

| Pl | tnr | Name | Zeit | | | | | | | | | | | | |
|-------------------------------|-----|-----------------------------|--------|-------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| BK (Offen Kurz) (6) | | | | | 2,3 km | 8 P | | | | | | | | | |
| | | | | 1(101) | 2(130) | 3(121) | 4(128) | 5(125) | 6(106) | 7(107) | 8(199) | Ziel | | | |
| 1 | | Hirschmann, Stefanie | 30:02 | 5:45 | 8:58 | 12:37 | 16:52 | ----- | 25:43 | 27:37 | 28:49 | 30:02 | | | |
| | | OLV Potsdam | | 5:45 | 3:13 | 3:39 | 4:15 | | 8:51 | 1:54 | 1:12 | 1:13 | | | |
| 2 | | Uhlemann, Sibylle | 30:03 | 3:46 | 6:50 | 10:33 | 15:55 | 22:27 | 25:27 | 27:53 | 29:08 | 30:03 | | | |
| | | ESV Lok Berlin-Schöneeweide | | 3:46 | 3:04 | 3:43 | 5:22 | 6:32 | 3:00 | 2:26 | 1:15 | 0:55 | | | |
| 3 | | Brettschneider, Erik | 43:16 | 3:11 | 6:14 | 11:26 | 16:24 | 36:32 | 38:38 | 40:51 | 42:35 | 43:16 | | | |
| | | Kaulsdorfer OLV Berlin | | 3:11 | 3:03 | 5:12 | 4:58 | 20:08 | 2:06 | 2:13 | 1:44 | 0:41 | | | |
| 4 | | Pommer, Norbert | 44:59 | 3:28 | ----- | 22:36 | 33:50 | 38:11 | 40:26 | 42:21 | 43:29 | 44:59 | | | |
| | | Kaulsdorfer OLV Berlin | | 3:28 | | 19:08 | 11:14 | 4:21 | 2:15 | 1:55 | 1:08 | 1:30 | | | |
| 5 | | Knuth, Kamilla | 53:55 | 5:02 | 11:49 | ----- | 26:08 | 47:05 | 47:11 | 50:22 | 51:54 | 53:55 | 46:31 | | |
| | | OLV Potsdam | | 5:02 | 6:47 | | 14:19 | 20:57 | 0:06 | 3:11 | 1:32 | 2:01 | *106 | | |
| | | Bruckhaus, Anke | N Ang | | | | | | | | | | | | |
| BL (Offen Lang) (5) | | | | | 6,3 km | 11 P | | | | | | | | | |
| | | | | 1(116) | 2(111) | 3(113) | 4(123) | 5(110) | 6(121) | 7(128) | 8(125) | 9(106) | 10(131) | 11(199) | Ziel |
| 1 | | Bertram, Karsten | 56:57 | 6:32 | 13:24 | 22:54 | 29:51 | 35:18 | 44:24 | 48:40 | 52:10 | 54:33 | 55:32 | 56:18 | 56:57 |
| | | Köpenicker SC | | 6:32 | 6:52 | 9:30 | 6:57 | 5:27 | 9:06 | 4:16 | 3:30 | 2:23 | 0:59 | 0:46 | 0:39 |
| 2 | | Mache, Thomas | 67:43 | 10:13 | 17:12 | 27:53 | 36:13 | 42:27 | 52:38 | 56:54 | 61:38 | 64:46 | 65:52 | 66:53 | 67:43 |
| | | OLV Potsdam | | 10:13 | 6:59 | 10:41 | 8:20 | 6:14 | 10:11 | 4:16 | 4:44 | 3:08 | 1:06 | 1:01 | 0:50 |
| 3 | | Berneit, Aron | 112:34 | 27:19 | 36:50 | 49:12 | 58:54 | 66:18 | 79:08 | 89:20 | 102:19 | 106:08 | 107:38 | 111:27 | 112:34 |
| | | Kopernikus-Oberschule Berl | | 27:19 | 9:31 | 12:22 | 9:42 | 7:24 | 12:50 | 10:12 | 12:59 | 3:49 | 1:30 | 3:49 | 1:07 |
| 4 | | Darsow, Joline | 113:07 | 12:58 | 26:41 | 44:10 | 56:41 | 66:09 | 90:17 | 97:21 | 103:34 | 108:21 | 109:57 | 111:30 | 113:07 |
| | | Kopernikus-Oberschule Berl | | 12:58 | 13:43 | 17:29 | 12:31 | 9:28 | 24:08 | 7:04 | 6:13 | 4:47 | 1:36 | 1:33 | 1:37 |
| 5 | | Njoroge, Jeremy | 118:16 | 13:47 | 27:12 | 49:43 | 62:12 | 75:11 | 89:25 | 99:52 | 108:52 | 114:12 | 115:16 | 116:45 | 118:16 |
| | | Kopernikus-Oberschule Berl | | 13:47 | 13:25 | 22:31 | 12:29 | 12:59 | 14:14 | 10:27 | 9:00 | 5:20 | 1:04 | 1:29 | 1:31 |
| D10 (Damen bis 10) (4) | | | | | 1,7 km | 8 P | | | | | | | | | |
| | | | | 1(101) | 2(130) | 3(102) | 4(103) | 5(105) | 6(106) | 7(131) | 8(199) | Ziel | | | |
| 1 | | Schmidt, Ella | 30:06 | 4:26 | 8:47 | 12:44 | 14:37 | 22:26 | 24:30 | 26:05 | 29:23 | 30:06 | | | |
| | | | | 4:26 | 4:21 | 3:57 | 1:53 | 7:49 | 2:04 | 1:35 | 3:18 | 0:43 | | | |
| 2 | | Schulz, Caroline | 35:31 | 3:48 | 12:39 | 15:30 | 17:28 | 30:17 | 32:24 | 33:49 | 34:42 | 35:31 | | | |
| | | OLV Potsdam | | 3:48 | 8:51 | 2:51 | 1:58 | 12:49 | 2:07 | 1:25 | 0:53 | 0:49 | | | |
