

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|---------------|-------------------------|-------------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|------------|--------------|-----------|
| M | 1 | Günther, Fabian | 94 Triabolos Hamburg | 0:18:38 h | 2 | 0:54:34 h | 1 | 1:13:12 h | 1 | 0:41:04 h | 3 | 1:54:16 h | M AK 1 | 56 |
| M | 2 | Wiebe, Nicholas | 75 TriTeam Hamburg | 0:18:41 h | 3 | 0:58:47 h | 7 | 1:17:28 h | 4 | 0:40:09 h | 1 | 1:57:37 h | M AK 4 | 7 |
| M | 3 | Hesse, Daniel | 80 Triabolos Hamburg | 0:19:40 h | 5 | 0:57:44 h | 3 | 1:17:24 h | 3 | 0:42:37 h | 5 | 2:00:01 h | M AK 3 | 43 |
| M | 4 | Lehmann, Sergej | 86 TSG Bergedorf / TriBandits | 0:18:20 h | 1 | 1:01:15 h | 10 | 1:19:35 h | 8 | 0:40:39 h | 2 | 2:00:14 h | M AK 2 | 57 |
| M | 5 | Radke, Dirk | 68 Kaifu Tri Team | 0:19:41 h | 6 | 0:58:21 h | 5 | 1:18:02 h | 5 | 0:42:57 h | 7 | 2:00:59 h | M Sen2 | 35 |
| M | 6 | Baas, Frank | 75 Tri Michels Hamburg | 0:19:59 h | 10 | 0:56:59 h | 2 | 1:16:58 h | 2 | 0:44:20 h | 10 | 2:01:18 h | M AK 4 | 25 |
| M | 7 | Jacobsen, Thilo | 73 Tri Michels Hamburg | 0:20:32 h | 12 | 0:58:05 h | 4 | 1:18:37 h | 6 | 0:43:14 h | 8 | 2:01:51 h | M Sen1 | 28 |
| M | 8 | Dannehl, Jan | 69 Triabolos Hamburg | 0:18:56 h | 4 | 1:01:19 h | 12 | 1:20:15 h | 10 | 0:42:28 h | 4 | 2:02:43 h | M Sen2 | 64 |
| M | 9 | Ahrens, Hans-Björn | 79 Team Triathlon Hamburger H | 0:19:42 h | 7 | 1:01:16 h | 11 | 1:20:58 h | 11 | 0:42:50 h | 6 | 2:03:48 h | M AK 4 | 118 |
| M | 10 | Biermann, Christian | 73 TuS Holstein Quickborn | 0:19:52 h | 9 | 0:59:20 h | 8 | 1:19:12 h | 7 | 0:46:06 h | 15 | 2:05:18 h | M Sen1 | 14 |
| M | 11 | Dohse, Michael | 78 Tri Team Hamburg | 0:20:11 h | 11 | 0:59:49 h | 9 | 1:20:00 h | 9 | 0:45:25 h | 13 | 2:05:25 h | M AK 4 | 137 |
| M | 12 | Hüppe, Stefan | 69 TS Harburg | 0:19:51 h | 8 | 1:02:55 h | 14 | 1:22:46 h | 13 | 0:43:41 h | 9 | 2:06:27 h | M Sen2 | 157 |
| M | 13 | Hennecke, Anke | 76 Kaifu Tri Team | 0:21:16 h | 14 | 1:03:31 h | 16 | 1:24:47 h | 15 | 0:44:47 h | 11 | 2:09:34 h | W AK 4 | 153 |
| M | 14 | Schmidt, Katharina | 80 Triabolos Hamburg | 0:21:54 h | 16 | 1:03:22 h | 15 | 1:25:16 h | 16 | 0:46:01 h | 14 | 2:11:17 h | W AK 3 | 54 |
