

| Platz | Startn. | Name | Vorname | Verein | Bruttozeit | Nettozeit | Platz | Klasse |
|-------|---------|---------------|-------------|-----------------------|------------|-----------|-------|--------|
| 1 | 499 | Sutschet | Alex | Tri-Sport-Saar- | 15:14,20 | 15:13,00 | 1 | Männer |
| 2 | 476 | Ziegler | Nick | LSG SB-Sulzbachtal | 15:39,30 | 15:38,00 | 2 | Männer |
| 3 | 507 | Breinlinger | David | SV Nikar Heidelberg | 15:54,00 | 15:52,50 | 3 | Männer |
| 4 | 494 | Stark | Christopher | DJK Dudweiler | 15:54,01 | 15:52,60 | 4 | Männer |
| 5 | 505 | Breinlinger | Jakob | DJK SG St.Ingbert | 16:37,10 | 16:35,90 | 5 | Männer |
| 6 | 514 | Zenner | Tobias | Tri-Sport Saar- | 17:21,70 | 17:20,60 | 6 | Männer |
| 7 | 425 | Fischer | Leon | DJK SG St.Ingbert | 17:50,10 | 17:50,10 | 7 | Männer |
| 8 | 495 | Marquedant | Dominic | Freiburg | 17:56,90 | 17:53,00 | 8 | Männer |
| 9 | 530 | Velten | Matthias | | 18:27,60 | 18:24,00 | 9 | Männer |
| 10 | 440 | Speicher | Sven | LSG SB-Sulzbachtal | 18:29,30 | 18:27,00 | 10 | Männer |
| 11 | 529 | Vetter | Sebastian | | 18:29,40 | 18:25,80 | 11 | Männer |
| 12 | 485 | Rausch | Felix | LAZ Saarbrücken | 19:07,90 | 19:05,60 | 12 | Männer |
| 13 | 506 | Halter | Kathrin | SV Nikar Heidelberg | 19:15,30 | 19:13,50 | 1 | Frauen |
| 14 | 533 | Schmitt | Oliver | RSC St. Ingbert | 19:31,70 | 19:29,70 | 13 | Männer |
| 15 | 474 | Schreiner | Alexander | Regionalverband | 19:46,30 | 19:43,20 | 14 | Männer |
| 16 | 449 | Feld | Verena | SV schlau.com Saar 05 | 19:55,70 | 19:55,70 | 2 | Frauen |
| 17 | 512 | Steinsch | Bela | TV Ottweiler | 20:09,60 | 20:06,40 | 15 | Männer |
| 18 | 1424 | Hosemann | Sven | Grojos LTF Elversberg | 20:27,70 | 20:27,70 | 16 | Männer |
| 19 | 534 | Bernarding | Isabelle | LSG Schmelz- | 20:36,70 | 20:34,80 | 3 | Frauen |
| 20 | 457 | Liska | Florian | | 20:49,50 | 20:49,50 | 17 | Männer |
| 21 | 486 | Rausch | Alexander | LAZ Saarbrücken | 20:59,10 | 20:55,90 | 18 | Männer |
| 22 | 539 | Ivanov | Falk | 1. FC Saarbrücken | 21:02,00 | 21:02,00 | 19 | Männer |
| 23 | 497 | Al Asfar | Ahmad | Hans Mutter Rosa | 21:04,70 | 21:02,60 | 20 | Männer |
| 24 | 426 | Ursprung | Maurice | LSG SB-Sulzbachtal | 21:05,20 | 21:01,00 | 21 | Männer |
| 25 | 516 | Spengler | Clara | LSG SB-Sulzbachtal | 21:10,90 | 21:09,20 | 4 | Frauen |
| 26 | 458 | Apushkinskaya | Nina | LSG SB-Sulzbachtal | 21:11,20 | 21:11,20 | 5 | Frauen |
| 27 | 460 | Simon | Gerd | LF Schützenhof | 22:04,10 | 22:02,70 | 22 | Männer |
| 28 | 498 | Finkler | Christian | Hans Mutter Rosa | 22:31,20 | 22:29,40 | 23 | Männer |
| 29 | 524 | Bauer | Tobias | Fribi Fun Runners | 22:33,50 | 22:30,60 | 24 | Männer |
| 30 | 535 | Xu | Sascha | | 22:43,50 | 22:39,40 | 25 | Männer |
