

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|-------------------------|----|-----------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|-------------|--------------|-----------|
| M | 1 Goerke, Nils | 73 | Triabolos Hamburg | 0:16:44 h | 1 | 0:44:48 h | 1 | 1:01:32 h | 1 | 0:36:54 h | 1 | 1:38:26,7 h | M AK 4 | 1 |
| M | 2 Deneke, Tilman | 78 | Kaifu Tri Team | 0:17:43 h | 3 | 0:49:49 h | 21 | 1:07:32 h | 3 | 0:39:26 h | 4 | 1:46:58,3 h | M AK 3 | 4 |
| B | 3 Langfeld, Peter | 72 | BSG Siemens | 0:18:27 h | 7 | --- | --- | --- | --- | --- | --- | 1:47:09,0 h | M AK 4 | 6 |
| | 4 Wiebe, Nicholas | 75 | PSV Eutin | 0:17:42 h | 2 | 0:51:54 h | 39 | 1:09:36 h | 23 | 0:37:37 h | 2 | 1:47:13,5 h | M AK 4 | 9 |
| M | 5 Glück, Christian | 81 | TT HSU Hamburg | 0:18:08 h | 4 | 0:51:15 h | 34 | 1:09:23 h | 18 | 0:39:03 h | 3 | 1:48:26,8 h | M AK 2 | 64 |
| M | 6 Uhlrich, Christian | 72 | Tri-Michels Hamburg | 0:18:12 h | 5 | 0:50:44 h | 29 | 1:08:56 h | 9 | 0:39:53 h | 5 | 1:48:49,3 h | M AK 4 | 231 |
| M | 7 Dicke, Benjamin | 83 | Tri Michels Hamburg | --- | --- | --- | --- | 1:06:24 h | 2 | 0:42:39 h | 16 | 1:49:03,4 h | M AK 2 | 206 |
| M | 8 Radke, Dirk | 68 | Kaifu Tri Team Hamburg | --- | --- | --- | --- | 1:08:53 h | 6 | 0:40:38 h | 7 | 1:49:31,0 h | M Sen1 | 10 |
| M | 9 tychsen, frederik | 75 | Tri Michels Hamburg | --- | --- | --- | --- | 1:07:38 h | 4 | 0:42:25 h | 15 | 1:50:03,5 h | M AK 4 | 180 |
| M | 10 gehrke, stefan | 72 | Triabolos Hamburg e.V. | 0:19:30 h | 9 | 0:48:21 h | 7 | 1:07:51 h | 5 | 0:42:20 h | 13 | 1:50:11,8 h | M AK 4 | 91 |
| M | 11 Hoffmann, Lennart | 81 | Kaifu Tri Team | 0:18:21 h | 6 | 0:50:44 h | 28 | 1:09:05 h | 10 | 0:41:32 h | 9 | 1:50:37,4 h | M AK 2 | 75 |
| M | 12 Hüppe, Stefan | 69 | TSH Team Bergamont | 0:19:04 h | 8 | 0:50:20 h | 25 | 1:09:24 h | 19 | 0:41:56 h | 10 | 1:51:20,4 h | M Sen1 | 156 |
| M | 13 Schröder, Björn | 81 | Triabolos Triathlon Hamburg | 0:19:31 h | 10 | 0:50:31 h | 26 | 1:10:02 h | 24 | 0:41:21 h | 8 | 1:51:23,3 h | M AK 2 | 54 |
| | 14 Ludewig, Frithjof | 84 | SG Zoll | 0:20:27 h | 21 | 0:49:04 h | 13 | 1:09:31 h | 20 | 0:42:10 h | 12 | 1:51:41,2 h | M AK 2 | 102 |
| S | 15 Lüders-Bahlmann, Uwe | | BSG NDR | 0:19:57 h | 14 | 0:48:56 h | 11 | 1:08:53 h | 7 | 0:42:59 h | 17 | 1:51:52,5 h | Staffel-M | 413 |
| S | 16 Hundertmark, Michael | | Tri-Team HSU Uni BW Hamb | 0:19:58 h | 15 | 0:48:58 h | 12 | 1:08:56 h | 8 | 0:43:44 h | 20 | 1:52:40,6 h | Staffel-M | 418 |
| M | 17 Jacobsen, Thilo | 73 | Tri Michels Hamburg e.V. | 0:19:50 h | 13 | 0:49:26 h | 17 | 1:09:16 h | 16 | 0:43:28 h | 19 | 1:52:44,8 h | M AK 4 | 40 |
| B | 18 Kohlmann, Carsten | 65 | BSG NDR | 0:20:45 h | 28 | 0:48:33 h | 9 | 1:09:18 h | 17 | 0:44:10 h | 25 | 1:53:28,0 h | M Sen2 | 119 |
| | 19 Niedieck, Olav | 69 | SG Wasserratten Norderstedt | 0:21:49 h | 63 | 0:47:17 h | 2 | 1:09:06 h | 11 | 0:44:24 h | 29 | 1:53:30,7 h | M Sen1 | 69 |
| | 20 Lauk, Jörn | 60 | SG Wasserratten Norderstedt | 0:19:48 h | 12 | 0:49:27 h | 18 | 1:09:15 h | 14 | 0:44:28 h | 32 | 1:53:43,1 h | M Sen3 | 60 |
| | 21 Engel, Dirk | 66 | Möllner SV | 0:20:43 h | 26 | 0:48:51 h | 10 | 1:09:34 h | 22 | 0:44:25 h | 30 | 1:53:59,8 h | M Sen1 | 133 |
| | 22 Bruhn, Marc | 75 | SG Wasserratten Norderstedt | 0:20:46 h | 29 | 0:48:30 h | 8 | 1:09:16 h | 15 | 0:44:59 h | 37 | 1:54:15,1 h | M AK 4 | 162 |
| M | 23 Klingemann, Werner | 59 | Triabolos Triathlon Hamburg | 0:20:02 h | 17 | 0:51:10 h | 33 | 1:11:12 h | 31 | 0:43:23 h | 18 | 1:54:35,7 h | M Sen3 | 96 |
| S | 24 Grundt, Thomas | | Team RGN | 0:22:33 h | 85 | 0:48:14 h | 6 | 1:10:47 h | 25 | 0:43:55 h | 23 | 1:54:42,9 h | Staffel-M | 407 |
| M | 25 Schlüter, Bernd | 63 | Triabolos Hamburg | 0:21:20 h | 44 | 0:49:37 h | 20 | 1:10:57 h | 28 | 0:43:54 h | 22 | 1:54:51,7 h | M Sen2 | 255 |
