

Inhaltsverzeichnis

Die nachfolgenden Tabellen (siehe unten) enthalten folgende Ergebnisauswertungen vom RUN + BIKE am 12. Mai 2022:

1. Gesamtwertung (Einlaufliste einschl. Staffeln)
2. Einzelwertung (Einlaufliste ohne Staffeln)
3. Altersklassenwertung Einzel gesamt (ohne Staffeln)
4. Staffelwertung Gesamt
5. Staffelwertung AK-Wertung
6. Betriebssportverband Hamburg - Einlaufliste
7. Betriebssportverband Hamburg - Altersklassenwertung
8. 17. Hamburger RUN + BIKE - Meisterschaft - Einlaufliste
9. 17. Hamburger RUN + BIKE - Meisterschaft - Altersklassenwertung
10. Wettkampf nicht beendet / Disqualifiziert
11. Übersicht der jeweils 3 Erstplatzierten

Ellerau, den 21. Mai 2022

René Croissier

Gesamtwertung (Einlaufliste einschl. Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|---------------------|-----|--------------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|-----------|-------|
| 1 | M | Ferner, Fritz | 86 | RADPACK | 0:18:16 | 1 | 0:49:41 | 1 | 1:07:57 | 1 | 0:37:10 | 1 | 1:45:07 | M 35 | 140 |
| 2 | M | von Schmeling, Finn | 98 | Tri Michels Hamburg | 0:19:49 | 5 | 0:52:03 | 2 | 1:11:52 | 2 | 0:42:07 | 6 | 1:53:59 | M 20 | 172 |
| 3 | | Kampa, Pawel | 80 | SV Großhansdorf | 0:19:37 | 2 | 0:54:26 | 6 | 1:14:03 | 6 | 0:40:55 | 2 | 1:54:58 | M 40 | 114 |
| 4 | B | Martin Amat, Sergio | 82 | BSG C.D. TRIATLON EL EJIDO | 0:20:27 | 10 | 0:53:00 | 3 | 1:13:27 | 3 | 0:41:58 | 3 | 1:55:25 | M 40 | 126 |
| 5 | M | Krug, Christian | 84 | Triabolos Hamburg | 0:19:44 | 3 | 0:54:11 | 5 | 1:13:55 | 4 | 0:42:48 | 8 | 1:56:43 | M 35 | 133 |
| 6 | M | Gayer, Sören | 88 | Kaifu Tri Team | 0:19:50 | 6 | 0:56:42 | 17 | 1:16:32 | 8 | 0:43:00 | 10 | 1:59:32 | M 30 | 145 |
| 7 | M | Paulus, Marvin | 90 | Triathlon Team Hamburg | 0:21:36 | 32 | 0:55:40 | 10 | 1:17:16 | 11 | 0:42:35 | 7 | 1:59:51 | M 30 | 153 |
| 8 | | Bick, Ralf | 80 | Tri Fun Güstrow | 0:19:54 | 8 | 0:54:01 | 4 | 1:13:55 | 4 | 0:46:24 | 26 | 2:00:19 | M 40 | 117 |
| 9 | M | Biermann, Christian | 73 | TuS Holstein Quickborn | 0:21:04 | 14 | 0:56:23 | 16 | 1:17:27 | 13 | 0:43:22 | 11 | 2:00:49 | M 45 | 76 |
| 10 | | Steinke, Philipp | 79 | SG Wasserratten Norderstedt | 0:20:45 | 11 | 0:56:22 | 15 | 1:17:07 | 10 | 0:44:00 | 15 | 2:01:07 | M 40 | 105 |
| 11 | | Sass, Fabian | 81 | BSG STILL | 0:21:08 | 16 | 0:58:19 | 35 | 1:19:27 | 28 | 0:42:02 | 4 | 2:01:29 | M 40 | 119 |
| 12 | S | TIGERteam | | LEGEAI, Fredelake | 0:20:57 | 13 | 0:55:08 | 7 | 1:16:05 | 7 | 0:46:14 | 23 | 2:02:19 | Staffel-M | 438 |
| 13 | M | Dannehl, Jan | 69 | Triabolos Hamburg | 0:21:31 | 27 | 0:57:41 | 29 | 1:19:12 | 25 | 0:43:39 | 12 | 2:02:51 | M 50 | 56 |
| 14 | B | Leidecker, Ingo | 74 | BSG Commerzbank | 0:21:29 | 23 | 0:56:10 | 12 | 1:17:39 | 15 | 0:45:17 | 19 | 2:02:56 | M 45 | 83 |
| 15 | B | Wienecke, Dennis | 79 | BSG NDR | 0:21:39 | 34 | 0:57:16 | 21 | 1:18:55 | 21 | 0:44:07 | 16 | 2:03:02 | M 40 | 106 |
| 16 | | Sedelmaier, Frank | 77 | Triathlon Team Hamburger Hochschulen | 0:21:58 | 44 | 0:58:12 | 32 | 1:20:10 | 37 | 0:42:58 | 9 | 2:03:08 | M 45 | 95 |
| 17 | M | Bergau, Lars | 78 | Triathlon Team Hamburg | 0:21:30 | 25 | 0:57:17 | 22 | 1:18:47 | 18 | 0:44:37 | 17 | 2:03:24 | M 40 | 100 |
| 18 | | Klok, Gerrit-Jan | 73 | MC Pirate | 0:21:22 | 19 | 0:56:13 | 14 | 1:17:35 | 14 | 0:46:46 | 31 | 2:04:21 | M 45 | 77 |
| 19 | M | Arndt, Sebastian | 85 | Triathlon Team Hamburg | 0:20:06 | 9 | 1:00:26 | 55 | 1:20:32 | 40 | 0:43:59 | 14 | 2:04:31 | M 35 | 134 |
| 20 | | Warneck, Marco | 78 | Tri Endurance Germany | 0:21:11 | 17 | 0:57:37 | 28 | 1:18:48 | 19 | 0:46:06 | 22 | 2:04:54 | M 40 | 104 |
| 21 | M | Friedrichs, Torben | 92 | Triathlon Team Hamburg | 0:21:35 | 30 | 0:56:57 | 20 | 1:18:32 | 16 | 0:47:52 | 40 | 2:06:24 | M 30 | 161 |
| 22 | | Befuß, Björn | 88 | | 0:21:48 | 37 | 0:57:29 | 26 | 1:19:17 | 27 | 0:47:11 | 35 | 2:06:28 | M 30 | 147 |
| 23 | | Rathjen, Christian | 86 | Buxtehuder SV | 0:22:08 | 46 | 0:57:59 | 31 | 1:20:07 | 34 | 0:46:23 | 25 | 2:06:30 | M 35 | 143 |
| 24 | | Mireisz, Bernhard | 78 | Tri-Sport Lübeck | 0:21:58 | 44 | 0:57:52 | 30 | 1:19:50 | 31 | 0:46:42 | 30 | 2:06:32 | M 40 | 99 |
| 25 | M | Claudius, Stephan | 59 | MC Pirate | 0:21:49 | 38 | 0:58:27 | 39 | 1:20:16 | 38 | 0:46:22 | 24 | 2:06:38 | M 60 | 35 |
| 26 | | Friedrichsen, Nils | 78 | SG Wasserratten Norderstedt | 0:21:32 | 28 | 0:58:13 | 34 | 1:19:45 | 30 | 0:47:03 | 34 | 2:06:48 | M 40 | 102 |
| 27 | M | Pätzold, Ingo | 68 | FC St. Pauli Triathlon / BSG NG TRNG | 0:21:53 | 39 | 0:56:51 | 18 | 1:18:44 | 17 | 0:48:07 | 41 | 2:06:51 | M 50 | 52 |
| 28 | | LEGEAI, Bruno | 71 | Tiger Team Fassberg | 0:21:55 | 40 | 0:57:21 | 24 | 1:19:16 | 26 | 0:47:47 | 39 | 2:07:03 | M 50 | 67 |
| 29 | | Uhl, Peter | 62 | Buxtehuder SV | 0:21:28 | 22 | 0:59:56 | 48 | 1:21:24 | 44 | 0:45:40 | 20 | 2:07:04 | M 60 | 38 |
| 30 | | Wiedenhofer, Marco | 70 | Tri Endurance Germany | 0:21:45 | 36 | 0:58:23 | 38 | 1:20:08 | 35 | 0:47:13 | 36 | 2:07:21 | M 50 | 62 |
| 31 | | Frick, Axel | 62 | Trimaniacs | 0:21:29 | 23 | 0:58:36 | 40 | 1:20:05 | 33 | 0:47:29 | 38 | 2:07:34 | M 60 | 36 |
| 32 | | Reimann, Mirko | 77 | Team Erdinger Alkoholfrei | 0:19:51 | 7 | 1:05:53 | 92 | 1:25:44 | 64 | 0:42:05 | 5 | 2:07:49 | M 45 | 94 |
| 33 | | Röschmann, Niels | 94 | VfL Hamburg 93 | 0:23:16 | 65 | 0:58:40 | 41 | 1:21:56 | 46 | 0:46:24 | 26 | 2:08:20 | M 20 | 167 |
| 34 | | Wilde, Mike | 70 | | 0:23:30 | 69 | 0:55:26 | 8 | 1:18:56 | 22 | 0:49:32 | 52 | 2:08:28 | M 50 | 61 |
| 34 | | Kassner, Ulrich | 80 | | 0:21:30 | 25 | 0:55:31 | 9 | 1:17:01 | 9 | 0:51:27 | 70 | 2:08:28 | M 40 | 112 |

Gesamtwertung (Einlaufliste einschl. Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|---------------------------------|--------|------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|-----------|-------|
| 36 | | Detlefs, Mirko | 70 | Tru Team Eisenhart Hamburg | 0:22:16 | 49 | 0:58:12 | 32 | 1:20:28 | 39 | 0:48:10 | 42 | 2:08:38 | M 50 | 75 |
| 37 | | Jakobs, Gerrit | 78 | Hanseatic Tri Team | 0:21:33 | 29 | 0:57:18 | 23 | 1:18:51 | 20 | 0:50:25 | 58 | 2:09:16 | M 40 | 101 |
| 38 | | Brell, Michael | 65 | SG Wasserratten Norderstedt | 0:23:29 | 68 | 0:56:00 | 11 | 1:19:29 | 29 | 0:50:15 | 56 | 2:09:44 | M 55 | 42 |
| 39 | M | Meyer, Björn | 69 | Tri-Bandits TSG Bergedorf | 0:20:50 | 12 | 0:58:21 | 36 | 1:19:11 | 24 | 0:50:34 | 59 | 2:09:45 | M 50 | 59 |
| 40 | | Bruhn, Marc | 75 | SG Wasserratten Norderstedt | 0:22:08 | 46 | 0:56:53 | 19 | 1:19:01 | 23 | 0:50:47 | 61 | 2:09:48 | M 45 | 87 |
| 41 | | Blase, Danny | 88 | SG Athletico Büdelsdorf | 0:22:19 | 50 | 1:01:33 | 62 | 1:23:52 | 52 | 0:45:59 | 21 | 2:09:51 | M 30 | 146 |
| 42 | | Toussaint, Sebastien | 74 | Tiger Team Fassberg | 0:21:26 | 20 | 0:59:34 | 45 | 1:21:00 | 42 | 0:49:23 | 51 | 2:10:23 | M 45 | 85 |
| 43 | | Iampietro, Nicolas | 82 | Tiger Team Fassberg | 0:22:36 | 56 | 1:03:29 | 73 | 1:26:05 | 66 | 0:44:41 | 18 | 2:10:46 | M 40 | 125 |
| 44 | M | Lützen, Lea | 0 | FC St. Pauli Triathlon | 0:22:25 | 53 | 0:57:34 | 27 | 1:19:59 | 32 | 0:50:58 | 64 | 2:10:57 | W 20 | 30 |
| 45 | | Kreis, Kristian | 89 | | 0:23:23 | 66 | 1:01:17 | 60 | 1:24:40 | 60 | 0:46:26 | 28 | 2:11:06 | M 30 | 148 |
| 46 | S | Quickis | | Kaschke, Ludwig | 0:21:41 | 35 | 1:02:54 | 72 | 1:24:35 | 57 | 0:46:54 | 32 | 2:11:29 | Staffel-M | 434 |
| 47 | S | Monk und Maschine | | Wasmundt, Siegmeier | 0:22:48 | 57 | 0:57:21 | 24 | 1:20:09 | 36 | 0:51:38 | 71 | 2:11:47 | Staffel-W | 401 |
| 48 | M | Haberstock, Philipp | 71 | Triabolos Hamburg | 0:22:15 | 48 | 0:59:13 | 43 | 1:21:28 | 45 | 0:50:55 | 63 | 2:12:23 | M 50 | 68 |
| 49 | M | Sturm, Volker | 65 | Kaifu Tri Team | 0:21:07 | 15 | 1:00:00 | 50 | 1:21:07 | 43 | 0:51:24 | 69 | 2:12:31 | M 55 | 43 |
| 50 | | Klewer, Michael | 77 | Tri Fun Güstrow | 0:24:07 | 77 | 0:59:47 | 47 | 1:23:54 | 54 | 0:48:44 | 44 | 2:12:38 | M 45 | 93 |
| 51 | | Kock, Lars | 70 | TC Fiko Rostock | 0:21:55 | 40 | 1:01:48 | 64 | 1:23:43 | 48 | 0:49:06 | 48 | 2:12:49 | M 50 | 60 |
| 52 | | Schwärzel, Ricky | 79 | BSG NDR | 0:21:26 | 20 | 0:59:26 | 44 | 1:20:52 | 41 | 0:52:17 | 77 | 2:13:09 | M 40 | 107 |
| 53 | | Raming, Jan | 83 | Kaifu Tri Team | 0:21:38 | 33 | 1:04:48 | 87 | 1:26:26 | 70 | 0:46:57 | 33 | 2:13:23 | M 35 | 128 |
| 54 | B | Femerling, Lisa | 93 | BSG OTTO / Triathlon Team HH | 0:23:46 | 71 | 1:02:25 | 67 | 1:26:11 | 67 | 0:47:24 | 37 | 2:13:35 | W 20 | 25 |
| 55 | | Escudero, Miguel | 79 | | 0:22:34 | 55 | 1:04:35 | 85 | 1:27:09 | 77 | 0:46:32 | 29 | 2:13:41 | M 40 | 108 |
| 56 | S | Kosmetik Katrin Schulte | Ebster | Lehmann, Schulte | 0:19:46 | 4 | 1:10:31 | 114 | 1:30:17 | 87 | 0:43:41 | 13 | 2:13:58 | Staffel-M | 431 |
| 57 | S | radlos laufen als fußlos radeln | | Huth, Bertrams, Wilhelm | 0:23:12 | 62 | 1:00:55 | 58 | 1:24:07 | 55 | 0:50:16 | 57 | 2:14:23 | Staffel-M | 435 |
| 58 | M | Hildebrandt, Dirk | 63 | Verein Aktive Freizeit | 0:24:06 | 76 | 0:59:41 | 46 | 1:23:47 | 51 | 0:51:04 | 66 | 2:14:51 | M 55 | 41 |
| 59 | | Becker, Kaya | 92 | | 0:21:57 | 42 | 1:01:48 | 64 | 1:23:45 | 50 | 0:51:21 | 68 | 2:15:06 | W 30 | 23 |
| 60 | | Cox, Daniel | 90 | | 0:21:35 | 30 | 1:04:38 | 86 | 1:26:13 | 68 | 0:48:56 | 45 | 2:15:09 | M 30 | 150 |
| 60 | | Lomberg, Malte | 90 | Erdinger Active Team | 0:25:02 | 88 | 0:58:21 | 36 | 1:23:23 | 47 | 0:51:46 | 73 | 2:15:09 | M 30 | 155 |
| 62 | M | Weller, Mats | 93 | FC St. Pauli Triathlon | 0:23:06 | 59 | 1:02:27 | 68 | 1:25:33 | 62 | 0:49:38 | 53 | 2:15:11 | M 20 | 164 |
| 63 | | Feidieker, Thomas | 82 | | 0:24:12 | 78 | 1:00:23 | 54 | 1:24:35 | 57 | 0:51:16 | 67 | 2:15:51 | M 40 | 127 |
| 64 | | Hecht, Stephen | 71 | | 0:23:46 | 71 | 0:59:57 | 49 | 1:23:43 | 48 | 0:52:35 | 80 | 2:16:18 | M 50 | 63 |
| 65 | | Rheker, Maximilian | 92 | | 0:24:44 | 83 | 1:01:46 | 63 | 1:26:30 | 71 | 0:49:52 | 54 | 2:16:22 | M 30 | 162 |
| 66 | | Rotariu, Iulian | 86 | Tri EMTV Elmshorn | 0:21:16 | 18 | 0:56:10 | 12 | 1:17:26 | 12 | 0:59:15 | 116 | 2:16:41 | M 35 | 142 |
| 67 | | Tietgen, Thomas | 79 | Hanseatic Tri Team | 0:24:13 | 79 | 1:00:22 | 53 | 1:24:35 | 57 | 0:52:20 | 79 | 2:16:55 | M 40 | 110 |
| 68 | | Draak, Christian | 75 | Team Erdinger Alkoholfrei | 0:23:32 | 70 | 1:01:28 | 61 | 1:25:00 | 61 | 0:52:13 | 75 | 2:17:13 | M 45 | 90 |
| 69 | | Laurisch, Wolf | 72 | Tri Michels Hamburg | 0:22:56 | 58 | 1:03:48 | 76 | 1:26:44 | 72 | 0:50:47 | 61 | 2:17:31 | M 50 | 73 |
| 70 | | Hildebrandt, Maximilian | 94 | | 0:23:13 | 64 | 1:05:34 | 91 | 1:28:47 | 79 | 0:49:13 | 50 | 2:18:00 | M 20 | 166 |

