

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischen- zeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Alters- klasse | Start- Nr. |
|-------|---------------|----------------------|-------------------------------|-----------|-----------|-----------|------------|-------------------|-----------|-----------|-----------|------------|-------------------|---------------|
| B | 1 | Langfeld, Peter | 72 BSG Siemens | 0:18:51 h | 1 | 0:49:28 h | 4 | 1:08:19 h | 2 | 0:41:26 h | 1 | 1:49:45 h | M Sen2 | 171 |
| B | 2 | Ludewig, Frithjof | 84 BSG SG Zoll Hamburg | 0:20:06 h | 2 | 0:47:38 h | 1 | 1:07:44 h | 1 | 0:42:32 h | 4 | 1:50:16 h | M AK 3 | 91 |
| B | 3 | van der Bent, Cecile | 85 BSG Lufthansa SV | 0:21:03 h | 5 | 0:50:23 h | 5 | 1:11:26 h | 3 | 0:42:22 h | 3 | 1:53:48 h | W AK 3 | 11 |
| B | 4 | Sie Too, Luca | 96 BSG Siemens | 0:20:39 h | 3 | 0:51:56 h | 7 | 1:12:35 h | 4 | 0:41:53 h | 2 | 1:54:28 h | M AK 1 | 62 |
| B | 5 | Decker, Christian | 71 BSG Airbus | 0:20:41 h | 4 | 0:53:33 h | 10 | 1:14:14 h | 7 | 0:44:01 h | 5 | 1:58:15 h | M Sen2 | 179 |
| B | 6 | Friese, Hauke | 85 BSG Siemens Triathlon | 0:23:48 h | 10 | 0:49:11 h | 2 | 1:12:59 h | 5 | 0:45:31 h | 7 | 1:58:30 h | M AK 3 | 88 |
| B | 7 | Polster, Malte | 76 BSG TÜV NORD | 0:21:22 h | 6 | 0:54:44 h | 11 | 1:16:06 h | 10 | 0:44:19 h | 6 | 2:00:25 h | M Sen1 | 143 |
| B | 8 | Kostelnik, Mathias | 80 BSG SG Stern Hamburg | 0:21:48 h | 7 | 0:53:30 h | 9 | 1:15:18 h | 9 | 0:46:23 h | 8 | 2:01:41 h | M AK 4 | 113 |
| B | 9 | Kohlmann, Carsten | 65 BSG NDR | 0:23:33 h | 8 | 0:51:26 h | 6 | 1:14:59 h | 8 | 0:47:22 h | 9 | 2:02:21 h | M Sen3 | 234 |
| B | 10 | Milewski, Marek | 67 BSG SG Stern Hamburg | 0:23:52 h | 11 | 0:49:16 h | 3 | 1:13:08 h | 6 | 0:49:43 h | 10 | 2:02:51 h | M Sen3 | 223 |
| B | 11 | Zielke, Uta | 71 BSG Beiersdorf | 0:23:37 h | 9 | 0:53:12 h | 8 | 1:16:49 h | 11 | 0:50:56 h | 11 | 2:07:45 h | W Sen2 | 31 |
| B | 12 | Hahn, Tanja | 67 BSG Beiersdorf | 0:24:31 h | 13 | 0:55:35 h | 12 | 1:20:06 h | 12 | 0:52:05 h | 14 | 2:12:11 h | W Sen3 | 36 |
| B | 13 | Thomsen, Andreas | 73 BSG Stadtwerke Norderstedt | 0:24:22 h | 12 | 0:59:59 h | 15 | 1:24:21 h | 13 | 0:51:15 h | 13 | 2:15:36 h | M Sen1 | 165 |
| B | 14 | Recht, Janette | 81 BSG HSH Nordbank | 0:25:14 h | 15 | 1:02:55 h | 16 | 1:28:09 h | 16 | 0:51:11 h | 12 | 2:19:20 h | W AK 4 | 17 |
| B | 15 | Sievers, Jörg | 65 BSG HSH Nordbank | 0:24:41 h | 14 | 1:04:09 h | 17 | 1:28:50 h | 17 | 0:53:27 h | 15 | 2:22:17 h | M Sen3 | 240 |
| B | 16 | Mehring, Robert | 74 BSG SG Stern Hamburg | 0:26:41 h | 16 | 0:59:41 h | 13 | 1:26:22 h | 14 | 0:56:14 h | 17 | 2:22:36 h | M Sen1 | 156 |
| B | 17 | Konrad, Thomas | 67 BSG NDR | 0:27:50 h | 18 | 0:59:45 h | 14 | 1:27:35 h | 15 | 0:56:00 h | 16 | 2:23:35 h | M Sen3 | 220 |
| B | 18 | Wiens, Jochen | 64 BSG SG Stern Hamburg | 0:27:37 h | 17 | 1:05:49 h | 18 | 1:33:26 h | 18 | 1:03:01 h | 18 | 2:36:27 h | M Sen3 | 246 |