SV H | 58 M65 | 00:13:37 | 00:17:52 |
| 59 | 424 | Wulff, Helmut | HPA | 60 M60 | 00:13:41 | 00:17:37 |
| 60 | 297 | Braeuer, Karsten | Stern | 72 M50 | 00:13:53 | 00:16:07 |
| | 548 | Boldt, Marian Andreas | G+J | 78 M45 | 00:13:55 | 00:15:24 |
| 61 | 344 | Knaack, Tobias | Airbus | 75 M45 | 00:13:57 | 00:15:49 |
| 62 | 375 | Wolff, Mario | Deut.Bank | 56 M65 | 00:14:05 | 00:18:39 |
| 63 | 40 | Rowedder, Frank | Deut.Bank | 66 M55 | 00:14:19 | 00:17:29 |

| | | | | | |
|----|-----------------------------|--------------|--------|----------|----------|
| 64 | 345 Möller, Thomas | Airbus | 63 M60 | 00:14:21 | 00:17:59 |
| 65 | 361 Brüggeman, Ralf | Commerzbank | 53 M70 | 00:14:24 | 00:19:55 |
| 66 | 356 Mutz, Michael | Beiersdorf | 67 M55 | 00:14:26 | 00:17:28 |
| | 547 Becker, Michael | G+J | 72 M50 | 00:14:26 | 00:16:46 |
| 68 | 490 Papendorf, Knut | FA HH | 46 M75 | 00:14:30 | 00:22:33 |
| 69 | 440 Wienberg, Tore | Laufladen | 13 MK | 00:14:37 | 00:17:19 |
| 70 | 33 Schröder, Günter | Commerzbank | 47 M75 | 00:14:38 | 00:22:18 |
| 71 | 486 Kamprad-Papendorf, Nils | FA HH | 70 M50 | 00:14:39 | 00:17:18 |
| 72 | 320 Scharf, Dietmar | Signal Iduna | 68 M55 | 00:14:49 | 00:17:38 |
| 73 | 410 Janßen, Uwe | Gaden | 60 M60 | 00:15:05 | 00:19:25 |
| 74 | 525 Janssen, Christoph | Olympus | 98 M | 00:15:10 | 00:15:10 |
| 75 | 542 Stypmann, Michael | Polizei HH | 63 M60 | 00:15:32 | 00:19:29 |
| 76 | 68 Korschenko, Ilja | Energie SV H | 95 M | 00:15:33 | 00:15:33 |
| 77 | 436 Peppel, Andreas | Laufladen | 78 M45 | 00:15:39 | 00:17:19 |
| 78 | 346 Nigmann, Michael | Airbus | 53 M70 | 00:16:36 | 00:22:57 |
| 79 | 489 Niemann, Erik | FA HH | 01 M | 00:17:05 | 00:17:05 |
| 80 | 501 Uhl, Manfred | Lufthansa | 39 M85 | 00:17:08 | 00:32:16 |
| 81 | 586 Dreier, Gerhard | TÜV-Nord | 63 M60 | 00:17:43 | 00:22:13 |
| 82 | 281 Orłowski, Rolf | PHILIPS | 42 M80 | 00:20:19 | 00:34:51 |
| | 503 Dröge, Matthias | Marien-Krh | 66 M55 | 00:22:02 | 00:26:55 |
| 83 | 534 Koudougou, Halidou | PHILIPS | 79 M45 | 00:31:55 | 00:34:48 |

