

| 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 20 | | | | | | | | | | | | | | |
| M | 1 | Fritzschafft, Julian | 91 | Triabolos Hamburg | 0:17:53 h | 1 | 0:51:56 h | 1 | 1:09:49 h | 1 | 0:38:34 h | 2 | 1:48:23 h | 63 |
| M | 2 | Herber, Philipp | 89 | TTS Tri Team Hamburg | 0:17:54 h | 2 | 0:53:07 h | 3 | 1:11:01 h | 2 | 0:39:32 h | 3 | 1:50:33 h | 71 |
| | 3 | Müller, Simon | 96 | Tri-Sport Lübeck | 0:18:08 h | 3 | 0:56:27 h | 6 | 1:14:35 h | 5 | 0:37:09 h | 1 | 1:51:44 h | 52 |
| M | 4 | Siegmund, Alexander | 90 | TTS Tri Team Hamburg | 0:19:03 h | 4 | 0:52:29 h | 2 | 1:11:32 h | 3 | 0:40:58 h | 5 | 1:52:30 h | 70 |
| M | 5 | Best, Ruben | 90 | Triabolos Hamburg | 0:19:43 h | 6 | 0:54:00 h | 4 | 1:13:43 h | 4 | 0:40:14 h | 4 | 1:53:57 h | 67 |
| M | 6 | Stürznickel, Julian | 93 | TTS Tri Team Hamburg | 0:19:53 h | 7 | 0:55:07 h | 5 | 1:15:00 h | 6 | 0:43:05 h | 7 | 1:58:05 h | 60 |
| M | 7 | Jähmig, Maximilian | 89 | TuS Holstein Quickborn | 0:20:54 h | 10 | 0:56:50 h | 7 | 1:17:44 h | 7 | 0:46:24 h | 12 | 2:04:08 h | 72 |
| B | 8 | Sie Too, Luca | 96 | BSG Siemens | 0:20:03 h | 8 | 1:00:27 h | 13 | 1:20:30 h | 10 | 0:44:13 h | 9 | 2:04:43 h | 54 |
| | 9 | Meier, Bent | 93 | PETER LULA RACING TEAM | 0:20:47 h | 9 | 1:01:56 h | 14 | 1:22:43 h | 13 | 0:42:40 h | 6 | 2:05:23 h | 59 |
| | 10 | Schmidt, Lukas | 96 | TV Scheeßel | 0:21:06 h | 12 | 1:00:23 h | 12 | 1:21:29 h | 12 | 0:44:02 h | 8 | 2:05:31 h | 53 |
| | 11 | Krüger, Marcel | 95 | SCI Itzehoe | 0:20:58 h | 11 | 1:00:14 h | 10 | 1:21:12 h | 11 | 0:45:44 h | 11 | 2:06:56 h | 56 |
| | 12 | Modrow, Niklas | 94 | TT HSU Hamburg | 0:21:42 h | 13 | 0:58:32 h | 8 | 1:20:14 h | 8 | 0:47:31 h | 13 | 2:07:45 h | 239 |
| | 13 | Hempfling, Niklas | 96 | Hamburg | 0:23:12 h | 17 | 1:00:14 h | 10 | 1:23:26 h | 15 | 0:45:09 h | 10 | 2:08:35 h | 51 |
| | 14 | Mehn, Michael | 93 | TT HSU Hamburg | 0:21:42 h | 13 | 0:58:32 h | 8 | 1:20:14 h | 8 | 0:49:37 h | 15 | 2:09:51 h | 58 |
| | 15 | Pirrwitz, Fabian | 97 | SG Wasserratten Norderstedt | 0:19:35 h | 5 | 1:03:45 h | 15 | 1:23:20 h | 14 | 0:54:13 h | 16 | 2:17:33 h | 50 |
| | 16 | Gebauer, Sebastian | 97 | TRI EMTV Elmshorn | 0:23:17 h | 18 | 1:06:00 h | 17 | 1:29:17 h | 17 | 0:48:34 h | 14 | 2:17:51 h | 49 |
| | 17 | Bartram, Lennart | 95 | Quickborn | 0:22:55 h | 16 | 1:05:47 h | 16 | 1:28:42 h | 16 | 0:55:20 h | 17 | 2:24:02 h | 55 |
| | 18 | Slowik, Joscha | 95 | Tri Warriors | 0:22:41 h | 15 | 1:09:25 h | 18 | 1:32:06 h | 18 | 1:01:18 h | 19 | 2:33:24 h | 57 |
| | 19 | Multhaupt, Jens | 91 | Triabolos Hamburg | 0:25:30 h | 19 | 1:18:07 h | 19 | 1:43:37 h | 19 | 1:00:19 h | 18 | 2:43:56 h | 64 |
| Altersklasse M 30 | | | | | | | | | | | | | | |
| | 1 | Macintosh, Dan | 86 | TTS Tri Team Hamburg | 0:17:38 h | 1 | 0:56:50 h | 3 | 1:14:28 h | 2 | 0:36:56 h | 1 | 1:51:24 h | 48 |
| | 2 | Röhrken, Golo | 88 | TTS Tri Team Hamburg | 0:19:22 h | 3 | 0:53:09 h | 1 | 1:12:31 h | 1 | 0:44:34 h | 3 | 1:57:05 h | 65 |
