

Männer

| Pl. | St Nr | Name | Verein | AK | AK-Pl. | Netto-Zeit | Brutto-Zeit |
|-----|-------|-----------------------|-----------------------------|--------|--------|--------------|-------------|
| 1 | 268 | Marco Höpfner | Sparda-Team Rechberghausen | M40 | 1 | 0:43:26 (1) | 0:43:26 |
| 2 | 405 | Stefan Keifer | 3Boysrun Global Plogging | M35 | 1 | 0:45:28 (2) | 0:45:28 |
| 3 | 287 | Christian Kreuzer | | M40 | 2 | 0:46:26 (3) | 0:46:27 |
| 4 | 260 | Thomas Heilig | | M45 | 1 | 0:46:31 (4) | 0:46:31 |
| 5 | 277 | Steffen Kauderer | | M | 1 | 0:47:55 (5) | 0:47:56 |
| 6 | 346 | Florian Schäfer | | M | 2 | 0:48:36 (6) | 0:48:56 |
| 7 | 259 | Manuel Hartmann | AST Süßen | M35 | 2 | 0:49:29 (7) | 0:49:32 |
| 8 | 209 | Paul Bauer | | MJ U18 | 1 | 0:49:56 (8) | 0:50:00 |
| 9 | 427 | Werner Darcis | HSB running team | M60 | 1 | 0:51:53 (9) | 0:51:56 |
| 10 | 408 | Willi Schuster | | M40 | 3 | 0:52:22 (10) | 0:52:38 |
| 11 | 400 | Michael Zandt | Löwenläufer | M50 | 1 | 0:54:03 (11) | 0:54:05 |
| 12 | 392 | Dieter Waldt | Ottsilla-Team TSV Ottenbach | M55 | 1 | 0:55:04 (12) | 0:55:21 |
| 13 | 337 | Thomas Riedel | TSG Salach | M50 | 2 | 0:56:07 (13) | 0:56:09 |
| 14 | 415 | Artur Schlögl | | M30 | 1 | 0:56:29 (14) | 0:56:45 |
| 15 | 425 | Maximilian Schuster | | MJ U18 | 2 | 0:56:46 (15) | 0:56:49 |
| 16 | 200 | Matthias Allmendinger | | M35 | 3 | 0:57:23 (17) | 0:57:29 |
| 17 | 470 | Christian Weber | | M | 3 | 0:57:18 (16) | 0:57:53 |
| 18 | 374 | Guenther Staudinger | | M45 | 2 | 0:57:55 (18) | 0:58:10 |
| 19 | 352 | Björn Schmid | MittenInSalach | M35 | 4 | 0:59:44 (19) | 1:00:00 |
| 20 | 407 | Steffen Bastian | | M35 | 5 | 1:00:12 (20) | 1:00:28 |
| 21 | 312 | Klaus Meissner | | M45 | 3 | 1:00:41 (21) | 1:00:54 |
| 22 | 399 | Max Yilmazel | SPD Salach | M30 | 2 | 1:01:15 (22) | 1:01:16 |
| 23 | 343 | Enrique Ruiz | AST Süßen | M65 | 1 | 1:03:27 (23) | 1:03:37 |
| 24 | 294 | Titus Kurz | AST Süßen | M60 | 2 | 1:04:06 (24) | 1:04:14 |
| 25 | 373 | Werner Staudenmayer | SPD Salach | M55 | 2 | 1:04:51 (25) | 1:04:53 |
| 26 | 290 | Dieter Kübler | | M40 | 4 | 1:07:22 (26) | 1:07:48 |
| 27 | 394 | Alexander Weber | AST Süßen | M60 | 3 | 1:10:15 (27) | 1:10:25 |
| 28 | 444 | Steffen Szlamma | | M30 | 3 | 1:13:22 (28) | 1:13:38 |
| 29 | 412 | Bernd Schweizer | | M35 | 6 | 1:13:54 (29) | 1:14:13 |

Frauen

| Pl. | St Nr | Name | Verein | AK | AK-Pl. | Netto-Zeit | Brutto-Zeit |
|-----|-------|------------------|---------------------------|-----|--------|--------------|-------------|
| 1 | 436 | Susen Dietrich | Team Burg Apotheke Salach | W | 1 | 0:53:02 (1) | 0:53:11 |
| 2 | 311 | Nina Mehnert | | W | 2 | 0:54:31 (2) | 0:54:31 |
| 3 | 388 | Nicole Vollmer | AST Süßen | W40 | 1 | 0:56:53 (3) | 0:56:57 |
| 4 | 406 | Elvira Hohberger | TSG Salach | W55 | 1 | 0:57:09 (4) | 0:57:17 |
| 5 | 445 | Jolanta Seybold | AST Süßen | W50 | 1 | 0:58:19 (5) | 0:58:20 |
| 6 | 321 | Ina Nieswandt | | W35 | 1 | 1:01:28 (6) | 1:01:37 |
| 7 | 243 | Tanja Gerusel | 4you Fitness | W45 | 1 | 1:03:19 (8) | 1:03:33 |
| 8 | 208 | Karin Bauer | | W45 | 2 | 1:03:18 (7) | 1:03:39 |
| 9 | 391 | Stefanie Wahl | | W35 | 2 | 1:07:12 (9) | 1:07:31 |
| 10 | 393 | Anna Weber | 4you Fitness | W45 | 3 | 1:09:27 (10) | 1:09:42 |
| 11 | 370 | Susanne Stani | SPD Salach | W45 | 4 | 1:09:38 (11) | 1:09:56 |

Frauen

| Pl. | St Nr | Name | Verein | AK | AK-Pl. | Netto-Zeit | Brutto-Zeit |
|-----|-------|-----------------|-------------|-----|--------|--------------|-------------|
| 12 | 292 | Birgit Kuhn | | W40 | 2 | 1:11:41 (12) | 1:11:59 |
| 13 | 403 | Martina Zowislo | Lauf geht's | W50 | 2 | 1:13:41 (14) | 1:13:46 |
| 14 | 226 | Simone Daniel | Lauf geht's | W45 | 5 | 1:13:30 (13) | 1:13:49 |
| 15 | 448 | Claudia Gallo | AST Süßen | W50 | 3 | 1:16:49 (15) | 1:17:08 |