VORLÄUFIG

WMA korrigierte Zeiten der Herren auf der Mittelstrecke

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|-------|------|-----------------------------|--------------|--------|----------|----------|
| 1 | 517 | Schröder, Julius Maximilian | NDR | 95 M | 00:18:08 | 00:18:08 |
| 2 | 477 | Hoppe, Thomas | Laufwerk | 67 M55 | 00:18:18 | 00:22:10 |
| 3 | 300 | Lambracht, Gerald | Stern | 70 M50 | 00:18:56 | 00:22:21 |
| 4 | 231 | Reimer, Tobias | HHLA | 74 M50 | 00:19:06 | 00:21:39 |
| 5 | 342 | Jansen, Thies | Airbus | 71 M50 | 00:19:07 | 00:22:23 |
| 6 | 274 | Bansemer, Boris | PHILIPS | 52 M70 | 00:19:09 | 00:26:28 |
| 7 | 324 | Vollmers, Laurin | Signal Iduna | 05 M | 00:19:19 | 00:19:43 |
| 8 | 466 | Oswald, Andre | Knossos.de | 75 M45 | 00:19:23 | 00:21:59 |
| 9 | 488 | Neumann, Uwe | FA HH | 73 M50 | 00:19:36 | 00:22:24 |
| 10 | 278 | Matzke, Herwig | PHILIPS | 72 M50 | 00:19:47 | 00:22:48 |
| 11 | 238 | Hollander, Karsten | Laufladen | 85 M35 | 00:19:53 | 00:20:52 |
| | 21 | Krastev, Ulli | BACARDI | 69 M55 | 00:19:53 | 00:23:41 |
| 13 | 589 | Thieben, Florian | UKE | 92 M30 | 00:19:58 | 00:20:07 |
| 14 | 514 | Küpper, Pascal | NDR | 86 M35 | 00:20:08 | 00:20:59 |
| 15 | 537 | Krüger, Wilfried | Polizei HH | 60 M60 | 00:20:16 | 00:25:52 |
| 16 | 271 | Czoschke, Rene | OTTO | 87 M35 | 00:20:23 | 00:21:05 |
| 17 | 564 | Hoffmann, Elias | Signal Iduna | 96 M | 00:20:30 | 00:20:30 |
| 18 | 572 | Vollmers, Thomas | Signal Iduna | 71 M50 | 00:20:31 | 00:24:02 |
| 19 | 63 | Gerstmann, Thorsten | Energie SV H | 72 M50 | 00:20:35 | 00:23:55 |
| 20 | 42 | Backhausen, Dirk | DNV | 66 M55 | 00:20:44 | 00:25:20 |
| 21 | 376 | Albrecht, Axel | DNV | 66 M55 | 00:20:54 | 00:25:19 |
| 22 | 594 | Bastian, Jens | G+J | 63 M60 | 00:21:14 | 00:26:37 |
| 23 | 423 | Vater, Andreas | HPA | 55 M65 | 00:21:28 | 00:28:59 |
| 24 | 339 | Borgstädt, Tim | Airbus | 53 M70 | 00:21:40 | 00:29:58 |
| | 509 | Scherer, Gerhold | Montblanc | 71 M50 | 00:21:40 | 00:25:22 |
| 26 | 454 | Wilde, Tim | HapagLloyd | 85 M35 | 00:21:41 | 00:22:46 |
| | 582 | Reincke, Sven | TH Eilbeck | 89 M35 | 00:21:41 | 00:22:09 |
| | 545 | Draak, Christian | Runn Green | 75 M45 | 00:21:46 | 00:24:41 |
| 27 | 575 | Müller, Reinhard | Tchibo | 67 M55 | 00:21:50 | 00:26:27 |
| 28 | 429 | Westphal, Wolfgang | Hochbahn | 54 M70 | 00:21:58 | 00:30:00 |
| 29 | 421 | Reschke, Mark | HPA | 72 M50 | 00:22:01 | 00:25:34 |
| 30 | 513 | Konrad, Thomas | NDR | 67 M55 | 00:22:06 | 00:26:46 |
| | 593 | Becker, Jens-Gerrit | OTTO | 62 M60 | 00:22:06 | 00:27:43 |
| 32 | 426 | Geerke, Jörg | HHLA | 60 M60 | 00:22:12 | 00:28:35 |
| | 574 | Kutschera, Sven | Tchibo | 79 M45 | 00:22:12 | 00:24:23 |
| 34 | 45 | Rooseboom, Markus | DZ HYP | 65 M55 | 00:22:14 | 00:27:09 |
| 35 | 360 | Albrecht, Christian | Commerzbank | 70 M50 | 00:22:31 | 00:26:35 |
| 36 | 343 | Kiehl, Thorsten | Airbus | 84 M40 | 00:22:53 | 00:24:12 |
| 37 | 379 | Meyer-Reim, Utz | DZ HYP | 61 M60 | 00:23:06 | 00:29:29 |
| 38 | 538 | Laude, Niels | Polizei HH | 75 M45 | 00:23:08 | 00:26:01 |
| 39 | 344 | Knaack, Tobias | Airbus | 75 M45 | 00:23:22 | 00:26:30 |
| 40 | 368 | Steinfeld, Marco | Dataport | 75 M45 | 00:23:24 | 00:26:32 |
| 41 | 602 | Ruh, Jochen | Tchibo | 71 M50 | 00:23:41 | 00:27:44 |
| | 451 | Schnell, Steffen | HapagLloyd | 87 M35 | 00:23:41 | 00:24:30 |
| 43 | 453 | Schubert, Ralph | HapagLloyd | 73 M50 | 00:23:49 | 00:27:26 |
| 44 | 508 | Oltmanns, Helmer | Montblanc | 49 M75 | 00:23:58 | 00:35:11 |
| | 268 | Winkeler, Tobias | Nordmark | 88 M35 | 00:23:58 | 00:24:38 |
| 46 | 407 | Spijker, Rüdiger | ERGOsports | 60 M60 | 00:24:01 | 00:30:56 |
| 47 | 577 | Sturm, Lukas | Tchibo | 95 M | 00:24:09 | 00:24:10 |
| 48 | 446 | Scholz, Christian | Haspa | 82 M40 | 00:24:19 | 00:26:07 |
| 49 | 481 | Tschirch, Finn | Laufwerk | 06 M | 00:24:22 | 00:25:11 |
| 50 | 389 | Bratsch, Jürgen | Energie SV H | 62 M60 | 00:24:35 | 00:31:06 |
| 51 | 275 | Dreise, Gösta | PHILIPS | 68 M55 | 00:24:44 | 00:29:42 |
| 52 | 356 | Mutz, Michael | Beiersdorf | 67 M55 | 00:25:02 | 00:30:19 |
| | 580 | Benz, Markus | TK | 69 M55 | 00:25:02 | 00:29:49 |
| 53 | 284 | Stäcker, Frank | PHILIPS | 64 M60 | 00:25:14 | 00:31:22 |
| 54 | 596 | Pantelmann, Nico | Signal Iduna | 69 M55 | 00:25:23 | 00:29:59 |
| 55 | 450 | Schnabel, Harald | HapagLloyd | 53 M70 | 00:25:31 | 00:35:17 |
| 56 | 521 | Gehn, Marcel | Nordmark | 94 M30 | 00:25:35 | 00:25:38 |
| 57 | 359 | Kafke, Norbert | BBK | 60 M60 | 00:25:36 | 00:32:58 |
| 58 | 568 | Rohde, Kurt | Signal Iduna | 49 M75 | 00:25:37 | 00:37:37 |
| 59 | 499 | Liese, Hans-Ulrich | Lufthansa | 56 M65 | 00:25:41 | 00:34:00 |
| 60 | 297 | Braeuer, Karsten | Stern | 72 M50 | 00:25:55 | 00:30:06 |
| 61 | 59 | Denker, Karsten | Energie SV H | 71 M50 | 00:26:19 | 00:30:49 |
| 62 | 36 | Heitmann, Brian | Dataport | 68 M55 | 00:26:23 | 00:31:41 |

