

| Platz | Nachname - Vorname | StNr. | Verein | AK | Platz AK | Gesamt | Swim | W1 | Bike | W2 | Run | Strafzeit | Strafe |
|-------|----------------------------|-------|-------------------------------------|------|----------|-------------|-------------|-------------|-------------|-------------|-------------|-----------|--------|
| 1 | WEHRHAHN Justus | 418 | RC Endspurt Herford | AK20 | 1 | 01:49:38.13 | | | | | | | |
| 2 | GÖSMANN Richard | 437 | RC Lüdenscheid 98 | AK35 | 1 | 01:53:46.37 | 00:15:20.52 | 00:00:53.54 | 01:00:00.74 | 00:01:04.86 | 00:36:26.71 | | |
| 3 | HALLEBACH Tobias | 419 | TRC Essen 84 | AK20 | 2 | 01:54:59.95 | 00:15:17.29 | 00:00:48.69 | 01:01:54.19 | 00:01:09.40 | 00:35:50.38 | | |
| 1 | ARLOM Hannah | 404 | LG Emsdetten Tri Team | AK30 | 1 | 01:57:37.19 | 00:14:59.05 | 00:00:55.46 | 01:03:17.65 | 00:00:49.17 | 00:37:35.86 | | |
| 4 | NISSNER Jannick | 423 | Hartman Triathlon Team TVG Kaiserau | AK25 | 1 | 01:58:11.63 | 00:17:24.48 | 00:01:08.52 | 01:01:26.55 | 00:01:13.60 | 00:36:58.48 | | |
| 5 | PILOT Ajosha | 447 | Tricity 2001e.v Paderborn-Delbrück | AK35 | 2 | 02:01:03.05 | 00:18:18.73 | 00:00:46.44 | 01:04:46.43 | 00:00:52.68 | 00:36:18.77 | | |
| 2 | SCHAUERTE Anna | 405 | PV Triathlon Witten e.V. | AK35 | 1 | 02:01:29.84 | 00:18:46.53 | 00:01:43.57 | 01:02:50.33 | 00:01:14.20 | 00:36:55.21 | | |
| 6 | HANAKAM Florian | 473 | RC Lüdenscheid 98 | AK45 | 1 | 02:02:26.38 | 00:17:10.55 | 00:00:53.26 | 01:02:42.73 | 00:01:10.16 | 00:40:29.68 | | |
| 3 | HUFE Mareen | 409 | TV Voerde | AK40 | 1 | 02:02:39.65 | 00:16:08.73 | 00:01:03.23 | 01:03:30.97 | 00:01:22.57 | 00:40:34.15 | | |
| 7 | STÖTZEL Christopher | 417 | EJOT Team TV Buschhütten | AK20 | 3 | 02:02:53.12 | 00:15:27.16 | 00:00:45.21 | 01:06:56.43 | 00:00:44.40 | 00:38:59.92 | | |
| 8 | JUNG Janosch | 431 | keine Angabe | AK30 | 1 | 02:03:46.65 | 00:15:29.41 | 00:00:51.26 | 01:01:44.00 | 00:01:17.54 | 00:44:24.44 | | |
| 9 | WEIßLER Fabian | 428 | keine Angabe | AK30 | 2 | 02:04:51.50 | 00:17:47.00 | 00:01:02.89 | 01:03:48.51 | 00:01:19.67 | 00:40:53.43 | | |
| 10 | SCHÖNWALD Gerrit | 455 | SV Schermbeck | AK35 | 3 | 02:05:00.48 | 00:19:09.28 | 00:01:13.13 | 01:04:02.81 | 00:01:24.31 | 00:39:10.95 | | |
| 11 | WEHNER Christoph | 449 | Hartman Triathlon Team TVG Kaiserau | AK35 | 4 | 02:05:25.00 | 00:21:05.70 | 00:01:43.33 | 01:01:37.15 | 00:00:55.39 | 00:40:03.43 | | |
| 12 | BACHMAYR Stefan | 487 | Triathlon Team TG Witten | AK50 | 1 | 02:05:33.36 | 00:17:18.44 | 00:00:56.13 | 01:02:51.43 | 00:01:17.19 | 00:43:10.17 | | |