| M | 15 | Klingemann, Werner | 59 Triabolos Hamburg | 0:21:55 h | 17 | 1:02:39 h | 13 | 1:24:34 h | 14 | 0:47:18 h | 16 | 2:11:52 h | M Sen4 | 102 |
| M | 16 | Wolf, Stephan | 70 TuS Holstein Quickborn | 0:22:49 h | 20 | 0:58:26 h | 6 | 1:21:15 h | 12 | 0:51:25 h | 20 | 2:12:40 h | M Sen1 | 16 |
| M | 17 | Jähmig, Maximilian | 89 TuS Holstein Quickborn | 0:20:45 h | 13 | 1:09:31 h | 22 | 1:30:16 h | 22 | 0:45:03 h | 12 | 2:15:19 h | M AK 2 | 13 |
| M | 18 | Jarren, Sabine | 66 Triabolos Hamburg | 0:22:59 h | 21 | 1:04:34 h | 17 | 1:27:33 h | 18 | 0:49:46 h | 19 | 2:17:19 h | W Sen2 | 224 |
| M | 19 | Betche, Josephin | 93 Top-Tri-Team-Hamburg | 0:21:28 h | 15 | 1:05:58 h | 19 | 1:27:26 h | 17 | 0:51:47 h | 21 | 2:19:13 h | W AK 1 | 70 |
| M | 20 | Pille, Bernd | 63 TSH Triathlon Team | 0:22:44 h | 19 | 1:06:55 h | 21 | 1:29:39 h | 19 | 0:49:44 h | 18 | 2:19:23 h | M Sen3 | 78 |
| M | 21 | da Cruz, Paulo | 69 Triabolos Hamburg | 0:22:36 h | 18 | 1:10:09 h | 23 | 1:32:45 h | 23 | 0:48:01 h | 17 | 2:20:46 h | M Sen2 | 141 |
| M | 22 | Steinkühler, Thomas | 57 TuS Holstein Quickborn | 0:23:36 h | 23 | 1:06:34 h | 20 | 1:30:10 h | 21 | 0:52:27 h | 22 | 2:22:37 h | M Sen4 | 18 |
| M | 23 | Spijker, Rüdiger | 60 Tri-Michels Hamburg | 0:24:15 h | 24 | 1:05:32 h | 18 | 1:29:47 h | 20 | 0:53:34 h | 24 | 2:23:21 h | M Sen3 | 95 |
| M | 24 | Lüders, Kerstin | 63 Tri-Michels Hamburg | 0:24:39 h | 25 | 1:11:03 h | 24 | 1:35:42 h | 24 | 0:54:02 h | 25 | 2:29:44 h | W Sen3 | 99 |
| M | 25 | Peemöller, Hans Hermann | 54 HT 16 | 0:23:18 h | 22 | 1:16:27 h | 27 | 1:39:45 h | 25 | 0:54:30 h | 26 | 2:34:15 h | M Sen5 | 103 |
| M | 26 | Holste, Thorsten | 60 FC St. Pauli Triathlon | 0:24:45 h | 26 | 1:20:57 h | 28 | 1:45:42 h | 28 | 0:53:28 h | 23 | 2:39:10 h | M Sen3 | 201 |
| M | 27 | Stenzel, Michael | 67 Top-Tri-Team-Hamburg | 0:27:47 h | 29 | 1:12:11 h | 25 | 1:39:58 h | 26 | 1:01:06 h | 27 | 2:41:04 h | M Sen2 | 113 |
| M | 28 | Kranz, Uwe | 42 TuS Holstein Quickborn | 0:27:30 h | 27 | 1:16:06 h | 26 | 1:43:36 h | 27 | 1:02:19 h | 28 | 2:45:55 h | M Sen7 | 19 |
| M | 29 | Hillebrand, Ralph | 71 TuS Holstein Quickborn | 0:27:36 h | 28 | 1:21:08 h | 29 | 1:48:44 h | 29 | 1:04:29 h | 29 | 2:53:13 h | M Sen1 | 20 |