| M | 3 | Kretz, Philip | 86 | FC St. Pauli Triathlon | 0:18:22 h | 2 | 0:59:30 h | 5 | 1:17:52 h | 4 | 0:42:37 h | 2 | 2:00:29 h | 85 |
| M | 4 | Gallastegi, Xabier | 87 | FC St. Pauli Triathlon | 0:20:57 h | 5 | 0:56:43 h | 2 | 1:17:40 h | 3 | 0:46:40 h | 5 | 2:04:20 h | 76 |
| | 5 | Rheinheimer, Marc | 87 | FC St. Pauli Triathlon | 0:20:46 h | 4 | 1:01:45 h | 7 | 1:22:31 h | 6 | 0:45:15 h | 4 | 2:07:46 h | 81 |
| | 6 | ROTARIU, IULIAN | 86 | KOELLN-REISIEK | 0:23:09 h | 6 | 0:58:10 h | 4 | 1:21:19 h | 5 | 0:48:15 h | 6 | 2:09:34 h | 87 |
| | 7 | Gräff, Bernd | 86 | Hamburg | 0:25:34 h | 12 | 1:03:52 h | 8 | 1:29:26 h | 8 | 0:57:56 h | 9 | 2:27:22 h | 83 |
| | 8 | Brauer, Steffen | 86 | #burning_legs | 0:23:52 h | 7 | 1:12:35 h | 14 | 1:36:27 h | 12 | 0:52:09 h | 7 | 2:28:36 h | 82 |
| | 9 | Unterbrink, Sören | 84 | SG Wasserratten Norderstedt | 0:26:27 h | 14 | 1:00:20 h | 6 | 1:26:47 h | 7 | 1:03:03 h | 17 | 2:29:50 h | 91 |
| | 10 | Bustorff, Lars | 87 | Hamburg | 0:23:59 h | 8 | 1:10:28 h | 11 | 1:34:27 h | 10 | 0:56:45 h | 8 | 2:31:12 h | 74 |
| | 11 | Wiens, Gerrit | 84 | BSG Sparkasse Südholstein | 0:24:06 h | 9 | 1:06:02 h | 9 | 1:30:08 h | 9 | 1:02:42 h | 15 | 2:32:50 h | 92 |
| | 12 | Moehl, Johannes | 84 | Hamburg | 0:26:26 h | 13 | 1:11:25 h | 13 | 1:37:51 h | 13 | 0:59:54 h | 13 | 2:37:45 h | 90 |
| | 13 | Puritz, Robert | 86 | Norderstedt | 0:28:14 h | 17 | 1:07:08 h | 10 | 1:35:22 h | 11 | 1:02:53 h | 16 | 2:38:15 h | 86 |
| | 14 | Hertzel, Steffen | 85 | Tornesch | 0:25:10 h | 10 | 1:15:35 h | 15 | 1:40:45 h | 15 | 0:59:51 h | 12 | 2:40:36 h | 88 |
| | 15 | Henkis, Claas | 84 | SG Wasserratten Norderstedt | 0:28:36 h | 18 | 1:11:11 h | 12 | 1:39:47 h | 14 | 1:01:09 h | 14 | 2:40:56 h | 89 |
| | 16 | Reimann, Tim | 87 | Hamburg | 0:26:51 h | 15 | 1:17:09 h | 16 | 1:44:00 h | 16 | 0:58:05 h | 10 | 2:42:05 h | 80 |
| | 17 | Reimann, Stefan | 87 | Hamburg | 0:26:51 h | 15 | 1:17:10 h | 17 | 1:44:01 h | 17 | 0:58:05 h | 10 | 2:42:06 h | 79 |
| | 18 | Bertram, Dimitri | 87 | Quickborn | 0:25:32 h | 11 | 1:28:15 h | 18 | 1:53:47 h | 18 | 1:18:32 h | 18 | 3:12:19 h | 73 |

| 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 35 | | | | | | | | | | | | | | |
| | 1 | Secker, Matthias | 82 | Triabolos Hamburg | 0:19:04 h | 2 | 0:53:42 h | 1 | 1:12:46 h | 1 | 0:39:57 h | 1 | 1:52:43 h | 99 |
| | 2 | Ziegenbein, Timo | 79 | SV Großhansdorf | 0:18:49 h | 1 | 0:56:05 h | 3 | 1:14:54 h | 2 | 0:42:28 h | 2 | 1:57:22 h | 111 |
| | 3 | Kampa, Pawel | 80 | Otto Wulff Tri Team | 0:21:17 h | 5 | 0:55:54 h | 2 | 1:17:11 h | 3 | 0:45:08 h | 4 | 2:02:19 h | 104 |
| | 4 | Kragh, Morten | 83 | TriAs Flensburg | 0:20:33 h | 3 | 0:57:18 h | 6 | 1:17:51 h | 4 | 0:44:46 h | 3 | 2:02:37 h | 94 |
| M | 5 | Rath, Marcel | 82 | HT16 Triathlon Team Hamburg | 0:20:56 h | 4 | 0:58:38 h | 8 | 1:19:34 h | 5 | 0:46:45 h | 5 | 2:06:19 h | 98 |
| | 6 | Steinke, Philipp | 79 | SG Wasserratten Norderstedt | 0:22:09 h | 7 | 0:57:59 h | 7 | 1:20:08 h | 7 | 0:46:56 h | 6 | 2:07:04 h | 110 |