| 3 | | Leukert, Ida | 45:58 | 3:45 | 8:42 | 18:13 | 21:51 | 38:19 | 40:19 | 41:49 | 45:06 | 45:57 | | | |
| | | SV IHW Alex 78 Berlin | | 3:45 | 4:57 | 9:31 | 3:38 | 16:28 | 2:00 | 1:30 | 3:17 | 0:51 | | | |
| 4 | | Bertram, Merle | 51:34 | 4:21 | 16:53 | 26:31 | 30:14 | 44:33 | 46:24 | 48:07 | 50:21 | 51:34 | | | |
| | | Köpenicker SC | | 4:21 | 12:32 | 9:38 | 3:43 | 14:19 | 1:51 | 1:43 | 2:14 | 1:13 | | | |
| D14 (Damen bis 14) (3) | | | | | 3,5 km | 11 P | | | | | | | | | |
| | | | | 1(117) | 2(105) | 3(125) | 4(102) | 5(121) | 6(128) | 7(132) | 8(129) | 9(125) | 10(106) | 11(199) | Ziel |
| 1 | | Uhlemann, Livia | 27:20 | 3:34 | 7:08 | 9:24 | 12:01 | 13:44 | 16:12 | 17:45 | 21:06 | 23:38 | 25:13 | 26:38 | 27:19 |
| | | ESV Lok Berlin-Schöneeweide | | 3:34 | 3:34 | 2:16 | 2:37 | 1:43 | 2:28 | 1:33 | 3:21 | 2:32 | 1:35 | 1:25 | 0:41 |
| 2 | | Tovchigrechko, Maria | 30:43 | 4:21 | 8:12 | 10:34 | 14:00 | 15:30 | 18:21 | 20:37 | 23:57 | 26:49 | 28:53 | 30:09 | 30:42 |
| | | SV IHW Alex 78 Berlin | | 4:21 | 3:51 | 2:22 | 3:26 | 1:30 | 2:51 | 2:16 | 3:20 | 2:52 | 2:04 | 1:16 | 0:33 |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | | |
|------------------------------------|-----|-------------------------------|---------------|--------------|---------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|
| D14 (Damen bis 14) (3) | | | | | 3,5 km | | 11 P | | <i>(Forts.)</i> | | | | | | | | |
| | | | 1(117) | 2(105) | 3(125) | 4(102) | 5(121) | 6(128) | 7(132) | 8(129) | 9(125) | 10(106) | 11(199) | Ziel | | | |
| 3 | | Leukert, Lina | 55:55 | 9:49 | 17:19 | 50:46 | ----- | ----- | ----- | ----- | ----- | 53:26 | 55:18 | 55:55 | 30:02 | | |
| | | SV IHW Alex 78 Berlin | | 9:49 | 7:30 | 33:27 | | | | | | 2:40 | 1:52 | 0:36 | *102 | | |
| | | | 32:30 | 36:52 | 39:25 | 44:35 | | | | | | | | | | | |
| | | | *121 | *128 | *132 | *129 | | | | | | | | | | | |
| D16 (Damen bis 16) (1) | | | | | 5,8 km | | 11 P | | | | | | | | | | |
| | | | 1(108) | 2(118) | 3(115) | 4(116) | 5(130) | 6(119) | 7(126) | 8(125) | 9(105) | 10(122) | 11(199) | Ziel | | | |
| 1 | | Knuth, Sara | 87:33 | 8:12 | 19:06 | 28:58 | 35:15 | 46:18 | 58:51 | 67:17 | 75:18 | 78:29 | 82:35 | 85:23 | 87:33 | | |
| | | OLV Potsdam | | 8:12 | 10:54 | 9:52 | 6:17 | 11:03 | 12:33 | 8:26 | 8:01 | 3:11 | 4:06 | 2:48 | 2:10 | | |
| D19K (Damen ab 19 kurz) (5) | | | | | 5,2 km | | 13 P | | | | | | | | | | |
| | | | 1(130) | 2(118) | 3(115) | 4(116) | 5(121) | 6(120) | 7(132) | 8(129) | 9(125) | 10(104) | 11(105) | 12(122) | 13(199) | Ziel | |
| 1 | | Herold, Katrin | 60:47 | 4:36 | ----- | 19:06 | 25:07 | 33:27 | 36:26 | ----- | ----- | 51:25 | 53:07 | ----- | 59:57 | 60:47 | |
| | | Kaulsdorfer OLV Berlin | | 4:36 | | 14:30 | 6:01 | 8:20 | 2:59 | | | 14:59 | 1:42 | | 6:50 | 0:50 | |
| 2 | | Fink, Martina | 70:55 | 11:43 | 17:50 | 26:02 | 29:47 | 37:23 | 39:57 | ----- | ----- | 57:29 | 59:29 | 61:20 | ----- | 70:02 | 70:54 |
| | | TSV 90 Röbel | | 11:43 | 6:07 | 8:12 | 3:45 | 7:36 | 2:34 | | | 17:32 | 2:00 | 1:51 | | 8:42 | 0:52 |
| 3 | | Schipke, Carola | 87:40 | 7:59 | 17:41 | 29:14 | 37:13 | 52:28 | 58:47 | 61:54 | 66:50 | 72:38 | 77:39 | 79:40 | 83:39 | 86:47 | 87:40 |
| | | Kaulsdorfer OLV Berlin | | 7:59 | 9:42 | 11:33 | 7:59 | 15:15 | 6:19 | 3:07 | 4:56 | 5:48 | 5:01 | 2:01 | 3:59 | 3:08 | 0:53 |
| 4 | | Gorny, Xenia | 107:12 | 7:27 | 16:04 | 34:21 | 44:51 | 53:41 | 60:05 | 70:55 | 78:00 | 88:08 | 92:40 | 96:26 | 102:27 | 106:20 | 107:12 |
