

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|----------------------------|---------------|-------------------------|----------------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|------------|-----------|
| Altersklasse M AK 1 | | | | | | | | | | | | | |
| | 1 | de Lannoy, Marcel | 90 Tri Endurance Germany | 0:17:51 h | 1 | 0:53:57 h | 1 | 1:11:48 h | 1 | 0:38:23 h | 1 | 1:50:11 h | 79 |
| M | 2 | Günther, Fabian | 94 Triabolos Hamburg | 0:18:38 h | 2 | 0:54:34 h | 2 | 1:13:12 h | 2 | 0:41:04 h | 2 | 1:54:16 h | 56 |
| | 3 | Frick, Björn | 92 Trimaniacs | 0:26:28 h | 3 | 1:13:54 h | 3 | 1:40:22 h | 3 | 0:54:48 h | 3 | 2:35:10 h | 135 |
| Altersklasse M AK 2 | | | | | | | | | | | | | |
| | 1 | Nimczewski, Nils | 85 Tri Endurance Germany | 0:18:12 h | 1 | 0:57:26 h | 3 | 1:15:38 h | 2 | 0:40:14 h | 2 | 1:55:52 h | 42 |
| | 2 | Klindworth, Jan-Hinrich | 88 Triathlon Team Braunschweig | 0:19:24 h | 4 | 0:53:35 h | 1 | 1:12:59 h | 1 | 0:42:59 h | 4 | 1:55:58 h | 29 |
| | 3 | Gayer, Nils | 85 Tri Endurance Germany | 0:19:04 h | 3 | 0:57:21 h | 2 | 1:16:25 h | 3 | 0:39:58 h | 1 | 1:56:23 h | 151 |
| M | 4 | Lehmann, Sergej | 86 TSG Bergedorf / TriBandits | 0:18:20 h | 2 | 1:01:15 h | 4 | 1:19:35 h | 4 | 0:40:39 h | 3 | 2:00:14 h | 57 |
| M | 5 | Jähnig, Maximilian | 89 TuS Holstein Quickborn | 0:20:45 h | 5 | 1:09:31 h | 6 | 1:30:16 h | 6 | 0:45:03 h | 5 | 2:15:19 h | 13 |
| | 6 | Leschik, Marius | 89 TT HSU Hamburg | 0:23:07 h | 6 | 1:06:54 h | 5 | 1:30:01 h | 5 | 0:47:09 h | 6 | 2:17:10 h | 61 |
| | 7 | Schäfer, Felix | 86 Triabolos Hamburg | 0:23:21 h | 7 | 1:16:53 h | 7 | 1:40:14 h | 7 | 0:56:34 h | 7 | 2:36:48 h | 220 |
| Altersklasse M AK 3 | | | | | | | | | | | | | |
| | 1 | Hübenthal, Eike | 83 TSG Bergedorf / TriBandits | 0:18:12 h | 1 | 0:54:17 h | 1 | 1:12:29 h | 1 | 0:39:12 h | 1 | 1:51:41 h | 112 |
| | 2 | Glück, Christian | 81 Triathlon Verein Berlin 09 | 0:18:42 h | 2 | 0:59:09 h | 4 | 1:17:51 h | 4 | 0:40:14 h | 2 | 1:58:05 h | 73 |
| M | 3 | Hesse, Daniel | 80 Triabolos Hamburg | 0:19:40 h | 3 | 0:57:44 h | 3 | 1:17:24 h | 2 | 0:42:37 h | 3 | 2:00:01 h | 43 |
| | 4 | Hafemann, Jonas | 83 TSG Bergedorf / TriBandits | 0:20:27 h | 4 | 0:57:17 h | 2 | 1:17:44 h | 3 | 0:45:08 h | 4 | 2:02:52 h | 180 |
| | 5 | Semdner, Martin | 81 Tsv Empor Zarrentin Triathlon | 0:21:43 h | 5 | 1:03:03 h | 5 | 1:24:46 h | 5 | 0:46:27 h | 5 | 2:11:13 h | 177 |
