

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|--------------------|-----|---------------------------|------|-----|-----|---------|----------|
| 1 | | 00:33:19 | 278 | Steinmetz, Roland | | RSG Herne | 1976 | 1 | MHK | 03:19,9 | 00:00:00 |
| 2 | | 00:33:29 | 195 | Schulte, Robert | | LGO Dortmund | 1978 | 2 | MHK | 03:20,9 | 00:00:10 |
| 3 | | 00:34:26 | 92 | Achenbach, Nicklar | | Hobbyjogger.de | 1982 | 3 | MHK | 03:26,6 | 00:01:07 |
| 4 | | 00:34:45 | 282 | Schirmer, Rüdiger | | ART Düsseldorf | 1965 | 1 | M40 | 03:28,5 | 00:01:26 |
| 5 | | 00:34:49 | 170 | Buddenberg, Thom | | LC Rapid Dortmund 20(1970 | | 1 | M35 | 03:28,9 | 00:01:30 |
| 6 | | 00:34:53 | 168 | Max, Gereon | | LC Rapid Dortmund 20(1972 | | 1 | M30 | 03:29,3 | 00:01:34 |
| 7 | | 00:34:58 | 232 | Komowski, Zbignie | | LG Mülheim/Ruhr | 1963 | 2 | M40 | 03:29,8 | 00:01:39 |
| 8 | | 00:35:03 | 53 | Kurtz, Peter | | Team Stadtverwaltung | 1970 | 2 | M35 | 03:30,3 | 00:01:44 |
| 9 | | 00:35:03 | 279 | Koch, Günter | | USC Bochum | 1949 | 1 | M55 | 03:30,3 | 00:01:44 |
| 10 | | 00:35:54 | 171 | Brandt, Heiko | | LC Rapid Dortmund 20(1983 | | 4 | MHK | 03:35,4 | 00:02:35 |
| 11 | | 00:36:06 | 161 | Ehl, Markus | | Tri-Geckos Dortmund | 1969 | 3 | M35 | 03:36,6 | 00:02:47 |
| 12 | | 00:36:21 | 197 | Vaneylen, Marvin | | LGO Dortmund | 1987 | 5 | MHK | 03:38,1 | 00:03:02 |
| 13 | | 00:36:33 | 241 | Augustin, Klaus | | Triathlon Team Witten | 1948 | 2 | M55 | 03:39,3 | 00:03:14 |
| 14 | | 00:36:37 | 178 | Schübbe, Reiner | | LG Deiringsen | 1951 | 1 | M50 | 03:39,7 | 00:03:18 |
| 15 | | 00:36:45 | 227 | Dobischok, Michae | | | 1966 | 4 | M35 | 03:40,5 | 00:03:26 |
| 16 | | 00:36:47 | 239 | Knorr, Peter | | LGO Dortmund | 1986 | 6 | MHK | 03:40,7 | 00:03:28 |
| 17 | | 00:36:58 | 205 | Dick-Cortmann, M | | LG Schwerte | 1971 | 2 | M30 | 03:41,8 | 00:03:39 |
| 18 | | 00:37:08 | 75 | Ehmsen, Wolfgang | | Karstadt-Sport Dortmund | 1960 | 1 | M45 | 03:42,8 | 00:03:49 |
| 19 | | 00:37:25 | 8 | Schmelz, Detlef | | Dortmund | 1957 | 2 | M45 | 03:44,5 | 00:04:06 |
| 20 | | 00:37:29 | 4 | Odparlik, Paul | | TuS Eintracht Bielefeld | 1983 | 7 | MHK | 03:44,9 | 00:04:10 |
| 21 | | 00:37:29 | 242 | Mensing, Maximilia | | Tus Ende | 1990 | 8 | MHK | 03:44,9 | 00:04:10 |
| 22 | | 00:37:34 | 102 | Lehmann, Dirk | | Laufteam Stadtwerke | 1969 | 5 | M35 | 03:45,4 | 00:04:15 |
| 23 | | 00:37:42 | 2 | Schneider, Michael | | Ski Club Werl | 1964 | 3 | M40 | 03:46,2 | 00:04:23 |
| 24 | | 00:37:52 | 258 | Krüger, Olaf | | SGE Ergste | 1969 | 6 | M35 | 03:47,2 | 00:04:33 |
| 25 | | 00:37:55 | 255 | Niemietz, Stefan | | Fröndenberg | 1982 | 9 | MHK | 03:47,5 | 00:04:36 |
| 26 | | 00:38:00 | 22 | Goltsch, Tillmann | | Hobbyjogger.de | 1978 | 10 | MHK | 03:48,0 | 00:04:41 |
| 27 | | 00:38:04 | 31 | Lutz, Joachim | | LT Bittermark Dortmund | 1956 | 3 | M45 | 03:48,4 | 00:04:45 |
| 28 | | 00:38:05 | 184 | Dillenhöfer, Uli | | LGO/TSV Kirchlinde | 1962 | 4 | M40 | 03:48,5 | 00:04:46 |
| 29 | | 00:38:06 | 263 | Brand, Sascha | | TV Werne 03 | 1974 | 3 | M30 | 03:48,6 | 00:04:47 |
| 30 | | 00:38:11 | 165 | Oesterling, Klaus | | LC Rapid Dortmund 20(1954 | | 2 | M50 | 03:49,1 | 00:04:52 |
| 31 | | 00:38:11 | 233 | Schiffer, Eric | | LGO Dortmund | 1975 | 4 | M30 | 03:49,1 | 00:04:52 |
| 32 | | 00:38:21 | 83 | Bachmayr, Stefan | | LGO/TuS Westfalia Hor | 1967 | 7 | M35 | 03:50,1 | 00:05:02 |
| 1 W | | 00:38:24 | 159 | Doyscher, Uta | | LT Bittermark Dortmund | 1968 | 1 | W35 | 03:50,4 | 00:00:00 |
| 33 | | 00:38:46 | 185 | Backes, Ralf | | LGO/TSV Kirchlinde | 1961 | 5 | M40 | 03:52,6 | 00:05:27 |
| 34 | | 00:38:48 | 21 | Rehahn, Mario | | Dortmund | 1963 | 6 | M40 | 03:52,8 | 00:05:29 |
| 35 | | 00:38:53 | 27 | Laur, Rüdiger | | LT Bittermark Dortmund | 1964 | 7 | M40 | 03:53,3 | 00:05:34 |
| 36 | | 00:39:06 | 212 | Schimming, Tobias | | RUB | 1980 | 11 | MHK | 03:54,6 | 00:05:47 |
| 37 | | 00:39:09 | 219 | Heimrath, Ralf | | LGO/DJK SuS Brambau | 1985 | 12 | MHK | 03:54,9 | 00:05:50 |
| 38 | | 00:39:13 | 196 | Dietze, Joachim | | TSV 1863 Herdecke | 1962 | 8 | M40 | 03:55,3 | 00:05:54 |
| 39 | | 00:39:15 | 148 | Mäder, Peter | | USC Bochum | 1956 | 4 | M45 | 03:55,5 | 00:05:56 |
| 40 | | 00:39:22 | 145 | Schlierenkämper, | | Viermärker Waldlauf G | 1967 | 8 | M35 | 03:56,2 | 00:06:03 |
| 41 | | 00:39:25 | 211 | Wiemann, Matthias | | RUB | 1976 | 13 | MHK | 03:56,5 | 00:06:06 |
| 42 | | 00:39:27 | 225 | Mazurek, Jürgen | | TuS Scharnhorst 95/26 | 1952 | 3 | M50 | 03:56,7 | 00:06:08 |
| 43 | | 00:39:33 | 264 | Korte, Michel | | LSF Unna 2000 | 1978 | 14 | MHK | 03:57,3 | 00:06:14 |
| 44 | | 00:39:37 | 277 | Eickel, Klaus | | Sus Oestereiden | 1985 | 15 | MHK | 03:57,7 | 00:06:18 |
| 45 | | 00:39:41 | 120 | Koglin, Werner | | Viermärker Waldlauf G | 1947 | 3 | M55 | 03:58,1 | 00:06:22 |
| 46 | | 00:39:46 | 90 | Gratza, Waldemar | | Dortmund | 1960 | 5 | M45 | 03:58,6 | 00:06:27 |
| 47 | | 00:39:47 | 103 | Weingarten, Peter | | Laufteam Stadtwerke | 1963 | 9 | M40 | 03:58,7 | 00:06:28 |
| 48 | | 00:39:50 | 23 | Pavlic, Josh | | LT Wischlingen | 1966 | 9 | M35 | 03:59,0 | 00:06:31 |
| 2 W | | 00:39:55 | 252 | Walter, Verena | | Marathon Club Menden | 1981 | 1 | WHK | 03:59,5 | 00:01:31 |
| 49 | | 00:39:56 | 146 | Schledde, Raimunc | | LT Bittermark Dortmund | 1949 | 4 | M55 | 03:59,6 | 00:06:37 |
| 50 | | 00:39:59 | 236 | Rayar, Mahmut | | Dortmund | 1960 | 6 | M45 | 03:59,9 | 00:06:40 |
| 51 | | 00:40:07 | 7 | Koch, Patrick | | Dortmund | 1981 | 16 | MHK | 04:00,7 | 00:06:48 |
| 52 | | 00:40:08 | 275 | Vollmer, Stefan | | Ruhrboss 03 EV | 1971 | 5 | M30 | 04:00,8 | 00:06:49 |
| 53 | | 00:40:10 | 214 | Goeke, Meinolf | | LT Wischlingen | 1960 | 7 | M45 | 04:01,0 | 00:06:51 |
| 54 | | 00:40:19 | 29 | Hohnke, Jörg | | LT Bittermark Dortmund | 1958 | 8 | M45 | 04:01,9 | 00:07:00 |
| 55 | | 00:40:20 | 790 | Lange, Matthias | | Commerzbank Dortmund | 1978 | 17 | MHK | 04:02,0 | 00:07:01 |
| 56 | | 00:40:26 | 93 | Achenbach, Marwir | | Hobbyjogger.de | 1980 | 18 | MHK | 04:02,6 | 00:07:07 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|---------------------|-----|------------------------|------|-----|-----|---------|----------|
| 57 | | 00:40:34 | 127 | Kossin, Peter | | Viermärker Waldlauf Gr | 1964 | 10 | M40 | 04:03,4 | 00:07:15 |
| 58 | | 00:40:40 | 287 | Waujokat, Michael | | TVG Kaiserau | 1969 | 10 | M35 | 04:04,0 | 00:07:21 |
| 59 | | 00:40:42 | 224 | Segers, Roland | | TuS Scharnhorst 95/26 | 1964 | 11 | M40 | 04:04,2 | 00:07:23 |
| 60 | | 00:40:44 | 226 | Brzosowski, Volker | | Allianz | 1969 | 11 | M35 | 04:04,4 | 00:07:25 |
| 61 | | 00:40:46 | 166 | Anthes, Dietmar | | LC Rapid Dortmund 20 | 1956 | 9 | M45 | 04:04,6 | 00:07:27 |
| 62 | | 00:40:55 | 97 | Vogt, Martin | | BSG Wilo Dortmund | 1963 | 12 | M40 | 04:05,5 | 00:07:36 |
| 3 | W | 00:40:57 | 177 | Saalbach, Elke | | LG Deiringsen | 1962 | 1 | W40 | 04:05,7 | 00:02:33 |
| 63 | | 00:41:03 | 247 | Kuhn, Jens | | Johannes Busch Haus | 1971 | 6 | M30 | 04:06,3 | 00:07:44 |
| 64 | | 00:41:03 | 147 | Kister, Andreas | | Heisse Hacken | 1966 | 12 | M35 | 04:06,3 | 00:07:44 |
| 65 | | 00:41:06 | 280 | Lange, Ralf | | Dortmund | 1966 | 13 | M35 | 04:06,6 | 00:07:47 |
| 66 | | 00:41:10 | 261 | Kamrath, Horst | | LG Schwerte | 1949 | 5 | M55 | 04:07,0 | 00:07:51 |
| 67 | | 00:41:16 | 94 | Achenbach, Darian | | Hobbyjogger.de | 1986 | 19 | MHK | 04:07,6 | 00:07:57 |
| 68 | | 00:41:17 | 245 | Broszio, Heinz | | TV Brechten | 1946 | 6 | M55 | 04:07,7 | 00:07:58 |
| 69 | | 00:41:19 | 288 | Brause, Helge | | LT Wischlingen | 1957 | 10 | M45 | 04:07,9 | 00:08:00 |
| 70 | | 00:41:21 | 266 | Fronhöfer, Georg | | LG Opelaner Bochum | 1985 | 20 | MHK | 04:08,1 | 00:08:02 |
| 71 | | 00:41:21 | 63 | Witt, Christian | | Team Stadtverwaltung | 1959 | 11 | M45 | 04:08,1 | 00:08:02 |
| 72 | | 00:41:22 | 251 | Wensing, Ulrich | | Dortmund | 1961 | 13 | M40 | 04:08,2 | 00:08:03 |
| 73 | | 00:41:24 | 221 | Prahl, Andreas | | Dortmund | 1965 | 14 | M40 | 04:08,4 | 00:08:05 |
| 4 | W | 00:41:25 | 216 | Freitag, Manuela | | BV Teutonia Lanstrop | 1965 | 2 | W40 | 04:08,5 | 00:03:01 |
| 74 | | 00:41:32 | 142 | Mendelin, Michael | | Viermärker Waldlauf Gr | 1957 | 12 | M45 | 04:09,2 | 00:08:13 |
| 75 | | 00:41:33 | 122 | Lemberg, Stefan | | Viermärker Waldlauf Gr | 1969 | 14 | M35 | 04:09,3 | 00:08:14 |
