

| 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 20 | | | | | | | | | | | | | |
| M | 1 | von Schmeling, Finn | 98 Tri Michels Hamburg | 0:19:49 h | 1 | 0:52:03 h | 1 | 1:11:52 h | 1 | 0:42:07 h | 1 | 1:53:59 h | 172 |
| | 2 | Röschmann, Niels | 94 VfL Hamburg 93 | 0:23:16 h | 4 | 0:58:40 h | 2 | 1:21:56 h | 2 | 0:46:24 h | 2 | 2:08:20 h | 167 |
| M | 3 | Weller, Mats | 93 FC St. Pauli Triathlon | 0:23:06 h | 2 | 1:02:27 h | 4 | 1:25:33 h | 3 | 0:49:38 h | 4 | 2:15:11 h | 164 |
| | 4 | Hildebrandt, Maximilian | 94 Hamburg | 0:23:13 h | 3 | 1:05:34 h | 6 | 1:28:47 h | 5 | 0:49:13 h | 3 | 2:18:00 h | 166 |
| | 5 | Mühling, Tobias | 97 Hamburg | 0:25:26 h | 6 | 1:00:09 h | 3 | 1:25:35 h | 4 | 0:52:41 h | 5 | 2:18:16 h | 171 |
| | 6 | Gansen, Stefan | 96 Triathlon Team Hamburg | 0:26:43 h | 7 | 1:09:19 h | 7 | 1:36:02 h | 7 | 0:54:59 h | 6 | 2:31:01 h | 169 |
| | 7 | Seydlitz, Janek | 95 Hamburg | 0:27:51 h | 8 | 1:03:47 h | 5 | 1:31:38 h | 6 | 1:02:50 h | 8 | 2:34:28 h | 168 |
| | 8 | Krause, Niklas | 93 Kiel | 0:25:16 h | 5 | 1:14:16 h | 8 | 1:39:32 h | 8 | 0:58:29 h | 7 | 2:38:01 h | 165 |
| Altersklasse M 30 | | | | | | | | | | | | | |
| M | 1 | Gayer, Sören | 88 Kaifu Tri Team | 0:19:50 h | 1 | 0:56:42 h | 2 | 1:16:32 h | 1 | 0:43:00 h | 2 | 1:59:32 h | 145 |
| M | 2 | Paulus, Marvin | 90 Triathlon Team Hamburg | 0:21:36 h | 4 | 0:55:40 h | 1 | 1:17:16 h | 2 | 0:42:35 h | 1 | 1:59:51 h | 153 |
| M | 3 | Friedrichs, Torben | 92 Triathlon Team Hamburg | 0:21:35 h | 2 | 0:56:57 h | 3 | 1:18:32 h | 3 | 0:47:52 h | 6 | 2:06:24 h | 161 |
| | 4 | Befuß, Björn | 88 Hamburg | 0:21:48 h | 5 | 0:57:29 h | 4 | 1:19:17 h | 4 | 0:47:11 h | 5 | 2:06:28 h | 147 |
| | 5 | Blase, Danny | 88 SG Athletico Büdelsdorf | 0:22:19 h | 6 | 1:01:33 h | 7 | 1:23:52 h | 6 | 0:45:59 h | 3 | 2:09:51 h | 146 |
| | 6 | Kreis, Kristian | 89 Hamburg | 0:23:23 h | 7 | 1:01:17 h | 6 | 1:24:40 h | 7 | 0:46:26 h | 4 | 2:11:06 h | 148 |
| | 7 | Cox, Daniel | 90 Norderstedt | 0:21:35 h | 2 | 1:04:38 h | 11 | 1:26:13 h | 8 | 0:48:56 h | 7 | 2:15:09 h | 150 |
| | 7 | Lomberg, Malte | 90 Erdinger Active Team | 0:25:02 h | 9 | 0:58:21 h | 5 | 1:23:23 h | 5 | 0:51:46 h | 9 | 2:15:09 h | 155 |
