

| 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 | | | | | | | | | | | | | |
| 1 | Dittmer, Lennard | 02 | Hamburg | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:43:51 h | 1 | 0:43:51 h | 29 |
| 2 | Lorenzen, Birger | 97 | Hamburg | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:01:20 h | 2 | 1:01:20 h | 30 |
| 3 | Klingenberg, Jannes | 98 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:12:26 h | 3 | 1:12:26 h | 77 |
| Altersklasse M 30 | | | | | | | | | | | | | |
| 1 | Kreis, Kristian | 89 | Triathlon Club Ballrn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:41:16 h | 1 | 0:41:16 h | 50 |
| 2 | Rheker, Maximilian | 92 | Hamburg | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:46:09 h | 2 | 0:46:09 h | 39 |
| Altersklasse M 35 | | | | | | | | | | | | | |
| 1 | Wigger, Marcel | 84 | Sportfreunde Wigger | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:43:35 h | 1 | 0:43:35 h | 62 |
| 2 | Kossak-Glowczews., Christoph | 84 | TRI EMTV Elmshorn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:55:23 h | 2 | 0:55:23 h | 65 |
| Altersklasse M 40 | | | | | | | | | | | | | |
| 1 | Urlaub, Fabian | 80 | VfL Pinneberg | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:43:28 h | 1 | 0:43:28 h | 85 |
| 2 | Frühling, Christian | 83 | RV Waltrop | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:44:06 h | 2 | 0:44:06 h | 67 |
| 3 | Mörschel, Stefan | 81 | Kiel | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:44:47 h | 3 | 0:44:47 h | 81 |
| 4 | Scheibe, Timo | 79 | LC Westfalie Herne | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:50:19 h | 4 | 0:50:19 h | 86 |
| 5 | Düvell, Patrick | 82 | TuS Hasloh Radsport | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:53:09 h | 5 | 0:53:09 h | 76 |
| 6 | Tietgen, Thomas | 79 | Triathlon Club Ballrn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:53:36 h | 6 | 0:53:36 h | 89 |
| 7 | Adam, Martin | 83 | Neustadt-Glewe | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:55:04 h | 7 | 0:55:04 h | 68 |
| 8 | Spitzkofski, Thomas | 82 | Team Zoot Europe | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:03:13 h | 8 | 1:03:13 h | 70 |
| Altersklasse M 45 | | | | | | | | | | | | | |
| 1 | Reimann, Mirko | 77 | Active Team Erdinger | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:39:22 h | 1 | 0:39:22 h | 97 |
| 2 | Seemann, Gunar | 77 | TuS Holstein Quickborn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:44:47 h | 2 | 0:44:47 h | 60 |
| 3 | Bahrtdt, Florian | 75 | BSG NDR | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:46:58 h | 3 | 0:46:58 h | 104 |
| 4 | Rößl, Ewald | 76 | | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:50:19 h | 4 | 0:50:19 h | 75 |
| 5 | Rothe, Michael | 78 | KT Triathlon | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:50:25 h | 5 | 0:50:25 h | 95 |
| 6 | Tralau, Lars | 75 | Hamburg | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:53:09 h | 6 | 0:53:09 h | 107 |
| 7 | Görlich, Thomas | 74 | TuS Hasloh Radsport | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:53:26 h | 7 | 0:53:26 h | 111 |
| 8 | Friedrichsen, Nils | 78 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:54:29 h | 8 | 0:54:29 h | 93 |
| 8 | Siegele, Volker | 77 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:54:29 h | 8 | 0:54:29 h | 103 |
| 10 | Klasing, Jens | 75 | Tespe | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:56:44 h | 10 | 0:56:44 h | 109 |
| Altersklasse M 50 | | | | | | | | | | | | | |
| 1 | Neumann, Uwe | 73 | Erdinger Active Team | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:41:41 h | 1 | 0:41:41 h | 115 |
| 2 | Vieth, Arne | 73 | Triabolos Triathlon Hamburg | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:43:35 h | 2 | 0:43:35 h | 114 |
| 3 | Biermann, Christian | 73 | TuS Holstein Quickborn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:51:02 h | 3 | 0:51:02 h | 66 |
| 4 | Schierhorn, Ingo | 70 | TTHH | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:53:08 h | 4 | 0:53:08 h | 130 |
| 5 | Weigmann, Carsten | 73 | Quickborn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:54:17 h | 5 | 0:54:17 h | 116 |
| 6 | Niedieck, Olav | 69 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:57:37 h | 6 | 0:57:37 h | 135 |
| 7 | Selent, Jan | 72 | NDR Triathlon | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:58:58 h | 7 | 0:58:58 h | 122 |

| 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 55 | | | | | | | | | | | | | |
| 1 | Arndt, Matthias | 65 | TuS Holstein Quickborn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:44:47 h | 1 | 0:44:47 h | 149 |