| 31 | 523 | Hartmann | Heidi | Fribi Fun Runners | 22:49,80 | 22:47,30 | 6 | Frauen |
| 32 | 493 | Müller | Andreas | PKV Bexbach | 22:55,30 | 22:52,40 | 26 | Männer |
| 33 | 520 | Freis-Welsch | Lucie | Laufftreff Bliesgau | 22:55,80 | 22:54,20 | 7 | Frauen |
| 34 | 475 | Freis | Rabea | 1. FCS | 23:01,60 | 23:00,00 | 8 | Frauen |
| 35 | 531 | Szopko | Robert | LAZ Saarbrücken | 23:08,20 | 23:04,60 | 1 | M50 |
| 36 | 488 | Franke | Michaela | | 23:12,00 | 23:09,50 | 9 | Frauen |
| 37 | 496 | Benekam | Dirk | HPZ Wadgassen | 23:46,00 | 23:43,30 | 27 | Männer |
| 38 | 442 | Straube | Antonia | LSG SB-Sulzbachtal | 24:03,00 | 23:59,60 | 10 | Frauen |
| 39 | 519 | Cocard | Kevin | Guérande (France) | 24:15,80 | 24:11,50 | 28 | Männer |
| 40 | 490 | Corica | Jason | LTF Köllertal | 24:34,30 | 24:34,30 | 29 | Männer |
| 41 | 521 | Blickle | Patricia | LAG Saarbrücken | 24:45,20 | 24:40,90 | 11 | Frauen |
| 42 | 427 | Thiele | Moritz | LSG SB-Sulzbachtal | 24:47,60 | 24:43,20 | 30 | Männer |

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| 43 | 522 | Methinger | Pauline | LAG Saarbrücken | 24:51,40 | 24:47,30 | 12 | Frauen |
| 44 | 415 | Ackermann | Paul | Run4Fun Bübingen | 25:12,80 | 25:11,20 | 31 | Männer |
| 45 | 503 | Müller | Janika | HC St. Johann | 25:16,90 | 25:13,70 | 13 | Frauen |
| 46 | 501 | Pförtner | Vanessa | HC St. Johann | 25:16,90 | 25:14,20 | 14 | Frauen |
| 47 | 536 | Gross | Stefan | | 25:26,10 | 25:23,30 | 32 | Männer |
| 48 | 491 | Müller | Sabine | SV schlau.com Saar 05 | 25:35,10 | 25:30,80 | 15 | Frauen |
| 49 | 433 | Hary | Frédéric | | 25:44,90 | 25:39,70 | 33 | Männer |
| 50 | 471 | Langenbahn | Markus | Regionalverband | 25:56,20 | 25:53,10 | 34 | Männer |
| 51 | 469 | Jochum | Christina | Regionalverband | 26:04,90 | 26:01,30 | 16 | Frauen |
| 52 | 528 | Peiler | Tim | | 26:30,30 | 26:30,30 | 35 | Männer |
| 53 | 527 | Nieser | Julia | | 26:30,80 | 26:28,40 | 17 | Frauen |
| 54 | 509 | Uherek | Andreas | | 27:03,50 | 27:01,20 | 36 | Männer |
| 55 | 508 | Uherek | Britta | | 27:03,90 | 27:01,30 | 18 | Frauen |
| 56 | 444 | Braun | Patrik | Team-Erdinger- | 27:04,40 | 26:57,80 | 37 | Männer |
| 57 | 500 | Weber | Sarah | HC St. Johann | 27:05,90 | 27:02,80 | 19 | Frauen |
| 58 | 422 | Sander | Hanna | Team Drecksäue | 27:06,60 | 27:02,90 | 20 | Frauen |
| 59 | 412 | Janes | Sven | LSG SB-Sulzbachtal | 27:07,00 | 27:02,40 | 38 | Männer |
| 60 | 517 | Serf | Lena-Marie | LTF Köllertal | 27:16,40 | 27:12,10 | 21 | Frauen |
| 61 | 473 | Correc | Celina | TV Rodenbach | 27:24,00 | 27:20,60 | 22 | Frauen |
| 62 | 432 | Threm | Katja | | 27:24,70 | 27:22,50 | 23 | Frauen |
| 63 | 472 | Schreiner | Martin | Regionalverband | 27:35,60 | 27:32,10 | 39 | Männer |