| | 7 | wunderlich, marcus | 80 | Triabolos Hamburg | 0:23:13 h | 10 | 0:56:46 h | 5 | 1:19:59 h | 6 | 0:49:45 h | 9 | 2:09:44 h | 106 |
| | 8 | Duschka, Robert | 82 | Triabolos Hamburg | 0:23:40 h | 11 | 0:56:37 h | 4 | 1:20:17 h | 8 | 0:51:12 h | 11 | 2:11:29 h | 96 |
| | 9 | Plumeyer, Tino | 82 | ETV-Kanu-Kiel | 0:21:28 h | 6 | 1:03:21 h | 9 | 1:24:49 h | 9 | 0:49:06 h | 7 | 2:13:55 h | 97 |
| M | 10 | DERRIEN, Alexandre | 81 | FC St. Pauli Triathlon | 0:23:12 h | 9 | 1:06:46 h | 11 | 1:29:58 h | 10 | 0:50:22 h | 10 | 2:20:20 h | 100 |
| | 11 | Orloff, Sven | 81 | Hamburger SV Triathlon | 0:24:22 h | 13 | 1:07:35 h | 13 | 1:31:57 h | 13 | 0:51:12 h | 11 | 2:23:09 h | 101 |
| | 12 | Peschke, Daniel | 79 | Blau-Weiß Buchholz e.V. | 0:24:05 h | 12 | 1:07:27 h | 12 | 1:31:32 h | 11 | 0:55:12 h | 13 | 2:26:44 h | 109 |
| | 13 | jovanovich, marco | 80 | TT HSU Hamburg | 0:22:45 h | 8 | 1:15:44 h | 14 | 1:38:29 h | 14 | 0:49:41 h | 8 | 2:28:10 h | 103 |
| | 14 | Hamann, Jan | 83 | Tri Michels Hamburg | 0:25:57 h | 14 | 1:05:57 h | 10 | 1:31:54 h | 12 | 0:58:32 h | 14 | 2:30:26 h | 93 |
| Altersklasse M 40 | | | | | | | | | | | | | | |
| | 1 | Mireisz, Bernhard | 78 | Laufen in Lübeck | 0:21:19 h | 1 | 0:59:38 h | 2 | 1:20:57 h | 2 | 0:45:51 h | 1 | 2:06:48 h | 115 |
| | 2 | Bruhn, Marc | 75 | SG Wasserratten Norderstedt | 0:21:32 h | 2 | 0:58:08 h | 1 | 1:19:40 h | 1 | 0:49:03 h | 5 | 2:08:43 h | 130 |
| | 3 | Weinert, Andreas | 74 | HNT Hamburg | 0:22:47 h | 6 | 1:00:36 h | 3 | 1:23:23 h | 3 | 0:45:56 h | 2 | 2:09:19 h | 142 |
| | 4 | Müller, René | 76 | Triabolos Hamburg | 0:23:13 h | 7 | 1:00:37 h | 4 | 1:23:50 h | 4 | 0:45:58 h | 3 | 2:09:48 h | 127 |
| | 5 | Thele, Tobias | 78 | SG Wasserratten Norderstedt | 0:22:39 h | 5 | 1:03:23 h | 7 | 1:26:02 h | 5 | 0:48:48 h | 4 | 2:14:50 h | 118 |
| | 6 | von Thienen, Nils | 77 | Triathlon Team Hamburg | 0:22:13 h | 3 | 1:06:28 h | 11 | 1:28:41 h | 8 | 0:53:51 h | 7 | 2:22:32 h | 123 |
| | 7 | Draak, Christian | 75 | FC Voran Ohe | 0:24:23 h | 9 | 1:03:01 h | 6 | 1:27:24 h | 6 | 0:56:06 h | 10 | 2:23:30 h | 131 |
| | 8 | Lück, Ronald | 75 | BSG EDEKA | 0:22:14 h | 4 | 1:08:31 h | 15 | 1:30:45 h | 10 | 0:52:47 h | 6 | 2:23:32 h | 133 |
| | 9 | Reinecke, Tim | 76 | Henstedt Ulzburg | 0:23:29 h | 8 | 1:06:48 h | 12 | 1:30:17 h | 9 | 0:54:48 h | 9 | 2:25:05 h | 128 |
| | 10 | Hamann, Heiko | 74 | Wattenbek | 0:25:24 h | 10 | 1:02:38 h | 5 | 1:28:02 h | 7 | 0:59:18 h | 12 | 2:27:20 h | 137 |
| | 11 | Lorenzen, Niels | 75 | Ahrensburg | 0:25:56 h | 11 | 1:07:08 h | 13 | 1:33:04 h | 12 | 0:54:18 h | 8 | 2:27:22 h | 132 |
| | 12 | Weiß, Dennis | 77 | Haseldorf | 0:27:32 h | 14 | 1:04:18 h | 8 | 1:31:50 h | 11 | 0:57:15 h | 11 | 2:29:05 h | 124 |
| | 13 | Wulff, Björn | 77 | Bönningstedt | 0:28:40 h | 17 | 1:05:23 h | 10 | 1:34:03 h | 14 | 1:01:32 h | 14 | 2:35:35 h | 125 |
| B | 14 | Mehring, Robert | 74 | SG Stern Hamburg | 0:27:28 h | 13 | 1:07:30 h | 14 | 1:34:58 h | 15 | 1:00:56 h | 13 | 2:35:54 h | 140 |