| | 6 | Bean, Richard | 84 VAF | 0:21:53 h | 6 | 1:06:19 h | 6 | 1:28:12 h | 6 | 0:46:41 h | 6 | 2:14:53 h | 214 |
| B | 7 | Lieske, Christoph | 81 BSG Philips LG | 0:22:21 h | 7 | 1:07:39 h | 8 | 1:30:00 h | 7 | 0:49:00 h | 7 | 2:19:00 h | 44 |
| | 8 | Grote, Stephan | 83 Mach 3 Sportzentrum | 0:23:56 h | 8 | 1:06:58 h | 7 | 1:30:54 h | 8 | 0:50:51 h | 8 | 2:21:45 h | 17 |
| | 9 | Buchholz, Thomas | 84 BSG Commerzbank | 0:25:08 h | 9 | 1:10:05 h | 10 | 1:35:13 h | 9 | 0:54:07 h | 9 | 2:29:20 h | 45 |
| | 10 | Stricker, Kai | 82 RST Malente | 0:26:34 h | 11 | 1:09:14 h | 9 | 1:35:48 h | 10 | 0:56:08 h | 10 | 2:31:56 h | 55 |
| | 11 | Stokloßa, Michael | 83 Triabolos Hamburg | 0:26:00 h | 10 | 1:11:37 h | 11 | 1:37:37 h | 11 | 0:59:39 h | 11 | 2:37:16 h | 181 |
| | 12 | Neustädt, Mathias | 81 Brunsbek | 0:28:30 h | 12 | 1:12:45 h | 12 | 1:41:15 h | 12 | 1:01:57 h | 12 | 2:43:12 h | 173 |
| Altersklasse M AK 4 | | | | | | | | | | | | | |
| | 1 | Schuler, Martin | 79 Triabolos Hamburg | 0:19:00 h | 2 | 0:54:19 h | 1 | 1:13:19 h | 1 | 0:41:08 h | 2 | 1:54:27 h | 59 |
| M | 2 | Wiebe, Nicholas | 75 TriTeam Hamburg | 0:18:41 h | 1 | 0:58:47 h | 3 | 1:17:28 h | 3 | 0:40:09 h | 1 | 1:57:37 h | 7 |
| M | 3 | Baas, Frank | 75 Tri Michels Hamburg | 0:19:59 h | 4 | 0:56:59 h | 2 | 1:16:58 h | 2 | 0:44:20 h | 5 | 2:01:18 h | 25 |
| M | 4 | Ahrens, Hans-Björn | 79 Team Triathlon Hamburger Hoc | 0:19:42 h | 3 | 1:01:16 h | 6 | 1:20:58 h | 5 | 0:42:50 h | 3 | 2:03:48 h | 118 |
| M | 5 | Dohse, Michael | 78 Tri Team Hamburg | 0:20:11 h | 5 | 0:59:49 h | 4 | 1:20:00 h | 4 | 0:45:25 h | 6 | 2:05:25 h | 137 |
| | 6 | Klewer, Michael | 77 Tri Fun Güstrow | 0:21:39 h | 6 | 1:00:37 h | 5 | 1:22:16 h | 6 | 0:43:24 h | 4 | 2:05:40 h | 149 |
| | 7 | Roiss, Mika | 79 Triabolos Hamburg | 0:22:01 h | 7 | 1:02:17 h | 8 | 1:24:18 h | 7 | 0:47:00 h | 8 | 2:11:18 h | 58 |
| | 8 | Müller, René | 76 Lufthansa Sportverein | 0:24:01 h | 10 | 1:03:03 h | 10 | 1:27:04 h | 9 | 0:45:45 h | 7 | 2:12:49 h | 80 |
| B | 9 | Jakobs, Gerrit | 78 BSG HEK | 0:22:01 h | 7 | 1:02:31 h | 9 | 1:24:32 h | 8 | 0:50:33 h | 10 | 2:15:05 h | 198 |
| | 10 | Heiden, Lasse | 79 USC Kiel | 0:22:46 h | 9 | 1:07:34 h | 13 | 1:30:20 h | 12 | 0:47:14 h | 9 | 2:17:34 h | 97 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|-------|------------------|----|-----------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|------------|-----------|
| 11 | Kastmann, Jan | 79 | Triabolos Hamburg | 0:25:26 h | 12 | 1:01:56 h | 7 | 1:27:22 h | 10 | 0:52:30 h | 11 | 2:19:52 h | 167 |