| M | 26 Reimer, Henrik | 87 | Kaifu Tri Team | 0:21:23 h | 48 | 0:47:49 h | 4 | 1:09:12 h | 13 | 0:45:59 h | 43 | 1:55:11,1 h | M AK 1 | 138 |
| M | 27 houtrouw, enno | 77 | tri-michels hamburg | 0:20:32 h | 25 | 0:50:16 h | 24 | 1:10:48 h | 26 | 0:44:34 h | 34 | 1:55:22,6 h | M AK 3 | 137 |
| M | 28 Wetzel, Ingo | 64 | Triabolos Hamburg | 0:21:41 h | 54 | 0:47:28 h | 3 | 1:09:09 h | 12 | 0:46:19 h | 46 | 1:55:28,9 h | M Sen2 | 236 |
| | 29 Bruhnke, Olaf | 69 | Medeco Klinik Hamburg | 0:20:03 h | 18 | 0:53:17 h | 55 | 1:13:20 h | 43 | 0:42:22 h | 14 | 1:55:42,8 h | M Sen1 | 186 |
| | 30 Ziegler, Jan | 65 | USC Kiel | 0:20:28 h | 22 | 0:52:31 h | 48 | 1:12:59 h | 41 | 0:44:00 h | 24 | 1:56:59,8 h | M Sen2 | 244 |
| | 31 Pietschak, Bernd | 75 | TSH Team Bergamont | 0:21:19 h | 43 | 0:48:13 h | 5 | 1:09:32 h | 21 | 0:47:31 h | 66 | 1:57:03,5 h | M AK 4 | 7 |
| M | 32 Bergau, Lars | 78 | Triathlon Team Hamburg e.V. | 0:20:25 h | 20 | 0:52:30 h | 46 | 1:12:55 h | 39 | 0:44:19 h | 28 | 1:57:14,5 h | M AK 3 | 17 |
| M | 33 Heller, Hauke | 89 | Triabolos Hamburg e.V. | 0:19:31 h | 11 | 0:57:32 h | 102 | 1:17:03 h | 71 | 0:40:33 h | 6 | 1:57:36,7 h | M AK 1 | 52 |
| M | 34 Lupke, Anne | 80 | Triabolos Hamburg | 0:20:44 h | 27 | 0:50:38 h | 27 | 1:11:22 h | 33 | 0:46:29 h | 47 | 1:57:51,1 h | W AK 3 | 14 |
| M | 35 Hinterberg, Dominik | 65 | Triabolos Hamburg e.V. | 0:21:33 h | 50 | 0:49:19 h | 14 | 1:10:52 h | 27 | 0:46:59 h | 54 | 1:57:51,5 h | M Sen2 | 30 |
| | 36 Wilde, Peter | 81 | Team Velocifer | 0:20:56 h | 32 | 0:53:30 h | 59 | 1:14:26 h | 49 | 0:43:45 h | 21 | 1:58:11,5 h | M AK 2 | 237 |
| | 37 Klewer, Michael | 77 | Tri Fun Güstrow | 0:21:42 h | 56 | 0:51:53 h | 38 | 1:13:35 h | 45 | 0:44:41 h | 35 | 1:58:16,0 h | M AK 3 | 110 |
| | 38 Brell, Michael | 65 | SG Wasserratten Norderstedt | 0:21:49 h | 62 | 0:49:19 h | 15 | 1:11:08 h | 29 | 0:47:13 h | 58 | 1:58:21,4 h | M Sen2 | 65 |
| | 39 Brüggmann, Frank | 66 | triabolos | 0:20:04 h | 19 | 0:54:31 h | 68 | 1:14:35 h | 53 | 0:44:13 h | 26 | 1:58:48,1 h | M Sen1 | 215 |
| | 40 Hein, Timo | 76 | Tri-EMTV | 0:21:02 h | 37 | 0:53:25 h | 57 | 1:14:27 h | 50 | 0:44:34 h | 33 | 1:59:01,7 h | M AK 3 | 129 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|--------------------------------|----|-----------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|-------------|--------------|-----------|
| | 41 Schneider, Sebastian | 68 | Tri Michels Hamburg | 0:20:01 h | 16 | 0:57:07 h | 97 | 1:17:08 h | 75 | 0:41:58 h | 11 | 1:59:06,2 h | M Sen1 | 230 |
| M | 42 Faix, Stefan | 68 | FC St. Pauli Triathlon | 0:21:32 h | 49 | 0:49:37 h | 19 | 1:11:09 h | 30 | 0:48:03 h | 70 | 1:59:12,6 h | M Sen1 | 174 |
| M | 43 Popanda, Kai | 67 | Triabolos Hamburg e.V. | 0:21:15 h | 40 | 0:51:09 h | 32 | 1:12:24 h | 35 | 0:47:09 h | 56 | 1:59:33,7 h | M Sen1 | 41 |
| B | 44 Kairies, Matthias Christoph | 72 | BSG Commerzbank Hamburg | 0:22:15 h | 75 | 0:49:57 h | 22 | 1:12:12 h | 34 | 0:47:28 h | 64 | 1:59:40,0 h | M AK 4 | 131 |
| M | 45 Roeger, Frank | 68 | Kaifu Tri Team | 0:21:22 h | 46 | 0:51:07 h | 31 | 1:12:29 h | 36 | 0:47:20 h | 61 | 1:59:49,7 h | M Sen1 | 256 |
| M | 46 Koziol, Rüdiger | 65 | Triabolos Hamburg e.V. | 0:21:55 h | 70 | 0:49:20 h | 16 | 1:11:15 h | 32 | 0:48:38 h | 77 | 1:59:53,9 h | M Sen2 | 78 |
| | 47 Lierow, Wolfgang | 70 | BSG Otto | 0:20:31 h | 24 | 0:52:18 h | 44 | 1:12:49 h | 38 | 0:47:15 h | 60 | 2:00:04,7 h | M Sen1 | 184 |
| M | 48 vom Hofe, Björn | 79 | Tri Michels Hamburg | 0:21:18 h | 42 | 0:51:38 h | 36 | 1:12:56 h | 40 | 0:47:15 h | 59 | 2:00:11,3 h | M AK 3 | 109 |
| M | 49 Ihns, Thomas | 62 | Tri Michels | 0:21:17 h | 41 | 0:51:48 h | 37 | 1:13:05 h | 42 | 0:47:11 h | 57 | 2:00:16,0 h | M Sen2 | 176 |
| M | 50 Kaminsky, Thorsten | 70 | Triabolos Hamburg e.V. | 0:20:30 h | 23 | 0:53:29 h | 58 | 1:13:59 h | 46 | 0:46:30 h | 48 | 2:00:29,2 h | M Sen1 | 18 |
