

| Startnummer | Name | Vorname | Klasse | Verein | PktGesamt | Zeit1 | Punkte1 | Zeit2 | Punkte2 | Zeit3 | Punkte3 | Zeit4 | Punkte4 | Zeitiges | PunkteZges | Platz Altersklasse | PlatzAlpen | PlatzZiel | Differenz |
|-------------|----------------|----------|--------|-----------------------------|-----------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|----------|------------|-----------------------|------------|-----------|-----------|
| 241 | Kröger | Jan | MJG | LG Nord Berlin | 4510 | 0:00:46,4 | 877 | 0:01:20,0 | 926 | 0:01:16,4 | 964 | 0:01:06,5 | 1068 | 0:50:15 | 674 | 1 | 9 | 61 | 52 |
| 232 | Neuendorf | Tobias | MJG | LG Pegasos Berlin | 3790 | 0:00:57,2 | 669 | 0:01:36,4 | 754 | 0:01:36,0 | 758 | 0:01:25,1 | 873 | 0:47:24 | 736 | 2 | 47 | 40 | -7 |
| 108 | Zache | Marcus | MJG | Motor Eberswalde | 3481 | 0:00:57,7 | 660 | 0:01:41,5 | 700 | 0:01:41,1 | 704 | 0:01:30,3 | 818 | 0:53:41 | 599 | 3 | 73 | 90 | 17 |
| 326 | Ludwig | Jan | MJG | vereinslos | 3400 | 0:01:03,5 | 548 | 0:01:44,2 | 672 | 0:01:43,0 | 684 | 0:01:36,2 | 756 | 0:47:14 | 740 | 4 | 83 | 38 | -45 |
| 457 | Rose | Merlin | MJG | Teamwork Berlin | 2878 | 0:01:06,5 | 490 | 0:01:50,8 | 602 | 0:02:03,9 | 464 | 0:01:41,3 | 702 | 0:52:48 | 619 | 5 | 119 | 83 | -36 |
| 387 | Baumann | Julius | MJG | vereinslos | 1603 | 0:01:20,1 | 229 | 0:02:20,3 | 292 | 0:02:23,0 | 263 | 0:02:10,9 | 391 | 1:01:32 | 428 | 6 | 160 | 153 | -7 |
| 209 | Behrendt | Nil | M20 | LG Nord Berlin | 5164 | 0:00:37,9 | 1040 | 0:01:10,3 | 1028 | 0:01:06,9 | 1064 | 0:01:02,2 | 1114 | 0:39:06 | 917 | 1 | 1 | 1 | 0 |
| 327 | Ortel | Ingo | M20 | SCC Berlin | 4948 | 0:00:40,4 | 992 | 0:01:12,7 | 1003 | 0:01:15,8 | 971 | 0:01:05,7 | 1077 | 0:39:38 | 906 | 2 | 2 | 3 | 1 |
| 268 | Redlich | Lars | M20 | LG Nord Berlin | 4796 | 0:00:37,7 | 1044 | 0:01:14,5 | 984 | 0:01:10,7 | 1024 | 0:01:06,8 | 1065 | 0:50:04 | 678 | 3 | 3 | 60 | 57 |
| 303 | Neubert | Jan | M20 | VfV Spandau 1922 | 4776 | 0:00:39,4 | 1012 | 0:01:14,2 | 987 | 0:01:15,6 | 973 | 0:01:07,4 | 1059 | 0:47:00 | 745 | 4 | 4 | 37 | 33 |
| 300 | Thermann | Karsten | M20 | SCC Berlin | 4647 | 0:00:47,4 | 858 | 0:01:19,0 | 937 | 0:01:20,8 | 918 | 0:01:10,6 | 1025 | 0:39:27 | 910 | 5 | 7 | 2 | -5 |
| 319 | Herbst | Martin | M20 | SV Stahl Hennigsdorf | 4476 | 0:00:38,3 | 1033 | 0:01:19,9 | 927 | 0:01:17,1 | 957 | 0:01:10,0 | 1032 | 0:56:58 | 528 | 6 | 11 | 121 | 110 |
| 247 | Skeries | Frank | M20 | BSG Pneumant Fürstenwalde | 4408 | 0:00:46,7 | 871 | 0:01:25,7 | 866 | 0:01:24,9 | 875 | 0:01:14,8 | 981 | 0:43:47 | 815 | 7 | 14 | 14 | 0 |
| 337 | Nemitz | Jan | M20 | Dauerbrenner | 4193 | 0:00:51,4 | 781 | 0:01:29,5 | 826 | 0:01:29,3 | 828 | 0:01:19,7 | 929 | 0:43:11 | 828 | 8 | 20 | 10 | -10 |
| 322 | Koch | Timo | M20 | vereinslos | 3827 | 0:00:48,1 | 844 | 0:01:31,4 | 806 | 0:01:44,1 | 673 | 0:01:27,7 | 845 | 0:50:59 | 658 | 9 | 42 | 69 | 27 |
| 102 | Thierner | Thomas | M20 | SiSu Berlin e.V. | 3821 | 0:00:57,9 | 656 | 0:01:36,2 | 756 | 0:01:34,5 | 774 | 0:01:29,9 | 822 | 0:43:52 | 813 | 10 | 44 | 15 | -29 |
| 379 | Lamprecht | Björn | M20 | LG Nord Berlin | 3720 | 0:00:51,1 | 787 | 0:01:37,8 | 739 | 0:01:36,4 | 754 | 0:01:29,8 | 823 | 0:52:52 | 617 | 11 | 53 | 85 | 32 |
| 222 | Lehmann | Thomas | M20 | Lemman Brothers | 3718 | 0:00:56,1 | 690 | 0:01:42,7 | 687 | 0:01:36,8 | 749 | 0:01:28,9 | 833 | 0:46:25 | 758 | 12 | 54 | 28 | -26 |
| 223 | Lehmann | Jens | M20 | Lemman Brothers | 3621 | 0:01:00,8 | 600 | 0:01:41,2 | 703 | 0:01:42,2 | 693 | 0:01:31,3 | 807 | 0:43:39 | 818 | 13 | 61 | 13 | -48 |
| 205 | Elias | Jörg | M20 | Kleinmachnower Laufclub | 3593 | 0:00:56,7 | 679 | 0:01:39,8 | 718 | 0:01:41,4 | 701 | 0:01:37,9 | 738 | 0:46:27 | 757 | 14 | 63 | 29 | -34 |
