

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|---------------------------|----|-------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Hampel, Lars | 71 | Hannover 96 | 0:17:33 h | 1 | M45-1 | ° | ° | 372 |
| 2 | Klähn, Tobias | 99 | Sport-Club Itzehoe | 0:17:47 h | 2 | M U23-1 | ° | ° | 324 |
| 3 | Tschumi, Tilo | 77 | | 0:18:05 h | 3 | M40-1 | ° | ° | 405 |
| 4 | Kröger, Marius | 97 | SG Athletico Büdelsdorf | 0:18:25 h | 4 | M U23-2 | ° | ° | 368 |
| 5 | McNally, Paul | 71 | Team Guinness | 0:19:19 h | 5 | M45-2 | ° | ° | 394 |
| 6 | Krüger, Marcel | 95 | Sport-Club Itzehoe | 0:19:42 h | 6 | M-1 | ° | ° | 342 |
| 7 | Friedrich, Marco | 87 | SG Elbmarsch | 0:19:48 h | 7 | M30-1 | ° | ° | 390 |
| 8 | Hoseini, Mustafa | 98 | Bäckerei Heuer | 0:21:18 h | 8 | M U23-3 | ° | ° | 381 |
| 9 | Koch, Anna | 06 | Brühler TV | 0:21:23 h | ° | ° | 1 | WJ U14-1 | 397 |
| 10 | Janssen, Marco | 74 | LC Oase Hingstheide | 0:21:34 h | 9 | M45-3 | ° | ° | 357 |
| 11 | Borwieck, Paul | 04 | Krbs-Beratungs-Zentrum | 0:23:00 h | 10 | MJ U16-1 | ° | ° | 402 |
| 12 | Pionke, Tiara Josefine | 08 | Hakuna Matata | 0:23:08 h | ° | ° | 2 | WK U12-1 | 385 |
| 13 | Pionke, Christian | 82 | Hakuna Matata | 0:23:09 h | 11 | M35-1 | ° | ° | 387 |
| 14 | Vieth, Magnus | 09 | MTV Burg | 0:23:19 h | 12 | MK U12-1 | ° | ° | 374 |
| 15 | Wasmundt, Stefanie Annika | 78 | SC Itzehoe | 0:23:30 h | ° | ° | 3 | W40-1 | 403 |
| 16 | Timm, Fiete | 08 | | 0:23:57 h | 13 | MK U12-2 | ° | ° | 406 |
| 17 | Thomsen, Leon | 09 | Brunsbüttel | 0:24:02 h | 14 | MK U12-3 | ° | ° | 305 |
| 18 | Kessler, Tim | 04 | TSV Zarpen | 0:24:38 h | 15 | MJ U16-2 | ° | ° | 309 |
| 19 | Alberts, Liv | 09 | MTV Heide | 0:24:50 h | ° | ° | 4 | WK U12-2 | 344 |
| 20 | Alberts, Heiko | 74 | MTV Heide | 0:24:51 h | 16 | M45-4 | ° | ° | 343 |
| 21 | Lund, Astrid | 06 | Brunsbüttel | 0:25:07 h | ° | ° | 5 | WJ U14-2 | 384 |
| 22 | Volkmann, Paul | 07 | TSV Büsum | 0:25:11 h | 17 | MJ U14-1 | ° | ° | 315 |
| 23 | Volkmann, Anna- Marie | 09 | TSV Büsum | 0:25:13 h | ° | ° | 6 | WK U12-3 | 316 |
| 24 | Dreher, Fabian | 04 | VfB Brunsbüttel | 0:25:21 h | 18 | MJ U16-3 | ° | ° | 327 |
| 25 | Weidemann, Celin-Maja | 09 | Hospitzverein Meldorf | 0:25:48 h | ° | ° | 7 | WK U12-4 | 332 |
| 26 | Scheel, Henri Alexander | 09 | MTV Burg | 0:26:46 h | 19 | MK U12-4 | ° | ° | 370 |
| 27 | Seidel, Tove | 11 | Marne | 0:26:52 h | 20 | MK U10-1 | ° | ° | 330 |
| 28 | Eylmann, Zoe | 06 | Brunsbüttel | 0:26:53 h | ° | ° | 8 | WJ U14-3 | 341 |
| 29 | Emmeluth, Catharina | 83 | Hakuna Matata | 0:27:07 h | ° | ° | 9 | W35-1 | 386 |
