

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischenzeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|-----------------------|----|---------------------------|-----------|-------|-----------|-------|--------------|--------|-----------|-------|------------|--------------|-----------|
| 1 | Sönksen, Peer | 98 | SC Neubrandenburg | 0:06:10 h | 1 | 0:38:19 h | 1 | 0:44:29 h | 1 | 0:17:01 h | 2 | 1:01:30 h | M J A | 799 |
| 2 | Petz, Andreas | 72 | Team Novo Nordisk | 0:07:00 h | 4 | 0:40:33 h | 5 | 0:47:33 h | 4 | 0:16:59 h | 1 | 1:04:32 h | M MK 40 | 848 |
| 3 | Jörgensen, Birger | 82 | USC Kiel | 0:06:53 h | 2 | 0:39:20 h | 2 | 0:46:13 h | 2 | 0:18:35 h | 6 | 1:04:48 h | M AK 3 | 840 |
| 4 | Orthmann, Volker | 66 | Tri Team Neumünster | 0:08:14 h | 20 | 0:39:47 h | 4 | 0:48:01 h | 5 | 0:18:50 h | 7 | 1:06:51 h | M MK 45 | 836 |
| 5 | Kratzenstein, Stefan | 80 | USC Kiel | 0:07:14 h | 5 | 0:41:02 h | 6 | 0:48:16 h | 7 | 0:18:51 h | 8 | 1:07:07 h | M AK 3 | 842 |
| 6 | Schluricke, Sebastian | 80 | TriAs Flensburg | 0:08:24 h | 24 | 0:39:43 h | 3 | 0:48:07 h | 6 | 0:19:44 h | 11 | 1:07:51 h | M AK 3 | 743 |
| 7 | Benecke, Torben | 75 | Trias-flensburg | --- | --- | --- | --- | 0:47:24 h | 3 | 0:21:37 h | 26 | 1:09:01 h | M AK 4 | 843 |
| 8 | Müller, Martin | 74 | USC Kiel | 0:07:19 h | 6 | 0:41:04 h | 7 | 0:48:23 h | 8 | 0:21:00 h | 21 | 1:09:23 h | M MK 40 | 793 |
| 9 | Kretz, Philip | 86 | Stader SV | 0:09:56 h | 53 | 0:41:49 h | 8 | 0:51:45 h | 23 | 0:17:47 h | 4 | 1:09:32 h | M AK 2 | 738 |
| 9 | Buck, Pascal | 92 | SG Athletico Büdelsdorf | 0:07:19 h | 6 | 0:44:23 h | 31 | 0:51:42 h | 22 | 0:17:50 h | 5 | 1:09:32 h | M AK 1 | 803 |
| 11 | Bolz, Philipp | 96 | LAV Husum | 0:07:43 h | 11 | 0:42:12 h | 12 | 0:49:55 h | 9 | 0:19:39 h | 9 | 1:09:34 h | M JUN | 832 |
| 12 | Andersen, Klaus | 79 | Team Fahrradstation | 0:08:10 h | 18 | 0:42:00 h | 9 | 0:50:10 h | 11 | 0:19:42 h | 10 | 1:09:52 h | M AK 4 | 853 |
| 13 | Müller, Philipp | 81 | SG Athletico Büdelsdorf | 0:09:03 h | 34 | 0:44:03 h | 28 | 0:53:06 h | 28 | 0:17:25 h | 3 | 1:10:31 h | M AK 3 | 778 |
| 14 | Schniedertöns, Dirk | 64 | SG Athletico Büdelsdorf | 0:06:55 h | 3 | 0:43:22 h | 22 | 0:50:17 h | 15 | 0:20:41 h | 16 | 1:10:58 h | M MK 50 | 838 |
| 15 | Bölke, Tobias | 94 | MTV- Leck | 0:08:10 h | 18 | 0:42:02 h | 10 | 0:50:12 h | 14 | 0:20:51 h | 18 | 1:11:03 h | M AK 1 | 808 |
| 16 | Abraham, Frank | 68 | currexSole | 0:07:55 h | 13 | 0:42:16 h | 13 | 0:50:11 h | 12 | 0:20:58 h | 20 | 1:11:09 h | M MK 45 | 769 |
| 17 | Hamann, Kay | 68 | Tri team Neumünster | 0:08:38 h | 27 | 0:42:42 h | 16 | 0:51:20 h | 18 | 0:20:12 h | 12 | 1:11:32 h | M MK 45 | 741 |