| 324 | von Wysiecki | Moritz | M20 | SiSu Berlin e.V. | 3421 | 0:01:20,6 | 219 | 0:01:34,8 | 771 | 0:01:37,1 | 746 | 0:01:21,2 | 914 | 0:45:48 | 771 | 15 | 79 | 23 | -56 |
| 231 | Klewer | Andreas | M20 | vereinslos | 2499 | 0:01:08,2 | 458 | 0:01:57,7 | 529 | 0:02:05,7 | 445 | 0:01:58,5 | 521 | 0:56:09 | 546 | 16 | 134 | 113 | -21 |
| 325 | Maenaoui | Radouan | M30 | SCC Berlin | 4698 | 0:00:43,5 | 933 | 0:01:13,9 | 991 | 0:01:25,4 | 869 | 0:01:11,3 | 1018 | 0:40:28 | 887 | 1 | 5 | 4 | -1 |
| 389 | Barber | Gunnar | M30 | SCC Berlin | 4663 | 0:00:42,5 | 952 | 0:01:20,7 | 919 | 0:01:20,1 | 925 | 0:01:13,2 | 998 | 0:41:18 | 869 | 2 | 6 | 5 | -1 |
| 334 | Hinz | Frank | M30 | LC Ron-Hill Berlin | 4477 | 0:00:47,7 | 852 | 0:01:20,1 | 925 | 0:01:19,8 | 928 | 0:01:18,7 | 940 | 0:43:01 | 832 | 3 | 10 | 9 | -1 |
| 112 | Böttge | Olaf | M30 | LTC Berlin | 4472 | 0:00:48,4 | 838 | 0:01:22,3 | 902 | 0:01:22,2 | 903 | 0:01:14,0 | 989 | 0:42:41 | 839 | 4 | 12 | 8 | -4 |
| 354 | Scherwat | Michael | M30 | vereinslos | 4369 | 0:00:50,2 | 804 | 0:01:24,8 | 876 | 0:01:23,1 | 894 | 0:01:16,0 | 968 | 0:43:14 | 827 | 5 | 15 | 11 | -4 |
| 116 | Reinberg | Jörg | M30 | LG Nord Berlin | 4288 | 0:00:50,0 | 808 | 0:01:24,9 | 875 | 0:01:26,9 | 854 | 0:01:15,5 | 974 | 0:45:28 | 779 | 6 | 16 | 20 | 4 |
| 249 | Gehrke | Reiner | M30 | VfV Spandau 1922 | 4251 | 0:00:49,9 | 810 | 0:01:26,1 | 862 | 0:01:29,7 | 824 | 0:01:19,4 | 933 | 0:43:26 | 823 | 7 | 17 | 12 | -5 |
| 360 | Blume | Thorsten | M30 | SG Schering | 4250 | 0:00:45,8 | 888 | 0:01:27,9 | 843 | 0:01:28,7 | 835 | 0:01:19,9 | 927 | 0:46:29 | 756 | 8 | 18 | 30 | 12 |
| 226 | Bahr | Markus | M30 | Botenläufer Wittenberg e.V. | 4232 | 0:00:45,5 | 894 | 0:01:27,5 | 847 | 0:01:28,2 | 840 | 0:01:15,0 | 979 | 0:50:23 | 671 | 9 | 19 | 63 | 44 |
| 245 | Nowak | Oliver | M30 | vereinslos | 4186 | 0:00:51,5 | 779 | 0:01:30,3 | 818 | 0:01:25,4 | 869 | 0:01:21,7 | 908 | 0:43:57 | 812 | 10 | 21 | 16 | -5 |
| 339 | Rossignol | Carsten | M30 | LG Nord Berlin | 4177 | 0:00:53,2 | 746 | 0:01:28,7 | 835 | 0:01:28,6 | 836 | 0:01:17,3 | 955 | 0:44:13 | 806 | 11 | 22 | 17 | -5 |
| 210 | Matthews | Johannes | M30 | Potsdamer Laufclub | 4176 | 0:00:54,0 | 731 | 0:01:29,1 | 831 | 0:01:30,1 | 820 | 0:01:17,5 | 953 | 0:42:33 | 842 | 12 | 23 | 7 | -16 |
| 341 | Hofmann | Guido | M30 | LG Nord Berlin | 4103 | 0:00:52,3 | 763 | 0:01:28,2 | 840 | 0:01:30,0 | 821 | 0:01:21,3 | 913 | 0:46:02 | 766 | 13 | 25 | 26 | 1 |
| 104 | Hahn | Carsten | M30 | LTC Berlin | 4090 | 0:00:48,5 | 837 | 0:01:32,9 | 791 | 0:01:30,0 | 821 | 0:01:23,8 | 886 | 0:46:30 | 756 | 14 | 26 | 31 | 5 |
| 224 | Burg | Matthias | M30 | vereinslos | 4048 | 0:00:52,2 | 765 | 0:01:34,6 | 773 | 0:01:29,5 | 826 | 0:01:19,8 | 928 | 0:46:31 | 756 | 15 | 28 | 32 | 4 |
| 346 | Werner | Dirk | M30 | LG Nord Berlin | 4033 | 0:00:49,4 | 819 | 0:01:27,7 | 845 | 0:01:23,4 | 891 | 0:01:16,8 | 960 | 0:57:25 | 518 | 16 | 29 | 126 | 97 |
| 251 | Vanicek | Michael | M30 | SV Stahl Hennigsdorf | 3999 | 0:00:52,8 | 754 | 0:01:36,1 | 757 | 0:01:32,2 | 798 | 0:01:18,3 | 944 | 0:46:57 | 746 | 17 | 33 | 36 | 3 |
| 399 | Spreer | Wolfgang | M30 | USC Viadrina | 3974 | 0:00:50,3 | 802 | 0:01:30,7 | 814 | 0:01:30,1 | 820 | 0:01:24,7 | 877 | 0:50:49 | 662 | 18 | 35 | 67 | 32 |
| 331 | Unterberger | Uwe | M30 | vereinslos | 3932 | 0:00:48,5 | 837 | 0:01:38,8 | 728 | 0:01:33,8 | 781 | 0:01:20,9 | 917 | 0:50:28 | 670 | 19 | 38 | 64 | 26 |
| 200 | Rudolf | Thomas | M30 | vereinslos | 3839 | 0:00:48,2 | 842 | 0:01:40,5 | 711 | 0:01:38,2 | 735 | 0:01:28,1 | 841 | 0:48:37 | 710 | 20 | 41 | 52 | 11 |
| 105 | Poetschull | Jörg | M30 | Knallrot Wilmersdorf | 3827 | 0:00:52,2 | 765 | 0:01:38,8 | 728 | 0:01:39,8 | 718 | 0:01:24,2 | 882 | 0:47:34 | 733 | 21 | 43 | 41 | -2 |
