

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|------------------------------|----|---------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 1 | Raabe, Patrick | 86 | TSV Bargteheide Triathlon | 0:15:39,4 h | 1 | M 4-1 | ° | ° | 2 |
| 2 | Henningsen, Dirk | 71 | THW Kiel | 0:16:24,1 h | 2 | M 4-2 | ° | ° | 595 |
| 3 | Rabe, Tim | 88 | ETSV Gut Heil Itzehoe | 0:16:32,8 h | 3 | M 4-3 | ° | ° | 179 |
| 4 | Arndt, Ayke | 96 | SG Athletico Büdelsdorf | 0:16:55,1 h | 4 | M 2-1 | ° | ° | 6 |
| 5 | Plambeck, Florian | 95 | TSV Bargteheide Triathlon | 0:17:31,6 h | 5 | M 2-2 | ° | ° | 94 |
| 6 | Sönksen, Peer | 98 | ETSV Gut Heil Itzehoe | 0:18:04,6 h | 6 | M 1-1 | ° | ° | 183 |
| 7 | Stranz, Stephan | 94 | | 0:18:12,6 h | 7 | M 3-1 | ° | ° | 91 |
| 8 | Süßmann, Frederic | 92 | ETSV Gut Heil Itzehoe | 0:18:48,7 h | 8 | M 3-2 | ° | ° | 185 |
| 9 | Daene, Lasse | 95 | Möllner SV | 0:19:02,3 h | 9 | M 2-3 | ° | ° | 97 |
| 10 | Sabieraj Dr., Joachim | 62 | IGL Reutlingen | 0:19:19,0 h | 10 | M 5-1 | ° | ° | 78 |
| 11 | Brinkmöller-Jacob, Günther | 62 | SG Athletico Büdelsdorf | 0:19:23,5 h | 11 | M 5-2 | ° | ° | 70 |
| 12 | Gröling, Julia | 98 | Bredstedter TSV | 0:19:24,6 h | ° | ° | 1 | W 1-1 | 1 |
| 13 | Stölting, Alicia | 97 | ETSV Gut Heil Itzehoe | 0:19:32,0 h | ° | ° | 2 | W 2-1 | 167 |
| 14 | Schröder, Kaja | 94 | Möllner SV | 0:19:32,9 h | ° | ° | 3 | W 3-1 | 95 |
| 15 | Barschel, Christian Albrecht | 80 | Möllner SV | 0:19:35,5 h | 12 | M 4-4 | ° | ° | 129 |
| 16 | Schließ, Torsten | 65 | ALG-VfL Bokel | 0:20:10,3 h | 13 | M 5-3 | ° | ° | 80 |
| 17 | Unsel, Jörg | 68 | Brühler TV 1879 | 0:20:19,5 h | 14 | M 5-4 | ° | ° | 89 |
| 18 | Gröling, Hans-Dieter | 56 | Leck | 0:20:28,6 h | 15 | M 6-1 | ° | ° | 100 |
| 19 | Haase, Frank | 67 | ALG-VfL Bokel | 0:20:29,9 h | 16 | M 5-5 | ° | ° | 72 |
| 20 | Staehr, Andreas | 68 | Emkendorf | 0:20:31,7 h | 17 | M 5-6 | ° | ° | 82 |
| 21 | Feldmann, Marco | 98 | LG Elmshorn | 0:20:34,1 h | 18 | M 1-2 | ° | ° | 30 |
| 22 | Themm, Thorsten | 71 | ALG-VfL Bokel | 0:20:54,3 h | 19 | M 4-5 | ° | ° | 66 |
| 23 | Voß, Matthias | 76 | ALG-VfL Bokel | 0:21:13,0 h | 20 | M 4-6 | ° | ° | 68 |
| 24 | Molero-Membrilla, Jose` | 41 | Borener SV | 0:21:25,2 h | 21 | M 7-1 | ° | ° | 88 |
| 25 | Tschullik, Meirit | 96 | ALG-VfL Bokel | 0:21:30,0 h | ° | ° | 4 | W 2-2 | 99 |
| 26 | Andresen, Maja | 94 | TSV Bargteheide Triathlon | 0:21:31,5 h | ° | ° | 5 | W 3-2 | 51 |
| 27 | Sabieraj, Martin | 95 | IGL Reutlingen | 0:21:33,4 h | 22 | M 2-4 | ° | ° | 40 |