| 30 | Joneleit, René | 10 | TSV Eddelak | 0:27:14 h | 21 | MK U10-2 | ° | ° | 333 |
| 31 | Schulze, Martin | 86 | Stadt Brunsbüttel | 0:27:21 h | 22 | M30-2 | ° | ° | 336 |
| 32 | Dreher, Amelie | 08 | VfB Brunsbüttel | 0:27:22 h | ° | ° | 10 | WK U12-5 | 329 |
| 33 | Hauck, Stefanie | 69 | TSV Lentförden | 0:27:26 h | ° | ° | 11 | W50-1 | 302 |
| 34 | Möller, Martina | 78 | TuRa Meldorf e. V. | 0:27:45 h | ° | ° | 12 | W40-2 | 322 |
| 35 | Eylmann, Conner | 08 | Brunsbüttel | 0:28:01 h | 23 | MK U12-5 | ° | ° | 349 |
| 36 | Pott, Jonathan | 10 | SG Elbmarsch | 0:28:42 h | 24 | MK U10-3 | ° | ° | 304 |

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|-------|------------------------|----|--------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 37 | Weißbach, Steffen | 78 | Brunsbüttel | 0:28:50 h | 25 | M40-2 | ° | ° | 383 |
| 38 | Frauen, Katharina | 90 | SG Elbmarsch | 0:28:56 h | ° | ° | 13 | W-1 | 389 |
| 39 | Grimm, Angelina Sophie | 05 | Brunsbüttel | 0:29:13 h | ° | ° | 14 | WJ U16-1 | 355 |
| 40 | Ackermann, Luisa | 06 | Tura Meldorf | 0:29:22 h | ° | ° | 15 | WJ U14-4 | 358 |
| 41 | Hansen, Madts | 06 | TSV Weddingstedt | 0:29:25 h | 26 | MJ U14-2 | ° | ° | 354 |
| 42 | Gross, Birgit | 63 | Brunsbüttel | 0:29:27 h | ° | ° | 16 | W55-1 | 323 |
| 43 | Haalck, Momme | 09 | TSV Eddelak | 0:29:31 h | 27 | MK U12-6 | ° | ° | 334 |
| 44 | Alberts, Linn | 11 | MTV Heide | 0:29:35 h | ° | ° | 17 | WK U10-1 | 346 |
| 45 | Alberts, Angelika | 76 | MTV Heide | 0:29:36 h | ° | ° | 18 | W40-3 | 345 |
| 46 | Bielfeldt, Uta | 69 | TuRa Meldorf | 0:29:37 h | ° | ° | 19 | W50-2 | 388 |
| 46 | Scheel, Sabine | 86 | Buchholz | 0:29:37 h | ° | ° | 19 | W30-1 | 352 |
| 48 | Jungclaus, Andreas | 93 | Marne | 0:29:49 h | 28 | M-2 | ° | ° | 347 |
| 49 | Dreher, Enna | 11 | VfB Brunsbüttel | 0:29:51 h | ° | ° | 21 | WK U10-2 | 328 |
| 50 | Rohde, Josie | 08 | Albersdorf | 0:29:52 h | ° | ° | 22 | WK U12-6 | 378 |
| 51 | Scheffel, Maya Emily | 10 | Team Zeitenjäger | 0:29:57 h | ° | ° | 23 | WK U10-3 | 360 |
| 52 | Kessler, Dennis | 00 | TSV Zarpfen | 0:29:59 h | 29 | MJ U20-1 | ° | ° | 308 |
| 53 | Feddersen, Stefan | 65 | Team Zeitenjäger | 0:30:02 h | 30 | M50-1 | ° | ° | 363 |
| 53 | Perke, Annetta | 67 | VfB Brunsbüttel | 0:30:02 h | ° | ° | 24 | W50-3 | 365 |
| 55 | Kröger, Volker | 69 | TSV Breiholz | 0:30:03 h | 31 | M50-2 | ° | ° | 369 |
| 56 | Pott, Melanie | 81 | SG Elbmarsch | 0:30:17 h | ° | ° | 25 | W35-2 | 303 |
| 57 | Tüffers, Torsten | 80 | Familie Tüffers on Tour | 0:30:18 h | 32 | M35-2 | ° | ° | 326 |
| 58 | Dreher, Sharleen | 03 | VfB Brunsbüttel | 0:30:57 h | ° | ° | 26 | WJ U18-1 | 348 |
