

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischenzeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|-----------------------|----|-----------------------------|-----------|-------|-----------|-------|--------------|--------|-----------|-------|-------------|--------------|-----------|
| 1 | Hoffmann, Patrick | | Tria Echterdingen | 0:06:38 h | 1 | 0:34:08 h | 1 | 0:40:46 h | 1 | 0:18:54 h | 1 | 0:59:40,7 h | M AK 2 | 103 |
| 2 | Hoffmann, Robin | | TRIA Echterdingen | 0:06:55 h | 2 | --- | --- | --- | --- | --- | --- | 1:01:19,5 h | M AK 1 | 102 |
| 3 | Lange, Moritz | | USC Kiel | 0:06:59 h | 3 | 0:36:01 h | 5 | 0:43:00 h | 3 | 0:19:21 h | 2 | 1:02:21,1 h | M JUN | 134 |
| 4 | Müller, Martin | | TuS Holtenau Kiel | 0:07:55 h | 5 | 0:34:28 h | 2 | 0:42:23 h | 2 | 0:20:47 h | 6 | 1:03:10,5 h | M AK 4 | 105 |
| 5 | Meihsner, Lukas | | TuS Holtenau Kiel | 0:08:32 h | 11 | --- | --- | --- | --- | --- | --- | 1:04:02,4 h | M AK 1 | 144 |
| 6 | Bergmann, Juri | | USC Kiel | 0:09:40 h | 20 | --- | --- | --- | --- | --- | --- | 1:04:35,6 h | M AK 3 | 126 |
| 7 | Wendt, Roland | | Mach3 Sportzentrum Hambur | 0:07:57 h | 6 | 0:35:38 h | 4 | 0:43:35 h | 4 | 0:21:11 h | 8 | 1:04:46,0 h | M AK 4 | 106 |
| 8 | Friedrich, Jens | | TuS Holtenau | 0:09:03 h | 16 | --- | --- | --- | --- | --- | --- | 1:05:23,9 h | M AK 4 | 117 |
| 9 | Rohr, Torsten | | TUS Holtenau Kiel | 0:08:41 h | 12 | 0:35:24 h | 3 | 0:44:05 h | 5 | 0:21:54 h | 15 | 1:05:59,4 h | M MK 45 | 122 |
| 10 | Bauer, Oliver | | Helmstedter SV | 0:07:43 h | 4 | --- | --- | --- | --- | --- | --- | 1:06:06,4 h | M AK 4 | 116 |
| 11 | Bahr, Andreas | | Trias Bad Schwartau | 0:08:53 h | 14 | 0:37:16 h | 8 | 0:46:09 h | 7 | 0:20:08 h | 4 | 1:06:17,9 h | M AK 4 | 141 |
| 12 | Lindner, Sebastian | | TriAs Flensburg | 0:08:11 h | 7 | 0:38:04 h | 10 | 0:46:15 h | 8 | 0:21:21 h | 9 | 1:07:36,0 h | M AK 3 | 143 |
| 13 | Heidenreich, Markus | | Trias Bad Schwartau | 0:09:33 h | 19 | 0:36:30 h | 6 | 0:46:03 h | 6 | 0:21:44 h | 13 | 1:07:47,2 h | M MK 40 | 140 |
| 14 | Köhn, Stefan | | USC Kiel | 0:08:21 h | 10 | 0:39:05 h | 15 | 0:47:26 h | 11 | 0:21:30 h | 10 | 1:08:56,6 h | M MK 45 | 148 |
| 15 | Prinz, Matthias | | TUS Felde | 0:10:31 h | 27 | 0:36:38 h | 7 | 0:47:09 h | 9 | 0:21:52 h | 14 | 1:09:01,7 h | M MK 45 | 133 |
| 16 | Faßhauer, Stephan | | FC St. Pauli Triathlon | 0:09:17 h | 18 | 0:38:23 h | 11 | 0:47:40 h | 12 | 0:21:39 h | 11 | 1:09:19,3 h | M AK 4 | 120 |
| 17 | Sticken, Gunnar | | Rendsburg | 0:09:00 h | 15 | 0:38:25 h | 12 | 0:47:25 h | 10 | 0:22:12 h | 18 | 1:09:37,2 h | M AK 4 | 128 |