| M | 51 Hübner, Julia | 82 | Mach3Sportzentrum | 0:22:24 h | 78 | 0:52:05 h | 40 | 1:14:29 h | 51 | 0:46:34 h | 50 | 2:01:03,1 h | W AK 2 | 224 |
| B | 52 Milewski, Marek | 67 | BSG SG Stern | 0:22:25 h | 79 | 0:50:10 h | 23 | 1:12:35 h | 37 | 0:48:44 h | 80 | 2:01:19,8 h | M Sen1 | 68 |
| M | 53 Studt, Oliver | 69 | HNT-Triathlon | 0:21:00 h | 34 | 0:55:44 h | 87 | 1:16:44 h | 66 | 0:44:53 h | 36 | 2:01:37,6 h | M Sen1 | 253 |
| M | 54 Schaar, Bjoern | 71 | TSG Bergedorf Tri Bandits | 0:22:03 h | 71 | 0:52:37 h | 49 | 1:14:40 h | 54 | 0:47:01 h | 55 | 2:01:41,7 h | M AK 4 | 192 |
| | 55 Gerlach, Stephan | 72 | Tri-Michels Hamburg | 0:21:01 h | 35 | 0:55:37 h | 85 | 1:16:38 h | 65 | 0:45:09 h | 40 | 2:01:47,9 h | M AK 4 | 105 |
| M | 56 dempzin, sascha | 84 | Tri Michels Hamburg | 0:21:01 h | 36 | 0:55:05 h | 79 | 1:16:06 h | 58 | 0:45:46 h | 42 | 2:01:52,9 h | M AK 2 | 191 |
| S | 57 Hümmecke, Manfred | 53 | Tri Team TuS Holtenau | 0:21:37 h | 53 | 0:54:28 h | 66 | 1:16:05 h | 57 | 0:46:08 h | 45 | 2:02:13,2 h | Staffel-M | 411 |
| | 58 Klein, Ruediger | 77 | Triabolos Triathlon Hamburg | 0:21:48 h | 60 | 0:52:59 h | 51 | 1:14:47 h | 55 | 0:47:54 h | 69 | 2:02:41,6 h | M AK 3 | 167 |
| S | 60 Kaschke, Thomas | | Quickborn | 0:21:55 h | 69 | 0:55:42 h | 86 | 1:17:37 h | 84 | 0:45:08 h | 38 | 2:02:45,0 h | Staffel-M | 410 |
| M | 61 Bück, Christian | 81 | TS-Harburg Team Bergamont | 0:22:29 h | 81 | 0:51:02 h | 30 | 1:13:31 h | 44 | 0:49:20 h | 92 | 2:02:51,9 h | M AK 2 | 248 |
| | 62 Meier, René | 77 | Triabolos Hamburg | 0:22:43 h | 91 | 0:51:37 h | 35 | 1:14:20 h | 47 | 0:48:52 h | 84 | 2:03:12,0 h | M AK 3 | 265 |
| M | 63 Seemann, Gunar | 77 | TuS Holstein-Quickborn | 0:22:09 h | 73 | 0:55:15 h | 80 | 1:17:24 h | 82 | 0:46:02 h | 44 | 2:03:26,4 h | M AK 3 | 20 |
| M | 64 Bruszauskas, Ralf | 80 | Triabolos Hamburg | 0:21:22 h | 47 | 0:54:52 h | 75 | 1:16:14 h | 61 | 0:47:29 h | 65 | 2:03:43,9 h | M AK 3 | 234 |
| | 65 Neumann, Uwe | 73 | Team Erdinger Alkoholfrei | 0:21:41 h | 55 | 0:55:26 h | 81 | 1:17:07 h | 74 | 0:46:42 h | 53 | 2:03:49,5 h | M AK 4 | 38 |
| B | 66 Baur, Gernot | 64 | BSG SG Stern | 0:21:14 h | 39 | 0:53:09 h | 52 | 1:14:23 h | 48 | 0:49:54 h | 99 | 2:04:17,7 h | M Sen2 | 67 |
| | 67 Beerbaum, sonja | 72 | Trisport Schwerin | 0:20:49 h | 30 | 0:55:31 h | 84 | 1:16:20 h | 62 | 0:48:04 h | 71 | 2:04:24,3 h | W AK 4 | 13 |
| B | 68 Marten, Dieter | 57 | BSG NDR | 0:20:58 h | 33 | 0:59:05 h | 127 | 1:20:03 h | 99 | 0:44:26 h | 31 | 2:04:29,9 h | M Sen3 | 123 |
| | 69 Fröhling, Thomas | 68 | Hamburger Laufladen | 0:21:50 h | 65 | 0:54:33 h | 69 | 1:16:23 h | 63 | 0:48:08 h | 72 | 2:04:31,1 h | M Sen1 | 45 |
| M | 70 Wagner, Steve | 81 | Triathlon Triabolos Hamburg | 0:23:46 h | 110 | 0:53:16 h | 54 | 1:17:02 h | 69 | 0:47:50 h | 68 | 2:04:52,1 h | M AK 2 | 158 |
| B | 71 Pfefferkorn, Julien | 80 | BSG Airbus HH | 0:23:11 h | 99 | 0:54:00 h | 62 | 1:17:11 h | 78 | 0:47:43 h | 67 | 2:04:54,5 h | M AK 3 | 24 |
| | 72 Jacobsen, Matthias | 65 | Wasserratten | 0:21:52 h | 66 | 0:52:42 h | 50 | 1:14:34 h | 52 | 0:50:33 h | 105 | 2:05:07,4 h | M Sen2 | 11 |
| | 73 Urbatsch, Markus | 68 | Hamburg | 0:21:20 h | 45 | 0:59:40 h | 136 | 1:21:00 h | 108 | 0:44:16 h | 27 | 2:05:16,8 h | M Sen1 | 261 |
| M | 74 Thom, Marcus | 69 | TSH Team Bergamont | 0:21:45 h | 57 | 0:54:06 h | 63 | 1:15:51 h | 56 | 0:49:31 h | 93 | 2:05:22,3 h | M Sen1 | 196 |
| M | 75 Cotterell, Maike | 73 | Lebensfitness | 0:22:23 h | 76 | 0:54:45 h | 73 | 1:17:08 h | 76 | 0:48:27 h | 74 | 2:05:35,7 h | W AK 4 | 235 |
| | 76 Hentzien, René | 69 | Vaf Hamburg | 0:24:05 h | 119 | 0:54:56 h | 77 | 1:19:01 h | 91 | 0:47:21 h | 62 | 2:06:22,1 h | M Sen1 | 139 |
| B | 77 Ahrens, Reiner | 60 | BSG Generali | 0:24:08 h | 124 | 0:53:20 h | 56 | 1:17:28 h | 83 | 0:49:00 h | 88 | 2:06:28,3 h | M Sen3 | 58 |
| M | 78 Pfaffe, Andreas | 62 | Tri Michels Hamburg | 0:20:55 h | 31 | 0:59:01 h | 126 | 1:19:56 h | 98 | 0:46:38 h | 52 | 2:06:34,7 h | M Sen2 | 233 |