| 28 | Sieh-Petersen, Jannik | 96 | SG Athletico Büdelsdorf | 0:21:37,3 h | 23 | M 2-5 | ° | ° | 44 |
| 29 | Bajorat, Mathias | 87 | | 0:21:44,5 h | 24 | M 4-7 | ° | ° | 184 |
| 30 | Hierländer, Sven | 65 | Team Bünzen | 0:22:09,4 h | 25 | M 5-7 | ° | ° | 176 |
| 31 | Pawelczyk, Svenja | 92 | TSV Bargteheide Triathlon | 0:22:14,8 h | ° | ° | 6 | W 3-3 | 81 |
| 32 | Siemers, Kristin | 96 | SG Athletico Büdelsdorf | 0:22:30,4 h | ° | ° | 7 | W 2-3 | 189 |
| 33 | Bauer, Aaron | 98 | SSV Bredenbek | 0:22:37,3 h | 26 | M 1-3 | ° | ° | 20 |
| 34 | Frahm, Luca-Tristan | 01 | ETSV Gut Heil Itzehoe | 0:22:38,2 h | 27 | M 1-4 | ° | ° | 34 |
| 35 | Feldmann, Rene` | 99 | LG Elmshorn | 0:22:43,4 h | 28 | M 1-5 | ° | ° | 32 |
| 36 | Pahl, Benita | 95 | PSV Neumünster | 0:22:47,0 h | ° | ° | 8 | W 2-4 | 49 |
| 37 | Feldmann, Jörg | 71 | LG Elmshorn | 0:22:51,7 h | 29 | M 4-8 | ° | ° | 58 |

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| 38 | Enstipp, Till | 00 | TSV Kremperheide | 0:22:51,9 h | 30 | M 1-6 | ° | ° | 28 |
| 39 | Binder, Laura | 97 | SG Athletico Büdelsdorf | 0:23:00,8 h | ° | ° | 9 | W 2-5 | 43 |
| 40 | Schreber, Merle | 00 | SG Athletico Büdelsdorf | 0:23:03,3 h | ° | ° | 10 | W 1-2 | 25 |
| 41 | Hanisch, Pewe | 00 | VfL Bokel | 0:23:10,6 h | 31 | M 1-7 | ° | ° | 172 |
| 42 | Clauß, Angelika | 52 | LG Rendsburg/ Büdelsdorf | 0:23:36,8 h | ° | ° | 11 | W 6-1 | 79 |
| 43 | Horstmann, Wiebke | 97 | VfL Bokel | 0:23:49,1 h | ° | ° | 12 | W 2-6 | 45 |
| 44 | Voß, Natalie | 97 | Jugendfeuerwehr Nortorf | 0:23:56,2 h | ° | ° | 13 | W 2-7 | 47 |
| 45 | Dierks, Morten | 98 | SG Athletico Büdelsdorf | 0:24:03,8 h | 32 | M 1-8 | ° | ° | 26 |
| 46 | Becker, Sophie | 97 | SG Athletico Büdelsdorf | 0:24:14,6 h | ° | ° | 14 | W 2-8 | 39 |
| 47 | Schlieff, Marcel | 96 | ALG-VfL Bokel | 0:24:21,0 h | 33 | M 2-6 | ° | ° | 42 |
| 48 | Bluhm, Jana | 99 | SG Athletico Büdelsdorf | 0:24:50,1 h | ° | ° | 15 | W 1-3 | 3 |
| 49 | Behrens, Mats | 01 | TuS Nortorf | 0:24:50,5 h | 34 | M 1-9 | ° | ° | 8 |
| 50 | Shaheen, Esther | 99 | TuS Bargstedt | 0:24:50,7 h | ° | ° | 16 | W 1-4 | 11 |
| 51 | Klegin, Lukas | 00 | ALG-VfL Bokel | 0:24:51,1 h | 35 | M 1-10 | ° | ° | 36 |
| 52 | Döbler, Fenja | 99 | TuS Nortorf | 0:25:14,7 h | ° | ° | 17 | W 1-5 | 7 |
| 53 | Horst, Janina | 81 | | 0:25:32,3 h | ° | ° | 18 | W 4-1 | 93 |
| 54 | Hierländer, Ute | 61 | Team Bünzen | 0:25:35,0 h | ° | ° | 19 | W 5-1 | 120 |
| 55 | Klemt, Jörg | 71 | Klemts Spielzeughandel | 0:25:48,0 h | 36 | M 4-9 | ° | ° | 187 |