| 18 | Reimer, Roland | 65 | Team Erdinger Alkoholfrei | 0:07:49 h | 12 | 0:42:22 h | 14 | 0:50:11 h | 12 | 0:21:28 h | 25 | 1:11:39 h | M MK 45 | 785 |
| 19 | Wilker, Sebastian | 84 | USC Kiel | 0:07:59 h | 14 | 0:42:06 h | 11 | 0:50:05 h | 10 | 0:21:43 h | 27 | 1:11:48 h | M AK 3 | 823 |
| 20 | Niße, Timo | 67 | USC Kiel | 0:08:29 h | 26 | 0:43:35 h | 24 | 0:52:04 h | 26 | 0:20:45 h | 17 | 1:12:49 h | M MK 45 | 721 |
| 21 | Paysen, Arne | 68 | Fri Öowingsfloose | 0:09:17 h | 38 | 0:42:43 h | 17 | 0:52:00 h | 25 | 0:21:17 h | 24 | 1:13:17 h | M MK 45 | 800 |
| 22 | Thieme, Daniel | 73 | Borener sv | 0:08:04 h | 16 | 0:43:30 h | 23 | 0:51:34 h | 20 | 0:21:45 h | 28 | 1:13:19 h | M MK 40 | 791 |
| 23 | Schneider, Matthias | 66 | | 0:09:10 h | 36 | 0:43:40 h | 25 | 0:52:50 h | 27 | 0:20:30 h | 14 | 1:13:20 h | M MK 45 | 703 |
| 24 | Borkowski, Bernd | 66 | Triabolos | 0:08:16 h | 21 | 0:43:05 h | 21 | 0:51:21 h | 19 | 0:22:31 h | 35 | 1:13:52 h | M MK 45 | 744 |
| 25 | Vogel, Markus | 71 | BSG TÜV NORD | 0:08:07 h | 17 | 1:06:34 h | 86 | 1:14:41 h | 82 | 3:59:35 h | 89 | 1:14:16 h | M MK 40 | 775 |
| 26 | Martens, Henning | 72 | Triabolos | 0:08:52 h | 32 | 0:42:46 h | 18 | 0:51:38 h | 21 | 0:22:41 h | 38 | 1:14:19 h | M MK 40 | 745 |
| 27 | Wiegner, Björn | 85 | POST SV HEIDE | 0:09:18 h | 39 | 0:44:02 h | 27 | 0:53:20 h | 29 | 0:21:04 h | 22 | 1:14:24 h | M AK 2 | 718 |
| 28 | Schöttner, Axel | 68 | triabolos Hamburg | 0:07:39 h | 10 | 0:43:02 h | 19 | 0:50:41 h | 17 | 0:24:20 h | 52 | 1:15:01 h | M MK 45 | 835 |
| 29 | Gilgen, Jens-Uwe | 62 | MTV Leck | 0:09:51 h | 50 | 0:43:44 h | 26 | 0:53:35 h | 32 | 0:21:47 h | 29 | 1:15:22 h | M MK 50 | 781 |
| 30 | Claessen, Holger | 65 | Felm | 0:07:22 h | 8 | 0:46:14 h | 39 | 0:53:36 h | 33 | 0:21:59 h | 32 | 1:15:35 h | M MK 45 | 705 |
| 31 | Fabig, Sigurd | 61 | LAV Husum | 0:07:34 h | 9 | 0:43:02 h | 19 | 0:50:36 h | 16 | 0:25:11 h | 61 | 1:15:47 h | M MK 50 | 841 |
| 32 | Potten, Jan-Niklas | 88 | SG Athletico Buedelsdorf | 0:08:45 h | 30 | 0:44:42 h | 33 | 0:53:27 h | 30 | 0:22:41 h | 38 | 1:16:08 h | M AK 2 | 724 |
| 33 | Breidenbicher, Daniel | 72 | SV Langwedel | 0:09:55 h | 52 | 0:45:56 h | 37 | 0:55:51 h | 41 | 0:20:35 h | 15 | 1:16:26 h | M MK 40 | 736 |
| 34 | Karstensen, Johannes | 65 | LG Albatros Kiel | 0:09:36 h | 48 | 0:44:13 h | 29 | 0:53:49 h | 34 | 0:22:39 h | 37 | 1:16:28 h | M MK 45 | 829 |
| 35 | Wellbrock, Thorsten | 62 | TuS Holtenau Kiel | 0:09:58 h | 54 | 0:44:25 h | 32 | 0:54:23 h | 36 | 0:22:19 h | 34 | 1:16:42 h | M MK 50 | 828 |
