

| Platz | Startnummer | Vorname | Name | m/w | Jahrgang | Laufzeit |
|-------|-------------|-----------|-----------------|-----|----------|--------------|
| 1 | 168 | Hanno | Padeken | m | 1993 | 00:42:41,061 |
| 2 | 155 | Henning | Janssen | m | 1980 | 00:42:57,696 |
| 3 | 171 | René | Brunken | m | 1989 | 00:43:04,346 |
| 4 | 284 | Manfred | Siebert-Diering | m | 1968 | 00:43:13,751 |
| 5 | 281 | Dirk | Schnelle | m | 1966 | 00:43:59,036 |
| 6 | 161 | Bastian | Düser | m | 1973 | 00:45:16,786 |
| 7 | 184 | Steffen | Herke | m | 1971 | 00:45:24,081 |
| 8 | 272 | Olaf | Gärtner | m | 1976 | 00:45:52,551 |
| 9 | 216 | Sebastian | Jacobs | m | 1982 | 00:46:06,156 |
| 10 | 309 | Stefan | Oellrich | m | 1984 | 00:46:52,611 |
| 11 | 310 | Sören | Schäfer | m | 1996 | 00:47:21,446 |
| 12 | 164 | Florian | Bruness | m | 1974 | 00:47:56,941 |
| 13 | 185 | Horst | Becker | m | 1966 | 00:48:33,241 |
| 14 | 260 | Andy | Lohberg | m | 1974 | 00:48:39,816 |
| 15 | 287 | Rüdiger | Straube-Enders | m | 1958 | 00:49:16,266 |
| 16 | 205 | Andreas | Frerichs | m | 1970 | 00:49:43,586 |
| 17 | 298 | Dirk | Grönig | m | 1979 | 00:49:54,916 |
| 18 | 209 | Michael | Fugel | m | 1964 | 00:50:01,286 |
| 19 | 181 | Lars | Hedenkamp | m | 1989 | 00:50:17,246 |
| 20 | 264 | Andreas | Fritsch | m | 1968 | 00:51:20,321 |
| 21 | 170 | Benny | Mücke | m | 1987 | 00:51:32,411 |
| 22 | 146 | Renke | Brunken | m | 1962 | 00:51:40,446 |
| 23 | 107 | Udo | Köster | m | 1960 | 00:52:11,156 |
| 24 | 197 | Marco | Effmann | m | 1987 | 00:52:24,591 |
| 25 | 140 | Jens | Gröne | m | 1965 | 00:52:49,826 |
| 26 | 254 | Wilfried | Berghaus | m | 1953 | 00:52:52,986 |
| 27 | 214 | Andre | Menke | m | 1993 | 00:52:59,066 |
| 28 | 102 | Andreas | Schmidt | m | 1957 | 00:53:06,796 |
| 29 | 111 | Christian | Stoffel | m | 1965 | 00:53:07,906 |
| 30 | 318 | Tobias | Röben | m | 1997 | 00:53:17,626 |
| 31 | 249 | Rene | Wilberg | m | 1971 | 00:53:24,626 |
| 32 | 158 | Uwe | Brunken | m | 1957 | 00:53:53,251 |
| 33 | 104 | Hauke | Gröger | m | 1982 | 00:54:10,656 |
| 34 | 317 | Tim | Stadtlander | m | 1998 | 00:54:13,681 |
| 35 | 188 | Matthias | Hempel | m | 1964 | 00:54:28,511 |
| 36 | 303 | Eike | Eike Poppmann | m | 1983 | 00:54:34,596 |
| 37 | 237 | Felix | Agostini | m | 1989 | 00:54:41,991 |
| 38 | 135 | Florian | Jochens | m | 1989 | 00:54:42,656 |
| 39 | 180 | Hannes | Lazinski | m | 1998 | 00:54:46,601 |
| 40 | 235 | Tristan | Gertje | m | 1982 | 00:55:02,031 |
| 41 | 177 | Christian | Rottler | m | 1975 | 00:55:14,096 |
| 42 | 215 | Renke | Ohmstede | m | 1963 | 00:55:55,691 |
| 43 | 266 | Tim | Stahl | m | 1991 | 00:56:14,476 |
| 44 | 267 | Julian | Stieg | m | 1990 | 00:56:14,751 |
| 45 | 142 | Sören | Hübner | m | 1988 | 00:56:16,271 |
| 46 | 160 | Elmar | Rückbrod | m | 1971 | 00:56:20,436 |
| 47 | 206 | Renke | Hobbie | m | 1964 | 00:57:11,136 |
| 48 | 247 | Uwe | Walther | m | 1964 | 00:57:36,621 |
| 49 | 261 | Gordian | Schürmann | m | 1963 | 00:58:07,106 |

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|----|-----|----------|--------------|---|------|--------------|
| 50 | 149 | Kai | Fastje | m | 1964 | 00:58:07,866 |
| 51 | 289 | Michael | Gerdes | m | 1971 | 00:58:21,886 |
| 52 | 184 | Steffen | Herke | m | 1971 | 00:59:02,776 |
| 53 | 230 | Hermann | Jörling | m | 1961 | 00:59:43,531 |
| 54 | 257 | Colin | Nitzpon | m | 1986 | 00:59:50,526 |
| 55 | 125 | Andreas | Brinkmann | m | 1964 | 01:00:50,981 |
| 56 | 301 | Jens | Asche | m | 1976 | 01:03:07,906 |
| 57 | 117 | Wolfgang | Schäfer | m | 1978 | 01:03:51,536 |
| 58 | 132 | Stefan | Leo | m | 1974 | 01:03:53,401 |
| 59 | 108 | Michael | Janßen | m | 1971 | 01:04:35,206 |
| 60 | 279 | Wilfried | Meinen | m | 1953 | 01:04:47,551 |
| 61 | 176 | Dieter | Griepenstroh | m | 1960 | 01:05:40,831 |
| 62 | 159 | Günther | Rinne | m | 1950 | 01:08:13,386 |
| 63 | 115 | Renke | Busch | m | 1972 | 01:14:20,936 |
| 64 | 321 | Achim | Burmeister | m | 1958 | 01:16:34,496 |
| 65 | 321 | Achim | Burmeister | m | 1958 | 01:16:34,496 |