| | | Volkssport Berlin | | 7:27 | 8:37 | 18:17 | 10:30 | 8:50 | 6:24 | 10:50 | 7:05 | 10:08 | 4:32 | 3:46 | 6:01 | 3:53 | 0:52 |
| | | Wollenberg, Grit | Aufg | 8:26 | 33:16 | ----- | ----- | 45:36 | 57:21 | 63:32 | 72:16 | ----- | ----- | ----- | ----- | ----- | 83:49 |
| | | SV Schorfheide | | 8:26 | 24:50 | | | 12:20 | 11:45 | 6:11 | 8:44 | | | | | | 11:33 |
| D19L (Damen ab 19 lang) (2) | | | | | 7,4 km | | 14 P | | | | | | | | | | |
| | | | 1(118) | 2(119) | 3(109) | 4(110) | 5(113) | 6(112) | 7(114) | 8(115) | 9(116) | 10(108) | 11(125) | 12(105) | 13(122) | 14(199) | |
| | | | Ziel | | | | | | | | | | | | | | |
| 1 | | Trappe, Kathrin | 80:54 | ----- | 13:53 | 17:53 | 23:38 | 32:52 | 35:24 | 39:51 | 49:13 | 53:46 | 61:41 | 65:15 | 67:30 | 77:41 | 80:03 |
| | | TOLF Berlin | | | 13:53 | 4:00 | 5:45 | 9:14 | 2:32 | 4:27 | 9:22 | 4:33 | 7:55 | 3:34 | 2:15 | 10:11 | 2:22 |
| | | | 80:54 | | | | | | | | | | | | | | |
| | | | 0:51 | | | | | | | | | | | | | | |
| | | Gierlach, Julia | | | | | | | | | | | | | | | |
| | | SV Schorfheide | | | | | | | | | | | | | | | |
| D35 (Damen ab 35) (1) | | | | | 6,9 km | | 12 P | | | | | | | | | | |
| | | | 1(118) | 2(119) | 3(109) | 4(110) | 5(113) | 6(112) | 7(114) | 8(116) | 9(117) | 10(108) | 11(125) | 12(199) | Ziel | | |
| 1 | | Vogel, Kristin | 79:54 | 10:05 | 15:34 | 21:01 | 28:45 | 36:49 | 39:45 | 44:20 | 60:34 | 68:15 | 71:55 | 76:40 | 79:04 | 79:54 | |
| | | OLV Potsdam | | 10:05 | 5:29 | 5:27 | 7:44 | 8:04 | 2:56 | 4:35 | 16:14 | 7:41 | 3:40 | 4:45 | 2:24 | 0:50 | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | |
|--------------------------------|-----|----------------------------------|---------------|-------------|---------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|---------|------|
| D50 (Damen ab 50) (8) | | | | | 5,2 km | | 13 P | | <i>(Forts.)</i> | | | | | | | |
| | | | 1(130) | 2(118) | 3(115) | 4(116) | 5(121) | 6(120) | 7(132) | 8(129) | 9(125) | 10(104) | 11(105) | 12(122) | 13(199) | Ziel |
| | | Saudan Borer, Sylvie | Aufg | ---- | 27:10 | 127:52 | 140:22 | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | | SG Einheit Berliner Bär | | | 27:10 | 100:42 | 12:30 | | | | | | | | | |
| | | | | | 45:31 | 55:22 | 64:55 | 81:05 | 85:14 | 92:11 | 92:11 | | | | | |
| | | | | | *119 | *109 | *110 | *113 | *112 | *114 | *114 | | | | | |
| D55 (Damen ab 55) (1) | | | | | 4,5 km | | 10 P | | | | | | | | | |
| | | | 1(117) | 2(118) | 3(124) | 4(116) | 5(108) | 6(120) | 7(126) | 8(129) | 9(107) | 10(199) | Ziel | | | |
| 1 | | Ferchow, Anne | 78:03 | 4:26 | 22:29 | 29:43 | 47:08 | 59:08 | 61:17 | 66:50 | 73:18 | 75:50 | 77:02 | 78:03 | | |
| | | Kaulsdorfer OLV Berlin | | 4:26 | 18:03 | 7:14 | 17:25 | 12:00 | 2:09 | 5:33 | 6:28 | 2:32 | 1:12 | 1:01 | | |
| D60 (Damen ab 60) (3) | | | | | 4,1 km | | 10 P | | | | | | | | | |
| | | | 1(116) | 2(118) | 3(121) | 4(120) | 5(126) | 6(129) | 7(125) | 8(105) | 9(122) | 10(199) | Ziel | | | |
| 1 | | Lehmann, Gabriela | 63:07 | 7:15 | 18:04 | 22:13 | 26:22 | ---- | ---- | 44:21 | 47:22 | 59:36 | 62:13 | 63:06 | | |
| | | Kaulsdorfer OLV Berlin | | 7:15 | 10:49 | 4:09 | 4:09 | | | 17:59 | 3:01 | 12:14 | 2:37 | 0:53 | | |
| | | Braatz, Monika | Fehlst | 8:49 | 19:18 | 24:35 | 30:11 | 39:47 | 45:17 | 49:41 | 53:12 | 57:47 | ---- | 63:15 | | |
| | | SV IHW Alex 78 Berlin | | 8:49 | 10:29 | 5:17 | 5:36 | 9:36 | 5:30 | 4:24 | 3:31 | 4:35 | | 5:28 | | |