Gesamtwertung (Einlaufliste einschl. Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|-----------------------------|-----|-----------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|-----------|-------|
| 71 | | Weiß, Dennis | 77 | Tri EMTV Elmshorn | 0:25:10 | 89 | 1:00:42 | 57 | 1:25:52 | 65 | 0:52:18 | 78 | 2:18:10 | M 45 | 96 |
| 72 | | Mühling, Tobias | 97 | | 0:25:26 | 92 | 1:00:09 | 52 | 1:25:35 | 63 | 0:52:41 | 82 | 2:18:16 | M 20 | 171 |
| 73 | S | Open Sports Hamburg | | Altmann, Schaare | 0:22:33 | 54 | 1:06:52 | 95 | 1:29:25 | 83 | 0:48:58 | 47 | 2:18:23 | Staffel-M | 433 |
| 74 | | Mathias, Laura | 95 | | 0:22:21 | 51 | 1:07:58 | 103 | 1:30:19 | 89 | 0:48:37 | 43 | 2:18:56 | W 20 | 27 |
| 75 | | Rudolf, Bernhard | 81 | | 0:22:24 | 52 | 1:04:32 | 82 | 1:26:56 | 73 | 0:52:13 | 75 | 2:19:09 | M 40 | 121 |
| 76 | | Radtko, Holger | 71 | SV Großhansdorf | 0:24:47 | 84 | 1:05:11 | 89 | 1:29:58 | 84 | 0:49:12 | 49 | 2:19:10 | M 50 | 66 |
| 77 | | Hohaus, Roman | 66 | | 0:24:47 | 84 | 1:04:14 | 79 | 1:29:01 | 80 | 0:50:13 | 55 | 2:19:14 | M 55 | 46 |
| 78 | | Henkel, Patrick | 71 | | 0:23:25 | 67 | 1:06:59 | 96 | 1:30:24 | 90 | 0:48:56 | 45 | 2:19:20 | M 50 | 69 |
| 79 | M | Löhden, Jana | 94 | Heikotel Tri Team Hamburg | 0:23:46 | 71 | 1:00:06 | 51 | 1:23:52 | 52 | 0:55:56 | 100 | 2:19:48 | W 20 | 26 |
| 80 | M | Kwasny, Miriam | 65 | Triathlon Team Hamburg | 0:24:13 | 79 | 1:02:48 | 71 | 1:27:01 | 75 | 0:52:58 | 83 | 2:19:59 | W 55 | 2 |
| 81 | | Suhling, Sven | 71 | | 0:24:33 | 82 | 1:02:37 | 70 | 1:27:10 | 78 | 0:53:17 | 84 | 2:20:27 | M 50 | 64 |
| 82 | | Düker, Marie | 96 | | 0:21:57 | 42 | 1:08:03 | 104 | 1:30:00 | 85 | 0:50:38 | 60 | 2:20:38 | W 20 | 29 |
| 83 | | Laude, Niels | 75 | | 0:23:48 | 74 | 1:02:29 | 69 | 1:26:17 | 69 | 0:54:25 | 90 | 2:20:42 | M 45 | 88 |
| 84 | M | Rooseboom, Markus | 65 | Tri Michels Hamburg | 0:23:10 | 60 | 1:07:24 | 99 | 1:30:34 | 93 | 0:51:02 | 65 | 2:21:36 | M 55 | 45 |
| 85 | | Wesche, Henning | 86 | | 0:25:31 | 94 | 0:58:41 | 42 | 1:24:12 | 56 | 0:58:11 | 109 | 2:22:23 | M 35 | 139 |
| 86 | | Martens, Henning | 72 | Tri-Sport Lübeck | 0:26:33 | 103 | 1:00:30 | 56 | 1:27:03 | 76 | 0:55:52 | 98 | 2:22:55 | M 50 | 71 |
| 87 | S | Team Tangstedt-Norderstedt | | Liebler, von der Fecht | 0:24:48 | 86 | 1:04:17 | 80 | 1:29:05 | 81 | 0:53:51 | 88 | 2:22:56 | Staffel-W | 403 |
| 88 | | Seevaldt, Robert | 84 | | 0:23:12 | 62 | 1:07:05 | 97 | 1:30:17 | 87 | 0:53:27 | 85 | 2:23:44 | M 35 | 132 |
| 89 | | Heiligtag, Michael | 63 | Bramfelder SV | 0:25:43 | 96 | 1:04:26 | 81 | 1:30:09 | 86 | 0:53:50 | 87 | 2:23:59 | M 55 | 39 |
| 90 | | Stelzen, Maximilian | 92 | | 0:25:27 | 93 | 1:03:57 | 77 | 1:29:24 | 82 | 0:55:01 | 94 | 2:24:25 | M 30 | 163 |
| 91 | | Lück, Ronald | 75 | BSG EDEKA | 0:23:11 | 61 | 1:07:21 | 98 | 1:30:32 | 92 | 0:54:53 | 92 | 2:25:25 | M 45 | 89 |
| 92 | | Kasper, Thomas | 68 | BSG Commerzbank | 0:26:44 | 106 | 1:05:27 | 90 | 1:32:11 | 99 | 0:53:44 | 86 | 2:25:55 | M 50 | 53 |
| 93 | | Klauck, David | 91 | | 0:25:59 | 99 | 1:04:32 | 82 | 1:30:31 | 91 | 0:55:55 | 99 | 2:26:26 | M 30 | 157 |
| 94 | | Straatmann, Maren | 77 | Tri-Sport Lübeck | 0:25:32 | 95 | 1:08:59 | 107 | 1:34:31 | 103 | 0:52:11 | 74 | 2:26:42 | W 45 | 8 |
| 95 | | Rother, Thomas | 62 | AMTV Hamburg | 0:28:40 | 123 | 1:01:56 | 66 | 1:30:36 | 94 | 0:56:46 | 104 | 2:27:22 | M 60 | 37 |
| 96 | | Völling, Jens | 66 | Tri EMTV Elmshorn | 0:26:25 | 102 | 1:05:06 | 88 | 1:31:31 | 96 | 0:56:19 | 102 | 2:27:50 | M 55 | 47 |
| 97 | | Drestler, Philip | 85 | Triathlon Team Hamburg | 0:23:56 | 75 | 1:10:39 | 116 | 1:34:35 | 104 | 0:54:23 | 89 | 2:28:58 | M 35 | 137 |
| 98 | | Kossak-Glowczewski, Chr | 84 | Tri EMTV Elmshorn | 0:25:59 | 99 | 1:01:00 | 59 | 1:26:59 | 74 | 1:03:17 | 123 | 2:30:16 | M 35 | 131 |
| 99 | S | Have fun | | Kirste, Arndt | 0:26:50 | 108 | 1:04:34 | 84 | 1:31:24 | 95 | 0:58:57 | 115 | 2:30:21 | Staffel-M | 430 |
| 100 | | Reinecke, Tim | 76 | | 0:24:25 | 81 | 1:07:30 | 101 | 1:31:55 | 98 | 0:58:46 | 113 | 2:30:41 | M 45 | 91 |
| 100 | S | SG Wasserratten Norderstedt | | Friedrichsen, Jordt, Lorenz | 0:27:04 | 114 | 1:11:59 | 120 | 1:39:03 | 120 | 0:51:38 | 71 | 2:30:41 | Staffel-W | 402 |
| 102 | | Steinke, Nadine | 83 | SG Wasserratten Norderstedt | 0:26:33 | 103 | 1:09:45 | 111 | 1:36:18 | 110 | 0:54:37 | 91 | 2:30:55 | W 35 | 16 |
| 103 | | Gansen, Stefan | 96 | Triathlon Team Hamburg | 0:26:43 | 105 | 1:09:19 | 108 | 1:36:02 | 109 | 0:54:59 | 93 | 2:31:01 | M 20 | 169 |
| 104 | M | Beise, Daniel | 80 | FC St. Pauli Triathlon | 0:25:57 | 98 | 1:09:33 | 109 | 1:35:30 | 106 | 0:55:38 | 96 | 2:31:08 | M 40 | 111 |
| 105 | | Kröger, Daniel | 87 | | 0:28:50 | 125 | 1:04:06 | 78 | 1:32:56 | 100 | 0:58:39 | 112 | 2:31:35 | M 35 | 144 |

Gesamtwertung (Einlaufliste einschl. Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|-----------------------------|-----|--|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|-----------|-------|
| 106 | M | Wiese, Michael | 57 | Triabolos Hamburg | 0:29:28 | 131 | 1:03:47 | 74 | 1:33:15 | 101 | 0:59:31 | 117 | 2:32:46 | M 65 | 34 |
| 107 | | Görllich, Thomas | 74 | TuS Hasloh | 0:26:52 | 110 | 1:10:00 | 113 | 1:36:52 | 113 | 0:56:27 | 103 | 2:33:19 | M 45 | 82 |
| 108 | | Seydlitz, Janek | 95 | | 0:27:51 | 118 | 1:03:47 | 74 | 1:31:38 | 97 | 1:02:50 | 122 | 2:34:28 | M 20 | 168 |
| 109 | | Werdermann, Tobias | 76 | #norderstedtläuft | 0:26:54 | 112 | 1:08:49 | 105 | 1:35:43 | 108 | 0:58:51 | 114 | 2:34:34 | M 45 | 92 |
| 110 | M | Brauer, Steffen | 86 | FC St. Pauli Triathlon / #burning_legs | 0:24:51 | 87 | 1:13:43 | 124 | 1:38:34 | 118 | 0:56:04 | 101 | 2:34:38 | M 35 | 141 |
| 111 | B | Jacobsen, Svenja | 66 | BSG Phorms Hamburg | 0:26:45 | 107 | 1:09:50 | 112 | 1:36:35 | 112 | 0:58:30 | 111 | 2:35:05 | W 55 | 5 |
| 112 | | Bennett, Annalies | 82 | TuS Hasloh | 0:26:51 | 109 | 1:10:43 | 117 | 1:37:34 | 116 | 0:57:58 | 107 | 2:35:32 | W 40 | 15 |
| 113 | | Dorenburg, Simone | 74 | KAIFU TRI TEAM | 0:26:11 | 101 | 1:13:40 | 123 | 1:39:51 | 122 | 0:55:50 | 97 | 2:35:41 | W 45 | 24 |
| 114 | | Moss, Ingo | 74 | SC Weyhe -Triathlon- | 0:25:46 | 97 | 1:13:09 | 121 | 1:38:55 | 119 | 0:57:16 | 106 | 2:36:11 | M 45 | 81 |
| 115 | | Spitzkofski, Thomas | 82 | TuS Hasloh | 0:26:53 | 111 | 1:07:35 | 102 | 1:34:28 | 102 | 1:02:27 | 121 | 2:36:55 | M 40 | 122 |
| 116 | S | SG Wasserratten Norderstedt | | Neuefeind, Neuefeind, Neuefeind | 0:27:13 | 115 | 1:17:05 | 130 | 1:44:18 | 129 | 0:52:40 | 81 | 2:36:58 | Staffel-M | 436 |
| 117 | | Plantholz, Christian | 69 | | 0:29:00 | 128 | 1:06:30 | 94 | 1:35:30 | 106 | 1:02:24 | 120 | 2:37:54 | M 50 | 58 |
| 118 | | Krause, Niklas | 93 | | 0:25:16 | 90 | 1:14:16 | 127 | 1:39:32 | 121 | 0:58:29 | 110 | 2:38:01 | M 20 | 165 |
| 119 | | Ruhlig, Thorsten | 73 | #teamsteinbergcoachin | 0:27:32 | 117 | 1:09:41 | 110 | 1:37:13 | 115 | 1:01:00 | 119 | 2:38:13 | M 45 | 14 |
| 120 | | Gaudlitz, Johanna | 90 | TuS Holstein Quickborn | 0:28:05 | 119 | 1:14:11 | 126 | 1:42:16 | 125 | 0:57:08 | 105 | 2:39:24 | W 30 | 20 |
| 121 | | Sterling, Achim | 71 | Team media@home Sterling | 0:25:22 | 91 | 1:19:25 | 132 | 1:44:47 | 130 | 0:55:11 | 95 | 2:39:58 | M 50 | 65 |
| 122 | | Bartl, Thomas | 65 | SG Wasserratten Norderstedt | 0:28:57 | 126 | 1:07:28 | 100 | 1:36:25 | 111 | 1:03:42 | 125 | 2:40:07 | M 55 | 44 |
| 123 | M | Prätsch, Dr. Ulrich | 47 | Triabolos Hamburg | 0:28:58 | 127 | 1:06:22 | 93 | 1:35:20 | 105 | 1:04:56 | 127 | 2:40:16 | M 75 | 31 |
| 124 | M | Selent, Jan | 72 | NDR Triathlon | 0:28:11 | 121 | 1:08:52 | 106 | 1:37:03 | 114 | 1:03:39 | 124 | 2:40:42 | M 50 | 74 |
| 125 | | Schuller, Imke | 81 | Triathlon Team Hamburg | 0:30:06 | 133 | 1:14:10 | 125 | 1:44:16 | 128 | 0:58:07 | 108 | 2:42:23 | W 40 | 12 |
| 126 | M | Suchy, Eva | 65 | TuS Holstein Quickborn | 0:29:42 | 132 | 1:10:33 | 115 | 1:40:15 | 123 | 1:03:47 | 126 | 2:44:02 | W 55 | 3 |
| 127 | S | BSG Alto-Nabe | | Steinhaus, Steinhaus, Schröter | 0:28:05 | 119 | 1:13:16 | 122 | 1:41:21 | 124 | 1:05:32 | 128 | 2:46:53 | Staffel-M | 432 |
| 128 | | Baier, Christine | 84 | MC Pirate | 0:27:31 | 116 | 1:19:56 | 133 | 1:47:27 | 133 | 1:00:40 | 118 | 2:48:07 | W 35 | 18 |
| 129 | | Reese, Matthias | 66 | LTV Kiel-Ost | 0:26:55 | 113 | 1:11:07 | 118 | 1:38:02 | 117 | 1:11:51 | 131 | 2:49:53 | M 55 | 48 |
| 130 | S | TuS Holstein Quickborn | | Kranz, Behnke | 0:31:47 | 135 | 1:11:07 | 118 | 1:42:54 | 126 | 1:09:05 | 130 | 2:51:59 | Staffel-M | 442 |
| 131 | | Herrmann, Michael | 61 | Deutsche Bank | 0:28:18 | 122 | 1:21:31 | 134 | 1:49:49 | 134 | 1:06:46 | 129 | 2:56:35 | M 60 | 10 |
| 132 | | Kregeloh, Antje | 81 | #norderstedtläuft | 0:29:26 | 130 | 1:14:17 | 128 | 1:43:43 | 127 | 1:13:18 | 133 | 2:57:01 | W 40 | 11 |
| 133 | | Plantholz, Daniela | 73 | | 0:29:01 | 129 | 1:16:48 | 129 | 1:45:49 | 131 | 1:13:27 | 134 | 2:59:16 | W 45 | 6 |
| 134 | | Hempfl, Andreas | 67 | Genußsportler | 0:28:47 | 124 | 1:24:34 | 135 | 1:53:21 | 135 | 1:11:52 | 132 | 3:05:13 | M 55 | 51 |
| 134 | | Schuller, Ole | 82 | | 0:30:07 | 134 | 1:17:19 | 131 | 1:47:26 | 132 | 1:17:47 | 135 | 3:05:13 | M 40 | 124 |