| | 9 | Rheker, Maximilian | 92 Hamburg | 0:24:44 h | 8 | 1:01:46 h | 8 | 1:26:30 h | 9 | 0:49:52 h | 8 | 2:16:22 h | 162 |
| | 10 | Stelzen, Maximilian | 92 Hamburg | 0:25:27 h | 10 | 1:03:57 h | 9 | 1:29:24 h | 10 | 0:55:01 h | 10 | 2:24:25 h | 163 |
| | 11 | Klauck, David | 91 Hamburg | 0:25:59 h | 11 | 1:04:32 h | 10 | 1:30:31 h | 11 | 0:55:55 h | 11 | 2:26:26 h | 157 |
| Altersklasse M 35 | | | | | | | | | | | | | |
| M | 1 | Ferner, Fritz | 86 RADPACK | 0:18:16 h | 1 | 0:49:41 h | 1 | 1:07:57 h | 1 | 0:37:10 h | 1 | 1:45:07 h | 140 |
| M | 2 | Krug, Christian | 84 Triabolos Hamburg | 0:19:44 h | 2 | 0:54:11 h | 2 | 1:13:55 h | 2 | 0:42:48 h | 2 | 1:56:43 h | 133 |
| M | 3 | Arndt, Sebastian | 85 Triathlon Team Hamburg | 0:20:06 h | 3 | 1:00:26 h | 6 | 1:20:32 h | 5 | 0:43:59 h | 3 | 2:04:31 h | 134 |
| | 4 | Rathjen, Christian | 86 Buxtehuder SV | 0:22:08 h | 6 | 0:57:59 h | 4 | 1:20:07 h | 4 | 0:46:23 h | 4 | 2:06:30 h | 143 |
| | 5 | Raming, Jan | 83 Kaifu Tri Team | 0:21:38 h | 5 | 1:04:48 h | 9 | 1:26:26 h | 7 | 0:46:57 h | 5 | 2:13:23 h | 128 |
| | 6 | Rotariu, Iulian | 86 Tri EMTV Elmshorn | 0:21:16 h | 4 | 0:56:10 h | 3 | 1:17:26 h | 3 | 0:59:15 h | 11 | 2:16:41 h | 142 |
| | 7 | Wesche, Henning | 86 Tangstedt | 0:25:31 h | 10 | 0:58:41 h | 5 | 1:24:12 h | 6 | 0:58:11 h | 9 | 2:22:23 h | 139 |
| | 8 | Seevaldt, Robert | 84 Hamburg | 0:23:12 h | 7 | 1:07:05 h | 10 | 1:30:17 h | 9 | 0:53:27 h | 6 | 2:23:44 h | 132 |
| | 9 | Drestler, Philip | 85 Triathlon Team Hamburg | 0:23:56 h | 8 | 1:10:39 h | 11 | 1:34:35 h | 11 | 0:54:23 h | 7 | 2:28:58 h | 137 |
| | 10 | Kossak-Glowczewski, Christoph | 84 Tri EMTV Elmshorn | 0:25:59 h | 11 | 1:01:00 h | 7 | 1:26:59 h | 8 | 1:03:17 h | 12 | 2:30:16 h | 131 |
| | 11 | Kröger, Daniel | 87 Wakendorf 2 | 0:28:50 h | 12 | 1:04:06 h | 8 | 1:32:56 h | 10 | 0:58:39 h | 10 | 2:31:35 h | 144 |
| M | 12 | Brauer, Steffen | 86 FC St. Pauli Triathlon / #burning | 0:24:51 h | 9 | 1:13:43 h | 12 | 1:38:34 h | 12 | 0:56:04 h | 8 | 2:34:38 h | 141 |
| Altersklasse M 40 | | | | | | | | | | | | | |
| | 1 | Kampa, Pawel | 80 SV Großhansdorf | 0:19:37 h | 1 | 0:54:26 h | 3 | 1:14:03 h | 3 | 0:40:55 h | 1 | 1:54:58 h | 114 |