| AK | | Gericke, Madeline | 71:41 | 8:17 | 20:37 | 26:04 | 31:12 | 43:48 | 50:23 | 57:58 | 61:40 | 66:30 | 70:49 | 71:41 | | |
| | | Kaulsdorfer OLV Berlin | | 8:17 | 12:20 | 5:27 | 5:08 | 12:36 | 6:35 | 7:35 | 3:42 | 4:50 | 4:19 | 0:52 | | |
| D70 (Damen ab 70) (2) | | | | | 2,8 km | | 10 P | | | | | | | | | |
| | | | 1(117) | 2(102) | 3(108) | 4(120) | 5(132) | 6(129) | 7(125) | 8(105) | 9(122) | 10(199) | Ziel | | | |
| 1 | | Lemnitzer, Erika | 44:19 | 5:39 | 9:00 | 10:51 | 13:41 | 18:45 | 25:30 | 30:35 | 34:15 | 39:33 | 43:08 | 44:19 | | |
| | | Kaulsdorfer OLV Berlin | | 5:39 | 3:21 | 1:51 | 2:50 | 5:04 | 6:45 | 5:05 | 3:40 | 5:18 | 3:35 | 1:10 | | |
| 2 | | Thiel, Susi | 51:46 | 5:19 | 10:00 | 11:48 | 14:01 | 19:08 | 34:33 | 39:12 | 42:35 | 47:13 | 50:48 | 51:46 | 14:59 | |
| | | SV IHW Alex 78 Berlin | | 5:19 | 4:41 | 1:48 | 2:13 | 5:07 | 15:25 | 4:39 | 3:23 | 4:38 | 3:35 | 0:58 | *128 | |
| H10 (Herren bis 10) (5) | | | | | 1,7 km | | 8 P | | | | | | | | | |
| | | | 1(101) | 2(130) | 3(102) | 4(103) | 5(105) | 6(106) | 7(131) | 8(199) | Ziel | | | | | |
| 1 | | Hirschmann, Maxim | 14:56 | 3:41 | 5:23 | 7:25 | 9:17 | 11:29 | 12:44 | 13:34 | 14:15 | 14:55 | | | | |
| | | OLV Potsdam | | 3:41 | 1:42 | 2:02 | 1:52 | 2:12 | 1:15 | 0:50 | 0:41 | 0:40 | | | | |
| 2 | | Mache, Lucas Pascal | 15:47 | 2:24 | 4:17 | 6:05 | 10:27 | 12:17 | 13:32 | 14:18 | 15:08 | 15:47 | | | | |
| | | OLV Potsdam | | 2:24 | 1:53 | 1:48 | 4:22 | 1:50 | 1:15 | 0:46 | 0:50 | 0:38 | | | | |
| 3 | | Schönborn, Hugo-Maximilia | 35:27 | 7:06 | 11:59 | 14:26 | 16:22 | 21:10 | 22:20 | 33:56 | 34:45 | 35:27 | | | | |
| | | OLV Potsdam | | 7:06 | 4:53 | 2:27 | 1:56 | 4:48 | 1:10 | 11:36 | 0:49 | 0:42 | | | | |
| 4 | | Bertram, Tim | 48:22 | 3:29 | 20:08 | 23:59 | 27:22 | 37:36 | 40:35 | 45:10 | 47:31 | 48:22 | | | | |
| | | Köpenicker SC | | 3:29 | 16:39 | 3:51 | 3:23 | 10:14 | 2:59 | 4:35 | 2:21 | 0:51 | | | | |
| AK | | Herold/Schmidt, Karl/Emil | 46:51 | 10:15 | 18:32 | 25:27 | 30:37 | 35:48 | 38:30 | 42:02 | 44:29 | 46:50 | | | | |
| | | | | 10:15 | 8:17 | 6:55 | 5:10 | 5:11 | 2:42 | 3:32 | 2:27 | 2:21 | | | | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | | |
|-------------------------------------|-----|-------------------------------|---------------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| H12 (Herren bis 12) (2) | | | | | 3,1 km | | 10 P | | | | | | | | | | |
| | | | 1(101) | 2(130) | 3(104) | 4(125) | 5(132) | 6(128) | 7(121) | 8(105) | 9(107) | 10(199) | Ziel | | | | |
| 1 | | Schwanebeck, Heinrich | 37:12 | 2:52 | 5:40 | 9:51 | ----- | ----- | 25:38 | 28:45 | 33:12 | 35:45 | 36:30 | 37:12 | | | |
| | | TSV 90 Röbel | | 2:52 | 2:48 | 4:11 | ----- | ----- | 15:47 | 3:07 | 4:27 | 2:33 | 0:45 | 0:42 | | | |
| 2 | | Appelt, Linus | 60:59 | 2:40 | 7:56 | 25:09 | ----- | ----- | 49:35 | 52:44 | 57:06 | 59:36 | 60:24 | 60:59 | | | |
| | | Kaulsdorfer OLV Berlin | | 2:40 | 5:16 | 17:13 | ----- | ----- | 24:26 | 3:09 | 4:22 | 2:30 | 0:48 | 0:35 | | | |
| H14 (Herren bis 14) (4) | | | | | 3,6 km | | 11 P | | | | | | | | | | |
| | | | 1(117) | 2(105) | 3(125) | 4(121) | 5(130) | 6(117) | 7(102) | 8(128) | 9(132) | 10(129) | 11(199) | Ziel | | | |
| 1 | | Kumbier, Lionel | 35:35 | 3:03 | 6:49 | ----- | 15:15 | ----- | 20:42 | 22:09 | 25:50 | 27:38 | ----- | 35:01 | 35:35 | | |
| | | Berliner Turnerschaft | | 3:03 | 3:46 | 8:26 | ----- | ----- | 5:27 | 1:27 | 3:41 | 1:48 | ----- | 7:23 | 0:33 | | |
| 2 | | Cain, Fidelius | 36:05 | 3:44 | 8:25 | 11:00 | 16:48 | 22:02 | 22:53 | 24:35 | 28:09 | 29:53 | 32:54 | 35:25 | 36:04 | | |
