

| Hauptlauf, 8 km | | | | | | | |
|-----------------|----------------|-------------|---------------------------|----------|-----------|-------------|--------------|
| Name | Vorname | Jahrgang | Verein | AK G | AK A | Startnummer | Zeit |
| Sauer | Jana | 2000 | | W | 14 | 147 | 44:38 |
| Koberstein | Martin | 1998 | SV Gemünden/Seifriedsburg | M | JB | 155 | 35:57 |
| Kleinhenz | Ludwig | 1992 | SV Gräfendorf | M | HKL | 163 | 33:04 |
| Lutz | Daniel | 1988 | SV Gräfendorf | M | HKL | 166 | 33:32 |
| Koch | Daniel | 1990 | Borussia Dortmund | M | HKL | 143 | 34:38 |
| Meyer | Johanna | 1985 | RV Viktoria Wombach | W | HKL | 165 | 33:21 |
| Haas | Marco | 1980 | | M | 30 | 158 | 27:50 |
| Reuter | Markus | 1982 | TV/DJK Hammelburg | M | 30 | 180 | 29:44 |
| Friedrich | Jan | 1980 | SV Gräfendorf | M | 30 | 153 | 32:35 |
| Arndt | Sascha | 1982 | SV Gräfendorf | M | 30 | 154 | 39:08 |
| Weber | Adrian | 1984 | SPVGG Adelsberg | M | 30 | 164 | 40:26 |
| Hutzelmann | Markus | 1976 | | M | 35 | 169 | 33:39 |
| Strohmeier | Christian | 1978 | SV Seifriedsburg | M | 35 | 159 | 33:48 |
| Zodtner | Kirsten | 1975 | | W | 35 | 179 | 46:03 |
| Schwehla | Frank | 1973 | TV Bad Brückenau | M | 40 | 156 | 30:22 |
| Gössl | Thomas | 1973 | Gemünden | M | 40 | 186 | 33:24 |
| Dittmeier | Thomas | 1970 | MSV Michelau | M | 40 | 177 | 34:59 |
| Ullrich | Frank | 1970 | SV Gräfendorf e.V. | M | 40 | 161 | 36:56 |
| Vogt | Christoph | 1974 | TV/DJK Hammelburg | M | 40 | 162 | 36:56 |
| Manninger | Karl-Heinz | 1970 | TV DJK Hammelburg | M | 40 | 157 | 31:29 |
| Haberland | Carmen | 1974 | TV/DJK Tausendfüßler | W | 40 | 174 | 42:35 |
| Henning | Daniela | 1970 | SV Gräfendorf | W | 40 | 172 | 46:42 |
| Binder | Anja | 1973 | TV/DJK Tausendfüßler | W | 40 | 173 | 55:57 |
| Schmitt | Carsten | 1967 | LG Hassberge | M | 45 | 149 | 27:20 |
| Brettschneider | Jürgen | 1968 | TV/DJK Hammelburg | M | 45 | 145 | 30:28 |
| Väth | Jürgen | 1967 | TV/DJK Hammelburg | M | 45 | 150 | 31:59 |
| Salg | Wolfgang | 1966 | ESV Gemünden | M | 45 | 160 | 34:40 |
| Sauer | Ralf | 1969 | | M | 45 | 146 | 36:21 |
| Dittmeier | Michael | 1969 | FC Ostheim | M | 45 | 170 | 41:13 |
| Haberland | Christian | 1968 | TV/DJK Tausendfüßler | M | 45 | 175 | 41:46 |
| Henning | Udo | 1968 | SV Gräfendorf | M | 45 | 171 | 43:30 |
| Kessler-Grosso | Petra | 1969 | SV Gräfendorf | W | 45 | 176 | 44:20 |
| Kleinhenz | Christel | 1965 | SV Gräfendorf | W | 45 | 168 | 46:20 |
| Rausch | Uwe | 1964 | LG Lohr | M | 50 | 148 | 29:24 |
| Endres | Winfried | 1961 | TV Bad Brückenau | M | 50 | 167 | 29:27 |
| Pototzky | Leo | 1964 | RV Viktoria Wombach | M | 50 | 152 | 32:54 |
| Weigand | Peter | 1961 | SV Gräfendorf | M | 50 | 104 | 39:10 |
| Schulze | Stephan | 1963 | | M | 50 | 178 | 46:03 |
| Pototzky | Heide | 1963 | RV Viktoria Wombach | W | 50 | 151 | 39:21 |
| Joa | Ingeborg | 1960 | TV/DJK Hammelburg | W | 50 | 181 | 41:38 |
| Keller | Christiane | 1964 | Burgsinn | W | 50 | 182 | 44:07 |
| Czerny | Martina | 1960 | Rieneck | W | 50 | 183 | 53:17 |
| Ilardi | Sebastiano | 1957 | TSV Rechtenbach | M | 55 | 144 | 29:50 |
| Schneider | Hubert | 1959 | SV Gräfendorf | M | 55 | 103 | 34:21 |