

| Plm | Plw | StNr. | Name,Vorname | Plg. | Verein | GJ | Ak | AKm | AKw | Endzeit | Schwim. | Rad | Schw+Rad | Lauf | Rückst. | WB | ZS |
|-----|-----|-------|------------------------|------|----------------------------|----|-------|-----|-----|----------|---------------|---------------|---------------|---------------|----------|----|----|
| 1 | | 50 | Schröter, Max | 1 | ProEnzym Tri Team Hamburg | 93 | TM20 | | 1 | 00:56:23 | 0:07:17(4) | 0:32:27(1) | 0:39:44(1) | 0:16:39(1) | 00:00:00 | | 3 |
| 2 | | 47 | Eilert, Timo | 2 | TSV Victoria Linden | 88 | TM25 | | 1 | 01:02:09 | 0:07:30(6) | 0:34:02(2) | 0:41:32(2) | 0:20:37(10) | 00:05:46 | | 2 |
| 3 | | 123 | Wentorp, Adrian | 3 | Triathlon Team Buxtehude | 99 | mJugA | | 1 | 01:04:25 | 0:07:08(2) | 0:36:46(8) | 0:43:54(3) | 0:20:31(9) | 00:08:02 | | 5 |
| 4 | | 36 | Wetzel, Steffen | 4 | Blau-Weiss Buchholz e.V. | 75 | TM40 | | 1 | 01:05:08 | 0:08:16(18) | 0:35:50(3) | 0:44:06(5) | 0:21:02(11) | 00:08:45 | | 2 |
| 5 | | 37 | Blau, Oliver | 5 | Uni Triathlöwen Bremen | 77 | TM35 | | 1 | 01:05:32 | 0:08:13(17) | 0:37:17(11) | 0:45:30(11) | 0:20:02(5) | 00:09:09 | | 2 |
| 6 | | 125 | Flämig, Floyd | 6 | Triathlon Team Buxtehude | | mJugA | | 2 | 01:05:43 | 0:07:27(5) | 0:36:42(5) | 0:44:09(6) | 0:21:34(13) | 00:09:20 | | 5 |
| 7 | | 44 | Lang, Daniel | 7 | Tri-Team Schwarme | 83 | TM30 | | 1 | 01:05:48 | 0:07:59(12) | 0:37:22(13) | 0:45:21(10) | 0:20:27(8) | 00:09:25 | | 2 |
| 8 | | 126 | Frenz, Keno | 8 | Tus Rotenburg | | mJugA | | 3 | 01:05:52 | 0:07:14(3) | 0:39:27(26) | 0:46:41(18) | 0:19:11(2) | 00:09:29 | | 5 |
| 9 | | 135 | Hannawald, Finn | 9 | 1. TCO Die Bären Oldenburg | | mJugA | | 4 | 01:06:42 | 0:07:47(10) | 0:36:48(9) | 0:44:35(7) | 0:22:07(18) | 00:10:19 | | 5 |
| 10 | | 18 | Voss, Olaf | 10 | Triathlon Team Buxtehude | 67 | TM45 | | 1 | 01:06:50 | 0:08:05(13) | 0:36:51(10) | 0:44:56(9) | 0:21:54(14) | 00:10:27 | | 1 |
| 11 | | 3 | Hartmann, Rüdiger | 11 | 1. Nienburger SC | 56 | TM60 | | 1 | 01:07:40 | 0:08:09(16) | 0:36:42(5) | 0:44:51(8) | 0:22:49(27) | 00:11:17 | | 1 |
| 12 | | 76 | Jüttner, Björn | 12 | LC Hansa Stuhr | 81 | TM35 | | 2 | 01:08:05 | 0:08:29(22) | 0:39:13(25) | 0:47:42(21) | 0:20:23(7) | 00:11:42 | | 4 |
| 13 | | 49 | Padeken, Hanno | 13 | VTB Triathlon Varel | 93 | TM20 | | 2 | 01:08:17 | 0:07:39(8) | 0:38:33(21) | 0:46:12(14) | 0:22:05(17) | 00:11:54 | | 3 |
| 14 | | 75 | Sokol, Peter | 14 | LC Hansa Stuhr | 59 | TM55 | | 1 | 01:08:23 | 0:09:45(45) | 0:36:43(7) | 0:46:28(16) | 0:21:55(15) | 00:12:00 | | 4 |
| 15 | | 14 | Kankel, Jens | 15 | 1. TCO Die Bären Oldenburg | 66 | TM50 | | 1 | 01:08:40 | 0:08:06(15) | 0:35:51(4) | 0:43:57(4) | 0:24:43(41) | 00:12:17 | | 1 |