Einzelwertung (Einlaufliste ohne Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|---------------------|-----|-------------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| 1 | M | Ferner, Fritz | 86 | RADPACK | 0:18:16 | 1 | 0:49:41 | 1 | 1:07:57 | 1 | 0:37:10 | 1 | 1:45:07 | M 35 | 140 |
| 2 | M | von Schmeling, Finn | 98 | Tri Michels Hamburg | 0:19:49 | 4 | 0:52:03 | 2 | 1:11:52 | 2 | 0:42:07 | 6 | 1:53:59 | M 20 | 172 |
| 3 | | Kampa, Pawel | 80 | SV Großhansdorf | 0:19:37 | 2 | 0:54:26 | 6 | 1:14:03 | 6 | 0:40:55 | 2 | 1:54:58 | M 40 | 114 |
| 4 | B | Martin Amat, Sergio | 82 | BSG C.D. TRIATLON EL EJIDO | 0:20:27 | 9 | 0:53:00 | 3 | 1:13:27 | 3 | 0:41:58 | 3 | 1:55:25 | M 40 | 126 |
| 5 | M | Krug, Christian | 84 | Triabolos Hamburg | 0:19:44 | 3 | 0:54:11 | 5 | 1:13:55 | 4 | 0:42:48 | 8 | 1:56:43 | M 35 | 133 |
| 6 | M | Gayer, Sören | 88 | Kaifu Tri Team | 0:19:50 | 5 | 0:56:42 | 16 | 1:16:32 | 7 | 0:43:00 | 10 | 1:59:32 | M 30 | 145 |
| 7 | M | Paulus, Marvin | 90 | Triathlon Team Hamburg | 0:21:36 | 30 | 0:55:40 | 9 | 1:17:16 | 10 | 0:42:35 | 7 | 1:59:51 | M 30 | 153 |
| 8 | | Bick, Ralf | 80 | Tri Fun Güstrow | 0:19:54 | 7 | 0:54:01 | 4 | 1:13:55 | 4 | 0:46:24 | 24 | 2:00:19 | M 40 | 117 |
| 9 | M | Biermann, Christian | 73 | TuS Holstein Quickborn | 0:21:04 | 12 | 0:56:23 | 15 | 1:17:27 | 12 | 0:43:22 | 11 | 2:00:49 | M 45 | 76 |
| 10 | | Steinke, Philipp | 79 | SG Wasserratten Norderstedt | 0:20:45 | 10 | 0:56:22 | 14 | 1:17:07 | 9 | 0:44:00 | 14 | 2:01:07 | M 40 | 105 |
| 11 | | Sass, Fabian | 81 | BSG STILL | 0:21:08 | 14 | 0:58:19 | 33 | 1:19:27 | 27 | 0:42:02 | 4 | 2:01:29 | M 40 | 119 |
| 12 | M | Dannehl, Jan | 69 | Triabolos Hamburg | 0:21:31 | 25 | 0:57:41 | 27 | 1:19:12 | 24 | 0:43:39 | 12 | 2:02:51 | M 50 | 56 |
| 13 | B | Leidecker, Ingo | 74 | BSG Commerzbank | 0:21:29 | 21 | 0:56:10 | 11 | 1:17:39 | 14 | 0:45:17 | 18 | 2:02:56 | M 45 | 83 |
| 14 | B | Wienecke, Dennis | 79 | BSG NDR | 0:21:39 | 32 | 0:57:16 | 20 | 1:18:55 | 20 | 0:44:07 | 15 | 2:03:02 | M 40 | 106 |
| 15 | | Sedelmaier, Frank | 77 | Triathlon Team Hamburger Hochsch | 0:21:58 | 41 | 0:58:12 | 30 | 1:20:10 | 35 | 0:42:58 | 9 | 2:03:08 | M 45 | 95 |
| 16 | M | Bergau, Lars | 78 | Triathlon Team Hamburg | 0:21:30 | 23 | 0:57:17 | 21 | 1:18:47 | 17 | 0:44:37 | 16 | 2:03:24 | M 40 | 100 |
| 17 | | Klok, Gerrit-Jan | 73 | MC Pirate | 0:21:22 | 17 | 0:56:13 | 13 | 1:17:35 | 13 | 0:46:46 | 29 | 2:04:21 | M 45 | 77 |
| 18 | M | Arndt, Sebastian | 85 | Triathlon Team Hamburg | 0:20:06 | 8 | 1:00:26 | 53 | 1:20:32 | 38 | 0:43:59 | 13 | 2:04:31 | M 35 | 134 |
| 19 | | Warneck, Marco | 78 | Tri Endurance Germany | 0:21:11 | 15 | 0:57:37 | 26 | 1:18:48 | 18 | 0:46:06 | 21 | 2:04:54 | M 40 | 104 |
| 20 | M | Friedrichs, Torben | 92 | Triathlon Team Hamburg | 0:21:35 | 28 | 0:56:57 | 19 | 1:18:32 | 15 | 0:47:52 | 37 | 2:06:24 | M 30 | 161 |
| 21 | | Befuß, Björn | 88 | | 0:21:48 | 34 | 0:57:29 | 24 | 1:19:17 | 26 | 0:47:11 | 32 | 2:06:28 | M 30 | 147 |
| 22 | | Rathjen, Christian | 86 | Buxtehuder SV | 0:22:08 | 43 | 0:57:59 | 29 | 1:20:07 | 33 | 0:46:23 | 23 | 2:06:30 | M 35 | 143 |
| 23 | | Mireisz, Bernhard | 78 | Tri-Sport Lübeck | 0:21:58 | 41 | 0:57:52 | 28 | 1:19:50 | 30 | 0:46:42 | 28 | 2:06:32 | M 40 | 99 |
| 24 | M | Claudius, Stephan | 59 | MC Pirate | 0:21:49 | 35 | 0:58:27 | 37 | 1:20:16 | 36 | 0:46:22 | 22 | 2:06:38 | M 60 | 35 |
| 25 | | Friedrichsen, Nils | 78 | SG Wasserratten Norderstedt | 0:21:32 | 26 | 0:58:13 | 32 | 1:19:45 | 29 | 0:47:03 | 31 | 2:06:48 | M 40 | 102 |
| 26 | M | Pätzold, Ingo | 68 | FC St. Pauli Triathlon / BSG NG TRI | 0:21:53 | 36 | 0:56:51 | 17 | 1:18:44 | 16 | 0:48:07 | 38 | 2:06:51 | M 50 | 52 |
| 27 | | LEGEAI, Bruno | 71 | Tiger Team Fassberg | 0:21:55 | 37 | 0:57:21 | 23 | 1:19:16 | 25 | 0:47:47 | 36 | 2:07:03 | M 50 | 67 |
| 28 | | Uhl, Peter | 62 | Buxtehuder SV | 0:21:28 | 20 | 0:59:56 | 46 | 1:21:24 | 42 | 0:45:40 | 19 | 2:07:04 | M 60 | 38 |
| 29 | | Wiedenhofer, Marco | 70 | Tri Endurance Germany | 0:21:45 | 33 | 0:58:23 | 36 | 1:20:08 | 34 | 0:47:13 | 33 | 2:07:21 | M 50 | 62 |
| 30 | | Frick, Axel | 62 | Trimaniacs | 0:21:29 | 21 | 0:58:36 | 38 | 1:20:05 | 32 | 0:47:29 | 35 | 2:07:34 | M 60 | 36 |
| 31 | | Reimann, Mirko | 77 | Team Erdinger Alkoholfrei | 0:19:51 | 6 | 1:05:53 | 86 | 1:25:44 | 60 | 0:42:05 | 5 | 2:07:49 | M 45 | 94 |
| 32 | | Röschmann, Niels | 94 | VfL Hamburg 93 | 0:23:16 | 59 | 0:58:40 | 39 | 1:21:56 | 44 | 0:46:24 | 24 | 2:08:20 | M 20 | 167 |
| 33 | | Wilde, Mike | 70 | | 0:23:30 | 63 | 0:55:26 | 7 | 1:18:56 | 21 | 0:49:32 | 48 | 2:08:28 | M 50 | 61 |
| 33 | | Kassner, Ulrich | 80 | | 0:21:30 | 23 | 0:55:31 | 8 | 1:17:01 | 8 | 0:51:27 | 65 | 2:08:28 | M 40 | 112 |

Einzelwertung (Einlaufliste ohne Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|-------------------------|-----|------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| 35 | | Detlefs, Mirko | 70 | Tru Team Eisenhart Hamburg | 0:22:16 | 46 | 0:58:12 | 30 | 1:20:28 | 37 | 0:48:10 | 39 | 2:08:38 | M 50 | 75 |
| 36 | | Jakobs, Gerrit | 78 | Hanseatic Tri Team | 0:21:33 | 27 | 0:57:18 | 22 | 1:18:51 | 19 | 0:50:25 | 53 | 2:09:16 | M 40 | 101 |
| 37 | | Brell, Michael | 65 | SG Wasserratten Norderstedt | 0:23:29 | 62 | 0:56:00 | 10 | 1:19:29 | 28 | 0:50:15 | 52 | 2:09:44 | M 55 | 42 |
| 38 | M | Meyer, Björn | 69 | Tri-Bandits TSG Bergedorf | 0:20:50 | 11 | 0:58:21 | 34 | 1:19:11 | 23 | 0:50:34 | 54 | 2:09:45 | M 50 | 59 |
| 39 | | Bruhn, Marc | 75 | SG Wasserratten Norderstedt | 0:22:08 | 43 | 0:56:53 | 18 | 1:19:01 | 22 | 0:50:47 | 56 | 2:09:48 | M 45 | 87 |
| 40 | | Blase, Danny | 88 | SG Athletico Büdelsdorf | 0:22:19 | 47 | 1:01:33 | 59 | 1:23:52 | 50 | 0:45:59 | 20 | 2:09:51 | M 30 | 146 |
| 41 | | Toussaint, Sebastien | 74 | Tiger Team Fassberg | 0:21:26 | 18 | 0:59:34 | 43 | 1:21:00 | 40 | 0:49:23 | 47 | 2:10:23 | M 45 | 85 |
| 42 | | Iampietro, Nicolas | 82 | Tiger Team Fassberg | 0:22:36 | 52 | 1:03:29 | 69 | 1:26:05 | 62 | 0:44:41 | 17 | 2:10:46 | M 40 | 125 |
| 43 | M | Lützen, Lea | 0 | FC St. Pauli Triathlon | 0:22:25 | 50 | 0:57:34 | 25 | 1:19:59 | 31 | 0:50:58 | 59 | 2:10:57 | W 20 | 30 |
| 44 | | Kreis, Kristian | 89 | | 0:23:23 | 60 | 1:01:17 | 57 | 1:24:40 | 56 | 0:46:26 | 26 | 2:11:06 | M 30 | 148 |
| 45 | M | Haberstock, Philipp | 71 | Triabolos Hamburg | 0:22:15 | 45 | 0:59:13 | 41 | 1:21:28 | 43 | 0:50:55 | 58 | 2:12:23 | M 50 | 68 |
| 46 | M | Sturm, Volker | 65 | Kaifu Tri Team | 0:21:07 | 13 | 1:00:00 | 48 | 1:21:07 | 41 | 0:51:24 | 64 | 2:12:31 | M 55 | 43 |
| 47 | | Klewer, Michael | 77 | Tri Fun Güstrow | 0:24:07 | 71 | 0:59:47 | 45 | 1:23:54 | 52 | 0:48:44 | 41 | 2:12:38 | M 45 | 93 |
| 48 | | Kock, Lars | 70 | TC Fiko Rostock | 0:21:55 | 37 | 1:01:48 | 61 | 1:23:43 | 46 | 0:49:06 | 44 | 2:12:49 | M 50 | 60 |
| 49 | | Schwärzel, Ricky | 79 | BSG NDR | 0:21:26 | 18 | 0:59:26 | 42 | 1:20:52 | 39 | 0:52:17 | 70 | 2:13:09 | M 40 | 107 |
| 50 | | Raming, Jan | 83 | Kaifu Tri Team | 0:21:38 | 31 | 1:04:48 | 81 | 1:26:26 | 66 | 0:46:57 | 30 | 2:13:23 | M 35 | 128 |
| 51 | B | Femerling, Lisa | 93 | BSG OTTO / Triathlon Team HH | 0:23:46 | 65 | 1:02:25 | 64 | 1:26:11 | 63 | 0:47:24 | 34 | 2:13:35 | W 20 | 25 |
| 52 | | Escudero, Miguel | 79 | | 0:22:34 | 51 | 1:04:35 | 79 | 1:27:09 | 73 | 0:46:32 | 27 | 2:13:41 | M 40 | 108 |
| 53 | M | Hildebrandt, Dirk | 63 | Verein Aktive Freizeit | 0:24:06 | 70 | 0:59:41 | 44 | 1:23:47 | 49 | 0:51:04 | 61 | 2:14:51 | M 55 | 41 |
| 54 | | Becker, Kaya | 92 | | 0:21:57 | 39 | 1:01:48 | 61 | 1:23:45 | 48 | 0:51:21 | 63 | 2:15:06 | W 30 | 23 |
| 55 | | Cox, Daniel | 90 | | 0:21:35 | 28 | 1:04:38 | 80 | 1:26:13 | 64 | 0:48:56 | 42 | 2:15:09 | M 30 | 150 |
| 55 | | Lomberg, Malte | 90 | Erdinger Active Team | 0:25:02 | 81 | 0:58:21 | 34 | 1:23:23 | 45 | 0:51:46 | 66 | 2:15:09 | M 30 | 155 |
| 57 | M | Weller, Mats | 93 | FC St. Pauli Triathlon | 0:23:06 | 54 | 1:02:27 | 65 | 1:25:33 | 58 | 0:49:38 | 49 | 2:15:11 | M 20 | 164 |
| 58 | | Feidieker, Thomas | 82 | | 0:24:12 | 72 | 1:00:23 | 52 | 1:24:35 | 54 | 0:51:16 | 62 | 2:15:51 | M 40 | 127 |
| 59 | | Hecht, Stephen | 71 | | 0:23:46 | 65 | 0:59:57 | 47 | 1:23:43 | 46 | 0:52:35 | 73 | 2:16:18 | M 50 | 63 |
| 60 | | Rheker, Maximilian | 92 | | 0:24:44 | 77 | 1:01:46 | 60 | 1:26:30 | 67 | 0:49:52 | 50 | 2:16:22 | M 30 | 162 |
| 61 | | Rotariu, Iulian | 86 | Tri EMTV Elmshorn | 0:21:16 | 16 | 0:56:10 | 11 | 1:17:26 | 11 | 0:59:15 | 106 | 2:16:41 | M 35 | 142 |
| 62 | | Tietgen, Thomas | 79 | Hanseatic Tri Team | 0:24:13 | 73 | 1:00:22 | 51 | 1:24:35 | 54 | 0:52:20 | 72 | 2:16:55 | M 40 | 110 |
| 63 | | Draak, Christian | 75 | Team Erdinger Alkoholfrei | 0:23:32 | 64 | 1:01:28 | 58 | 1:25:00 | 57 | 0:52:13 | 68 | 2:17:13 | M 45 | 90 |
| 64 | | Laurisch, Wolf | 72 | Tri Michels Hamburg | 0:22:56 | 53 | 1:03:48 | 72 | 1:26:44 | 68 | 0:50:47 | 56 | 2:17:31 | M 50 | 73 |
| 65 | | Hildebrandt, Maximilian | 94 | | 0:23:13 | 58 | 1:05:34 | 85 | 1:28:47 | 75 | 0:49:13 | 46 | 2:18:00 | M 20 | 166 |
| 66 | | Weiß, Dennis | 77 | Tri EMTV Elmshorn | 0:25:10 | 82 | 1:00:42 | 55 | 1:25:52 | 61 | 0:52:18 | 71 | 2:18:10 | M 45 | 96 |
| 67 | | Mühling, Tobias | 97 | | 0:25:26 | 85 | 1:00:09 | 50 | 1:25:35 | 59 | 0:52:41 | 74 | 2:18:16 | M 20 | 171 |
| 68 | | Mathias, Laura | 95 | | 0:22:21 | 48 | 1:07:58 | 96 | 1:30:19 | 82 | 0:48:37 | 40 | 2:18:56 | W 20 | 27 |