| B | 2 | Martin Amat, Sergio | 82 BSG C.D. TRIATLON EL EJIDC | 0:20:27 h | 3 | 0:53:00 h | 1 | 1:13:27 h | 1 | 0:41:58 h | 2 | 1:55:25 h | 126 |
| | 3 | Bick, Ralf | 80 Tri Fun Güstrow | 0:19:54 h | 2 | 0:54:01 h | 2 | 1:13:55 h | 2 | 0:46:24 h | 9 | 2:00:19 h | 117 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|--------------------------|------------------------|----|---------------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|------------|-----------|
| | 4 Steinke, Philipp | 79 | SG Wasserratten Norderstedt | 0:20:45 h | 4 | 0:56:22 h | 5 | 1:17:07 h | 5 | 0:44:00 h | 4 | 2:01:07 h | 105 |
| | 5 Sass, Fabian | 81 | BSG STILL | 0:21:08 h | 5 | 0:58:19 h | 12 | 1:19:27 h | 10 | 0:42:02 h | 3 | 2:01:29 h | 119 |
| B | 6 Wienecke, Dennis | 79 | BSG NDR | 0:21:39 h | 12 | 0:57:16 h | 6 | 1:18:55 h | 9 | 0:44:07 h | 5 | 2:03:02 h | 106 |
| M | 7 Bergau, Lars | 78 | Triathlon Team Hamburg | 0:21:30 h | 8 | 0:57:17 h | 7 | 1:18:47 h | 6 | 0:44:37 h | 6 | 2:03:24 h | 100 |
| | 8 Warneck, Marco | 78 | Tri Endurance Germany | 0:21:11 h | 6 | 0:57:37 h | 9 | 1:18:48 h | 7 | 0:46:06 h | 8 | 2:04:54 h | 104 |
| | 9 Mireisz, Bernhard | 78 | Tri-Sport Lübeck | 0:21:58 h | 13 | 0:57:52 h | 10 | 1:19:50 h | 12 | 0:46:42 h | 11 | 2:06:32 h | 99 |
| | 10 Friedrichsen, Nils | 78 | SG Wasserratten Norderstedt | 0:21:32 h | 10 | 0:58:13 h | 11 | 1:19:45 h | 11 | 0:47:03 h | 12 | 2:06:48 h | 102 |
| | 11 Kassner, Ulrich | 80 | Hamburg | 0:21:30 h | 8 | 0:55:31 h | 4 | 1:17:01 h | 4 | 0:51:27 h | 15 | 2:08:28 h | 112 |
| | 12 Jakobs, Gerrit | 78 | Hanseatic Tri Team | 0:21:33 h | 11 | 0:57:18 h | 8 | 1:18:51 h | 8 | 0:50:25 h | 13 | 2:09:16 h | 101 |
| | 13 Iampietro, Nicolas | 82 | Tiger Team Fassberg | 0:22:36 h | 16 | 1:03:29 h | 16 | 1:26:05 h | 16 | 0:44:41 h | 7 | 2:10:46 h | 125 |
| | 14 Schwärzel, Ricky | 79 | BSG NDR | 0:21:26 h | 7 | 0:59:26 h | 13 | 1:20:52 h | 13 | 0:52:17 h | 17 | 2:13:09 h | 107 |
| | 15 Escudero, Miguel | 79 | Hamburg | 0:22:34 h | 15 | 1:04:35 h | 18 | 1:27:09 h | 18 | 0:46:32 h | 10 | 2:13:41 h | 108 |
| | 16 Feidieker, Thomas | 82 | Bönningstedt | 0:24:12 h | 17 | 1:00:23 h | 15 | 1:24:35 h | 14 | 0:51:16 h | 14 | 2:15:51 h | 127 |
| | 17 Tietgen, Thomas | 79 | Hanseatic Tri Team | 0:24:13 h | 18 | 1:00:22 h | 14 | 1:24:35 h | 14 | 0:52:20 h | 18 | 2:16:55 h | 110 |
