

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Laufen | Pos L | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|----------------------------|---------------------------|----|-------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| Altersklasse M AK1 | | | | | | | | | | | | | | |
| 1 | Johannsen, Leif | 97 | SG Athletico Büdelsdorf | 0:20:55 h | 3 | 0:46:58 h | 1 | 1:07:53 h | 1 | 0:24:12 h | 4 | 1:32:05 h | MAK1 | 102 |
| 2 | Martensen, Lars | 97 | SVT Neumünster | 0:20:32 h | 1 | 0:52:41 h | 3 | 1:13:13 h | 3 | 0:21:25 h | 1 | 1:34:38 h | MAK1 | 98 |
| 3 | Krüger, Marcel | 95 | SCI Itzehoe | 0:22:05 h | 4 | 0:50:45 h | 2 | 1:12:50 h | 2 | 0:23:06 h | 3 | 1:35:56 h | MAK1 | 95 |
| 4 | Riebe, Christoph | 94 | SG Athletico Büdelsdorf | 0:20:54 h | 2 | 1:07:00 h | 4 | 1:27:54 h | 4 | 0:21:42 h | 2 | 1:49:36 h | MAK1 | 129 |
| Altersklasse M AK2 | | | | | | | | | | | | | | |
| 1 | Schröder-Groeneveld, Leif | 89 | USC Kiel | 0:18:41 h | 1 | 0:46:30 h | 1 | 1:05:11 h | 1 | 0:19:19 h | 1 | 1:24:30 h | MAK2 | 76 |
| 2 | Timme, Hauke | 90 | SV Tungendorf Triathlon | 0:19:42 h | 2 | 0:51:29 h | 2 | 1:11:11 h | 2 | 0:21:51 h | 2 | 1:33:02 h | MAK2 | 45 |
| Altersklasse M AK3 | | | | | | | | | | | | | | |
| 1 | Blase, Danny | 88 | SG Athletico Büdelsdorf | 0:22:09 h | 1 | 0:52:15 h | 2 | 1:14:24 h | 2 | 0:22:34 h | 1 | 1:36:58 h | MAK3 | 117 |
| 2 | Sönksen, Sören | 85 | SV Enge-Sande | 0:26:47 h | 3 | 0:47:25 h | 1 | 1:14:12 h | 1 | 0:28:26 h | 3 | 1:42:38 h | MAK3 | 67 |
| 3 | Schlüter, Martin | 86 | SG Athletico Büdelsdorf | 0:24:55 h | 2 | 1:01:04 h | 3 | 1:25:59 h | 3 | 0:26:42 h | 2 | 1:52:41 h | MAK3 | 86 |
| Altersklasse M Sen1 | | | | | | | | | | | | | | |
| 1 | Wichmann, Frank | 75 | SG Athletico Büdelsdorf | 0:20:53 h | 2 | 0:47:01 h | 1 | 1:07:54 h | 1 | 0:21:06 h | 1 | 1:29:00 h | M Sen1 | 109 |
| 2 | Nahnsen, Björn | 77 | SV Enge-Sande | 0:20:08 h | 1 | 0:52:05 h | 3 | 1:12:13 h | 2 | 0:21:32 h | 2 | 1:33:45 h | M Sen1 | 134 |
| 3 | Messerschmidt, Leif | 78 | TriVelos Flensburg | 0:21:35 h | 3 | 0:50:42 h | 2 | 1:12:17 h | 3 | 0:23:15 h | 3 | 1:35:32 h | M Sen1 | 135 |
| Altersklasse M Sen2 | | | | | | | | | | | | | | |
| 1 | Breidenbicher, Daniel | 72 | SV Langwedel | 0:22:56 h | 1 | 0:53:31 h | 1 | 1:16:27 h | 1 | 0:25:02 h | 1 | 1:41:29 h | M Sen2 | 110 |
| Altersklasse M Sen3 | | | | | | | | | | | | | | |
| 1 | Kühne, Michael | 68 | Möllner SV | 0:21:13 h | 1 | 0:51:15 h | 1 | 1:12:28 h | 1 | 0:22:53 h | 1 | 1:35:21 h | M Sen3 | 28 |
| 2 | Stoltenberg, Andreas | 68 | SV Tungendorf Triathlon | 0:22:04 h | 2 | 0:53:26 h | 3 | 1:15:30 h | 3 | 0:23:18 h | 3 | 1:38:48 h | M Sen3 | 12 |
| 3 | Bromberg, Norman | 68 | Borener SV | 0:22:23 h | 4 | 0:52:54 h | 2 | 1:15:17 h | 2 | 0:24:15 h | 4 | 1:39:32 h | M Sen3 | 53 |