Einzelwertung (Einlaufliste ohne Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|---------------------------|-----|---------------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| 69 | | Rudolf, Bernhard | 81 | | 0:22:24 | 49 | 1:04:32 | 77 | 1:26:56 | 69 | 0:52:13 | 68 | 2:19:09 | M 40 | 121 |
| 70 | | Radtke, Holger | 71 | SV Großhansdorf | 0:24:47 | 78 | 1:05:11 | 83 | 1:29:58 | 78 | 0:49:12 | 45 | 2:19:10 | M 50 | 66 |
| 71 | | Hohaus, Roman | 66 | | 0:24:47 | 78 | 1:04:14 | 75 | 1:29:01 | 76 | 0:50:13 | 51 | 2:19:14 | M 55 | 46 |
| 72 | | Henkel, Patrick | 71 | | 0:23:25 | 61 | 1:06:59 | 89 | 1:30:24 | 83 | 0:48:56 | 42 | 2:19:20 | M 50 | 69 |
| 73 | M | Löhden, Jana | 94 | Heikotel Tri Team Hamburg | 0:23:46 | 65 | 1:00:06 | 49 | 1:23:52 | 50 | 0:55:56 | 91 | 2:19:48 | W 20 | 26 |
| 74 | M | Kwasny, Miriam | 65 | Triathlon Team Hamburg | 0:24:13 | 73 | 1:02:48 | 68 | 1:27:01 | 71 | 0:52:58 | 75 | 2:19:59 | W 55 | 2 |
| 75 | | Suhling, Sven | 71 | | 0:24:33 | 76 | 1:02:37 | 67 | 1:27:10 | 74 | 0:53:17 | 76 | 2:20:27 | M 50 | 64 |
| 76 | | Düker, Marie | 96 | | 0:21:57 | 39 | 1:08:03 | 97 | 1:30:00 | 79 | 0:50:38 | 55 | 2:20:38 | W 20 | 29 |
| 77 | | Laude, Niels | 75 | | 0:23:48 | 68 | 1:02:29 | 66 | 1:26:17 | 65 | 0:54:25 | 81 | 2:20:42 | M 45 | 88 |
| 78 | M | Rooseboom, Markus | 65 | Tri Michels Hamburg | 0:23:10 | 55 | 1:07:24 | 92 | 1:30:34 | 86 | 0:51:02 | 60 | 2:21:36 | M 55 | 45 |
| 79 | | Wesche, Henning | 86 | | 0:25:31 | 87 | 0:58:41 | 40 | 1:24:12 | 53 | 0:58:11 | 100 | 2:22:23 | M 35 | 139 |
| 80 | | Martens, Henning | 72 | Tri-Sport Lübeck | 0:26:33 | 96 | 1:00:30 | 54 | 1:27:03 | 72 | 0:55:52 | 89 | 2:22:55 | M 50 | 71 |
| 81 | | Seevaldt, Robert | 84 | | 0:23:12 | 57 | 1:07:05 | 90 | 1:30:17 | 81 | 0:53:27 | 77 | 2:23:44 | M 35 | 132 |
| 82 | | Heiligtag, Michael | 63 | Bramfelder SV | 0:25:43 | 89 | 1:04:26 | 76 | 1:30:09 | 80 | 0:53:50 | 79 | 2:23:59 | M 55 | 39 |
| 83 | | Stelzen, Maximilian | 92 | | 0:25:27 | 86 | 1:03:57 | 73 | 1:29:24 | 77 | 0:55:01 | 85 | 2:24:25 | M 30 | 163 |
| 84 | | Lück, Ronald | 75 | BSG EDEKA | 0:23:11 | 56 | 1:07:21 | 91 | 1:30:32 | 85 | 0:54:53 | 83 | 2:25:25 | M 45 | 89 |
| 85 | | Kasper, Thomas | 68 | BSG Commerzbank | 0:26:44 | 99 | 1:05:27 | 84 | 1:32:11 | 91 | 0:53:44 | 78 | 2:25:55 | M 50 | 53 |
| 86 | | Klauck, David | 91 | | 0:25:59 | 92 | 1:04:32 | 77 | 1:30:31 | 84 | 0:55:55 | 90 | 2:26:26 | M 30 | 157 |
| 87 | | Straatmann, Maren | 77 | Tri-Sport Lübeck | 0:25:32 | 88 | 1:08:59 | 100 | 1:34:31 | 95 | 0:52:11 | 67 | 2:26:42 | W 45 | 8 |
| 88 | | Rother, Thomas | 62 | AMTV Hamburg | 0:28:40 | 112 | 1:01:56 | 63 | 1:30:36 | 87 | 0:56:46 | 95 | 2:27:22 | M 60 | 37 |
| 89 | | Völling, Jens | 66 | Tri EMTV Elmshorn | 0:26:25 | 95 | 1:05:06 | 82 | 1:31:31 | 88 | 0:56:19 | 93 | 2:27:50 | M 55 | 47 |
| 90 | | Drestler, Philip | 85 | Triathlon Team Hamburg | 0:23:56 | 69 | 1:10:39 | 108 | 1:34:35 | 96 | 0:54:23 | 80 | 2:28:58 | M 35 | 137 |
| 91 | | Kossak-Glowczewski, Chris | 84 | Tri EMTV Elmshorn | 0:25:59 | 92 | 1:01:00 | 56 | 1:26:59 | 70 | 1:03:17 | 113 | 2:30:16 | M 35 | 131 |
| 92 | | Reinecke, Tim | 76 | | 0:24:25 | 75 | 1:07:30 | 94 | 1:31:55 | 90 | 0:58:46 | 104 | 2:30:41 | M 45 | 91 |
| 93 | | Steinke, Nadine | 83 | SG Wasserratten Norderstedt | 0:26:33 | 96 | 1:09:45 | 104 | 1:36:18 | 102 | 0:54:37 | 82 | 2:30:55 | W 35 | 16 |
| 94 | | Gansen, Stefan | 96 | Triathlon Team Hamburg | 0:26:43 | 98 | 1:09:19 | 101 | 1:36:02 | 101 | 0:54:59 | 84 | 2:31:01 | M 20 | 169 |
| 95 | M | Beise, Daniel | 80 | FC St. Pauli Triathlon | 0:25:57 | 91 | 1:09:33 | 102 | 1:35:30 | 98 | 0:55:38 | 87 | 2:31:08 | M 40 | 111 |
| 96 | | Kröger, Daniel | 87 | | 0:28:50 | 114 | 1:04:06 | 74 | 1:32:56 | 92 | 0:58:39 | 103 | 2:31:35 | M 35 | 144 |
| 97 | M | Wiese, Michael | 57 | Triabolos Hamburg | 0:29:28 | 120 | 1:03:47 | 70 | 1:33:15 | 93 | 0:59:31 | 107 | 2:32:46 | M 65 | 34 |
| 98 | | Görlich, Thomas | 74 | TuS Hasloh | 0:26:52 | 102 | 1:10:00 | 106 | 1:36:52 | 105 | 0:56:27 | 94 | 2:33:19 | M 45 | 82 |
| 99 | | Seydlitz, Janek | 95 | | 0:27:51 | 108 | 1:03:47 | 70 | 1:31:38 | 89 | 1:02:50 | 112 | 2:34:28 | M 20 | 168 |
| 100 | | Werdermann, Tobias | 76 | #norderstedtläuft | 0:26:54 | 104 | 1:08:49 | 98 | 1:35:43 | 100 | 0:58:51 | 105 | 2:34:34 | M 45 | 92 |
| 101 | M | Brauer, Steffen | 86 | FC St. Pauli Triathlon / #burning_leg | 0:24:51 | 80 | 1:13:43 | 113 | 1:38:34 | 110 | 0:56:04 | 92 | 2:34:38 | M 35 | 141 |
| 102 | B | Jacobsen, Svenja | 66 | BSG Phorms Hamburg | 0:26:45 | 100 | 1:09:50 | 105 | 1:36:35 | 104 | 0:58:30 | 102 | 2:35:05 | W 55 | 5 |

Einzelwertung (Einlaufliste ohne Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|----------------------|-----|-----------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| 103 | | Bennett, Annalies | 82 | TuS Hasloh | 0:26:51 | 101 | 1:10:43 | 109 | 1:37:34 | 108 | 0:57:58 | 98 | 2:35:32 | W 40 | 15 |
| 104 | | Dorenburg, Simone | 74 | KAIFU TRI TEAM | 0:26:11 | 94 | 1:13:40 | 112 | 1:39:51 | 113 | 0:55:50 | 88 | 2:35:41 | W 45 | 24 |
| 105 | | Moss, Ingo | 74 | SC Weyhe -Triathlon- | 0:25:46 | 90 | 1:13:09 | 111 | 1:38:55 | 111 | 0:57:16 | 97 | 2:36:11 | M 45 | 81 |
| 106 | | Spitzkofski, Thomas | 82 | TuS Hasloh | 0:26:53 | 103 | 1:07:35 | 95 | 1:34:28 | 94 | 1:02:27 | 111 | 2:36:55 | M 40 | 122 |
| 107 | | Plantholz, Christian | 69 | | 0:29:00 | 117 | 1:06:30 | 88 | 1:35:30 | 98 | 1:02:24 | 110 | 2:37:54 | M 50 | 58 |
| 108 | | Krause, Niklas | 93 | | 0:25:16 | 83 | 1:14:16 | 116 | 1:39:32 | 112 | 0:58:29 | 101 | 2:38:01 | M 20 | 165 |
| 109 | | Ruhlig, Thorsten | 73 | #teamsteinbergcoachin | 0:27:32 | 107 | 1:09:41 | 103 | 1:37:13 | 107 | 1:01:00 | 109 | 2:38:13 | M 45 | 14 |
| 110 | | Gaudlitz, Johanna | 90 | TuS Holstein Quickborn | 0:28:05 | 109 | 1:14:11 | 115 | 1:42:16 | 115 | 0:57:08 | 96 | 2:39:24 | W 30 | 20 |
| 111 | | Sterling, Achim | 71 | Team media@home Sterling | 0:25:22 | 84 | 1:19:25 | 120 | 1:44:47 | 118 | 0:55:11 | 86 | 2:39:58 | M 50 | 65 |
| 112 | | Bartl, Thomas | 65 | SG Wasserratten Norderstedt | 0:28:57 | 115 | 1:07:28 | 93 | 1:36:25 | 103 | 1:03:42 | 115 | 2:40:07 | M 55 | 44 |
| 113 | M | Prätsch, Dr. Ulrich | 47 | Triabolos Hamburg | 0:28:58 | 116 | 1:06:22 | 87 | 1:35:20 | 97 | 1:04:56 | 117 | 2:40:16 | M 75 | 31 |
| 114 | M | Selent, Jan | 72 | NDR Triathlon | 0:28:11 | 110 | 1:08:52 | 99 | 1:37:03 | 106 | 1:03:39 | 114 | 2:40:42 | M 50 | 74 |
| 115 | | Schuller, Imke | 81 | Triathlon Team Hamburg | 0:30:06 | 122 | 1:14:10 | 114 | 1:44:16 | 117 | 0:58:07 | 99 | 2:42:23 | W 40 | 12 |
| 116 | M | Suchy, Eva | 65 | TuS Holstein Quickborn | 0:29:42 | 121 | 1:10:33 | 107 | 1:40:15 | 114 | 1:03:47 | 116 | 2:44:02 | W 55 | 3 |
| 117 | | Baier, Christine | 84 | MC Pirate | 0:27:31 | 106 | 1:19:56 | 121 | 1:47:27 | 121 | 1:00:40 | 108 | 2:48:07 | W 35 | 18 |
| 118 | | Reese, Matthias | 66 | LTV Kiel-Ost | 0:26:55 | 105 | 1:11:07 | 110 | 1:38:02 | 109 | 1:11:51 | 119 | 2:49:53 | M 55 | 48 |
| 119 | | Herrmann, Michael | 61 | Deutsche Bank | 0:28:18 | 111 | 1:21:31 | 122 | 1:49:49 | 122 | 1:06:46 | 118 | 2:56:35 | M 60 | 10 |
| 120 | | Kregeloh, Antje | 81 | #norderstedtläuft | 0:29:26 | 119 | 1:14:17 | 117 | 1:43:43 | 116 | 1:13:18 | 121 | 2:57:01 | W 40 | 11 |
| 121 | | Plantholz, Daniela | 73 | | 0:29:01 | 118 | 1:16:48 | 118 | 1:45:49 | 119 | 1:13:27 | 122 | 2:59:16 | W 45 | 6 |
| 122 | | Hempfl, Andreas | 67 | Genußsportler | 0:28:47 | 113 | 1:24:34 | 123 | 1:53:21 | 123 | 1:11:52 | 120 | 3:05:13 | M 55 | 51 |
| 122 | | Schuller, Ole | 82 | | 0:30:07 | 123 | 1:17:19 | 119 | 1:47:26 | 120 | 1:17:47 | 123 | 3:05:13 | M 40 | 124 |