| 76 | | 00:41:34 | 69 | Hauptvogel, Dieter | | Tri-Geckos Dortmund | 1942 | 1 | M60 | 04:09,4 | 00:08:15 |
| 77 | | 00:41:38 | 201 | Schulz, Andreas | | TLV Rünthe 77 | 1958 | 13 | M45 | 04:09,8 | 00:08:19 |
| 78 | | 00:41:40 | 104 | Stricker, Karsten | | Laufteam Stadtwerke | 1968 | 15 | M35 | 04:10,0 | 00:08:21 |
| 79 | | 00:41:44 | 79 | Jürgens, Lars | | Castrop-Rauxel | 1977 | 21 | MHK | 04:10,4 | 00:08:25 |
| 80 | | 00:41:46 | 42 | Mexner, Gerald | | SG Eintracht Ergste | 1966 | 16 | M35 | 04:10,6 | 00:08:27 |
| 81 | | 00:41:56 | 265 | Mackner, Jost | | | 1968 | 17 | M35 | 04:11,6 | 00:08:37 |
| 82 | | 00:41:58 | 47 | Zumdick, Sebastia | | Essen | 1977 | 22 | MHK | 04:11,8 | 00:08:39 |
| 83 | | 00:42:04 | 107 | Bisping, Dirk | | BSG Uhde | 1970 | 18 | M35 | 04:12,4 | 00:08:45 |
| 84 | | 00:42:07 | 152 | Kolonko, Peter | | Plate-Heide | 1967 | 19 | M35 | 04:12,7 | 00:08:48 |
| 85 | | 00:42:08 | 188 | Süßmilch, Michael | | LGO/TSV Kirchlind | 1960 | 14 | M45 | 04:12,8 | 00:08:49 |
| 86 | | 00:42:09 | 154 | Kluwe, Jens | | 1. SC Bochum | 1967 | 20 | M35 | 04:12,9 | 00:08:50 |
| 87 | | 00:42:09 | 215 | Gebauer, Bernd | | LGO/TVE Barop | 1965 | 15 | M40 | 04:12,9 | 00:08:50 |
| 88 | | 00:42:10 | 174 | Dombrowski, Leon | | Dortmund | 1958 | 15 | M45 | 04:13,0 | 00:08:51 |
| 89 | | 00:42:10 | 156 | Neumann, Meik | | 1. SC Bochum | 1971 | 7 | M30 | 04:13,0 | 00:08:51 |
| 90 | | 00:42:12 | 116 | Görrissen, Dirk | | Viermärker Waldlauf Gr | 1963 | 16 | M40 | 04:13,2 | 00:08:53 |
| 91 | | 00:42:15 | 270 | Götze, Jürgen | | Dortmund | 1960 | 16 | M45 | 04:13,5 | 00:08:56 |
| 92 | | 00:42:20 | 46 | Röhring, Gerhard | | Witten | 1958 | 17 | M45 | 04:14,0 | 00:09:01 |
| 93 | | 00:42:23 | 64 | Bliemetsrieder, Ma | | BV Borussia Dortmund | 1973 | 8 | M30 | 04:14,3 | 00:09:04 |
| 94 | | 00:42:26 | 257 | Lahgenbach, Oliver | | RC Hansa Dortmund | 1985 | 23 | MHK | 04:14,6 | 00:09:07 |
| 95 | | 00:42:33 | 136 | Herbstritt, Joachim | | Viermärker Waldlauf Gr | 1960 | 18 | M45 | 04:15,3 | 00:09:14 |
| 96 | | 00:42:34 | 199 | Seidler, Michael | | Dortmund | 1957 | 19 | M45 | 04:15,4 | 00:09:15 |
| 97 | | 00:42:34 | 169 | Horbel, Kai | | LC Rapid Dortmund 20 | 1966 | 21 | M35 | 04:15,4 | 00:09:15 |
| 98 | | 00:42:35 | 100 | Vallböhmer, Swen | | LGO/DJK Ewaldi Aplerb | 1968 | 22 | M35 | 04:15,5 | 00:09:16 |
| 5 | W | 00:42:37 | 121 | Wagener, Gudrun | | Viermärker Waldlauf Gr | 1956 | 1 | W45 | 04:15,7 | 00:04:13 |
| 99 | | 00:42:38 | 26 | Weinbörner, Klaus | | LT Bittermark Dortmun | 1948 | 7 | M55 | 04:15,8 | 00:09:19 |
| 100 | | 00:42:43 | 203 | Kalweit, Siegfried | | TSV Viktoria Mülheim | 1942 | 2 | M60 | 04:16,3 | 00:09:24 |
| 101 | | 00:42:43 | 130 | Frank, Lothar | | Viermärker Waldlauf Gr | 1955 | 4 | M50 | 04:16,3 | 00:09:24 |
| 6 | W | 00:42:44 | 115 | Klischan, Ursula | | Viermärker Waldlauf Gr | 1956 | 2 | W45 | 04:16,4 | 00:04:20 |
| 7 | W | 00:42:49 | 151 | Nowottny-Hupka, | | LT Wischlingen | 1959 | 3 | W45 | 04:16,9 | 00:04:25 |
| 102 | | 00:42:53 | 43 | Murawski, Fred | | DAV Dortmund | 1951 | 5 | M50 | 04:17,3 | 00:09:34 |
| 103 | | 00:43:05 | 54 | Päsler, Christian | | Team Stadtverwaltung | 1985 | 24 | MHK | 04:18,5 | 00:09:46 |
| 104 | | 00:43:05 | 55 | Päsler, Reinhard | | Team Stadtverwaltung | 1954 | 6 | M50 | 04:18,5 | 00:09:46 |
| 105 | | 00:43:05 | 149 | Gruner, Reinhard | | LT Wischlingen | 1954 | 7 | M50 | 04:18,5 | 00:09:46 |
| 106 | | 00:43:05 | 89 | Müller, Klaus | | Tri-Geckos Dortmund | 1957 | 20 | M45 | 04:18,5 | 00:09:46 |
| 107 | | 00:43:07 | 88 | Schuelken, Maik | | Ruhr-Style-Runners | 1982 | 25 | MHK | 04:18,7 | 00:09:48 |
| 108 | | 00:43:08 | 141 | Rempel, Peter | | Viermärker Waldlauf Gr | 1951 | 8 | M50 | 04:18,8 | 00:09:49 |
| 109 | | 00:43:13 | 98 | Krumm, Carsten | | BSG Wilo Dortmund | 1966 | 23 | M35 | 04:19,3 | 00:09:54 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|---------------------|-----|------------------------|------|-----|-----|---------|----------|
| 110 | | 00:43:19 | 256 | Pelkowen, Sami | | BSG Uhde | 1966 | 24 | M35 | 04:19,9 | 00:10:00 |
| 111 | | 00:43:22 | 237 | Rüschenschmidt, F | | Dortmund | 1966 | 25 | M35 | 04:20,2 | 00:10:03 |
| 112 | | 00:43:24 | 132 | Stegherr, Achim | | Viermärker Waldlauf Gr | 1963 | 17 | M40 | 04:20,4 | 00:10:05 |
| 113 | | 00:43:25 | 272 | Gischarowski, Rain | | TSV Kirchlinde | 1957 | 21 | M45 | 04:20,5 | 00:10:06 |
| 8 | W | 00:43:29 | 198 | von der Horst, Lau | | LAC Dortmund | 1987 | 2 | WHK | 04:20,9 | 00:05:05 |
| 114 | | 00:43:29 | 200 | von der Horst, Rüd | | Dortmund | 1959 | 22 | M45 | 04:20,9 | 00:10:10 |
| 115 | | 00:43:31 | 1139 | Appel, Uwe | | TVA Dortmund Wickede | 1964 | 18 | M40 | 04:21,1 | 00:10:12 |
| 116 | | 00:43:35 | 128 | Rensinghoff, Dieter | | Viermärker Waldlauf Gr | 1954 | 9 | M50 | 04:21,5 | 00:10:16 |
| 117 | | 00:43:36 | 248 | Birk, Thorsten | | Holzwickede | 1975 | 9 | M30 | 04:21,6 | 00:10:17 |
| 118 | | 00:43:37 | 180 | Möller, Heinz-Günt | | Heinrich-Böll-Gesamtsc | 1952 | 10 | M50 | 04:21,7 | 00:10:18 |
| 119 | | 00:43:37 | 231 | Trompeter, Michae | | Dortmund | 1975 | 10 | M30 | 04:21,7 | 00:10:18 |
| 120 | | 00:43:37 | 77 | Thiemann, Manfrec | | Lauf Team Unna | 1958 | 23 | M45 | 04:21,7 | 00:10:18 |
| 9 | W | 00:43:38 | 10 | Wilkens, Heike | | Dortmund | 1968 | 2 | W35 | 04:21,8 | 00:05:14 |
| 121 | | 00:43:41 | 5 | Pohl, Herbert | | Radbod Runners | 1956 | 24 | M45 | 04:22,1 | 00:10:22 |
| 122 | | 00:43:42 | 187 | Michels, Peter | | LGO/TSV Kirchlinde | 1949 | 8 | M55 | 04:22,2 | 00:10:23 |
| 123 | | 00:43:43 | 718 | Genz, Jürgen | | Dortmund | 1965 | 19 | M40 | 04:22,3 | 00:10:24 |
| 124 | | 00:43:45 | 86 | Grosse-Holz, Andre | | LGO/TuS Westfalia Hom | 1964 | 20 | M40 | 04:22,5 | 00:10:26 |
| 125 | | 00:43:51 | 1026 | Hering, Michael | | BSG - Signal-Iduna | 1971 | 11 | M30 | 04:23,1 | 00:10:32 |
| 126 | | 00:43:52 | 249 | Zachau, Markus | | Johannes Busch Haus | 1976 | 26 | MHK | 04:23,2 | 00:10:33 |
| 10 | W | 00:44:00 | 250 | Vogt, Sonja | | Schwerte | 1975 | 1 | W30 | 04:24,0 | 00:05:36 |
| 127 | | 00:44:01 | 1178 | Kreft, Elmar | | Herne | 1970 | 26 | M35 | 04:24,1 | 00:10:42 |
| 128 | | 00:44:03 | 1020 | Luckow, Olaf | | BSG - Signal-Iduna | 1962 | 21 | M40 | 04:24,3 | 00:10:44 |
| 129 | | 00:44:07 | 99 | Overmann, Matthia | | Dortmund | 1967 | 27 | M35 | 04:24,7 | 00:10:48 |
| 130 | | 00:44:07 | 65 | Dannebom, Michae | | Dortmund | 1959 | 25 | M45 | 04:24,7 | 00:10:48 |
| 11 | W | 00:44:13 | 138 | Claudy, Marion | | Viermärker Waldlauf Gr | 1955 | 1 | W50 | 04:25,3 | 00:05:49 |
| 131 | | 00:44:16 | 124 | Arnold, Rüdiger | | Viermärker Waldlauf Gr | 1950 | 9 | M55 | 04:25,6 | 00:10:57 |
| 132 | | 00:44:21 | 234 | Stein, Ulrich | | Dortmund | 1951 | 11 | M50 | 04:26,1 | 00:11:02 |
| 133 | | 00:44:22 | 1039 | Krunke, Andreas | | BSG - Signal-Iduna | 1962 | 22 | M40 | 04:26,2 | 00:11:03 |
| 134 | | 00:44:25 | 40 | Lotz, Andreas | | Ski Club Schwerte | 1967 | 28 | M35 | 04:26,5 | 00:11:06 |
| 135 | | 00:44:25 | 267 | Hansmeier, Patrick | | Frankfurt | 1971 | 12 | M30 | 04:26,5 | 00:11:06 |
| 136 | | 00:44:26 | 182 | Spigiel, Dietmar | | LT Wischlingen | 1955 | 12 | M50 | 04:26,6 | 00:11:07 |
| 137 | | 00:44:27 | 112 | Karius, Wolfgang | | BSG Uhde | 1960 | 26 | M45 | 04:26,7 | 00:11:08 |
| 138 | | 00:44:28 | 72 | Erpenbeck, Bernd | | Fronrunners New York | 1965 | 23 | M40 | 04:26,8 | 00:11:09 |
| 139 | | 00:44:29 | 283 | Kerstiens, Norbert | | LT Wischlingen | 1961 | 24 | M40 | 04:26,9 | 00:11:10 |
| 140 | | 00:44:30 | 286 | Witkowski, Thomas | | LT Cappenberger See | 1985 | 27 | MHK | 04:27,0 | 00:11:11 |
| 12 | W | 00:44:31 | 164 | Verleger, Cirsten | | Tri-Geckos Dortmund | 1968 | 3 | W35 | 04:27,1 | 00:06:07 |
| 141 | | 00:44:33 | 207 | Siebert, Frank | | Dortmund | 1963 | 25 | M40 | 04:27,3 | 00:11:14 |
| 142 | | 00:44:35 | 269 | Kernchen, Michael | | Dortmund | 1969 | 29 | M35 | 04:27,5 | 00:11:16 |
| 143 | | 00:44:35 | 230 | Pfalz, Ulrich | | Tetonia Lustrop | 1956 | 27 | M45 | 04:27,5 | 00:11:16 |
| 144 | | 00:44:36 | 238 | Dunkel, Markus | | DLRG Kamen EV | 1969 | 30 | M35 | 04:27,6 | 00:11:17 |
| 145 | | 00:44:43 | 293 | Rummel, Stefan | | Dortmund | 1969 | 31 | M35 | 04:28,3 | 00:11:24 |
| 146 | | 00:44:44 | 210 | Stoltenberg, Andre | | Witten | 1976 | 28 | MHK | 04:28,4 | 00:11:25 |