| | 18 Rudolf, Bernhard | 81 | Weyhe | 0:22:24 h | 14 | 1:04:32 h | 17 | 1:26:56 h | 17 | 0:52:13 h | 16 | 2:19:09 h | 121 |
| M | 19 Beise, Daniel | 80 | FC St. Pauli Triathlon | 0:25:57 h | 19 | 1:09:33 h | 20 | 1:35:30 h | 20 | 0:55:38 h | 19 | 2:31:08 h | 111 |
| | 20 Spitzkofski, Thomas | 82 | TuS Hasloh | 0:26:53 h | 20 | 1:07:35 h | 19 | 1:34:28 h | 19 | 1:02:27 h | 20 | 2:36:55 h | 122 |
| | 21 Schuller, Ole | 82 | Bremen | 0:30:07 h | 21 | 1:17:19 h | 21 | 1:47:26 h | 21 | 1:17:47 h | 21 | 3:05:13 h | 124 |
| Altersklasse M 45 | | | | | | | | | | | | | |
| M | 1 Biermann, Christian | 73 | TuS Holstein Quickborn | 0:21:04 h | 2 | 0:56:23 h | 3 | 1:17:27 h | 1 | 0:43:22 h | 3 | 2:00:49 h | 76 |
| B | 2 Leidecker, Ingo | 74 | BSG Commerzbank | 0:21:29 h | 5 | 0:56:10 h | 1 | 1:17:39 h | 3 | 0:45:17 h | 4 | 2:02:56 h | 83 |
| | 3 Sedelmaier, Frank | 77 | Triathlon Team Hamburger Hoc | 0:21:58 h | 6 | 0:58:12 h | 5 | 1:20:10 h | 5 | 0:42:58 h | 2 | 2:03:08 h | 95 |
| | 4 Klok, Gerrit-Jan | 73 | MC Pirate | 0:21:22 h | 3 | 0:56:13 h | 2 | 1:17:35 h | 2 | 0:46:46 h | 5 | 2:04:21 h | 77 |
| | 5 Reimann, Mirko | 77 | Team Erdinger Alkoholfrei | 0:19:51 h | 1 | 1:05:53 h | 11 | 1:25:44 h | 9 | 0:42:05 h | 1 | 2:07:49 h | 94 |
| | 6 Bruhn, Marc | 75 | SG Wasserratten Norderstedt | 0:22:08 h | 7 | 0:56:53 h | 4 | 1:19:01 h | 4 | 0:50:47 h | 8 | 2:09:48 h | 87 |
| | 7 Toussaint, Sebastien | 74 | Tiger Team Fassberg | 0:21:26 h | 4 | 0:59:34 h | 6 | 1:21:00 h | 6 | 0:49:23 h | 7 | 2:10:23 h | 85 |
| | 8 Klewer, Michael | 77 | Tri Fun Güstrow | 0:24:07 h | 11 | 0:59:47 h | 7 | 1:23:54 h | 7 | 0:48:44 h | 6 | 2:12:38 h | 93 |
| | 9 Draak, Christian | 75 | Team Erdinger Alkoholfrei | 0:23:32 h | 9 | 1:01:28 h | 9 | 1:25:00 h | 8 | 0:52:13 h | 9 | 2:17:13 h | 90 |
| | 10 Weiß, Dennis | 77 | Tri EMTV Elmshorn | 0:25:10 h | 13 | 1:00:42 h | 8 | 1:25:52 h | 10 | 0:52:18 h | 10 | 2:18:10 h | 96 |
| | 11 Laude, Niels | 75 | Tangstedt | 0:23:48 h | 10 | 1:02:29 h | 10 | 1:26:17 h | 11 | 0:54:25 h | 11 | 2:20:42 h | 88 |
| | 12 Lück, Ronald | 75 | BSG EDEKA | 0:23:11 h | 8 | 1:07:21 h | 12 | 1:30:32 h | 12 | 0:54:53 h | 12 | 2:25:25 h | 89 |