| 12 | Eichblatt, Mirko | 75 | Lufthansa Sportverein | 0:24:46 h | 11 | 1:04:15 h | 11 | 1:29:01 h | 11 | 0:53:28 h | 12 | 2:22:29 h | 108 |
| 13 | Oppermann, Timo | 76 | Triabolos Hamburg | 0:26:25 h | 13 | 1:05:10 h | 12 | 1:31:35 h | 13 | 1:04:00 h | 13 | 2:35:35 h | 107 |

Altersklasse M Sen1

| | | | | | | | | | | | | | | |
|---|----|------------------------------|----|-----------------------------|-----------|----|-----------|----|-----------|----|-----------|----|-----------|-----|
| B | 1 | langfeld, peter | 72 | BSG Siemens | 0:18:39 h | 1 | 0:54:29 h | 1 | 1:13:08 h | 1 | 0:39:41 h | 1 | 1:52:49 h | 166 |
| | 2 | Schröter, Stefan | 73 | SG Wasserratten Norderstedt | 0:20:02 h | 3 | 0:57:40 h | 3 | 1:17:42 h | 2 | 0:42:16 h | 2 | 1:59:58 h | 1 |
| M | 3 | Jacobsen, Thilo | 73 | Tri Michels Hamburg | 0:20:32 h | 4 | 0:58:05 h | 4 | 1:18:37 h | 3 | 0:43:14 h | 3 | 2:01:51 h | 28 |
| M | 4 | Biermann, Christian | 73 | TuS Holstein Quickborn | 0:19:52 h | 2 | 0:59:20 h | 6 | 1:19:12 h | 4 | 0:46:06 h | 5 | 2:05:18 h | 14 |
| | 5 | Ruth, Lothar | 73 | Hamburg | 0:22:00 h | 6 | 0:57:27 h | 2 | 1:19:27 h | 5 | 0:49:28 h | 11 | 2:08:55 h | 86 |
| M | 6 | Wolf, Stephan | 70 | TuS Holstein Quickborn | 0:22:49 h | 11 | 0:58:26 h | 5 | 1:21:15 h | 6 | 0:51:25 h | 12 | 2:12:40 h | 16 |
| | 7 | Neumann, Uwe | 73 | Team Erdinger Alkoholfrei | 0:22:08 h | 7 | 1:06:10 h | 8 | 1:28:18 h | 8 | 0:44:24 h | 4 | 2:12:42 h | 81 |
| B | 8 | winkelmann, olaf | 70 | BSG Hamburg Wasser | 0:22:13 h | 8 | 1:03:38 h | 7 | 1:25:51 h | 7 | 0:48:30 h | 9 | 2:14:21 h | 122 |
| | 9 | Vieth, Arne | 73 | Triabolos Hamburg | 0:22:38 h | 9 | 1:06:54 h | 9 | 1:29:32 h | 9 | 0:47:01 h | 6 | 2:16:33 h | 26 |
| | 10 | Feidler, David | 70 | Hamburg | 0:24:18 h | 13 | 1:07:39 h | 10 | 1:31:57 h | 11 | 0:48:00 h | 8 | 2:19:57 h | 131 |
| | 11 | Mora Alvarez, David Fernando | 73 | BSG Commerzbank | 0:22:40 h | 10 | 1:10:15 h | 13 | 1:32:55 h | 12 | 0:49:20 h | 10 | 2:22:15 h | 217 |
| | 12 | Conrad, Bernd | 72 | hamburg | 0:21:58 h | 5 | 1:15:01 h | 16 | 1:36:59 h | 14 | 0:47:29 h | 7 | 2:24:28 h | 50 |
| | 13 | Laurisch, Wolf | 72 | | 0:24:09 h | 12 | 1:07:42 h | 11 | 1:31:51 h | 10 | 0:54:51 h | 13 | 2:26:42 h | 226 |
| | 14 | Hölscher, Niels | 72 | Tri EMTV Elmshorn | 0:25:33 h | 15 | 1:07:49 h | 12 | 1:33:22 h | 13 | 0:55:35 h | 14 | 2:28:57 h | 230 |