| 314 | Jensen | Elmar | M30 | Teamwork Berlin | 3819 | 0:00:51,0 | 788 | 0:01:37,6 | 741 | 0:01:37,2 | 745 | 0:01:21,0 | 916 | 0:52:20 | 629 | 22 | 45 | 80 | 35 |
| 378 | Schunke-Galley | Jens | M30 | Reebok Germany | 3801 | 0:00:59,6 | 623 | 0:01:32,4 | 796 | 0:01:34,8 | 771 | 0:01:29,4 | 827 | 0:45:11 | 785 | 23 | 46 | 18 | -28 |
| 356 | Lesser | Stephan | M30 | Bayerische BSE Bauern | 3784 | 0:00:57,5 | 663 | 0:01:32,4 | 796 | 0:01:32,2 | 798 | 0:01:23,2 | 893 | 0:52:06 | 634 | 24 | 48 | 77 | 29 |
| 396 | Legrand | Pascal | M30 | LG Bronx Berlin | 3747 | 0:00:53,1 | 748 | 0:01:40,3 | 713 | 0:01:36,9 | 748 | 0:01:28,5 | 837 | 0:49:00 | 702 | 25 | 52 | 54 | 2 |

| Startnummer | Name | Vorname | Klasse | Verein | PktGesamt | Zeit1 | Punkte1 | Zeit2 | Punkte2 | Zeit3 | Punkte3 | Zeit4 | Punkte4 | Zeitiges | PunkteZges | Platz Altersklasse | PlatzAlpen | PlatzZiel | Differenz |
|-------------|------------|------------|--------|------------------------|-------------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|----------|------------|--------------------|------------|-----------|-----------|
| 302 | Bergmann | Frank | M30 | VfV Spandau 1922 | 3705 | 0:00:57,3 | 667 | 0:01:39,8 | 718 | 0:01:39,4 | 722 | 0:01:25,5 | 868 | 0:47:43 | 729 | 26 | 56 | 43 | -13 |
| 225 | Mundt | Matthias | M30 | vereinslos | 3686 | 0:00:51,7 | 775 | 0:01:41,0 | 705 | 0:01:29,8 | 823 | 0:01:26,0 | 863 | 0:57:21 | 520 | 27 | 57 | 123 | 66 |
| 394 | Gudehus | Kim | M30 | vereinslos | 3640 | 0:00:52,2 | 765 | 0:01:43,4 | 680 | 0:01:36,8 | 749 | 0:01:39,3 | 723 | 0:48:04 | 722 | 28 | 60 | 46 | -14 |
| 358 | Schlegat | Jörg | M30 | THC Warmduscher | 3580 | 0:01:02,0 | 577 | 0:01:38,6 | 731 | 0:01:35,7 | 761 | 0:01:24,6 | 878 | 0:52:06 | 634 | 29 | 64 | 78 | 14 |
| 398 | Liesicke | Markus | M30 | VfV Spandau 1922 | 3546 | 0:00:48,2 | 842 | 0:01:25,1 | 873 | 0:02:11,2 | 387 | 0:01:16,0 | 968 | 0:59:24 | 475 | 30 | 67 | 144 | 77 |
| 263 | Meister | Carsten | M30 | vereinslos | 3502 | 0:00:57,4 | 665 | 0:01:40,9 | 706 | 0:01:40,6 | 709 | 0:01:28,9 | 833 | 0:54:12 | 588 | 31 | 70 | 96 | 26 |
| 259 | Lischinsky | Sven | M30 | vereinslos | 3496 | 0:00:54,1 | 729 | 0:01:43,7 | 677 | 0:01:38,1 | 736 | 0:01:31,0 | 811 | 0:56:14 | 544 | 32 | 71 | 114 | 43 |
| 244 | Drescher | Lars | M30 | vereinslos | 3488 | 0:00:58,9 | 637 | 0:01:39,0 | 726 | 0:01:47,9 | 633 | 0:01:33,1 | 788 | 0:48:52 | 704 | 33 | 72 | 53 | -19 |
| 103 | Ogurreck | Klaus | M30 | SCC Berlin | 3479 | 0:01:00,4 | 608 | 0:01:40,4 | 712 | 0:01:38,7 | 729 | 0:01:36,0 | 758 | 0:50:19 | 673 | 34 | 74 | 62 | -12 |
| 219 | Claus | Detlef | M30 | Potsdamer Laufclub | 3456 | 0:00:57,1 | 671 | 0:01:44,9 | 664 | 0:01:50,0 | 611 | 0:01:34,0 | 779 | 0:47:39 | 731 | 35 | 76 | 42 | -34 |
| 359 | Kowalke | Claus | M30 | LG Pegasos Berlin | 3394 | 0:00:58,4 | 646 | 0:01:40,2 | 714 | 0:01:42,9 | 685 | 0:01:39,3 | 723 | 0:52:28 | 626 | 36 | 84 | 81 | -3 |
| 301 | Kranz | Daniel | M30 | vereinslos | 3362 | 0:01:01,3 | 590 | 0:01:44,5 | 668 | 0:01:46,9 | 643 | 0:01:30,8 | 813 | 0:51:30 | 647 | 37 | 87 | 76 | -11 |
| 384 | Borck | Henning | M30 | Herzschrittmacher | 3235 | 0:01:03,1 | 556 | 0:01:50,9 | 601 | 0:01:42,8 | 686 | 0:01:28,0 | 842 | 0:55:57 | 550 | 38 | 92 | 110 | 18 |
| 368 | Komoll | Thomas | M30 | vereinslos | 3225 | 0:00:55,9 | 694 | 0:01:51,2 | 598 | 0:01:45,1 | 662 | 0:01:36,6 | 752 | 0:57:21 | 520 | 39 | 95 | 124 | 29 |
| 204 | Desrosiers | Jöel | M30 | vereinslos | 3117 | 0:01:09,4 | 435 | 0:01:50,0 | 611 | 0:01:49,0 | 621 | 0:01:38,7 | 729 | 0:48:05 | 721 | 40 | 101 | 48 | -53 |
| 107 | Nieth | Björn | M30 | vereinslos | 3109 | 0:01:03,0 | 558 | 0:01:47,9 | 633 | 0:01:50,6 | 604 | 0:01:51,0 | 600 | 0:48:24 | 715 | 41 | 102 | 51 | -51 |
