

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Laufen | Pos L | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|-------|-----------------------------|----|----------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|-------------|-------------------|---------------|
| 1 | Gehse, Frank | 67 | SG Wasserratten Norderste | 0:19:05 h | 2 | 0:45:29 h | 1 | 1:04:34 h | 1 | 0:19:54 h | 2 | 1:24:28,8 h | M Sen1 | 86 |
| 2 | Wiebe, Nicholas | 75 | PSV Eutin / Gerbracht Raci | 0:19:03 h | 1 | 0:47:32 h | 2 | 1:06:35 h | 2 | 0:19:46 h | 1 | 1:26:21,1 h | M AK4 | 79 |
| 3 | König, Lars | 74 | SG Athletico Büdelsdorf | 0:20:21 h | 5 | 0:50:47 h | 7 | 1:11:08 h | 5 | 0:21:19 h | 3 | 1:32:27,7 h | M AK4 | 91 |
| 4 | Lauk, Jörn | 60 | SG Wasserratten Norderste | 0:20:35 h | 6 | 0:50:04 h | 4 | 1:10:39 h | 3 | 0:22:22 h | 9 | 1:33:01,3 h | M Sen3 | 119 |
| 5 | Bick, Ralf | 80 | | 0:20:50 h | 8 | 0:50:19 h | 6 | 1:11:09 h | 6 | 0:22:19 h | 8 | 1:33:28,0 h | M AK3 | 123 |
| 6 | Stahnke, Johann | 92 | TSV Bargteheide Triathlon | 0:20:14 h | 3 | 0:52:09 h | 10 | 1:12:23 h | 8 | 0:21:32 h | 4 | 1:33:55,1 h | M TM18 | 107 |
| 7 | Hüppe, Stefan | 69 | TSH Team Bergamont | 0:20:17 h | 4 | 0:51:39 h | 9 | 1:11:56 h | 7 | 0:22:27 h | 11 | 1:34:23,8 h | M Sen1 | 16 |
| 8 | Steindorf, Niels | 88 | | 0:23:04 h | 19 | 0:47:49 h | 3 | 1:10:53 h | 4 | 0:24:32 h | 21 | 1:35:25,3 h | M AK1 | 117 |
| S | Benjamin Riewesell, Claus I | | Kölln Team II | 0:21:46 h | 12 | 0:51:18 h | 8 | 1:13:04 h | 9 | 0:22:26 h | 10 | 1:35:30,9 h | Staffel | 97 |
| 10 | Seemann, Gunar | 77 | TuS Holstein Quickborn | 0:23:00 h | 17 | 0:54:00 h | 15 | 1:17:00 h | 13 | 0:22:36 h | 12 | 1:39:36,7 h | M AK3 | 45 |
| 11 | Wille, Niklas | 85 | | 0:20:36 h | 7 | 0:57:58 h | 30 | 1:18:34 h | 18 | 0:21:41 h | 5 | 1:40:15,3 h | M AK2 | 1 |
| 12 | Fobe, Peter | 83 | HSV Weimar Triathlon | 0:21:31 h | 10 | 0:56:52 h | 23 | 1:18:23 h | 16 | 0:22:12 h | 7 | 1:40:35,6 h | M AK2 | 62 |
| 13 | Kraft, Philipp | 73 | TuS Holstein Quickborn | 0:23:42 h | 22 | 0:53:31 h | 14 | 1:17:13 h | 15 | 0:23:40 h | 13 | 1:40:53,2 h | M AK4 | 53 |
| S | Stefan Naumann, Markus R | | LG Elmshorn/BSG Finanza | 0:21:43 h | 11 | 0:57:11 h | 25 | 1:18:54 h | 19 | 0:22:06 h | 6 | 1:41:00,9 h | Staffel | 84 |