| 16 | | 23 | Lawaczeck, Philip | 16 | Triathlon Team Buxtehude | 69 | TM45 | | 2 | 01:09:22 | 0:07:34(7) | 0:38:08(16) | 0:45:42(13) | 0:23:40(33) | 00:12:59 | | 1 |
| 17 | | 16 | Schröter, Ingo | 17 | Triathlon Team Buxtehude | 67 | TM45 | | 3 | 01:09:50 | 0:09:27(41) | 0:40:46(39) | 0:50:13(35) | 0:19:37(3) | 00:13:27 | | 1 |
| 18 | | 31 | Kohn, Stefan | 18 | SV TRICITY Darmstadt | 72 | TM40 | | 2 | 01:09:56 | 0:08:19(21) | 0:38:24(19) | 0:46:43(19) | 0:23:13(28) | 00:13:33 | | 2 |
| | 1 | 131 | van Beek, Lea | 19 | OT Bremen | | wJugA | | 1 | 01:10:08 | 0:07:54(11) | 0:40:17(34) | 0:48:11(25) | 0:21:57(16) | 00:13:45 | | 5 |
| 19 | | 29 | Hegemann, Jurek | 20 | 1. Nienburger SC | 98 | mJun | | 1 | 01:10:20 | 0:10:35(57) | 0:39:27(26) | 0:50:02(34) | 0:20:18(6) | 00:13:57 | | 2 |
| | 2 | 63 | Günthner, Antje | 22 | 1. TCO Die Bären Oldenburg | 75 | TW40 | | 1 | 01:10:27 | 0:09:00(29) | 0:39:11(24) | 0:48:11(25) | 0:22:16(21) | 00:14:04 | | 3 |
| 20 | | 460 | Hößle, Jakob | 21 | VTB Triathlon Varel | 97 | mJun | | 2 | 01:10:27 | 0:09:50(47) | 0:40:42(38) | 0:50:32(37) | 0:19:55(4) | 00:14:04 | | 5 |
| 21 | | 24 | Pfeiffer, Axel | 23 | BSV Buxtehude | 69 | TM45 | | 4 | 01:10:34 | 0:08:44(26) | 0:39:35(28) | 0:48:19(28) | 0:22:15(20) | 00:14:11 | | 2 |
| 22 | | 32 | Baumann, Michael | 24 | Team Baumann | 73 | TM40 | | 3 | 01:10:46 | 0:09:08(35) | 0:38:03(15) | 0:47:11(20) | 0:23:35(31) | 00:14:23 | | 2 |
| 23 | | 124 | Feldberg, Jan-Erik | 25 | VfL Wingst | | mJugA | | 5 | 01:10:48 | 0:06:55(1) | 0:38:36(22) | 0:45:31(12) | 0:25:17(47) | 00:14:25 | | 5 |
| 24 | | 80 | Abe, Rene | 26 | Uni -Triathlon | 67 | TM45 | | 5 | 01:11:08 | 0:09:05(32) | 0:37:19(12) | 0:46:24(15) | 0:24:44(42) | 00:14:45 | | 4 |
| 25 | | 38 | Kister, Frank | 27 | | 78 | TM35 | | 3 | 01:11:38 | 0:09:15(37) | 0:39:49(29) | 0:49:04(29) | 0:22:34(22) | 00:15:15 | | 2 |
| | 3 | 132 | van Beek, Frederike | 27 | OT Bremen | | wJugA | | 2 | 01:11:38 | 0:07:42(9) | 0:40:33(35) | 0:48:15(27) | 0:23:23(29) | 00:15:15 | | 5 |
| 26 | | 9 | Saß, Jens | 29 | Triathlon Team Buxtehude | 64 | TM50 | | 2 | 01:12:09 | 0:09:08(35) | 0:39:01(23) | 0:48:09(24) | 0:24:00(37) | 00:15:46 | | 1 |
| 27 | | 30 | Grommisch, Björn | 30 | TSV Intschede | 72 | TM40 | | 4 | 01:12:13 | 0:11:24(65) | 0:38:14(17) | 0:49:38(30) | 0:22:35(23) | 00:15:50 | | 1 |
| 28 | | 121 | Hillmann-Apmann, Jonas | 31 | TSV Schwarme | 99 | mJugA | | 6 | 01:12:40 | 00:00:00 | 00:00:00 | 0:51:24(43) | 0:21:16(12) | 00:16:17 | | 5 |
| 29 | | 22 | Kebbel, Marc | 32 | VSK Osterholz | 69 | TM45 | | 6 | 01:12:47 | 0:09:31(42) | 0:38:31(20) | 0:48:02(23) | 0:24:45(43) | 00:16:24 | | 1 |