| 59 | Koch, Merle | 06 | Brühler TV | 0:31:08 h | ° | ° | 27 | WJ U14-5 | 398 |
| 60 | Schmidt, Nadine | 84 | VfB Brunsbüttel | 0:31:12 h | ° | ° | 28 | W35-3 | 310 |
| 61 | Koch, Neele | 10 | Brühler TV | 0:31:16 h | ° | ° | 29 | WK U10-4 | 399 |
| 62 | Thun-Hadler, Andrea | 62 | Märner TV | 0:31:34 h | ° | ° | 30 | W55-2 | 380 |
| 63 | Bünz, Silke | 69 | Bäckerei Heuer | 0:32:33 h | ° | ° | 31 | W50-4 | 391 |
| 64 | Kessler, Maike | 02 | TSV Zarpfen | 0:32:49 h | ° | ° | 32 | WJ U18-2 | 307 |
| 65 | Voß, Asa | 65 | Stadt Brunsbüttel | 0:33:07 h | ° | ° | 33 | W50-5 | 337 |
| 66 | Möller, Bjarne | 97 | Stadt Brunsbüttel | 0:33:09 h | 33 | M U23-4 | ° | ° | 339 |
| 67 | Heisch, Carmen | 80 | Team WKK Heide & Brunsbüttel | 0:33:16 h | ° | ° | 34 | W35-4 | 373 |
| 68 | Heuer, Kerrin | 83 | Open Air Fitness Kaltenkirchen | 0:34:06 h | ° | ° | 35 | W35-5 | 321 |
| 68 | Müller, Miriam | 83 | Bad Bramstedt | 0:34:06 h | ° | ° | 35 | W35-5 | 364 |
| 68 | Seeliger, Corinna | 85 | Bad Bramstedt | 0:34:06 h | ° | ° | 35 | W30-2 | 320 |
| 71 | Scheffel, Emma Julie | 12 | Team Zeitenjäger | 0:34:36 h | ° | ° | 38 | WK U8-1 | 361 |
| 71 | Scheffel, Bea | 88 | Team Zeitenjäger | 0:34:36 h | ° | ° | 38 | W30-3 | 359 |

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|-------|----------------------|----|--------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 73 | Volkman, Max | 11 | TSV Büsum | 0:34:43 h | 34 | MK U10-4 | ° | ° | 317 |
| 74 | Trantoff, Collin | 10 | TuRa Meldorf | 0:34:51 h | 35 | MK U10-5 | ° | ° | 376 |
| 75 | Teßmer, Ingo | 74 | Hamm | 0:34:57 h | 36 | M45-5 | ° | ° | 301 |
| 75 | Feddern, Selina | 96 | #NV | 0:34:57 h | ° | ° | 40 | W-2 | 325 |
| 77 | Lohmann, Elke | 53 | Hennstedt-Ulzburg | 0:35:09 h | ° | ° | 41 | W65-1 | 401 |
| 78 | Sump, Sigurd | 40 | LG Neumünster | 0:35:28 h | 37 | M75-1 | ° | ° | 395 |
| 79 | Wichers, Klaus | 46 | Airbus Hamburg | 0:35:46 h | 38 | M70-1 | ° | ° | 393 |
| 80 | Feddersen, Gesche | 63 | Team Zeitenjäger | 0:35:55 h | ° | ° | 42 | W55-3 | 362 |
| 81 | Riepen, Dr. Otto | 37 | TSV Brunsbüttel | 0:36:04 h | 39 | M80-1 | ° | ° | 311 |
| 82 | Waller, Renate | 42 | Airbus Hamburg | 0:36:33 h | ° | ° | 43 | W75-1 | 392 |
| 83 | Guta, Holger | 48 | LG Neumünster | 0:39:14 h | 40 | M70-2 | ° | ° | 396 |
| 84 | Busack, Egenhard | 56 | MTV Heide | 0:40:54 h | 41 | M60-1 | ° | ° | 382 |
| 85 | Rösch, Christina | 04 | TSV Barlt | 0:42:47 h | ° | ° | 44 | WJ U16-2 | 306 |
| 86 | Palczewski, Kathinka | 70 | Rehm-Flehde-Bargen | 0:45:00 h | ° | ° | 45 | W45-1 | 319 |
| 87 | Palczewski, Stefanie | 63 | Rehm-Flehde-Bargen | 0:45:02 h | ° | ° | 46 | W55-4 | 318 |