| 13 | FÜRSTENAU Florian | 435 | RC Lüdenscheid 98 | AK30 | 3 | 02:05:42.77 | 00:18:12.56 | 00:01:03.19 | 01:04:32.50 | 00:01:11.82 | 00:40:42.70 | | |
| 4 | HÜSKEN Isabelle | 402 | TRC Essen 84 | AK25 | 1 | 02:06:02.98 | 00:14:48.55 | 00:00:57.65 | 01:09:16.97 | 00:01:02.51 | 00:39:57.30 | | |
| 14 | NEUHAUS Torsten | 454 | RC Lüdenscheid 98 | AK35 | 5 | 02:06:05.42 | 00:15:37.52 | 00:01:33.46 | 01:02:03.33 | 00:00:52.49 | 00:45:58.62 | | |
| 15 | PÄTZOLD Daniel | 446 | keine Angabe | AK35 | 6 | 02:06:05.98 | 00:19:07.67 | 00:01:01.90 | | | | | |
| 16 | RAUCH Markus | 459 | German Triathlets | AK40 | 1 | 02:06:20.67 | 00:18:41.72 | 00:01:05.44 | 01:04:48.90 | 00:00:55.54 | 00:40:49.07 | | |
| 17 | KÖHNS Thomas | 480 | keine Angabe | AK50 | 2 | 02:06:47.29 | 00:19:29.20 | 00:01:12.67 | 01:02:39.06 | 00:01:00.70 | 00:42:25.66 | | |
| 18 | DÖWELING Niklas | 420 | SV Gladbeck 1913 | AK25 | 2 | 02:08:03.16 | 00:14:42.66 | 00:00:48.91 | 01:05:28.45 | 00:01:26.80 | 00:45:36.34 | | |
| 19 | SCHIRMER Kai | 433 | Lifesaving Rockers | AK30 | 4 | 02:09:49.64 | 00:15:19.19 | 00:01:02.70 | 01:07:48.51 | 00:01:05.57 | 00:44:33.67 | | |
| 20 | KÖNIG Dirk | 481 | SC Aquarius Löhne | AK50 | 3 | 02:09:55.76 | 00:17:31.59 | 00:00:57.74 | 01:03:32.97 | 00:01:55.27 | 00:45:58.19 | | |
| 21 | HAGEDORN Michael | 443 | ASC Ahlen | AK35 | 7 | 02:10:07.67 | 00:21:08.99 | 00:00:59.02 | 01:04:24.98 | 00:00:56.89 | 00:42:37.79 | | |
| 22 | BERGER Christoph | 429 | Tri-As Hamm | AK30 | 5 | 02:10:15.21 | 00:15:22.82 | 00:01:15.95 | 01:10:22.79 | 00:01:31.24 | 00:41:42.41 | | |
| 23 | BIRKENDORF Klaus | 474 | Tri-Geckos Dortmund e. V | AK50 | 4 | 02:10:56.92 | 00:17:23.72 | 00:00:54.90 | 01:04:25.68 | 00:01:04.22 | 00:47:08.40 | | |
| 24 | LEMKE Chris | 453 | Spartan Race Pro Team | AK35 | 8 | 02:11:05.99 | 00:17:34.33 | 00:01:07.96 | 01:07:26.34 | 00:01:10.73 | 00:43:46.63 | | |
| 25 | MESCHGBU Ramin | 493 | Triathlöwen Bremen | AK55 | 1 | 02:11:38.52 | 00:18:26.22 | 00:01:13.66 | 01:06:21.30 | 00:01:10.26 | 00:44:27.08 | | |
| 26 | MILLENDORF Marcel | 422 | Team Erdinger Alkoholfrei | AK25 | 3 | 02:11:57.00 | 00:19:01.37 | 00:01:42.59 | 01:04:45.74 | 00:02:19.93 | 00:44:07.37 | | |
| 27 | ERB Benjamin | 434 | Triathlon Team Düsseldorf | AK30 | 6 | 02:12:32.79 | 00:20:45.15 | 00:01:48.78 | 01:06:20.20 | 00:01:10.36 | 00:42:28.30 | | |
| 28 | SCHMITT Denis | 441 | Marathon-Club Menden | AK35 | 9 | 02:12:34.82 | 00:19:17.69 | 00:01:22.47 | 01:06:30.68 | 00:01:47.36 | 00:43:36.62 | | |
| 29 | GOTTSCHALK Hendrik | 430 | Hartman Triathlon Team TVG Kaiserau | AK30 | 7 | 02:13:17.14 | 00:17:40.82 | 00:01:45.13 | 01:05:10.98 | 00:01:37.92 | 00:47:02.29 | | |