| 15 | Felgentreu, Ulrich | 61 | Triathlon Team Buxtehude | 0:23:43 h | 23 | 0:53:03 h | 13 | 1:16:46 h | 12 | 0:24:32 h | 20 | 1:41:18,6 h | M Sen3 | 8 |
| 16 | Draak, Christian | 75 | BSG Siemens | 0:23:45 h | 24 | 0:52:13 h | 11 | 1:15:58 h | 11 | 0:25:58 h | 29 | 1:41:56,7 h | M AK4 | 110 |
| 17 | Fröhling, Thomas | 68 | Hamburger Laufladen | 0:22:44 h | 16 | 0:55:49 h | 18 | 1:18:33 h | 17 | 0:23:56 h | 14 | 1:42:29,9 h | M Sen1 | 18 |
| 18 | Probstmeyer, Axel | 76 | | 0:25:13 h | 36 | 0:50:07 h | 5 | 1:15:20 h | 10 | 0:27:11 h | 39 | 1:42:31,8 h | M AK4 | 126 |
| 19 | Hoch, Christoph | 60 | TuS Holstein Quickborn | 0:22:06 h | 13 | 0:57:27 h | 28 | 1:19:33 h | 20 | 0:24:16 h | 17 | 1:43:49,0 h | M Sen3 | 35 |
| 20 | Kalbertodt, Knut | 64 | RG Uni Hamburg | 0:25:51 h | 40 | 0:54:04 h | 16 | 1:19:55 h | 23 | 0:23:59 h | 15 | 1:43:54,5 h | M Sen2 | 21 |
| 21 | Bischoff, Torsten | 67 | | --- | | --- | | --- | | --- | | 1:43:58,8 h | M Sen1 | 115 |
| 22 | Sanders, Karsten | 66 | BSG Hamburger Laufladen | 0:22:44 h | 15 | 0:56:54 h | 24 | 1:19:38 h | 22 | 0:24:37 h | 22 | 1:44:15,5 h | M Sen2 | 17 |
| 23 | Redenz, Carsten | 67 | Asendorf | 0:21:26 h | 9 | 0:58:38 h | 32 | 1:20:04 h | 24 | 0:24:18 h | 18 | 1:44:22,0 h | M Sen1 | 70 |
| S | Torben Link, Birte Lauer | | Kölln Team I | 0:23:47 h | 25 | 0:56:51 h | 22 | 1:20:38 h | 25 | 0:25:16 h | 25 | 1:45:54,3 h | Staffel | 96 |
| 25 | Sauer, Dirk | 65 | Asendorf | 0:24:57 h | 34 | 0:52:14 h | 12 | 1:17:11 h | 14 | 0:29:28 h | 48 | 1:46:39,0 h | M Sen2 | 73 |
| 26 | Schramm, Merlin | 78 | | 0:23:02 h | 18 | 0:56:33 h | 20 | 1:19:35 h | 21 | 0:27:16 h | 42 | 1:46:51,5 h | M AK3 | 124 |
| 27 | Goldberg, Monika | 73 | Hamburg | 0:25:50 h | 39 | 0:55:57 h | 19 | 1:21:47 h | 26 | 0:26:18 h | 32 | 1:48:05,7 h | W AK4 | 111 |
| 28 | Spijker, Rüdiger | 60 | Tri-Michels Hamburg e.V. | 0:24:43 h | 32 | 0:57:13 h | 26 | 1:21:56 h | 27 | 0:26:27 h | 33 | 1:48:23,0 h | M Sen3 | 15 |
| 29 | Panzer, Stefan | 61 | TSV Hittfeld | 0:24:36 h | 30 | 0:57:24 h | 27 | 1:22:00 h | 28 | 0:26:36 h | 36 | 1:48:36,4 h | M Sen3 | 69 |
| 30 | Croissier, René | 50 | TuS Holstein Quickborn | 0:25:29 h | 38 | 0:56:41 h | 21 | 1:22:10 h | 29 | 0:26:32 h | 34 | 1:48:42,2 h | M Sen5 | 28 |
| 31 | Willner, Volker | 60 | | 0:24:07 h | 26 | 1:00:33 h | 37 | 1:24:40 h | 35 | 0:24:10 h | 16 | 1:48:50,1 h | M Sen3 | 116 |