| | 13 Reinecke, Tim | 76 | Henstedt Ulzburg | 0:24:25 h | 12 | 1:07:30 h | 13 | 1:31:55 h | 13 | 0:58:46 h | 15 | 2:30:41 h | 91 |
| | 14 Görlich, Thomas | 74 | TuS Hasloh | 0:26:52 h | 15 | 1:10:00 h | 16 | 1:36:52 h | 15 | 0:56:27 h | 13 | 2:33:19 h | 82 |
| | 15 Werdermann, Tobias | 76 | #norderstedtläuft | 0:26:54 h | 16 | 1:08:49 h | 14 | 1:35:43 h | 14 | 0:58:51 h | 16 | 2:34:34 h | 92 |
| | 16 Moss, Ingo | 74 | SC Weyhe -Triathlon- | 0:25:46 h | 14 | 1:13:09 h | 17 | 1:38:55 h | 17 | 0:57:16 h | 14 | 2:36:11 h | 81 |
| | 17 Ruhlig, Thorsten | 73 | #teamsteinbergcoachin | 0:27:32 h | 17 | 1:09:41 h | 15 | 1:37:13 h | 16 | 1:01:00 h | 17 | 2:38:13 h | 14 |
| Altersklasse M 50 | | | | | | | | | | | | | |
| M | 1 Dannehl, Jan | 69 | Triabolos Hamburg | 0:21:31 h | 2 | 0:57:41 h | 4 | 1:19:12 h | 4 | 0:43:39 h | 1 | 2:02:51 h | 56 |
| M | 2 Pätzold, Ingo | 68 | FC St. Pauli Triathlon / BSG NC | 0:21:53 h | 4 | 0:56:51 h | 2 | 1:18:44 h | 1 | 0:48:07 h | 4 | 2:06:51 h | 52 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischenzeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start-Nr. |
|--------------------------|---------------|----------------------|--------------------------------|-----------|--------|-----------|---------|--------------|--------|-----------|--------|------------|-----------|
| | 3 | LEGEAI, Bruno | 71 Tiger Team Fassberg | 0:21:55 h | 5 | 0:57:21 h | 3 | 1:19:16 h | 5 | 0:47:47 h | 3 | 2:07:03 h | 67 |
| | 4 | Wiedenhofer, Marco | 70 Tri Endurance Germany | 0:21:45 h | 3 | 0:58:23 h | 7 | 1:20:08 h | 6 | 0:47:13 h | 2 | 2:07:21 h | 62 |
| | 5 | Wilde, Mike | 70 Hamburg | 0:23:30 h | 11 | 0:55:26 h | 1 | 1:18:56 h | 2 | 0:49:32 h | 9 | 2:08:28 h | 61 |
| | 6 | Detlefs, Mirko | 70 Tru Team Eisenhart Hamburg | 0:22:16 h | 8 | 0:58:12 h | 5 | 1:20:28 h | 7 | 0:48:10 h | 5 | 2:08:38 h | 75 |
| M | 7 | Meyer, Björn | 69 Tri-Bandits TSG Bergedorf | 0:20:50 h | 1 | 0:58:21 h | 6 | 1:19:11 h | 3 | 0:50:34 h | 10 | 2:09:45 h | 59 |
| M | 8 | Haberstock, Philipp | 71 Triabolos Hamburg | 0:22:15 h | 7 | 0:59:13 h | 8 | 1:21:28 h | 8 | 0:50:55 h | 12 | 2:12:23 h | 68 |
| | 9 | Kock, Lars | 70 TC Fiko Rostock | 0:21:55 h | 5 | 1:01:48 h | 11 | 1:23:43 h | 9 | 0:49:06 h | 7 | 2:12:49 h | 60 |