| 56 | Schreber, Janne | 02 | SG Athletico Büdelsdorf | 0:25:52,3 h | ° | ° | 20 | W 1-6 | 29 |
| 57 | Till, Thomas | 56 | SV Elsdorf | 0:25:55,5 h | 37 | M 6-2 | ° | ° | 84 |
| 58 | Bauer, Kaya | 01 | SSV Bredenbek | 0:26:29,1 h | ° | ° | 21 | W 1-7 | 13 |
| 59 | Krampen, Jule | 00 | TuS Bargstedt | 0:26:29,4 h | ° | ° | 22 | W 1-8 | 9 |
| 60 | Dedert, Ronald | 58 | Team Bünzen | 0:26:31,0 h | 38 | M 6-3 | ° | ° | 174 |
| 61 | Höft, Hans-Dieter | 48 | PSV Neumünster | 0:26:52,6 h | 39 | M 7-2 | ° | ° | 86 |
| 62 | Klegin, Philipp | 97 | ALG-VfL Bokel | 0:27:02,2 h | 40 | M 2-7 | ° | ° | 38 |
| 63 | Till, Sabine | 58 | SV Elsdorf | 0:27:10,3 h | ° | ° | 23 | W 6-2 | 87 |
| 64 | Grohnert, Laurenz | 02 | Westerrönfelder SV | 0:27:24,2 h | 41 | M 1-11 | ° | ° | 126 |
| 65 | Grohnert, Thorsten | 69 | Westerrönfelder SV | 0:27:26,2 h | 42 | M 5-8 | ° | ° | 168 |
| 66 | Klemt, Kevin | 98 | Klemts Spielzeughandel | 0:27:33,4 h | 43 | M 1-12 | ° | ° | 186 |
| 67 | Harbs, Carolin | 01 | | 0:28:06,0 h | ° | ° | 24 | W 1-9 | 188 |
| 68 | Pinkert, Simone | 63 | Team Bünzen | 0:28:06,8 h | ° | ° | 25 | W 5-2 | 73 |
| 69 | Bonekamp, Crispin | 99 | LT TSV Dellstedt | 0:28:26,5 h | 44 | M 1-13 | ° | ° | 24 |
| 70 | Boonekamp, Sabine | 70 | LT TSV Dellstedt | 0:28:39,8 h | ° | ° | 26 | W 5-3 | 85 |
| 71 | Rabe, Heidi | 56 | | 0:28:55,7 h | ° | ° | 27 | W 6-3 | 178 |
| 72 | Frahm, Laura-Angelina | 02 | TSV Lola | 0:28:58,8 h | ° | ° | 28 | W 1-10 | 23 |
| 73 | Frahm, Bettina | 74 | TSV Lola | 0:29:00,6 h | ° | ° | 29 | W 4-2 | 67 |
| 74 | Torkler, Siegfried | 40 | LG Rendsburg/ Büdelsdorf | 0:29:52,6 h | 45 | M 8-1 | ° | ° | 64 |

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| 75 | Süßmann, Frederic | 92 | TSV Lola | 0:30:06,1 h | 46 | M 3-3 | ° | ° | 48 |
| 76 | Clauß, Timm | 49 | SV Elsdorf | 0:30:13,8 h | 47 | M 7-3 | ° | ° | 98 |
| 77 | Stoffers, Mareile | 01 | SSV Bredenbek | 0:31:25,4 h | ° | ° | 30 | W 1-11 | 35 |
| 78 | Krampen, Florian | 64 | TuS Bargstedt | 0:31:43,2 h | 48 | M 5-9 | ° | ° | 74 |
| 79 | Krampen, Jesper | 03 | TuS Nortorf | 0:31:46,9 h | 49 | M 1-14 | ° | ° | 18 |
| 80 | Dedert, Martina | 63 | Team Bünzen | 0:32:10,0 h | ° | ° | 31 | W 5-4 | 77 |
| 81 | Sabieraj, Berit | 67 | TSV Eningen | 0:32:55,1 h | ° | ° | 32 | W 5-5 | 75 |
| 82 | Meeder, Hans | 28 | LG Rendsburg/ Büdelsdorf | 0:35:17,5 h | 50 | M 8-2 | ° | ° | 92 |
| 83 | Garbs, Willi | 34 | Gut Heil Neumünster | 0:36:12,6 h | 51 | M 8-3 | ° | ° | 90 |
| 84 | Evers, Celina | 99 | Büdelsdorf | 0:36:45,7 h | ° | ° | 33 | W 1-12 | 15 |