| | | TSV Karlshorst | | 3:44 | 4:41 | 2:35 | 5:48 | 5:14 | 0:51 | 1:42 | 3:34 | 1:44 | 3:01 | 2:31 | 0:39 | | |
| 3 | | Knuth, Gergely | 60:57 | 4:37 | ----- | ----- | 38:18 | ----- | 44:49 | 46:25 | 51:08 | 53:47 | 57:38 | 60:16 | 60:57 | | |
| | | OLV Potsdam | | 4:37 | ----- | ----- | 33:41 | ----- | 6:31 | 1:36 | 4:43 | 2:39 | 3:51 | 2:38 | 0:41 | | |
| | | Flach, Julius | N Ang | | | | | | | | | | | | | | |
| | | TSV Karlshorst | | | | | | | | | | | | | | | |
| H16 (Herren bis 16) (2) | | | | | 6,2 km | | 14 P | | | | | | | | | | |
| | | | 1(118) | 2(119) | 3(109) | 4(110) | 5(111) | 6(116) | 7(121) | 8(108) | 9(120) | 10(132) | 11(125) | 12(105) | 13(122) | 14(199) | |
| | | | Ziel | | | | | | | | | | | | | | |
| 1 | | Tamm, Frederic | 64:06 | 11:20 | 16:08 | 22:04 | 27:20 | 34:20 | 39:53 | 46:39 | 48:11 | 49:32 | 51:35 | 54:52 | 57:26 | 61:32 | 63:33 |
| | | OK Mark Brandenburg | | 11:20 | 4:48 | 5:56 | 5:16 | 7:00 | 5:33 | 6:46 | 1:32 | 1:21 | 2:03 | 3:17 | 2:34 | 4:06 | 2:01 |
| | | | 64:06 | | | | | | | | | | | | | | |
| | | | 0:33 | | | | | | | | | | | | | | |
| | | Templiner, Artur | Fehlst | 18:48 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 33:03 | ----- | 38:51 | ----- | ----- | 43:12 |
| | | Berliner TSC | | 18:48 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 14:15 | ----- | 5:48 | ----- | ----- | 4:21 |
| | | | | 44:48 | | | | | | | | | | | | | |
| | | | | 1:36 | | | | | | | | | | | | | |
| H19K (Herren ab 19 kurz) (4) | | | | | 7,5 km | | 16 P | | | | | | | | | | |
| | | | 1(118) | 2(119) | 3(109) | 4(110) | 5(113) | 6(112) | 7(114) | 8(124) | 9(115) | 10(116) | 11(117) | 12(108) | 13(125) | 14(105) | |
| | | | 5(122) | 16(199) | Ziel | | | | | | | | | | | | |
| 1 | | Brettschneider, Moritz | 58:19 | 8:06 | 11:11 | 13:18 | 17:50 | 24:53 | 26:45 | 29:23 | 34:51 | 37:13 | 40:19 | 45:41 | 48:11 | 50:38 | 52:15 |
| | | Kaulsdorfer OLV Berlin | | 8:06 | 3:05 | 2:07 | 4:32 | 7:03 | 1:52 | 2:38 | 5:28 | 2:22 | 3:06 | 5:22 | 2:30 | 2:27 | 1:37 |
| | | | | ----- | 57:30 | 58:19 | | | | | | | | | | | |
| | | | | 5:15 | 0:49 | | | | | | | | | | | | |
| 2 | | Lange, Udo | 62:46 | ----- | 11:42 | 16:46 | 22:47 | 30:04 | 32:02 | 34:25 | 39:23 | 41:23 | 45:00 | 49:24 | 51:52 | 54:36 | 56:24 |
| | | SV IHW Alex 78 Berlin | | ----- | 11:42 | 5:04 | 6:01 | 7:17 | 1:58 | 2:23 | 4:58 | 2:00 | 3:37 | 4:24 | 2:28 | 2:44 | 1:48 |
| | | | | ----- | 62:01 | 62:45 | | | | | | | | | | | |
| | | | | 5:37 | 0:44 | | | | | | | | | | | | |
| 3 | | Boeck, Sascha | 71:55 | 9:04 | 12:46 | 15:17 | 21:14 | 28:51 | 31:12 | 34:58 | 42:34 | 45:22 | 49:20 | 57:40 | 60:37 | 63:55 | 65:58 |
| | | Kaulsdorfer OLV Berlin | | 9:04 | 3:42 | 2:31 | 5:57 | 7:37 | 2:21 | 3:46 | 7:36 | 2:48 | 3:58 | 8:20 | 2:57 | 3:18 | 2:03 |
| | | | | 68:52 | 71:05 | 71:55 | | | | | | | | | | | |
| | | | | 2:54 | 2:13 | 0:49 | | | | | | | | | | | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------------|-----|---|------------------|---|---------------------------------|---------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------|-----------------------------|-----------------------------|
| H40 (Herren ab 40) (7) | | | 7,5 km | | | 16 P | | | <i>(Forts.)</i> | | | | | | | | |
| | | | 1(118) 5(122) | 2(119) 16(199) | 3(109) Ziel | 4(110) | 5(113) | 6(112) | 7(114) | 8(124) | 9(115) | 10(116) | 11(117) | 12(108) | 13(125) | 14(105) | |
