

Einlaufliste - 10 km

| Platz | Stnr | Name | Jg | Ak | Team | Zeit |
|-----------------|------|----------------------------|------|-----|--------------------|----------|
| männlich | | | | | | |
| 1 | 361 | Heumann, Dirk | 1964 | M40 | MTV Adenbüttel | 00:44:03 |
| 2 | 355 | Viehöfer, Peter | 1962 | M40 | | 00:47:30 |
| 3 | 354 | Meyer, Uwe | 1958 | M40 | | 00:47:51 |
| 4 | 360 | Posdlich-Schmidt, Winfried | 1953 | M50 | Vitapark | 00:48:34 |
| 5 | 351 | Scharfenberg, Hans-Dieter | 1956 | M50 | Wernesgrüner Buben | 00:48:38 |
| 6 | 357 | Turowski, Axel | 1953 | M50 | MTV Hattorf | 00:53:42 |
| 7 | 356 | Bachmann, Jens | 1968 | M30 | | 00:54:29 |
| 8 | 352 | Hollerbach, Horst | 1961 | M40 | | 00:55:52 |
| 9 | 350 | Krauße, Lutz | 1938 | M60 | SR-Wolfsburg | 00:56:35 |
| 10 | 362 | Birka, Bernd | 1948 | M50 | VfL Wolfsburg | 00:59:09 |
| 11 | 358 | Ortwein, Hans | 1938 | M60 | | 00:59:51 |
| 12 | 353 | Cosimo, Piras | 1961 | M40 | | 01:00:02 |
| 13 | 359 | Manewald, Olaf | 1970 | M30 | | 01:04:57 |