| | | | | | | | |
|----|-----|-----------------------|--------------|----|-----|----------|----------|
| 63 | 391 | Deren, Slawomir | Energie SV H | 82 | M40 | 00:26:35 | 00:28:33 |
| 64 | 283 | Rittmeister, Lutz | PHILIPS | 59 | M65 | 00:26:37 | 00:34:17 |
| 65 | 427 | Janssen, Rainer | HHLA | 65 | M55 | 00:27:08 | 00:33:09 |
| 66 | 474 | Steuernagel, Curt | Krüss-OSH | 56 | M65 | 00:27:19 | 00:36:31 |
| 67 | 387 | Wilms, Christian | ELBE-Sport | 88 | M35 | 00:27:38 | 00:28:24 |
| 68 | 425 | Eckert, Carsten | HHLA | 83 | M40 | 00:27:43 | 00:29:32 |
| 69 | 305 | Twesten, Dennis | Stern | 83 | M40 | 00:27:44 | 00:29:20 |
| 70 | 385 | Frey, Matthias | ELBE-Sport | 51 | M70 | 00:27:47 | 00:39:30 |
| 71 | 383 | Eybächer, Michael | ELBE-Sport | 43 | M80 | 00:27:56 | 00:46:40 |
| 72 | 419 | Lange, Klaus-Peter | HH Airport | 60 | M60 | 00:28:33 | 00:36:47 |
| 73 | 248 | Büchel, Thomas | Holborn | 76 | M45 | 00:28:40 | 00:32:15 |
| 74 | 525 | Janssen, Christoph | Olympus | 98 | M | 00:29:04 | 00:29:04 |
| 75 | 69 | Langemann, Michael | Energie SV H | 71 | M50 | 00:29:09 | 00:34:08 |
| | 506 | Hammann, Sven | Montblanc | 65 | M55 | 00:29:18 | 00:36:06 |
| 76 | 316 | Ganschow, Sven Robert | SRHH | 62 | M60 | 00:29:44 | 00:37:17 |