| 7 | | Winterfeldt, Stefan SV IHW Alex 78 Berlin | 112:41 | 11:25 11:25 108:29 4:01 | 17:28 6:03 111:46 3:17 | 25:39 8:11 112:41 0:55 | 35:55 10:16 | 45:02 9:07 | 48:33 3:31 | 52:58 4:25 | 64:07 11:09 | 73:04 8:57 | 80:01 6:57 | 91:36 11:35 | 96:33 4:57 | 101:41 5:08 | 104:28 2:47 |
| H45 (Herren ab 45) (4) | | | 7,4 km | | | 14 P | | | | | | | | | | | |
| | | | 1(118) Ziel | 2(119) | 3(109) | 4(110) | 5(113) | 6(112) | 7(114) | 8(115) | 9(116) | 10(108) | 11(125) | 12(105) | 13(122) | 14(199) | |
| 1 | | Adorján, Péter Volkssport | 63:50 | 6:55 6:55 63:50 0:45 | 11:51 4:56 | 15:14 3:23 | 20:27 5:13 | 27:32 7:05 | 29:14 1:42 | 31:57 2:43 | 39:32 7:35 | 43:13 3:41 | 50:53 7:40 | 54:32 3:39 | 57:46 3:14 | 60:36 2:50 | 63:05 2:29 |
| 2 | | Ehms, Holger SG LVB Leipzig | 68:00 | 7:31 7:31 68:00 0:50 | 11:01 3:30 | 14:31 3:30 | 21:03 6:32 | 28:19 7:16 | 30:52 2:33 | 34:05 3:13 | 42:25 8:20 | 46:20 3:55 | 55:25 9:05 | 58:37 3:12 | 60:40 2:03 | 63:57 3:17 | 67:10 3:13 |
| 3 | | Dirks, Stefan | 91:53 | 13:29 13:29 91:53 1:15 | 18:11 4:42 | 21:23 3:12 | 30:18 8:55 | 40:31 10:13 | 43:10 2:39 | 47:27 4:17 | 57:14 9:47 | 61:49 4:35 | 72:05 10:16 | 80:59 8:54 | 84:10 3:11 | 88:03 3:53 | 90:38 2:35 |
| | | Borer, Christoph SG Einheit Berliner Bär | Aufg | 27:11 27:11 | 45:27 18:16 | 55:23 9:56 | 64:45 9:22 | 80:59 16:14 | 85:14 4:15 | 92:11 6:57 | 127:52 35:41 | 140:23 12:31 | ----- | ----- | ----- | ----- | ----- |
| H50 (Herren ab 50) (10) | | | 6,9 km | | | 12 P | | | | | | | | | | | |
| | | | 1(118) | 2(119) | 3(109) | 4(110) | 5(113) | 6(112) | 7(114) | 8(116) | 9(117) | 10(108) | 11(125) | 12(199) | Ziel | | |
| 1 | | Brettschneider, Uwe Kaulsdorfer OLV Berlin | 44:46 | 6:10 6:10 | 9:02 2:52 | 11:07 2:05 | 15:07 4:00 | 20:51 5:44 | 22:40 1:49 | 24:47 2:07 | 32:51 8:04 | 37:39 4:48 | 39:56 2:17 | 42:17 2:21 | 44:05 1:48 | 44:45 0:40 | |
| 2 | | Jobst, Henry Kaulsdorfer OLV Berlin | 50:12 | 6:59 6:59 | 10:22 3:23 | 13:07 2:45 | 17:50 4:43 | 23:47 5:57 | 25:38 1:51 | 28:41 3:03 | 38:12 9:31 | 43:07 4:55 | 45:26 2:19 | 47:54 2:28 | 49:37 1:43 | 50:11 0:34 | |
| 3 | | Brettschneider, Gerhard Kaulsdorfer OLV Berlin | 56:12 | ----- 10:54 | 14:33 3:39 | 19:49 5:16 | 27:00 7:11 | 29:06 2:06 | 32:04 2:58 | 42:04 10:00 | 47:24 5:20 | 50:37 3:13 | 53:21 2:44 | 55:26 2:05 | 56:12 0:45 | | |
| 4 | | Demmig, Sven Kaulsdorfer OLV Berlin | 57:48 | 7:26 7:26 | 11:39 4:13 | 14:29 2:50 | 19:55 5:26 | 26:29 6:34 | 28:19 1:50 | 31:03 2:44 | 41:35 10:32 | 47:15 5:40 | 49:55 2:40 | 54:36 4:41 | 57:08 2:32 | 57:48 0:39 | |
| 5 | | Mönch, Dirk Köpenicker SC | 58:40 | 7:45 7:45 | 12:12 4:27 | 16:02 3:50 | 21:01 4:59 | 27:53 6:52 | 30:03 2:10 | 32:56 2:53 | 43:05 10:09 | 49:43 6:38 | 52:47 3:04 | 55:55 3:08 | 57:56 2:01 | 58:40 0:44 | |
| 6 | | Forberg, Matthias SV IHW Alex 78 Berlin | 64:11 | 7:24 7:24 | 10:55 3:31 | 15:12 4:17 | 20:29 5:17 | 27:43 7:14 | 30:02 2:19 | 33:01 2:59 | 46:34 13:33 | 54:42 8:08 | 57:37 2:55 | 61:26 3:49 | 63:34 2:08 | 64:10 0:36 | |
| 7 | | Rudert, Andreas SV IHW Alex 78 Berlin | 68:58 | 8:24 8:24 | 13:33 5:09 | 18:21 4:48 | 25:42 7:21 | 33:37 7:55 | 36:01 2:24 | 39:51 3:50 | 52:02 12:11 | 58:38 6:36 | 62:41 4:03 | 66:05 3:24 | 68:13 2:08 | 68:58 0:45 | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | | |
|--------------------------------|-----|------------------------------------|---------------|---------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| H50 (Herren ab 50) (10) | | | | 6,9 km | 12 P | <i>(Forts.)</i> | | | | | | | | | | | |