| | 15 | Rohde, Eike | 70 | BSG Commerzbank | 0:25:03 h | 14 | 1:13:17 h | 15 | 1:38:20 h | 15 | 0:56:47 h | 15 | 2:35:07 h | 150 |
| | 16 | Wesselhöft, Axel | 70 | Triabolos Hamburg | 0:31:54 h | 17 | 1:11:54 h | 14 | 1:43:48 h | 16 | 1:02:07 h | 16 | 2:45:55 h | 47 |
| M | 17 | Hillebrand, Ralph | 71 | TuS Holstein Quickborn | 0:27:36 h | 16 | 1:21:08 h | 17 | 1:48:44 h | 17 | 1:04:29 h | 17 | 2:53:13 h | 20 |

Altersklasse M Sen2

| | | | | | | | | | | | | | | |
|---|----|--------------------|----|-----------------------------|-----------|----|-----------|----|-----------|----|-----------|----|-----------|-----|
| M | 1 | Radke, Dirk | 68 | Kaifu Tri Team | 0:19:41 h | 2 | 0:58:21 h | 3 | 1:18:02 h | 2 | 0:42:57 h | 2 | 2:00:59 h | 35 |
| | 2 | Niedieck, Olav | 69 | SG Wasserratten Norderstedt | 0:21:57 h | 5 | 0:53:08 h | 1 | 1:15:05 h | 1 | 0:46:08 h | 4 | 2:01:13 h | 2 |
| M | 3 | Dannehl, Jan | 69 | Triabolos Hamburg | 0:18:56 h | 1 | 1:01:19 h | 4 | 1:20:15 h | 4 | 0:42:28 h | 1 | 2:02:43 h | 64 |
| M | 4 | Hüppe, Stefan | 69 | TS Harburg | 0:19:51 h | 3 | 1:02:55 h | 5 | 1:22:46 h | 5 | 0:43:41 h | 3 | 2:06:27 h | 157 |
| B | 5 | Milewski, Marek | 66 | BSG SG Stern Hamburg | 0:22:19 h | 6 | 0:57:49 h | 2 | 1:20:08 h | 3 | 0:47:38 h | 6 | 2:07:46 h | 111 |
| | 6 | Jacobsen, Matthias | 65 | SG Wasserratten Norderstedt | 0:23:01 h | 8 | 1:03:00 h | 6 | 1:26:01 h | 6 | 0:49:37 h | 8 | 2:15:38 h | 8 |
| | 7 | Wams, Martin | 65 | Hamburg | 0:20:33 h | 4 | 1:08:49 h | 11 | 1:29:22 h | 8 | 0:46:47 h | 5 | 2:16:09 h | 40 |
| | 8 | Karkowski, Axel | 68 | Hamburger SV Triathlon | 0:23:48 h | 9 | 1:03:23 h | 7 | 1:27:11 h | 7 | 0:50:46 h | 9 | 2:17:57 h | 24 |
| M | 9 | da Cruz, Paulo | 69 | Triabolos Hamburg | 0:22:36 h | 7 | 1:10:09 h | 13 | 1:32:45 h | 10 | 0:48:01 h | 7 | 2:20:46 h | 141 |
| | 10 | Goebel, Robert | 67 | BSG Commerzbank | 0:25:08 h | 11 | 1:06:26 h | 8 | 1:31:34 h | 9 | 0:53:43 h | 11 | 2:25:17 h | 110 |
| | 11 | Rother, Jörg | 66 | Henstedt-Ulzburg | 0:26:33 h | 15 | 1:07:44 h | 10 | 1:34:17 h | 12 | 0:55:43 h | 13 | 2:30:00 h | 98 |
| | 12 | Peckmann, Carsten | 67 | Hamburg | 0:25:53 h | 12 | 1:12:54 h | 16 | 1:38:47 h | 14 | 0:51:29 h | 10 | 2:30:16 h | 163 |
| | 13 | Otten, Jörg | 66 | Kastorf | 0:26:29 h | 14 | 1:07:06 h | 9 | 1:33:35 h | 11 | 0:58:19 h | 14 | 2:31:54 h | 188 |
| | 14 | Neumann, Dirk | 67 | Trimaniacs | 0:24:47 h | 10 | 1:12:26 h | 15 | 1:37:13 h | 13 | 0:54:56 h | 12 | 2:32:09 h | 138 |