| 36 | Blicke, Thomas | 71 | | 0:09:11 h | 37 | 0:44:16 h | 30 | 0:53:27 h | 30 | 0:23:16 h | 42 | 1:16:43 h | M MK 40 | 827 |
| 37 | Benthein, Detlef | 69 | 1. Flensburger Lauftreff | 0:09:28 h | 45 | 0:42:29 h | 15 | 0:51:57 h | 24 | 0:24:55 h | 57 | 1:16:52 h | M MK 45 | 849 |
| 38 | Rohwer, Clemens | 97 | Tri Team Neumünster | 0:08:43 h | 29 | 0:47:44 h | 46 | 0:56:27 h | 43 | 0:20:56 h | 19 | 1:17:23 h | M J A | 804 |
| 39 | Kock, Andre | 71 | | 0:09:07 h | 35 | 0:45:15 h | 35 | 0:54:22 h | 35 | 0:23:05 h | 41 | 1:17:27 h | M MK 40 | 713 |
| 40 | Westmann, Michael | 77 | SG Athletico Büdelsdorf | 0:08:46 h | 31 | 0:48:16 h | 48 | 0:57:02 h | 47 | 0:20:28 h | 13 | 1:17:30 h | M AK 4 | 730 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischenzeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|----------------------|----|---------------------------|-----------|-------|-----------|-------|--------------|--------|-----------|-------|------------|--------------|-----------|
| 41 | Große, Dirk | 69 | SG Athletico Büdelsdorf | 0:09:34 h | 47 | 0:45:59 h | 38 | 0:55:33 h | 40 | 0:22:01 h | 33 | 1:17:34 h | M MK 45 | 701 |
| 42 | Schrum, Stefan | 69 | SV Wiking Kiel | 0:09:26 h | 43 | 0:45:05 h | 34 | 0:54:31 h | 37 | 0:23:44 h | 48 | 1:18:15 h | M MK 45 | 702 |
| 43 | Doormann, Christoph | 79 | MTV Meggerdorf | 0:08:03 h | 15 | 0:46:46 h | 43 | 0:54:49 h | 39 | 0:23:39 h | 45 | 1:18:28 h | M AK 4 | 732 |
| 44 | Putzer, Jörg | 67 | | 0:08:58 h | 33 | 0:45:50 h | 36 | 0:54:48 h | 38 | 0:25:14 h | 63 | 1:20:02 h | M MK 45 | 731 |
| 45 | Preusse, Michael | 57 | Tsv Schleswig | 0:09:43 h | 49 | 0:46:21 h | 40 | 0:56:04 h | 42 | 0:24:18 h | 51 | 1:20:22 h | M MK 55 | 852 |
| 46 | Gürgen, Mehmet | 75 | | 0:10:42 h | 63 | 0:46:32 h | 41 | 0:57:14 h | 48 | 0:23:29 h | 44 | 1:20:43 h | M AK 4 | 797 |
| 47 | Müller, Egon | 56 | Eckernförder MTV | 0:08:19 h | 23 | 0:48:58 h | 51 | 0:57:17 h | 49 | 0:23:48 h | 49 | 1:21:05 h | M MK 55 | 844 |
| 48 | Nissen, Bernd | 62 | KSH-TEAM | 0:09:25 h | 42 | 0:47:29 h | 45 | 0:56:54 h | 46 | 0:24:33 h | 55 | 1:21:27 h | M MK 50 | 716 |
| 49 | Raith, Christian | 73 | | 0:11:45 h | 69 | 0:47:52 h | 47 | 0:59:37 h | 55 | 0:21:58 h | 31 | 1:21:35 h | M MK 40 | 824 |
| 50 | Koch, Thorsten | 62 | | 0:08:25 h | 25 | 0:49:46 h | 54 | 0:58:11 h | 50 | 0:23:27 h | 43 | 1:21:38 h | M MK 50 | 798 |
| 51 | Schimmer, Helmut | 46 | TSV Fahrdorf | 0:09:52 h | 51 | 0:46:36 h | 42 | 0:56:28 h | 44 | 0:26:40 h | 70 | 1:23:08 h | M MK 65 | 764 |
| 52 | Zürrer, Dominik | 78 | Trivelos Flensburg | 0:09:30 h | 46 | 0:47:13 h | 44 | 0:56:43 h | 45 | 0:26:31 h | 69 | 1:23:14 h | M AK 4 | 811 |