Altersklassenwertung Einzel gesamt (ohne Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------------------|---|--------------------|-----|------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| F R A U E N : | | | | | | | | | | | | | | | |
| Altersklasse W 20 | | | | | | | | | | | | | | | |
| 1 | M | Lützen, Lea | 0 | FC St. Pauli Triathlon | 0:22:25 | 3 | 0:57:34 | 1 | 1:19:59 | 1 | 0:50:58 | 4 | 2:10:57 | W 20 | 30 |
| 2 | B | Femerling, Lisa | 93 | BSG OTTO / Triathlon Team HH | 0:23:46 | 4 | 1:02:25 | 3 | 1:26:11 | 3 | 0:47:24 | 1 | 2:13:35 | W 20 | 25 |
| 3 | | Mathias, Laura | 95 | | 0:22:21 | 2 | 1:07:58 | 4 | 1:30:19 | 5 | 0:48:37 | 2 | 2:18:56 | W 20 | 27 |
| 4 | M | Löhden, Jana | 94 | Heikotel Tri Team Hamburg | 0:23:46 | 4 | 1:00:06 | 2 | 1:23:52 | 2 | 0:55:56 | 5 | 2:19:48 | W 20 | 26 |
| 5 | | Düker, Marie | 96 | | 0:21:57 | 1 | 1:08:03 | 5 | 1:30:00 | 4 | 0:50:38 | 3 | 2:20:38 | W 20 | 29 |
| Altersklasse W 30 | | | | | | | | | | | | | | | |
| 1 | | Becker, Kaya | 92 | | 0:21:57 | 1 | 1:01:48 | 1 | 1:23:45 | 1 | 0:51:21 | 1 | 2:15:06 | W 30 | 23 |
| 2 | | Gaudlitz, Johanna | 90 | TuS Holstein Quickborn | 0:28:05 | 2 | 1:14:11 | 2 | 1:42:16 | 2 | 0:57:08 | 2 | 2:39:24 | W 30 | 20 |
| Altersklasse W 35 | | | | | | | | | | | | | | | |
| 1 | | Steinke, Nadine | 83 | SG Wasserratten Norderstedt | 0:26:33 | 1 | 1:09:45 | 1 | 1:36:18 | 1 | 0:54:37 | 1 | 2:30:55 | W 35 | 16 |
| 2 | | Baier, Christine | 84 | MC Pirate | 0:27:31 | 2 | 1:19:56 | 2 | 1:47:27 | 2 | 1:00:40 | 2 | 2:48:07 | W 35 | 18 |
| Altersklasse W 40 | | | | | | | | | | | | | | | |
| 1 | | Bennett, Annalies | 82 | TuS Hasloh | 0:26:51 | 1 | 1:10:43 | 1 | 1:37:34 | 1 | 0:57:58 | 1 | 2:35:32 | W 40 | 15 |
| 2 | | Schuller, Imke | 81 | Triathlon Team Hamburg | 0:30:06 | 3 | 1:14:10 | 2 | 1:44:16 | 3 | 0:58:07 | 2 | 2:42:23 | W 40 | 12 |
| 3 | | Kregeloh, Antje | 81 | #norderstedtläuft | 0:29:26 | 2 | 1:14:17 | 3 | 1:43:43 | 2 | 1:13:18 | 3 | 2:57:01 | W 40 | 11 |
| Altersklasse W 45 | | | | | | | | | | | | | | | |
| 1 | | Straatmann, Maren | 77 | Tri-Sport Lübeck | 0:25:32 | 1 | 1:08:59 | 1 | 1:34:31 | 1 | 0:52:11 | 1 | 2:26:42 | W 45 | 8 |
| 2 | | Dorenburg, Simone | 74 | KAIFU TRI TEAM | 0:26:11 | 2 | 1:13:40 | 2 | 1:39:51 | 2 | 0:55:50 | 2 | 2:35:41 | W 45 | 24 |
| 3 | | Plantholz, Daniela | 73 | | 0:29:01 | 3 | 1:16:48 | 3 | 1:45:49 | 3 | 1:13:27 | 3 | 2:59:16 | W 45 | 6 |
| Altersklasse W 55 | | | | | | | | | | | | | | | |
| 1 | M | Kwasny, Miriam | 65 | Triathlon Team Hamburg | 0:24:13 | 1 | 1:02:48 | 1 | 1:27:01 | 1 | 0:52:58 | 1 | 2:19:59 | W 55 | 2 |
| 2 | B | Jacobsen, Svenja | 66 | BSG Phorms Hamburg | 0:26:45 | 2 | 1:09:50 | 2 | 1:36:35 | 2 | 0:58:30 | 2 | 2:35:05 | W 55 | 5 |
| 3 | M | Suchy, Eva | 65 | TuS Holstein Quickborn | 0:29:42 | 3 | 1:10:33 | 3 | 1:40:15 | 3 | 1:03:47 | 3 | 2:44:02 | W 55 | 3 |

Altersklassenwertung Einzel gesamt (ohne Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------------------|---|-------------------------|-----|-------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| M Ä N N E R: | | | | | | | | | | | | | | | |
| Altersklasse M 20 | | | | | | | | | | | | | | | |
| 1 | M | von Schmeling, Finn | 98 | Tri Michels Hamburg | 0:19:49 | 1 | 0:52:03 | 1 | 1:11:52 | 1 | 0:42:07 | 1 | 1:53:59 | M 20 | 172 |
| 2 | | Röschmann, Niels | 94 | VfL Hamburg 93 | 0:23:16 | 4 | 0:58:40 | 2 | 1:21:56 | 2 | 0:46:24 | 2 | 2:08:20 | M 20 | 167 |
| 3 | M | Weller, Mats | 93 | FC St. Pauli Triathlon | 0:23:06 | 2 | 1:02:27 | 4 | 1:25:33 | 3 | 0:49:38 | 4 | 2:15:11 | M 20 | 164 |
| 4 | | Hildebrandt, Maximilian | 94 | | 0:23:13 | 3 | 1:05:34 | 6 | 1:28:47 | 5 | 0:49:13 | 3 | 2:18:00 | M 20 | 166 |
| 5 | | Mühling, Tobias | 97 | | 0:25:26 | 6 | 1:00:09 | 3 | 1:25:35 | 4 | 0:52:41 | 5 | 2:18:16 | M 20 | 171 |
| 6 | | Gansen, Stefan | 96 | Triathlon Team Hamburg | 0:26:43 | 7 | 1:09:19 | 7 | 1:36:02 | 7 | 0:54:59 | 6 | 2:31:01 | M 20 | 169 |
| 7 | | Seydlitz, Janek | 95 | | 0:27:51 | 8 | 1:03:47 | 5 | 1:31:38 | 6 | 1:02:50 | 8 | 2:34:28 | M 20 | 168 |
| 8 | | Krause, Niklas | 93 | | 0:25:16 | 5 | 1:14:16 | 8 | 1:39:32 | 8 | 0:58:29 | 7 | 2:38:01 | M 20 | 165 |
| Altersklasse M 30 | | | | | | | | | | | | | | | |
| 1 | M | Gayer, Sören | 88 | Kaifu Tri Team | 0:19:50 | 1 | 0:56:42 | 2 | 1:16:32 | 1 | 0:43:00 | 2 | 1:59:32 | M 30 | 145 |
| 2 | M | Paulus, Marvin | 90 | Triathlon Team Hamburg | 0:21:36 | 4 | 0:55:40 | 1 | 1:17:16 | 2 | 0:42:35 | 1 | 1:59:51 | M 30 | 153 |
| 3 | M | Friedrichs, Torben | 92 | Triathlon Team Hamburg | 0:21:35 | 2 | 0:56:57 | 3 | 1:18:32 | 3 | 0:47:52 | 6 | 2:06:24 | M 30 | 161 |
| 4 | | Befuß, Björn | 88 | | 0:21:48 | 5 | 0:57:29 | 4 | 1:19:17 | 4 | 0:47:11 | 5 | 2:06:28 | M 30 | 147 |
| 5 | | Blase, Danny | 88 | SG Athletico Büdelsdorf | 0:22:19 | 6 | 1:01:33 | 7 | 1:23:52 | 6 | 0:45:59 | 3 | 2:09:51 | M 30 | 146 |
| 6 | | Kreis, Kristian | 89 | | 0:23:23 | 7 | 1:01:17 | 6 | 1:24:40 | 7 | 0:46:26 | 4 | 2:11:06 | M 30 | 148 |
| 7 | | Cox, Daniel | 90 | | 0:21:35 | 2 | 1:04:38 | 11 | 1:26:13 | 8 | 0:48:56 | 7 | 2:15:09 | M 30 | 150 |
| 7 | | Lomberg, Malte | 90 | Erdinger Active Team | 0:25:02 | 9 | 0:58:21 | 5 | 1:23:23 | 5 | 0:51:46 | 9 | 2:15:09 | M 30 | 155 |
| 9 | | Rheker, Maximilian | 92 | | 0:24:44 | 8 | 1:01:46 | 8 | 1:26:30 | 9 | 0:49:52 | 8 | 2:16:22 | M 30 | 162 |
| 10 | | Stelzen, Maximilian | 92 | | 0:25:27 | 10 | 1:03:57 | 9 | 1:29:24 | 10 | 0:55:01 | 10 | 2:24:25 | M 30 | 163 |
| 11 | | Klauck, David | 91 | | 0:25:59 | 11 | 1:04:32 | 10 | 1:30:31 | 11 | 0:55:55 | 11 | 2:26:26 | M 30 | 157 |
| Altersklasse M 35 | | | | | | | | | | | | | | | |
| 1 | M | Ferner, Fritz | 86 | RADPACK | 0:18:16 | 1 | 0:49:41 | 1 | 1:07:57 | 1 | 0:37:10 | 1 | 1:45:07 | M 35 | 140 |
| 2 | M | Krug, Christian | 84 | Triabolos Hamburg | 0:19:44 | 2 | 0:54:11 | 2 | 1:13:55 | 2 | 0:42:48 | 2 | 1:56:43 | M 35 | 133 |
| 3 | M | Arndt, Sebastian | 85 | Triathlon Team Hamburg | 0:20:06 | 3 | 1:00:26 | 6 | 1:20:32 | 5 | 0:43:59 | 3 | 2:04:31 | M 35 | 134 |
| 4 | | Rathjen, Christian | 86 | Buxtehuder SV | 0:22:08 | 6 | 0:57:59 | 4 | 1:20:07 | 4 | 0:46:23 | 4 | 2:06:30 | M 35 | 143 |
| 5 | | Raming, Jan | 83 | Kaifu Tri Team | 0:21:38 | 5 | 1:04:48 | 9 | 1:26:26 | 7 | 0:46:57 | 5 | 2:13:23 | M 35 | 128 |
| 6 | | Rotariu, Iulian | 86 | Tri EMTV Elmshorn | 0:21:16 | 4 | 0:56:10 | 3 | 1:17:26 | 3 | 0:59:15 | 11 | 2:16:41 | M 35 | 142 |
| 7 | | Wesche, Henning | 86 | | 0:25:31 | 10 | 0:58:41 | 5 | 1:24:12 | 6 | 0:58:11 | 9 | 2:22:23 | M 35 | 139 |
| 8 | | Seevaldt, Robert | 84 | | 0:23:12 | 7 | 1:07:05 | 10 | 1:30:17 | 9 | 0:53:27 | 6 | 2:23:44 | M 35 | 132 |
| 9 | | Drestler, Philip | 85 | Triathlon Team Hamburg | 0:23:56 | 8 | 1:10:39 | 11 | 1:34:35 | 11 | 0:54:23 | 7 | 2:28:58 | M 35 | 137 |

Altersklassenwertung Einzel gesamt (ohne Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------------------|---|---------------------------|-----|--|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| 10 | | Kossak-Glowczewski, Chris | 84 | Tri EMTV Elmshorn | 0:25:59 | 11 | 1:01:00 | 7 | 1:26:59 | 8 | 1:03:17 | 12 | 2:30:16 | M 35 | 131 |
| 11 | | Kröger, Daniel | 87 | | 0:28:50 | 12 | 1:04:06 | 8 | 1:32:56 | 10 | 0:58:39 | 10 | 2:31:35 | M 35 | 144 |
| 12 | M | Brauer, Steffen | 86 | FC St. Pauli Triathlon / #burning_legs | 0:24:51 | 9 | 1:13:43 | 12 | 1:38:34 | 12 | 0:56:04 | 8 | 2:34:38 | M 35 | 141 |
| Altersklasse M 40 | | | | | | | | | | | | | | | |
| 1 | | Kampa, Pawel | 80 | SV Großhansdorf | 0:19:37 | 1 | 0:54:26 | 3 | 1:14:03 | 3 | 0:40:55 | 1 | 1:54:58 | M 40 | 114 |
| 2 | B | Martin Amat, Sergio | 82 | BSG C.D. TRIATLON EL EJIDO | 0:20:27 | 3 | 0:53:00 | 1 | 1:13:27 | 1 | 0:41:58 | 2 | 1:55:25 | M 40 | 126 |
| 3 | | Bick, Ralf | 80 | Tri Fun Güstrow | 0:19:54 | 2 | 0:54:01 | 2 | 1:13:55 | 2 | 0:46:24 | 9 | 2:00:19 | M 40 | 117 |
| 4 | | Steinke, Philipp | 79 | SG Wasserratten Norderstedt | 0:20:45 | 4 | 0:56:22 | 5 | 1:17:07 | 5 | 0:44:00 | 4 | 2:01:07 | M 40 | 105 |
| 5 | | Sass, Fabian | 81 | BSG STILL | 0:21:08 | 5 | 0:58:19 | 12 | 1:19:27 | 10 | 0:42:02 | 3 | 2:01:29 | M 40 | 119 |
| 6 | B | Wienecke, Dennis | 79 | BSG NDR | 0:21:39 | 12 | 0:57:16 | 6 | 1:18:55 | 9 | 0:44:07 | 5 | 2:03:02 | M 40 | 106 |
| 7 | M | Bergau, Lars | 78 | Triathlon Team Hamburg | 0:21:30 | 8 | 0:57:17 | 7 | 1:18:47 | 6 | 0:44:37 | 6 | 2:03:24 | M 40 | 100 |
| 8 | | Warneck, Marco | 78 | Tri Endurance Germany | 0:21:11 | 6 | 0:57:37 | 9 | 1:18:48 | 7 | 0:46:06 | 8 | 2:04:54 | M 40 | 104 |
| 9 | | Mireisz, Bernhard | 78 | Tri-Sport Lübeck | 0:21:58 | 13 | 0:57:52 | 10 | 1:19:50 | 12 | 0:46:42 | 11 | 2:06:32 | M 40 | 99 |
| 10 | | Friedrichsen, Nils | 78 | SG Wasserratten Norderstedt | 0:21:32 | 10 | 0:58:13 | 11 | 1:19:45 | 11 | 0:47:03 | 12 | 2:06:48 | M 40 | 102 |
| 11 | | Kassner, Ulrich | 80 | | 0:21:30 | 8 | 0:55:31 | 4 | 1:17:01 | 4 | 0:51:27 | 15 | 2:08:28 | M 40 | 112 |
| 12 | | Jakobs, Gerrit | 78 | Hanseatic Tri Team | 0:21:33 | 11 | 0:57:18 | 8 | 1:18:51 | 8 | 0:50:25 | 13 | 2:09:16 | M 40 | 101 |
| 13 | | Iampietro, Nicolas | 82 | Tiger Team Fassberg | 0:22:36 | 16 | 1:03:29 | 16 | 1:26:05 | 16 | 0:44:41 | 7 | 2:10:46 | M 40 | 125 |
| 14 | | Schwärzel, Ricky | 79 | BSG NDR | 0:21:26 | 7 | 0:59:26 | 13 | 1:20:52 | 13 | 0:52:17 | 17 | 2:13:09 | M 40 | 107 |
| 15 | | Escudero, Miguel | 79 | | 0:22:34 | 15 | 1:04:35 | 18 | 1:27:09 | 18 | 0:46:32 | 10 | 2:13:41 | M 40 | 108 |
| 16 | | Feidieker, Thomas | 82 | | 0:24:12 | 17 | 1:00:23 | 15 | 1:24:35 | 14 | 0:51:16 | 14 | 2:15:51 | M 40 | 127 |
| 17 | | Tietgen, Thomas | 79 | Hanseatic Tri Team | 0:24:13 | 18 | 1:00:22 | 14 | 1:24:35 | 14 | 0:52:20 | 18 | 2:16:55 | M 40 | 110 |
| 18 | | Rudolf, Bernhard | 81 | | 0:22:24 | 14 | 1:04:32 | 17 | 1:26:56 | 17 | 0:52:13 | 16 | 2:19:09 | M 40 | 121 |
| 19 | M | Beise, Daniel | 80 | FC St. Pauli Triathlon | 0:25:57 | 19 | 1:09:33 | 20 | 1:35:30 | 20 | 0:55:38 | 19 | 2:31:08 | M 40 | 111 |
| 20 | | Spitzkofski, Thomas | 82 | TuS Hasloh | 0:26:53 | 20 | 1:07:35 | 19 | 1:34:28 | 19 | 1:02:27 | 20 | 2:36:55 | M 40 | 122 |
| 21 | | Schuller, Ole | 82 | | 0:30:07 | 21 | 1:17:19 | 21 | 1:47:26 | 21 | 1:17:47 | 21 | 3:05:13 | M 40 | 124 |
| Altersklasse M 45 | | | | | | | | | | | | | | | |
| 1 | M | Biermann, Christian | 73 | TuS Holstein Quickborn | 0:21:04 | 2 | 0:56:23 | 3 | 1:17:27 | 1 | 0:43:22 | 3 | 2:00:49 | M 45 | 76 |
| 2 | B | Leidecker, Ingo | 74 | BSG Commerzbank | 0:21:29 | 5 | 0:56:10 | 1 | 1:17:39 | 3 | 0:45:17 | 4 | 2:02:56 | M 45 | 83 |
| 3 | | Sedelmaier, Frank | 77 | Triathlon Team Hamburger Hochschu | 0:21:58 | 6 | 0:58:12 | 5 | 1:20:10 | 5 | 0:42:58 | 2 | 2:03:08 | M 45 | 95 |
| 4 | | Klok, Gerrit-Jan | 73 | MC Pirate | 0:21:22 | 3 | 0:56:13 | 2 | 1:17:35 | 2 | 0:46:46 | 5 | 2:04:21 | M 45 | 77 |
| 5 | | Reimann, Mirko | 77 | Team Erdinger Alkoholfrei | 0:19:51 | 1 | 1:05:53 | 11 | 1:25:44 | 9 | 0:42:05 | 1 | 2:07:49 | M 45 | 94 |
| 6 | | Bruhn, Marc | 75 | SG Wasserratten Norderstedt | 0:22:08 | 7 | 0:56:53 | 4 | 1:19:01 | 4 | 0:50:47 | 8 | 2:09:48 | M 45 | 87 |
| 7 | | Toussaint, Sebastien | 74 | Tiger Team Fassberg | 0:21:26 | 4 | 0:59:34 | 6 | 1:21:00 | 6 | 0:49:23 | 7 | 2:10:23 | M 45 | 85 |
| 8 | | Klewer, Michael | 77 | Tri Fun Güstrow | 0:24:07 | 11 | 0:59:47 | 7 | 1:23:54 | 7 | 0:48:44 | 6 | 2:12:38 | M 45 | 93 |