| | 15 | Allonge, Andreas | 68 | SV Rot-Gelb Hamburg | 0:28:56 h | 17 | 1:09:54 h | 12 | 1:38:50 h | 15 | 0:59:55 h | 15 | 2:38:45 h | 205 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|----------------------------|---------------------------|----|-----------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|------------|-----------|
| M | 16 Stenzel, Michael | 67 | Top-Tri-Team-Hamburg | 0:27:47 h | 16 | 1:12:11 h | 14 | 1:39:58 h | 17 | 1:01:06 h | 16 | 2:41:04 h | 113 |
| | 17 kruse, jens | 69 | tornesch | 0:26:13 h | 13 | 1:13:24 h | 17 | 1:39:37 h | 16 | 1:02:52 h | 17 | 2:42:29 h | 37 |
| Altersklasse M Sen3 | | | | | | | | | | | | | |
| | 1 Kröning, Wolfgang | 64 | Team Erdinger Alkoholfrei | 0:20:37 h | 2 | 0:59:18 h | 1 | 1:19:55 h | 1 | 0:44:06 h | 1 | 2:04:01 h | 119 |
| | 2 Frick, Axel | 62 | Trimaniacs | 0:20:22 h | 1 | 1:01:06 h | 2 | 1:21:28 h | 2 | 0:46:07 h | 2 | 2:07:35 h | 134 |
| | 3 Liber, Jörg | 63 | SG Wasserratten Norderstedt | 0:21:02 h | 3 | 1:03:37 h | 3 | 1:24:39 h | 3 | 0:46:10 h | 3 | 2:10:49 h | 5 |
| | 4 Hildebrandt, Dirk | 63 | Verein Aktive Freizeit | 0:22:42 h | 4 | 1:04:30 h | 4 | 1:27:12 h | 4 | 0:48:42 h | 4 | 2:15:54 h | 67 |
| M | 5 Pille, Bernd | 63 | TSH Triathlon Team | 0:22:44 h | 5 | 1:06:55 h | 7 | 1:29:39 h | 5 | 0:49:44 h | 5 | 2:19:23 h | 78 |
| M | 6 Spijker, Rüdiger | 60 | Tri-Michels Hamburg | 0:24:15 h | 6 | 1:05:32 h | 5 | 1:29:47 h | 6 | 0:53:34 h | 7 | 2:23:21 h | 95 |
| | 7 Riedel, Carsten | 60 | Trimaniacs | 0:26:58 h | 10 | 1:05:47 h | 6 | 1:32:45 h | 7 | 0:59:34 h | 9 | 2:32:19 h | 136 |
| | 8 Förtsch, Reinhard | 64 | Tri Michels Hamburg | 0:26:33 h | 8 | 1:15:12 h | 10 | 1:41:45 h | 9 | 0:57:10 h | 8 | 2:38:55 h | 106 |
| M | 9 Holste, Thorsten | 60 | FC St. Pauli Triathlon | 0:24:45 h | 7 | 1:20:57 h | 12 | 1:45:42 h | 11 | 0:53:28 h | 6 | 2:39:10 h | 201 |
| | 10 Wiesmann, Thomas | 64 | SG Wasserratten Norderstedt | 0:31:05 h | 12 | 1:09:02 h | 8 | 1:40:07 h | 8 | 1:04:37 h | 11 | 2:44:44 h | 12 |
| B | 11 Wiens, Jochen | 64 | BSG SG Stern Hamburg | 0:26:50 h | 9 | 1:19:53 h | 11 | 1:46:43 h | 12 | 1:01:27 h | 10 | 2:48:10 h | 121 |
| | 12 Boeder, Bernd | 63 | Halstenbek | 0:30:13 h | 11 | 1:14:59 h | 9 | 1:45:12 h | 10 | 1:09:08 h | 12 | 2:54:20 h | 207 |
| Altersklasse M Sen4 | | | | | | | | | | | | | |
| M | 1 Klingemann, Werner | 59 | Triabolas Hamburg | 0:21:55 h | 1 | 1:02:39 h | 1 | 1:24:34 h | 1 | 0:47:18 h | 1 | 2:11:52 h | 102 |