| | 15 | Gehle, Tobias | 74 | Barmstedter MTV | 0:28:25 h | 16 | 1:05:15 h | 9 | 1:33:40 h | 13 | 1:12:11 h | 17 | 2:45:51 h | 136 |
| | 16 | Birkenfeld, Florian | 75 | KölnTriathlon e.V. | 0:28:11 h | 15 | 1:14:47 h | 17 | 1:42:58 h | 16 | 1:09:42 h | 16 | 2:52:40 h | 129 |
| | 17 | Hölscher, Harm | 74 | Barmstedter MTV | 0:31:16 h | 18 | 1:14:33 h | 16 | 1:45:49 h | 17 | 1:07:51 h | 15 | 2:53:40 h | 138 |
| | 18 | Johne, Michael | 78 | Halstenbek | 0:26:53 h | 12 | 1:26:04 h | 18 | 1:52:57 h | 18 | 1:18:58 h | 18 | 3:11:55 h | 114 |
| Altersklasse M 45 | | | | | | | | | | | | | | |
| | 1 | bruhnke, olaf | 69 | Triabolos Hamburg | 0:19:37 h | 1 | 0:55:30 h | 2 | 1:15:07 h | 2 | 0:41:19 h | 1 | 1:56:26 h | 172 |
| M | 2 | Dannehl, Jan | 69 | Triabolos Hamburg | 0:20:38 h | 2 | 0:57:37 h | 3 | 1:18:15 h | 3 | 0:43:44 h | 2 | 2:01:59 h | 173 |
| | 3 | Niedieck, Olav | 69 | SG Wasserratten Norderstedt | 0:21:38 h | 5 | 0:52:41 h | 1 | 1:14:19 h | 1 | 0:49:09 h | 7 | 2:03:28 h | 176 |
| | 4 | Radtke, Holger | 71 | SV Großhansdorf | 0:21:18 h | 4 | 1:02:16 h | 8 | 1:23:34 h | 4 | 0:44:35 h | 3 | 2:08:09 h | 160 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|--------------------------|------------------------|----|------------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|------------|-----------|
| B | 5 Matzke, Herwig | 72 | BSG Philips LG | 0:21:39 h | 6 | 1:03:24 h | 11 | 1:25:03 h | 8 | 0:46:58 h | 4 | 2:12:01 h | 151 |
| | 6 Näder, Marco | 71 | Hamburg | 0:21:53 h | 8 | 1:04:35 h | 15 | 1:26:28 h | 11 | 0:47:10 h | 5 | 2:13:38 h | 159 |
| | 7 Detlefs, Mirko | 70 | LG Albatros Kiel | 0:23:00 h | 11 | 1:01:26 h | 6 | 1:24:26 h | 7 | 0:49:46 h | 10 | 2:14:12 h | 165 |
| | 8 Zachert, Mario | 72 | SG Wasserratten Norderstedt | 0:25:21 h | 20 | 1:00:13 h | 5 | 1:25:34 h | 10 | 0:49:16 h | 8 | 2:14:50 h | 153 |
| | 9 Neumann, Uwe | 73 | Lentförden | 0:21:51 h | 7 | 1:04:42 h | 16 | 1:26:33 h | 12 | 0:49:56 h | 11 | 2:16:29 h | 143 |
| | 10 Henkel, Patrick | 71 | Hamburg | 0:24:21 h | 17 | 1:03:40 h | 12 | 1:28:01 h | 14 | 0:49:19 h | 9 | 2:17:20 h | 156 |
| M | 11 Haberstock, Philipp | 71 | Triabolos Hamburg | 0:21:16 h | 3 | 1:02:41 h | 10 | 1:23:57 h | 6 | 0:53:35 h | 16 | 2:17:32 h | 155 |
| | 12 Laurisch, Wolf | 72 | Tri Michels Hamburg | 0:22:50 h | 10 | 1:02:34 h | 9 | 1:25:24 h | 9 | 0:53:25 h | 15 | 2:18:49 h | 150 |
| | 13 Feidler, David | 70 | Insel e.V. | 0:23:48 h | 15 | 1:06:09 h | 19 | 1:29:57 h | 18 | 0:49:06 h | 6 | 2:19:03 h | 166 |
| M | 14 Albes, Borge | 71 | TuS Holstein Quickborn | 0:23:18 h | 12 | 1:05:32 h | 18 | 1:28:50 h | 16 | 0:51:10 h | 12 | 2:20:00 h | 154 |
| M | 15 Wolf, Stephan | 70 | TuS Holstein Quickborn | 0:23:55 h | 16 | 0:59:48 h | 4 | 1:23:43 h | 5 | 0:57:54 h | 22 | 2:21:37 h | 171 |
| | 16 Kohlermann, Kay | 69 | Hamburg | 0:22:41 h | 9 | 1:06:28 h | 20 | 1:29:09 h | 17 | 0:52:39 h | 14 | 2:21:48 h | 175 |
| | 17 Schierhorn, Ingo | 70 | Team Triathlon Hamburger Hoc | 0:24:23 h | 18 | 1:06:53 h | 22 | 1:31:16 h | 21 | 0:52:31 h | 13 | 2:23:47 h | 170 |