| 32 | Rohe, Ludger | 65 | SV Holstenklause | 0:25:16 h | 37 | 0:57:51 h | 29 | 1:23:07 h | 32 | 0:25:53 h | 28 | 1:49:00,9 h | M Sen2 | 77 |
| 33 | Schönebeck, Susanne | 74 | TSV Kremperheide | 0:23:20 h | 21 | 1:01:19 h | 41 | 1:24:39 h | 34 | 0:24:31 h | 19 | 1:49:10,3 h | W AK4 | 61 |
| 34 | Piotrowski, Christoph | 73 | SuS Waldenau | 0:22:39 h | 14 | 1:02:12 h | 47 | 1:24:51 h | 36 | 0:24:51 h | 23 | 1:49:42,4 h | M AK4 | 65 |
| 35 | Engelbrecht-Hoch, Martina | 64 | TuS Holstein Quickborn | 0:24:48 h | 33 | 0:58:16 h | 31 | 1:23:04 h | 31 | 0:26:55 h | 38 | 1:49:59,2 h | W Sen2 | 32 |
| 36 | Wrage, Sven | 69 | Elmshorn | 0:23:04 h | 20 | 1:00:08 h | 35 | 1:23:12 h | 33 | 0:26:54 h | 37 | 1:50:06,5 h | M Sen1 | 106 |
| 37 | Lindner, Gabi | 74 | Hamburg | 0:24:32 h | 29 | 1:01:29 h | 42 | 1:26:01 h | 37 | 0:26:02 h | 30 | 1:52:03,0 h | W AK4 | 23 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Laufen | Pos L | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|-------|--------------------------------|----|------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|-------------|-------------------|---------------|
| | 38 Herrmann, Michael | 61 | | 0:24:27 h | 28 | 1:02:35 h | 48 | 1:27:02 h | 41 | 0:25:11 h | 24 | 1:52:13,4 h | M Sen3 | 118 |
| | 39 Hammer, Michael | 74 | FC.St.Pauli | 0:26:04 h | 41 | 1:00:57 h | 39 | 1:27:01 h | 40 | 0:25:31 h | 26 | 1:52:32,5 h | M AK4 | 25 |
| S | 40 Jana Ruffert, Henning Schri | | Kölln Team III | 0:26:07 h | 42 | 1:00:27 h | 36 | 1:26:34 h | 38 | 0:26:35 h | 35 | 1:53:09,6 h | Staffel | 98 |
| | 41 Dörwald-Eickelberg, Uli | 52 | | 0:27:12 h | 45 | 0:59:27 h | 33 | 1:26:39 h | 39 | 0:27:16 h | 41 | 1:53:55,9 h | M Sen4 | 125 |
| S | 42 Mike Raabe, Olaf Enstipp | | TSV Kremperheide | 0:24:39 h | 31 | 1:04:00 h | 51 | 1:28:39 h | 45 | 0:26:15 h | 31 | 1:54:54,5 h | Staffel | 67 |
| | 43 Parge, Sabine | 64 | Triabolos Hamburg e.V. | 0:27:15 h | 46 | 1:00:37 h | 38 | 1:27:52 h | 43 | 0:27:14 h | 40 | 1:55:06,7 h | W Sen2 | 20 |
| | 44 Domke, Claudia | 80 | TriMichels Hamburg | 0:26:23 h | 43 | 1:01:47 h | 43 | 1:28:10 h | 44 | 0:27:31 h | 43 | 1:55:41,4 h | W AK3 | 12 |
| | 45 Kranz, Uwe | 42 | TuS Holstein Quickborn | 0:27:46 h | 48 | 0:59:31 h | 34 | 1:27:17 h | 42 | 0:30:49 h | 49 | 1:58:06,4 h | M Sen6 | 37 |