| | 10 | Hecht, Stephen | 71 Hamburg | 0:23:46 h | 12 | 0:59:57 h | 9 | 1:23:43 h | 9 | 0:52:35 h | 13 | 2:16:18 h | 63 |
| | 11 | Laurisch, Wolf | 72 Tri Michels Hamburg | 0:22:56 h | 9 | 1:03:48 h | 13 | 1:26:44 h | 11 | 0:50:47 h | 11 | 2:17:31 h | 73 |
| | 12 | Radtke, Holger | 71 SV Großhansdorf | 0:24:47 h | 14 | 1:05:11 h | 14 | 1:29:58 h | 14 | 0:49:12 h | 8 | 2:19:10 h | 66 |
| | 13 | Henkel, Patrick | 71 Hamburg | 0:23:25 h | 10 | 1:06:59 h | 17 | 1:30:24 h | 15 | 0:48:56 h | 6 | 2:19:20 h | 69 |
| | 14 | Suhling, Sven | 71 Tornesch | 0:24:33 h | 13 | 1:02:37 h | 12 | 1:27:10 h | 13 | 0:53:17 h | 14 | 2:20:27 h | 64 |
| | 15 | Martens, Henning | 72 Tri-Sport Lübeck | 0:26:33 h | 16 | 1:00:30 h | 10 | 1:27:03 h | 12 | 0:55:52 h | 17 | 2:22:55 h | 71 |
| | 16 | Kasper, Thomas | 68 BSG Commerzbank | 0:26:44 h | 17 | 1:05:27 h | 15 | 1:32:11 h | 16 | 0:53:44 h | 15 | 2:25:55 h | 53 |
| | 17 | Plantholz, Christian | 69 Hamburg | 0:29:00 h | 19 | 1:06:30 h | 16 | 1:35:30 h | 17 | 1:02:24 h | 18 | 2:37:54 h | 58 |
| | 18 | Sterling, Achim | 71 Team media@home Sterling | 0:25:22 h | 15 | 1:19:25 h | 19 | 1:44:47 h | 19 | 0:55:11 h | 16 | 2:39:58 h | 65 |
| M | 19 | Selent, Jan | 72 NDR Triathlon | 0:28:11 h | 18 | 1:08:52 h | 18 | 1:37:03 h | 18 | 1:03:39 h | 19 | 2:40:42 h | 74 |
| Altersklasse M 55 | | | | | | | | | | | | | |
| | 1 | Brell, Michael | 65 SG Wasserratten Norderstedt | 0:23:29 h | 3 | 0:56:00 h | 1 | 1:19:29 h | 1 | 0:50:15 h | 2 | 2:09:44 h | 42 |
| M | 2 | Sturm, Volker | 65 Kaifu Tri Team | 0:21:07 h | 1 | 1:00:00 h | 3 | 1:21:07 h | 2 | 0:51:24 h | 5 | 2:12:31 h | 43 |
| M | 3 | Hildebrandt, Dirk | 63 Verein Aktive Freizeit | 0:24:06 h | 4 | 0:59:41 h | 2 | 1:23:47 h | 3 | 0:51:04 h | 4 | 2:14:51 h | 41 |
| | 4 | Hohaus, Roman | 66 Hamburg | 0:24:47 h | 5 | 1:04:14 h | 4 | 1:29:01 h | 4 | 0:50:13 h | 1 | 2:19:14 h | 46 |
| M | 5 | Rooseboom, Markus | 65 Tri Michels Hamburg | 0:23:10 h | 2 | 1:07:24 h | 7 | 1:30:34 h | 6 | 0:51:02 h | 3 | 2:21:36 h | 45 |
| | 6 | Heiligtag, Michael | 63 Bramfelder SV | 0:25:43 h | 6 | 1:04:26 h | 5 | 1:30:09 h | 5 | 0:53:50 h | 6 | 2:23:59 h | 39 |
| | 7 | Völling, Jens | 66 Tri EMTV Elmshorn | 0:26:25 h | 7 | 1:05:06 h | 6 | 1:31:31 h | 7 | 0:56:19 h | 7 | 2:27:50 h | 47 |