| 229 | von Heine | Carsten | M30 | VfL Tegel 1891 | 3063 | 0:00:59,7 | 621 | 0:01:48,3 | 628 | 0:01:46,5 | 647 | 0:01:45,5 | 658 | 0:57:52 | 508 | 42 | 106 | 133 | 27 |
| 391 | Lange | Christian | M30 | TTC Südost | 3000 | 0:01:05,5 | 510 | 0:01:51,0 | 600 | 0:01:54,5 | 563 | 0:01:40,7 | 708 | 0:52:48 | 619 | 43 | 109 | 82 | -27 |
| 243 | Schwarz | Andreas | M30 | vereinslos | 2945 | 0:01:06,8 | 485 | 0:01:58,6 | 520 | 0:01:56,0 | 547 | 0:01:32,2 | 798 | 0:53:52 | 595 | 44 | 115 | 91 | -24 |
| 312 | Beenken | Henry | M30 | vereinslos | 2889 | 0:01:02,0 | 577 | 0:01:52,9 | 580 | 0:02:01,2 | 493 | 0:01:39,0 | 726 | 0:57:40 | 513 | 45 | 118 | 130 | 12 |
| 269 | Mattheis | Armin | M30 | vereinslos | 2684 | 0:01:10,1 | 421 | 0:01:59,7 | 508 | 0:01:55,5 | 553 | 0:01:44,3 | 671 | 0:56:50 | 531 | 46 | 127 | 120 | -7 |
| 381 | Rudnicki | Jörg | M30 | LG Siddhartha | 2618 | 0:00:42,0 | 962 | 0:02:05,5 | 447 | 0:02:08,8 | 413 | 0:02:00,7 | 498 | 1:07:30 | 298 | 47 | 131 | 167 | 36 |
| 206 | Darermann | Patrick | M30 | vereinslos | 2399 | 0:01:18,2 | 265 | 0:01:57,9 | 527 | 0:02:02,7 | 477 | 0:01:49,5 | 616 | 0:57:37 | 514 | 48 | 139 | 129 | -10 |
| 271 | Prager | Holger | M30 | vereinslos | 2177 | 0:01:14,4 | 338 | 0:02:10,5 | 395 | 0:02:09,3 | 407 | 0:02:01,0 | 495 | 0:56:20 | 542 | 49 | 149 | 115 | -34 |
| 397 | Bürger | Jens | M30 | vereinslos | 2155 | 0:01:02,1 | 575 | 0:02:13,5 | 363 | 0:02:21,1 | 283 | 0:02:05,6 | 446 | 0:58:51 | 487 | 50 | 150 | 140 | -10 |
| 270 | Gebhardt | Stephan | M30 | TSV Rudow 1888 | 1982 | 0:01:17,8 | 273 | 0:02:10,3 | 397 | 0:02:13,3 | 365 | 0:01:57,5 | 532 | 1:02:09 | 415 | 51 | 154 | 156 | 2 |
| 355 | Schöning | Michael | M30 | vereinslos | 1885 | 0:01:18,9 | 252 | 0:02:10,7 | 393 | 0:02:19,3 | 302 | 0:02:01,1 | 494 | 1:00:47 | 445 | 52 | 155 | 147 | -8 |
| 357 | Fuest | Michael | M30 | DAV Berlin | 1624 | 0:01:21,8 | 196 | 0:02:09,5 | 405 | 0:02:22,9 | 264 | 0:02:12,8 | 371 | 1:03:24 | 388 | 53 | 159 | 162 | 3 |
| 330 | Broda | Christian | M30 | vereinslos | 1484 | 0:01:24,2 | 150 | 0:02:17,5 | 321 | 0:02:25,5 | 237 | 0:02:13,1 | 367 | 1:02:25 | 409 | 54 | 163 | 160 | -3 |
| 328 | Broda | Matthias | M30 | vereinslos | 1235 | 0:01:29,2 | 54 | 0:02:21,0 | 284 | 0:02:33,1 | 157 | 0:02:16,9 | 327 | 1:02:16 | 412 | 55 | 167 | 157 | -10 |
| 395 | Goldammer | Klaus | M40 | OSC Berlin | 4641 | 0:00:43,6 | 931 | 0:01:20,1 | 925 | 0:01:17,1 | 957 | 0:01:08,5 | 1047 | 0:45:22 | 781 | 1 | 8 | 19 | 11 |
| 106 | Thimm | Matthias | M40 | vereinslos | 4467 | 0:00:49,3 | 821 | 0:01:20,4 | 922 | 0:01:23,3 | 892 | 0:01:14,4 | 985 | 0:42:21 | 846 | 2 | 13 | 6 | -7 |
| 203 | Apczinski | Wolfgang | M40 | LC Ron-Hill Berlin | 4139 | 0:00:52,7 | 756 | 0:01:28,1 | 841 | 0:01:27,1 | 852 | 0:01:15,9 | 969 | 0:48:05 | 721 | 3 | 24 | 47 | 23 |
| 218 | Dieckhoff | Horst | M40 | Jelly Bears Berlin | 4063 | 0:00:51,2 | 785 | 0:01:27,3 | 849 | 0:01:28,9 | 833 | 0:01:16,3 | 965 | 0:52:15 | 631 | 4 | 27 | 79 | 52 |
| 333 | Rymarowicz | Peter | M40 | LC Ron-Hill Berlin | 4027 | 0:00:51,6 | 777 | 0:01:33,4 | 785 | 0:01:31,5 | 805 | 0:01:23,3 | 892 | 0:45:58 | 768 | 5 | 30 | 25 | -5 |
| 349 | Hitzke | Markus | M40 | Reinickendorfer Fuchse | 4024 | 0:00:54,2 | 727 | 0:01:30,9 | 812 | 0:01:30,6 | 815 | 0:01:23,0 | 895 | 0:45:34 | 776 | 6 | 31 | 21 | -10 |
| 362 | Lehmann | Udo | M40 | vereinslos | 3948 | 0:00:50,9 | 790 | 0:01:30,0 | 821 | 0:01:29,5 | 826 | 0:01:30,0 | 821 | 0:49:34 | 689 | 7 | 36 | 58 | 22 |
| 318 | Lewanzik | Günter | M40 | Post SV | 3929 | 0:00:56,6 | 681 | 0:01:37,1 | 746 | 0:01:33,1 | 788 | 0:01:18,4 | 943 | 0:45:50 | 771 | 8 | 39 | 24 | -15 |
| 202 | Hoff | Karl Heinz | M40 | ESV Lok Potsdam | 3887 | 0:00:56,5 | 683 | 0:01:35,0 | 768 | 0:01:31,4 | 806 | 0:01:25,8 | 865 | 0:46:07 | 764 | 9 | 40 | 27 | -13 |