| | 18 Wolfram, Frank | 71 | Henstedt Ulzburg | 0:23:39 h | 14 | 1:08:00 h | 23 | 1:31:39 h | 22 | 0:53:41 h | 17 | 2:25:20 h | 162 |
| | 19 drechsler, ingmar | 69 | BSG Johann-Comenius-Schule | 0:23:23 h | 13 | 1:05:13 h | 17 | 1:28:36 h | 15 | 0:57:10 h | 21 | 2:25:46 h | 174 |
| | 20 Colmsee, Volker | 70 | TV Scheessel | 0:25:27 h | 21 | 1:02:10 h | 7 | 1:27:37 h | 13 | 0:58:16 h | 24 | 2:25:53 h | 164 |
| | 21 Möller, Walter | 71 | Team Erdinger Alkoholfrei | 0:25:55 h | 24 | 1:04:09 h | 13 | 1:30:04 h | 20 | 0:56:26 h | 19 | 2:26:30 h | 158 |
| M | 21 Odefey, Lars | 70 | TuS Holstein Quickborn | 0:25:54 h | 23 | 1:04:09 h | 13 | 1:30:03 h | 19 | 0:56:27 h | 20 | 2:26:30 h | 169 |
| | 23 Schmidt, Marco | 71 | Triabolos Hamburg | 0:27:33 h | 25 | 1:06:46 h | 21 | 1:34:19 h | 23 | 0:55:53 h | 18 | 2:30:12 h | 161 |
| B | 24 Braeuer, Karsten | 72 | SG Stern Hamburg | 0:25:28 h | 22 | 1:12:00 h | 25 | 1:37:28 h | 24 | 0:58:10 h | 23 | 2:35:38 h | 147 |
| | 25 Weigmann, Carsten | 73 | BSG Johann-Comenius-Schule | 0:24:36 h | 19 | 1:13:52 h | 26 | 1:38:28 h | 25 | 1:02:54 h | 25 | 2:41:22 h | 146 |
| | 26 Niedieck, Henrik | 73 | SG Wasserratten Norderstedt | 0:32:51 h | 27 | 1:10:10 h | 24 | 1:43:01 h | 26 | 1:11:52 h | 26 | 2:54:53 h | 144 |
| | 27 eggers, markus | 72 | moorreege | 0:32:18 h | 26 | 1:19:16 h | 27 | 1:51:34 h | 27 | 1:34:13 h | 27 | 3:25:47 h | 148 |
| Altersklasse M 50 | | | | | | | | | | | | | |
| | 1 Gehse, Frank | 67 | SG Wasserratten Norderstedt | 0:19:34 h | 1 | 0:53:50 h | 1 | 1:13:24 h | 1 | 0:43:53 h | 1 | 1:57:17 h | 186 |
| | 2 Kröning, Wolfgang | 64 | Team Erdinger Alkoholfrei | 0:22:25 h | 3 | 0:59:00 h | 3 | 1:21:25 h | 3 | 0:49:00 h | 3 | 2:10:25 h | 204 |
| B | 3 Milewski, Marek | 67 | SG Stern Hamburg | 0:23:46 h | 7 | 0:55:54 h | 2 | 1:19:40 h | 2 | 0:51:01 h | 4 | 2:10:41 h | 189 |
| M | 4 Kolpatzik, Knut | 67 | Triabolos Hamburg | 0:22:42 h | 5 | 1:01:50 h | 4 | 1:24:32 h | 4 | 0:48:57 h | 2 | 2:13:29 h | 188 |
| | 5 Jacobsen, Matthias | 65 | SG Wasserratten Norderstedt | 0:24:40 h | 9 | 1:03:50 h | 6 | 1:28:30 h | 7 | 0:52:55 h | 5 | 2:21:25 h | 199 |
| | 6 Mohr, Henning | 65 | Tri Warriors | 0:22:39 h | 4 | 1:04:37 h | 7 | 1:27:16 h | 5 | 0:54:47 h | 6 | 2:22:03 h | 201 |
| | 7 Ottow, Heiko | 67 | Triabolos Hamburg | 0:24:34 h | 8 | 1:03:34 h | 5 | 1:28:08 h | 6 | 0:58:27 h | 13 | 2:26:35 h | 191 |
| | 8 Völling, Jens | 66 | TRI EMTV Elmshorn | 0:26:18 h | 14 | 1:06:45 h | 10 | 1:33:03 h | 8 | 0:56:58 h | 9 | 2:30:01 h | 196 |
| | 9 Jensen, Olaf | 68 | Norderstedt | 0:27:06 h | 16 | 1:07:46 h | 11 | 1:34:52 h | 10 | 0:56:34 h | 8 | 2:31:26 h | 178 |
| | 10 Rohlfs, Dirk | 67 | Hamburger Laufladen | 0:21:59 h | 2 | 1:13:07 h | 19 | 1:35:06 h | 11 | 0:57:30 h | 11 | 2:32:36 h | 192 |
| | 11 Neumann, Dirk | 67 | Trimaniacs | 0:25:04 h | 10 | 1:12:51 h | 18 | 1:37:55 h | 14 | 0:56:58 h | 9 | 2:34:53 h | 190 |
| | 12 Mordhorst, Claus | 65 | Kaifu Tri Team | 0:28:13 h | 19 | 1:05:30 h | 8 | 1:33:43 h | 9 | 1:03:45 h | 18 | 2:37:28 h | 202 |