| 30 | | 34 | Griewald, Jan | 33 | TriSport Stove e.V. | 75 | TM40 | | 5 | 01:13:15 | 0:09:58(50) | 0:37:57(14) | 0:47:55(22) | 0:25:20(49) | 00:16:52 | | 2 |
| 31 | | 5 | Hößle, Anton | 34 | VTB Triathlon Varel | | mJugA | | 7 | 01:13:20 | 0:09:05(32) | 0:40:40(36) | 0:49:45(32) | 0:23:35(31) | 00:16:57 | | 1 |
| 32 | | 79 | Heinsohn, Patrick | 35 | VfL Wingst | 71 | TM45 | | 7 | 01:13:55 | 0:09:48(46) | 0:40:01(32) | 0:49:49(33) | 0:24:06(38) | 00:17:32 | | 4 |
| 33 | | 43 | Ahrens, Timo | 36 | SG Fulde Lauftreff | 83 | TM30 | | 2 | 01:14:12 | 0:10:11(52) | 0:41:52(43) | 0:52:03(48) | 0:22:09(19) | 00:17:49 | | 2 |
| 34 | | 25 | Bertram, Andreas | 37 | | 70 | TM45 | | 8 | 01:14:25 | 0:09:34(43) | 0:42:07(44) | 0:51:41(44) | 0:22:44(25) | 00:18:02 | | 2 |

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|----|----------------------------|------------------------------------|---------|----|---|----------|---------------|---------------|---------------|---------------|----------|---|
| 4 | 55 Schröter, Ellen | 38 Triathlon Team Buxtehude | 67 TW45 | | 1 | 01:14:44 | 0:10:27(56) | 0:39:59(31) | 0:50:26(36) | 0:24:18(39) | 00:18:21 | 3 |
| 35 | 46 Rathjen, Christian | 39 | 86 TM30 | 3 | | 01:16:04 | 0:10:51(62) | 0:40:05(33) | 0:50:56(39) | 0:25:08(46) | 00:19:41 | 2 |
| 36 | 40 Köhler, Philipp | 40 NUTRIXION4fun | 81 TM35 | 4 | | 01:16:14 | 00:00:00 | 00:00:00 | 0:52:43(51) | 0:23:31(30) | 00:19:51 | 2 |
| 37 | 2 Masemann, Johann | 41 TV Bruchhausen- Vilsen | 52 TM60 | 2 | | 01:16:41 | 0:12:55(73) | 0:39:58(30) | 0:52:53(54) | 0:23:48(34) | 00:20:18 | 1 |
| 5 | 129 Nottrodt, Liv | 42 1. TCO Die Bären Oldenburg | wJugA | | 3 | 01:16:52 | 0:08:38(24) | 0:43:16(55) | 0:51:54(47) | 0:24:58(44) | 00:20:29 | 5 |
| 38 | 27 Scholz, Thomas | 43 | 70 TM45 | 9 | | 01:16:54 | 0:09:01(30) | 0:40:41(37) | 0:49:42(31) | 0:27:12(60) | 00:20:31 | 2 |
| 39 | 35 Kreiser, Tim | 44 | 75 TM40 | 6 | | 01:17:07 | 0:10:19(53) | 0:43:00(51) | 0:53:19(56) | 0:23:48(34) | 00:20:44 | 2 |
| 6 | 70 Brill, Birte | 45 1. TCO Die Bären Oldenburg | 96 TW20 | | 1 | 01:17:14 | 0:10:01(51) | 0:43:18(57) | 0:53:19(56) | 0:23:55(36) | 00:20:51 | 3 |
| 40 | 28 Maaß, Heiko | 46 | 71 TM45 | 10 | | 01:17:16 | 0:09:39(44) | 0:41:26(40) | 0:51:05(41) | 0:26:11(53) | 00:20:53 | 2 |
| 7 | 134 Saß, Hanna Lena | 47 Triathlon Team Buxtehude | wJugA | | 4 | 01:17:25 | 0:08:38(24) | 0:42:08(45) | 0:50:46(38) | 0:26:39(55) | 00:21:02 | 5 |
| 8 | 128 König, Anna | 48 1. TCO Die Bären Oldenburg | wJugA | | 5 | 01:17:40 | 0:08:36(23) | 0:43:13(54) | 0:51:49(45) | 0:25:51(50) | 00:21:17 | 5 |