| M | 79 Goetze, Kay | 77 | Triabolos Hamburg e.V. | 0:21:34 h | 51 | 0:56:25 h | 92 | 1:17:59 h | 87 | 0:48:44 h | 81 | 2:06:43,3 h | M AK 3 | 77 |
| | 80 Diekmann, Dennis | 82 | Hamburg | 0:23:35 h | 107 | 0:56:39 h | 93 | 1:20:14 h | 101 | 0:46:33 h | 49 | 2:06:47,4 h | M AK 2 | 115 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|-------------------------|----|-----------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|-------------|--------------|-----------|
| M | 81 Helbig, Leana | 81 | Triabolos Triathlon Hamburg | 0:21:48 h | 61 | 0:58:27 h | 115 | 1:20:15 h | 102 | 0:46:36 h | 51 | 2:06:51,2 h | W AK 2 | 98 |
| | 82 Sandmann, Lars | 75 | Hamburg | 0:22:25 h | 80 | 0:54:40 h | 71 | 1:17:05 h | 72 | 0:49:48 h | 96 | 2:06:53,8 h | M AK 4 | 160 |
| | 83 Hummel, Frank | 66 | Tri-Bandits TSG Bergedorf | 0:23:53 h | 113 | 0:53:13 h | 53 | 1:17:06 h | 73 | 0:49:57 h | 101 | 2:07:03,1 h | M Sen1 | 262 |
| M | 84 Steinkühler, Thomas | 57 | TuS Holstein Quickborn | 0:22:42 h | 90 | --- | --- | --- | --- | --- | --- | 2:07:12,7 h | M Sen3 | 227 |
| | 85 Notemann, Thomas | 67 | Kaifu TriTeam | 0:23:05 h | 96 | 0:54:10 h | 64 | 1:17:15 h | 80 | 0:50:02 h | 102 | 2:07:17,5 h | M Sen1 | 82 |
| | 86 Kasper, Matthias | 64 | TT HSU Hamburg BW | 0:23:15 h | 101 | 0:53:46 h | 61 | 1:17:01 h | 67 | 0:50:25 h | 104 | 2:07:26,5 h | M Sen2 | 189 |
| M | 87 Prättsch, Dr. Ulrich | 47 | TSG Bergedorf | 0:23:51 h | 112 | 0:52:17 h | 43 | 1:16:08 h | 59 | 0:51:31 h | 112 | 2:07:39,0 h | M Sen5 | 47 |
| | 88 Kahlke, Ulf | 64 | Triabolos Hamburg | 0:22:30 h | 82 | 0:53:42 h | 60 | 1:16:12 h | 60 | 0:51:31 h | 113 | 2:07:43,7 h | M Sen2 | 264 |
| B | 89 Reuschlein, Katja | 78 | BSG Beiersdorf | 0:21:54 h | 68 | 0:57:39 h | 104 | 1:19:33 h | 95 | 0:48:12 h | 73 | 2:07:45,8 h | W AK 3 | 106 |
| M | 90 Uhlig, Vanessa | 78 | Kaifu Tri Team e.V. | 0:23:14 h | 100 | 0:54:30 h | 67 | 1:17:44 h | 85 | 0:50:12 h | 103 | 2:07:56,6 h | W AK 3 | 153 |
| | 91 Hildebrandt, Dirk | 63 | RVB-Hamburg e.V. | 0:22:35 h | 88 | 0:54:46 h | 74 | 1:17:21 h | 81 | 0:51:02 h | 109 | 2:08:23,0 h | M Sen2 | 83 |
| B | 92 Jux, Michael | 66 | BSG SG Stern | 0:22:23 h | 77 | 0:57:21 h | 99 | 1:19:44 h | 96 | 0:48:55 h | 85 | 2:08:39,8 h | M Sen1 | 61 |
| S | 93 Timm, Heinrich | | KAIFU TRI TEAM | 0:21:47 h | 58 | 0:58:39 h | 120 | 1:20:26 h | 104 | 0:48:41 h | 79 | 2:09:07,1 h | Staffel-M | 419 |
| M | 94 Roiss, Mika | 79 | Triabolos Hamburg | 0:24:32 h | 130 | 0:55:53 h | 88 | 1:20:25 h | 103 | 0:48:48 h | 82 | 2:09:13,0 h | M AK 3 | 240 |
| S | 95 Sass, Hans-Hermann | | TuS Hemdingen | 0:22:34 h | 87 | 0:58:35 h | 119 | 1:21:09 h | 111 | 0:48:38 h | 78 | 2:09:47,2 h | Staffel-M | 424 |
| M | 96 Hojabri, Kuroschi | 63 | MSV Hamburger Ärzte | 0:23:54 h | 114 | 0:57:04 h | 96 | 1:20:58 h | 107 | 0:48:56 h | 86 | 2:09:54,6 h | M Sen2 | 238 |
| M | 97 Habekost, Martin | 65 | Triabolos Hamburg e.V. | 0:21:35 h | 52 | 0:58:30 h | 117 | 1:20:05 h | 100 | 0:49:54 h | 98 | 2:09:59,1 h | M Sen2 | 26 |
| | 98 Sanders, Karsten | 66 | BSG Hamburger Laufladen | 0:21:53 h | 67 | 0:59:23 h | 133 | 1:21:16 h | 112 | 0:49:06 h | 89 | 2:10:22,4 h | M Sen1 | 95 |
| | 99 Breitenstein, Andre | 67 | Generali Versicherungen | 0:22:34 h | 86 | 0:58:42 h | 121 | 1:21:16 h | 113 | 0:49:07 h | 90 | 2:10:23,0 h | M Sen1 | 146 |
| M | 100 Zill, Mirko | 69 | Triabolos Hamburg e.V. | 0:24:01 h | 117 | 0:52:31 h | 47 | 1:16:32 h | 64 | 0:53:54 h | 132 | 2:10:26,0 h | M Sen1 | 21 |
| | 101 Graubner, Rolf | 55 | Team Triathlon Hamburger H | 0:24:41 h | 133 | 0:54:33 h | 70 | 1:19:14 h | 92 | 0:51:24 h | 111 | 2:10:38,4 h | M Sen4 | 122 |
| | 102 Reger, Lars | 70 | NXP Semiconductors | 0:22:32 h | 84 | 0:58:29 h | 116 | 1:21:01 h | 109 | 0:49:42 h | 95 | 2:10:43,6 h | M Sen1 | 168 |
