

| Pl | Name | g Verein | Zeit |
|-----------------|----------------------|-------------------------|---------|
| LI (24) | | | |
| 1 | Manfred Johnsen | Seesen | 20:03 |
| 1 | Susan Högg | Seesen | 20:03 |
| 3 | Lion Bernsdorf | Seesen | 21:41 |
| 3 | Julia Stell | TG Münden | 21:41 |
| 3 | Lilly Hintz | Seesen | 21:41 |
| 3 | Carolin Bernsdorf | Seesen | 21:41 |
| 7 | Jordan Sophie Meisel | OLV Uslar | 23:08 |
| 8 | Julia Stell | TG Münden | 25:10 |
| 9 | Sonja Kunze | OLV Uslar | 25:55 |
| 10 | Achim Pedroß | TSV Münchehof | 27:28 |
| 10 | Beate Pedroß | TSV Münchehof | 27:28 |
| 12 | Sebastian Pedroß | TSV Münchehof | 32:53 |
| 12 | Paula Racket | TSV Münchehof | 32:53 |
| 14 | Lucia Stolze | SV Bovenden | 32:54 |
| 14 | Karla Breckle | SV Bovenden | 32:54 |
| 16 | Julia Stark | MTV Seesen | 33:37 |
| 16 | Hanna Stark | MTV Seesen | 33:37 |
| 18 | Rut Stark | MTV Seesen | 34:32 |
| 19 | Till Raake | MTV Seesen | 36:45 |
| 20 | Robin von Gaza | OLV Uslar | 48:20 |
| 20 | Christiane Mülle | OLV Uslar | 48:20 |
| 22 | Jesper Bruns | MTK Bad Harzburg | 1:13:45 |
| 22 | Erik Bruns | MTK Bad Harzburg | 1:13:45 |
| 22 | Ela Bruns | MTK Bad Harzburg | 1:13:45 |
| LII (15) | | | |
| 1 | Arne Lorenz | MTV Seesen | 50:17 |
| 2 | Dirk Tünnermann | MTV Seesen | 1:03:36 |
| 3 | Fabian Marquardt | MTV Seesen | 1:04:24 |
| 3 | Marcel Brose | Seesen | 1:04:24 |
| 5 | Rüdiger Birkner | MTV Seesen | 1:07:50 |
| 6 | Martina Anders | Seesen | 1:10:23 |
| 6 | Anne Riefling | Seesen | 1:10:23 |
| 6 | Sabine Stübig | MTV Seesen | 1:10:23 |
| 9 | Barbara Szafranzki | MTV Seesen | 1:16:10 |
| 9 | Miriam Schmidt | MTV Seesen | 1:16:10 |
| 9 | Dasmina Nageswaran | MTV Seesen | 1:16:10 |
| | Jens Renziehausen | TSV Wiershausen | N Ang |
| | Stefan Krüger | Seesen | N Ang |
| | Jessica Nehls | Seesen | N Ang |
| | Kerstin Marquardt | Seesen | N Ang |
| M (82) | | | |
| 1 | Ingmar Knof | Kiel | 29:51 |
| 2 | Uta Hillebrand | Hochschulsport Hannover | 33:31 |
| 3 | Joost Bakker | Jacobson-Gym Seesen | 33:57 |
| 3 | Luis Alberti | Jacobson-Gym Seesen | 33:57 |
| 5 | Philipp Prange | Jacobson-Gym Seesen | 36:03 |
| 6 | Jannik Richter | Hochschulsport Hannover | 36:05 |
| 7 | Werner Drese | OLV Uslar | 36:19 |
| 8 | Mareike Blohm | TSV Worpswede | 37:33 |
| 9 | Sophie Hepe | TSV Münchehof | 38:05 |
| 9 | Justus Hepe | TSV Münchehof | 38:05 |

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| M (82) | | <i>(Forts.)</i> | |
| 11 | Heiko Pilgermann | MTV Seesen | 38:10 |
| 12 | Corinna Aue | Corvinianum Northeim | 39:20 |
| 12 | Marek Neumann | Corvinianum Northeim | 39:20 |
| 14 | Ogulcan Kalayci | Corvinianum Northeim | 40:38 |
| 14 | Nikolas Körner | Corvinianum Northeim | 40:38 |
| 16 | Jan Deike | Jacobson-Gym Seesen | 41:27 |