| 4 | Schlömer, Karl-Heinz | 64 | MTV Heide | 0:22:17 h | 3 | 0:57:52 h | 5 | 1:20:09 h | 5 | 0:23:17 h | 2 | 1:43:26 h | M Sen3 | 161 |
| 5 | Vonau, Dirk | 66 | SCI Itzehoe | 0:23:12 h | 5 | 0:55:25 h | 4 | 1:18:37 h | 4 | 0:26:08 h | 5 | 1:44:45 h | M Sen3 | 92 |
| Altersklasse M Sen4 | | | | | | | | | | | | | | |
| 1 | Gaasch, Bernd | 62 | Borener SV | 0:22:11 h | 1 | 0:55:12 h | 1 | 1:17:23 h | 1 | 0:23:20 h | 1 | 1:40:43 h | M Sen4 | 42 |
| Altersklasse M Sen5 | | | | | | | | | | | | | | |
| 1 | Thun, Peter | 56 | SpVg Eidertal Molfsee | 0:26:22 h | 2 | 1:04:18 h | 1 | 1:30:40 h | 1 | 0:28:46 h | 1 | 1:59:26 h | M Sen5 | 74 |
| 2 | Oellermann, Wolfgang | 54 | SV Fortuna Bösdorf | 0:25:46 h | 1 | 1:08:55 h | 2 | 1:34:41 h | 2 | 0:29:41 h | 2 | 2:04:22 h | M Sen5 | 93 |
| Altersklasse M Sen6 | | | | | | | | | | | | | | |
| 1 | Hümmecke, Manfred | 53 | TUS Holtenau Kiel | 0:25:00 h | 1 | 0:56:21 h | 1 | 1:21:21 h | 1 | 0:26:24 h | 1 | 1:47:45 h | M Sen6 | 131 |
| Altersklasse M TM18 | | | | | | | | | | | | | | |
| 1 | Köhne, Thilo | 00 | Sport-Club Itzehoe | 0:20:11 h | 1 | 0:49:30 h | 1 | 1:09:41 h | 1 | 0:21:28 h | 1 | 1:31:09 h | M TM18 | 124 |
| Altersklasse W AK1 | | | | | | | | | | | | | | |
| 1 | Wilke, Leonie Johanna | 97 | SV Tungendorf | 0:21:04 h | 1 | 0:53:30 h | 1 | 1:14:34 h | 1 | 0:22:54 h | 1 | 1:37:28 h | W AK1 | 14 |
| 2 | Stoltenberg, Solveig | 96 | SV Tungendorf Triathlon | 0:23:32 h | 2 | 1:02:58 h | 2 | 1:26:30 h | 2 | 0:26:44 h | 2 | 1:53:14 h | W AK1 | 11 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Laufen | Pos L | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|----------------------------|---------------------|----|-------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| Altersklasse W AK3 | | | | | | | | | | | | | | |
| 1 | Christiansen, Nina | 88 | SV Enge-Sande | 0:25:50 h | 1 | 0:57:27 h | 1 | 1:23:17 h | 1 | 0:27:56 h | 1 | 1:51:13 h | W AK3 | 69 |
| Altersklasse W Sen3 | | | | | | | | | | | | | | |
| 1 | Mull, Dr. Diana | 67 | TSV Bornhöved | 0:23:41 h | 1 | 0:57:17 h | 1 | 1:20:58 h | 1 | 0:25:31 h | 1 | 1:46:29 h | W Sen3 | 4 |
| Altersklasse W Sen5 | | | | | | | | | | | | | | |
| 1 | Kaack, Heike | 58 | SG Athletico Büdelsdorf | 0:27:20 h | 1 | 1:04:36 h | 1 | 1:31:56 h | 1 | 0:29:20 h | 1 | 2:01:16 h | W Sen5 | 111 |
| Altersklasse W TW16 | | | | | | | | | | | | | | |
| 1 | Piotrowski, Ida | 01 | SV Tungendorf | 0:24:30 h | 1 | 1:04:52 h | 1 | 1:29:22 h | 1 | 0:25:43 h | 1 | 1:55:05 h | W TW16 | 84 |
| Altersklasse W TW18 | | | | | | | | | | | | | | |
| 1 | Breidenbicher, Nina | 99 | SV Tungendorf | 0:25:35 h | 1 | 1:08:18 h | 1 | 1:33:53 h | 1 | 0:27:15 h | 1 | 2:01:08 h | W TW18 | 10 |