| 18 | Gaasch, Bernd | | Borener SV | 0:10:28 h | 26 | 0:39:51 h | 20 | 0:50:19 h | 22 | 0:19:30 h | 3 | 1:09:49,8 h | M MK 45 | 104 |
| 19 | Deppe, Nils Christian | | AMTV Hamburg | 0:08:18 h | 8 | 0:40:04 h | 23 | 0:48:22 h | 16 | 0:22:03 h | 16 | 1:10:25,0 h | M AK 1 | 124 |
| 20 | Jüptner, Michael | | USC Kiel | 0:08:19 h | 9 | 0:39:53 h | 21 | 0:48:12 h | 14 | 0:22:17 h | 20 | 1:10:29,2 h | M AK 1 | 230 |
| 21 | Stoltenberg, Andreas | | TSV Quellenhaupt Bornhövec | 0:10:47 h | 30 | 0:38:59 h | 14 | 0:49:46 h | 19 | 0:21:08 h | 7 | 1:10:54,5 h | M MK 40 | 135 |
| 22 | Rutsatz, Martin | | TuS Holtenau Kiel | 0:09:06 h | 17 | 0:39:11 h | 16 | 0:48:17 h | 15 | 0:22:47 h | 24 | 1:11:04,0 h | M MK 40 | 137 |
| 23 | Weingardt, Sven | | TriVelos Flensburg | 0:09:57 h | 22 | 0:41:07 h | 25 | 0:51:04 h | 24 | 0:20:15 h | 5 | 1:11:19,7 h | M AK 3 | 118 |
| 24 | spring, ottmar | | ssv ulm 1846 tria | 0:09:55 h | 21 | 0:39:16 h | 17 | 0:49:11 h | 18 | 0:22:16 h | 19 | 1:11:27,2 h | M MK 45 | 111 |
| 25 | Kracht, Bastian | | Triabolos | 0:10:40 h | 28 | 0:39:23 h | 18 | 0:50:03 h | 21 | 0:22:39 h | 23 | 1:12:42,9 h | M AK 3 | 131 |
| 26 | Peters, Jörg | | Spiridon Schleswig | 0:10:49 h | 31 | 0:39:38 h | 19 | 0:50:27 h | 23 | 0:22:39 h | 22 | 1:13:06,5 h | M MK 40 | 101 |
| 27 | Ciolkowski, Ralf | | LTV Kiel-Ost | 0:11:07 h | 33 | 0:38:44 h | 13 | 0:49:51 h | 20 | 0:23:36 h | 25 | 1:13:27,9 h | M MK 45 | 115 |
| 28 | Klingenberg, Thomas | | SG Wasserratten Norderstedt | 0:10:02 h | 23 | 0:37:53 h | 9 | 0:47:55 h | 13 | 0:25:37 h | 28 | 1:13:32,5 h | M MK 50 | 136 |
| 29 | Weiss, Hans | | Usc-Kiel | 0:10:23 h | 24 | 0:41:31 h | 28 | 0:51:54 h | 26 | 0:21:39 h | 12 | 1:13:33,8 h | M AK 4 | 147 |
| 30 | Haß, Ulrich | | Tri Team Neumünster | 0:10:27 h | 25 | 0:41:30 h | 27 | 0:51:57 h | 27 | 0:22:06 h | 17 | 1:14:03,3 h | M AK 4 | 121 |
| 31 | Michalscheck, Dieter | | TriDW | 0:10:56 h | 32 | 0:41:26 h | 26 | 0:52:22 h | 28 | 0:22:21 h | 21 | 1:14:43,5 h | M MK 50 | 113 |
| 32 | Thomsen, Martin | | SG Atheltico Büdelsdorf | 0:08:52 h | 13 | 0:40:01 h | 22 | 0:48:53 h | 17 | 0:26:12 h | 29 | 1:15:05,4 h | M AK 4 | 107 |
| 33 | Möller, Clemens | | Langwedel | 0:10:43 h | 29 | 0:40:58 h | 24 | 0:51:41 h | 25 | 0:23:36 h | 26 | 1:15:17,3 h | M MK 40 | 130 |
| 34 | Struck, Manfred | | ALG-Vfl Bokel | 0:11:12 h | 34 | 0:42:06 h | 30 | 0:53:18 h | 29 | 0:24:55 h | 27 | 1:18:13,1 h | M MK 55 | 150 |
| 35 | Sandmann, Henner | | Kiel | 0:11:25 h | 35 | 0:43:13 h | 31 | 0:54:38 h | 31 | 0:28:23 h | 30 | 1:23:01,0 h | M MK 40 | 127 |
| 36 | Schramm, Hans-Peter | | Tri EMTV Elmshorn | 0:11:51 h | 36 | 0:42:01 h | 29 | 0:53:52 h | 30 | 0:29:16 h | 31 | 1:23:08,8 h | M MK 50 | 149 |