| | 13 Goebel, Robert | 67 | BSG Commerzbank | 0:29:10 h | 20 | 1:06:40 h | 9 | 1:35:50 h | 12 | 1:03:13 h | 17 | 2:39:03 h | 187 |
| B | 14 Jux, Michael | 66 | SG Stern Hamburg | 0:27:44 h | 18 | 1:10:24 h | 12 | 1:38:08 h | 15 | 1:01:00 h | 14 | 2:39:08 h | 193 |
| | 15 Altrock, Andreas | 67 | SG Haspa | 0:25:35 h | 12 | 1:17:23 h | 21 | 1:42:58 h | 22 | 0:56:11 h | 7 | 2:39:09 h | 184 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|--------------------------|-------------------------|----|-----------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|------------|-----------|
| | 16 Nüske, Andreas | 68 | BSG DG HYP | 0:23:30 h | 6 | 1:17:29 h | 22 | 1:40:59 h | 19 | 0:58:14 h | 12 | 2:39:13 h | 181 |
| B | 17 Kittler, Holger | 65 | SG Stern Hamburg | 0:25:34 h | 11 | 1:13:22 h | 20 | 1:38:56 h | 17 | 1:01:20 h | 15 | 2:40:16 h | 200 |
| | 18 Kappenberg, Andreas | 66 | Commerzbank AG | 0:27:29 h | 17 | 1:12:28 h | 17 | 1:39:57 h | 18 | 1:01:45 h | 16 | 2:41:42 h | 194 |
| M | 19 Habekost, Martin | 65 | Triabolos Hamburg | 0:25:54 h | 13 | 1:11:02 h | 13 | 1:36:56 h | 13 | 1:04:49 h | 19 | 2:41:45 h | 198 |
| | 20 Kusters, Stephan | 68 | Blau-Weiß Buchholz e.V. | 0:26:43 h | 15 | 1:11:35 h | 16 | 1:38:18 h | 16 | 1:06:52 h | 21 | 2:45:10 h | 179 |
| | 21 Michl, Holger | 68 | SV Großhansdorf | 0:29:56 h | 21 | 1:11:26 h | 14 | 1:41:22 h | 20 | 1:06:06 h | 20 | 2:47:28 h | 180 |
| | 22 bartl, thomas | 65 | SG Wasserratten Norderstedt | 0:30:15 h | 22 | 1:11:31 h | 15 | 1:41:46 h | 21 | 1:09:32 h | 22 | 2:51:18 h | 197 |
| | 23 Rieger, Michael | 65 | SG Wasserratten Norderstedt | 0:30:16 h | 23 | 1:20:13 h | 23 | 1:50:29 h | 23 | 1:17:18 h | 23 | 3:07:47 h | 203 |
| Altersklasse M 55 | | | | | | | | | | | | | |
| | 1 Frick, Axel | 62 | Trimaniacs | 0:21:21 h | 1 | 1:01:41 h | 1 | 1:23:02 h | 1 | 0:47:01 h | 2 | 2:10:03 h | 211 |
| B | 2 Klindworth, Jürgen | 59 | SG Stern Hamburg | 0:22:46 h | 3 | 1:02:13 h | 2 | 1:24:59 h | 3 | 0:46:56 h | 1 | 2:11:55 h | 223 |
| M | 3 Claudius, Stephan | 59 | MC Pirate e.V. | 0:22:37 h | 2 | 1:02:13 h | 2 | 1:24:50 h | 2 | 0:51:57 h | 4 | 2:16:47 h | 222 |
| | 4 Wandschneider, Dirk | 63 | SG Wasserratten Norderstedt | 0:24:06 h | 4 | 1:09:05 h | 7 | 1:33:11 h | 6 | 0:49:39 h | 3 | 2:22:50 h | 210 |
| M | 5 Spijker, Rüdiger | 60 | Tri Michels Hamburg | 0:26:31 h | 6 | 1:05:50 h | 5 | 1:32:21 h | 5 | 0:58:53 h | 5 | 2:31:14 h | 221 |
| B | 6 Schaumann, Oliver | 63 | BSG Airbus SG Hamburg | 0:27:33 h | 10 | 1:04:36 h | 4 | 1:32:09 h | 4 | 1:01:12 h | 7 | 2:33:21 h | 209 |
| | 7 Hanßen, Harald | 61 | BSG Hamburg Wasser | 0:27:12 h | 9 | 1:06:53 h | 6 | 1:34:05 h | 7 | 1:05:21 h | 10 | 2:39:26 h | 215 |
| | 8 Riedel, Carsten | 60 | Trimaniacs | 0:28:35 h | 11 | 1:09:19 h | 8 | 1:37:54 h | 9 | 1:03:04 h | 8 | 2:40:58 h | 220 |
| | 9 Tokarek, Thomas | 59 | Team Erdinger Alkoholfrei | 0:25:36 h | 5 | 1:09:42 h | 9 | 1:35:18 h | 8 | 1:06:25 h | 11 | 2:41:43 h | 225 |