| 147 | | 00:44:48 | 59 | Rüthers, Martin | | Team Stadtverwaltung | 1960 | 28 | M45 | 04:28,8 | 00:11:29 |
| 148 | | 00:44:48 | 61 | Thurm, Jörg | | Team Stadtverwaltung | 1973 | 13 | M30 | 04:28,8 | 00:11:29 |
| 149 | | 00:44:49 | 160 | Scheel, Ralf | | Dortmund | 1962 | 26 | M40 | 04:28,9 | 00:11:30 |
| 150 | | 00:44:50 | 292 | Timme, Henner | | Dortmund | 1971 | 14 | M30 | 04:29,0 | 00:11:31 |
| 151 | | 00:44:53 | 1150 | Görner, Daniel | | Ratingen | 1984 | 29 | MHK | 04:29,3 | 00:11:34 |
| 152 | | 00:44:55 | 1108 | Gerlach, Martin | | Witten | 1963 | 27 | M40 | 04:29,5 | 00:11:36 |
| 153 | | 00:44:56 | 209 | Behrens, Michael | | Witten | 1967 | 32 | M35 | 04:29,6 | 00:11:37 |
| 154 | | 00:44:57 | 768 | Schwertfeger, Car: | | Düsseldorf | 1968 | 33 | M35 | 04:29,7 | 00:11:38 |
| 155 | | 00:44:58 | 1104 | Grundmann, Thom | | TSV Kirchlinde | 1967 | 34 | M35 | 04:29,8 | 00:11:39 |
| 156 | | 00:44:59 | 33 | Müller, Andreas | | LT Bittermark Dortmun | 1964 | 28 | M40 | 04:29,9 | 00:11:40 |
| 157 | | 00:45:02 | 202 | Eder, Thomas | | TLV Rünthe 77 | 1965 | 29 | M40 | 04:30,2 | 00:11:43 |
| 13 | W | 00:45:04 | 36 | Klimm, Anke | | LT Bittermark Dortmun | 1966 | 4 | W35 | 04:30,4 | 00:06:40 |
| 158 | | 00:45:05 | 58 | Ristau, Christian | | Team Stadtverwaltung | 1972 | 15 | M30 | 04:30,5 | 00:11:46 |
| 159 | | 00:45:09 | 951 | Jäger, Uwe | | Viermärker Waldlauf Gr | 1961 | 30 | M40 | 04:30,9 | 00:11:50 |
| 160 | | 00:45:11 | 68 | Reithmayer, Lutz | | VC 75 Dortmund | 1945 | 3 | M60 | 04:31,1 | 00:11:52 |
| 161 | | 00:45:13 | 49 | Gerber, Frank | | Team Stadtverwaltung | 1967 | 35 | M35 | 04:31,3 | 00:11:54 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|---------------------|-----|------------------------|------|-----|--------|---------|----------|
| 162 | | 00:45:16 | 51 | Konze, Thomas | | Team Stadtverwaltung | 1963 | 31 | M40 | 04:31,6 | 00:11:57 |
| 163 | | 00:45:23 | 105 | Brockschmidt, Ger | | BSG Uhde | 1951 | 13 | M50 | 04:32,3 | 00:12:04 |
| 164 | | 00:45:27 | 274 | Schmitt, Christoph | | Tri Geckos Dortmund | 1979 | 30 | MHK | 04:32,7 | 00:12:08 |
| 165 | | 00:45:30 | 1092 | Paul, Thomas | | Dortmund | 1971 | 16 | M30 | 04:33,0 | 00:12:11 |
| 166 | | 00:45:30 | 57 | Richter, Frank | | Team Stadtverwaltung | 1970 | 36 | M35 | 04:33,0 | 00:12:11 |
| 167 | | 00:45:31 | 28 | Bekel, Uwe | | LT Bittermark Dortmun | 1946 | 10 | M55 | 04:33,1 | 00:12:12 |
| 168 | | 00:45:34 | 217 | Pinto, Lucas | | Dortmund | 1969 | 37 | M35 | 04:33,4 | 00:12:15 |
| 169 | | 00:45:38 | 720 | Grossmann, Andre | | Telenorma | 1961 | 32 | M40 | 04:33,8 | 00:12:19 |
| 170 | | 00:45:39 | 30 | Arentz, Arnulf | | LT Bittermark Dortmun | 1950 | 11 | M55 | 04:33,9 | 00:12:20 |
| 14 | W | 00:45:42 | 1165 | Stich, Heike | | Tus Ende | 1956 | 4 | W45 | 04:34,2 | 00:07:18 |
| 171 | | 00:45:48 | 38 | Berger, Ulrich | | LT Bittermark Dortmun | 1967 | 38 | M35 | 04:34,8 | 00:12:29 |
| 172 | | 00:45:50 | 206 | Gogolla, Ekkehard | | Dortmund | 1952 | 14 | M50 | 04:35,0 | 00:12:31 |
| 173 | | 00:45:53 | 48 | Flamme, Heinz Adc | | Team Stadtverwaltung | 1944 | 4 | M60 | 04:35,3 | 00:12:34 |
| 174 | | 00:45:54 | 150 | Pawlowski, Michae | | Johnson Controls | 1961 | 33 | M40 | 04:35,4 | 00:12:35 |
| 175 | | 00:45:55 | 896 | Franken, Mattis | | LGO/DJK Ewaldi Aplerb | 1991 | 31 | MHK | 04:35,5 | 00:12:36 |
| 176 | | 00:45:57 | 153 | Pache, Rüdiger | | MTT Dortmund | 1959 | 29 | M45 | 04:35,7 | 00:12:38 |
| 177 | | 00:45:57 | 1157 | Bartels, Ralf | | Dortmund | 599 | 29 | MSch08 | 04:35,7 | 00:12:38 |
| 178 | | 00:45:58 | 41 | Höber, Volker | | TSV Kirchlinde | 1962 | 34 | M40 | 04:35,8 | 00:12:39 |
| 179 | | 00:46:01 | 259 | Henning, Ralf | | Dortmund | 1985 | 32 | MHK | 04:36,1 | 00:12:42 |
| 180 | | 00:46:02 | 189 | Justke, Mathias | | LGO/TSV Kirchlinde | 1988 | 33 | MHK | 04:36,2 | 00:12:43 |
| 181 | | 00:46:02 | 11 | Krentel, Harald | | Dortmund | 1973 | 17 | M30 | 04:36,2 | 00:12:43 |
| 182 | | 00:46:03 | 81 | Robben, Dirk | | BSG Continentale | 1959 | 30 | M45 | 04:36,3 | 00:12:44 |
| 183 | | 00:46:04 | 954 | Plöger, Frank | | Viermärker Waldlauf Gr | 1963 | 35 | M40 | 04:36,4 | 00:12:45 |
| 184 | | 00:46:09 | 760 | Städter, Mark | | Dortmund | 1966 | 39 | M35 | 04:36,9 | 00:12:50 |
| 185 | | 00:46:11 | 204 | Kalisch, Jörg | | Münster | 1968 | 40 | M35 | 04:37,1 | 00:12:52 |
| 186 | | 00:46:12 | 223 | Vorwald, Peter | | TuS Scharnhorst 95/26 | 1969 | 41 | M35 | 04:37,2 | 00:12:53 |
| 187 | | 00:46:15 | 892 | Krooß, Achim | | LGO/DJK Ewaldi Aplerb | 1948 | 12 | M55 | 04:37,5 | 00:12:56 |
| 188 | | 00:46:19 | 1140 | Seebacher, Wolfga | | TVA Dortmund Wickede | 1947 | 13 | M55 | 04:37,9 | 00:13:00 |
| 189 | | 00:46:20 | 931 | Ruthardt, Klaus | | BSG Uhde | 1959 | 31 | M45 | 04:38,0 | 00:13:01 |
| 190 | | 00:46:22 | 157 | Amann, Erwin | | Bochum | 1960 | 32 | M45 | 04:38,2 | 00:13:03 |
| 191 | | 00:46:24 | 106 | Freienstein, Manfre | | BSG Uhde | 1943 | 5 | M60 | 04:38,4 | 00:13:05 |
| 192 | | 00:46:25 | 863 | Samarra, Dietmar | | LGO/TB Marterloh 02 | 1961 | 36 | M40 | 04:38,5 | 00:13:06 |
| 193 | | 00:46:26 | 1070 | Weise, Andreas | | Dortmund | 1963 | 37 | M40 | 04:38,6 | 00:13:07 |
| 194 | | 00:46:30 | 84 | Gudovikov, Maxim | | LGO/TuS Westfalia Hor | 1988 | 34 | MHK | 04:39,0 | 00:13:11 |
| 195 | | 00:46:33 | 213 | Anthöfer, Hans-Die | | LT Wischlingen | 1956 | 33 | M45 | 04:39,3 | 00:13:14 |
| 15 | W | 00:46:35 | 131 | Stegherr, Natalie | | Viermärker Waldlauf Gr | 1965 | 3 | W40 | 04:39,5 | 00:08:11 |
| 196 | | 00:46:38 | 977 | Mengs, Peter | | Dortmund | 1968 | 42 | M35 | 04:39,8 | 00:13:19 |
| 197 | | 00:46:39 | 1027 | Bost, Thomas | | BSG - Signal-Iduna | 1968 | 43 | M35 | 04:39,9 | 00:13:20 |
| 198 | | 00:46:42 | 140 | Weber, Olaf | | Viermärker Waldlauf Gr | 1959 | 34 | M45 | 04:40,2 | 00:13:23 |
| 199 | | 00:46:46 | 1062 | Ausbüttel, Ulrich | | LC Rapid Dortmund 20 | 1964 | 38 | M40 | 04:40,6 | 00:13:27 |
| 16 | W | 00:46:47 | 66 | Ellermann, Ute | | DAV Dortmund | 1961 | 4 | W40 | 04:40,7 | 00:08:23 |
| 17 | W | 00:46:47 | 869 | Marth, Tanja | | HWK-Dortmund | 1976 | 3 | WHK | 04:40,7 | 00:08:23 |
| 200 | | 00:46:50 | 162 | Haid-Murray, Joact | | Dortmund | 1953 | 15 | M50 | 04:41,0 | 00:13:31 |
| 201 | | 00:46:53 | 114 | Schröter, Michael | | Viermärker Waldlauf Gr | 1965 | 39 | M40 | 04:41,3 | 00:13:34 |
| 202 | | 00:46:54 | 119 | Wind, Markus | | Viermärker Waldlauf Gr | 1969 | 44 | M35 | 04:41,4 | 00:13:35 |
| 203 | | 00:46:59 | 183 | Sorce, Aldo | | LGO/TSV Kirchlinde | 1958 | 35 | M45 | 04:41,9 | 00:13:40 |
| 204 | | 00:47:04 | 1118 | Hinsken, Bernhard | | Dunkelziffer | 1975 | 18 | M30 | 04:42,4 | 00:13:45 |
| 205 | | 00:47:06 | 229 | Nagel, Gilbert | | Dortmund | 1970 | 45 | M35 | 04:42,6 | 00:13:47 |
| 206 | | 00:47:08 | 1127 | Skubinn, Jörg | | Johann Gofenberg RS | 1963 | 40 | M40 | 04:42,8 | 00:13:49 |
| 18 | W | 00:47:17 | 254 | Keitmann, Rita | | Tri Geckos Dortmund | 1956 | 5 | W45 | 04:43,7 | 00:08:53 |
| 207 | | 00:47:19 | 191 | Kontny, Thomas | | TSV 1863 Herdecke | 1965 | 41 | M40 | 04:43,9 | 00:14:00 |
| 208 | | 00:47:21 | 891 | Krohn, Rainer | | LGO/DJK Ewaldi Aplerb | 1959 | 36 | M45 | 04:44,1 | 00:14:02 |
| 209 | | 00:47:22 | 82 | Schäfer, Thomas | | Dortmund | 1957 | 37 | M45 | 04:44,2 | 00:14:03 |
| 19 | W | 00:47:24 | 76 | Seuster, Uta | | Triathlon Team Witten | 1972 | 2 | W30 | 04:44,4 | 00:09:00 |
| 210 | | 00:47:27 | 855 | Görtz, Rolf | | Dortmund | 1938 | 1 | M65 | 04:44,7 | 00:14:08 |
| 211 | | 00:47:27 | 1093 | Fobel, Thomas | | Dortmund | 1971 | 19 | M30 | 04:44,7 | 00:14:08 |
| 212 | | 00:47:30 | 71 | Knaack, Fabian | | TVG Kaiserau | 1990 | 35 | MHK | 04:45,0 | 00:14:11 |
| 213 | | 00:47:37 | 181 | Neumann, Sascha | | 1. Judogemeinschaft Dc | 1974 | 20 | M30 | 04:45,7 | 00:14:18 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|--------------------|-----|-------------------------|------|-----|-----|---------|----------|
| 214 | | 00:47:39 | 738 | Bulgrin, Wilfried | | Dortmund | 1953 | 16 | M50 | 04:45,9 | 00:14:20 |
| 215 | | 00:47:40 | 1131 | Noack, Andreas | | TVA Wickede | 1956 | 38 | M45 | 04:46,0 | 00:14:21 |
| 216 | | 00:47:40 | 111 | Kunz, Hans-Jürgen | | BSG Uhde | 1949 | 14 | M55 | 04:46,0 | 00:14:21 |
| 20 | W | 00:47:42 | 108 | Ostermann, Marior | | BSG Uhde | 1963 | 5 | W40 | 04:46,2 | 00:09:18 |