Altersklassenwertung Einzel gesamt (ohne Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------------------|---|----------------------|-----|-------------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| 9 | | Draak, Christian | 75 | Team Erdinger Alkoholfrei | 0:23:32 | 9 | 1:01:28 | 9 | 1:25:00 | 8 | 0:52:13 | 9 | 2:17:13 | M 45 | 90 |
| 10 | | Weiß, Dennis | 77 | Tri EMTV Elmshorn | 0:25:10 | 13 | 1:00:42 | 8 | 1:25:52 | 10 | 0:52:18 | 10 | 2:18:10 | M 45 | 96 |
| 11 | | Laude, Niels | 75 | | 0:23:48 | 10 | 1:02:29 | 10 | 1:26:17 | 11 | 0:54:25 | 11 | 2:20:42 | M 45 | 88 |
| 12 | | Lück, Ronald | 75 | BSG EDEKA | 0:23:11 | 8 | 1:07:21 | 12 | 1:30:32 | 12 | 0:54:53 | 12 | 2:25:25 | M 45 | 89 |
| 13 | | Reinecke, Tim | 76 | | 0:24:25 | 12 | 1:07:30 | 13 | 1:31:55 | 13 | 0:58:46 | 15 | 2:30:41 | M 45 | 91 |
| 14 | | Görllich, Thomas | 74 | TuS Hasloh | 0:26:52 | 15 | 1:10:00 | 16 | 1:36:52 | 15 | 0:56:27 | 13 | 2:33:19 | M 45 | 82 |
| 15 | | Werdermann, Tobias | 76 | #norderstedtläuft | 0:26:54 | 16 | 1:08:49 | 14 | 1:35:43 | 14 | 0:58:51 | 16 | 2:34:34 | M 45 | 92 |
| 16 | | Moss, Ingo | 74 | SC Weyhe -Triathlon- | 0:25:46 | 14 | 1:13:09 | 17 | 1:38:55 | 17 | 0:57:16 | 14 | 2:36:11 | M 45 | 81 |
| 17 | | Ruhlig, Thorsten | 73 | #teamsteinbergcoachin | 0:27:32 | 17 | 1:09:41 | 15 | 1:37:13 | 16 | 1:01:00 | 17 | 2:38:13 | M 45 | 14 |
| Altersklasse M 50 | | | | | | | | | | | | | | | |
| 1 | M | Dannehl, Jan | 69 | Triabolos Hamburg | 0:21:31 | 2 | 0:57:41 | 4 | 1:19:12 | 4 | 0:43:39 | 1 | 2:02:51 | M 50 | 56 |
| 2 | M | Pätzold, Ingo | 68 | FC St. Pauli Triathlon / BSG NG TRN | 0:21:53 | 4 | 0:56:51 | 2 | 1:18:44 | 1 | 0:48:07 | 4 | 2:06:51 | M 50 | 52 |
| 3 | | LEGEAI, Bruno | 71 | Tiger Team Fassberg | 0:21:55 | 5 | 0:57:21 | 3 | 1:19:16 | 5 | 0:47:47 | 3 | 2:07:03 | M 50 | 67 |
| 4 | | Wiedenhofer, Marco | 70 | Tri Endurance Germany | 0:21:45 | 3 | 0:58:23 | 7 | 1:20:08 | 6 | 0:47:13 | 2 | 2:07:21 | M 50 | 62 |
| 5 | | Wilde, Mike | 70 | | 0:23:30 | 11 | 0:55:26 | 1 | 1:18:56 | 2 | 0:49:32 | 9 | 2:08:28 | M 50 | 61 |
| 6 | | Detlefs, Mirko | 70 | Tru Team Eisenhart Hamburg | 0:22:16 | 8 | 0:58:12 | 5 | 1:20:28 | 7 | 0:48:10 | 5 | 2:08:38 | M 50 | 75 |
| 7 | M | Meyer, Björn | 69 | Tri-Bandits TSG Bergedorf | 0:20:50 | 1 | 0:58:21 | 6 | 1:19:11 | 3 | 0:50:34 | 10 | 2:09:45 | M 50 | 59 |
| 8 | M | Haberstock, Philipp | 71 | Triabolos Hamburg | 0:22:15 | 7 | 0:59:13 | 8 | 1:21:28 | 8 | 0:50:55 | 12 | 2:12:23 | M 50 | 68 |
| 9 | | Kock, Lars | 70 | TC Fiko Rostock | 0:21:55 | 5 | 1:01:48 | 11 | 1:23:43 | 9 | 0:49:06 | 7 | 2:12:49 | M 50 | 60 |
| 10 | | Hecht, Stephen | 71 | | 0:23:46 | 12 | 0:59:57 | 9 | 1:23:43 | 9 | 0:52:35 | 13 | 2:16:18 | M 50 | 63 |
| 11 | | Laurisch, Wolf | 72 | Tri Michels Hamburg | 0:22:56 | 9 | 1:03:48 | 13 | 1:26:44 | 11 | 0:50:47 | 11 | 2:17:31 | M 50 | 73 |
| 12 | | Radtke, Holger | 71 | SV Großhansdorf | 0:24:47 | 14 | 1:05:11 | 14 | 1:29:58 | 14 | 0:49:12 | 8 | 2:19:10 | M 50 | 66 |
| 13 | | Henkel, Patrick | 71 | | 0:23:25 | 10 | 1:06:59 | 17 | 1:30:24 | 15 | 0:48:56 | 6 | 2:19:20 | M 50 | 69 |
| 14 | | Suhling, Sven | 71 | | 0:24:33 | 13 | 1:02:37 | 12 | 1:27:10 | 13 | 0:53:17 | 14 | 2:20:27 | M 50 | 64 |
| 15 | | Martens, Henning | 72 | Tri-Sport Lübeck | 0:26:33 | 16 | 1:00:30 | 10 | 1:27:03 | 12 | 0:55:52 | 17 | 2:22:55 | M 50 | 71 |
| 16 | | Kasper, Thomas | 68 | BSG Commerzbank | 0:26:44 | 17 | 1:05:27 | 15 | 1:32:11 | 16 | 0:53:44 | 15 | 2:25:55 | M 50 | 53 |
| 17 | | Plantholz, Christian | 69 | | 0:29:00 | 19 | 1:06:30 | 16 | 1:35:30 | 17 | 1:02:24 | 18 | 2:37:54 | M 50 | 58 |
| 18 | | Sterling, Achim | 71 | Team media@home Sterling | 0:25:22 | 15 | 1:19:25 | 19 | 1:44:47 | 19 | 0:55:11 | 16 | 2:39:58 | M 50 | 65 |
| 19 | M | Selent, Jan | 72 | NDR Triathlon | 0:28:11 | 18 | 1:08:52 | 18 | 1:37:03 | 18 | 1:03:39 | 19 | 2:40:42 | M 50 | 74 |
| Altersklasse M 55 | | | | | | | | | | | | | | | |
| 1 | | Brell, Michael | 65 | SG Wasserratten Norderstedt | 0:23:29 | 3 | 0:56:00 | 1 | 1:19:29 | 1 | 0:50:15 | 2 | 2:09:44 | M 55 | 42 |
| 2 | M | Sturm, Volker | 65 | Kaifu Tri Team | 0:21:07 | 1 | 1:00:00 | 3 | 1:21:07 | 2 | 0:51:24 | 5 | 2:12:31 | M 55 | 43 |
| 3 | M | Hildebrandt, Dirk | 63 | Verein Aktive Freizeit | 0:24:06 | 4 | 0:59:41 | 2 | 1:23:47 | 3 | 0:51:04 | 4 | 2:14:51 | M 55 | 41 |
| 4 | | Hohaus, Roman | 66 | | 0:24:47 | 5 | 1:04:14 | 4 | 1:29:01 | 4 | 0:50:13 | 1 | 2:19:14 | M 55 | 46 |

Altersklassenwertung Einzel gesamt (ohne Staffeln)

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------------------|---|---------------------|-----|-----------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| 5 | M | Rooseboom, Markus | 65 | Tri Michels Hamburg | 0:23:10 | 2 | 1:07:24 | 7 | 1:30:34 | 6 | 0:51:02 | 3 | 2:21:36 | M 55 | 45 |
| 6 | | Heiligtag, Michael | 63 | Bramfelder SV | 0:25:43 | 6 | 1:04:26 | 5 | 1:30:09 | 5 | 0:53:50 | 6 | 2:23:59 | M 55 | 39 |
| 7 | | Völling, Jens | 66 | Tri EMTV Elmshorn | 0:26:25 | 7 | 1:05:06 | 6 | 1:31:31 | 7 | 0:56:19 | 7 | 2:27:50 | M 55 | 47 |
| 8 | | Bartl, Thomas | 65 | SG Wasserratten Norderstedt | 0:28:57 | 10 | 1:07:28 | 8 | 1:36:25 | 8 | 1:03:42 | 8 | 2:40:07 | M 55 | 44 |
| 9 | | Reese, Matthias | 66 | LTV Kiel-Ost | 0:26:55 | 8 | 1:11:07 | 9 | 1:38:02 | 9 | 1:11:51 | 9 | 2:49:53 | M 55 | 48 |
| 10 | | Hempfl, Andreas | 67 | Genußsportler | 0:28:47 | 9 | 1:24:34 | 10 | 1:53:21 | 10 | 1:11:52 | 10 | 3:05:13 | M 55 | 51 |
| Altersklasse M 60 | | | | | | | | | | | | | | | |
| 1 | M | Claudius, Stephan | 59 | MC Pirate | 0:21:49 | 3 | 0:58:27 | 1 | 1:20:16 | 2 | 0:46:22 | 2 | 2:06:38 | M 60 | 35 |
| 2 | | Uhl, Peter | 62 | Buxtehuder SV | 0:21:28 | 1 | 0:59:56 | 3 | 1:21:24 | 3 | 0:45:40 | 1 | 2:07:04 | M 60 | 38 |
| 3 | | Frick, Axel | 62 | Trimaniacs | 0:21:29 | 2 | 0:58:36 | 2 | 1:20:05 | 1 | 0:47:29 | 3 | 2:07:34 | M 60 | 36 |
| 4 | | Rother, Thomas | 62 | AMTV Hamburg | 0:28:40 | 5 | 1:01:56 | 4 | 1:30:36 | 4 | 0:56:46 | 4 | 2:27:22 | M 60 | 37 |
| 5 | | Herrmann, Michael | 61 | Deutsche Bank | 0:28:18 | 4 | 1:21:31 | 5 | 1:49:49 | 5 | 1:06:46 | 5 | 2:56:35 | M 60 | 10 |
| Altersklasse M 65 | | | | | | | | | | | | | | | |
| 1 | M | Wiese, Michael | 57 | Triabolos Hamburg | 0:29:28 | 1 | 1:03:47 | 1 | 1:33:15 | 1 | 0:59:31 | 1 | 2:32:46 | M 65 | 34 |
| Altersklasse M 70 | | | | | | | | | | | | | | | |
| 1 | M | Prätsch, Dr. Ulrich | 47 | Triabolos Hamburg | 0:28:58 | 1 | 1:06:22 | 1 | 1:35:20 | 1 | 1:04:56 | 1 | 2:40:16 | M 75 | 31 |