| 53 | Fromme, Roland | 62 | LG POWER-Schnecken Kiel | 0:09:23 h | 41 | 0:51:26 h | 58 | 1:00:49 h | 57 | 0:22:31 h | 35 | 1:23:20 h | M MK 50 | 740 |
| 54 | Schwalbe, Timo | 77 | FC St. Pauli | 0:10:28 h | 59 | 0:48:41 h | 50 | 0:59:09 h | 51 | 0:24:36 h | 56 | 1:23:45 h | M AK 4 | 746 |
| 55 | Ciolkowski, Ralf | 66 | | 0:10:32 h | 60 | 0:49:00 h | 52 | 0:59:32 h | 52 | 0:24:28 h | 54 | 1:24:00 h | M MK 45 | 755 |
| 56 | Reimann, Torsten | 87 | TSV Ladelund | 0:09:21 h | 40 | 0:50:22 h | 55 | 0:59:43 h | 56 | 0:24:22 h | 53 | 1:24:05 h | M AK 2 | 768 |
| 57 | Bolz, Stefan | 65 | LAV Husum | 0:10:04 h | 58 | 0:49:29 h | 53 | 0:59:33 h | 54 | 0:25:05 h | 59 | 1:24:38 h | M MK 45 | 833 |
| 58 | Jacobi, Christian | 79 | | 0:09:26 h | 43 | 0:53:24 h | 63 | 1:02:50 h | 62 | 0:23:42 h | 46 | 1:26:32 h | M AK 4 | 758 |
| 59 | Petersen, Christian | 80 | Tsv Schleswig | 0:13:36 h | 80 | 0:51:20 h | 57 | 1:04:56 h | 64 | 0:21:55 h | 30 | 1:26:51 h | M AK 3 | 851 |
| 60 | Heinemann, Peter | 49 | Tsv Schleswig | 0:10:56 h | 65 | 0:48:36 h | 49 | 0:59:32 h | 52 | 0:27:20 h | 74 | 1:26:52 h | M MK 65 | 710 |
| 61 | Weber, Gerald | 80 | | 0:11:36 h | 68 | 0:50:44 h | 56 | 1:02:20 h | 60 | 0:25:11 h | 61 | 1:27:31 h | M AK 3 | 809 |
| 62 | Uphaus, Nicolas | 78 | | 0:10:03 h | 57 | 0:51:50 h | 59 | 1:01:53 h | 59 | 0:25:40 h | 65 | 1:27:33 h | M AK 4 | 737 |
| 63 | San Cristobal, Marco | 75 | Danfoss | 0:08:41 h | 28 | 0:54:08 h | 65 | 1:02:49 h | 61 | 0:25:07 h | 60 | 1:27:56 h | M AK 4 | 820 |
| 64 | Graßnick, Nils | 72 | Flying-Kiwis Hürup | 0:08:18 h | 22 | 0:52:57 h | 61 | 1:01:15 h | 58 | 0:28:19 h | 78 | 1:29:34 h | M MK 40 | 757 |
| 65 | Müller, Volker | 68 | HSG Eider Harde | 0:10:39 h | 62 | 0:55:21 h | 68 | 1:06:00 h | 66 | 0:23:42 h | 46 | 1:29:42 h | M MK 45 | 826 |
| 66 | Meitzner, Nico | 68 | | 0:10:48 h | 64 | 0:54:13 h | 66 | 1:05:01 h | 65 | 0:24:58 h | 58 | 1:29:59 h | M MK 45 | 723 |
| 67 | Gnoyke, Matthias | 72 | Team-Erdinger-Alkoholfrei | 0:13:22 h | 77 | 0:53:11 h | 62 | 1:06:33 h | 68 | 0:23:48 h | 49 | 1:30:21 h | M MK 40 | 707 |
| 68 | Wingert, Artur | 81 | USC Kiel | 0:10:59 h | 66 | 0:52:23 h | 60 | 1:03:22 h | 63 | 0:28:17 h | 77 | 1:31:39 h | M AK 3 | 834 |
| 69 | Loof, Hauke | 66 | | 0:10:02 h | 56 | 0:56:12 h | 70 | 1:06:14 h | 67 | 0:25:58 h | 67 | 1:32:12 h | M MK 45 | 805 |
| 70 | Eichholz, Jörg | 61 | TS Schenefeld | 0:09:59 h | 55 | 0:57:37 h | 74 | 1:07:36 h | 70 | 0:25:19 h | 64 | 1:32:55 h | M MK 50 | 850 |
| 71 | Zulauf, Sebastian | 97 | TUS Rotenhof | 0:13:02 h | 75 | 0:58:13 h | 75 | 1:11:15 h | 76 | 0:22:44 h | 40 | 1:33:59 h | M J A | 796 |
| 72 | Hoppe, Ralf | 57 | TUS Bargstedt | 0:13:34 h | 79 | 0:54:06 h | 64 | 1:07:40 h | 71 | 0:26:25 h | 68 | 1:34:05 h | M MK 55 | 708 |