VORLÄUFIG

WMA korrigierte Zeiten der Herren auf der Langstrecke

| Platz | StNr | Name | BSG | Jg AK | WMA | Zeit |
|-------|------|-----------------------------|--------------|--------|----------|----------|
| 1 | 376 | Albrecht, Axel | DNV | 66 M55 | 00:26:04 | 00:31:34 |
| 2 | 517 | Schröder, Julius Maximilian | NDR | 95 M | 00:26:30 | 00:26:31 |
| | 456 | Zielinski, Dieter | HapagLloyd | 72 M50 | 00:26:30 | 00:30:47 |
| 4 | 231 | Reimer, Tobias | HHLA | 74 M50 | 00:27:24 | 00:31:04 |
| 5 | 378 | von Bialy, Robert | DNV | 88 M35 | 00:27:28 | 00:28:13 |
| 6 | 300 | Lambracht, Gerald | Stern | 70 M50 | 00:27:35 | 00:32:34 |
| | 342 | Jansen, Thies | Airbus | 71 M50 | 00:27:35 | 00:32:18 |
| 8 | 255 | Dieckmann, Lukas | Laufwerk | 85 M35 | 00:27:39 | 00:29:02 |
| 9 | 599 | Taferner, Johann | DNV | 48 M75 | 00:27:42 | 00:41:24 |
| 10 | 85 | Kozieras, Norbert | ERGOsports | 50 M70 | 00:27:50 | 00:40:11 |
| 11 | 520 | Warneck, Marco | NDR | 78 M45 | 00:27:57 | 00:30:57 |
| 12 | 579 | Stephan, Achim | wellnuss.de | 76 M45 | 00:28:10 | 00:31:41 |
| 13 | 466 | Oswald, Andre | Knossos.de | 75 M45 | 00:28:11 | 00:31:57 |
| 14 | 533 | Haubrich, Gerhard | PHILIPS | 43 M80 | 00:28:33 | 00:47:42 |
| 15 | 433 | Grüter, Daniel | Laufladen | 81 M40 | 00:28:35 | 00:30:55 |
| 16 | 483 | Groth, Paul | FA HH | 70 M50 | 00:28:37 | 00:33:48 |
| 17 | 21 | Krastev, Ulli | BACARDI | 69 M55 | 00:28:41 | 00:34:09 |
| 18 | 29 | Fielitz, Andreas | Commerzbank | 72 M50 | 00:28:49 | 00:33:29 |
| 19 | 400 | Banck, Sönke | ERGOsports | 67 M55 | 00:29:05 | 00:34:56 |
| 20 | 488 | Neumann, Uwe | FA HH | 73 M50 | 00:29:06 | 00:33:15 |
| 21 | 42 | Backhausen, Dirk | DNV | 66 M55 | 00:29:13 | 00:35:41 |
| 22 | 418 | Wenrich, Alexander | Generali | 66 M55 | 00:29:17 | 00:35:46 |
| 23 | 271 | Czoschke, Rene | OTTO | 87 M35 | 00:29:27 | 00:30:28 |
| 24 | 298 | Dörr, Ole | Stern | 67 M55 | 00:29:35 | 00:35:50 |
| 25 | 472 | Rosner, Ingo | Krüss-OSH | 55 M65 | 00:29:39 | 00:40:03 |
| 26 | 234 | Breitenstein, Andre | Laufladen | 67 M55 | 00:29:49 | 00:35:49 |
| 27 | 406 | Kunigk, Leonard | ERGOsports | 98 M | 00:29:53 | 00:29:53 |
| | 492 | Rosenbaum, Thomas | FA HH | 65 M55 | 00:29:53 | 00:36:50 |
| 29 | 588 | Jürß, Paul | UKE | 99 M | 00:29:56 | 00:29:56 |
| 30 | 601 | Papenberg, Matthias | Laufwerk | 65 M55 | 00:30:01 | 00:36:59 |
| 31 | 233 | Bach, Wolfgang | Laufladen | 82 M40 | 00:30:02 | 00:32:15 |