Staffelwertung Gesamt

| Ein- lauf | W | Staffel-Name | Staffel-Mitglieder | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|---------------------------------|---------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|-----------|-------|
| 1 | S | TIGERteam | LEGEAI, Fredelake | 0:20:57 | 2 | 0:55:08 | 1 | 1:16:05 | 1 | 0:46:14 | 2 | 2:02:19 | Staffel-M | 438 |
| 2 | S | Quickis | Kaschke, Ludwig | 0:21:41 | 3 | 1:02:54 | 4 | 1:24:35 | 4 | 0:46:54 | 3 | 2:11:29 | Staffel-M | 434 |
| 3 | S | Monk und Maschine | Wasmundt, Siegmeier | 0:22:48 | 5 | 0:57:21 | 2 | 1:20:09 | 2 | 0:51:38 | 6 | 2:11:47 | Staffel-W | 401 |
| 4 | S | Kosmetik Katrin Schulte Ebstorf | Lehmann, Schulte | 0:19:46 | 1 | 1:10:31 | 8 | 1:30:17 | 7 | 0:43:41 | 1 | 2:13:58 | Staffel-M | 431 |
| 5 | S | radlos laufen als fußlos radeln | Huth, Bertrams, Wilhelm | 0:23:12 | 6 | 1:00:55 | 3 | 1:24:07 | 3 | 0:50:16 | 5 | 2:14:23 | Staffel-M | 435 |
| 6 | S | Open Sports Hamburg | Altmann, Schaare | 0:22:33 | 4 | 1:06:52 | 7 | 1:29:25 | 6 | 0:48:58 | 4 | 2:18:23 | Staffel-M | 433 |
| 7 | S | Team Tangstedt-Norderstedt | Liebler, von der Fecht | 0:24:48 | 7 | 1:04:17 | 5 | 1:29:05 | 5 | 0:53:51 | 9 | 2:22:56 | Staffel-W | 403 |
| 8 | S | Have fun | Kirste, Arndt | 0:26:50 | 8 | 1:04:34 | 6 | 1:31:24 | 8 | 0:58:57 | 10 | 2:30:21 | Staffel-M | 430 |
| 9 | S | SG Wasserratten Norderstedt | Friedrichsen, Jordt, Lorenz | 0:27:04 | 9 | 1:11:59 | 10 | 1:39:03 | 9 | 0:51:38 | 6 | 2:30:41 | Staffel-W | 402 |
| 10 | S | SG Wasserratten Norderstedt | Neuefeind, Neuefeind, Neuefeind | 0:27:13 | 10 | 1:17:05 | 12 | 1:44:18 | 12 | 0:52:40 | 8 | 2:36:58 | Staffel-M | 436 |
| 11 | S | BSG Alto-Nabe | Steinhaus, Steinhaus, Schröter | 0:28:05 | 11 | 1:13:16 | 11 | 1:41:21 | 10 | 1:05:32 | 11 | 2:46:53 | Staffel-M | 432 |
| 12 | S | TuS Holstein Quickborn | Kranz, Behnke | 0:31:47 | 12 | 1:11:07 | 9 | 1:42:54 | 11 | 1:09:05 | 12 | 2:51:59 | Staffel-M | 442 |

Staffelwertung AK-Wertung

| Ein- lauf | W | Staffel-Name | Staffel-Mitglieder | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|-------------------------------------|---|---------------------------------|---------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|-----------|-------|
| Staffelwertung F R A U E N : | | | | | | | | | | | | | | |
| 1 | S | Monk und Maschine | Wasmundt, Siegmeier | 0:22:48 | 1 | 0:57:21 | 1 | 1:20:09 | 1 | 0:51:38 | 1 | 2:11:47 | Staffel-W | 401 |
| 2 | S | Team Tangstedt-Norderstedt | Liebler, von der Fecht | 0:24:48 | 2 | 1:04:17 | 2 | 1:29:05 | 2 | 0:53:51 | 3 | 2:22:56 | Staffel-W | 403 |
| 3 | S | SG Wasserratten Norderstedt | Friedrichsen, Jordt, Lorenz | 0:27:04 | 3 | 1:11:59 | 3 | 1:39:03 | 3 | 0:51:38 | 1 | 2:30:41 | Staffel-W | 402 |
| Staffelwertung M Ä N N E R : | | | | | | | | | | | | | | |
| 1 | S | TIGERteam | LEGEAI, Fredelake | 0:20:57 | 2 | 0:55:08 | 1 | 1:16:05 | 1 | 0:46:14 | 2 | 2:02:19 | Staffel-M | 438 |
| 2 | S | Quickis | Kaschke, Ludwig | 0:21:41 | 3 | 1:02:54 | 3 | 1:24:35 | 3 | 0:46:54 | 3 | 2:11:29 | Staffel-M | 434 |
| 3 | S | Kosmetik Katrin Schulte Ebstorf | Lehmann, Schulte | 0:19:46 | 1 | 1:10:31 | 6 | 1:30:17 | 5 | 0:43:41 | 1 | 2:13:58 | Staffel-M | 431 |
| 4 | S | radlos laufen als fußlos radeln | Huth, Bertrams, Wilhelm | 0:23:12 | 5 | 1:00:55 | 2 | 1:24:07 | 2 | 0:50:16 | 5 | 2:14:23 | Staffel-M | 435 |
| 5 | S | Open Sports Hamburg | Altmann, Schaare | 0:22:33 | 4 | 1:06:52 | 5 | 1:29:25 | 4 | 0:48:58 | 4 | 2:18:23 | Staffel-M | 433 |
| 6 | S | Have fun | Kirste, Arndt | 0:26:50 | 6 | 1:04:34 | 4 | 1:31:24 | 6 | 0:58:57 | 7 | 2:30:21 | Staffel-M | 430 |
| 7 | S | SG Wasserratten Norderstedt | Neuefeind, Neuefeind, Neuefeind | 0:27:13 | 7 | 1:17:05 | 9 | 1:44:18 | 9 | 0:52:40 | 6 | 2:36:58 | Staffel-M | 436 |
| 8 | S | BSG Alto-Nabe | Steinhaus, Steinhaus, Schröter | 0:28:05 | 8 | 1:13:16 | 8 | 1:41:21 | 7 | 1:05:32 | 8 | 2:46:53 | Staffel-M | 432 |
| 9 | S | TuS Holstein Quickborn | Kranz, Behnke | 0:31:47 | 9 | 1:11:07 | 7 | 1:42:54 | 8 | 1:09:05 | 9 | 2:51:59 | Staffel-M | 442 |

Einlaufliste Betriebssportverband Hamburg

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|---------------------|-----|------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| 1 | B | Martin Amat, Sergio | 82 | BSG C.D. TRIATLON EL EJIDO | 0:20:27 | 1 | 0:53:00 | 1 | 1:13:27 | 1 | 0:41:58 | 1 | 1:55:25 | M 40 | 126 |
| 2 | B | Leidecker, Ingo | 74 | BSG Commerzbank | 0:21:29 | 2 | 0:56:10 | 2 | 1:17:39 | 2 | 0:45:17 | 3 | 2:02:56 | M 45 | 83 |
| 3 | B | Wienecke, Dennis | 79 | BSG NDR | 0:21:39 | 3 | 0:57:16 | 3 | 1:18:55 | 3 | 0:44:07 | 2 | 2:03:02 | M 40 | 106 |
| 4 | B | Femerling, Lisa | 93 | BSG OTTO / Triathlon Team HH | 0:23:46 | 4 | 1:02:25 | 4 | 1:26:11 | 4 | 0:47:24 | 4 | 2:13:35 | W 20 | 25 |
| 5 | B | Jacobsen, Svenja | 66 | BSG Phorms Hamburg | 0:26:45 | 5 | 1:09:50 | 5 | 1:36:35 | 5 | 0:58:30 | 5 | 2:35:05 | W 55 | 5 |

Altersklassenwertung Betriebssportverband Hamburg

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------------------|---|---------------------|-----|------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| F R A U E N : | | | | | | | | | | | | | | | |
| Altersklasse W 20 | | | | | | | | | | | | | | | |
| 1 | B | Femerling, Lisa | 93 | BSG OTTO / Triathlon Team HH | 0:23:46 | 1 | 1:02:25 | 1 | 1:26:11 | 1 | 0:47:24 | 1 | 2:13:35 | W 20 | 25 |
| Altersklasse W 55 | | | | | | | | | | | | | | | |
| 1 | B | Jacobsen, Svenja | 66 | BSG Phorms Hamburg | 0:26:45 | 1 | 1:09:50 | 1 | 1:36:35 | 1 | 0:58:30 | 1 | 2:35:05 | W 55 | 5 |
| M Ä N N E R : | | | | | | | | | | | | | | | |
| Altersklasse M 40 | | | | | | | | | | | | | | | |
| 1 | B | Martin Amat, Sergio | 82 | BSG C.D. TRIATLON EL EJIDO | 0:20:27 | 1 | 0:53:00 | 1 | 1:13:27 | 1 | 0:41:58 | 1 | 1:55:25 | M 40 | 126 |
| 2 | B | Wienecke, Dennis | 79 | BSG NDR | 0:21:39 | 2 | 0:57:16 | 2 | 1:18:55 | 2 | 0:44:07 | 2 | 2:03:02 | M 40 | 106 |
| Altersklasse M 45 | | | | | | | | | | | | | | | |
| 1 | B | Leidecker, Ingo | 74 | BSG Commerzbank | 0:21:29 | 1 | 0:56:10 | 1 | 1:17:39 | 1 | 0:45:17 | 1 | 2:02:56 | M 45 | 83 |

18. Hamburger RUN + BIKE - Meisterschaft Einlaufliste

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|---------------------|-----|---------------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| 1 | M | Ferner, Fritz | 86 | RADPACK | 0:18:16 | 1 | 0:49:41 | 1 | 1:07:57 | 1 | 0:37:10 | 1 | 1:45:07 | M 35 | 140 |
| 2 | M | von Schmeling, Finn | 98 | Tri Michels Hamburg | 0:19:49 | 3 | 0:52:03 | 2 | 1:11:52 | 2 | 0:42:07 | 2 | 1:53:59 | M 20 | 172 |
| 3 | M | Krug, Christian | 84 | Triabolos Hamburg | 0:19:44 | 2 | 0:54:11 | 3 | 1:13:55 | 3 | 0:42:48 | 4 | 1:56:43 | M 35 | 133 |
| 4 | M | Gayer, Sören | 88 | Kaifu Tri Team | 0:19:50 | 4 | 0:56:42 | 6 | 1:16:32 | 4 | 0:43:00 | 5 | 1:59:32 | M 30 | 145 |
| 5 | M | Paulus, Marvin | 90 | Triathlon Team Hamburg | 0:21:36 | 12 | 0:55:40 | 4 | 1:17:16 | 5 | 0:42:35 | 3 | 1:59:51 | M 30 | 153 |
| 6 | M | Biermann, Christian | 73 | TuS Holstein Quickborn | 0:21:04 | 7 | 0:56:23 | 5 | 1:17:27 | 6 | 0:43:22 | 6 | 2:00:49 | M 45 | 76 |
| 7 | M | Dannehl, Jan | 69 | Triabolos Hamburg | 0:21:31 | 10 | 0:57:41 | 11 | 1:19:12 | 11 | 0:43:39 | 7 | 2:02:51 | M 50 | 56 |
| 8 | M | Bergau, Lars | 78 | Triathlon Team Hamburg | 0:21:30 | 9 | 0:57:17 | 9 | 1:18:47 | 9 | 0:44:37 | 9 | 2:03:24 | M 40 | 100 |
| 9 | M | Arndt, Sebastian | 85 | Triathlon Team Hamburg | 0:20:06 | 5 | 1:00:26 | 18 | 1:20:32 | 14 | 0:43:59 | 8 | 2:04:31 | M 35 | 134 |
| 10 | M | Friedrichs, Torben | 92 | Triathlon Team Hamburg | 0:21:35 | 11 | 0:56:57 | 8 | 1:18:32 | 7 | 0:47:52 | 11 | 2:06:24 | M 30 | 161 |
| 11 | M | Claudius, Stephan | 59 | MC Pirate | 0:21:49 | 13 | 0:58:27 | 13 | 1:20:16 | 13 | 0:46:22 | 10 | 2:06:38 | M 60 | 35 |
| 12 | M | Pätzold, Ingo | 68 | FC St. Pauli Triathlon / BSG NG TRI | 0:21:53 | 14 | 0:56:51 | 7 | 1:18:44 | 8 | 0:48:07 | 12 | 2:06:51 | M 50 | 52 |
| 13 | M | Meyer, Björn | 69 | Tri-Bandits TSG Bergedorf | 0:20:50 | 6 | 0:58:21 | 12 | 1:19:11 | 10 | 0:50:34 | 14 | 2:09:45 | M 50 | 59 |
| 14 | M | Lützen, Lea | 0 | FC St. Pauli Triathlon | 0:22:25 | 16 | 0:57:34 | 10 | 1:19:59 | 12 | 0:50:58 | 16 | 2:10:57 | W 20 | 30 |
| 15 | M | Haberstock, Philipp | 71 | Triabolos Hamburg | 0:22:15 | 15 | 0:59:13 | 14 | 1:21:28 | 16 | 0:50:55 | 15 | 2:12:23 | M 50 | 68 |
| 16 | M | Sturm, Volker | 65 | Kaifu Tri Team | 0:21:07 | 8 | 1:00:00 | 16 | 1:21:07 | 15 | 0:51:24 | 19 | 2:12:31 | M 55 | 43 |
| 17 | M | Hildebrandt, Dirk | 63 | Verein Aktive Freizeit | 0:24:06 | 20 | 0:59:41 | 15 | 1:23:47 | 17 | 0:51:04 | 18 | 2:14:51 | M 55 | 41 |
| 18 | M | Weller, Mats | 93 | FC St. Pauli Triathlon | 0:23:06 | 17 | 1:02:27 | 19 | 1:25:33 | 19 | 0:49:38 | 13 | 2:15:11 | M 20 | 164 |
| 19 | M | Löhden, Jana | 94 | Heikotel Tri Team Hamburg | 0:23:46 | 19 | 1:00:06 | 17 | 1:23:52 | 18 | 0:55:56 | 22 | 2:19:48 | W 20 | 26 |
| 20 | M | Kwasny, Miriam | 65 | Triathlon Team Hamburg | 0:24:13 | 21 | 1:02:48 | 20 | 1:27:01 | 20 | 0:52:58 | 20 | 2:19:59 | W 55 | 2 |
| 21 | M | Rooseboom, Markus | 65 | Tri Michels Hamburg | 0:23:10 | 18 | 1:07:24 | 23 | 1:30:34 | 21 | 0:51:02 | 17 | 2:21:36 | M 55 | 45 |
| 22 | M | Beise, Daniel | 80 | FC St. Pauli Triathlon | 0:25:57 | 23 | 1:09:33 | 25 | 1:35:30 | 24 | 0:55:38 | 21 | 2:31:08 | M 40 | 111 |
| 23 | M | Wiese, Michael | 57 | Triabolos Hamburg | 0:29:28 | 26 | 1:03:47 | 21 | 1:33:15 | 22 | 0:59:31 | 24 | 2:32:46 | M 65 | 34 |
| 24 | M | Brauer, Steffen | 86 | FC St. Pauli Triathlon / #burning_leg | 0:24:51 | 22 | 1:13:43 | 27 | 1:38:34 | 26 | 0:56:04 | 23 | 2:34:38 | M 35 | 141 |
| 25 | M | Prätsch, Dr. Ulrich | 47 | Triabolos Hamburg | 0:28:58 | 25 | 1:06:22 | 22 | 1:35:20 | 23 | 1:04:56 | 27 | 2:40:16 | M 75 | 31 |
| 26 | M | Selent, Jan | 72 | NDR Triathlon | 0:28:11 | 24 | 1:08:52 | 24 | 1:37:03 | 25 | 1:03:39 | 25 | 2:40:42 | M 50 | 74 |
| 27 | M | Suchy, Eva | 65 | TuS Holstein Quickborn | 0:29:42 | 27 | 1:10:33 | 26 | 1:40:15 | 27 | 1:03:47 | 26 | 2:44:02 | W 55 | 3 |