| 30 | MARX Daniel | 444 | Hartman Triathlon Team TVG Kaiserau | AK35 | 10 | 02:13:32.44 | 00:21:59.60 | 00:01:40.03 | 01:05:35.82 | 00:01:39.91 | 00:42:37.08 | | |
| 31 | SCHUBERT Jannik | 424 | keine Angabe | AK25 | 4 | 02:13:48.56 | 00:21:00.57 | 00:02:09.74 | 01:07:31.61 | 00:01:21.73 | 00:41:44.91 | | |
| 32 | BÄTZEL Torsten | 478 | tri.SI Triathlon Siegen | AK50 | 5 | 02:14:27.46 | 00:17:45.07 | 00:01:16.85 | 01:05:53.52 | 00:01:25.53 | 00:48:06.49 | | |
| 33 | WEHMEYER Joachim | 479 | Triathlon Team Düsseldorf | AK50 | 6 | 02:15:09.86 | 00:23:59.89 | 00:01:17.52 | 01:05:29.82 | 00:01:20.87 | 00:43:01.76 | | |
| 5 | SCHULZE PALSTRING Stefanie | 403 | ASV Köln Triathlon | AK30 | 2 | 02:15:46.03 | 00:17:49.20 | 00:01:22.39 | 01:09:53.63 | 00:01:22.53 | 00:45:18.28 | | |
| 34 | ORT Andreas | 425 | LC Solbad Ravensberg | AK25 | 5 | 02:16:17.34 | 00:21:19.21 | 00:01:28.97 | 01:08:19.08 | 00:01:12.52 | 00:43:57.56 | | |
| 35 | REILING Christian | 465 | Trispeed Marienfeld | AK45 | 2 | 02:17:31.17 | 00:17:50.24 | 00:01:10.50 | 01:04:26.75 | 00:01:37.54 | 00:52:26.14 | | |
| 6 | ADAM Miriam | 408 | ASV Köln Triathlon | AK35 | 2 | 02:18:24.08 | 00:18:53.39 | 00:01:08.40 | 01:13:37.86 | 00:01:24.27 | 00:43:20.16 | | |
| 7 | REINL Anne-Katrin | 406 | TRlandertaler mettmann-Sport | AK35 | 3 | 02:18:43.00 | 00:18:49.16 | 00:01:13.92 | 01:11:33.71 | 00:01:29.41 | 00:45:36.80 | | |

| Platz | Nachname - Vorname | StNr. | Verein | AK | Platz AK | Gesamt | Swim | W1 | Bike | W2 | Run | Strafzeit | Strafe |
|-------|--------------------|-------|--|------|----------|-------------|-------------|-------------|-------------|-------------|-------------|-----------|--------|
| 8 | VAN GEMMERN Antje | 407 | TRC Essen 84 | AK35 | 4 | 02:20:00.84 | 00:20:09.55 | 00:01:26.78 | 01:11:27.93 | 00:01:22.64 | 00:45:33.94 | | |
| 36 | DORNBUSCH Frank | 491 | SuS Stadtlohn | AK55 | 2 | 02:20:36.08 | 00:18:46.29 | 00:01:11.65 | 01:11:18.31 | 00:01:57.71 | 00:47:22.12 | | |
| 37 | KUSCHE Daniel | 464 | Laufteam Unna | AK45 | 3 | 02:22:16.97 | 00:18:46.15 | 00:01:59.25 | 01:13:01.39 | 00:01:50.32 | 00:46:39.86 | | |
| 38 | SCHARFENSTEIN Sven | 477 | SV Tri City Darmstadt e.V. | AK50 | 7 | 02:22:33.08 | 00:22:34.07 | 00:01:17.35 | 01:08:02.61 | 00:01:21.00 | 00:49:18.05 | | |
| 39 | CASELLA Marco | 496 | TRC Essen 84 | AK55 | 3 | 02:23:04.19 | 00:18:34.58 | 00:02:01.40 | 01:12:04.45 | 00:01:46.39 | 00:48:37.37 | | |
| 40 | ALTHOFF Markus | 486 | RWO Endurance Team | AK50 | 8 | 02:23:23.72 | 00:17:32.84 | 00:01:23.11 | 01:11:14.36 | 00:01:54.34 | 00:51:19.07 | | |
