

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|-------|----------------------|----|--------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| 1 | Danylow, Jesco | 88 | Olympus | 0:08:38 h | 1 | 0:28:46 h | 1 | 0:37:24 h | 1 | 0:20:59 h | 1 | 0:58:23 h | AK2m | 389 |
| 2 | Ribac, Pascal | 75 | Rendsburger TSV | 0:10:18 h | 2 | 0:32:21 h | 5 | 0:42:39 h | 3 | 0:22:32 h | 2 | 1:05:11 h | MK1m | 386 |
| 3 | Behr, Christian | 77 | Möllner SV | 0:11:19 h | 3 | 0:30:33 h | 4 | 0:41:52 h | 2 | 0:23:27 h | 4 | 1:05:19 h | AK4m | 390 |
| 4 | Allonge, Andreas | 68 | Hamburg | 0:12:41 h | 5 | 0:30:30 h | 3 | 0:43:11 h | 4 | 0:23:56 h | 5 | 1:07:07 h | MK2m | 394 |
| 5 | Schrader, Torben | 77 | Philips LG | 0:13:53 h | 7 | 0:37:02 h | 10 | 0:50:55 h | 6 | 0:22:59 h | 3 | 1:13:54 h | AK4m | 388 |
| 6 | Jerol, Peter | 58 | SG Stern | 0:12:52 h | 6 | 0:35:32 h | 8 | 0:48:24 h | 5 | 0:27:02 h | 6 | 1:15:26 h | MK4m | 392 |
| 7 | Harms, Christel Sven | 77 | Eckernförde | 0:12:28 h | 4 | 0:40:00 h | 11 | 0:52:28 h | 7 | 0:27:06 h | 7 | 1:19:34 h | AK4m | 395 |