| 217 | | 00:47:45 | 959 | Bartel, Jürgen | | Viermärker Waldlauf Gr | 1955 | 17 | M50 | 04:46,5 | 00:14:26 |
| 218 | | 00:47:45 | 137 | Wichmann, Hans G | | Viermärker Waldlauf Gr | 1941 | 6 | M60 | 04:46,5 | 00:14:26 |
| 219 | | 00:47:48 | 814 | Bromund, Arnold | | Team Stadtverwaltung | 1950 | 15 | M55 | 04:46,8 | 00:14:29 |
| 220 | | 00:47:50 | 1106 | Prentki, Mike | | Dortmund | 1964 | 42 | M40 | 04:47,0 | 00:14:31 |
| 221 | | 00:47:50 | 284 | Heidrich, Peter | | LG Schwerte | 1951 | 18 | M50 | 04:47,0 | 00:14:31 |
| 222 | | 00:47:51 | 1125 | Frese, Wilfried | | TV Eintr. Bodelschwingh | 1944 | 7 | M60 | 04:47,1 | 00:14:32 |
| 223 | | 00:47:53 | 1158 | Rehder, Markus | | Bochum | 1974 | 21 | M30 | 04:47,3 | 00:14:34 |
| 224 | | 00:47:53 | 1183 | Staeger, Rainer | | Datteln | 1960 | 39 | M45 | 04:47,3 | 00:14:34 |
| 225 | | 00:47:54 | 870 | Stolle, Ingo | | HWK-Dortmund | 1972 | 22 | M30 | 04:47,4 | 00:14:35 |
| 226 | | 00:47:56 | 235 | Berghoff, Heiner | | LGO Dortmund | 1951 | 19 | M50 | 04:47,6 | 00:14:37 |
| 227 | | 00:47:59 | 240 | Schauerte, Michae | | Team Flowserve | 1969 | 46 | M35 | 04:47,9 | 00:14:40 |
| 21 | W | 00:47:59 | 143 | Wencker, Gisela | | Viermärker Waldlauf Gr | 1960 | 6 | W45 | 04:47,9 | 00:09:35 |
| 228 | | 00:47:59 | 172 | Stöneberg, Mattias | | Dortmund | 1979 | 36 | MHK | 04:47,9 | 00:14:40 |
| 229 | | 00:48:01 | 1056 | Steffen, Jörg | | Viermärker Waldlauf Gr | 1966 | 47 | M35 | 04:48,1 | 00:14:42 |
| 230 | | 00:48:04 | 1021 | Kaesler, Hans - Pe | | BSG - Signal-Iduna | 1953 | 20 | M50 | 04:48,4 | 00:14:45 |
| 231 | | 00:48:05 | 1019 | Meuche, Wolf | | BSG - Signal-Iduna | 1947 | 16 | M55 | 04:48,5 | 00:14:46 |
| 232 | | 00:48:06 | 39 | Rösler, Andreas | | Dortmund | 1962 | 43 | M40 | 04:48,6 | 00:14:47 |
| 233 | | 00:48:08 | 816 | Gründel, Andreas | | Team Stadtverwaltung | 1965 | 44 | M40 | 04:48,8 | 00:14:49 |
| 234 | | 00:48:08 | 50 | Endig, Ulrich | | Dortmund | 1985 | 37 | MHK | 04:48,8 | 00:14:49 |
| 235 | | 00:48:09 | 260 | Kloebbe, Lothar | | Dortmund | 1965 | 45 | M40 | 04:48,9 | 00:14:50 |
| 236 | | 00:48:09 | 721 | Ibsch, Hans-Dieter | | Dortmund | 1949 | 17 | M55 | 04:48,9 | 00:14:50 |
| 22 | W | 00:48:09 | 134 | Jung, Gisela | | Viermärker Waldlauf Gr | 1954 | 2 | W50 | 04:48,9 | 00:09:45 |
| 237 | | 00:48:10 | 218 | Teuber, Jörg-Peter | | LT Wischlingen | 1947 | 18 | M55 | 04:49,0 | 00:14:51 |
| 23 | W | 00:48:12 | 281 | Ruhm, Wiebke | | LT Wischlingen | 1985 | 4 | WHK | 04:49,2 | 00:09:48 |
| 238 | | 00:48:13 | 25 | Reusch, Mathias | | LT Bittermark Dortmun | 1942 | 8 | M60 | 04:49,3 | 00:14:54 |
| 239 | | 00:48:26 | 775 | Riedemann, Hansn | | LT Bittermark Dortmun | 1977 | 38 | MHK | 04:50,6 | 00:15:07 |
| 24 | W | 00:48:27 | 1173 | Zeretzke, Nicole | | Dortmund | 1975 | 3 | W30 | 04:50,7 | 00:10:03 |
| 240 | | 00:48:32 | 967 | Ebenfeld, Karsten | | Dortmund | 1973 | 23 | M30 | 04:51,2 | 00:15:13 |
| 241 | | 00:48:32 | 1107 | Kupka, Thomas | | Dortmund | 1965 | 46 | M40 | 04:51,2 | 00:15:13 |
| 25 | W | 00:48:33 | 193 | Lüning, Ira | | TSV 1863 Herdecke | 1955 | 3 | W50 | 04:51,3 | 00:10:09 |
| 242 | | 00:48:36 | 62 | Wilkens, Jens | | Team Stadtverwaltung | 1968 | 48 | M35 | 04:51,6 | 00:15:17 |
| 243 | | 00:48:37 | 1094 | Lauterbach, Stefan | | Dortmund | 1970 | 49 | M35 | 04:51,7 | 00:15:18 |
| 26 | W | 00:48:40 | 1004 | Silber, Katharina | | SC Dorstfeld 09 | 1982 | 5 | WHK | 04:52,0 | 00:10:16 |
| 27 | W | 00:48:44 | 750 | Low, Birgit | | Lünen | 1961 | 6 | W40 | 04:52,4 | 00:10:20 |
| 244 | | 00:48:47 | 731 | Steuer, Dirk | | Dortmund | 1974 | 24 | M30 | 04:52,7 | 00:15:28 |
| 245 | | 00:48:47 | 803 | Hagedorn, Jörg | | Dortmund | 1977 | 39 | MHK | 04:52,7 | 00:15:28 |
| 246 | | 00:48:50 | 819 | Kraushaar, Dietma | | Team Stadtverwaltung | 1960 | 40 | M45 | 04:53,0 | 00:15:31 |
| 247 | | 00:48:56 | 759 | Tebbe, Ingo | | Dortmund | 1967 | 50 | M35 | 04:53,6 | 00:15:37 |
| 248 | | 00:48:58 | 289 | Sachs, Rainer | | Dortmund | 1962 | 47 | M40 | 04:53,8 | 00:15:39 |
| 249 | | 00:48:58 | 826 | Kister, Stefan | | Dortmund | 1970 | 51 | M35 | 04:53,8 | 00:15:39 |
| 28 | W | 00:48:59 | 144 | Wilm-Marcinkowsk | | Viermärker Waldlauf Gr | 1955 | 4 | W50 | 04:53,9 | 00:10:35 |
| 250 | | 00:49:01 | 1080 | Brahmann, Bruno | | PV Triathlon Witten | 1936 | 2 | M65 | 04:54,1 | 00:15:42 |
| 251 | | 00:49:02 | 840 | Münzberg, Robert | | Dortmund | 1958 | 41 | M45 | 04:54,2 | 00:15:43 |
| 252 | | 00:49:05 | 774 | Brauckmann, Günt | | LT Bittermark Dortmun | 1949 | 19 | M55 | 04:54,5 | 00:15:46 |
| 253 | | 00:49:07 | 1161 | Westermann, Cars | | Dortmund | 1975 | 25 | M30 | 04:54,7 | 00:15:48 |
| 29 | W | 00:49:12 | 113 | Sturm, Christine | | BSG Uhde | 1960 | 7 | W45 | 04:55,2 | 00:10:48 |
| 254 | | 00:49:13 | 1167 | Bünger, Björn | | IVM | 1979 | 40 | MHK | 04:55,3 | 00:15:54 |
| 255 | | 00:49:13 | 1166 | Hiddeman, Karster | | Unna | 1980 | 41 | MHK | 04:55,3 | 00:15:54 |
| 256 | | 00:49:15 | 1084 | Gerlach, Joachim | | Dortmund | 1953 | 21 | M50 | 04:55,5 | 00:15:56 |
| 257 | | 00:49:19 | 960 | Polomke, Klaus | | Viermärker Waldlauf Gr | 1951 | 22 | M50 | 04:55,9 | 00:16:00 |
| 258 | | 00:49:20 | 928 | Schaette, Dirk | | BSG Uhde | 1966 | 52 | M35 | 04:56,0 | 00:16:01 |
| 259 | | 00:49:22 | 1170 | Paschke, Dennis | | TSG Westhofen | 1977 | 42 | MHK | 04:56,2 | 00:16:03 |
| 260 | | 00:49:22 | 784 | Zarnitz, Peter | | Dortmund | 1959 | 42 | M45 | 04:56,2 | 00:16:03 |
| 261 | | 00:49:25 | 1133 | Murray, Craig | | | 1961 | 48 | M40 | 04:56,5 | 00:16:06 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|----------------------|-----|------------------------|-------|-----|-----|---------|----------|
| 262 | | 00:49:27 | 820 | Nähle, Christian | | Team Stadtverwaltung | 1981 | 43 | MHK | 04:56,7 | 00:16:08 |
| 263 | | 00:49:27 | 273 | Matczak, Bruce | | Dortmund | 1949 | 20 | M55 | 04:56,7 | 00:16:08 |
| 264 | | 00:49:29 | 19 | Willecke, Frank | | Dortmund | 1964 | 49 | M40 | 04:56,9 | 00:16:10 |
| 265 | | 00:49:29 | 912 | Rüther, Frank | | Laufteam Stadtwerke | 1971 | 26 | M30 | 04:56,9 | 00:16:10 |
| 30 | W | 00:49:29 | 737 | Meinert, Elke | | SpVgg Dortmund Süd | 11970 | 5 | W35 | 04:56,9 | 00:11:05 |
| 266 | | 00:49:32 | 1033 | Neumann, Olaf | | BSG - Signal-Iduna | 1964 | 50 | M40 | 04:57,2 | 00:16:13 |
| 267 | | 00:49:32 | 844 | Falkenberg, Michael | | TuS Ampen | 1960 | 43 | M45 | 04:57,2 | 00:16:13 |
| 31 | W | 00:49:32 | 807 | Kaufhold, Renate | | Team Stadtverwaltung | 1959 | 8 | W45 | 04:57,2 | 00:11:08 |
| 268 | | 00:49:34 | 801 | Dahlhaus, Rene | | Schwerte | 1980 | 44 | MHK | 04:57,4 | 00:16:15 |
| 269 | | 00:49:35 | 948 | Wietasch, Hans-Jür | | Viermärker Waldlauf Gr | 1950 | 21 | M55 | 04:57,5 | 00:16:16 |
| 32 | W | 00:49:35 | 804 | de Pascalis, Tanja | | Team Stadtverwaltung | 1975 | 4 | W30 | 04:57,5 | 00:11:11 |
| 270 | | 00:49:38 | 1103 | Grundmann, Raine | | TSV Kirchlinde | 1970 | 53 | M35 | 04:57,8 | 00:16:19 |
| 271 | | 00:49:39 | 1175 | Baur-Pantoulier, Fl | | Dortmund | 1953 | 23 | M50 | 04:57,9 | 00:16:20 |
| 272 | | 00:49:40 | 6 | Unger, Sascha | | Schwerte | 1975 | 27 | M30 | 04:58,0 | 00:16:21 |
| 33 | W | 00:49:41 | 776 | Schulze-Velmede, | | LT Bittermark Dortmund | 1963 | 7 | W40 | 04:58,1 | 00:11:17 |
| 273 | | 00:49:45 | 848 | Blömer, Markus | | Dortmund | 1973 | 28 | M30 | 04:58,5 | 00:16:26 |
| 274 | | 00:49:46 | 175 | Flake, Markus | | Dortmund | 1964 | 51 | M40 | 04:58,6 | 00:16:27 |
| 275 | | 00:49:49 | 52 | Krüger, Ulrich | | Team Stadtverwaltung | 1950 | 22 | M55 | 04:58,9 | 00:16:30 |
| 34 | W | 00:49:51 | 35 | Lohmann, Gisela | | LT Bittermark Dortmund | 1951 | 5 | W50 | 04:59,1 | 00:11:27 |
| 276 | | 00:49:53 | 796 | Compagno, Peter | | Dortmund | 1963 | 52 | M40 | 04:59,3 | 00:16:34 |
| 277 | | 00:50:02 | 1038 | Zimmermann, Frec | | BSG - Signal-Iduna | 1955 | 24 | M50 | 05:00,2 | 00:16:43 |
| 35 | W | 00:50:04 | 996 | Nordman, Jessica | | Dortmund | 1979 | 6 | WHK | 05:00,4 | 00:11:40 |
| 36 | W | 00:50:06 | 989 | Kiesheyer, Heike | | Dortmund | 1961 | 8 | W40 | 05:00,6 | 00:11:42 |
| 278 | | 00:50:07 | 906 | Wegner, Axel | | Vorwerk Deutschland | 1964 | 53 | M40 | 05:00,7 | 00:16:48 |
| 37 | W | 00:50:08 | 941 | Knoepke, Hildegard | | Viermärker Waldlauf Gr | 1955 | 6 | W50 | 05:00,8 | 00:11:44 |