| 32 | 377 | Bajric, Mersudin | DNV | 74 M50 | 00:30:08 | 00:34:26 |
| 33 | 600 | Kores, Robert | SG CWIT | 86 M35 | 00:30:14 | 00:31:31 |
| 34 | 546 | Huhn, Philipp | Runn Green | 88 M35 | 00:30:21 | 00:31:11 |
| 35 | 578 | Sägert, Jan | wellnuss.de | 78 M45 | 00:30:27 | 00:33:43 |
| 36 | 448 | Unterspann, Klaus | Haspa | 41 M80 | 00:30:43 | 00:54:16 |
| 37 | 493 | Sturm, Volker | FA HH | 65 M55 | 00:30:46 | 00:37:55 |
| | 307 | Balzer, Klaus | Zoll | 69 M55 | 00:30:46 | 00:36:38 |
| 39 | 41 | Voß, Thomas | Deut.Bank | 67 M55 | 00:30:49 | 00:37:20 |
| 40 | 594 | Bastian, Jens | G+J | 63 M60 | 00:30:53 | 00:38:44 |
| 41 | 454 | Wilde, Tim | HapagLloyd | 85 M35 | 00:30:54 | 00:32:27 |
| 42 | 518 | Schulz, Thomas | NDR | 61 M60 | 00:31:08 | 00:39:44 |
| 43 | 240 | Ackermann, Siegfried | Haspa | 60 M60 | 00:31:26 | 00:40:08 |
| | 421 | Reschke, Mark | HPA | 72 M50 | 00:31:26 | 00:36:31 |
| 45 | 340 | Deppe, Jan | Airbus | 98 M | 00:31:30 | 00:31:30 |
| 46 | 350 | Hornung, Jürgen | AlbeDiakon | 54 M70 | 00:31:43 | 00:43:20 |
| 47 | 381 | Wandt, Matthias | DZ HYP | 62 M60 | 00:31:45 | 00:40:10 |
| 48 | 339 | Borgstädt, Tim | Airbus | 53 M70 | 00:31:46 | 00:43:55 |
| 49 | 362 | Kasper, Thomas | Commerzbank | 68 M55 | 00:31:47 | 00:37:51 |
| 50 | 390 | Bulla, Bernhard | Energie SV H | 60 M60 | 00:31:57 | 00:41:10 |
| 51 | 26 | Wöstmann, Sebastian | CLD HH | 87 M35 | 00:32:05 | 00:33:12 |
| 52 | 70 | Naderhoff, Thorsten | Energie SV H | 90 M30 | 00:32:23 | 00:32:54 |
| 53 | 532 | Bastardo, Gustavo | PHILIPS | 65 M55 | 00:32:29 | 00:39:41 |
| 54 | 379 | Meyer-Reim, Utz | DZ HYP | 61 M60 | 00:32:35 | 00:41:36 |
| 55 | 10 | Jakobsen, Frank | Airbus | 66 M55 | 00:32:36 | 00:39:50 |
| 56 | 574 | Kutschera, Sven | Tchibo | 79 M45 | 00:32:37 | 00:35:50 |
| 57 | 373 | Keim, Olaf | Deut.Bank | 64 M60 | 00:32:39 | 00:40:14 |
| 58 | 436 | Peppel, Andreas | Laufladen | 78 M45 | 00:32:40 | 00:36:11 |
| 59 | 470 | Moya, Angel | Krüss-OSH | 82 M40 | 00:32:41 | 00:35:06 |
| 60 | 531 | Reuer, Hans-Henning | OTTO | 67 M55 | 00:32:44 | 00:39:39 |
| 61 | 430 | Bendzuk, Thorsten | Laufladen | 70 M50 | 00:32:58 | 00:38:56 |
| 62 | 251 | Schwiers, Thomas | Jungheinrich | 69 M55 | 00:33:06 | 00:39:25 |
| 63 | 451 | Schnell, Steffen | HapagLloyd | 87 M35 | 00:33:22 | 00:34:31 |
| 64 | 403 | Faust, Thomas | ERGOsports | 62 M60 | 00:33:32 | 00:42:26 |
| 65 | 236 | Goergens, Michael | Laufladen | 55 M65 | 00:33:43 | 00:45:32 |