| | 46 Drübert, Nadja | 82 | TuS Holstein Quickborn | 0:27:21 h | 47 | 1:03:35 h | 50 | 1:30:56 h | 47 | 0:27:59 h | 44 | 1:58:55,9 h | W AK2 | 29 |
| | 47 Ganske, Volkmar | 73 | AMARAS AG | 0:24:11 h | 27 | 1:11:13 h | 56 | 1:35:24 h | 55 | 0:25:32 h | 27 | 2:00:56,0 h | M AK4 | 93 |
| S | 48 Michael Stange, Henning K: | | Kölln Team IV | 0:32:59 h | 59 | 1:00:57 h | 40 | 1:33:56 h | 51 | 0:28:33 h | 47 | 2:02:29,4 h | Staffel | 100 |
| S | 49 Michael Michalczyk, Manuel | | TSV Kremperheide | --- | | --- | | 1:34:27 h | 53 | 0:28:21 h | 45 | 2:02:48,8 h | Staffel | 68 |
| | 50 Pioch, Stefan | 70 | Feuerwehr Elmshorn | 0:28:00 h | 50 | 1:06:21 h | 53 | 1:34:21 h | 52 | 0:28:32 h | 46 | 2:02:53,5 h | M Sen1 | 92 |
| | 51 Bumann, Rolf | 43 | TuS Holstein Quickborn | 0:30:18 h | 53 | 1:01:51 h | 44 | 1:32:09 h | 48 | 0:31:08 h | 50 | 2:03:17,8 h | M Sen6 | 87 |
| | 52 Nagel, Olaf | 69 | RG Uni Hamburg | 0:26:58 h | 44 | 0:55:48 h | 17 | 1:22:46 h | 30 | 0:40:44 h | 59 | 2:03:30,2 h | M Sen1 | 109 |
| | 53 Möller, Wolfgang | 56 | SuS Waldenau | 0:25:07 h | 35 | 1:04:15 h | 52 | 1:29:22 h | 46 | 0:37:16 h | 58 | 2:06:38,9 h | M Sen4 | 64 |
| | 54 Sievers, Susanne | 67 | Sport-Club Itzehoe | 0:30:36 h | 54 | 1:02:04 h | 45 | 1:32:40 h | 49 | 0:35:04 h | 56 | 2:07:44,0 h | W Sen1 | 83 |
| | 55 Madsen, Thorsten | 63 | Die Madsens | 0:27:49 h | 49 | 1:07:47 h | 55 | 1:35:36 h | 56 | 0:32:46 h | 51 | 2:08:22,2 h | M Sen2 | 108 |
| | 56 Fink, Helmut | 54 | PREETZ | 0:32:41 h | 58 | 1:02:39 h | 49 | 1:35:20 h | 54 | 0:33:38 h | 54 | 2:08:58,1 h | M Sen4 | 80 |
| | 57 Venthin, Peter | 65 | SV Holstenklause | 0:31:33 h | 55 | --- | | --- | | --- | | 2:10:31,4 h | M Sen2 | 76 |
| | 58 Behnke, Rolf | 58 | TuS Holstein Quickborn | 0:32:03 h | 57 | 1:07:25 h | 54 | 1:39:28 h | 57 | 0:34:42 h | 55 | 2:14:10,8 h | M Sen3 | 26 |
| | 59 Hiltawsky, Christian | 61 | FC St. Pauli | 0:31:44 h | 56 | 1:02:06 h | 46 | 1:33:50 h | 50 | 0:41:27 h | 60 | 2:15:17,2 h | M Sen3 | 101 |
| | 60 Gauggel, Gabriele | 54 | Kirchspiel Garding | 0:29:12 h | 51 | 1:14:40 h | 58 | 1:43:52 h | 59 | 0:33:20 h | 52 | 2:17:12,8 h | W Sen4 | 102 |
| | 61 Murr, Sandra | 82 | | 0:30:11 h | 52 | 1:13:40 h | 57 | 1:43:51 h | 58 | 0:35:51 h | 57 | 2:19:42,5 h | W AK2 | 122 |
| S | 62 Anke Taubert, Danijela Jure | | Staffel 1 | 0:36:57 h | 60 | 1:15:08 h | 59 | 1:52:05 h | 60 | 0:33:29 h | 53 | 2:25:34,0 h | Staffel | 63 |