

| 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 | Johannsen, Leif | 97 | Schleswig-Holstein Netz Triat | 0:08:21 h | 1 | 0:39:27 h | 1 | 0:47:48 h | 1 | 0:19:34 h | 7 | 1:07:22 h | M AK 20 | 785 |
| 2 | Wichmann, Frank | 75 | SG Athletico Büdelsdorf | 0:09:00 h | 4 | 0:41:48 h | 3 | 0:50:48 h | 2 | 0:18:47 h | 2 | 1:09:35 h | M AK 40 | 776 |
| 3 | Schnoedewind, Lukas | 96 | triTeam triZack Rostock | 0:08:22 h | 2 | 0:42:30 h | 4 | 0:50:52 h | 3 | 0:19:06 h | 5 | 1:09:58 h | M AK 20 | 738 |
| 4 | Oelerich, Jan | 88 | DT Swiss Factory Squad | 0:13:22 h | 49 | 0:39:43 h | 2 | 0:53:05 h | 4 | 0:18:45 h | 1 | 1:11:50 h | M AK 30 | 708 |
| 5 | Janke, Tim | 90 | Schleswig-Holstein Netz Triat | 0:09:00 h | 4 | 0:44:34 h | 8 | 0:53:34 h | 6 | 0:19:54 h | 8 | 1:13:28 h | M AK 25 | 758 |
| 6 | Heesch, Frederik | 85 | Tri Team NMS | 0:10:12 h | 14 | 0:42:54 h | 5 | 0:53:06 h | 5 | 0:20:43 h | 12 | 1:13:49 h | M AK 30 | 798 |
| 7 | Lorenz, Lovis | 00 | | 0:09:06 h | 6 | 0:46:36 h | 16 | 0:55:42 h | 13 | 0:18:59 h | 4 | 1:14:41 h | M JUN | 828 |
| 8 | Krüger, Marcel | 95 | SC Itzehoe | 0:11:21 h | 22 | 0:44:31 h | 7 | 0:55:52 h | 14 | 0:20:02 h | 9 | 1:15:54 h | M AK 20 | 719 |
| 9 | Wölk, Stephan | 89 | | 0:09:49 h | 9 | 0:45:40 h | 11 | 0:55:29 h | 11 | 0:20:48 h | 13 | 1:16:17 h | M AK 25 | 752 |
| 10 | Breidenbicher, Daniel | 72 | SV Langwedel | 0:09:59 h | 13 | 0:45:27 h | 10 | 0:55:26 h | 9 | 0:21:11 h | 15 | 1:16:37 h | M AK 45 | 740 |
| 11 | Grötsch, Thomas | 79 | LTV Kiel-Ost | 0:11:30 h | 24 | 0:44:57 h | 9 | 0:56:27 h | 15 | 0:20:17 h | 10 | 1:16:44 h | M AK 35 | 790 |
| 12 | Mrugalla, Felix | 93 | | 0:08:50 h | 3 | 0:46:31 h | 15 | 0:55:21 h | 7 | 0:21:40 h | 17 | 1:17:01 h | M AK 25 | 772 |
| 13 | Sticken, Gunnar | 74 | | 0:09:52 h | 10 | 0:45:48 h | 12 | 0:55:40 h | 12 | 0:21:43 h | 18 | 1:17:23 h | M AK 40 | 823 |
| 14 | Schönlau, Roman | 70 | Rad-Treff Borchen | 0:09:44 h | 8 | 0:47:36 h | 19 | 0:57:20 h | 18 | 0:22:02 h | 21 | 1:19:22 h | M AK 45 | 777 |
| 15 | Schlüter, Jörn | 73 | | 0:11:01 h | 18 | 0:44:21 h | 6 | 0:55:22 h | 8 | 0:24:05 h | 40 | 1:19:27 h | M AK 45 | 753 |
| 16 | Hill, Mario | 62 | Tri Endurance Germany | 0:11:19 h | 21 | 0:45:52 h | 13 | 0:57:11 h | 17 | 0:22:20 h | 23 | 1:19:31 h | M AK 55 | 739 |
| 17 | Kelling, Fabian | 84 | BSV Friesen | 0:11:27 h | 23 | 0:47:42 h | 20 | 0:59:09 h | 19 | 0:20:29 h | 11 | 1:19:38 h | M AK 30 | 768 |
| 18 | Mrugalla, Martin | 60 | | 0:09:19 h | 7 | 0:46:08 h | 14 | 0:55:27 h | 10 | 0:24:16 h | 44 | 1:19:43 h | M AK 55 | 770 |