| | | | | | | | |
|-----|-----|-------------------------|--------------|----|-----|----------|----------|
| 66 | 590 | Holst, Günter | WTM HH | 59 | M65 | 00:33:55 | 00:44:05 |
| 67 | 268 | Winkeler, Tobias | Nordmark | 88 | M35 | 00:34:07 | 00:35:03 |
| 68 | 453 | Schubert, Ralph | HapagLloyd | 73 | M50 | 00:34:09 | 00:39:21 |
| 69 | 48 | Sperfeld, Dirk | EDEKA | 70 | M50 | 00:34:11 | 00:40:22 |
| 70 | 443 | Bornemann, Matthias | Haspa | 63 | M60 | 00:34:18 | 00:42:38 |
| 71 | 596 | Pantelmann, Nico | Signal Iduna | 69 | M55 | 00:34:26 | 00:40:40 |
| | 527 | Kroll, Kristoffer | Olympus | 89 | M35 | 00:34:26 | 00:35:10 |
| 73 | 446 | Scholz, Christian | Haspa | 82 | M40 | 00:34:35 | 00:37:08 |
| 74 | 293 | Vierling, Heiko | Polizei HH | 68 | M55 | 00:34:37 | 00:41:35 |
| 75 | 364 | Persiel, Arne | Commerzbank | 66 | M55 | 00:34:41 | 00:42:22 |
| 76 | 301 | Lohmann, Rolf-Michael | Stern | 60 | M60 | 00:34:43 | 00:44:43 |
| 77 | 399 | Sawadski, Alexander | Energie SV H | 81 | M40 | 00:34:49 | 00:37:23 |
| 78 | 54 | Albrecht, Florian | Energie SV H | 75 | M45 | 00:34:50 | 00:39:30 |
| 79 | 445 | Klein, Friedrich | Haspa | 59 | M65 | 00:34:52 | 00:45:20 |
| 80 | 462 | Pawelczyk, Florian | Jungheinrich | 84 | M40 | 00:35:00 | 00:37:01 |
| 81 | 432 | Drengwitz, Andreas | Laufladen | 62 | M60 | 00:35:03 | 00:44:21 |
| 82 | 49 | Gaebert, Günter | ELBE-Sport | 64 | M60 | 00:35:04 | 00:43:35 |
| 83 | 528 | Schweigert, Karl-Heinz | Olympus | 63 | M60 | 00:35:07 | 00:44:03 |
| 84 | 565 | Manthei, Jan | Signal Iduna | 67 | M55 | 00:35:10 | 00:42:36 |
| 85 | 573 | Weitmann, Daniel | Signal Iduna | 72 | M50 | 00:35:12 | 00:40:54 |
| | 583 | Sträßner, Mathias | TH Eilbeck | 84 | M40 | 00:35:13 | 00:37:15 |
| 86 | 4 | Felger, Fritz | Airbus | 59 | M65 | 00:35:16 | 00:45:26 |
| 87 | 22 | Croissier, René | Baubehörde | 50 | M70 | 00:35:20 | 00:51:01 |
| 88 | 464 | Dose, Jörg | Knossos.de | 71 | M50 | 00:35:23 | 00:41:06 |
| 89 | 452 | Schröder, Martin | HapagLloyd | 59 | M65 | 00:35:26 | 00:46:04 |
| 90 | 577 | Sturm, Lukas | Tchibo | 95 | M | 00:35:28 | 00:35:29 |
| 91 | 405 | Holt, Johannes | ERGOsports | 84 | M40 | 00:35:29 | 00:37:32 |
| 92 | 358 | Wulff, Lars | CLD HH | 72 | M50 | 00:35:31 | 00:41:16 |
| 93 | 558 | Marquardt, Guido | SPK-Süd | 71 | M50 | 00:35:48 | 00:41:56 |
| | 382 | Ruf, Martin | EDEKA | 85 | M35 | 00:35:48 | 00:37:36 |
| 95 | 521 | Gehn, Marcel | Nordmark | 94 | M30 | 00:35:52 | 00:35:57 |
| 96 | 344 | Knaack, Tobias | Airbus | 75 | M45 | 00:36:07 | 00:40:57 |
| 97 | 275 | Dreise, Gösta | PHILIPS | 68 | M55 | 00:36:16 | 00:43:34 |