| 279 | | 00:50:08 | 1059 | Albrecht, Dennis | | Dortmund | 1975 | 29 | M30 | 05:00,8 | 00:16:49 |
| 280 | | 00:50:10 | 173 | Gesing, Frank | | MTT Dortmund | 1964 | 54 | M40 | 05:01,0 | 00:16:51 |
| 281 | | 00:50:10 | 823 | Flügel, Ernst | | BV Teutonia Lanstrop | 1930 | 1 | M75 | 05:01,0 | 00:16:51 |
| 282 | | 00:50:11 | 894 | Hanefeld, Matthias | | LGO/DJK Ewaldi Aplerb | 1965 | 55 | M40 | 05:01,1 | 00:16:52 |
| 283 | | 00:50:12 | 1112 | Goessling, Guido | | Dortmund | 1973 | 30 | M30 | 05:01,2 | 00:16:53 |
| 284 | | 00:50:13 | 1132 | Preuss, Hans Marti | | Hagen | 1961 | 56 | M40 | 05:01,3 | 00:16:54 |
| 285 | | 00:50:15 | 864 | Samarra, Martin | | LGO/TB Marterloh 02 | 1968 | 54 | M35 | 05:01,5 | 00:16:56 |
| 38 | W | 00:50:16 | 14 | Zweigel, Walburgis | | Lünen | 1959 | 9 | W45 | 05:01,6 | 00:11:52 |
| 286 | | 00:50:16 | 777 | Scheer, Willi | | LT Bittermark Dortmund | 1942 | 9 | M60 | 05:01,6 | 00:16:57 |
| 287 | | 00:50:17 | 1142 | Fahrenbruch, Fran | | Dortmund | 1960 | 44 | M45 | 05:01,7 | 00:16:58 |
| 288 | | 00:50:18 | 881 | Söltzer, Oliver | | | 1964 | 57 | M40 | 05:01,8 | 00:16:59 |
| 289 | | 00:50:20 | 940 | Puplick, Dr. Alexar | | Viermärker Waldlauf Gr | 1960 | 45 | M45 | 05:02,0 | 00:17:01 |
| 290 | | 00:50:21 | 794 | Romeikat, Karsten | | Dortmund | 1966 | 55 | M35 | 05:02,1 | 00:17:02 |
| 291 | | 00:50:25 | 1076 | Wenzel, Harald | | PV Triathlon Witten | 1962 | 58 | M40 | 05:02,5 | 00:17:06 |
| 292 | | 00:50:25 | 1077 | Paikert, Thomas | | PV Triathlon Witten | 1959 | 46 | M45 | 05:02,5 | 00:17:06 |
| 293 | | 00:50:26 | 1135 | Wolny, Volker | | Dortmund | 1960 | 47 | M45 | 05:02,6 | 00:17:07 |
| 294 | | 00:50:26 | 985 | Swora, Michael | | Holzwickede | 1979 | 45 | MHK | 05:02,6 | 00:17:07 |
| 39 | W | 00:50:27 | 997 | Dorf Müller, Kathrin | | Dortmund | 1983 | 7 | WHK | 05:02,7 | 00:12:03 |
| 295 | | 00:50:27 | 843 | Lusts, Herbert | | TVG Kaiserau | 1961 | 59 | M40 | 05:02,7 | 00:17:08 |
| 296 | | 00:50:28 | 821 | Nettlenbusch, Uwe | | Team Stadtverwaltung | 1959 | 48 | M45 | 05:02,8 | 00:17:09 |
| 297 | | 00:50:34 | 878 | Spilker, Karsten | | Dortmund | 1969 | 56 | M35 | 05:03,4 | 00:17:15 |
| 40 | W | 00:50:35 | 1008 | Niederwoermann, | | Dortmund | 1969 | 6 | W35 | 05:03,5 | 00:12:11 |
| 298 | | 00:50:37 | 751 | Detroy, Frank | | Dortmund | 1967 | 57 | M35 | 05:03,7 | 00:17:18 |
| 299 | | 00:50:41 | 735 | Rüther, Dieter | | LT Dr. Hasenbein Hager | 1974 | 31 | M30 | 05:04,1 | 00:17:22 |
| 300 | | 00:50:47 | 1184 | Ronnefeldt, Michael | | Herdecke | 1962 | 60 | M40 | 05:04,7 | 00:17:28 |
| 301 | | 00:50:51 | 1144 | Hoffmann, Michael | | LT Wischlingen | 1964 | 61 | M40 | 05:05,1 | 00:17:32 |
| 302 | | 00:50:53 | 1088 | Hinn, Alexander | | Bochum | 1972 | 32 | M30 | 05:05,3 | 00:17:34 |
| 303 | | 00:50:54 | 883 | Gerlach, Ernst | | BSG Wilo Dortmund | 1963 | 62 | M40 | 05:05,4 | 00:17:35 |
| 304 | | 00:50:57 | 1014 | Stevens, Frank | | Dortmund | 1968 | 58 | M35 | 05:05,7 | 00:17:38 |
| 305 | | 00:50:59 | 1025 | Damm, Manfred | | BSG - Signal-Iduna | 1952 | 25 | M50 | 05:05,9 | 00:17:40 |
| 306 | | 00:50:59 | 1154 | Herr, Christian | | Dortmund | 1967 | 59 | M35 | 05:05,9 | 00:17:40 |
| 41 | W | 00:51:02 | 1130 | Streckert, Gabriele | | LT Bittermark Dortmund | 1946 | 1 | W55 | 05:06,2 | 00:12:38 |
| 42 | W | 00:51:04 | 1029 | Materna, Andrea | | BSG - Signal-Iduna | 1965 | 9 | W40 | 05:06,4 | 00:12:40 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|--------------------|-----|------------------------|------|-----|-----|---------|----------|
| 307 | | 00:51:04 | 1052 | Materna, Thomas | | BSG - Signal-Iduna | 1961 | 63 | M40 | 05:06,4 | 00:17:45 |
| 308 | | 00:51:09 | 1138 | Gorski, Wojtek | | | 1979 | 46 | MHK | 05:06,9 | 00:17:50 |
| 309 | | 00:51:09 | 880 | Schlicht, Thomas | | Dortmund | 1963 | 64 | M40 | 05:06,9 | 00:17:50 |
| 310 | | 00:51:09 | 1128 | Durrei, Dietmar | | Dortmund | 1985 | 47 | MHK | 05:06,9 | 00:17:50 |
| 43 | W | 00:51:14 | 179 | Loewenthal, Anneti | | Heinrich-Böll-Gesamtsc | 1957 | 10 | W45 | 05:07,4 | 00:12:50 |
| 311 | | 00:51:16 | 885 | Croucher, Michael | | BSG Wilo Dortmund | 1962 | 65 | M40 | 05:07,6 | 00:17:57 |
| 312 | | 00:51:22 | 983 | Pawlowicz, Alfred | | MTT Dortmund | 1958 | 49 | M45 | 05:08,2 | 00:18:03 |
| 313 | | 00:51:22 | 779 | Schulze-Velmede, | | LT Bittermark Dortmun | 1961 | 66 | M40 | 05:08,2 | 00:18:03 |
| 44 | W | 00:51:23 | 947 | Wiegmann, Magda | | Viermärker Waldlauf Gr | 1953 | 7 | W50 | 05:08,3 | 00:12:59 |
| 314 | | 00:51:24 | 914 | Pauli, Tobias | | Castrop-Rauxel | 1980 | 48 | MHK | 05:08,4 | 00:18:05 |
| 315 | | 00:51:34 | 1110 | Wessel, Carsten | | Dortmund | 1970 | 60 | M35 | 05:09,4 | 00:18:15 |
| 316 | | 00:51:35 | 1111 | Reckermann, Andr | | SF Soelderholz | 1972 | 33 | M30 | 05:09,5 | 00:18:16 |
| 317 | | 00:51:37 | 962 | Aretz, Rolf | | Viermärker Waldlauf Gr | 1957 | 50 | M45 | 05:09,7 | 00:18:18 |
| 318 | | 00:51:38 | 917 | Wettberg, Anselm | | Castrop-Rauxel | 1980 | 49 | MHK | 05:09,8 | 00:18:19 |
| 319 | | 00:51:39 | 882 | Weiland, Ralf | | Dortmund | 1969 | 61 | M35 | 05:09,9 | 00:18:20 |
| 320 | | 00:51:45 | 736 | Engemann, Dirk | | Witten-Stockum | 1967 | 62 | M35 | 05:10,5 | 00:18:26 |
| 45 | W | 00:51:48 | 949 | Pischl, Karola | | Viermärker Waldlauf Gr | 1952 | 8 | W50 | 05:10,8 | 00:13:24 |
| 321 | | 00:51:49 | 950 | Dörmann, Hans He | | Viermärker Waldlauf Gr | 1955 | 26 | M50 | 05:10,9 | 00:18:30 |
| 322 | | 00:51:50 | 1022 | Brezinski, Detlef | | BSG - Signal-Iduna | 1956 | 51 | M45 | 05:11,0 | 00:18:31 |
| 323 | | 00:51:51 | 831 | Hauser, Henrik | | Dortmund | 1964 | 67 | M40 | 05:11,1 | 00:18:32 |
| 46 | W | 00:51:52 | 1102 | Pavlic, Silke | | LT Wischlingen | 1970 | 7 | W35 | 05:11,2 | 00:13:28 |
| 47 | W | 00:51:52 | 778 | Gommes sa Silva | | LT Bittermark Dortmun | 1966 | 8 | W35 | 05:11,2 | 00:13:28 |
| 48 | W | 00:51:53 | 982 | Robben, Petra | | MTT Dortmund | 1959 | 11 | W45 | 05:11,3 | 00:13:29 |
| 49 | W | 00:51:54 | 742 | Hohenstein-Ebbeck | | Dortmund | 1969 | 9 | W35 | 05:11,4 | 00:13:30 |
| 324 | | 00:51:57 | 958 | Müller, Volker | | Viermärker Waldlauf Gr | 1961 | 68 | M40 | 05:11,7 | 00:18:38 |
| 325 | | 00:52:00 | 1000 | Drubba, Marcel | | Judoka Rauxel | 1984 | 50 | MHK | 05:12,0 | 00:18:41 |
| 326 | | 00:52:00 | 999 | Drubba, Uwe | | Judoka Rauxel | 1961 | 69 | M40 | 05:12,0 | 00:18:41 |
| 327 | | 00:52:04 | 915 | Stieglitz, Jan | | Castrop-Rauxel | 1980 | 51 | MHK | 05:12,4 | 00:18:45 |
| 328 | | 00:52:04 | 934 | Gössner, Stefan | | Viermärker Waldlauf Gr | 1955 | 27 | M50 | 05:12,4 | 00:18:45 |
| 329 | | 00:52:05 | 705 | Nowak, Michael | | Team Cottenburg | 1963 | 70 | M40 | 05:12,5 | 00:18:46 |
| 330 | | 00:52:08 | 900 | Anders, Dieter | | Dortmund | 1960 | 52 | M45 | 05:12,8 | 00:18:49 |
| 331 | | 00:52:12 | 1096 | Traxel, Steffen | | Dortmund | 1984 | 52 | MHK | 05:13,2 | 00:18:53 |
| 332 | | 00:52:12 | 911 | Sohrweide, Kurt | | Laufteam Stadtwerke | 1964 | 71 | M40 | 05:13,2 | 00:18:53 |
| 50 | W | 00:52:17 | 1123 | Franken, Conny | | Dortmund | 1962 | 10 | W40 | 05:13,7 | 00:13:53 |
| 51 | W | 00:52:17 | 979 | Katzwinkel, Marian | | TSC Eintracht Dortmun | 1953 | 9 | W50 | 05:13,7 | 00:13:53 |
| 333 | | 00:52:19 | 998 | Fleig, Achim | | Dortmund | 1976 | 53 | MHK | 05:13,9 | 00:19:00 |
| 334 | | 00:52:19 | 984 | Höffner, Wulf | | MTT Dortmund | 1967 | 63 | M35 | 05:13,9 | 00:19:00 |
| 335 | | 00:52:20 | 786 | Düllmann, Ralf | | Commerzbank Dortmur | 1962 | 72 | M40 | 05:14,0 | 00:19:01 |
| 52 | W | 00:52:20 | 772 | Kurzepa, Ingrid | | LT Bittermark Dortmun | 1963 | 11 | W40 | 05:14,0 | 00:13:56 |
| 53 | W | 00:52:23 | 1043 | Koch, Anke | | BSG - Signal-Iduna | 1975 | 5 | W30 | 05:14,3 | 00:13:59 |
| 336 | | 00:52:25 | 847 | Holfeld, Thomas | | Dortmund | 1967 | 64 | M35 | 05:14,5 | 00:19:06 |
| 337 | | 00:52:29 | 1156 | Teuber, Carsten | | Dortmund | 1980 | 54 | MHK | 05:14,9 | 00:19:10 |
| 338 | | 00:52:30 | 1155 | Schwarz, Andreas | | Dortmund | 1969 | 65 | M35 | 05:15,0 | 00:19:11 |
| 339 | | 00:52:32 | 1023 | Dettmar, Markus | | BSG - Signal-Iduna | 1975 | 34 | M30 | 05:15,2 | 00:19:13 |
| 340 | | 00:52:32 | 80 | Vester, Markus | | BSG Continentale | 1967 | 66 | M35 | 05:15,2 | 00:19:13 |
| 54 | W | 00:52:32 | 722 | Nolte, Katrin | | Dortmund | 1969 | 10 | W35 | 05:15,2 | 00:14:08 |