| B | 103 Berka, Thomas | 62 | BSG Siemens | 0:23:08 h | 97 | 0:55:05 h | 78 | 1:18:13 h | 88 | 0:52:48 h | 123 | 2:11:01,5 h | M Sen2 | 51 |
| | 104 Longatti, Alima | 75 | Triabolos | 0:23:23 h | 104 | 0:54:55 h | 76 | 1:18:18 h | 90 | 0:52:48 h | 124 | 2:11:06,3 h | W AK 4 | 141 |
| | 105 Wolf, Stephan | 70 | Ellerau | 0:24:53 h | 137 | 0:52:16 h | 42 | 1:17:09 h | 77 | 0:54:14 h | 136 | 2:11:23,8 h | M Sen1 | 136 |
| | 106 Neuendorf, Martin | 85 | Kaifu Tri Team | 0:22:36 h | 89 | 0:57:18 h | 98 | 1:19:54 h | 97 | 0:51:46 h | 115 | 2:11:40,9 h | M AK 2 | 29 |
| M | 107 Goldberg, Monika | 73 | Team Triathlon HAMBURGER H | 0:23:59 h | 116 | 0:55:28 h | 82 | 1:19:27 h | 93 | 0:52:34 h | 121 | 2:12:01,4 h | W AK 4 | 204 |
| | 108 Boy, Andreas | 78 | Kaifu-Tri-Team e.V | 0:25:11 h | 141 | 0:56:15 h | 91 | 1:21:26 h | 115 | 0:51:07 h | 110 | 2:12:33,5 h | M AK 3 | 147 |
| S | 109 Neufeind, Dieter | | SG Wasserratten | 0:28:10 h | 181 | 0:59:17 h | 131 | 1:27:27 h | 154 | 0:45:08 h | 39 | 2:12:35,6 h | Staffel-M | 416 |
| | 110 Nentwig, Karin | 59 | Team Triathlon Hamburger H | 0:22:09 h | 74 | 1:01:14 h | 144 | 1:23:23 h | 128 | 0:49:14 h | 91 | 2:12:37,1 h | W Sen3 | 120 |
| B | 111 Konrad, Thomas | 67 | BSG NDR | 0:23:47 h | 111 | 0:58:55 h | 124 | 1:22:42 h | 121 | 0:49:57 h | 100 | 2:12:39,0 h | M Sen1 | 121 |
| | 112 da Cruz, Paulo | 69 | Triabolos Hamburg e.V. | 0:22:57 h | 95 | 0:57:32 h | 103 | 1:20:29 h | 106 | 0:52:19 h | 117 | 2:12:48,0 h | M Sen1 | 187 |
| | 113 Grünrock, Axel | 63 | SG Wasserratten Norderstedt | 0:23:16 h | 102 | 0:58:50 h | 122 | 1:22:06 h | 118 | 0:50:50 h | 106 | 2:12:56,6 h | M Sen2 | 149 |
| | 114 Buchholz, Uwe | 68 | BSG Generali | 0:22:45 h | 93 | 1:01:57 h | 150 | 1:24:42 h | 138 | 0:48:28 h | 75 | 2:13:10,6 h | M Sen1 | 171 |
| M | 115 Croissier, René | 50 | TuS Holstein Quickborn | 0:23:30 h | 105 | 0:56:58 h | 94 | 1:20:28 h | 105 | 0:53:02 h | 126 | 2:13:30,5 h | M Sen5 | 50 |
| S | 116 Verch, Jonni | | Fliegenpilze | 0:25:06 h | 140 | 0:59:36 h | 135 | 1:24:42 h | 137 | 0:48:58 h | 87 | 2:13:40,9 h | Staffel-M | 412 |
| | 117 Bruners, Wolfgang | 65 | Philips PLG | 0:22:04 h | 72 | 1:02:08 h | 151 | 1:24:12 h | 134 | 0:49:53 h | 97 | 2:14:05,4 h | M Sen2 | 103 |
| M | 118 Meyer, Thomas | 68 | Triabolos Hamburg e.V. | 0:23:36 h | 108 | 0:57:43 h | 106 | 1:21:19 h | 114 | 0:52:53 h | 125 | 2:14:12,3 h | M Sen1 | 86 |
| | 119 Heins, Christian | 61 | BSG Radsport Zentrum Hamt | 0:24:46 h | 135 | 0:52:27 h | 45 | 1:17:13 h | 79 | 0:57:03 h | 161 | 2:14:16,4 h | M Sen2 | 44 |
| | 120 Hof, Frederik-Jan | 79 | Triabolos Hamburg | 0:23:10 h | 98 | 0:54:43 h | 72 | 1:17:53 h | 86 | 0:56:24 h | 158 | 2:14:17,4 h | M AK 3 | 266 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|-------------------------|----|------------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|-------------|--------------|-----------|
| | 121 Wenrich, Alexander | 66 | BSG Generali | 0:24:28 h | 128 | 0:57:44 h | 107 | 1:22:12 h | 120 | 0:52:28 h | 118 | 2:14:40,4 h | M Sen1 | 81 |
| M | 122 Engelberg, Mareike | 81 | Kaifu Tri Team | 0:24:03 h | 118 | 0:55:29 h | 83 | 1:19:32 h | 94 | 0:55:31 h | 150 | 2:15:03,7 h | W AK 2 | 260 |
| | 123 Ehrich, Sven | 70 | TV Fischbek | 0:21:47 h | 59 | 1:04:43 h | 165 | 1:26:30 h | 147 | 0:48:50 h | 83 | 2:15:20,6 h | M Sen1 | 97 |
| | 124 Gaab, Oliver | 77 | Triabolos Hamburg e.V. | 0:24:52 h | 136 | 0:52:11 h | 41 | 1:17:03 h | 70 | 0:58:52 h | 168 | 2:15:55,0 h | M AK 3 | 19 |
| | 125 Sülberg, Lutz | 81 | LG Schöngest | 0:21:50 h | 64 | 1:05:34 h | 169 | 1:27:24 h | 152 | 0:48:36 h | 76 | 2:16:00,3 h | M AK 2 | 108 |
| | 126 Faßhauer, Stephan | 72 | FC St Pauli Triathlon | 0:24:05 h | 121 | 1:00:14 h | 140 | 1:24:19 h | 135 | 0:51:55 h | 116 | 2:16:14,3 h | M AK 4 | 124 |
| B | 127 Dreyer, Daniel | 74 | BSG SG Stern | 0:22:44 h | 92 | 0:59:06 h | 128 | 1:21:50 h | 117 | 0:54:40 h | 139 | 2:16:30,7 h | M AK 4 | 252 |