| 41 | STOBBE Markus | 442 | TRC Essen 84 | AK35 | 11 | 02:25:13.89 | 00:19:24.63 | 00:02:04.71 | 01:11:43.72 | 00:01:29.76 | 00:50:31.07 | | |
| 42 | DAUBITZ Mark | 468 | TV Germania Kaiserau 1876 e.V. | AK45 | 4 | 02:25:30.07 | 00:23:13.00 | 00:01:42.26 | 01:07:59.86 | 00:01:20.68 | 00:51:14.27 | | |
| 43 | PALECKI Daniel | 445 | Team TVE Netphen | AK35 | 12 | 02:25:50.70 | 00:19:18.92 | 00:01:15.08 | 01:15:35.93 | 00:02:03.21 | 00:47:37.56 | | |
| 44 | STEHR Dirk | 482 | Kevelaerer SV 1890/1920 e.V. Triathlon | AK50 | 9 | 02:26:43.59 | 00:21:32.18 | 00:02:10.20 | 01:09:50.55 | 00:01:43.05 | 00:51:27.61 | | |
| 45 | SUERMANN Thomas | 456 | TRC 84 Essen | AK35 | 13 | 02:26:59.71 | 00:23:38.69 | 00:02:52.74 | 01:12:26.81 | 00:02:03.60 | 00:45:57.87 | | |
| 46 | HEYMANN Jan | 485 | Triathlon Team Hagen e.V. | AK40 | 2 | 02:27:03.96 | 00:22:21.23 | 00:02:27.00 | 01:14:16.20 | 00:01:43.07 | 00:46:16.46 | | |
| 47 | HARTMANN Thorald | 497 | Trispeed Marienfeld | AK55 | 4 | 02:27:14.03 | 00:21:56.29 | 00:01:21.08 | 01:13:44.33 | 00:01:10.74 | 00:49:01.59 | | |
| 48 | SCHNEIDER Detlef | 495 | Team Erdinger Alkoholfrei | AK55 | 5 | 02:27:41.59 | 00:22:08.07 | 00:02:12.38 | 01:11:24.44 | 00:01:46.33 | 00:50:10.37 | | |
| 49 | BORTHWICK Graham | 475 | keine Angabe | AK50 | 10 | 02:27:56.58 | 00:25:33.38 | 00:01:48.54 | 01:13:23.07 | 00:01:36.75 | 00:45:34.84 | | |
| 50 | NOBIS Markus | 470 | keine Angabe | AK45 | 5 | 02:28:12.72 | 00:19:05.52 | 00:02:07.16 | 01:11:31.70 | 00:02:15.45 | 00:53:12.89 | | |
| 51 | KULLIK Oliver | 476 | TUS 09 Erkenschwick | AK50 | 11 | 02:29:11.23 | 00:22:19.14 | 00:01:17.54 | 01:13:14.15 | 00:01:16.32 | 00:51:04.08 | | |
| 52 | HÄNEL Jan Moritz | 438 | PV Triathlon Witten e.V. | AK35 | 14 | 02:29:19.41 | 00:15:22.09 | 00:01:03.64 | 01:06:40.97 | 00:01:26.10 | 01:04:46.61 | | |
| 53 | BREUCKER Christoph | 501 | PV Triathlon Witten e.V. | AK60 | 1 | 02:29:22.13 | 00:22:43.22 | 00:01:59.53 | 01:12:04.32 | 00:01:22.77 | 00:51:12.29 | | |
| 54 | KÖHLER Bastian | 440 | keine Angabe | AK35 | 15 | 02:29:52.28 | 00:21:56.65 | 00:02:07.95 | 01:15:07.07 | 00:01:27.62 | 00:49:12.99 | | |
| 9 | SIMON Iris | 411 | ASV Duisburg e.V. | AK50 | 1 | 02:31:11.06 | 00:22:23.80 | 00:01:54.74 | 01:15:22.06 | 00:01:51.65 | 00:49:38.81 | | |
| 10 | DIETRICH Sabine | 413 | RWO Endurance Team | AK55 | 1 | 02:32:27.27 | 00:19:09.16 | 00:01:43.78 | 01:15:15.26 | 00:01:56.76 | 00:54:22.31 | | |
| 55 | NOWARA Daniel | 463 | Hartman Triathlon Team TVG Kaiserau | AK45 | 6 | 02:33:51.40 | 00:24:04.03 | 00:02:08.54 | 01:14:48.66 | 00:02:14.04 | 00:50:36.13 | | |