| | 10 Graupner, Jens | 63 | TZM | 0:26:51 h | 7 | 1:16:42 h | 13 | 1:43:33 h | 10 | 0:58:53 h | 5 | 2:42:26 h | 208 |
| | 11 Herrmann, Michael | 61 | BSG Deutsche Bank | 0:30:22 h | 12 | 1:14:06 h | 10 | 1:44:28 h | 11 | 1:06:49 h | 12 | 2:51:17 h | 216 |
| | 12 Janßen, Uwe | 60 | TuS Holstein Quickborn | 0:26:53 h | 8 | 1:20:05 h | 14 | 1:46:58 h | 12 | 1:04:26 h | 9 | 2:51:24 h | 218 |
| B | 13 Janssen, Dr. Stefan | 62 | BSG SG HSH Nordbank | 0:32:52 h | 13 | 1:15:16 h | 11 | 1:48:08 h | 13 | 1:08:37 h | 13 | 2:56:45 h | 212 |
| | 14 Rebmann, Stefan | 60 | SG Wasserratten Norderstedt | 0:35:14 h | 14 | 1:16:35 h | 12 | 1:51:49 h | 14 | 1:21:20 h | 14 | 3:13:09 h | 219 |
| Altersklasse M 60 | | | | | | | | | | | | | |
| | 1 Vollhardt, Ulli | 58 | Team Erdinger Alkoholfrei | 0:25:36 h | 1 | 1:05:27 h | 1 | 1:31:03 h | 1 | 1:00:00 h | 1 | 2:31:03 h | 227 |
| | 2 Beringer, Hans-Werner | 55 | Trias Bad Schwartau | 0:28:15 h | 2 | 1:14:44 h | 2 | 1:42:59 h | 2 | 1:00:06 h | 2 | 2:43:05 h | 228 |
| | 3 Kamrad, Hubert | 55 | HNT Hamburg | 0:30:57 h | 3 | 1:17:14 h | 3 | 1:48:11 h | 3 | 1:21:39 h | 3 | 3:09:50 h | 229 |
| Altersklasse M 65 | | | | | | | | | | | | | |
| | 1 Hümmecke, Manfred | 53 | TUS Holtenau Kiel | 0:24:50 h | 1 | 1:06:33 h | 1 | 1:31:23 h | 1 | 0:54:53 h | 1 | 2:26:16 h | 232 |
| M | 2 Wieneke, Reiner | 51 | HTB von 1865 | 0:35:13 h | 2 | 1:10:12 h | 2 | 1:45:25 h | 2 | 1:15:30 h | 2 | 3:00:55 h | 234 |
| | 3 Plönsky, Wolfgang | 53 | BSG Lufthansa Sportverein | 0:38:38 h | 3 | 1:22:15 h | 3 | 2:00:53 h | 3 | 1:21:48 h | 3 | 3:22:41 h | 233 |
| Altersklasse M 70 | | | | | | | | | | | | | |
| M | 1 Prätsch, Dr. Ulrich | 47 | Triabolos Hamburg | 0:28:33 h | 1 | 1:02:48 h | 1 | 1:31:21 h | 1 | 1:12:34 h | 2 | 2:43:55 h | 237 |
| | 2 Neuefeind, Dieter | 48 | SG Wasserratten Norderstedt | 0:30:00 h | 2 | 1:14:45 h | 2 | 1:44:45 h | 2 | 1:08:12 h | 1 | 2:52:57 h | 236 |
| Altersklasse M 80 | | | | | | | | | | | | | |
| | 1 Freund, Udo | 38 | Laufftreff Öjendorf | 0:47:24 h | 1 | 1:34:47 h | 1 | 2:22:11 h | 1 | 1:47:41 h | 1 | 4:09:52 h | 238 |
| Altersklasse W 20 | | | | | | | | | | | | | |
| M | 1 Ruff, Anne | 94 | TTS Tri Team Hamburg | 0:24:12 h | 1 | 1:05:41 h | 1 | 1:29:53 h | 1 | 0:57:04 h | 1 | 2:26:57 h | 2 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|--------------------------|----------------------|-------------------------|------------------------|--------------------------------|-----------|-----------|-----------|--------------|-----------|-----------|-----------|------------|-----------|
| 2 | Schümann, Rebecca | 92 | Hamburg | 0:25:01 h | 2 | 1:14:06 h | 3 | 1:39:07 h | 2 | 1:00:03 h | 2 | 2:39:10 h | 4 |
| 3 | Vogt, Michelle | 94 | TT HSU Hamburg | 0:29:01 h | 3 | 1:10:30 h | 2 | 1:39:31 h | 3 | 1:01:07 h | 3 | 2:40:38 h | 3 |
| Altersklasse W 30 | | | | | | | | | | | | | |
| 1 | Van der Bent, Cecile | 85 | TTS Tri Team Hamburg | 0:22:02 h | 2 | 0:58:14 h | 1 | 1:20:16 h | 1 | 0:46:52 h | 1 | 2:07:08 h | 9 |
