

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|----------------------------|---------------|-------------------------|-----------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|------------|-----------|
| Altersklasse M AK 3 | | | | | | | | | | | | | |
| B | 1 | Lieske, Christoph | 81 BSG Philips LG | 0:22:21 h | 1 | 1:07:39 h | 1 | 1:30:00 h | 1 | 0:49:00 h | 1 | 2:19:00 h | 44 |
| Altersklasse M AK 4 | | | | | | | | | | | | | |
| B | 1 | Jakobs, Gerrit | 78 BSG HEK | 0:22:01 h | 1 | 1:02:31 h | 1 | 1:24:32 h | 1 | 0:50:33 h | 1 | 2:15:05 h | 198 |
| Altersklasse M Sen1 | | | | | | | | | | | | | |
| B | 1 | langfeld, peter | 72 BSG Siemens | 0:18:39 h | 1 | 0:54:29 h | 1 | 1:13:08 h | 1 | 0:39:41 h | 1 | 1:52:49 h | 166 |
| B | 2 | winkelmann, olaf | 70 BSG Hamburg Wasser | 0:22:13 h | 2 | 1:03:38 h | 2 | 1:25:51 h | 2 | 0:48:30 h | 2 | 2:14:21 h | 122 |
| Altersklasse M Sen2 | | | | | | | | | | | | | |
| B | 1 | Milewski, Marek | 66 BSG SG Stern Hamburg | 0:22:19 h | 1 | 0:57:49 h | 1 | 1:20:08 h | 1 | 0:47:38 h | 1 | 2:07:46 h | 111 |
| Altersklasse M Sen3 | | | | | | | | | | | | | |
| B | 1 | Wiens, Jochen | 64 BSG SG Stern Hamburg | 0:26:50 h | 1 | 1:19:53 h | 1 | 1:46:43 h | 1 | 1:01:27 h | 1 | 2:48:10 h | 121 |
| Altersklasse M Sen4 | | | | | | | | | | | | | |
| B | 1 | Weskamm, Rüdiger | 55 BSG Siemens | 0:24:54 h | 2 | 1:07:33 h | 1 | 1:32:27 h | 1 | 0:55:55 h | 1 | 2:28:22 h | 66 |
| B | 2 | Mehrkens, Hans-Werner | 55 BSG Finanzamt Blankenese | 0:24:46 h | 1 | 1:16:00 h | 2 | 1:40:46 h | 2 | 0:56:03 h | 2 | 2:36:49 h | 87 |
| B | 3 | Ehrenberg, Frank | 59 BSG SG Deutsche Bank | 0:24:55 h | 3 | 1:17:06 h | 4 | 1:42:01 h | 3 | 0:58:04 h | 3 | 2:40:05 h | 183 |
| B | 4 | Kamrad, Hubert | 55 BSG SG Stern Hamburg | 0:26:44 h | 4 | 1:16:18 h | 3 | 1:43:02 h | 4 | 0:58:38 h | 4 | 2:41:40 h | 124 |
| Altersklasse M Sen7 | | | | | | | | | | | | | |
| B | 1 | Haubrich, Gerhard | 43 BSG Philips LG | 0:27:45 h | 1 | 1:18:26 h | 1 | 1:46:11 h | 1 | 1:00:45 h | 1 | 2:46:56 h | 179 |
| Altersklasse W AK 4 | | | | | | | | | | | | | |
| B | 1 | Hein, Kerstin | 77 Atlético Bacardi | 0:23:08 h | 1 | 1:09:44 h | 1 | 1:32:52 h | 1 | 0:50:42 h | 1 | 2:23:34 h | 69 |
| B | 2 | Wolf, Uta | 78 BSG TK | 0:32:58 h | 2 | 1:26:10 h | 2 | 1:59:08 h | 2 | 1:09:46 h | 2 | 3:08:54 h | 209 |
| Altersklasse W Sen3 | | | | | | | | | | | | | |
| B | 1 | Warnecke-Jerol, Margret | 61 BSG SG Stern Hamburg | 0:26:34 h | 1 | 1:11:34 h | 1 | 1:38:08 h | 1 | 1:01:30 h | 1 | 2:39:38 h | 126 |