| 98 | 371 | Ehrenberg, Frank | Deut.Bank | 59 | M65 | 00:36:27 | 00:47:23 |
| 99 | 305 | Twesten, Dennis | Stern | 83 | M40 | 00:36:30 | 00:38:37 |
| 100 | 284 | Stäcker, Frank | PHILIPS | 64 | M60 | 00:36:31 | 00:45:24 |
| 101 | 562 | Hoppe, Holger | Rot Gelb | 71 | M50 | 00:36:32 | 00:42:47 |
| 102 | 5 | Gizzas, Heiner | Airbus | 76 | M45 | 00:36:34 | 00:41:08 |
| | 524 | Baier, Alois | Olympus | 59 | M65 | 00:36:34 | 00:47:32 |
| 104 | 422 | Sens, Hendrik | HPA | 98 | M | 00:36:46 | 00:36:46 |
| | 553 | Radou, Frederic | Stern | 67 | M55 | 00:36:46 | 00:44:10 |
| 106 | 51 | Hildebrandt, Edgard | ELBE-Sport | 53 | M70 | 00:36:47 | 00:50:52 |
| 107 | 366 | Sietz, Andreas | DAK | 68 | M55 | 00:36:50 | 00:44:14 |
| 108 | 356 | Mutz, Michael | Beiersdorf | 67 | M55 | 00:36:58 | 00:44:47 |
| 109 | 297 | Braeuer, Karsten | Stern | 72 | M50 | 00:37:05 | 00:43:05 |
| 110 | 491 | Peise, Carsten | FA HH | 70 | M50 | 00:37:10 | 00:43:54 |
| | 392 | Engel, Leonard | Energie SV H | 96 | M | 00:37:23 | 00:37:23 |
| 111 | 36 | Heitmann, Brian | Dataport | 68 | M55 | 00:37:24 | 00:44:55 |
| 112 | 391 | Deren, Slawomir | Energie SV H | 82 | M40 | 00:37:59 | 00:40:47 |
| 113 | 460 | Zachos, Dimitrios | HEK | 78 | M45 | 00:38:24 | 00:42:31 |
| 114 | 416 | Malunat, Nils | Generali | 64 | M60 | 00:38:35 | 00:47:58 |
| 115 | 45 | Rooseboom, Markus | DZ HYP | 65 | M55 | 00:38:46 | 00:47:21 |
| 116 | 365 | Berger, Sergej | DAK | 70 | M50 | 00:38:58 | 00:46:01 |
| 117 | 258 | Reichel-Busch, Oliver | Lufthansa | 73 | M50 | 00:39:18 | 00:45:17 |
| 118 | 277 | Lutz, Bernd | PHILIPS | 61 | M60 | 00:39:25 | 00:50:19 |
| 119 | 534 | Koudougou, Halidou | PHILIPS | 79 | M45 | 00:39:45 | 00:43:21 |
| 120 | 296 | Wegert, Danny | G+J | 81 | M40 | 00:40:19 | 00:43:37 |
| 121 | 592 | Otto, Thomas | WTM HH | 91 | M30 | 00:40:20 | 00:40:48 |
| 122 | 223 | Feldhusen, Dr. Johannes | Generali | 57 | M65 | 00:40:32 | 00:53:41 |
| 123 | 563 | Egger, Stefan | Signal Iduna | 78 | M45 | 00:41:36 | 00:46:04 |
| 124 | 525 | Janssen, Christoph | Olympus | 98 | M | 00:42:18 | 00:42:18 |
| 125 | 591 | Matthias, Friedrich | WTM HH | 88 | M35 | 00:42:43 | 00:43:54 |
| 126 | 514 | Küpper, Pascal | NDR | 86 | M35 | 00:43:36 | 00:45:27 |
| 127 | 367 | Sietz, Jesper | DAK | 00 | M | 00:43:37 | 00:43:37 |
| | 511 | Geiger, Marcel | NDR | 87 | M35 | 00:43:54 | 00:45:26 |

Unbekannte Chips

Kurzstrecke

| | |
|---------|-------|
| CB45397 | 17:31 |
| CC60971 | 17:31 |

Langstrecke

| | |
|---------|-------|
| CB61871 | 36:18 |
|---------|-------|

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.