| 377 | Adler | Arnd | M40 | vereinslos | 3762 | 0:00:52,6 | 758 | 0:01:31,4 | 806 | 0:01:31,9 | 801 | 0:01:22,0 | 905 | 0:58:37 | 492 | 10 | 49 | 138 | 89 |
| 352 | Kainz | Felix | M40 | Lok Potsdam | 3749 | 0:00:58,9 | 637 | 0:01:38,5 | 732 | 0:01:34,8 | 771 | 0:01:25,0 | 874 | 0:47:23 | 737 | 11 | 51 | 39 | -12 |
| 228 | Trunk | Ulrich | M40 | vereinslos | 3713 | 0:00:53,0 | 750 | 0:01:36,2 | 756 | 0:01:38,1 | 736 | 0:01:24,5 | 879 | 0:54:01 | 592 | 12 | 55 | 94 | 39 |
| 390 | Günzel | Falk | M40 | vereinslos | 3659 | 0:00:56,2 | 688 | 0:01:41,8 | 697 | 0:01:38,4 | 733 | 0:01:33,2 | 787 | 0:46:37 | 753 | 13 | 58 | 33 | -25 |
| 260 | Knop | Andreas | M40 | vereinslos | 3641 | 0:00:50,0 | 808 | 0:01:40,1 | 715 | 0:01:41,2 | 703 | 0:01:27,2 | 851 | 0:55:16 | 565 | 14 | 59 | 103 | 44 |
| 461 | Daum | Frank | M40 | vereinslos | 3579 | 0:00:56,7 | 679 | 0:01:33,9 | 780 | 0:01:37,6 | 741 | 0:01:29,0 | 832 | 0:56:04 | 548 | 15 | 65 | 112 | 47 |
| 256 | Scholz | Stefan | M40 | Berliner Wasserratten | 3508 | 0:00:59,2 | 631 | 0:01:41,2 | 703 | 0:01:42,6 | 688 | 0:01:29,6 | 825 | 0:50:52 | 661 | 16 | 69 | 68 | -1 |
| 401 | Päprow | Michael | M40 | LG Pegasos Berlin | 3416 | 0:01:00,7 | 602 | 0:01:39,2 | 724 | 0:01:43,1 | 683 | 0:01:26,7 | 856 | 0:55:55 | 551 | 17 | 80 | 109 | 29 |

| Startnummer | Name | Vorname | Klasse | Verein | PktGesamt | Zeit1 | Punkte1 | Zeit2 | Punkte2 | Zeit3 | Punkte3 | Zeit4 | Punkte4 | Zeitiges | PunkteZges | Platz Altersklasse | PlatzAlpen | PlatzZiel | Differenz |
|-------------|--------------|-------------|--------|-----------------------|-------------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|----------|------------|-----------------------|------------|-----------|-----------|
| 369 | Lettow | Michael | M40 | Post SV | 3405 | 0:01:03,6 | 546 | 0:01:41,9 | 696 | 0:01:43,9 | 675 | 0:01:34,7 | 772 | 0:48:19 | 716 | 18 | 82 | 50 | -32 |
| 366 | Kamstra | Sjors | M40 | vereinslos | 3385 | 0:00:59,0 | 635 | 0:01:39,0 | 726 | 0:01:40,7 | 708 | 0:01:35,7 | 761 | 0:55:46 | 554 | 19 | 85 | 106 | 21 |
| 311 | Hees | Albert | M40 | LT Hornheide | 3366 | 0:01:04,4 | 531 | 0:01:45,4 | 659 | 0:01:46,7 | 645 | 0:01:29,2 | 829 | 0:49:00 | 702 | 20 | 86 | 55 | -31 |
| 363 | Rybka | Karsten | M40 | vereinslos | 3356 | 0:00:57,5 | 663 | 0:01:50,0 | 611 | 0:01:51,2 | 598 | 0:01:28,7 | 835 | 0:51:24 | 649 | 21 | 90 | 74 | -16 |
| 365 | Konaretzki | Erhard | M40 | vereinslos | 3299 | 0:00:54,2 | 727 | 0:01:49,5 | 616 | 0:01:45,0 | 663 | 0:01:42,6 | 688 | 0:53:26 | 605 | 22 | 91 | 89 | -2 |
| 201 | Zeise | Wilfried | M40 | vereinslos | 3183 | 0:00:57,0 | 673 | 0:01:50,3 | 607 | 0:01:48,8 | 623 | 0:01:37,4 | 743 | 0:56:36 | 536 | 23 | 96 | 117 | 21 |
| 367 | Kästner | Mario | M40 | vereinslos | 3177 | 0:00:59,8 | 619 | 0:01:45,7 | 656 | 0:01:49,2 | 619 | 0:01:43,8 | 676 | 0:53:19 | 607 | 24 | 97 | 88 | -9 |
| 459 | Lippka | Ronald | M40 | VfV Spandau 1922 | 3106 | 0:01:02,3 | 571 | 0:01:42,5 | 689 | 0:01:52,1 | 588 | 0:01:37,2 | 745 | 0:57:42 | 512 | 25 | 103 | 131 | 28 |
| 114 | Nordmann | Malte | M40 | vereinslos | 3106 | 0:01:08,8 | 446 | 0:01:46,1 | 652 | 0:01:46,7 | 645 | 0:01:41,6 | 699 | 0:50:43 | 664 | 26 | 104 | 66 | -38 |
| 348 | Klösel | Günter | M40 | vereinslos | 3075 | 0:01:03,2 | 554 | 0:01:50,7 | 603 | 0:01:54,2 | 566 | 0:01:33,5 | 784 | 0:55:08 | 568 | 27 | 105 | 102 | -3 |
| 316 | Kropp | Werner | M40 | LG Nord Berlin | 2975 | 0:00:59,2 | 631 | 0:01:42,9 | 685 | 0:01:59,3 | 513 | 0:01:47,7 | 635 | 0:57:44 | 511 | 28 | 113 | 132 | 19 |
| 393 | Roman-Amat | Philippe | M40 | vereinslos | 2932 | 0:01:07,0 | 481 | 0:01:50,6 | 604 | 0:01:54,7 | 561 | 0:01:44,4 | 669 | 0:52:54 | 617 | 29 | 116 | 86 | -30 |
