

| 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 | Geserick, Olaf | 68 | 1. TCO "Die Bären" | 0:19:39 h | 1 | 1:11:51 h | 1 | 1:31:30 h | 1 | 0:38:06 h | 1 | 2:09:36,5 h | M MK 40 | 761 |
| 2 | Petersen, Tim Ole | 80 | TriAs Flensburg | --- | | --- | | 1:36:23 h | 3 | 0:39:33 h | 2 | 2:15:56,1 h | M AK 25 | 783 |
| 3 | Maaß, Bastian | 84 | TriAs Flensburg | 0:23:02 h | 4 | --- | | --- | | --- | | 2:19:31,7 h | M AK 25 | 776 |
| 4 | Wendt, Mario | 73 | at-Racing-Team | 0:23:08 h | 5 | 1:15:45 h | 4 | 1:38:53 h | 4 | 0:41:43 h | 3 | 2:20:36,5 h | M AK 35 | 812 |
| 5 | Klug, Tim | 83 | Kaifu-Tri-Team | 0:23:31 h | 6 | 1:12:46 h | 2 | 1:36:17 h | 2 | 0:47:02 h | 14 | 2:23:19,5 h | M AK 25 | 772 |
| 6 | Stein, Andreas | 70 | Triathlon Team Buxtehude | 0:24:30 h | 9 | 1:16:34 h | 7 | 1:41:04 h | 5 | 0:43:09 h | 4 | 2:24:13,5 h | M AK 35 | 801 |
| 7 | Wlochinski, Jan | 76 | Kiel | 0:24:48 h | 10 | 1:17:01 h | 8 | 1:41:49 h | 6 | 0:44:34 h | 6 | 2:26:23,4 h | M AK 30 | 832 |
| 8 | Reimer, Gerd | 74 | TriAs Flensburg | 0:26:32 h | 14 | 1:16:10 h | 6 | 1:42:42 h | 7 | 0:46:07 h | 9 | 2:28:49,3 h | M AK 35 | 788 |
| 9 | Meyer-Schade, Christian | 88 | USC Kiel | 0:19:50 h | 2 | --- | | --- | | --- | | 2:30:12,6 h | M AK 20 | 779 |
| 10 | Völkel, Benjamin | 79 | SSV Die Jungs Hamburg | 0:29:11 h | 19 | 1:14:57 h | 3 | 1:44:08 h | 8 | 0:46:32 h | 11 | 2:30:40,0 h | M AK 30 | 809 |
| 11 | Sachtleber, Kai | 71 | 1. TCO "Die Bären" | 0:22:38 h | 3 | 1:22:17 h | 12 | 1:44:55 h | 10 | 0:46:43 h | 12 | 2:31:38,7 h | W AK 35 | 791 |
| 12 | Nothbaar, Jan Hendrik | 91 | LAV Husum | 0:26:00 h | 12 | 1:19:05 h | 9 | 1:45:05 h | 11 | 0:47:01 h | 13 | 2:32:06,3 h | M JUN | 782 |
| 13 | Reinelt, Martin | 73 | Bokelholmer SV | 0:29:19 h | 23 | 1:16:07 h | 5 | 1:45:26 h | 12 | 0:47:03 h | 15 | 2:32:29,0 h | M AK 35 | 789 |
| 14 | Dannenberg, Hans-Peter | 62 | SG Athletico Büdelsdorf | 0:24:19 h | 8 | 1:22:33 h | 15 | 1:46:52 h | 14 | 0:46:06 h | 8 | 2:32:58,2 h | M MK 45 | 758 |
| 15 | Schlüter, Jörn | 73 | TSV Westerland | 0:24:57 h | 11 | 1:21:53 h | 11 | 1:46:50 h | 13 | 0:47:28 h | 17 | 2:34:18,4 h | M AK 35 | 795 |
| 16 | Thör, Kaatje Lisa | 91 | TuS Holtenau Kiel | --- | | --- | | 1:44:40 h | 9 | 0:50:12 h | 23 | 2:34:52,4 h | W JUN | 773 |
| 17 | Thor, Ulrich | 62 | TSV Mildstedt | --- | | --- | | 1:48:59 h | 15 | 0:46:26 h | 10 | 2:35:25,4 h | M MK 45 | 822 |
| 18 | Prinz, Matthias | 64 | TuS Felde | 0:29:30 h | 26 | 1:20:29 h | 10 | 1:49:59 h | 16 | 0:47:47 h | 18 | 2:37:46,2 h | M MK 45 | 818 |
| 19 | Radeleff, Merten | 63 | Eckernförde MTV | 0:29:17 h | 21 | --- | | --- | | --- | | 2:38:10,9 h | M MK 45 | 787 |
| 20 | Prieß, Marcus | 66 | SV Großhansdorf | 0:32:43 h | 31 | 1:22:26 h | 14 | 1:55:09 h | 20 | 0:43:55 h | 5 | 2:39:04,5 h | M MK 40 | 786 |
| 21 | Petersen, Ulrike | 76 | SG Athletico Büdelsdorf | 0:26:16 h | 13 | 1:24:24 h | 17 | 1:50:40 h | 17 | 0:48:35 h | 21 | 2:39:15,8 h | W AK 30 | 829 |
| 22 | Schmidt, Gottfried | 72 | SG Athletico Büdelsdorf | 0:27:14 h | 15 | 1:26:03 h | 19 | 1:53:17 h | 18 | 0:48:24 h | 20 | 2:41:41,3 h | M AK 35 | 796 |