| 55 | W | 00:52:34 | 781 | Böhle, Ulrike | | LT Wischlingen | 1956 | 12 | W45 | 05:15,4 | 00:14:10 |
| 341 | | 00:52:34 | 1151 | Meier, Ralf | | Dortmund | 1971 | 35 | M30 | 05:15,4 | 00:19:15 |
| 342 | | 00:52:35 | 1171 | Klein, Dennis | | FFW Herdecke | 1983 | 55 | MHK | 05:15,5 | 00:19:16 |
| 343 | | 00:52:35 | 925 | Heinrich, Jan | | BSG Uhde | 1976 | 56 | MHK | 05:15,5 | 00:19:16 |
| 344 | | 00:52:37 | 748 | Baak, Martin | | DLRG Castrop-Rauxel | 1961 | 73 | M40 | 05:15,7 | 00:19:18 |
| 345 | | 00:52:37 | 228 | Sawatzki, Peter | | Dortmund | 1965 | 74 | M40 | 05:15,7 | 00:19:18 |
| 346 | | 00:52:40 | 1044 | Vogt, Thomas | | BSG - Signal-Iduna | 1964 | 75 | M40 | 05:16,0 | 00:19:21 |
| 347 | | 00:52:41 | 1149 | Smolka, Siegfried | | Dortmund | 1958 | 53 | M45 | 05:16,1 | 00:19:22 |
| 56 | W | 00:52:41 | 953 | Kube-Schraa, Bian | | Viermärker Waldlauf Gr | 1960 | 13 | W45 | 05:16,1 | 00:14:17 |
| 348 | | 00:52:41 | 955 | Kalamajka, Klaus | | Viermärker Waldlauf Gr | 1949 | 23 | M55 | 05:16,1 | 00:19:22 |
| 349 | | 00:52:42 | 1145 | Gowitzke, Uwe | | Witten | 1955 | 28 | M50 | 05:16,2 | 00:19:23 |
| 350 | | 00:52:46 | 1109 | Horn, Sven | | Dortmund | 1956 | 54 | M45 | 05:16,6 | 00:19:27 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|---------------------|-----|----------------------------|------|-----|-----|---------|----------|
| 57 | W | 00:52:49 | 1168 | Roik, Christiane | | Triathlon-Team-Witten | 1963 | 12 | W40 | 05:16,9 | 00:14:25 |
| 58 | W | 00:52:51 | 747 | Schramke, Peggy | | Lünen | 1964 | 13 | W40 | 05:17,1 | 00:14:27 |
| 351 | | 00:52:52 | 1089 | Grossstueck, Berni | | Dortmund | 1945 | 10 | M60 | 05:17,2 | 00:19:33 |
| 59 | W | 00:52:53 | 980 | Höffner, Michaela | | MTT Dortmund | 1968 | 11 | W35 | 05:17,3 | 00:14:29 |
| 352 | | 00:52:56 | 1169 | Siering, Dirk | | Dortmund | 1961 | 76 | M40 | 05:17,6 | 00:19:37 |
| 353 | | 00:52:58 | 1069 | Liebig, Heiko | | Dortmund | 1971 | 36 | M30 | 05:17,8 | 00:19:39 |
| 354 | | 00:53:00 | 832 | Kuhl, Willi | | TuS Wellinghofen | 1937 | 3 | M65 | 05:18,0 | 00:19:41 |
| 355 | | 00:53:03 | 726 | Wenglarz, Frank | | SC Herbern | 1954 | 29 | M50 | 05:18,3 | 00:19:44 |
| 60 | W | 00:53:05 | 886 | Grünebaum, Wiltru | | BSG Wilo Dortmund | 1964 | 14 | W40 | 05:18,5 | 00:14:41 |
| 61 | W | 00:53:07 | 961 | Hirschmann, Marie | | Viermärker Waldlauf Gr1950 | | 2 | W55 | 05:18,7 | 00:14:43 |
| 62 | W | 00:53:08 | 1186 | Jordan, Tatjana | | BV Teutonia Lanstrop | 1963 | 15 | W40 | 05:18,8 | 00:14:44 |
| 63 | W | 00:53:08 | 1182 | Staege, Annette | | Datteln | 1960 | 14 | W45 | 05:18,8 | 00:14:44 |
| 356 | | 00:53:09 | 846 | Eschrich, Rainer | | Dortmund | 1958 | 55 | M45 | 05:18,9 | 00:19:50 |
| 357 | | 00:53:11 | 1079 | Groddeck, Rudolf | | Dortmund | 1951 | 30 | M50 | 05:19,1 | 00:19:52 |
| 358 | | 00:53:13 | 1177 | Korolivk, Rene | | Dortmund | 1971 | 37 | M30 | 05:19,3 | 00:19:54 |
| 359 | | 00:53:14 | 44 | Seemann, Manfred | | UUNET Sommerlauf | 1956 | 56 | M45 | 05:19,4 | 00:19:55 |
| 360 | | 00:53:18 | 813 | Borbeck, Achim | | Team Stadtverwaltung | 1957 | 57 | M45 | 05:19,8 | 00:19:59 |
| 361 | | 00:53:20 | 1162 | Schuhmann, Dirk | | Dortmund | 1967 | 67 | M35 | 05:20,0 | 00:20:01 |
| 362 | | 00:53:22 | 729 | Reil, Hans | | Dortmund | 1953 | 31 | M50 | 05:20,2 | 00:20:03 |
| 64 | W | 00:53:24 | 806 | Herrmann, Tanja | | Team Stadtverwaltung | 1973 | 6 | W30 | 05:20,4 | 00:15:00 |
| 363 | | 00:53:28 | 920 | Kerkhoff, Daniel | | Lauftreff Wischlingen | 1971 | 38 | M30 | 05:20,8 | 00:20:09 |
| 65 | W | 00:53:34 | 1002 | Spigiel, Melanie | | Dortmund | 1976 | 8 | WHK | 05:21,4 | 00:15:10 |
| 364 | | 00:53:38 | 700 | Baczyk, Detlev | | Lünen | 1955 | 32 | M50 | 05:21,8 | 00:20:19 |
| 365 | | 00:53:40 | 842 | Eustrup, Thorsten | | Reisebüro Köhler | 1976 | 57 | MHK | 05:22,0 | 00:20:21 |
| 366 | | 00:53:42 | 1010 | Pötting, Klaus | | Dortmund | 1958 | 58 | M45 | 05:22,2 | 00:20:23 |
| 367 | | 00:53:53 | 1172 | Schneider, Tobias | | Westdeutscher Ski Ver1982 | | 58 | MHK | 05:23,3 | 00:20:34 |
| 368 | | 00:54:00 | 712 | Kulka, Alexander | | Laufen-aktuell.de | 1980 | 59 | MHK | 05:24,0 | 00:20:41 |
| 369 | | 00:54:02 | 711 | Mieseler, Dirk | | Laufen-aktuell.de | 1976 | 60 | MHK | 05:24,2 | 00:20:43 |
| 66 | W | 00:54:02 | 1011 | Kiesling, Jutta | | Dortmund | 1956 | 15 | W45 | 05:24,2 | 00:15:38 |
| 370 | | 00:54:05 | 964 | Besser, Dr. Axel | | Viermärker Waldlauf Gr1964 | | 77 | M40 | 05:24,5 | 00:20:46 |
| 371 | | 00:54:06 | 893 | Klos, Wolfgang | | LGO/DJK Ewaldi Aplerb1960 | | 59 | M45 | 05:24,6 | 00:20:47 |
| 372 | | 00:54:06 | 1791 | Vogt, Jonas | | BSG Wilo Dortmund | 1996 | 61 | MHK | 05:24,6 | 00:20:47 |
| 373 | | 00:54:10 | 838 | Bindzus, Wilfried | | Dortmund | 1951 | 33 | M50 | 05:25,0 | 00:20:51 |
| 374 | | 00:54:11 | 717 | Jansch, Frank | | Lauftreff Erdbeerfeld | 1964 | 78 | M40 | 05:25,1 | 00:20:52 |
| 375 | | 00:54:13 | 294 | Nikpouv, Ferhat | | Dortmund | 1984 | 62 | MHK | 05:25,3 | 00:20:54 |
| 67 | W | 00:54:13 | 1028 | Schruhl, Nicole | | BSG - Signal-Iduna | 1970 | 12 | W35 | 05:25,3 | 00:15:49 |
| 376 | | 00:54:15 | 1101 | Prabe, Rainer | | Dortmund | 1954 | 34 | M50 | 05:25,5 | 00:20:56 |
| 377 | | 00:54:15 | 943 | Brunstein, Wolfgan | | Viermärker Waldlauf Gr1950 | | 24 | M55 | 05:25,5 | 00:20:56 |
| 378 | | 00:54:17 | 724 | Berger, Hans-Joac | | Dortmund | 1963 | 79 | M40 | 05:25,7 | 00:20:58 |
| 68 | W | 00:54:18 | 1055 | Nolte, Heidi | | BSG - Signal-Iduna | 1949 | 3 | W55 | 05:25,8 | 00:15:54 |
| 379 | | 00:54:18 | 822 | Waltz, Ingo | | Team Stadtverwaltung | 1961 | 80 | M40 | 05:25,8 | 00:20:59 |
| 380 | | 00:54:19 | 824 | Böhm, Michael | | Schwerte | 1985 | 63 | MHK | 05:25,9 | 00:21:00 |
| 381 | | 00:54:32 | 1050 | Kühn, Holger | | BSG - Signal-Iduna | 1963 | 81 | M40 | 05:27,2 | 00:21:13 |
| 382 | | 00:54:34 | 916 | Strittmatter, Marcc | | Dortmund | 1980 | 64 | MHK | 05:27,4 | 00:21:15 |
| 383 | | 00:54:35 | 837 | Pietzka, Dr. Johanr | | Dortmund | 1956 | 60 | M45 | 05:27,5 | 00:21:16 |
| 384 | | 00:54:36 | 902 | Meyer, Thomas | | Vorwerk Deutschland | 1964 | 82 | M40 | 05:27,6 | 00:21:17 |
| 385 | | 00:54:36 | 921 | Deipenbrock, Ludg | | BSG Uhde | 1954 | 35 | M50 | 05:27,6 | 00:21:17 |
| 69 | W | 00:54:41 | 1134 | Bruns, Cordula | | Dortmund | 1971 | 7 | W30 | 05:28,1 | 00:16:17 |
| 70 | W | 00:54:42 | 1074 | Wissing, Helga | | LT Wischlingen | 1966 | 13 | W35 | 05:28,2 | 00:16:18 |
| 386 | | 00:54:43 | 719 | Schneider, Manfrec | | Schwerte | 1969 | 68 | M35 | 05:28,3 | 00:21:24 |
| 387 | | 00:54:43 | 860 | Chlosta, Peter | | Tumenden Schwitten | 1957 | 61 | M45 | 05:28,3 | 00:21:24 |
| 388 | | 00:54:45 | 734 | Böhler, Ralf | | Dortmund | 1962 | 83 | M40 | 05:28,5 | 00:21:26 |
| 71 | W | 00:54:45 | 812 | Zinn, Claudia | | Team Stadtverwaltung | 1984 | 9 | WHK | 05:28,5 | 00:16:21 |
| 389 | | 00:54:48 | 1148 | Hauck, Dominic | | Dortmund | 1980 | 65 | MHK | 05:28,8 | 00:21:29 |
| 390 | | 00:54:50 | 780 | Legler, Heiko | | Schwerte | 1970 | 69 | M35 | 05:29,0 | 00:21:31 |
| 72 | W | 00:54:52 | 966 | Krause, Britta | | Dortmund | 1974 | 8 | W30 | 05:29,2 | 00:16:28 |
| 73 | W | 00:55:08 | 1031 | Meyer, Andrea | | BSG - Signal-Iduna | 1964 | 16 | W40 | 05:30,8 | 00:16:44 |
| 391 | | 00:55:09 | 798 | Wiegard, Dirk | | Dortmund | 1963 | 84 | M40 | 05:30,9 | 00:21:50 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|--------------------|-----|------------------------|------|-----|-----|---------|----------|
| 392 | | 00:55:15 | 1032 | Schubert, Markus | | BSG - Signal-Iduna | 1968 | 70 | M35 | 05:31,5 | 00:21:56 |
| 74 | W | 00:55:16 | 1141 | Kott, Martina | | TVA Dortmund Wickede | 1967 | 14 | W35 | 05:31,6 | 00:16:52 |
| 75 | W | 00:55:17 | 887 | Schütze, Katrin | | BSG Wilo Dortmund | 1970 | 15 | W35 | 05:31,7 | 00:16:53 |
| 393 | | 00:55:18 | 835 | Appelhoff, Peter | | Dortmund | 1960 | 62 | M45 | 05:31,8 | 00:21:59 |
| 394 | | 00:55:20 | 793 | Koormann, Jürgen | | Dortmund | 1968 | 71 | M35 | 05:32,0 | 00:22:01 |
| 395 | | 00:55:21 | 1047 | Wittke, Jochen | | BSG - Signal-Iduna | 1967 | 72 | M35 | 05:32,1 | 00:22:02 |
| 76 | W | 00:55:28 | 990 | Rienhöfer, Frauke | | Dortmund | 1961 | 17 | W40 | 05:32,8 | 00:17:04 |
| 396 | | 00:55:29 | 929 | Demtroeder, Dirk | | BSG Uhde | 1955 | 36 | M50 | 05:32,9 | 00:22:10 |
| 397 | | 00:55:34 | 1100 | Kurrek, Stefan | | Do Net. EV | 1977 | 66 | MHK | 05:33,4 | 00:22:15 |
