

| PlatzM | PlatzW | Stnr | Name,Vorname | Plg. | Plm | Plw | Stnr | Verein | GJ | Ak | AKm | AKw | Triathlon | Biathlon | Gesamtzeit |
|--------|--------|------|------------------------|------|-----|-----|------|----------------------------|----|-------|-----|-----|-----------|----------|------------|
| 1 | | 436 | Kisling, Tobias | 3 | 3 | | 150 | Team Brille 1 KSV Baunatal | 93 | TM20 | 1 | | 00:59:45 | 00:24:17 | 1:24:02 |
| 2 | | 408 | Rudel, Marco | 5 | 5 | | 116 | Tri-Team Fuldataal | 70 | TM40 | 2 | | 01:00:10 | 00:26:32 | 1:26:42 |
| 3 | | 427 | Auel, Dominik | 15 | 15 | | 102 | KSV Baunatal | 95 | mJun | 1 | | 01:04:07 | 00:24:26 | 1:28:33 |
| 4 | | 411 | Klausen, Oliver | 12 | 12 | | 107 | Trianhas VfL Bad Arolsen | 73 | TM40 | 3 | | 01:02:42 | 00:26:40 | 1:29:22 |
| 5 | | 415 | Busch, Martin | 10 | 10 | | 110 | Baunatal | 78 | TM35 | 1 | | 01:02:08 | 00:27:38 | 1:29:46 |
| 6 | | 419 | Meyer, Kevin | 19 | 19 | | 112 | Trianhas VfL Bad Arolsen | 82 | TM30 | 6 | | 01:05:47 | 00:27:59 | 1:33:46 |
| 7 | | 434 | Lagershausen, Andreas | 26 | 26 | | 269 | RVWGambach | 66 | TM45 | 3 | | 01:07:47 | 00:29:03 | 1:36:50 |
| | 1 | 433 | Garus, Katharina | 31 | | 1 | 268 | Equipe Kölnsche Klüngel | 81 | TW30 | | 1 | 01:08:39 | 00:28:34 | 1:37:13 |
| 8 | | 407 | Rudolph, Frank | 52 | 46 | | 203 | WVC Kassel | 69 | TM45 | 9 | | 01:11:53 | 00:27:41 | 1:39:34 |
| 9 | | 420 | Afonasiof, Michael | 72 | 64 | | 101 | WCV TRIATHLON KASSEL | 82 | TM30 | 12 | | 01:15:35 | 00:28:20 | 1:43:55 |
| 10 | | 437 | Leppin, Christian | 68 | 61 | | 195 | GET FIT Tri-Team Burgwald | 79 | TM35 | 8 | | 01:14:47 | 00:31:01 | 1:45:48 |
| 11 | | 416 | Stiel, Rolf | 62 | 56 | | 120 | LC Olympia Wiesbaden | 80 | TM30 | 11 | | 01:13:56 | 00:33:08 | 1:47:04 |
| | 2 | 432 | Memmeler, Sabine | 80 | | 10 | 260 | Züschchen | 79 | TW35 | | 3 | 01:16:40 | 00:30:36 | 1:47:16 |
| | 3 | 414 | Schröder, Sandra | 71 | | 8 | 245 | KSV Baunatal | 77 | TW35 | | 2 | 01:15:20 | 00:32:39 | 1:47:59 |
| 12 | | 412 | Seiwert, Oliver | 100 | 89 | | 119 | SV blau-weiß Dodenhäusen | 74 | TM40 | 9 | | 01:19:11 | 00:30:54 | 1:50:05 |
| 13 | | 431 | Kühn, Luca | 113 | 100 | | 108 | VFR Winterberg | 97 | mJugA | 8 | | 01:22:08 | 00:28:44 | 1:50:52 |
| 14 | | 413 | Happel, Björn | 82 | 72 | | 106 | STC Hommertshäusen | 76 | TM35 | 10 | | 01:16:57 | 00:33:59 | 1:50:56 |
| 15 | | 421 | Metz, Oliver | 91 | 81 | | 111 | Team Erdinger Alkoholfrei | 83 | TM30 | 17 | | 01:18:24 | 00:32:39 | 1:51:03 |
| 16 | | 430 | Reinecke, David | 103 | 91 | | 114 | TuS Medebach | 97 | mJugA | 6 | | 01:19:48 | 00:33:57 | 1:53:45 |
| 17 | | 402 | Rayermann, Andreas | 77 | 68 | | 202 | Equipe Kölnsche Klüngel | 63 | TM50 | 7 | | 01:16:31 | 00:37:25 | 1:53:56 |
| 18 | | 410 | Zimmermann, Frederic | 126 | 110 | | 121 | Nürnberg | 71 | TM40 | 11 | | 01:27:59 | 00:32:24 | 2:00:23 |
| 19 | | 409 | Bleich-Potkowa, Martin | 138 | 117 | | 103 | STC Hommertshäusen | 70 | TM40 | 13 | | 01:39:38 | 00:42:21 | 2:21:59 |