| 64 | 470 | Müller | Michaela | Regionalverband | 27:35,90 | 27:32,10 | 24 | Frauen |
| 65 | 502 | Kollmannsperger | Muriel | HC St.Johann | 27:55,80 | 27:52,80 | 25 | Frauen |
| 66 | 487 | Weingärtner | Sylke | Elversberg | 27:59,30 | 27:53,80 | 26 | Frauen |
| 67 | 511 | Sust | Harald | Castrop-Rauxel | 28:01,50 | 27:58,30 | 40 | Männer |
| 68 | 466 | Corica | Sara | | 28:03,40 | 28:01,00 | 27 | Frauen |
| 69 | 538 | Ivanov | Denis | | 28:04,80 | 27:58,40 | 41 | Männer |
| 70 | 437 | Thiébaud- | Valérie | - | 28:13,90 | 28:11,40 | 28 | Frauen |
| 71 | 438 | Mirra | Laurence | - | 28:14,30 | 28:12,20 | 29 | Frauen |
| 72 | 429 | Bast | Günter | BASTis | 28:16,10 | 28:16,10 | 42 | Männer |
| 73 | 492 | Wahart | Benoit | LSG SB-Sulzbachtal | 28:46,60 | 28:43,30 | 43 | Männer |
| 74 | 445 | Gerhard | Louisa | LC Rehlingen | 28:49,50 | 28:43,80 | 30 | Frauen |
| 75 | 446 | Gerhard | Uwe | LC Rehlingen | 28:49,60 | 28:43,60 | 44 | Männer |
| 76 | 513 | Blisch | Monja | | 29:09,70 | 29:03,70 | 31 | Frauen |
| 77 | 424 | Durand | Valérie | | 29:11,20 | 29:05,30 | 32 | Frauen |
| 78 | 489 | Lillig | Esther | | 29:24,70 | 29:22,00 | 33 | Frauen |
| 79 | 515 | Schmitt | Hans-Ulrich | LC Warndt | 29:25,80 | 29:23,80 | 45 | Männer |
| 80 | 518 | Durand | Christophe | | 29:48,40 | 29:42,50 | 46 | Männer |
| 81 | 504 | Ecker | Nikolaus | LSG Saarlouis | 29:57,50 | 29:51,90 | 47 | Männer |
| 82 | 510 | Altmeyer | Sabine | | 30:03,10 | 29:58,20 | 34 | Frauen |
| 83 | 402 | Stock | Nathalie | Geschwisterliebe | 30:22,60 | 30:17,60 | 35 | Frauen |
| 84 | 526 | Velten | Manfred | | 30:24,40 | 30:19,00 | 48 | Männer |
| 85 | 401 | Stock | Tabea | Geschwisterliebe | 30:39,50 | 30:34,90 | 36 | Frauen |

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| 86 | 525 | Velten | Marion | | 31:26,00 | 31:20,40 | 37 | Frauen |
| 87 | 464 | Schade | Martina | LSG SB-Sulzbachtal | 32:30,90 | 32:23,60 | 38 | Frauen |
| 88 | 465 | Lang | Markus | LSG SB-Sulzbachtal | 32:31,30 | 32:23,90 | 49 | Männer |
| 89 | 459 | Fabing | Martine | | 32:36,60 | 32:32,60 | 39 | Frauen |
| 90 | 532 | Schwambach | Charlotte | Run4Fun Bübingen | 32:47,90 | 32:46,20 | 40 | Frauen |
| 91 | 423 | Korabius | Christof | | 32:56,70 | 32:56,70 | 50 | Männer |
| 92 | 537 | Trouvain | Jürgen | | 33:20,10 | 33:20,10 | 51 | Männer |
| 93 | 448 | Rehbein | Patrik | LSG SB-Sulzbachtal | 36:34,30 | 36:26,00 | 52 | Männer |
| 94 | 430 | Bast | Yannick | BASTis | 37:39,60 | 37:39,60 | 53 | Männer |
| 95 | 431 | Bast | Cedric | BASTis | 37:41,10 | 37:41,10 | 54 | Männer |
| 96 | 414 | Ackermann | Pauline | Run4Fun Bübingen | 37:55,00 | 37:53,10 | 41 | Frauen |
| 97 | 452 | Schmidt | Marion | | 39:29,70 | 38:15,50 | 42 | Frauen |
| 98 | 451 | Schenk | Thomas | | 39:29,80 | 36:45,50 | 55 | Männer |