| | | | 1(118) | 2(119) | 3(109) | 4(110) | 5(113) | 6(112) | 7(114) | 8(116) | 9(117) | 10(108) | 11(125) | 12(199) | Ziel | | |
| 8 | | Grassow, Thomas | 82:49 | 11:16 | 15:15 | 19:29 | 27:25 | 36:46 | 39:41 | 46:39 | 64:55 | 72:10 | 75:36 | 79:37 | 82:03 | 82:49 | |
| | | Kaulsdorfer OLV Berlin | | 11:16 | 3:59 | 4:14 | 7:56 | 9:21 | 2:55 | 6:58 | 18:16 | 7:15 | 3:26 | 4:01 | 2:26 | 0:45 | |
| 9 | | Knuth, David | 83:58 | 10:10 | 15:52 | 24:50 | 30:10 | 39:11 | 41:34 | 46:20 | 62:18 | 72:55 | 76:42 | 80:22 | 83:03 | 83:58 | |
| | | OLV Potsdam | | 10:10 | 5:42 | 8:58 | 5:20 | 9:01 | 2:23 | 4:46 | 15:58 | 10:37 | 3:47 | 3:40 | 2:41 | 0:55 | |
| 10 | | Neitzel, Andreas | 105:01 | 15:23 | 22:55 | 29:32 | 39:27 | 50:38 | 53:39 | 58:35 | 78:37 | 88:17 | 92:37 | 101:00 | 104:00 | 105:00 | |
| | | Köpenicker SC | | 15:23 | 7:32 | 6:37 | 9:55 | 11:11 | 3:01 | 4:56 | 20:02 | 9:40 | 4:20 | 8:23 | 3:00 | 1:00 | |
| H55 (Herren ab 55) (6) | | | | 6,2 km | 14 P | | | | | | | | | | | | |
| | | | 1(118) | 2(119) | 3(109) | 4(110) | 5(111) | 6(116) | 7(121) | 8(108) | 9(120) | 10(132) | 11(125) | 12(105) | 13(122) | 14(199) | |
| | | | Ziel | | | | | | | | | | | | | | |
| 1 | | Graumann, Bernd | 52:07 | 7:49 | 10:50 | 14:02 | 19:11 | 25:03 | 29:36 | 36:15 | 37:38 | 39:08 | 41:14 | 44:28 | 46:20 | 49:12 | 51:24 |
| | | ESV Lok Berlin-Schöneeweide | | 7:49 | 3:01 | 3:12 | 5:09 | 5:52 | 4:33 | 6:39 | 1:23 | 1:30 | 2:06 | 3:14 | 1:52 | 2:52 | 2:12 |
| | | | 52:07 | | | | | | | | | | | | | | |
| | | | 0:42 | | | | | | | | | | | | | | |
| 2 | | Käding, Bernd | 53:44 | 6:11 | 9:40 | 12:14 | 18:19 | 23:58 | 28:17 | 34:11 | 35:24 | 36:25 | 43:09 | 45:43 | 48:02 | 51:01 | 53:03 |
| | | Kaulsdorfer OLV Berlin | | 6:11 | 3:29 | 2:34 | 6:05 | 5:39 | 4:19 | 5:54 | 1:13 | 1:01 | 6:44 | 2:34 | 2:19 | 2:59 | 2:02 |
| | | | 53:44 | | | | | | | | | | | | | | |
| | | | 0:41 | | | | | | | | | | | | | | |
| 3 | | Kremlacek, Johannes | 56:37 | 8:23 | 11:53 | 15:26 | 20:57 | 27:42 | 32:49 | 39:33 | 41:04 | 43:15 | 45:23 | 48:29 | 50:24 | 53:41 | 55:48 |
| | | ESV Lok Berlin-Schöneeweide | | 8:23 | 3:30 | 3:33 | 5:31 | 6:45 | 5:07 | 6:44 | 1:31 | 2:11 | 2:08 | 3:06 | 1:55 | 3:17 | 2:07 |
| | | | 56:37 | | | | | | | | | | | | | | |
| | | | 0:49 | | | | | | | | | | | | | | |
| 4 | | Wohlrabe, Lutz | 66:41 | 8:18 | 18:04 | 22:02 | 27:10 | 33:11 | 38:45 | 45:34 | 47:02 | 48:13 | 55:38 | 58:44 | 61:15 | 64:11 | 65:57 |
| | | ESV Lok Berlin-Schöneeweide | | 8:18 | 9:46 | 3:58 | 5:08 | 6:01 | 5:34 | 6:49 | 1:28 | 1:11 | 7:25 | 3:06 | 2:31 | 2:56 | 1:46 |
| | | | 66:40 | | | | | | | | | | | | | | |
| | | | 0:43 | | | | | | | | | | | | | | |
| 5 | | Otto, Volker | 70:22 | 8:40 | 14:12 | 17:31 | 24:04 | 31:41 | 38:28 | 49:17 | 51:14 | 52:39 | 55:28 | 59:18 | 62:06 | 66:26 | 69:31 |
| | | Kaulsdorfer OLV Berlin | | 8:40 | 5:32 | 3:19 | 6:33 | 7:37 | 6:47 | 10:49 | 1:57 | 1:25 | 2:49 | 3:50 | 2:48 | 4:20 | 3:05 |
| | | | 70:22 | | | | | | | | | | | | | | |
| | | | 0:51 | | | | | | | | | | | | | | |
| 6 | | Feldmann, André | 90:06 | 12:20 | 17:33 | 24:32 | 33:07 | 42:42 | 52:16 | 63:42 | 66:14 | 68:45 | 72:08 | 77:24 | 80:39 | 85:27 | 88:58 |
| | | Kaulsdorfer OLV Berlin | | 12:20 | 5:13 | 6:59 | 8:35 | 9:35 | 9:34 | 11:26 | 2:32 | 2:31 | 3:23 | 5:16 | 3:15 | 4:48 | 3:31 |
| | | | 90:05 | | | | | | | | | | | | | | |
| | | | 1:07 | | | | | | | | | | | | | | |
| H60 (Herren ab 60) (3) | | | | 5,8 km | 11 P | | | | | | | | | | | | |