| 398 | | 00:55:38 | 1180 | Haag, Stephan | | Dortmund | 1970 | 73 | M35 | 05:33,8 | 00:22:19 |
| 399 | | 00:55:39 | 866 | Dlugi, Reinhard | | Witten | 1935 | 1 | M70 | 05:33,9 | 00:22:20 |
| 400 | | 00:55:40 | 1049 | Albert, Marcus | | BSG - Signal-Iduna | 1967 | 74 | M35 | 05:34,0 | 00:22:21 |
| 401 | | 00:55:42 | 1120 | Weber, Frank | | Dortmund | 1985 | 67 | MHK | 05:34,2 | 00:22:23 |
| 402 | | 00:55:43 | 1068 | Emmerling, Alfred | | Ahlen | 1952 | 37 | M50 | 05:34,3 | 00:22:24 |
| 403 | | 00:55:52 | 926 | Dahlhues, Klaus | | BSG Uhde | 1963 | 85 | M40 | 05:35,2 | 00:22:33 |
| 404 | | 00:56:00 | 716 | Frosch, Erik | | Ringbruderschaft Dortm | 1968 | 75 | M35 | 05:36,0 | 00:22:41 |
| 405 | | 00:56:01 | 957 | Frankenstein, Pete | | Viermärker Waldlauf Gr | 1939 | 4 | M65 | 05:36,1 | 00:22:42 |
| 77 | W | 00:56:03 | 976 | Schubert, Donna-M | | Johnson Controls | 1967 | 16 | W35 | 05:36,3 | 00:17:39 |
| 406 | | 00:56:04 | 1030 | Marino, Alessandrc | | BSG - Signal-Iduna | 1975 | 39 | M30 | 05:36,4 | 00:22:45 |
| 407 | | 00:56:04 | 850 | Jürgens, Michael | | Castrop-Rauxel | 1968 | 76 | M35 | 05:36,4 | 00:22:45 |
| 78 | W | 00:56:04 | 1181 | Meyer, Andrea | | Dortmund | 1975 | 9 | W30 | 05:36,4 | 00:17:40 |
| 408 | | 00:56:06 | 946 | Albert, Bernd | | Viermärker Waldlauf Gr | 1960 | 63 | M45 | 05:36,6 | 00:22:47 |
| 409 | | 00:56:06 | 767 | Altegoer, Christof | | Brauner Bär | 1968 | 77 | M35 | 05:36,6 | 00:22:47 |
| 79 | W | 00:56:07 | 773 | Brauckmann, Mech | | LT Bittermark Dortmund | 1953 | 10 | W50 | 05:36,7 | 00:17:43 |
| 410 | | 00:56:09 | 987 | Dohlich, Joe | | Dortmund | 1991 | 68 | MHK | 05:36,9 | 00:22:50 |
| 80 | W | 00:56:09 | 995 | Seuken, Eileen | | Dortmund | 1981 | 10 | WHK | 05:36,9 | 00:17:45 |
| 411 | | 00:56:11 | 868 | Barfuss, Dietmar | | HWK-Dortmund | 1949 | 25 | M55 | 05:37,1 | 00:22:52 |
| 81 | W | 00:56:12 | 1098 | Rozman, Nicole | | Dortmund | 1970 | 17 | W35 | 05:37,2 | 00:17:48 |
| 82 | W | 00:56:12 | 1036 | Rengshausen, Petr | | BSG - Signal-Iduna | 1965 | 18 | W40 | 05:37,2 | 00:17:48 |
| 83 | W | 00:56:13 | 1054 | Ötzgüler, Heike | | BSG - Signal-Iduna | 1972 | 10 | W30 | 05:37,3 | 00:17:49 |
| 412 | | 00:56:19 | 1121 | Tietz, Ulrich | | LT Witte Stockum | 1929 | 2 | M75 | 05:37,9 | 00:23:00 |
| 413 | | 00:56:30 | 1136 | Hellen, Thorsten | | Dreamteam | 1976 | 69 | MHK | 05:39,0 | 00:23:11 |
| 84 | W | 00:56:42 | 952 | Birkhäuser, Andre | | Viermärker Waldlauf Gr | 1966 | 18 | W35 | 05:40,2 | 00:18:18 |
| 85 | W | 00:56:45 | 833 | Hort-Sparding, Cla | | Dortmund | 1956 | 16 | W45 | 05:40,5 | 00:18:21 |
| 414 | | 00:56:46 | 757 | Burkowsky, Wolfga | | TuS Brackel | 1937 | 5 | M65 | 05:40,6 | 00:23:27 |
| 415 | | 00:56:52 | 1137 | König, Martin | | Dortmund | 1976 | 70 | MHK | 05:41,2 | 00:23:33 |
| 86 | W | 00:56:57 | 771 | Wagner, Coni | | LT Bittermark Dortmund | 1971 | 11 | W30 | 05:41,7 | 00:18:33 |
| 87 | W | 00:56:59 | 769 | Gilles, Sabine | | LT Bittermark Dortmund | 1962 | 19 | W40 | 05:41,9 | 00:18:35 |
| 416 | | 00:56:59 | 1081 | Kaspar, Dietmar | | Dortmund | 1959 | 64 | M45 | 05:41,9 | 00:23:40 |
| 88 | W | 00:57:00 | 913 | Zinn, Christiane | | Dortmund | 1956 | 17 | W45 | 05:42,0 | 00:18:36 |
| 417 | | 00:57:00 | 1082 | Kasper, Daniel | | | 1982 | 71 | MHK | 05:42,0 | 00:23:41 |
| 418 | | 00:57:08 | 945 | Pohlmann, Harald | | Viermärker Waldlauf Gr | 1951 | 38 | M50 | 05:42,8 | 00:23:49 |
| 419 | | 00:57:08 | 956 | Robaczewski, Bern | | Viermärker Waldlauf Gr | 1957 | 65 | M45 | 05:42,8 | 00:23:49 |
| 420 | | 00:57:09 | 923 | Karstens, Uwe | | BSG Uhde | 1961 | 86 | M40 | 05:42,9 | 00:23:50 |
| 421 | | 00:57:16 | 1018 | Röstel, Carsten | | BSG - Signal-Iduna | 1970 | 78 | M35 | 05:43,6 | 00:23:57 |
| 89 | W | 00:57:17 | 1048 | Röstel, Anja | | BSG - Signal-Iduna | 1971 | 12 | W30 | 05:43,7 | 00:18:53 |
| 422 | | 00:57:17 | 904 | Kowalczyk, Peter | | Vorwerk Deutschland | 1955 | 39 | M50 | 05:43,7 | 00:23:58 |
| 423 | | 00:57:19 | 901 | Peters, Michael | | Vorwerk Deutschland | 1976 | 72 | MHK | 05:43,9 | 00:24:00 |
| 424 | | 00:57:19 | 905 | Berberich, Peter | | Vorwerk Deutschland | 1965 | 87 | M40 | 05:43,9 | 00:24:00 |
| 425 | | 00:57:21 | 942 | Berens, Bernd | | Viermärker Waldlauf Gr | 1945 | 11 | M60 | 05:44,1 | 00:24:02 |
| 90 | W | 00:57:24 | 937 | Heß, Andrea | | Viermärker Waldlauf Gr | 1969 | 19 | W35 | 05:44,4 | 00:19:00 |
| 91 | W | 00:57:31 | 927 | Kunz, Liane | | BSG Uhde | 1950 | 4 | W55 | 05:45,1 | 00:19:07 |
| 426 | | 00:57:33 | 1083 | Kroner, Gerd | | RSV Wellinghofen | 1951 | 40 | M50 | 05:45,3 | 00:24:14 |
| 92 | W | 00:57:34 | 1035 | Bourichter, Karen | | BSG - Signal-Iduna | 1967 | 20 | W35 | 05:45,4 | 00:19:10 |
| 427 | | 00:57:35 | 1124 | Danelsing, Nils | | Dortmund | 1974 | 40 | M30 | 05:45,5 | 00:24:16 |
| 93 | W | 00:57:43 | 836 | Nauroschat, Ute | | Dortmund | 1964 | 20 | W40 | 05:46,3 | 00:19:19 |
| 428 | | 00:57:47 | 930 | Besser, Thomas | | BSG Uhde | 1976 | 73 | MHK | 05:46,7 | 00:24:28 |
| 429 | | 00:57:48 | 727 | Franzen, Stefan | | VFL 1854 Kamen | 1974 | 41 | M30 | 05:46,8 | 00:24:29 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|---------------------|-----|------------------------|------|-----|-----|---------|----------|
| 430 | | 00:57:57 | 1045 | Kramer, Frank | | BSG - Signal-Iduna | 1965 | 88 | M40 | 05:47,7 | 00:24:38 |
| 431 | | 00:58:00 | 986 | Dohlich, Jürgen | | Dortmund | 1958 | 66 | M45 | 05:48,0 | 00:24:41 |
| 94 | W | 00:58:12 | 707 | Schöber, Angelika | | SG Dortmund | 1951 | 11 | W50 | 05:49,2 | 00:19:48 |
| 95 | W | 00:58:17 | 1003 | Krenz, Gerlinde | | TSV 1863 Herdecke | 1969 | 21 | W35 | 05:49,7 | 00:19:53 |
| 432 | | 00:58:23 | 1078 | Fox, Frank | | Radbod Runners | 1966 | 79 | M35 | 05:50,3 | 00:25:04 |
| 96 | W | 00:58:24 | 1013 | Birkelbach, Yvonne | | Schwelm | 1972 | 13 | W30 | 05:50,4 | 00:20:00 |
| 433 | | 00:58:29 | 815 | Engler, Volker | | Team Stadtverwaltung | 1959 | 67 | M45 | 05:50,9 | 00:25:10 |
| 97 | W | 00:58:29 | 810 | Poloczek, Agnes | | Team Stadtverwaltung | 1975 | 14 | W30 | 05:50,9 | 00:20:05 |
| 98 | W | 00:58:31 | 849 | Heimlich, Petra | | Lauf Team Unna | 1968 | 22 | W35 | 05:51,1 | 00:20:07 |
| 99 | W | 00:58:31 | 1129 | Thiemann, Julia | | Lauf Team Unna | 1968 | 23 | W35 | 05:51,1 | 00:20:07 |
| 100 | W | 00:58:32 | 857 | Kleinwegener, Birg | | Dortmund | 1965 | 21 | W40 | 05:51,2 | 00:20:08 |
| 434 | | 00:58:46 | 741 | Grigo, Rainer | | CJD Dortmund | 1956 | 68 | M45 | 05:52,6 | 00:25:27 |
| 435 | | 00:58:46 | 791 | Angel, Lothar | | Dortmund | 1956 | 69 | M45 | 05:52,6 | 00:25:27 |
| 436 | | 00:58:49 | 1017 | Pante, Heina | | BSG - Signal-Iduna | 1953 | 41 | M50 | 05:52,9 | 00:25:30 |
| 437 | | 00:58:50 | 918 | Jendrysik, Jörg | | Dortmund | 1964 | 89 | M40 | 05:53,0 | 00:25:31 |
| 438 | | 00:58:50 | 965 | Hartmann, Karsten | | | 1968 | 80 | M35 | 05:53,0 | 00:25:31 |
| 439 | | 00:58:52 | 1095 | Falke, Joachim | | Dortmund | 1957 | 70 | M45 | 05:53,2 | 00:25:33 |
| 101 | W | 00:58:55 | 1057 | Marquardt, Rita | | Viermärker Waldlauf Gr | 1954 | 12 | W50 | 05:53,5 | 00:20:31 |
| 102 | W | 00:58:55 | 963 | Scharping, Dorothe | | Viermärker Waldlauf Gr | 1953 | 13 | W50 | 05:53,5 | 00:20:31 |
| 103 | W | 00:58:55 | 1099 | Lauterbach, Stefan | | Dortmund | 1971 | 15 | W30 | 05:53,5 | 00:20:31 |
| 104 | W | 00:58:58 | 991 | Nogala, Birgit | | Dortmund | 1967 | 24 | W35 | 05:53,8 | 00:20:34 |
| 440 | | 00:59:00 | 875 | Borgdorf, Werner | | Dortmund | 1948 | 26 | M55 | 05:54,0 | 00:25:41 |
| 105 | W | 00:59:04 | 994 | Schmitz, Heike | | Dortmund | 1968 | 25 | W35 | 05:54,4 | 00:20:40 |
| 441 | | 00:59:09 | 782 | Hunekuhl, Frank | | TV Hörde | 1973 | 42 | M30 | 05:54,9 | 00:25:50 |
| 106 | W | 00:59:09 | 783 | Biermann, Bettina | | TV Hörde | 1969 | 26 | W35 | 05:54,9 | 00:20:45 |
| 442 | | 00:59:13 | 936 | Holtermann, Niels | | Viermärker Waldlauf Gr | 1945 | 12 | M60 | 05:55,3 | 00:25:54 |
| 107 | W | 00:59:16 | 888 | Kreuzkamp, Haike | | BSG Wilo Dortmund | 1961 | 22 | W40 | 05:55,6 | 00:20:52 |
| 443 | | 00:59:23 | 1114 | Kulinna, Jörg | | Bochum | 1968 | 81 | M35 | 05:56,3 | 00:26:04 |
| 108 | W | 00:59:23 | 1113 | Kulinna, Michaela | | Bochum | 1971 | 16 | W30 | 05:56,3 | 00:20:59 |
| 109 | W | 00:59:28 | 879 | Fischer, Annelie | | Laufen-aktuell.de | 1980 | 11 | WHK | 05:56,8 | 00:21:04 |