| 19 | Schöttner, Axel | 68 | triabolos HH | 0:09:53 h | 11 | 0:47:14 h | 18 | 0:57:07 h | 16 | 0:24:15 h | 42 | 1:21:22 h | M AK 50 | 791 |
| 20 | Große, Dirk | 69 | SG Athletico Büdelsdorf | --- | --- | --- | --- | 1:01:14 h | 22 | 0:21:54 h | 20 | 1:23:08 h | M AK 45 | 795 |
| 21 | Gosch, Thomas | 59 | Athletico büdelsdorf | 0:12:46 h | 41 | 0:47:06 h | 17 | 0:59:52 h | 20 | 0:24:02 h | 38 | 1:23:54 h | M AK 55 | 710 |
| 22 | Brauer, Tobias | 66 | | 0:09:54 h | 12 | 0:52:41 h | 36 | 1:02:35 h | 26 | 0:22:26 h | 24 | 1:25:01 h | M AK 50 | 846 |
| 23 | Fromme, Roland | 62 | LG POWER-Schnecken Kiel | 0:12:29 h | 37 | 0:50:28 h | 26 | 1:02:57 h | 29 | 0:22:10 h | 22 | 1:25:07 h | M AK 55 | 794 |
| 24 | Staack, Alexander | 85 | EMTV | 0:12:38 h | 40 | 0:49:40 h | 24 | 1:02:18 h | 23 | 0:23:14 h | 33 | 1:25:32 h | M AK 30 | 706 |
| 24 | Dannenbergh, Hans-Peter | 62 | SH - Netz /Dannenbergh.Traini | 0:11:32 h | 25 | 0:50:56 h | 28 | 1:02:28 h | 25 | 0:23:04 h | 29 | 1:25:32 h | M AK 55 | 799 |
| 26 | Voigt, Jan | 66 | Schleswig-Holstein Netz Triat | 0:12:20 h | 33 | 0:50:43 h | 27 | 1:03:03 h | 30 | 0:22:36 h | 26 | 1:25:39 h | M AK 50 | 757 |
| 27 | Krüger, Björn | 84 | Eisteealarm | 0:11:37 h | 27 | 0:52:40 h | 35 | 1:04:17 h | 34 | 0:21:53 h | 19 | 1:26:10 h | M AK 30 | 742 |
| 28 | Vogt, Tobias | 91 | | 0:14:15 h | 57 | 0:51:20 h | 29 | 1:05:35 h | 39 | 0:20:58 h | 14 | 1:26:33 h | M AK 25 | 750 |
| 29 | Redepenning, Stefan | 70 | Tri Team Neumünster | 0:11:11 h | 20 | 0:51:57 h | 32 | 1:03:08 h | 31 | 0:23:31 h | 37 | 1:26:39 h | M AK 45 | 810 |
| 30 | Balzer, Sven | 72 | Schleswig-Holstein Netz Triat | 0:10:53 h | 17 | 0:51:54 h | 31 | 1:02:47 h | 28 | 0:24:04 h | 39 | 1:26:51 h | M AK 45 | 713 |
| 31 | Hornig, Thorsten | 68 | Westerrönfeld | 0:11:33 h | 26 | 0:52:15 h | 33 | 1:03:48 h | 32 | 0:23:11 h | 32 | 1:26:59 h | M AK 50 | 756 |
| 32 | Reiter, Arvid | 94 | | 0:11:38 h | 28 | 0:54:02 h | 40 | 1:05:40 h | 40 | 0:21:28 h | 16 | 1:27:08 h | M AK 20 | 813 |
| 33 | Schröder, Julian | 85 | USC Kiel | 0:11:41 h | 30 | 0:52:37 h | 34 | 1:04:18 h | 35 | 0:22:56 h | 28 | 1:27:14 h | M AK 30 | 709 |
| 34 | Marcussen, Timo | 74 | Schleswig-Holstein Netz Triat | 0:11:38 h | 28 | 0:53:29 h | 39 | 1:05:07 h | 37 | 0:23:10 h | 31 | 1:28:17 h | M AK 40 | 784 |
| 35 | Jetschke, Matten | 64 | TSV Lesum | 0:10:37 h | 15 | 0:49:53 h | 25 | 1:00:30 h | 21 | 0:27:53 h | 62 | 1:28:23 h | M AK 50 | 723 |
| 36 | Rexhepi, Richard | 00 | Schleswig-Holstein Netz Triat | 0:13:15 h | 47 | 0:49:11 h | 23 | 1:02:26 h | 24 | 0:26:00 h | 54 | 1:28:26 h | M JUN | 847 |