| 111 | Jäger | Peer | M40 | vereinslos | 2928 | 0:01:04,5 | 529 | 0:01:50,7 | 603 | 0:01:54,9 | 559 | 0:01:33,3 | 786 | 1:00:32 | 450 | 30 | 117 | 145 | 28 |
| 257 | Schmützler | Detlef | M40 | SV Stahl Hennigsdorf | 2791 | 0:01:11,5 | 394 | 0:01:57,0 | 537 | 0:01:54,0 | 568 | 0:01:43,3 | 681 | 0:53:11 | 610 | 31 | 123 | 87 | -36 |
| 345 | Huber | Jürgen | M40 | LG Nord Berlin | 2769 | 0:00:58,5 | 644 | 0:01:58,2 | 524 | 0:02:10,3 | 397 | 0:01:41,6 | 699 | 0:58:01 | 505 | 32 | 124 | 135 | 11 |
| 313 | Schmitz | Manfred | M40 | SV Stahl Hennigsdorf | 2702 | 0:01:07,0 | 481 | 0:01:56,6 | 541 | 0:02:00,7 | 498 | 0:01:42,3 | 692 | 0:58:41 | 491 | 33 | 125 | 139 | 14 |
| 215 | Munro | David | M40 | LG Nord Berlin | 2577 | 0:01:05,8 | 504 | 0:01:56,5 | 542 | 0:02:09,5 | 405 | 0:01:53,6 | 573 | 0:55:48 | 553 | 34 | 132 | 108 | -24 |
| 220 | Steger | Bernd | M40 | vereinslos | 2557 | 0:01:18,6 | 258 | 0:01:58,5 | 521 | 0:01:55,6 | 552 | 0:01:44,1 | 673 | 0:55:46 | 554 | 35 | 133 | 107 | -26 |
| 383 | Cwiertnia | Thomas | M40 | vereinslos | 2405 | 0:01:06,9 | 483 | 0:02:10,6 | 394 | 0:02:11,2 | 387 | 0:01:48,9 | 622 | 0:57:23 | 519 | 36 | 138 | 125 | -13 |
| 305 | Huber | Helmut | M50 | LC Ron-Hill Berlin | 4017 | 0:00:52,7 | 756 | 0:01:30,1 | 820 | 0:01:26,9 | 854 | 0:01:23,3 | 892 | 0:49:14 | 696 | 1 | 32 | 57 | 25 |
| 113 | Krause | Harry | M50 | ahiti-Sport | 3976 | 0:00:53,8 | 735 | 0:01:36,3 | 755 | 0:01:33,6 | 783 | 0:01:19,7 | 929 | 0:45:39 | 775 | 2 | 34 | 22 | -12 |
| 370 | Kretschmer | Manfred | M50 | Post SV | 3933 | 0:00:54,5 | 721 | 0:01:35,1 | 767 | 0:01:32,8 | 792 | 0:01:22,3 | 902 | 0:46:45 | 751 | 3 | 37 | 35 | -2 |
| 361 | Struß | Gerhard | M50 | Rennsteiglaufverein | 3556 | 0:00:59,1 | 633 | 0:01:41,1 | 704 | 0:01:40,8 | 707 | 0:01:27,8 | 844 | 0:50:33 | 668 | 4 | 66 | 65 | -1 |
| 117 | Senfleben | Axel | M50 | vereinslos | 3438 | 0:00:54,6 | 719 | 0:01:44,9 | 664 | 0:01:50,4 | 606 | 0:01:26,0 | 863 | 0:54:22 | 585 | 5 | 77 | 98 | 21 |
| 253 | Thiemann | Heinz | M50 | SC Bernauer Bären | 3436 | 0:01:03,9 | 540 | 0:01:46,0 | 653 | 0:01:42,7 | 687 | 0:01:26,7 | 856 | 0:49:04 | 700 | 6 | 78 | 56 | -22 |
| 235 | Krause | Dieter | M50 | vereinslos | 3410 | 0:01:00,5 | 606 | 0:01:40,9 | 706 | 0:01:45,5 | 658 | 0:01:39,4 | 722 | 0:48:15 | 718 | 7 | 81 | 49 | -32 |
| 207 | Hecht | Günther | M50 | LG Nord Berlin | 3228 | 0:01:02,6 | 565 | 0:01:48,1 | 631 | 0:01:45,9 | 654 | 0:01:33,4 | 785 | 0:53:58 | 593 | 8 | 93 | 93 | 0 |
| 392 | Jaensch | Manfred | M50 | RC Tegelort | 3127 | 0:01:05,6 | 508 | 0:01:47,8 | 634 | 0:01:46,4 | 648 | 0:01:34,1 | 778 | 0:55:33 | 559 | 9 | 100 | 104 | 4 |
| 315 | Carow | Peter | M50 | vereinslos | 3012 | 0:01:07,0 | 481 | 0:01:51,3 | 597 | 0:01:53,6 | 573 | 0:01:34,2 | 777 | 0:54:22 | 585 | 10 | 108 | 99 | -9 |
| 320 | Unglaube | Eberhard | M50 | vereinslos | 2980 | 0:01:05,6 | 508 | 0:01:49,5 | 616 | 0:01:49,8 | 613 | 0:01:41,0 | 705 | 0:56:28 | 539 | 11 | 111 | 116 | 5 |
| 101 | Brunisch | Hartmut | M50 | SCB | 2835 | 0:01:12,1 | 383 | 0:01:53,7 | 572 | 0:01:53,9 | 569 | 0:01:45,0 | 663 | 0:51:26 | 649 | 12 | 121 | 75 | -46 |
| 221 | Hartmann | Peter | M50 | VfL Tegel 1891 | 2692 | 0:01:11,9 | 387 | 0:01:57,2 | 535 | 0:01:51,8 | 592 | 0:01:37,2 | 745 | 1:01:16 | 434 | 13 | 126 | 149 | 23 |
| 455 | Draeger | Bernd-Rolf | M50 | vereinslos | 2485 | 0:01:17,5 | 279 | 0:02:00,6 | 499 | 0:01:59,8 | 507 | 0:01:44,1 | 673 | 0:57:00 | 527 | 14 | 135 | 122 | -13 |
| 216 | Skowronski | Wolfgang | M50 | vereinslos | 2251 | 0:01:11,8 | 388 | 0:02:06,5 | 437 | 0:02:07,6 | 425 | 0:01:52,6 | 583 | 1:02:03 | 417 | 15 | 144 | 155 | 11 |
| 351 | Raabe | Jürgen | M50 | Charming Calves | 2181 | 0:01:18,6 | 258 | 0:02:07,2 | 429 | 0:02:05,1 | 452 | 0:01:59,5 | 511 | 0:56:48 | 532 | 16 | 148 | 119 | -29 |