| 9 | 51 Müller, Alena | 49 VTB Triathlon Varel | 94 TW20 | | 2 | 01:18:34 | 0:09:17(38) | 0:42:32(47) | 0:51:49(45) | 0:26:45(57) | 00:22:11 | 3 |
| 10 | 60 Saß, Catherina | 50 Triathlon Team Buxtehude | 70 TW45 | | 2 | 01:18:59 | 0:10:48(60) | 0:41:29(41) | 0:52:17(49) | 0:26:42(56) | 00:22:36 | 3 |
| 41 | 81 Blume, Christof | 51 Thedinghausen | 58 TM55 | 2 | | 01:19:23 | 0:10:56(63) | 0:45:39(68) | 0:56:35(69) | 0:22:48(26) | 00:23:00 | 4 |
| 42 | 15 Jacobi, Michael | 52 | 67 TM45 | 11 | | 01:19:27 | 0:11:02(64) | 0:42:29(46) | 0:53:31(59) | 0:25:56(51) | 00:23:04 | 1 |
| 43 | 127 von Nethen, Pascal | 53 1. TCO Die Bären Oldenburg | mJugA | 8 | | 01:19:32 | 0:08:05(13) | 0:43:17(56) | 0:51:22(42) | 0:28:10(64) | 00:23:09 | 5 |
| 11 | 61 Bartels, Meike | 54 Triathlon Team Buxtehude | 72 TW40 | | 2 | 01:19:40 | 0:09:19(39) | 0:43:07(53) | 0:52:26(50) | 0:27:14(61) | 00:23:17 | 3 |
| 12 | 73 Glatthor-Meyer, Daniela | 55 TSV Schwarme | 78 TW35 | | 1 | 01:19:54 | 0:09:52(49) | 0:44:59(64) | 0:54:51(63) | 0:25:03(45) | 00:23:31 | 4 |
| 44 | 39 Setzkorn, Boris | 56 SG Fulde Lauftreff | 79 TM35 | 5 | | 01:20:22 | 0:12:21(72) | 0:43:27(59) | 0:55:48(66) | 0:24:34(40) | 00:23:59 | 2 |
| 45 | 41 Kropp, Marcel | 57 swb-runners | 82 TM30 | 4 | | 01:20:25 | 0:10:20(54) | 0:42:41(48) | 0:53:01(55) | 0:27:24(62) | 00:24:02 | 2 |
| 46 | 6 Brey, Jens | 58 Stader SV | 61 TM55 | 3 | | 01:20:27 | 0:10:38(58) | 0:42:49(50) | 0:53:27(58) | 0:27:00(59) | 00:24:04 | 1 |
| 47 | 19 Westerhoff, Frank | 59 | 67 TM45 | 12 | | 01:21:51 | 0:13:04(74) | 0:46:07(70) | 0:59:11(73) | 0:22:40(24) | 00:25:28 | 1 |
| 13 | 64 Thees, Marina | 60 Blau-Weiss Buchholz e.V. | 75 TW40 | | 3 | 01:22:04 | 0:08:17(19) | 0:44:29(61) | 0:52:46(52) | 0:29:18(65) | 00:25:41 | 3 |
| 14 | 52 Elfers, Uta | 61 Stader SV | 60 TW55 | | 1 | 01:22:06 | 00:00:00 | 00:00:00 | 00:00:00 | 00:00:00 | 00:25:43 | 3 |
| 15 | 67 Schöffler, Barbara | 62 Triathlon Team Buxtehude | 82 TW30 | | 1 | 01:23:05 | 0:12:03(71) | 0:44:06(60) | 0:56:09(67) | 0:26:56(58) | 00:26:42 | 3 |
| 48 | 33 Huth, Henning | 63 | 74 TM40 | 7 | | 01:23:31 | 0:08:46(27) | 0:44:55(63) | 0:53:41(60) | 0:29:50(66) | 00:27:08 | 2 |
| 16 | 54 Brey, Heidi | 64 Stader SV | 67 TW45 | | 3 | 01:23:40 | 0:10:46(59) | 0:47:36(74) | 0:58:22(71) | 0:25:18(48) | 00:27:17 | 3 |
| 49 | 21 Hübenet, Jan | 65 Triathlon Team Buxtehude | 68 TM45 | 13 | | 01:24:55 | 0:11:36(66) | 0:42:45(49) | 0:54:21(62) | 0:30:34(70) | 00:28:32 | 1 |
| 50 | 4 Straube, Jörg | 66 Stader SV | 56 TM60 | 3 | | 01:25:06 | 0:11:45(69) | 0:43:24(58) | 0:55:09(64) | 0:29:57(67) | 00:28:43 | 1 |