| | | | 1(108) | 2(118) | 3(115) | 4(116) | 5(130) | 6(119) | 7(126) | 8(125) | 9(105) | 10(122) | 11(199) | Ziel | | | |
| 1 | | Jandrig, Burkhard | 71:38 | 6:10 | 13:08 | 20:16 | 24:37 | 36:50 | 46:30 | 55:22 | 60:36 | 63:29 | 68:01 | 70:50 | 71:38 | | |
| | | SV IHW Alex 78 Berlin | | 6:10 | 6:58 | 7:08 | 4:21 | 12:13 | 9:40 | 8:52 | 5:14 | 2:53 | 4:32 | 2:49 | 0:48 | | |
| 2 | | Kössler, Wolfgang | 79:24 | 7:08 | 14:38 | 26:04 | 38:12 | 45:28 | 54:42 | 61:35 | 68:25 | 71:12 | 75:56 | 78:52 | 79:24 | | |
| | | Volkssport Berlin | | 7:08 | 7:30 | 11:26 | 12:08 | 7:16 | 9:14 | 6:53 | 6:50 | 2:47 | 4:44 | 2:56 | 0:32 | | |
| AK | | Distler, Albrecht | N Ang | | | | | | | | | | | | | | |
| | | SG Einheit Berliner Bär | | | | | | | | | | | | | | | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | | |
|-------------------------------|-----|------------------------------------|--------------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| H65 (Herren ab 65) (3) | | | 5,2 km 13 P | | | | | | | | | | | | | | |
| | | | 1(130) | 2(118) | 3(115) | 4(116) | 5(121) | 6(120) | 7(132) | 8(129) | 9(125) | 10(104) | 11(105) | 12(122) | 13(199) | Ziel | |
| 1 | | Blome, Hans-Peter | 63:47 | 7:31 | 12:06 | 21:52 | 26:33 | 34:46 | 37:44 | 40:15 | 47:42 | 52:32 | 55:25 | 57:01 | 60:24 | 63:00 | 63:47 |
| | | Berliner TSC | | 7:31 | 4:35 | 9:46 | 4:41 | 8:13 | 2:58 | 2:31 | 7:27 | 4:50 | 2:53 | 1:36 | 3:23 | 2:36 | 0:47 |
| 2 | | Herold, Rudolf | 87:28 | 8:59 | 16:32 | 33:51 | 43:14 | 54:25 | 58:23 | 62:25 | 68:04 | 73:15 | 76:32 | 78:42 | 82:55 | 86:17 | 87:28 |
| | | Kaulsdorfer OLV Berlin | | 8:59 | 7:33 | 17:19 | 9:23 | 11:11 | 3:58 | 4:02 | 5:39 | 5:11 | 3:17 | 2:10 | 4:13 | 3:22 | 1:11 |
| 3 | | Fink, Wolfgang | 91:03 | 8:32 | 18:02 | 30:26 | 37:28 | 46:46 | 52:21 | 55:50 | 65:43 | 74:37 | 80:18 | 82:26 | 86:32 | 90:01 | 91:03 |
| | | TSV 90 Röbel | | 8:32 | 9:30 | 12:24 | 7:02 | 9:18 | 5:35 | 3:29 | 9:53 | 8:54 | 5:41 | 2:08 | 4:06 | 3:29 | 1:02 |
| H70 (Herren ab 70) (2) | | | 4,5 km 10 P | | | | | | | | | | | | | | |
| | | | 1(117) | 2(118) | 3(124) | 4(116) | 5(108) | 6(120) | 7(126) | 8(129) | 9(107) | 10(199) | Ziel | | | | |
| 1 | | Plötz, Gerhard | 51:56 | 4:50 | 11:48 | 17:33 | 23:03 | 34:40 | 36:16 | 42:48 | 47:36 | 49:39 | 50:50 | 51:55 | | | |
| | | OLV Potsdam | | 4:50 | 6:58 | 5:45 | 5:30 | 11:37 | 1:36 | 6:32 | 4:48 | 2:03 | 1:11 | 1:05 | | | |
| 2 | | Kremer, Christian | 63:48 | 5:00 | 12:32 | 20:17 | 28:08 | 41:08 | 43:27 | ----- | ----- | 60:32 | 62:58 | 63:48 | | | |
| | | ESV Lok Berlin-Schöneeweide | | 5:00 | 7:32 | 7:45 | 7:51 | 13:00 | 2:19 | | | 17:05 | 2:26 | 0:50 | | | |
| H75 (Herren ab 75) (1) | | | 4,1 km 10 P | | | | | | | | | | | | | | |
| | | | 1(116) | 2(118) | 3(121) | 4(120) | 5(126) | 6(129) | 7(125) | 8(105) | 9(122) | 10(199) | Ziel | | | | |
| 1 | | Thiel, Rolf | 58:29 | 8:58 | 17:16 | 23:16 | 26:36 | 32:19 | 40:16 | 46:53 | 50:02 | 54:03 | 57:33 | 58:29 | | | |
| | | SV IHW Alex 78 Berlin | | 8:58 | 8:18 | 6:00 | 3:20 | 5:43 | 7:57 | 6:37 | 3:09 | 4:01 | 3:30 | 0:56 | | | |
| H80 (Herren ab 80) (1) | | | 2,8 km 10 P | | | | | | | | | | | | | | |
| | | | 1(117) | 2(102) | 3(108) | 4(120) | 5(132) | 6(129) | 7(125) | 8(105) | 9(122) | 10(199) | Ziel | | | | |
| 1 | | Wichmann, Peter | 50:14 | 4:54 | ----- | 13:17 | 15:59 | ----- | ----- | ----- | 35:54 | ----- | 49:25 | 50:14 | | | |
| | | USC Magdeburg | | 4:54 | | 8:23 | 2:42 | | | | 19:55 | | 13:31 | 0:49 | | | |