

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Bruttozeit | Nettozeit | Start-Nr. |
|-------|--------------------|----|-------------------------|------------------|-----------|-----------|
| 1 | Scheel, Rainer | 57 | | 0:39:11 h | 0:38:54 h | 1110 |
| 2 | Bostelmann, Markus | 72 | | 0:39:23 h | 0:39:11 h | 1118 |
| 3 | Mencke, Werner | 46 | VfL Jesteburg | 0:40:06 h | 0:39:54 h | 1108 |
| 4 | Wiechern, Undine | 71 | Blau-Weiss Buchholz e.V | 0:40:26 h | 0:40:10 h | 1112 |
| 5 | Waldmann, Karl | 49 | | 0:41:00 h | 0:40:56 h | 1114 |
| 6 | Böe, Hansi | 39 | Reinbek Runners | 0:42:53 h | 0:42:52 h | 1115 |
| 7 | Zander, Michaela | 73 | LF Holm | 0:44:33 h | 0:44:15 h | 1116 |
| 8 | Hadler, Carola | 65 | Fit mit Hund | 0:46:18 h | 0:46:02 h | 1106 |
| 9 | Neff, Marietta | 66 | LF Holm | 0:51:00 h | 0:50:43 h | 1117 |