

| Platz | Klasse | Jahrg. | Name | Vorname | Verein/Ort | Laufzeit |
|-------|--------|--------|---------------|-------------|------------------------|----------|
| 1 | M 20 | 1983 | Klenke | Jan | FTSV Heckershausen | 0:38:58 |
| 1 | M 30 | 1970 | Koch | Dieter | Tri-Team Fuldataal | 0:40:08 |
| 2 | M 30 | 1969 | Schmidt | Michael | TSV Deute | 0:41:37 |
| 3 | M 30 | 1974 | Kisa | Rachid | BSG Die Arabische.de | 0:43:10 |
| 4 | M 30 | 1977 | Krug | Gerrit | Tri Team Witten | 0:43:54 |
| 5 | M 30 | 1970 | Patyk | Sven | LT Hofgeismar | 0:45:29 |
| 6 | M 30 | 1973 | Gössel | Alexander | Hofgeismar | 0:45:54 |
| 1 | M 40 | 1963 | Roehrig | Peter | LAG Wesertal | 0:41:51 |
| 2 | M 40 | 1966 | Patyk | Teja | LT Hofgeismar | 0:42:36 |
| 3 | M 40 | 1966 | Grein | Kartsen | FTSV Heckershausen | 0:43:21 |
| 4 | M 40 | 1964 | Palt | Stefan | TSV Heiligenrode | 0:44:40 |
| 5 | M 40 | 1966 | Jilg | Alfred | TV Hess. Lichtenau | 0:44:57 |
| 6 | M 40 | 1962 | Nolte | Olaf | TSV Heiligenrode | 0:46:46 |
| 7 | M 40 | 1962 | Modes | Martin | MT Melsungen | 0:48:35 |
| 8 | M 40 | 1961 | Nebenführ | Klaus | TG Wehlheiden | 0:50:54 |
| 9 | M 40 | 1967 | Kramer | Andreas | LT Hofgeismar | 0:55:19 |
| 1 | M 50 | 1955 | Engel | Herbert | LG Kaufungen | 0:44:00 |
| 2 | M 50 | 1950 | Malkomes | Willi | TSV Heiligenrode | 0:44:09 |
| 3 | M 50 | 1955 | Peter | Jürgen | TSV Obervorschütz | 0:44:44 |
| 4 | M 50 | 1955 | Ploch | Karl | TSV Rot-Weiß Körle | 0:45:03 |
| 5 | M 50 | 1953 | Henning | Jürgen | FTSV Heckershausen | 0:45:16 |
| 6 | M 50 | 1956 | Olschewski | Peter | LT Hofgeismar | 0:45:39 |
| 7 | M 50 | 1954 | Schütz | Rainer | LT Hofgeismar | 0:47:32 |
| 8 | M 50 | 1957 | Kessler | Stefan | TSV Heiligenrode | 0:50:24 |
| 9 | M 50 | 1952 | Spuling | Johann | LT Hofgeismar | 0:50:46 |
| 10 | M 50 | 1956 | Manz | Wolfgang | FTSV Heckershausen | 0:54:47 |
| 11 | M 50 | 1952 | Pfütz | Werner | LTG Fuldabrück | 0:56:35 |
| 12 | M 50 | 1949 | Ziegler | Bernd | LG Kaufungen | 0:57:20 |
| 13 | M 50 | 1953 | Koschella | Klaus | TG Nautilus Kassel e.V | 1:01:19 |
| 1 | M 60 | 1946 | Wedel | Gerhard | LT Haunetal | 0:41:45 |
| 2 | M 60 | 1942 | Cloodt | Hans-Jürgen | LTG Fuldabrück | 0:45:40 |
| 3 | M 60 | 1946 | Pfannkuch | Manfred | LT Hofgeismar | 0:45:44 |
| 4 | M 60 | 1938 | Palt | Jürgen | TSV Heiligenrode | 0:47:33 |
| 5 | M 60 | 1946 | Coburger | Wolfgang | Volksmarsen | 0:47:36 |
| 6 | M 60 | 1946 | Vaupel | Karl-Heinz | Baunatal | 0:50:40 |
| 7 | M 60 | 1943 | Ziegler | Norbert | LT Hofgeismar | 0:55:37 |
| 1 | M 70 | 1935 | Dornemann | Achim | TG Wehlheiden | 1:13:56 |
| 1 | M JgA | 1989 | Messerschmidt | Uwe | PSV Grün-Weiss Kassel | 0:37:16 |

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|---|------|------|--------------|---------|-----------------------|---------|
| 1 | W 30 | 1968 | Lohr | Claudia | TSV Deute | 0:44:59 |
| 2 | W 30 | 1969 | Knobel | Martina | LT Hofgeismar | 0:53:10 |
| 1 | W 40 | 1964 | Liesegang | Monika | TV Hessisch Lichtenau | 0:51:55 |
| 2 | W 40 | 1962 | König | Susanne | LAG Wesertal | 0:54:18 |
| 3 | W 40 | 1961 | Troll | Agnes | TV Hess. Lichtenau | 0:54:55 |
| 4 | W 40 | 1963 | Ziehmer | Christa | LG Baunatal | 0:55:53 |
| 5 | W 40 | 1965 | Wiesner | Ute | KSV Baunatal | 0:55:55 |
| 6 | W 40 | 1959 | Pormetter | Ute | TSV Heiligenrode | 1:01:20 |
| 7 | W 40 | 1958 | Blankenberg | Elke | TSV Gottsbüren | 1:06:01 |
| 1 | W 50 | 1956 | Schütz | Magda | LT Hofgeismar | 0:51:30 |
| 2 | W 50 | 1956 | Sonnenschein | Margret | TV Hess. Lichtenau | 0:58:04 |
| 1 | W 60 | 1946 | Pause | Beate | TG Wehlheiden | 1:01:28 |