| M | 2 Steinkühler, Thomas | 57 | TuS Holstein Quickborn | 0:23:36 h | 3 | 1:06:34 h | 2 | 1:30:10 h | 2 | 0:52:27 h | 3 | 2:22:37 h | 18 |
| | 3 Skroblin, Joachim | 59 | Spiridon Oldesloe | 0:23:20 h | 2 | 1:09:26 h | 4 | 1:32:46 h | 4 | 0:50:27 h | 2 | 2:23:13 h | 215 |
| B | 4 Weskamm, Rüdiger | 55 | BSG Siemens | 0:24:54 h | 5 | 1:07:33 h | 3 | 1:32:27 h | 3 | 0:55:55 h | 5 | 2:28:22 h | 66 |
| B | 5 Mehrkens, Hans-Werner | 55 | BSG Finanzamt Blankenese | 0:24:46 h | 4 | 1:16:00 h | 5 | 1:40:46 h | 5 | 0:56:03 h | 6 | 2:36:49 h | 87 |
| | 6 Mock, Roland | 58 | Tri-Michels Hamburg | 0:25:42 h | 7 | 1:16:18 h | 6 | 1:42:00 h | 6 | 0:55:46 h | 4 | 2:37:46 h | 22 |
| B | 7 Ehrenberg, Frank | 59 | BSG SG Deutsche Bank | 0:24:55 h | 6 | 1:17:06 h | 8 | 1:42:01 h | 7 | 0:58:04 h | 7 | 2:40:05 h | 183 |
| B | 8 Kamrad, Hubert | 55 | BSG SG Stern Hamburg | 0:26:44 h | 8 | 1:16:18 h | 6 | 1:43:02 h | 8 | 0:58:38 h | 8 | 2:41:40 h | 124 |
| | 9 Thalheim, Thomas | 56 | RV Altona e.V. | 0:27:49 h | 9 | 1:17:10 h | 9 | 1:44:59 h | 9 | 1:01:14 h | 9 | 2:46:13 h | 62 |
| Altersklasse M Sen5 | | | | | | | | | | | | | |
| | 1 Hümmecke, Manfred | 53 | TUS Holtenau Kiel | 0:23:05 h | 1 | 1:05:26 h | 1 | 1:28:31 h | 1 | 0:49:07 h | 1 | 2:17:38 h | 152 |
| | 2 Rohde, Rüdiger | 54 | BSG Laufwerk | 0:27:02 h | 3 | 1:08:33 h | 2 | 1:35:35 h | 2 | 0:54:26 h | 2 | 2:30:01 h | 197 |
| M | 3 Peemöller, Hans Hermann | 54 | HT 16 | 0:23:18 h | 2 | 1:16:27 h | 3 | 1:39:45 h | 3 | 0:54:30 h | 3 | 2:34:15 h | 103 |
| Altersklasse M Sen7 | | | | | | | | | | | | | |
| M | 1 Kranz, Uwe | 42 | TuS Holstein Quickborn | 0:27:30 h | 1 | 1:16:06 h | 1 | 1:43:36 h | 1 | 1:02:19 h | 2 | 2:45:55 h | 19 |
| B | 2 Haubrich, Gerhard | 43 | BSG Philips LG | 0:27:45 h | 2 | 1:18:26 h | 2 | 1:46:11 h | 2 | 1:00:45 h | 1 | 2:46:56 h | 179 |
| Altersklasse W AK 1 | | | | | | | | | | | | | |
| M | 1 Betche, Josephin | 93 | Top-Tri-Team-Hamburg | 0:21:28 h | 1 | 1:05:58 h | 1 | 1:27:26 h | 1 | 0:51:47 h | 1 | 2:19:13 h | 70 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|----------------------------|---------------------|-------------------------|-----------------------|-----------------------------|-----------|-----------|-----------|--------------|-----------|-----------|-----------|------------|-----------|
| Altersklasse W AK 2 | | | | | | | | | | | | | |
| 1 | Bange, Isabel | 85 | Lufthansa Sportverein | 0:28:46 h | 1 | 1:15:33 h | 1 | 1:44:19 h | 1 | 0:55:12 h | 1 | 2:39:31 h | 92 |