| 37 | Lahann, Thomas | 83 | Schleswig-Holstein Netz Triat | 0:12:25 h | 36 | 0:52:56 h | 38 | 1:05:21 h | 38 | 0:23:19 h | 35 | 1:28:40 h | M AK 35 | 761 |
| 38 | Schäfer, Dennis | 92 | | 0:14:50 h | 59 | 0:55:16 h | 49 | 1:10:06 h | 53 | 0:18:47 h | 2 | 1:28:53 h | M AK 25 | 735 |
| 39 | Wolf, Marcel | 81 | | 0:10:44 h | 16 | 0:54:57 h | 46 | 1:05:41 h | 41 | 0:23:14 h | 33 | 1:28:55 h | M AK 35 | 747 |
| 40 | Evers, Nils | 77 | SC-Itzehoe | 0:13:38 h | 52 | 0:49:05 h | 22 | 1:02:43 h | 27 | 0:26:35 h | 58 | 1:29:18 h | M AK 40 | 773 |

| 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 | Gehler, Stefan | 85 | Schleswig-Holstein Netz Triat | 0:14:00 h | 54 | 0:52:41 h | 36 | 1:06:41 h | 42 | 0:23:28 h | 36 | 1:30:09 h | MAK 30 | 789 |
| 42 | Schulze, Marcus | 81 | | 0:16:05 h | 64 | 0:48:28 h | 21 | 1:04:33 h | 36 | 0:25:46 h | 51 | 1:30:19 h | MAK 35 | 731 |
| 43 | Meißner, Björn | 94 | USC Kiel | 0:14:06 h | 55 | 0:54:03 h | 41 | 1:08:09 h | 46 | 0:23:08 h | 30 | 1:31:17 h | MAK 20 | 736 |
| 44 | Hasner, Mario | 71 | Kmtv | 0:12:24 h | 35 | 0:54:18 h | 43 | 1:06:42 h | 43 | 0:24:40 h | 45 | 1:31:22 h | MAK 45 | 716 |
| 45 | Sauerwald, Holger | 67 | MTB Treff Varel | 0:12:23 h | 34 | 0:51:25 h | 30 | 1:03:48 h | 32 | 0:28:45 h | 66 | 1:32:33 h | MAK 50 | 821 |
| 46 | Brüning, Claas | 65 | TSG Bad Segeberg eV | 0:11:06 h | 19 | 0:57:31 h | 58 | 1:08:37 h | 50 | 0:24:15 h | 42 | 1:32:52 h | MAK 50 | 800 |
| 47 | Jetschke, Claas | 96 | TSV Lesum | 0:14:57 h | 60 | 0:55:57 h | 53 | 1:10:54 h | 56 | 0:22:52 h | 27 | 1:33:46 h | MAK 20 | 722 |
| 48 | Abel, Moritz | 96 | TSV Lütjenburg | 0:12:37 h | 39 | 1:01:41 h | 65 | 1:14:18 h | 65 | 0:19:29 h | 6 | 1:33:47 h | MAK 20 | 838 |
| 49 | Erdmann, Christian | 86 | Tri-Verein Thesi | 0:13:12 h | 46 | 0:55:10 h | 48 | 1:08:22 h | 48 | 0:25:31 h | 49 | 1:33:53 h | MAK 30 | 704 |
| 50 | Rohwer, Nils | 71 | Schleswig-Holstein Netz Triat | 0:14:08 h | 56 | 0:54:38 h | 44 | 1:08:46 h | 51 | 0:25:56 h | 53 | 1:34:42 h | MAK 45 | 783 |
| 51 | Adlophsen, Ilja | 71 | Schleswig-Holstein Netz Triat | 0:13:09 h | 45 | 0:55:01 h | 47 | 1:08:10 h | 47 | 0:26:33 h | 57 | 1:34:43 h | MAK 45 | 807 |
| 52 | Mexner, Benedikt | 78 | Schleswig-Holstein Netz Triat | 0:13:00 h | 44 | 0:57:10 h | 57 | 1:10:10 h | 54 | 0:24:44 h | 46 | 1:34:54 h | MAK 40 | 771 |
| 53 | Kruse, Jens | 69 | | 0:12:19 h | 32 | 0:54:44 h | 45 | 1:07:03 h | 45 | 0:28:23 h | 64 | 1:35:26 h | MAK 45 | 796 |
