

1500 Meter

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|-------------|--------------------|--------------------------------|---------------|-------------|
| 1. | Weber, Thomas | LSG Sbr.-Sulzbachtal | 1.M45 | 04:33,52 |
| 2. | Squillace, Antonio | LC Rehlingen | 1.M50 | 04:58,09 |
| 3. | Baldauf, Norbert | LC Rehlingen | 2.M50 | 05:05,09 |
| 4. | Kont, Nihat | SV GO!Saar 05 | 1.M60 | 05:25,53 |
| 5. | Ballon, Kevin | LC Rehlingen | 1.M30 | 05:35,19 |
| 6. | Zubiller, Stefan | LSG Sbr.-Sulzbachtal | 2.M45 | 05:45,76 |
| 7. | Seel, Claudia | LC Rehlingen | 1.W50 | 05:50,83 |
| 8. | Dietrich, Jörg | LC Rehlingen | 1.M65 | 05:55,60 |
| 9. | Hübner, Torsten | VfR Alemannia 1921 Otzenhausen | 1.M40 | 06:18,64 |
| 10. | Jahn, Andreas | LAG Saarbrücken | 2.M40 | 06:27,26 |
| 11. | Meiers, Steffi | LAG Saarbrücken | 2.W50 | 08:36,93 |

5 Kilometer

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|-------------|-----------------------|--------------------------------|---------------|-------------|
| 1. | Müller, Matthias | LSG Sbr.-Sulzbachtal | 1.M45 | 17:24,00 |
| 2. | Baldauf, Norbert | LC Rehlingen | 1.M50 | 18:37,00 |
| 3. | Vonerden, Andreas | LSG Sbr.-Sulzbachtal | 2.M45 | 19:35,00 |
| 4. | Volz, Harald | LSG Saarlouis | 1.M55 | 20:16,00 |
| 5. | Thiry, Gerd | Bisttal-Runners | 1.M65 | 20:51,00 |
| 6. | Seel, Claudia | LC Rehlingen | 1.W50 | 21:02,00 |
| 7. | Gier, Reiner | LC Rehlingen | 2.M55 | 22:49,00 |
| 8. | Baldauf, Peter | TV Düppenweiler | 2.M65 | 22:59,00 |
| 9. | Hübner, Torsten | VfR Alemannia 1921 Otzenhausen | 1.M40 | 23:15,00 |
| 10. | Mezzavilla, Christina | LC Rehlingen | 1.W40 | 23:19,00 |
| 11. | Celette, Gabriele | LC Rehlingen | 1.W65 | 23:19,00 |
| 12. | Marx, Galina | LC Rehlingen | 2.W50 | 23:24,00 |
| 13. | Romang, Roland | LSG Sbr.-Sulzbachtal | 3.M65 | 23:49,00 |
| 14. | Jahn, Andreas | LAG Saarbrücken | 2.M40 | 24:25,00 |
| 15. | Prianon, Isabelle | LA Team Saar | 1.W45 | 25:34,00 |