| S | 128 Gundelach, Jörg | | JoJo | 0:24:40 h | 132 | 0:58:17 h | 113 | 1:22:57 h | 123 | 0:53:49 h | 131 | 2:16:46,4 h | Staffel-M | 409 |
| | 129 Herrmann, Michael | 61 | vFL Pinneberg | 0:23:19 h | 103 | 1:04:06 h | 160 | 1:27:25 h | 153 | 0:49:41 h | 94 | 2:17:06,6 h | M Sen2 | 84 |
| B | 130 Kamrad, Hubert | 55 | BSG SG Stern | 0:24:18 h | 126 | 0:57:26 h | 101 | 1:21:44 h | 116 | 0:55:28 h | 149 | 2:17:12,5 h | M Sen4 | 74 |
| | 131 Kurz, Christian | 83 | Verein Aktive Freizeit (VAF) | 0:24:05 h | 120 | 0:58:03 h | 112 | 1:22:08 h | 119 | 0:55:10 h | 146 | 2:17:18,0 h | M AK 2 | 217 |
| M | 132 Parge, Sabine | 64 | Triabolos Hamburg e.V. | 0:24:31 h | 129 | 1:01:14 h | 145 | 1:25:45 h | 143 | 0:51:36 h | 114 | 2:17:21,0 h | W Sen2 | 144 |
| B | 133 Wolf, Martin | 79 | BSG TÜV NORD | 0:25:46 h | 153 | 0:57:43 h | 105 | 1:23:29 h | 130 | 0:54:00 h | 134 | 2:17:29,5 h | M AK 3 | 27 |
| | 134 Lehmann, Thomas | 58 | Norderstedt | 0:25:13 h | 143 | 0:59:18 h | 132 | 1:24:31 h | 136 | 0:53:14 h | 127 | 2:17:45,7 h | M Sen3 | 31 |
| | 135 Merta, Stefan | 66 | Generali | 0:22:31 h | 83 | 1:04:17 h | 161 | 1:26:48 h | 149 | 0:50:58 h | 108 | 2:17:46,8 h | M Sen1 | 155 |
| S | 136 Krohn, Olaf | | BSG G.U.T. Feldtmann | 0:25:43 h | 151 | 0:57:21 h | 100 | 1:23:04 h | 124 | 0:54:52 h | 141 | 2:17:56,0 h | Staffel-M | 408 |
| | 137 Günther, Britt | 67 | Tri EMTV | 0:24:57 h | 138 | 0:58:19 h | 114 | 1:23:16 h | 126 | 0:54:53 h | 142 | 2:18:09,9 h | W Sen1 | 213 |
| M | 138 Meyer, Juliane | 80 | Triabolos Hamburg | 0:24:33 h | 131 | 0:58:52 h | 123 | 1:23:25 h | 129 | 0:54:51 h | 140 | 2:18:16,0 h | W AK 3 | 259 |
| S | 139 Kecskés, Christine | | Niendorfer Laufladen | 0:27:39 h | 175 | 1:03:46 h | 158 | 1:31:25 h | 172 | 0:47:25 h | 63 | 2:18:50,3 h | Staffel-M | 421 |
| | 140 Rohde, Rüdiger | 54 | werk3 | 0:26:12 h | 163 | 0:57:49 h | 108 | 1:24:01 h | 133 | 0:54:57 h | 143 | 2:18:58,1 h | M Sen4 | 175 |
| | 141 Schröder, Ralf | 63 | SG Wasserratten Norderstedt | 0:25:25 h | 146 | 0:57:53 h | 110 | 1:23:18 h | 127 | 0:55:43 h | 153 | 2:19:01,8 h | M Sen2 | 63 |
| | 142 Ramm, Jürgen | 60 | Team Erdinger Alkoholfrei | 0:25:27 h | 148 | 0:58:30 h | 118 | 1:23:57 h | 132 | 0:55:06 h | 145 | 2:19:03,4 h | M Sen3 | 221 |
| M | 143 Dake, Swantje | 78 | Triabolos Hamburg | 0:25:45 h | 152 | 1:00:07 h | 139 | 1:25:52 h | 144 | 0:53:33 h | 129 | 2:19:25,9 h | W AK 3 | 239 |
| S | 144 Schulze, Bernhard | | LT Quickborn/Ellerau | 0:26:24 h | 164 | 0:59:11 h | 130 | 1:25:35 h | 141 | 0:53:58 h | 133 | 2:19:33,9 h | Staffel-M | 422 |
| | 145 Peckmann, Carsten | 67 | BSG Tchibo | 0:26:03 h | 158 | 0:59:34 h | 134 | 1:25:37 h | 142 | 0:54:03 h | 135 | 2:19:40,6 h | M Sen1 | 195 |
| M | 146 Fitzl, Nils-Peter | 85 | Tri Seppels | 0:24:06 h | 123 | 0:57:00 h | 95 | 1:21:06 h | 110 | 0:59:05 h | 169 | 2:20:11,7 h | M AK 2 | 165 |
| | 147 Kohlermann, Kay | 69 | RG Uni Hamburg | --- | --- | --- | --- | 1:28:24 h | 160 | 0:52:32 h | 119 | 2:20:56,1 h | M Sen1 | 172 |
| | 148 Kazmierczak, Jörn | 62 | Hamburg | 0:27:02 h | 170 | 0:56:11 h | 90 | 1:23:13 h | 125 | 0:58:01 h | 165 | 2:21:14,2 h | M Sen2 | 257 |
| | 149 Möller, Wolfgang | 56 | SuS Waldenau | 0:24:22 h | 127 | 1:03:16 h | 156 | 1:27:38 h | 156 | 0:53:41 h | 130 | 2:21:19,3 h | M Sen3 | 212 |
| | 150 Hommes, Daniel | 80 | Hamburg | 0:24:06 h | 122 | 1:01:50 h | 149 | 1:25:56 h | 145 | 0:55:37 h | 152 | 2:21:33,8 h | M AK 3 | 92 |
| | 151 Henge, Hans Jürgen | 65 | Hamburg | 0:25:25 h | 145 | 1:01:16 h | 146 | 1:26:41 h | 148 | 0:55:03 h | 144 | 2:21:44,7 h | M Sen2 | 126 |
| | 152 Wandschneider, Dirk | 63 | BSG AIRBUS HH | 0:24:08 h | 125 | 1:05:03 h | 166 | 1:29:11 h | 161 | 0:52:39 h | 122 | 2:21:50,1 h | M Sen2 | 57 |
| | 153 Peters, Jürgen | 51 | Henstedt-Ulzburg | 0:25:53 h | 154 | 0:57:52 h | 109 | 1:23:45 h | 131 | 0:58:10 h | 166 | 2:21:55,3 h | M Sen4 | 114 |