| 335 | Fuchs | Hans-Jürgen | M50 | RKV | 2006 | 0:01:18,5 | 260 | 0:02:01,2 | 493 | 0:02:21,5 | 279 | 0:01:53,2 | 577 | 1:02:55 | 398 | 17 | 153 | 161 | 8 |
| 110 | Mager | Dr. Gerd | M50 | vereinslos | 1776 | 0:01:22,2 | 188 | 0:02:11,1 | 388 | 0:02:18,2 | 314 | 0:01:59,6 | 509 | 1:03:56 | 376 | 18 | 157 | 164 | 7 |
| 373 | Merk | Peter | M50 | vereinslos | 1533 | 0:01:31,2 | 15 | 0:02:27,2 | 219 | 0:02:15,9 | 338 | 0:01:55,7 | 551 | 1:02:23 | 410 | 19 | 162 | 159 | -3 |
| 214 | Nagi | Detlev | M50 | vereinslos | 1307 | 0:01:31,2 | 15 | 0:02:22,0 | 274 | 0:02:28,3 | 207 | 0:02:06,8 | 434 | 1:03:55 | 377 | 20 | 164 | 163 | -1 |
| 307 | Brock | Gerhard | M60 | Potsdamer Laufclub | 3469 | 0:01:03,4 | 550 | 0:01:45,8 | 655 | 0:01:44,1 | 673 | 0:01:26,1 | 862 | 0:47:44 | 729 | 1 | 75 | 44 | -31 |
| 336 | Hoenicke | Klaus | M60 | BSG Bund | 3132 | 0:01:10,2 | 419 | 0:01:49,9 | 612 | 0:01:49,5 | 616 | 0:01:36,1 | 757 | 0:47:46 | 728 | 2 | 99 | 45 | -54 |
| 350 | Riedel | Jürgen | M60 | BSC Berlin | 2992 | 0:01:06,1 | 498 | 0:01:47,3 | 639 | 0:01:49,7 | 614 | 0:01:32,3 | 797 | 1:00:48 | 444 | 3 | 110 | 148 | 38 |
| 304 | Zehmke | Volker | M60 | Polizei SV | 2978 | 0:01:10,8 | 408 | 0:01:51,4 | 596 | 0:01:54,1 | 567 | 0:01:36,2 | 756 | 0:51:17 | 652 | 4 | 112 | 72 | -40 |
| 309 | Hommann | Leo | M60 | ESV Lok Potsdam | 2845 | 0:01:12,9 | 367 | 0:01:53,3 | 576 | 0:01:55,9 | 548 | 0:01:41,6 | 699 | 0:51:09 | 655 | 5 | 120 | 71 | -49 |
| 208 | Zedel | Günter | M60 | Kissingen SV | 2666 | 0:01:11,4 | 396 | 0:02:01,2 | 493 | 0:02:00,9 | 496 | 0:01:40,7 | 708 | 0:54:53 | 573 | 6 | 128 | 101 | -27 |
| 211 | Rückriem | Dr. Georg | M60 | Buregrund Konradshöhe | 2307 | 0:01:16,7 | 294 | 0:02:06,9 | 433 | 0:02:04,2 | 461 | 0:01:47,7 | 635 | 0:58:58 | 484 | 7 | 142 | 141 | -1 |
| 230 | Szent-Ivanyi | Peter | M60 | VfK Süd West Berlin | 2249 | 0:01:19,0 | 250 | 0:02:07,2 | 429 | 0:02:09,2 | 408 | 0:01:50,6 | 604 | 0:55:39 | 557 | 8 | 145 | 105 | -40 |

| Startnummer | Name | Vorname | Klasse | Verein | PktGesamt | Zeit1 | Punkte1 | Zeit2 | Punkte2 | Zeit3 | Punkte3 | Zeit4 | Punkte4 | Zeitiges | PunkteZges | Platz Altersklasse | PlatzAlpen | PlatzZiel | Differenz |
|-------------|---------------------|---------------|--------|-----------------------------|-------------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|----------|------------|-----------------------|------------|-----------|-----------|
| 375 | Pfarr | Helmut | M60 | LG Nord Berlin | 2069 | 0:01:21,0 | 212 | 0:02:13,5 | 363 | 0:02:09,1 | 409 | 0:01:52,0 | 589 | 0:58:28 | 495 | 9 | 152 | 137 | -15 |
| 323 | Brekau | Wolfgang | M60 | ASC Spandau | 1814 | 0:01:32,9 | 0 | 0:02:16,6 | 331 | 0:02:16,8 | 328 | 0:01:47,4 | 638 | 0:57:27 | 517 | 10 | 156 | 128 | -28 |
| 321 | Franke | Rainer | M60 | ASC Spandau | 750 | 0:01:42,7 | 0 | 0:02:40,1 | 83 | 0:02:37,6 | 109 | 0:02:19,4 | 301 | 1:09:27 | 256 | 11 | 169 | 170 | 1 |
| 382 | Böllnitz | Jürgen | M60 | vereinslos | 631 | 0:01:44,5 | 0 | 0:02:38,9 | 96 | 0:02:44,3 | 39 | 0:02:25,0 | 242 | 1:09:31 | 255 | 12 | 171 | 171 | 0 |
| 374 | Bruns | Hans-Hermann | M70 | VfL Tegel 1891 | 1548 | 0:01:31,3 | 13 | 0:02:18,1 | 315 | 0:02:22,2 | 272 | 0:01:57,6 | 531 | 1:02:02 | 418 | 1 | 161 | 154 | -7 |
| 343 | Nicolaus | Nina | WJG | LG Nord Berlin | 3174 | 0:00:58,3 | 648 | 0:01:48,8 | 623 | 0:01:47,8 | 634 | 0:01:36,7 | 751 | 0:57:25 | 518 | 1 | 98 | 127 | 29 |
| 317 | Carow | Eileen | WJG | LG Ost | 3018 | 0:01:12,0 | 385 | 0:01:52,9 | 580 | 0:01:48,2 | 629 | 0:01:35,1 | 767 | 0:51:04 | 656 | 2 | 107 | 70 | -37 |
| 213 | Jablonski | Jenny | WJG | LG Nord Berlin | 2966 | 0:01:06,3 | 494 | 0:01:50,6 | 604 | 0:01:57,5 | 532 | 0:01:37,5 | 742 | 0:53:56 | 594 | 3 | 114 | 92 | -22 |