| 2 | Laing, Anika | 85 | FC St. Pauli Triathlon | 0:21:42 h | 1 | 1:06:25 h | 2 | 1:28:07 h | 2 | 0:49:29 h | 2 | 2:17:36 h | 8 |
| 3 | Hollstein, Christina | 87 | Tri-Sport Lübeck | 0:24:08 h | 3 | 1:06:25 h | 2 | 1:30:33 h | 3 | 0:55:28 h | 4 | 2:26:01 h | 6 |
| M | 4 | Schultz, Eva | 84 | FC St. Pauli Triathlon | 0:24:55 h | 4 | 1:08:08 h | 4 | 1:33:03 h | 4 | 0:54:59 h | 2:28:02 h | 11 |
| | 5 | Krüger, Jana | 84 | Triabolos Hamburg | 0:27:33 h | 5 | 1:12:50 h | 5 | 1:40:23 h | 5 | 1:04:24 h | 2:44:47 h | 10 |
| Altersklasse W 35 | | | | | | | | | | | | | |
| M | 1 | Helbig, Leana | 81 | Kaifu Tri Team | 0:22:47 h | 1 | 1:01:45 h | 1 | 1:24:32 h | 1 | 0:49:48 h | 2:14:20 h | 15 |
| | 2 | Thele, Nicole | 80 | SG Wasserratten Norderstedt | 0:26:40 h | 2 | 1:04:41 h | 2 | 1:31:21 h | 2 | 1:00:44 h | 2:32:05 h | 16 |
| Altersklasse W 40 | | | | | | | | | | | | | |
| M | 1 | Strehl, Bettina | 74 | TTS Tri Team Hamburg | 0:22:49 h | 2 | 0:56:59 h | 1 | 1:19:48 h | 1 | 0:49:33 h | 2:09:21 h | 25 |
| M | 2 | Hennecke, Anke | 76 | Kaifu Tri Team | 0:22:14 h | 1 | 1:02:08 h | 2 | 1:24:22 h | 2 | 0:47:32 h | 2:11:54 h | 20 |
| B | 3 | Plönsky, Katja | 77 | BSG Lufthansa Sportverein | 0:28:13 h | 4 | 1:07:45 h | 3 | 1:35:58 h | 3 | 0:58:45 h | 2:34:43 h | 19 |
| | 4 | Seidel, Petra | 74 | Hamburg | 0:26:25 h | 3 | 1:15:25 h | 4 | 1:41:50 h | 4 | 0:58:25 h | 2:40:15 h | 24 |
| | 5 | Dahl, Kerstin | 74 | TS Harburg | 0:34:06 h | 5 | 1:19:18 h | 5 | 1:53:24 h | 5 | 0:47:36 h | 2:41:00 h | 22 |
| Altersklasse W 45 | | | | | | | | | | | | | |
| | 1 | Stuhr, Isabel | 73 | SG Wasserratten Norderstedt | 0:24:10 h | 1 | 1:05:42 h | 2 | 1:29:52 h | 1 | 0:49:28 h | 2:19:20 h | 28 |
| M | 2 | Neudörffer, Cordula | 71 | TuS Holstein Quickborn | 0:28:13 h | 3 | 1:02:16 h | 1 | 1:30:29 h | 2 | 0:53:39 h | 2:24:08 h | 30 |
| | 3 | Wenzlawe, Maja | 72 | Triathlon Team Buxtehude | 0:27:51 h | 2 | 1:10:17 h | 3 | 1:38:08 h | 3 | 1:06:17 h | 2:44:25 h | 29 |
| | 4 | Nino, Annette | 69 | Buchholz | 0:30:38 h | 4 | 1:26:18 h | 4 | 1:56:56 h | 4 | 1:08:41 h | 3:05:37 h | 32 |
| Altersklasse W 50 | | | | | | | | | | | | | |
| | 1 | Westerfeld, Sabine | 66 | Team Erdinger Alkoholfrei | 0:24:08 h | 1 | 1:04:37 h | 2 | 1:28:45 h | 1 | 0:52:32 h | 2:21:17 h | 40 |
| | 2 | Schlatter, Elvira | 66 | Tri Endurance Germany | 0:25:33 h | 2 | 1:04:33 h | 1 | 1:30:06 h | 2 | 0:55:04 h | 2:25:10 h | 39 |
| M | 3 | Gebauer, Monika | 68 | Kaifu Tri Team / Team Erdinger | 0:26:10 h | 3 | 1:10:27 h | 3 | 1:36:37 h | 3 | 0:57:11 h | 2:33:48 h | 33 |
| | 4 | overkamp, ines | 64 | BSG Commerzbank | 0:27:44 h | 4 | 1:23:39 h | 5 | 1:51:23 h | 5 | 1:03:54 h | 2:55:17 h | 43 |
| | 5 | Sievers, Susanne | 67 | Sport-Club Itzehoe | 0:30:36 h | 5 | 1:12:11 h | 4 | 1:42:47 h | 4 | 1:18:48 h | 3:01:35 h | 36 |
| Altersklasse W 55 | | | | | | | | | | | | | |
| B | 1 | Warnecke-Jerol, Margret | 61 | SG Stern Hamburg | 0:27:05 h | 1 | 1:07:55 h | 1 | 1:35:00 h | 1 | 1:03:21 h | 2:38:21 h | 46 |