| | 154 Baier, Michael | 74 | Triabolos | 0:27:28 h | 173 | 0:59:54 h | 138 | 1:27:22 h | 151 | 0:55:13 h | 147 | 2:22:35,0 h | M AK 4 | 143 |
| M | 155 Kunst, Sabine | 70 | Triabolos Hamburg e.V. | 0:26:06 h | 159 | 1:00:43 h | 141 | 1:26:49 h | 150 | 0:56:04 h | 155 | 2:22:53,4 h | W Sen1 | 23 |
| | 156 Nielsen, Holger | 57 | Heede | 0:26:00 h | 156 | 1:03:44 h | 157 | 1:29:44 h | 166 | 0:53:18 h | 128 | 2:23:02,2 h | M Sen3 | 178 |
| | 157 Streich, Torsten | 58 | BMTV | 0:26:07 h | 160 | 0:59:07 h | 129 | 1:25:14 h | 140 | 0:57:51 h | 163 | 2:23:05,6 h | M Sen3 | 249 |
| | 158 Grothues, Katrin | 84 | Otto GmbH | 0:25:41 h | 149 | 1:06:31 h | 172 | 1:32:12 h | 173 | 0:50:57 h | 107 | 2:23:09,3 h | W AK 2 | 90 |
| B | 159 Schaumann, Oliver | 63 | BSG Airbus HH | 0:24:59 h | 139 | 0:57:55 h | 111 | 1:22:54 h | 122 | 1:00:27 h | 174 | 2:23:21,1 h | M Sen2 | 116 |
| S | 160 Wolf, Uta | | BSG TÜV NORD | 0:25:20 h | 144 | 1:04:03 h | 159 | 1:29:23 h | 164 | 0:54:32 h | 138 | 2:23:55,9 h | Staffel-W | 403 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|---------------------------------|----|-----------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|-------------|--------------|-----------|
| | 161 pitzke, christian | 65 | I K E A Moorfleet | 0:23:41 h | 109 | 1:04:40 h | 164 | 1:28:21 h | 159 | 0:56:06 h | 156 | 2:24:27,9 h | M Sen2 | 154 |
| S | 162 Könemann, Maren | | BSG Otto | 0:26:48 h | 168 | 1:00:44 h | 142 | 1:27:32 h | 155 | 0:56:59 h | 160 | 2:24:31,8 h | Staffel-W | 404 |
| S | 163 Berberich, Andreas | | Roadrunners | 0:25:42 h | 150 | 1:02:33 h | 152 | 1:28:15 h | 158 | 0:56:17 h | 157 | 2:24:32,6 h | Staffel-M | 425 |
| | 164 Kurtze, Michael | 55 | Team Daniel Unger Sports | 0:26:46 h | 166 | 1:00:58 h | 143 | 1:27:44 h | 157 | 0:57:43 h | 162 | 2:25:27,3 h | M Sen4 | 88 |
| | 165 Peithmann, Norbert | 58 | BSG Fernseh Peithmann | 0:26:35 h | 165 | 0:59:44 h | 137 | 1:26:19 h | 146 | 0:59:32 h | 171 | 2:25:51,9 h | M Sen3 | 46 |
| M | 166 Küster, Siegfried | 48 | TuS Holstein Quickborn | 0:23:32 h | 106 | 1:07:19 h | 175 | 1:30:51 h | 169 | 0:55:15 h | 148 | 2:26:06,1 h | M Sen5 | 48 |
| B | 167 Tokarek, Thomas | 59 | BSG Siemens | 0:22:55 h | 94 | 1:11:20 h | 183 | 1:34:15 h | 182 | 0:52:34 h | 120 | 2:26:49,2 h | M Sen3 | 135 |
| | 168 Stenzel, Michael | 67 | Triabolos Hamburg e.V | 0:27:09 h | 171 | 1:02:39 h | 153 | 1:29:48 h | 167 | 0:57:54 h | 164 | 2:27:42,2 h | M Sen1 | 161 |
| B | 169 Treu, Michael | 64 | BSG SG Stern | 0:25:12 h | 142 | 1:08:13 h | 178 | 1:33:25 h | 177 | 0:54:25 h | 137 | 2:27:50,6 h | M Sen2 | 66 |
| M | 170 Dohrn, Frank | 58 | AMTV Hamburg | 0:27:56 h | 178 | 1:01:20 h | 147 | 1:29:16 h | 163 | 0:59:08 h | 170 | 2:28:24,2 h | M Sen3 | 62 |
| B | 171 weskamm, rüdiger | 55 | bsg siemens | 0:26:09 h | 162 | 0:58:58 h | 125 | 1:25:07 h | 139 | 1:03:30 h | 184 | 2:28:37,3 h | M Sen4 | 22 |
| | 172 Kindling, Dirk | 70 | Neu Wulmstorf | 0:26:02 h | 157 | 1:07:04 h | 173 | 1:33:06 h | 176 | 0:55:37 h | 151 | 2:28:43,5 h | M Sen1 | 72 |
| | 173 Richter, Ole | 57 | Tri Michels Hamburg | 0:26:08 h | 161 | 1:07:28 h | 176 | 1:33:36 h | 179 | 0:55:53 h | 154 | 2:29:29,0 h | M Sen3 | 243 |
| M | 174 Kranz, Uwe | 42 | TuS Holstein Quickborn | --- | | --- | | 1:29:28 h | 165 | 1:00:24 h | 173 | 2:29:52,4 h | M Sen6 | 226 |
| | 175 Wittke, Mitja | 81 | BSG Kurt Gaden | 0:25:56 h | 155 | 1:07:39 h | 177 | 1:33:35 h | 178 | 0:56:51 h | 159 | 2:30:26,2 h | M AK 2 | 246 |
| | 176 Braren, Ingke | 74 | Triabolos | 0:24:42 h | 134 | 1:04:32 h | 163 | 1:29:14 h | 162 | 1:01:58 h | 179 | 2:31:12,6 h | W AK 4 | 55 |
| S | 177 Buchheim, Andrea | | Kaifu Tri Team HAMBURG | 0:28:16 h | 182 | 1:02:39 h | 154 | 1:30:55 h | 170 | 1:00:47 h | 177 | 2:31:42,5 h | Staffel-W | 401 |
| | 178 Kruse, Peter | 73 | Triabolos | 0:28:07 h | 180 | 1:05:33 h | 168 | 1:33:40 h | 180 | 0:58:12 h | 167 | 2:31:52,9 h | M AK 4 | 53 |