| 2 | Steffen, Lutz | 66 | FF Wulksfelde | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:50:47 h | 2 | 0:50:47 h | 143 |
| 3 | Jacobs, Christian | 66 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:54:30 h | 3 | 0:54:30 h | 141 |
| 4 | Bartl, Thomas | 65 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:57:37 h | 4 | 0:57:37 h | 146 |
| 5 | Brell, Michael | 65 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:58:20 h | 5 | 0:58:20 h | 147 |
| 6 | Lorenzen, Thore | 68 | Hamburg | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:00:16 h | 6 | 1:00:16 h | 139 |
| 7 | Weser, Jörg | 64 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:02:19 h | 7 | 1:02:19 h | 150 |
| 8 | Wiesmann, Thomas | 64 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:19:41 h | 8 | 1:19:41 h | 74 |
| Altersklasse M 60 | | | | | | | | | | | | | |
| 1 | Claudius, Stephan | 59 | MC Pirate | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:44:45 h | 1 | 0:44:45 h | 156 |
| 2 | Frick, Axel | 62 | Trimaniacs | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:45:33 h | 2 | 0:45:33 h | 154 |
| 3 | Spijker, Rüdiger | 60 | Tri Michels Hamburg | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:06:42 h | 3 | 1:06:42 h | 155 |
| 4 | Klingenberg, Thomas | 59 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:12:26 h | 4 | 1:12:26 h | 72 |
| Altersklasse M 70 | | | | | | | | | | | | | |
| 1 | Bodora, Werner | 52 | VfL Börnsen | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:53:19 h | 1 | 0:53:19 h | 158 |
| Altersklasse W 18 | | | | | | | | | | | | | |
| 1 | Buroh, Johanna | 05 | Triabolos Triathlon Hamburg | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:51:27 h | 1 | 0:51:27 h | 1 |
| Altersklasse W 20 | | | | | | | | | | | | | |
| 1 | Oldehaver, Kimberly | 95 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:51:55 h | 1 | 0:51:55 h | 5 |
| 2 | Steffen, Carina | 03 | Tangstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:55:40 h | 2 | 0:55:40 h | 2 |
| 3 | Meschkat, Marie | 99 | Kiel | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:56:02 h | 3 | 0:56:02 h | 3 |
| 4 | Sawatzki, Rea | 94 | Putlitz | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:00:58 h | 4 | 1:00:58 h | 7 |
| 5 | Remers, Leandra | 96 | TuS Holstein Quickborn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:08:33 h | 5 | 1:08:33 h | 4 |
| Altersklasse W 30 | | | | | | | | | | | | | |
| 1 | Schuemann, Rebecca | 92 | Heavy-Boys | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:54:18 h | 1 | 0:54:18 h | 45 |
| Altersklasse W 35 | | | | | | | | | | | | | |
| 1 | Poon, Marianne | 85 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:47:25 h | 1 | 0:47:25 h | 11 |
| 2 | Jansen, Annika | 84 | Bilsen | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:05:39 h | 2 | 1:05:39 h | 14 |
| Altersklasse W 40 | | | | | | | | | | | | | |
| 1 | Biermann, Sina | 80 | TuS Holstein Quickborn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:51:02 h | 1 | 0:51:02 h | 71 |
| 2 | Friedrichsen, Sandra | 80 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:51:55 h | 2 | 0:51:55 h | 18 |
| 3 | Bennett, Annalies | 82 | TuS Hasloh | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:53:07 h | 3 | 0:53:07 h | 16 |
| Altersklasse W 45 | | | | | | | | | | | | | |
| 1 | Braun, Barbara | 74 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:55:55 h | 1 | 0:55:55 h | 22 |
| 2 | Kranz, Ireen | 74 | TuS Holstein Quickborn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:57:23 h | 2 | 0:57:23 h | 21 |
| 3 | Jordt, Eike | 78 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:06:45 h | 3 | 1:06:45 h | 15 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischen- zeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start- Nr. |
|--------------------------|------------------|----|-----------------------------|-----------|-----------|-----------|------------|-------------------|-----------|-----------|-----------|------------|---------------|
| Altersklasse W 55 | | | | | | | | | | | | | |
| 1 | Suchy, Eva | 65 | TuS Holstein Quickborn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:55:46 h | 1 | 0:55:46 h | 26 |
| 2 | Oldehaver, Katja | 65 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:01:07 h | 2 | 1:01:07 h | 25 |
| 3 | Wiesmann, Britta | 64 | SG Wasserratten Norderstedt | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:03:45 h | 3 | 1:03:45 h | 27 |
| Altersklasse W 60 | | | | | | | | | | | | | |
| 1 | Remers, Petra | 62 | TuS Holstein Quickborn | 0:00:00 h | 1 | 0:00:00 h | 1 | 0:00:00 h | 1 | 1:08:33 h | 1 | 1:08:33 h | 28 |