| 17 | 62 Hübenet, Maren | 67 Triathlon Team Buxtehude | 72 TW40 | | 4 | 01:25:10 | 0:11:43(68) | 0:45:27(66) | 0:57:10(70) | 0:28:00(63) | 00:28:47 | 3 |
| 18 | 69 Loerke, Katharina | 68 | 92 TW20 | | 3 | 01:26:56 | 0:10:23(55) | 0:45:14(65) | 0:55:37(65) | 0:31:19(72) | 00:30:33 | 3 |
| 51 | 71 Licht, Stephan | 69 TSV Schwarme | 86 TM30 | 5 | | 01:27:04 | 0:13:32(77) | 0:47:36(74) | 1:01:08(77) | 0:25:56(51) | 00:30:41 | 3 |
| 19 | 130 Stelljes, Geeske | 70 1. TCO Die Bären Oldenburg | wJugA | | 6 | 01:27:50 | 0:10:50(61) | 0:45:44(69) | 0:56:34(68) | 0:31:16(71) | 00:31:27 | 5 |
| 52 | 78 Flanz, Ulang-Jürgen | 71 SV Hoyenhagen | 65 TM50 | 3 | | 01:28:25 | 0:15:04(78) | 0:47:00(71) | 1:02:04(78) | 0:26:21(54) | 00:32:02 | 4 |
| 53 | 17 Sitza, Holger | 72 BSG Sparkasse Bremen | 67 TM45 | 14 | | 01:28:52 | 0:13:09(75) | 0:45:35(67) | 0:58:44(72) | 0:30:08(68) | 00:32:29 | 1 |
| 20 | 58 Wittenberg, Christiane | 73 1. Nienburger SC | 69 TW45 | | 4 | 01:29:35 | 0:08:51(28) | 0:44:53(62) | 0:53:44(61) | 0:35:51(75) | 00:33:12 | 3 |
| 21 | 56 Albrecht, Anke | 74 TSV Schwarme | 69 TW45 | | 5 | 01:30:40 | 0:11:59(70) | 0:47:22(72) | 0:59:21(74) | 0:31:19(72) | 00:34:17 | 3 |
| 22 | 53 Luttermann, Ulrike | 75 Freie Radikale Verden /Hannover | 63 TW50 | | 1 | 01:31:21 | 0:13:22(76) | 0:47:28(73) | 1:00:50(76) | 0:30:31(69) | 00:34:58 | 3 |

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|----|------------------------|----------------------------|---------|---|----------|---------------|---------------|---------------|---------------|----------|-----------------|
| 23 | 65 Walther, Ina | 76 ALUWOMAN | 76 TW40 | 5 | 01:32:18 | 0:11:38(67) | 0:48:52(76) | 1:00:30(75) | 0:31:48(74) | 00:35:55 | 3 |
| 24 | 57 Westerhoff, Daniela | 77 | 69 TW45 | 6 | 01:57:21 | 0:17:44(79) | 0:56:16(77) | 1:14:00(79) | 0:43:21(77) | 01:00:58 | 3 |
| 54 | 116 Pelikan, Hartmut | 78 | 36 TM80 | 1 | 01:59:22 | 0:20:00(80) | 0:59:33(78) | 1:19:33(80) | 0:39:49(76) | 01:02:59 | 1 |
| | 11 Eichholz, Dirk | 1. TCO Die Bären Oldenburg | 66 TM50 | | 00:00:00 | 0:09:06(34) | 00:00:00 | 00:00:00 | 00:00:00 | 00:00:00 | 1 Sturz |
| | 20 Hadler, Carsten | Triathlon Team Buxtehude | 68 TM45 | | 00:00:00 | 0:09:04(31) | 00:00:00 | 00:00:00 | 00:00:00 | 00:00:00 | 1 Sturz |
| | 72 Wartenberg, Jens | TV Schwanewede | 78 TM35 | | 00:00:00 | 0:08:18(20) | 0:38:16(18) | 0:46:34(17) | 00:00:00 | 00:00:00 | 3 disq-STVO |
| | 74 Roeder, Daniel | | 91 TM25 | | 00:00:00 | 0:09:50(47) | 0:43:01(52) | 0:52:51(53) | 00:00:00 | 00:00:00 | 4 1 LR zu wenig |
| | 77 Greune, Jan | Tri Team Schwarme | 62 TM50 | | 00:00:00 | 0:09:24(40) | 0:41:38(42) | 0:51:02(40) | 00:00:00 | 00:00:00 | 4 1 LR zu wenig |