| | 179 Ott, Gunnar | 78 | Ellerau | 0:26:47 h | 167 | 1:06:12 h | 171 | 1:32:59 h | 175 | 1:00:30 h | 175 | 2:33:29,3 h | M AK 3 | 219 |
| | 180 Krüger, Anke | 79 | TSV Quellenhaupt Bornhöved | 0:28:46 h | 184 | 1:01:29 h | 148 | 1:30:15 h | 168 | 1:04:41 h | 188 | 2:34:56,1 h | W AK 3 | 112 |
| | 181 Leifeld, Jürgen | 68 | SG Wasserratten Norderstedt | 0:25:26 h | 147 | 1:05:38 h | 170 | 1:31:04 h | 171 | 1:03:53 h | 187 | 2:34:57,0 h | M Sen1 | 258 |
| | 182 Kleinat, Maik | 82 | Team Triathlon Hamburger H | 0:30:42 h | 190 | 1:05:23 h | 167 | 1:36:05 h | 186 | 1:00:37 h | 176 | 2:36:42,8 h | M AK 2 | 117 |
| | 183 Hardie, Peter | 54 | Lufthansa Sport Verein | 0:27:01 h | 169 | 1:08:39 h | 179 | 1:35:40 h | 185 | 1:01:07 h | 178 | 2:36:47,0 h | M Sen4 | 245 |
| | 184 Hümmecke, Ursula | 60 | TSV Altenholz | --- | | --- | | 1:35:02 h | 183 | 1:02:16 h | 181 | 2:37:18,0 h | W Sen3 | 142 |
| | 185 Thalheim, Thomas | 56 | RVB-Hamburg e.V. | 0:28:19 h | 183 | 1:07:07 h | 174 | 1:35:26 h | 184 | 1:03:41 h | 185 | 2:39:07,7 h | M Sen3 | 181 |
| | 186 Nasner-Plantholz, Christian | 69 | Hamburg | 0:29:06 h | 186 | 1:03:07 h | 155 | 1:32:13 h | 174 | 1:07:17 h | 190 | 2:39:30,4 h | M Sen1 | 218 |
| B | 187 Sievers, Susanne | 67 | ERGOsports Hamburg | 0:29:14 h | 187 | 1:04:27 h | 162 | 1:33:41 h | 181 | 1:08:50 h | 193 | 2:42:31,0 h | W Sen1 | 214 |
| S | 188 Meißner, Ulrike | | TRI-TEAM HSU Uni BW Ham | 0:27:41 h | 176 | 1:15:15 h | 191 | 1:42:56 h | 194 | 1:00:18 h | 172 | 2:43:14,2 h | Staffel-W | 402 |
| | 189 Eppich, Kristin | 79 | BSG OTTO | 0:28:06 h | 179 | 1:12:12 h | 187 | 1:40:18 h | 189 | 1:02:59 h | 183 | 2:43:17,9 h | W AK 3 | 134 |
| | 190 Meyer, Joachim | 56 | BSG SG Stern | 0:27:38 h | 174 | 1:12:56 h | 188 | 1:40:34 h | 190 | 1:03:52 h | 186 | 2:44:26,1 h | M Sen3 | 71 |
| B | 191 Ahrens, Sabine | 60 | BSG Generali | 0:31:10 h | 192 | 1:11:03 h | 182 | 1:42:13 h | 193 | 1:02:57 h | 182 | 2:45:10,6 h | W Sen3 | 59 |
| M | 192 Gerlach, Marc Daniel | 87 | TuS Holstein Quickborn | 0:23:55 h | 115 | 0:54:20 h | 65 | 1:18:15 h | 89 | 1:28:20 h | 199 | 2:46:35,2 h | M AK 1 | 170 |
| | 193 Dammann, Sven | 72 | LG Schöngest | 0:28:48 h | 185 | 1:11:25 h | 184 | 1:40:13 h | 188 | 1:07:31 h | 191 | 2:47:44,4 h | M AK 4 | 150 |
| | 194 Fröhlich, Angela | 58 | SV Friedrichsgabe | 0:27:24 h | 172 | 1:18:33 h | 193 | 1:45:57 h | 199 | 1:02:02 h | 180 | 2:47:59,9 h | W Sen3 | 211 |
| M | 195 Behnke, Rolf | 58 | TUS Holstein Quickborn | 0:31:04 h | 191 | 1:08:51 h | 180 | 1:39:55 h | 187 | 1:09:29 h | 194 | 2:49:24,5 h | M Sen3 | 80 |
| | 196 Fischer, Marc | 76 | Hamburg | 0:27:53 h | 177 | 1:16:03 h | 192 | 1:43:56 h | 195 | 1:06:23 h | 189 | 2:50:19,6 h | M AK 3 | 127 |
| M | 197 Dieg, Michael | 48 | werk3triathlon Hamburg | 0:29:19 h | 188 | 1:11:33 h | 185 | 1:40:52 h | 191 | 1:10:53 h | 195 | 2:51:45,0 h | M Sen5 | 73 |
| | 198 Stoll, Timo | 72 | Brackel | 0:31:34 h | 193 | 1:09:45 h | 181 | 1:41:19 h | 192 | 1:12:15 h | 197 | 2:53:34,8 h | M AK 4 | 157 |
| B | 199 Probst, Helmut | 39 | BSG E.ON/Hanse | 0:33:50 h | 195 | 1:11:59 h | 186 | 1:45:49 h | 198 | 1:08:46 h | 192 | 2:54:35,0 h | M Sen7 | 39 |
| | 200 Zietemann, Frank | 40 | Werk3 | 0:30:39 h | 189 | 1:14:41 h | 190 | 1:45:20 h | 196 | 1:11:18 h | 196 | 2:56:38,5 h | M Sen7 | 242 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischen- zeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Alters- klasse | Start- Nr. | |
|-------|---------------|-----------------|--------------------|------------------------|-----------|-----|------------|-------------------|-----------|---------|-----------|------------|-------------------|---------------|-----|
| M | 201 | Lange, Wolfgang | 42 | TuS Holstein Quickborn | 0:32:04 h | 194 | 1:13:35 h | 189 | 1:45:39 h | 197 | 1:18:11 h | 198 | 3:03:50,4 h | M Sen6 | 183 |