| 16 | Nils Deike | Jacobson-Gym Seesen | 41:27 |
| 18 | Björn Bokemüller | Old and New | 41:41 |
| 19 | Joel Kress | Jacobson-Gym Seesen | 42:20 |
| 20 | Janina Pedroß | TSV Münchehof | 42:40 |
| 20 | Andreas Hosang | TSV Münchehof | 42:40 |
| 22 | Hendrik Lawes | Jacobson-Gym Seesen | 43:10 |
| 22 | Niklas Kottwitz | Jacobson-Gym Seesen | 43:10 |
| 24 | Noah Strecke | Jacobson-Gym Seesen | 44:46 |
| 24 | Niklas Kraemer | Jacobson-Gym Seesen | 44:46 |
| 26 | Markus Hepe | TSV Münchehof | 46:05 |
| 26 | Britta Hepe | TSV Münchehof | 46:05 |
| 28 | Daniel Schulz | Jacobson-Gym Seesen | 48:13 |
| 28 | Ricarda Giese | Jacobson-Gym Seesen | 48:13 |
| 30 | Timon Aue | Jacobson-Gym Seesen | 48:17 |
| 30 | Maike Affeldt | Jacobson-Gym Seesen | 48:17 |
| 32 | Evi Drese | OLV Uslar | 48:28 |
| 32 | Vivien Helmbrecht | OLV Uslar | 48:28 |
| 34 | Michael Heckrodt | TSV Münchehof | 50:40 |
| 34 | Lara Isfort | TSV Münchehof | 50:40 |
| 36 | Greta Lücke | Jacobson-Gym Seesen | 51:51 |
| 36 | Ciara Stubhan | Jacobson-Gym Seesen | 51:51 |
| 38 | Tim Bahlmann | Jacobson-Gym Seesen | 52:10 |
| 38 | Leon Körner | Jacobson-Gym Seesen | 52:10 |
| 40 | Mark-Aurel Risch | Corvinianum Northeim | 52:45 |
| 40 | Helena Rien | Corvinianum Northeim | 52:45 |
| 42 | Leon Bartels | Corvinianum Northeim | 52:55 |
| 42 | Niko Leppich | Corvinianum Northeim | 52:55 |
| 44 | Malte Sperlich | Corvinianum Northeim | 56:43 |
| 44 | Jan Lenke | Corvinianum Northeim | 56:43 |
| 46 | Daniel Weisheit | MTV Seesen | 56:52 |
| 46 | Sören Brinck | Seesen | 56:52 |
| 48 | Felix Brandt | Jacobson-Gym Seesen | 58:35 |
| 49 | Gina Täuber | Corvinianum Northeim | 1:02:43 |
| 49 | Pia Meyer | Corvinianum Northeim | 1:02:43 |
| 51 | Elena Lehmann | Corvinianum Northeim | 1:07:11 |
| 51 | Paula Turau | Corvinianum Northeim | 1:07:11 |
| 53 | Jannik Heiligenstadt | Corvinianum Northeim | 1:08:05 |
| 53 | Byrge Lillie | Corvinianum Northeim | 1:08:05 |
| 55 | Andreas Isfort | TSV Münchehof | 1:10:20 |
| 55 | Juliane Isfort | TSV Münchehof | 1:10:20 |
| 57 | Laura Krämer | Corvinianum Northeim | 1:41:16 |
| 57 | Farima Niyameimandi | Corvinianum Northeim | 1:41:16 |
| | Meike Hensseler | Jacobson-Gym Seesen | FehlSt |
| | Nelson Tuchtelt | Corvinianum Northeim | FehlSt |
| | Laura Repczuk | Corvinianum Northeim | FehlSt |
| | Paul Tünnermeier | Corvinianum Northeim | FehlSt |
| | Constantin Walter | Corvinianum Northeim | FehlSt |
| | Louis Ziegenbein | Jacobson-Gym Seesen | FehlSt |

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| M (82) | | | <i>(Forts.)</i> |
| | Paula Meyer | Jacobson-Gym Seesen | Fehlst |
| | Emil Wagner | TSV Münchehof | Fehlst |
| | Jens Wagner | TSV Münchehof | Fehlst |
| | Fleur Langer | Jacobson-Gym Seesen | Fehlst |
| | Lea Heidt | Jacobson-Gym Seesen | Fehlst |
