

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Laufen | Pos L | Gesamtzeit | Alters- klasse | AK- Platz | Start- Nr. |
|-------|---------------------|----|------------------------|-----------|----------|-----------|----------|-------------|-------------------|--------------|---------------|
| 1 | Heller, Hauke Claas | 89 | | 0:05:52 h | 2 | 0:17:42 h | 2 | 0:23:34,3 h | M 20 | 1 | 23 |
| 2 | Weber, Timo | 89 | | 0:05:42 h | 1 | 0:18:05 h | 3 | 0:23:47,8 h | M 20 | 2 | 24 |
| 3 | Sturm, Volker | 65 | | 0:09:00 h | 6 | 0:17:33 h | 1 | 0:26:33,0 h | M 40 | 1 | 13 |
| 4 | Förster, Eckart | 64 | | 0:09:00 h | 7 | 0:20:15 h | 6 | 0:29:15,1 h | M 45 | 1 | 22 |
| 5 | Bopp, Clemens | 76 | | 0:08:32 h | 4 | 0:20:47 h | 7 | 0:29:19,4 h | M 30 | 1 | 14 |
| 6 | Hüttner, Peter | 64 | TUS Germania Schnelsen | 0:10:20 h | 11 | 0:19:32 h | 5 | 0:29:52,9 h | M 45 | 2 | 2 |
| 7 | Tiemann, Benedict | 92 | LG Tiemann | 0:11:23 h | 13 | 0:19:06 h | 4 | 0:30:29,1 h | M JgB | 1 | 18 |
| 8 | Wördehoff, Karsten | 73 | | 0:09:49 h | 10 | 0:21:20 h | 8 | 0:31:09,8 h | M 35 | 1 | 20 |
| 9 | Rupp, Tobias | 93 | TUS Germania Schnelsen | 0:08:28 h | 3 | 0:22:49 h | 12 | 0:31:17,0 h | M JgB | 2 | 3 |
| 10 | Wencke, Yannick | 89 | | 0:08:42 h | 5 | 0:22:47 h | 10 | 0:31:29,0 h | M 20 | 3 | 16 |
| 11 | Tiemann, Fabian | 89 | Deutsche Bank | 0:09:03 h | 8 | 0:22:48 h | 11 | 0:31:51,4 h | M 20 | 4 | 17 |
| 12 | Eichblatt, Mirko | 75 | | 0:09:46 h | 9 | 0:24:26 h | 13 | 0:34:12,6 h | M 30 | 2 | 9 |
| 13 | Fitzler, Veit | 69 | | 0:13:09 h | 16 | 0:22:25 h | 9 | 0:35:34,4 h | M 40 | 2 | 10 |
| 14 | Plate, Chris | 66 | | 0:11:54 h | 14 | 0:26:58 h | 14 | 0:38:52,1 h | M 40 | 3 | 4 |
| 15 | Müller, Gerd | 64 | | 0:12:35 h | 15 | 0:28:20 h | 15 | 0:40:55,2 h | M 45 | 3 | 21 |
| 16 | Teckhaus, Manuela | 67 | | 0:11:01 h | 12 | 0:30:36 h | 16 | 0:41:37,5 h | M 40 | 4 | 19 |