18. Hamburger RUN + BIKE - Meisterschaft Altersklassenwertung

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Pos Zwi-Zeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr | |
|--------------------------|---|---------------------|-----|---------------------------------------|----------------|-----------|--------------|------------|-----------------|---------------|-----------|-----------------|---------|-------|-----|
| F R A U E N : | | | | | | | | | | | | | | | |
| Altersklasse W 20 | | | | | | | | | | | | | | | |
| 1 | M | Lützen, Lea | 0 | FC St. Pauli Triathlon | 0:22:25 | 1 | 0:57:34 | 1 | 1:19:59 | 1 | 0:50:58 | 1 | 2:10:57 | W 20 | 30 |
| 2 | M | Löhden, Jana | 94 | Heikotel Tri Team Hamburg | 0:23:46 | 2 | 1:00:06 | 2 | 1:23:52 | 2 | 0:55:56 | 2 | 2:19:48 | W 20 | 26 |
| Altersklasse W 55 | | | | | | | | | | | | | | | |
| 1 | M | Kwasny, Miriam | 65 | Triathlon Team Hamburg | 0:24:13 | 1 | 1:02:48 | 1 | 1:27:01 | 1 | 0:52:58 | 1 | 2:19:59 | W 55 | 2 |
| 2 | M | Suchy, Eva | 65 | TuS Holstein Quickborn | 0:29:42 | 2 | 1:10:33 | 2 | 1:40:15 | 2 | 1:03:47 | 2 | 2:44:02 | W 55 | 3 |
| M Ä N N E R : | | | | | | | | | | | | | | | |
| Altersklasse M 20 | | | | | | | | | | | | | | | |
| 1 | M | von Schmeling, Finn | 98 | Tri Michels Hamburg | 0:19:49 | 1 | 0:52:03 | 1 | 1:11:52 | 1 | 0:42:07 | 1 | 1:53:59 | M 20 | 172 |
| 2 | M | Weller, Mats | 93 | FC St. Pauli Triathlon | 0:23:06 | 2 | 1:02:27 | 2 | 1:25:33 | 2 | 0:49:38 | 2 | 2:15:11 | M 20 | 164 |
| Altersklasse M 30 | | | | | | | | | | | | | | | |
| 1 | M | Gayer, Sören | 88 | Kaifu Tri Team | 0:19:50 | 1 | 0:56:42 | 2 | 1:16:32 | 1 | 0:43:00 | 2 | 1:59:32 | M 30 | 145 |
| 2 | M | Paulus, Marvin | 90 | Triathlon Team Hamburg | 0:21:36 | 3 | 0:55:40 | 1 | 1:17:16 | 2 | 0:42:35 | 1 | 1:59:51 | M 30 | 153 |
| 3 | M | Friedrichs, Torben | 92 | Triathlon Team Hamburg | 0:21:35 | 2 | 0:56:57 | 3 | 1:18:32 | 3 | 0:47:52 | 3 | 2:06:24 | M 30 | 161 |
| Altersklasse M 35 | | | | | | | | | | | | | | | |
| 1 | M | Ferner, Fritz | 86 | RADPACK | 0:18:16 | 1 | 0:49:41 | 1 | 1:07:57 | 1 | 0:37:10 | 1 | 1:45:07 | M 35 | 140 |
| 2 | M | Krug, Christian | 84 | Triabolos Hamburg | 0:19:44 | 2 | 0:54:11 | 2 | 1:13:55 | 2 | 0:42:48 | 2 | 1:56:43 | M 35 | 133 |
| 3 | M | Arndt, Sebastian | 85 | Triathlon Team Hamburg | 0:20:06 | 3 | 1:00:26 | 3 | 1:20:32 | 3 | 0:43:59 | 3 | 2:04:31 | M 35 | 134 |
| 4 | M | Brauer, Steffen | 86 | FC St. Pauli Triathlon / #burning_leg | 0:24:51 | 4 | 1:13:43 | 4 | 1:38:34 | 4 | 0:56:04 | 4 | 2:34:38 | M 35 | 141 |
| Altersklasse M 40 | | | | | | | | | | | | | | | |
| 1 | M | Bergau, Lars | 78 | Triathlon Team Hamburg | 0:21:30 | 1 | 0:57:17 | 1 | 1:18:47 | 1 | 0:44:37 | 1 | 2:03:24 | M 40 | 100 |
| 2 | M | Beise, Daniel | 80 | FC St. Pauli Triathlon | 0:25:57 | 2 | 1:09:33 | 2 | 1:35:30 | 2 | 0:55:38 | 2 | 2:31:08 | M 40 | 111 |
| Altersklasse M 45 | | | | | | | | | | | | | | | |
| 1 | M | Biermann, Christian | 73 | TuS Holstein Quickborn | 0:21:04 | 1 | 0:56:23 | 1 | 1:17:27 | 1 | 0:43:22 | 1 | 2:00:49 | M 45 | 76 |

18. Hamburger RUN + BIKE - Meisterschaft Altersklassenwertung

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------------------|---|---------------------|-----|-------------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|------|-------|
| Altersklasse M 50 | | | | | | | | | | | | | | | |
| 1 | M | Dannehl, Jan | 69 | Triabolos Hamburg | 0:21:31 | 2 | 0:57:41 | 2 | 1:19:12 | 3 | 0:43:39 | 1 | 2:02:51 | M 50 | 56 |
| 2 | M | Pätzold, Ingo | 68 | FC St. Pauli Triathlon / BSG NG TRI | 0:21:53 | 3 | 0:56:51 | 1 | 1:18:44 | 1 | 0:48:07 | 2 | 2:06:51 | M 50 | 52 |
| 3 | M | Meyer, Björn | 69 | Tri-Bandits TSG Bergedorf | 0:20:50 | 1 | 0:58:21 | 3 | 1:19:11 | 2 | 0:50:34 | 3 | 2:09:45 | M 50 | 59 |
| 4 | M | Haberstock, Philipp | 71 | Triabolos Hamburg | 0:22:15 | 4 | 0:59:13 | 4 | 1:21:28 | 4 | 0:50:55 | 4 | 2:12:23 | M 50 | 68 |
| 5 | M | Selent, Jan | 72 | NDR Triathlon | 0:28:11 | 5 | 1:08:52 | 5 | 1:37:03 | 5 | 1:03:39 | 5 | 2:40:42 | M 50 | 74 |
| Altersklasse M 55 | | | | | | | | | | | | | | | |
| 1 | M | Sturm, Volker | 65 | Kaifu Tri Team | 0:21:07 | 1 | 1:00:00 | 2 | 1:21:07 | 1 | 0:51:24 | 3 | 2:12:31 | M 55 | 43 |
| 2 | M | Hildebrandt, Dirk | 63 | Verein Aktive Freizeit | 0:24:06 | 3 | 0:59:41 | 1 | 1:23:47 | 2 | 0:51:04 | 2 | 2:14:51 | M 55 | 41 |
| 3 | M | Rooseboom, Markus | 65 | Tri Michels Hamburg | 0:23:10 | 2 | 1:07:24 | 3 | 1:30:34 | 3 | 0:51:02 | 1 | 2:21:36 | M 55 | 45 |
| Altersklasse M 60 | | | | | | | | | | | | | | | |
| 1 | M | Claudius, Stephan | 59 | MC Pirate | 0:21:49 | 1 | 0:58:27 | 1 | 1:20:16 | 1 | 0:46:22 | 1 | 2:06:38 | M 60 | 35 |
| Altersklasse M 65 | | | | | | | | | | | | | | | |
| 1 | M | Wiese, Michael | 57 | Triabolos Hamburg | 0:29:28 | 1 | 1:03:47 | 1 | 1:33:15 | 1 | 0:59:31 | 1 | 2:32:46 | M 65 | 34 |
| Altersklasse M 75 | | | | | | | | | | | | | | | |
| 1 | M | Prätsch, Dr. Ulrich | 47 | Triabolos Hamburg | 0:28:58 | 1 | 1:06:22 | 1 | 1:35:20 | 1 | 1:04:56 | 1 | 2:40:16 | M 75 | 31 |

Wettkampf nicht beendet / Disqualifiziert

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--------------|---|---------------|-----|--------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|----|-------|
|--------------|---|---------------|-----|--------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|----|-------|

Ausgeschieden

| | | | | | | | | | | | | | | | |
|--|--|----------------|----|----------------|---------|--|---------|--|---------|--|-----|--|-----|------|-----|
| | | Prack, Jasmin | 90 | TCB | 0:22:20 | | --- | | --- | | --- | | --- | W 30 | 21 |
| | | Puritz, Robert | 86 | weekendwarrior | 0:27:37 | | 1:07:31 | | 1:35:08 | | --- | | --- | M 35 | 138 |

Disqualifikationen

| W | Name, Vorname | Jg | Verein / BSG / Ort | Grund |
|---|---------------|----|--------------------|-------|
| | Keine! | | | |

Erstplatzierte RUN + BIKE am 15. Mai 2022

| Ein- lauf | W | Name, Vorname | Jg. | Verein / BSG / Ort | Lauf 5,5 km | Pos L1 | Rad 37 km | Pos Rad | Zwi-Zeit | Pos ZZeit | Lauf 11 km | Pos L2 | Gesamt- zeit | AK | St.Nr |
|--|---|---------------------------------|-----|------------------------------|----------------|-----------|--------------|------------|----------|--------------|---------------|-----------|-----------------|-----------|-------|
| Siegerinnen Einzel Gesamt | | | | | | | | | | | | | | | |
| 43 | M | Lützen, Lea | 0 | FC St. Pauli Triathlon | 0:22:25 | 50 | 0:57:34 | 25 | 1:19:59 | 31 | 0:50:58 | 59 | 2:10:57 | W 20 | 30 |
| 51 | B | Femerling, Lisa | 93 | BSG OTTO / Triathlon Team HH | 0:23:46 | 65 | 1:02:25 | 64 | 1:26:11 | 63 | 0:47:24 | 34 | 2:13:35 | W 20 | 25 |
| 54 | | Becker, Kaya | 92 | | 0:21:57 | 39 | 1:01:48 | 61 | 1:23:45 | 48 | 0:51:21 | 63 | 2:15:06 | W 30 | 23 |
| Sieger Einzel Gesamt | | | | | | | | | | | | | | | |
| 1 | M | Ferner, Fritz | 86 | RADPACK | 0:18:16 | 1 | 0:49:41 | 1 | 1:07:57 | 1 | 0:37:10 | 1 | 1:45:07 | M 35 | 140 |
| 2 | M | von Schmeling, Finn | 98 | Tri Michels Hamburg | 0:19:49 | 5 | 0:52:03 | 2 | 1:11:52 | 2 | 0:42:07 | 6 | 1:53:59 | M 20 | 172 |
| 3 | | Kampa, Pawel | 80 | SV Großhansdorf | 0:19:37 | 2 | 0:54:26 | 6 | 1:14:03 | 6 | 0:40:55 | 2 | 1:54:58 | M 40 | 114 |
| Siegerinnen Hamburger Meisterschaft | | | | | | | | | | | | | | | |
| 14 | M | Lützen, Lea | 0 | FC St. Pauli Triathlon | 0:22:25 | 16 | 0:57:34 | 10 | 1:19:59 | 12 | 0:50:58 | 16 | 2:10:57 | W 20 | 30 |
| 19 | M | Löhden, Jana | 94 | Heikotel Tri Team Hamburg | 0:23:46 | 19 | 1:00:06 | 17 | 1:23:52 | 18 | 0:55:56 | 22 | 2:19:48 | W 20 | 26 |
| 20 | M | Kwasny, Miriam | 65 | Triathlon Team Hamburg | 0:24:13 | 21 | 1:02:48 | 20 | 1:27:01 | 20 | 0:52:58 | 20 | 2:19:59 | W 55 | 2 |
| Sieger Hamburger Meisterschaft | | | | | | | | | | | | | | | |
| 1 | M | Ferner, Fritz | 86 | RADPACK | 0:18:16 | 1 | 0:49:41 | 1 | 1:07:57 | 1 | 0:37:10 | 1 | 1:45:07 | M 35 | 140 |
| 2 | M | von Schmeling, Finn | 98 | Tri Michels Hamburg | 0:19:49 | 3 | 0:52:03 | 2 | 1:11:52 | 2 | 0:42:07 | 2 | 1:53:59 | M 20 | 172 |
| 3 | M | Krug, Christian | 84 | Triabolos Hamburg | 0:19:44 | 2 | 0:54:11 | 3 | 1:13:55 | 3 | 0:42:48 | 4 | 1:56:43 | M 35 | 133 |
| Siegerinnen Betriebssport | | | | | | | | | | | | | | | |
| 4 | B | Femerling, Lisa | 93 | BSG OTTO / Triathlon Team HH | 0:23:46 | 4 | 1:02:25 | 4 | 1:26:11 | 4 | 0:47:24 | 4 | 2:13:35 | W 20 | 25 |
| 5 | B | Jacobsen, Svenja | 66 | BSG Phorms Hamburg | 0:26:45 | 5 | 1:09:50 | 5 | 1:36:35 | 5 | 0:58:30 | 5 | 2:35:05 | W 55 | 5 |
| Sieger Betriebssport | | | | | | | | | | | | | | | |
| 1 | B | Martin Amat, Sergio | 82 | BSG C.D. TRIATLON EL EJIDO | 0:20:27 | 1 | 0:53:00 | 1 | 1:13:27 | 1 | 0:41:58 | 1 | 1:55:25 | M 40 | 126 |
| 2 | B | Leidecker, Ingo | 74 | BSG Commerzbank | 0:21:29 | 2 | 0:56:10 | 2 | 1:17:39 | 2 | 0:45:17 | 3 | 2:02:56 | M 45 | 83 |
| 3 | B | Wienecke, Dennis | 79 | BSG NDR | 0:21:39 | 3 | 0:57:16 | 3 | 1:18:55 | 3 | 0:44:07 | 2 | 2:03:02 | M 40 | 106 |
| Siegerinnen Staffelwettbewerb | | | | | | | | | | | | | | | |
| 1 | S | Monk und Maschine | | Wasmundt, Siegmeier | 0:22:48 | 1 | 0:57:21 | 1 | 1:20:09 | 1 | 0:51:38 | 1 | 2:11:47 | Staffel-W | 401 |
| 2 | S | Team Tangstedt-Norderstedt | | Liebler, von der Fecht | 0:24:48 | 2 | 1:04:17 | 2 | 1:29:05 | 2 | 0:53:51 | 3 | 2:22:56 | Staffel-W | 403 |
| 3 | S | SG Wasserratten Norderstedt | | Friedrichsen, Jordt, Lorenz | 0:27:04 | 3 | 1:11:59 | 3 | 1:39:03 | 3 | 0:51:38 | 1 | 2:30:41 | Staffel-W | 402 |
| Sieger Staffelwettbewerb | | | | | | | | | | | | | | | |
| 1 | S | TIGERteam | | LEGEAI, Fredelake | 0:20:57 | 2 | 0:55:08 | 1 | 1:16:05 | 1 | 0:46:14 | 2 | 2:02:19 | Staffel-M | 438 |
| 2 | S | Quickis | | Kaschke, Ludwig | 0:21:41 | 3 | 1:02:54 | 3 | 1:24:35 | 3 | 0:46:54 | 3 | 2:11:29 | Staffel-M | 434 |
| 3 | S | Kosmetik Katrin Schulte Ebstorf | | Lehmann, Schulte | 0:19:46 | 1 | 1:10:31 | 6 | 1:30:17 | 5 | 0:43:41 | 1 | 2:13:58 | Staffel-M | 431 |