| | Wiebke Knagge | Jacobson-Gym Seesen | Fehlst |
| | Elise Pilgermann | Jacobson-Gym Seesen | Fehlst |
| | Eric Alberti | Jacobson-Gym Seesen | Fehlst |
| | Jonas Lüllemann | Jacobson-Gym Seesen | Fehlst |
| | Milane Giebeler | Jacobson-Gym Seesen | Fehlst |
| | Violetta Hetterich | Jacobson-Gym Seesen | Fehlst |
| | Theresa Reisch | Corvinianum Northeim | N Ang |
| | Ole Klein | Corvinianum Northeim | N Ang |
| | Jovana Nicolic | Corvinianum Northeim | N Ang |
| | Andreas Heiligenstadt | Corvinianum Northeim | N Ang |
| | Jannik Jerusel | Corvinianum Northeim | N Ang |
| | Julius Diesner | Corvinianum Northeim | N Ang |
| | Raphael Breiding | Corvinianum Northeim | N Ang |
| SI (23) | | | |
| 1 | Rolf Breckle | SV Bovenden | 35:04 |
| 2 | Jussi Bruns | MTK Bad Harzburg | 40:10 |
| 3 | Julius Wandelt | MTV Seesen | 40:57 |
| 4 | Karolin Kühnhold | WSV Braunlage | 43:52 |
| 5 | Anke von Gaza | OLV Uslar | 43:53 |
| 6 | Malte Finkenstädt | OLV Uslar | 44:11 |
| 7 | Gunnar Grote | OLV Uslar | 44:17 |
| 8 | Horst von Gaza | OLV Uslar | 45:11 |
| 9 | Bennet Grote | OLV Uslar | 46:18 |
| 10 | Henning Bruns | MTK Bad Harzburg | 48:00 |
| 11 | Lilly Hintz | MTV Seesen | 48:30 |
| 11 | Carolin Bernsdorf | MTV Seesen | 48:30 |
| 11 | Lion Bernsdorf | MTV Seesen | 48:30 |
| 14 | Alfred Newerla | RSV Hannover | 53:25 |
| 15 | Felix Drese | OLV Uslar | 54:00 |
| 16 | Dieter Wehrhöfer-Bersuck | TG Bielefelder | 55:32 |
| 17 | Martina Willmann | OLV Uslar | 56:15 |
| 18 | Jonas Requadt | Seesen | 58:14 |
| 18 | Jan Hermanns | Seesen | 58:14 |
| 20 | Lukas Bersuck | TG Bielefelder | 1:11:44 |
| 21 | Petra Speh-Rothaug | OSC Kassel | 1:14:21 |
| 22 | Jana Dettmer | SV Hildesia Diekholzen | 1:18:45 |
| 23 | Uwe Bokemüller | Old and New | 1:24:45 |
| SII (18) | | | |
| 1 | Christoph Hofmeister | MTK Bad Harzburg | 41:41 |
| 2 | Eike Bruns | MTK Bad Harzburg | 42:04 |
| 3 | Aaron Wandelt | MTV Seesen | 44:39 |
| 3 | Jan Klose | MTV Seesen | 44:39 |
| 5 | Joachim Stamer | MTK Bad Harzburg | 48:30 |
| 6 | Fabian Ulbrich | OLV Uslar | 51:19 |
| 7 | Theresia Meißner | MTV Seesen | 54:08 |
| 8 | Ann-Charlotte Spangenberg | TG Münden | 55:10 |

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| SII (18) | | | | |
| | | | <i>(Forts.)</i> | |
| 9 | Nina Döllgast | | MTK Bad Harzburg | 56:58 |
| 10 | Renée Schwartz | | SSV Langenhagen | 1:05:08 |
| 11 | Sergey Yakubov | | OSC Hamburg | 1:07:06 |
| 12 | Felix Tünnermann | | MTV Seesen | 1:10:52 |
| 13 | Michael Schwien | | SC Klecken | 1:17:07 |
| 14 | Klara Nußbaum | | MTV Seesen | 1:47:15 |
| 14 | Leonie Geef | | MTV Seesen | 1:47:15 |
| | Nilas Stamer | | MTK Bad Harzburg | Fehlst |
| | Ansgar Estzermann | | OLV Uslar | N Ang |
| | Solia Stamer | | MTK Bad Harzburg | N Ang |