| Altersklasse W AK 3 | | | | | | | | | | | | | |
| M | 1 | Schmidt, Katharina | 80 | Triabolos Hamburg | 0:21:54 h | 1 | 1:03:22 h | 1 | 1:25:16 h | 1 | 0:46:01 h | 2:11:17 h | 54 |
| | 2 | Isenberg, Verena | 81 | Triabolos Hamburg | 0:22:57 h | 2 | 1:09:11 h | 2 | 1:32:08 h | 2 | 0:50:14 h | 2:22:22 h | 32 |
| | 3 | Drosihn, Sandra | 81 | Triabolos Hamburg | 0:28:26 h | 3 | 1:28:08 h | 3 | 1:56:34 h | 3 | 1:04:12 h | 3:00:46 h | 74 |
| Altersklasse W AK 4 | | | | | | | | | | | | | |
| M | 1 | Hennecke, Anke | 76 | Kaifu Tri Team | 0:21:16 h | 1 | 1:03:31 h | 1 | 1:24:47 h | 1 | 0:44:47 h | 2:09:34 h | 153 |
| | 2 | Kastmann, Vanessa | 79 | Triabolos Hamburg | 0:21:57 h | 2 | 1:03:38 h | 2 | 1:25:35 h | 2 | 0:46:14 h | 2:11:49 h | 168 |
| B | 3 | Hein, Kerstin | 77 | Athlético Bacardi | 0:23:08 h | 3 | 1:09:44 h | 4 | 1:32:52 h | 4 | 0:50:42 h | 2:23:34 h | 69 |
| | 4 | Klewer, Anke | 79 | TSV Quellenhaupt Bornhöved | 0:26:20 h | 4 | 1:06:19 h | 3 | 1:32:39 h | 3 | 0:56:14 h | 2:28:53 h | 147 |
| B | 5 | Wolf, Uta | 78 | BSG TK | 0:32:58 h | 5 | 1:26:10 h | 5 | 1:59:08 h | 5 | 1:09:46 h | 3:08:54 h | 209 |
| Altersklasse W Sen1 | | | | | | | | | | | | | |
| 1 | Schönebeck, Susanne | 74 | SC Itzehoe | 0:23:38 h | 1 | 1:12:40 h | 1 | 1:36:18 h | 1 | 0:50:26 h | 1 | 2:26:44 h | 221 |
| Altersklasse W Sen2 | | | | | | | | | | | | | |
| M | 1 | Jarren, Sabine | 66 | Triabolos Hamburg | 0:22:59 h | 1 | 1:04:34 h | 1 | 1:27:33 h | 1 | 0:49:46 h | 2:17:19 h | 224 |
| | 2 | Schlatter, Elvira | 66 | Tri Endurance Germany | 0:23:57 h | 3 | 1:07:12 h | 2 | 1:31:09 h | 2 | 0:51:15 h | 2:22:24 h | 125 |
| | 3 | Westerfeld, Sabine | 66 | Team Erdinger Alkoholfrei | 0:23:36 h | 2 | 1:10:20 h | 4 | 1:33:56 h | 4 | 0:49:15 h | 2:23:11 h | 109 |
| | 4 | GÜNTHER, Britt | 67 | Tri EMTV Elmshorn | 0:24:51 h | 4 | 1:09:04 h | 3 | 1:33:55 h | 3 | 0:53:26 h | 2:27:21 h | 39 |
| | 5 | Sievers, Susanne | 67 | Sport-Club Itzehoe | 0:29:09 h | 5 | 1:14:03 h | 5 | 1:43:12 h | 5 | 1:08:59 h | 2:52:11 h | 85 |
| | 6 | Barnekow, Kirsten | 67 | SG Wasserratten Norderstedt | 0:31:50 h | 6 | 1:25:28 h | 6 | 1:57:18 h | 6 | 1:09:48 h | 3:07:06 h | 15 |
| Altersklasse W Sen3 | | | | | | | | | | | | | |
| M | 1 | Lüders, Kerstin | 63 | Tri-Michels Hamburg | 0:24:39 h | 1 | 1:11:03 h | 1 | 1:35:42 h | 1 | 0:54:02 h | 2:29:44 h | 99 |
| B | 2 | Warnecke-Jerol, Margret | 61 | BSG SG Stern Hamburg | 0:26:34 h | 2 | 1:11:34 h | 2 | 1:38:08 h | 2 | 1:01:30 h | 2:39:38 h | 126 |