| 23 | Gulde, Peter | 54 | Gut Heil Itzehoe | 0:28:36 h | 17 | 1:29:28 h | 23 | 1:58:04 h | 25 | 0:44:42 h | 7 | 2:42:46,5 h | M MK 55 | 814 |
| 24 | Rusch, Bernd | 67 | TuS Felde | 0:29:09 h | 18 | 1:26:39 h | 22 | 1:55:48 h | 22 | 0:48:17 h | 19 | 2:44:05,3 h | M MK 40 | 819 |
| 25 | Stoltenberg, Andreas | 68 | TSV Bornhöved | 0:30:58 h | 29 | 1:26:35 h | 21 | 1:57:33 h | 23 | 0:47:06 h | 16 | 2:44:39,6 h | M MK 40 | 824 |
| 26 | Müller, Andreas | 66 | SG Athletico Büdelsdorf | 0:27:47 h | 16 | --- | | --- | | --- | | 2:45:10,8 h | M MK 40 | 780 |
| 27 | Bolz, Stefan | 65 | LAV Husum | 0:29:59 h | 28 | --- | | --- | | --- | | 2:47:22,8 h | M MK 40 | 756 |
| 28 | Wachowitz, Andreas | 72 | Kropp | 0:29:28 h | 25 | --- | | --- | | --- | | 2:47:32,0 h | M AK 35 | 811 |
| 29 | Slotosch, Marco | 77 | MTV Leck | 0:29:23 h | 24 | 1:24:14 h | 16 | 1:53:37 h | 19 | 0:55:42 h | 30 | 2:49:19,8 h | M AK 30 | 800 |
| 30 | Schimmer, Helmut | 46 | TSV Fahrndorf | 0:29:19 h | 22 | 1:26:10 h | 20 | 1:55:29 h | 21 | 0:55:50 h | 31 | 2:51:19,9 h | M MK 60 | 792 |
| 31 | Hardie, Peter | 54 | Hamburg | 0:35:17 h | 36 | 1:22:20 h | 13 | 1:57:37 h | 24 | 0:54:44 h | 29 | 2:52:21,6 h | M MK 55 | 765 |
| 32 | Hinrichsen, Jenny | 84 | LAV Husum | 0:39:07 h | 40 | 1:25:11 h | 18 | 2:04:18 h | 30 | 0:49:02 h | 22 | 2:53:20,2 h | W AK 25 | 821 |
| 33 | Bähr, Ulrike | 69 | USC Kiel | 0:29:40 h | 27 | 1:34:23 h | 29 | 2:04:03 h | 29 | 0:53:54 h | 27 | 2:57:57,1 h | W MK 40 | 752 |
| 34 | von Brehm, Karsten | 63 | MTV Gelting 08 | 0:33:20 h | 33 | 1:30:01 h | 24 | 2:03:21 h | 27 | 0:56:20 h | 33 | 2:59:41,2 h | M MK 45 | 810 |
| 35 | Herschel, Jan | 66 | VfL Oldesloe | 0:32:57 h | 32 | 1:34:49 h | 30 | 2:07:46 h | 33 | 0:52:43 h | 25 | 3:00:29,5 h | M MK 40 | 769 |
| 36 | Johannsen, Henning | 64 | PJJ | 0:31:08 h | 30 | 1:33:21 h | 26 | 2:04:29 h | 31 | 0:56:15 h | 32 | 3:00:44,8 h | M MK 45 | 771 |
| 37 | Grabow, Britta | 67 | Kaifu-Tri-Team | 0:24:16 h | 7 | 1:38:45 h | 31 | 2:03:01 h | 26 | 0:58:15 h | 36 | 3:01:16,7 h | W MK 40 | 763 |
| 38 | Petropoulou, Jürgen | 60 | LG Power Schnecken | 0:34:13 h | 35 | 1:33:15 h | 25 | 2:07:28 h | 32 | 0:54:32 h | 28 | 3:02:00,4 h | M MK 45 | 785 |
| 39 | Geisser, Jessica | 78 | Kaifu-Tri-Team | 0:29:15 h | 20 | 1:34:16 h | 28 | 2:03:31 h | 28 | 0:59:26 h | 37 | 3:02:57,6 h | W AK 30 | 760 |
| 40 | Bausch, Martin | 61 | BSG JVA Neumünster | 0:38:09 h | 39 | 1:34:09 h | 27 | 2:12:18 h | 34 | 0:52:10 h | 24 | 3:04:28,8 h | M MK 45 | 753 |

| 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. |
|-------|------------------|----|--------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|-------------|-------------------|---------------|
| 41 | Eichholz, Jörg | 61 | TS Schenefeldd | 0:35:25 h | 37 | 1:42:43 h | 34 | 2:18:08 h | 37 | 0:53:05 h | 26 | 3:11:13,5 h | M MK 45 | 823 |
| 42 | Carstens, Markus | 75 | Lübeck | 0:33:25 h | 34 | 1:42:35 h | 33 | 2:16:00 h | 36 | 0:56:56 h | 34 | 3:12:56,3 h | M AK 30 | 825 |
| 43 | Jung, Sigrid | 66 | Hamburg | 0:35:29 h | 38 | 1:40:13 h | 32 | 2:15:42 h | 35 | 0:57:44 h | 35 | 3:13:26,2 h | W MK 40 | 815 |