

| 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 | Lorenz, Lovis | 00 | Kiel | 0:07:17 h | 1 | 0:31:06 h | 2 | 0:38:23 h | 1 | 0:15:08 h | 2 | 0:53:31 h | MAK 20 | 46 |
| 2 | Siedler, Florian | 95 | Nordhorn | 0:10:10 h | 10 | 0:30:57 h | 1 | 0:41:07 h | 2 | 0:16:51 h | 3 | 0:57:58 h | MAK 25 | 104 |
| 3 | Weidmann, Jannik | 98 | TSV Bargteheide -Tri | 0:08:38 h | 3 | 0:35:26 h | 9 | 0:44:04 h | 6 | 0:14:41 h | 1 | 0:58:45 h | MAK 20 | 92 |
| 4 | Ermer, Alexander | 82 | Marner TV | 0:09:35 h | 7 | 0:32:17 h | 4 | 0:41:52 h | 3 | 0:17:26 h | 5 | 0:59:18 h | MAK 40 | 49 |
| 5 | Losch, Sören | 89 | TSV Brunsbüttel | 0:08:32 h | 2 | 0:34:15 h | 5 | 0:42:47 h | 5 | 0:17:07 h | 4 | 0:59:54 h | MAK 30 | 93 |
| 6 | Schulz, Max | 98 | ALICA-JACOBI-SPORTS | 0:09:54 h | 9 | 0:32:11 h | 3 | 0:42:05 h | 4 | 0:20:09 h | 13 | 1:02:14 h | MAK 20 | 72 |
| 7 | Hennings, Marcel | 82 | Brunsbüttel | 0:09:27 h | 6 | 0:34:51 h | 6 | 0:44:18 h | 8 | 0:18:12 h | 8 | 1:02:30 h | MAK 40 | 82 |
| 8 | Mrugalla, Martin | 60 | Mare-Klinikum | 0:08:59 h | 5 | 0:35:06 h | 7 | 0:44:05 h | 7 | 0:20:03 h | 12 | 1:04:08 h | MAK 60 | 58 |
| 9 | Steinhardt, Marc | 71 | Sport-Club Itzehoe | 0:09:49 h | 8 | 0:35:18 h | 8 | 0:45:07 h | 9 | 0:19:19 h | 11 | 1:04:26 h | MAK 50 | 78 |
| 10 | Poser, Sebastian | 84 | Hamburg | 0:08:53 h | 4 | 0:38:39 h | 13 | 0:47:32 h | 10 | 0:18:01 h | 6 | 1:05:33 h | MAK 35 | 70 |
| 11 | Bährs, Malte | 77 | SV Grün-Weiß Todenbüttel | 0:10:52 h | 13 | 0:36:53 h | 10 | 0:47:45 h | 11 | 0:18:05 h | 7 | 1:05:50 h | MAK 45 | 89 |
| 12 | Poser, Manuel | 82 | Hamburg | 0:10:23 h | 11 | 0:39:21 h | 14 | 0:49:44 h | 12 | 0:20:58 h | 18 | 1:10:42 h | MAK 40 | 69 |
| 13 | Steinbring, Marco | 63 | Horst | 0:12:52 h | 21 | 0:38:00 h | 12 | 0:50:52 h | 14 | 0:20:46 h | 17 | 1:11:38 h | MAK 55 | 77 |
| 14 | Panhuis, Arndt | 72 | Epenwörden | 0:12:58 h | 22 | 0:37:44 h | 11 | 0:50:42 h | 13 | 0:21:46 h | 19 | 1:12:28 h | MAK 50 | 95 |
| 15 | Seifert, Regina | 68 | MC Kollmar | 0:11:04 h | 15 | 0:40:25 h | 16 | 0:51:29 h | 15 | 0:22:13 h | 20 | 1:13:42 h | W AK 50 | 14 |
| 16 | Aul, Sven | 69 | Oelixdorf | 0:10:26 h | 12 | 0:41:24 h | 17 | 0:51:50 h | 16 | 0:22:34 h | 22 | 1:14:24 h | MAK 50 | 48 |
| 17 | Losch, Jessica | 87 | Impalas Westküste | 0:11:46 h | 18 | 0:42:31 h | 21 | 0:54:17 h | 18 | 0:20:20 h | 15 | 1:14:37 h | W AK 35 | 24 |
| 18 | Peters, Jan | 78 | Heider SV | 0:13:41 h | 24 | 0:42:29 h | 20 | 0:56:10 h | 24 | 0:18:47 h | 9 | 1:14:57 h | MAK 40 | 96 |
| 19 | Letje, Stephan | 64 | MC Kollmar | 0:13:42 h | 25 | 0:41:34 h | 18 | 0:55:16 h | 22 | 0:20:10 h | 14 | 1:15:26 h | MAK 55 | 59 |
| 20 | Jasper, Jens | 70 | Norderstedt | 0:12:09 h | 20 | 0:41:56 h | 19 | 0:54:05 h | 17 | 0:23:14 h | 24 | 1:17:19 h | MAK 50 | 98 |
| 21 | Knoche, Sven | 86 | Premium Mobile Kuntz | 0:14:54 h | 28 | 0:40:00 h | 15 | 0:54:54 h | 21 | 0:23:07 h | 23 | 1:18:01 h | MAK 35 | 67 |
| 22 | Hunold, Michael | 65 | Steinbeis Papier | 0:11:20 h | 16 | 0:43:30 h | 23 | 0:54:50 h | 20 | 0:23:15 h | 25 | 1:18:05 h | MAK 55 | 84 |
| 23 | Saltik, Altay Alp | 71 | Hamburg | 0:11:48 h | 19 | 0:42:49 h | 22 | 0:54:37 h | 19 | 0:24:09 h | 26 | 1:18:46 h | MAK 50 | 73 |
| 24 | Koschek, Holger | 69 | TSV Wedel | 0:14:33 h | 27 | 0:44:19 h | 25 | 0:58:52 h | 25 | 0:20:44 h | 16 | 1:19:36 h | MAK 50 | 43 |
| 25 | Austen, Ingrid | 65 | Impalas Westküste | 0:11:40 h | 17 | 0:44:16 h | 24 | 0:55:56 h | 23 | 0:24:58 h | 28 | 1:20:54 h | W AK 55 | 1 |
| 26 | Holm, Helge | 92 | Marner TV | 0:16:36 h | 29 | 0:48:00 h | 28 | 1:04:36 h | 29 | 0:19:12 h | 10 | 1:23:48 h | MAK 30 | 83 |
| 27 | Thiedeitz, Kai | 62 | Eutin | 0:13:46 h | 26 | 0:46:21 h | 26 | 1:00:07 h | 26 | 0:24:57 h | 27 | 1:25:04 h | MAK 60 | 91 |
| 28 | Pfeil, Jörg | 73 | Brunsbüttel | 0:11:03 h | 14 | 0:51:47 h | 30 | 1:02:50 h | 28 | 0:22:24 h | 21 | 1:25:14 h | MAK 45 | 97 |
| 29 | Kulesa, Christian | 65 | TriOH | 0:13:33 h | 23 | 0:48:33 h | 29 | 1:02:06 h | 27 | 0:26:31 h | 29 | 1:28:37 h | MAK 55 | 56 |
| 30 | Krüger, Rabea | 96 | MTV St. Michaelisdonn | 0:18:43 h | 30 | 0:46:56 h | 27 | 1:05:39 h | 30 | 0:29:09 h | 30 | 1:34:48 h | W AK 25 | 4 |