| 444 | | 00:59:32 | 851 | Tomczak, Rolf | | BSG Continentale | 1956 | 71 | M45 | 05:57,2 | 00:26:13 |
| 110 | W | 00:59:33 | 854 | Dorendorf, Sabine | | BSG Continentale | 1960 | 18 | W45 | 05:57,3 | 00:21:09 |
| 445 | | 00:59:37 | 827 | Dannebom, Werne | | Dortmund | 1930 | 3 | M75 | 05:57,7 | 00:26:18 |
| 446 | | 00:59:38 | 1001 | Stadtlander, Lars | | Dortmund | 1977 | 74 | MHK | 05:57,8 | 00:26:19 |
| 447 | | 00:59:39 | 733 | Raffo, Jeffrey | | Dortmund | 1968 | 82 | M35 | 05:57,9 | 00:26:20 |
| 448 | | 00:59:40 | 1091 | Skubinn, Bernd | | Dortmund | 1957 | 72 | M45 | 05:58,0 | 00:26:21 |
| 449 | | 00:59:47 | 795 | Mach, Frank | | Dortmund | 1967 | 83 | M35 | 05:58,7 | 00:26:28 |
| 111 | W | 00:59:48 | 839 | Berg, Victoria | | Dortmund | 1979 | 12 | WHK | 05:58,8 | 00:21:24 |
| 112 | W | 00:59:49 | 841 | Winkler, Simone | | Dortmund | 1965 | 23 | W40 | 05:58,9 | 00:21:25 |
| 450 | | 00:59:51 | 1090 | Reissner, Ulrich | | Dortmund | 1957 | 73 | M45 | 05:59,1 | 00:26:32 |
| 113 | W | 00:59:52 | 808 | Krüger, Margit | | Team Stadtverwaltung | 1952 | 14 | W50 | 05:59,2 | 00:21:28 |
| 114 | W | 00:59:54 | 975 | Berressem, Andre | | Johnson Controls | 1966 | 27 | W35 | 05:59,4 | 00:21:30 |
| 451 | | 00:59:54 | 1153 | Ottefülling, Lars | | Witten | 1976 | 75 | MHK | 05:59,4 | 00:26:35 |
| 452 | | 01:00:01 | 1066 | Steenweg, Klaus | | | 1958 | 74 | M45 | 06:00,1 | 00:26:42 |
| 453 | | 01:00:05 | 825 | Harpers, Frank | | Dortmund | 1957 | 75 | M45 | 06:00,5 | 00:26:46 |
| 115 | W | 01:00:06 | 1119 | Wegemann, Sabine | | Dortmund | 1970 | 28 | W35 | 06:00,6 | 00:21:42 |
| 454 | | 01:00:07 | 1016 | Sonntag, Helmut | | Dortmund | 1985 | 76 | MHK | 06:00,7 | 00:26:48 |
| 116 | W | 01:00:10 | 1051 | Mücke, Marianne | | BSG - Signal-Iduna | 1960 | 19 | W45 | 06:01,0 | 00:21:46 |
| 117 | W | 01:00:12 | 766 | Müller, Anette | | Pilzwiese | 1966 | 29 | W35 | 06:01,2 | 00:21:48 |
| 455 | | 01:00:15 | 785 | Klisch, Gisbert | | Dortmund | 1949 | 27 | M55 | 06:01,5 | 00:26:56 |
| 456 | | 01:00:22 | 1185 | Römer, Ernst-Peter | | Unna | 1952 | 42 | M50 | 06:02,2 | 00:27:03 |
| 457 | | 01:00:30 | 1115 | Rosinski, Horst | | TVADO Wickede | 1935 | 2 | M70 | 06:03,0 | 00:27:11 |
| 118 | W | 01:00:30 | 1163 | Hilmer, Ann-Kristin | | Dortmund | 1982 | 13 | WHK | 06:03,0 | 00:22:06 |
| 458 | | 01:00:32 | 856 | Wende, Uwe | | Waltrop | 1954 | 43 | M50 | 06:03,2 | 00:27:13 |
| 119 | W | 01:00:34 | 1012 | Lowien, Heidrun | | Dortmund | 1957 | 20 | W45 | 06:03,4 | 00:22:10 |
| 459 | | 01:00:34 | 765 | Müller, Thorsten | | Pilzwiese | 1966 | 84 | M35 | 06:03,4 | 00:27:15 |
| 120 | W | 01:00:46 | 968 | Marks, Brunhild | | Dortmund | 1957 | 21 | W45 | 06:04,6 | 00:22:22 |
| 460 | | 01:00:55 | 797 | Hunecke, Michael | | Dortmund | 1953 | 44 | M50 | 06:05,5 | 00:27:36 |

| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | PAK | AK | Min/KM | Z-Diff |
|-------|---|----------|--------|---------------------|-----|----------------------------|------|-----|-----|---------|----------|
| 121 | W | 01:00:56 | 1034 | Evers, Alexandra | | BSG - Signal-Iduna | 1970 | 30 | W35 | 06:05,6 | 00:22:32 |
| 461 | | 01:00:56 | 1053 | Hinni, Andreas | | BSG - Signal-Iduna | 1953 | 45 | M50 | 06:05,6 | 00:27:37 |
| 462 | | 01:01:00 | 706 | Kratz, Edgar | | Dortmund | 1970 | 85 | M35 | 06:06,0 | 00:27:41 |
| 463 | | 01:01:04 | 828 | Seck, Stefan | | Dortmund | 1968 | 86 | M35 | 06:06,4 | 00:27:45 |
| 122 | W | 01:01:04 | 933 | Gössner, Birgit | | Viermärker Waldlauf Gr1958 | 1958 | 22 | W45 | 06:06,4 | 00:22:40 |
| 464 | | 01:01:04 | 1179 | Kerst, Andreas | | Dortmund | 1959 | 76 | M45 | 06:06,4 | 00:27:45 |
| 123 | W | 01:01:04 | 988 | Noack, Martina | | Theodor-Heuss-Realsch1960 | 1960 | 23 | W45 | 06:06,4 | 00:22:40 |
| 465 | | 01:01:09 | 1126 | Kayser, Jochen | | Kamen | 1945 | 13 | M60 | 06:06,9 | 00:27:50 |
| 124 | W | 01:01:11 | 1024 | Albert, Melanie | | BSG - Signal-Iduna | 1969 | 31 | W35 | 06:07,1 | 00:22:47 |
| 125 | W | 01:01:14 | 1117 | Stede, Sabine | | SRS Pro Sportler | 1971 | 17 | W30 | 06:07,4 | 00:22:50 |
| 466 | | 01:01:15 | 1116 | Stede, Thomas | | SRS Pro Sportler | 1963 | 90 | M40 | 06:07,5 | 00:27:56 |
| 126 | W | 01:01:22 | 749 | Stillner, Nadja | | Dortmund | 1971 | 18 | W30 | 06:08,2 | 00:22:58 |
| 127 | W | 01:01:30 | 1006 | Wehrmann, Martin | | Münster | 1959 | 24 | W45 | 06:09,0 | 00:23:06 |
| 467 | | 01:01:33 | 1065 | Bastendorf, Peter | | Bochum | 1965 | 91 | M40 | 06:09,3 | 00:28:14 |
| 468 | | 01:01:37 | 1015 | Middel, Dr. Stefan | | Viermärker Waldlauf Gr1959 | 1959 | 77 | M45 | 06:09,7 | 00:28:18 |
| 469 | | 01:01:40 | 1064 | Maier, Gerald | | Drensteinfurt | 1960 | 78 | M45 | 06:10,0 | 00:28:21 |
| 128 | W | 01:01:58 | 830 | Börner-Fritsch, Pet | | Commerzbank Dortmur1961 | 1961 | 24 | W40 | 06:11,8 | 00:23:34 |
| 129 | W | 01:02:00 | 754 | Reich, Monika | | Lünen | 1961 | 25 | W40 | 06:12,0 | 00:23:36 |
| 130 | W | 01:02:00 | 755 | Lentner, Sabine | | Lünen | 1961 | 26 | W40 | 06:12,0 | 00:23:36 |
| 131 | W | 01:02:07 | 1146 | Gowitzke, Bärbel | | Witten | 1956 | 25 | W45 | 06:12,7 | 00:23:43 |
| 132 | W | 01:02:44 | 799 | Röhring, Dorothee | | DJK Ruhrtal Witten | 1962 | 27 | W40 | 06:16,4 | 00:24:20 |
| 470 | | 01:02:47 | 890 | Lamprecht, Walter | | TuS Wellinghofen | 1935 | 3 | M70 | 06:16,7 | 00:29:28 |
| 471 | | 01:02:47 | 1160 | Franke, Moritz | | Dortmund | 1982 | 77 | MHK | 06:16,7 | 00:29:28 |
| 133 | W | 01:02:48 | 1159 | Franke, Charlotte | | Dortmund | 1985 | 14 | WHK | 06:16,8 | 00:24:24 |
| 134 | W | 01:03:02 | 871 | Höckmann, Katja | | HWK-Dortmund | 1967 | 32 | W35 | 06:18,2 | 00:24:38 |
| 135 | W | 01:03:10 | 753 | Lange, Alexandra | | Lünen | 1968 | 33 | W35 | 06:19,0 | 00:24:46 |
| 472 | | 01:03:11 | 1086 | Misikowski, Thoma | | TV Hoerde | 1964 | 92 | M40 | 06:19,1 | 00:29:52 |
| 136 | W | 01:03:12 | 1087 | Diekow-Baldauf, C | | TV Hoerde | 1966 | 34 | W35 | 06:19,2 | 00:24:48 |
| 137 | W | 01:03:13 | 809 | Möller, Susanne | | Team Stadtverwaltung 1964 | 1964 | 28 | W40 | 06:19,3 | 00:24:49 |
| 473 | | 01:03:31 | 993 | Schmitz, Ingo | | Dortmund | 1962 | 93 | M40 | 06:21,1 | 00:30:12 |
| 474 | | 01:03:42 | 1147 | Zimmermann, Han | | Dortmund | 1957 | 79 | M45 | 06:22,2 | 00:30:23 |
| 475 | | 01:03:48 | 1073 | Lischka, Rainer | | Dortmund | 1962 | 94 | M40 | 06:22,8 | 00:30:29 |
| 476 | | 01:04:31 | 1164 | Hilmer, Willi | | Dortmund | 1948 | 28 | M55 | 06:27,1 | 00:31:12 |
| 138 | W | 01:04:38 | 939 | Werner, Inge | | Viermärker Waldlauf Gr1957 | 1957 | 26 | W45 | 06:27,8 | 00:26:14 |
| 139 | W | 01:05:04 | 743 | Gropp, Susanne | | Dortmund | 1972 | 19 | W30 | 06:30,4 | 00:26:40 |
| 140 | W | 01:05:04 | 1152 | Raguse, Katja | | Dortmund | 1974 | 20 | W30 | 06:30,4 | 00:26:40 |
| 141 | W | 01:05:08 | 874 | Splittgerber, Heike | | Lünen | 1965 | 29 | W40 | 06:30,8 | 00:26:44 |
| 142 | W | 01:05:08 | 973 | Holtmann, Christia | | Lünen | 1963 | 30 | W40 | 06:30,8 | 00:26:44 |
| 143 | W | 01:05:08 | 1122 | Schulter, Dörthe | | Lünen | 1970 | 35 | W35 | 06:30,8 | 00:26:44 |
| 144 | W | 01:05:10 | 872 | Voit, Ingeborg | | HWK-Dortmund | 1953 | 15 | W50 | 06:31,0 | 00:26:46 |
| 477 | | 01:05:10 | 1143 | Garlichs, Wilfried | | Datteln | 1947 | 29 | M55 | 06:31,0 | 00:31:51 |
| 145 | W | 01:05:15 | 938 | Wolff-Ebel, Regina | | Viermärker Waldlauf Gr1955 | 1955 | 16 | W50 | 06:31,5 | 00:26:51 |
| 478 | | 01:05:21 | 1075 | Hey, Karl-Georg | | TV Berghofen | 1927 | 4 | M75 | 06:32,1 | 00:32:02 |
| 479 | | 01:05:28 | 1009 | Voelker, Klaus-Die | | Vorwerk Deutschland 1955 | 1955 | 46 | M50 | 06:32,8 | 00:32:09 |
| 146 | W | 01:06:01 | 1097 | Damm, Anette | | Stadt Dortmund | 1950 | 5 | W55 | 06:36,1 | 00:27:37 |
| 480 | | 01:06:19 | 1037 | Rawe, Peter | | BSG - Signal-Iduna | 1958 | 80 | M45 | 06:37,9 | 00:33:00 |
| 147 | W | 01:06:56 | 1277 | Dath, Jutta | | Viermärker Waldlauf Gr1943 | 1943 | 1 | W60 | 06:41,6 | 00:28:32 |
| 148 | W | 01:07:14 | 1176 | Dath, Jutta | | Viermärker Waldlauf Gr1943 | 1943 | 2 | W60 | 06:43,4 | 00:28:50 |
| 481 | | 01:07:47 | 922 | Krolik, Thomas | | BSG Uhde | 1960 | 81 | M45 | 06:46,7 | 00:34:28 |
| 482 | | 01:07:54 | 1105 | Prabe, Dennis | | Dortmund | 1983 | 78 | MHK | 06:47,4 | 00:34:35 |
| 149 | W | 01:11:23 | 1071 | Hohmann, Sabine | | Dortmund | 1949 | 6 | W55 | 07:08,3 | 00:32:59 |