| | 8 | Bartl, Thomas | 65 SG Wasserratten Norderstedt | 0:28:57 h | 10 | 1:07:28 h | 8 | 1:36:25 h | 8 | 1:03:42 h | 8 | 2:40:07 h | 44 |
| | 9 | Reese, Matthias | 66 LTV Kiel-Ost | 0:26:55 h | 8 | 1:11:07 h | 9 | 1:38:02 h | 9 | 1:11:51 h | 9 | 2:49:53 h | 48 |
| | 10 | Hempfl, Andreas | 67 Genußsportler | 0:28:47 h | 9 | 1:24:34 h | 10 | 1:53:21 h | 10 | 1:11:52 h | 10 | 3:05:13 h | 51 |
| Altersklasse M 60 | | | | | | | | | | | | | |
| M | 1 | Claudius, Stephan | 59 MC Pirate | 0:21:49 h | 3 | 0:58:27 h | 1 | 1:20:16 h | 2 | 0:46:22 h | 2 | 2:06:38 h | 35 |
| | 2 | Uhl, Peter | 62 Buxtehuder SV | 0:21:28 h | 1 | 0:59:56 h | 3 | 1:21:24 h | 3 | 0:45:40 h | 1 | 2:07:04 h | 38 |
| | 3 | Frick, Axel | 62 Trimaniacs | 0:21:29 h | 2 | 0:58:36 h | 2 | 1:20:05 h | 1 | 0:47:29 h | 3 | 2:07:34 h | 36 |
| | 4 | Rother, Thomas | 62 AMTV Hamburg | 0:28:40 h | 5 | 1:01:56 h | 4 | 1:30:36 h | 4 | 0:56:46 h | 4 | 2:27:22 h | 37 |
| | 5 | Herrmann, Michael | 61 Deutsche Bank | 0:28:18 h | 4 | 1:21:31 h | 5 | 1:49:49 h | 5 | 1:06:46 h | 5 | 2:56:35 h | 10 |
| Altersklasse M 65 | | | | | | | | | | | | | |
| M | 1 | Wiese, Michael | 57 Triabolos Hamburg | 0:29:28 h | 1 | 1:03:47 h | 1 | 1:33:15 h | 1 | 0:59:31 h | 1 | 2:32:46 h | 34 |
| Altersklasse M 75 | | | | | | | | | | | | | |
| M | 1 | Prätsch, Dr. Ulrich | 47 Triabolos Hamburg | 0:28:58 h | 1 | 1:06:22 h | 1 | 1:35:20 h | 1 | 1:04:56 h | 1 | 2:40:16 h | 31 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | 1. Lauf | Pos L1 | Rad | Pos Rad | Zwischen- zeit | Pos ZZ | 2. Lauf | Pos L2 | Gesamtzeit | Start- Nr. |
|--------------------------|----------------------|----|------------------------------|-----------|-----------|-----------|------------|-------------------|-----------|-----------|-----------|------------|---------------|
| Altersklasse W 20 | | | | | | | | | | | | | |
| M | 1 Lützen, Lea | 00 | FC St. Pauli Triathlon | 0:22:25 h | 3 | 0:57:34 h | 1 | 1:19:59 h | 1 | 0:50:58 h | 4 | 2:10:57 h | 30 |
| B | 2 Femerling, Lisa | 93 | BSG OTTO / Triathlon Team HF | 0:23:46 h | 4 | 1:02:25 h | 3 | 1:26:11 h | 3 | 0:47:24 h | 1 | 2:13:35 h | 25 |
| | 3 Mathias, Laura | 95 | Hamburg | 0:22:21 h | 2 | 1:07:58 h | 4 | 1:30:19 h | 5 | 0:48:37 h | 2 | 2:18:56 h | 27 |