| 73 | Pöhlmann, Axel | 49 | | 0:12:06 h | 72 | 0:56:40 h | 71 | 1:08:46 h | 73 | 0:26:49 h | 71 | 1:35:35 h | M MK 65 | 776 |
| 74 | Dilschmann, Jörg | 69 | SCI Itzehoe | 0:12:11 h | 73 | 0:57:25 h | 73 | 1:09:36 h | 74 | 0:27:07 h | 73 | 1:36:43 h | M MK 45 | 735 |
| 75 | Dutz, Sören | 78 | Haus Söby | 0:13:31 h | 78 | 0:58:27 h | 76 | 1:11:58 h | 77 | 0:25:57 h | 66 | 1:37:55 h | M AK 4 | 753 |
| 76 | Hansen, Werner | 69 | TS Schenefeld | 0:11:09 h | 67 | 0:58:48 h | 77 | 1:09:57 h | 75 | 0:28:05 h | 76 | 1:38:02 h | M MK 45 | 739 |
| 77 | Schwarzer, Thomas | 56 | Haus Söby | 0:13:14 h | 76 | 0:54:16 h | 67 | 1:07:30 h | 69 | 0:30:51 h | 80 | 1:38:21 h | M MK 55 | 754 |
| 78 | Danker, Jörn | 57 | | 0:11:45 h | 69 | 0:55:57 h | 69 | 1:07:42 h | 72 | 0:31:31 h | 81 | 1:39:13 h | M MK 55 | 712 |
| 79 | Paasch, Lukas | 97 | Haus Söby | 0:15:38 h | 83 | 0:57:08 h | 72 | 1:12:46 h | 80 | 0:26:50 h | 72 | 1:39:36 h | M J A | 747 |
| 80 | Roth, Wolfgang | 66 | | 0:15:50 h | 85 | 0:59:25 h | 78 | 1:15:15 h | 84 | 0:27:35 h | 75 | 1:42:50 h | M MK 45 | 807 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischenzeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|-----------------|----|-----------------------|-----------|-------|-----------|-------|--------------|--------|-----------|-------|------------|--------------|-----------|
| 81 | Juhnke, Dennis | 94 | Haus Söby | 0:15:53 h | 86 | 1:05:48 h | 85 | 1:21:41 h | 87 | 0:21:13 h | 23 | 1:42:54 h | M AK 1 | 750 |
| 82 | Garszynski, Max | 99 | Haus Söby | 0:12:21 h | 74 | 0:59:40 h | 79 | 1:12:01 h | 78 | 0:31:49 h | 82 | 1:43:50 h | M J B | 749 |
| 83 | Kalwait, Oliver | 80 | Haus Söby | 0:15:46 h | 84 | 1:02:54 h | 84 | 1:18:40 h | 86 | 0:28:47 h | 79 | 1:47:27 h | M AK 3 | 751 |
| 84 | Parnow, Jürgen | 65 | Bredenbeker Renntiere | 0:10:36 h | 61 | 1:01:57 h | 82 | 1:12:33 h | 79 | 0:35:36 h | 85 | 1:48:09 h | M MK 45 | 772 |
| 85 | Kolle, Marvin | 99 | Haus Söby | 0:11:55 h | 71 | 1:02:03 h | 83 | 1:13:58 h | 81 | 0:36:04 h | 86 | 1:50:02 h | M J B | 748 |
| 86 | Plähn, Michael | 74 | | 0:13:40 h | 81 | 1:01:18 h | 81 | 1:14:58 h | 83 | 0:36:45 h | 87 | 1:51:43 h | M MK 40 | 831 |
| 87 | Wobser, Thomas | 69 | | 0:17:04 h | 88 | 1:00:22 h | 80 | 1:17:26 h | 85 | 0:35:01 h | 84 | 1:52:27 h | M MK 45 | 709 |
| 88 | Braune, Uwe | 54 | Raisdorfer TSV | 0:16:09 h | 87 | 1:11:13 h | 88 | 1:27:22 h | 89 | 0:31:56 h | 83 | 1:59:18 h | M MK 60 | 729 |
| 89 | Lander, Andre | 69 | Haus Söby | 0:15:23 h | 82 | 1:07:33 h | 87 | 1:22:56 h | 88 | 0:37:52 h | 88 | 2:00:48 h | M MK 45 | 752 |