| 54 | Hansen, Martin | 87 | | 0:11:43 h | 31 | 0:57:37 h | 59 | 1:09:20 h | 52 | 0:26:23 h | 56 | 1:35:43 h | MAK 30 | 822 |
| 55 | Rohde, Kim | 89 | | --- | --- | --- | --- | 1:10:19 h | 55 | 0:25:40 h | 50 | 1:35:59 h | MAK 25 | 743 |
| 56 | Letje, Stephan | 64 | MC Kollmar | 0:15:23 h | 62 | 0:56:32 h | 56 | 1:11:55 h | 58 | 0:24:13 h | 41 | 1:36:08 h | MAK 50 | 702 |
| 57 | Streng, Marco | 68 | | 0:12:47 h | 42 | 0:54:13 h | 42 | 1:07:00 h | 44 | 0:29:40 h | 67 | 1:36:40 h | MAK 50 | 825 |
| 58 | Tiessen, Oliver | 71 | Schleswig-Holstein Netz Triat | 0:15:02 h | 61 | 0:56:04 h | 54 | 1:11:06 h | 57 | 0:25:54 h | 52 | 1:37:00 h | MAK 45 | 786 |
| 59 | Schubert, Meik | 63 | | 0:16:18 h | 65 | 0:55:38 h | 50 | 1:11:56 h | 59 | 0:26:37 h | 59 | 1:38:33 h | MAK 55 | 805 |
| 60 | Marquardt, Andreas | 73 | Schleswig-Holstein Netz Triat | 0:17:50 h | 69 | 0:55:55 h | 52 | 1:13:45 h | 62 | 0:24:50 h | 47 | 1:38:35 h | MAK 45 | 700 |
| 61 | Mäckelmann, Ralf | 64 | SVHU Laufenten | 0:13:31 h | 51 | 1:00:28 h | 62 | 1:13:59 h | 64 | 0:25:07 h | 48 | 1:39:06 h | MAK 50 | 737 |
| 62 | Schönfeld, Frank | 57 | EnSfr | 0:12:34 h | 38 | 0:55:51 h | 51 | 1:08:25 h | 49 | 0:30:58 h | 69 | 1:39:23 h | MAK 60 | 724 |
| 63 | Deckert, Frank | 86 | | 0:13:20 h | 48 | --- | 1 | --- | 49 | --- | 1 | 1:40:00 h | MAK 30 | 824 |
| 64 | Meyer, Roland | 63 | TuS Rotenhof | 0:12:50 h | 43 | 0:59:32 h | 61 | 1:12:22 h | 60 | 0:28:31 h | 65 | 1:40:53 h | MAK 55 | 764 |
| 65 | Rambow, Alexander | 89 | Flensburg Sporskifte UF | 0:17:33 h | 68 | 0:56:24 h | 55 | 1:13:57 h | 63 | 0:27:17 h | 61 | 1:41:14 h | MAK 25 | 826 |
| 66 | Ahrens, Heiko | 77 | | 0:15:29 h | 63 | 0:57:47 h | 60 | 1:13:16 h | 61 | 0:28:00 h | 63 | 1:41:16 h | MAK 40 | 818 |
| 67 | Lorenz, Christian | 77 | Schleswig-Holstein Netz Triat | 0:13:56 h | 53 | 1:01:07 h | 63 | 1:15:03 h | 66 | 0:27:14 h | 60 | 1:42:17 h | MAK 40 | 754 |
| 68 | Heintz, Mathias | 80 | | 0:16:59 h | 66 | 1:03:53 h | 67 | 1:20:52 h | 69 | 0:22:31 h | 25 | 1:43:23 h | MAK 35 | 820 |
| 69 | Pauker, Martin | 83 | | 0:13:24 h | 50 | 1:03:48 h | 66 | 1:17:12 h | 68 | 0:26:18 h | 55 | 1:43:30 h | MAK 35 | 744 |
| 70 | Rehder, Ole | 80 | Gartenfreunde Neuenbrook | 0:14:37 h | 58 | 1:01:39 h | 64 | 1:16:16 h | 67 | 0:29:42 h | 68 | 1:45:58 h | MAK 35 | 762 |
| 71 | Then, Rudolf | 48 | TSG Marxheim | 0:18:38 h | 70 | 1:05:28 h | 68 | 1:24:06 h | 70 | 0:32:32 h | 70 | 1:56:38 h | MAK 70 | 763 |
| 72 | Weimann, Frank | 56 | TSB Flensburgs | 0:17:24 h | 67 | 1:10:25 h | 69 | 1:27:49 h | 71 | 0:34:19 h | 71 | 2:02:08 h | MAK 60 | 827 |