| M | 4 Löhden, Jana | 94 | Heikotel Tri Team Hamburg | 0:23:46 h | 4 | 1:00:06 h | 2 | 1:23:52 h | 2 | 0:55:56 h | 5 | 2:19:48 h | 26 |
| | 5 Düker, Marie | 96 | Hamburg | 0:21:57 h | 1 | 1:08:03 h | 5 | 1:30:00 h | 4 | 0:50:38 h | 3 | 2:20:38 h | 29 |
| Altersklasse W 30 | | | | | | | | | | | | | |
| | 1 Becker, Kaya | 92 | Hamburg | 0:21:57 h | 1 | 1:01:48 h | 1 | 1:23:45 h | 1 | 0:51:21 h | 1 | 2:15:06 h | 23 |
| | 2 Gaudlitz, Johanna | 90 | TuS Holstein Quickborn | 0:28:05 h | 2 | 1:14:11 h | 2 | 1:42:16 h | 2 | 0:57:08 h | 2 | 2:39:24 h | 20 |
| Altersklasse W 35 | | | | | | | | | | | | | |
| | 1 Steinke, Nadine | 83 | SG Wasserratten Norderstedt | 0:26:33 h | 1 | 1:09:45 h | 1 | 1:36:18 h | 1 | 0:54:37 h | 1 | 2:30:55 h | 16 |
| | 2 Baier, Christine | 84 | MC Pirate | 0:27:31 h | 2 | 1:19:56 h | 2 | 1:47:27 h | 2 | 1:00:40 h | 2 | 2:48:07 h | 18 |
| Altersklasse W 40 | | | | | | | | | | | | | |
| | 1 Bennett, Annalies | 82 | TuS Hasloh | 0:26:51 h | 1 | 1:10:43 h | 1 | 1:37:34 h | 1 | 0:57:58 h | 1 | 2:35:32 h | 15 |
| | 2 Schuller, Imke | 81 | Triathlon Team Hamburg | 0:30:06 h | 3 | 1:14:10 h | 2 | 1:44:16 h | 3 | 0:58:07 h | 2 | 2:42:23 h | 12 |
| | 3 Kregeloh, Antje | 81 | #norderstedtläuft | 0:29:26 h | 2 | 1:14:17 h | 3 | 1:43:43 h | 2 | 1:13:18 h | 3 | 2:57:01 h | 11 |
| Altersklasse W 45 | | | | | | | | | | | | | |
| | 1 Straatmann, Maren | 77 | Tri-Sport Lübeck | 0:25:32 h | 1 | 1:08:59 h | 1 | 1:34:31 h | 1 | 0:52:11 h | 1 | 2:26:42 h | 8 |
| | 2 Dorenburg, Simone | 74 | KAIFU TRI TEAM | 0:26:11 h | 2 | 1:13:40 h | 2 | 1:39:51 h | 2 | 0:55:50 h | 2 | 2:35:41 h | 24 |
| | 3 Plantholz, Daniela | 73 | Hamburg | 0:29:01 h | 3 | 1:16:48 h | 3 | 1:45:49 h | 3 | 1:13:27 h | 3 | 2:59:16 h | 6 |
| Altersklasse W 55 | | | | | | | | | | | | | |
| M | 1 Kwasny, Miriam | 65 | Triathlon Team Hamburg | 0:24:13 h | 1 | 1:02:48 h | 1 | 1:27:01 h | 1 | 0:52:58 h | 1 | 2:19:59 h | 2 |
| B | 2 Jacobsen, Svenja | 66 | BSG Phorms Hamburg | 0:26:45 h | 2 | 1:09:50 h | 2 | 1:36:35 h | 2 | 0:58:30 h | 2 | 2:35:05 h | 5 |
| M | 3 Suchy, Eva | 65 | TuS Holstein Quickborn | 0:29:42 h | 3 | 1:10:33 h | 3 | 1:40:15 h | 3 | 1:03:47 h | 3 | 2:44:02 h | 3 |