| 329 | Sonntag-Unterberger | Birgit | W20 | OSC Berlin | 3750 | 0:00:56,7 | 679 | 0:01:38,1 | 736 | 0:01:38,8 | 728 | 0:01:26,8 | 855 | 0:46:41 | 752 | 1 | 50 | 34 | -16 |
| 332 | Gomoll | Ilka | W20 | LC Ron-Hill Berlin | 3359 | 0:01:03,3 | 552 | 0:01:39,3 | 723 | 0:01:38,8 | 728 | 0:01:29,8 | 823 | 0:56:45 | 533 | 2 | 88 | 118 | 30 |
| 227 | Meyer | Doreén | W20 | Botenläufer Wittenberg e.V. | 3357 | 0:01:01,4 | 588 | 0:01:45,3 | 660 | 0:01:43,0 | 684 | 0:01:31,4 | 806 | 0:52:49 | 618 | 3 | 89 | 84 | -5 |
| 385 | Zerfowski | Claudia | W20 | vereinslos | 3227 | 0:01:02,1 | 575 | 0:01:46,2 | 651 | 0:01:44,5 | 668 | 0:01:29,4 | 827 | 0:57:59 | 506 | 4 | 94 | 134 | 40 |
| 255 | Hintz | Nana-Marion | W20 | SiSu Berlin e.V. | 2338 | 0:01:15,8 | 312 | 0:02:03,6 | 467 | 0:02:07,7 | 424 | 0:01:56,2 | 545 | 0:54:09 | 589 | 5 | 141 | 95 | -46 |
| 347 | Vogl | Kathrin | W20 | vereinslos | 2306 | 0:01:16,2 | 304 | 0:02:04,9 | 454 | 0:02:04,0 | 463 | 0:01:50,6 | 604 | 0:59:07 | 481 | 6 | 143 | 142 | -1 |
| 217 | Brümmer | Ursula | W30 | Jelly Bears Berlin | 3511 | 0:01:03,4 | 550 | 0:01:40,0 | 716 | 0:01:39,5 | 721 | 0:01:27,7 | 845 | 0:50:01 | 679 | 1 | 68 | 59 | -9 |
| 376 | Clauß | Cornelia | W30 | Ruder-Club Tegel | 2819 | 0:01:06,4 | 492 | 0:01:55,8 | 549 | 0:01:52,6 | 583 | 0:01:42,0 | 695 | 0:58:18 | 499 | 2 | 122 | 136 | 14 |
| 386 | Binz | Dr. Constanze | W30 | SCC Berlin | 2634 | 0:01:16,0 | 308 | 0:01:57,2 | 535 | 0:01:57,5 | 532 | 0:01:43,3 | 681 | 0:54:38 | 579 | 3 | 130 | 100 | -30 |
| 371 | Kühn | Daniela | W30 | LG Nord Berlin | 2431 | 0:01:21,6 | 200 | 0:02:00,6 | 499 | 0:02:00,2 | 503 | 0:01:43,3 | 681 | 0:56:02 | 548 | 4 | 137 | 111 | -26 |
| 308 | Göttel | Annegret | W30 | vereinslos | 2240 | 0:01:15,5 | 317 | 0:02:04,8 | 455 | 0:02:06,7 | 435 | 0:01:52,3 | 586 | 1:00:40 | 447 | 5 | 146 | 146 | 0 |
| 261 | Schelhorn | Claudia | W30 | vereinslos | 1300 | 0:01:56,9 | 0 | 0:02:21,5 | 279 | 0:02:24,0 | 253 | 0:02:03,9 | 464 | 1:07:14 | 304 | 6 | 165 | 166 | 1 |
| 265 | Hanemann | Kerstin | W30 | vereinslos | 1292 | 0:01:30,1 | 37 | 0:02:24,6 | 246 | 0:02:23,8 | 255 | 0:02:12,0 | 379 | 1:03:58 | 375 | 7 | 166 | 165 | -1 |
| 372 | Neubauer | Ulrike | W30 | vereinslos | 787 | 0:01:46,0 | 0 | 0:02:34,4 | 143 | 0:02:38,3 | 102 | 0:02:24,1 | 252 | 1:07:54 | 290 | 8 | 168 | 168 | 0 |
| 237 | Scholtyssek | Anna | W40 | OSC Berlin | 3620 | 0:00:57,6 | 662 | 0:01:40,1 | 715 | 0:01:38,6 | 731 | 0:01:26,0 | 863 | 0:51:21 | 650 | 1 | 62 | 73 | 11 |
| 115 | Hallecker | Andrea | W40 | SCC Maulwurf | 2645 | 0:01:16,3 | 302 | 0:01:59,3 | 513 | 0:01:58,6 | 520 | 0:01:39,2 | 724 | 0:54:17 | 586 | 2 | 129 | 97 | -32 |
| 239 | Quander | Sabine | W40 | VfL Tegel 1891 | 2462 | 0:01:13,1 | 363 | 0:02:01,6 | 488 | 0:01:58,7 | 519 | 0:01:45,6 | 657 | 1:01:17 | 434 | 3 | 136 | 151 | 15 |
| 380 | Müller | Elona | W40 | vereinslos | 2362 | 0:01:17,0 | 288 | 0:02:06,4 | 438 | 0:02:03,6 | 467 | 0:01:42,6 | 688 | 0:59:10 | 480 | 4 | 140 | 143 | 3 |
| 233 | Neuendorf | Katharina | W40 | LG Pegasos Berlin | 2205 | 0:01:21,1 | 210 | 0:02:08,5 | 416 | 0:02:03,5 | 468 | 0:01:43,7 | 677 | 1:01:16 | 434 | 5 | 147 | 150 | 3 |
| 267 | Wisniewski | Dagmar | W40 | VfL Tegel 1891 | 2126 | 0:01:18,1 | 267 | 0:02:06,5 | 437 | 0:02:09,2 | 408 | 0:01:52,9 | 580 | 1:01:18 | 434 | 6 | 151 | 152 | 1 |
| 109 | Fischer | Carmen | W40 | vereinslos | 1681 | 0:01:25,0 | 135 | 0:02:19,2 | 303 | 0:02:18,3 | 313 | 0:01:58,6 | 520 | 1:02:22 | 410 | 7 | 158 | 158 | 0 |
| 388 | Krebs | Marina | W40 | SC Brandenburg Berlin | 658 | 0:01:40,1 | 0 | 0:02:44,0 | 42 | 0:02:41,8 | 65 | 0:02:20,4 | 291 | 1:09:17 | 260 | 8 | 170 | 169 | -1 |
| 338 | Calo | Gabriele | W40 | vereinslos | 324 | 0:04:14,3 | 0 | 0:02:51,9 | 0 | 0:02:53,8 | 0 | 0:02:17,9 | 317 | 1:20:52 | 7 | 9 | 172 | 172 | 0 |