| 56 | WILHELM Joachim | 499 | Schwelmer SC | AK60 | 2 | 02:34:35.83 | 00:20:41.27 | 00:01:21.76 | 01:13:29.41 | 00:01:49.55 | 00:57:13.84 | | |
| 57 | WÄSCH Daniel | 494 | Soester Tri Team | AK55 | 6 | 02:34:44.43 | 00:23:54.50 | 00:01:18.42 | 01:16:03.06 | 00:01:36.76 | 00:51:51.69 | | |
| 58 | ACKERMANN Markus | 483 | Blaue Funken Köln | AK50 | 12 | 02:36:18.81 | 00:21:38.87 | 00:01:21.39 | 01:12:05.51 | 00:03:11.43 | 00:58:01.61 | | |
| 59 | LENZING Thomas | 461 | Tri Team Ruhrpott Herne e.V. | AK40 | 3 | 02:36:26.49 | 00:23:46.86 | 00:02:30.99 | 01:14:40.07 | 00:02:00.14 | 00:53:28.43 | | |
| 11 | TANK Regina | 415 | Dortmund | AK60 | 1 | 02:36:41.30 | 00:24:20.18 | 00:01:54.07 | 01:19:33.34 | 00:01:22.08 | 00:49:31.63 | | |
| 60 | KRUMNACKER Dennis | 436 | keine Angabe | AK30 | 8 | 02:36:44.29 | 00:21:30.01 | 00:03:16.82 | 01:26:40.94 | 00:01:49.24 | 00:43:27.28 | | |
| 61 | HERKENHOFF Manuel | 426 | SV Teuto Riesenbeck | AK25 | 6 | 02:37:10.44 | 00:21:02.07 | 00:02:09.10 | 01:17:20.78 | 00:01:56.23 | 00:54:42.25 | | |
| 12 | SPERLICH Jessy | 401 | Hammer SportClub | AK20 | 1 | 02:37:39.03 | 00:16:42.17 | 00:01:43.96 | 01:17:09.85 | 00:01:51.66 | 01:00:11.39 | | |
| 62 | BLESGEN Jörg | 489 | SV TRICITY Darmstadt | AK55 | 7 | 02:37:40.81 | 00:22:40.05 | 00:02:05.81 | 01:14:10.91 | 00:02:49.80 | 00:55:54.24 | | |
| 63 | CHILL Jan | 490 | TRC 84 Essen | AK55 | 8 | 02:38:07.81 | 00:20:53.80 | 00:01:30.05 | 01:13:32.67 | 00:01:20.44 | 01:00:50.85 | | |
| 64 | RADDATZ Daniel | 471 | TRlandertaler mettmann-Sport | AK45 | 7 | 02:38:20.09 | 00:21:57.09 | 00:01:39.11 | 01:10:48.27 | 00:01:25.22 | 01:02:30.40 | | |
| 65 | REINOLD Maris | 466 | Tri Geckos Dortmund | AK30 | 9 | 02:38:25.84 | 00:18:53.78 | 00:01:27.21 | 01:11:50.91 | 00:02:16.74 | 01:03:57.20 | | |
| 66 | KRICK Jörg | 452 | keine Angabe | AK35 | 16 | 02:41:14.91 | 00:27:02.02 | 00:02:45.79 | 01:14:29.00 | 00:03:06.58 | 00:53:51.52 | | |
| 67 | SPERLICH Karsten | 488 | Hammer SportClub | AK50 | 13 | 02:43:26.57 | 00:22:52.98 | 00:01:45.32 | 01:17:26.17 | 00:02:57.53 | 00:58:24.57 | | |
| 13 | HOLMES-KLOTZ Sarah | 410 | Triathlon Team Rheinfelden | AK45 | 1 | 02:44:17.81 | 00:24:27.64 | 00:02:07.65 | 01:22:12.47 | 00:02:20.65 | 00:53:09.40 | | |
| 68 | KARRAS Martin | 469 | Triathlon Team Düsseldorf | AK45 | 8 | 02:44:40.77 | 00:17:47.03 | 00:01:45.45 | 01:17:27.30 | 00:01:59.64 | 01:05:41.35 | | |
| 69 | OVERWIN Ralph | 500 | TRC Essen 84 | AK60 | 3 | 02:46:13.79 | 00:22:48.98 | | | | 01:02:12.94 | | |
| 14 | BERKEMANN Heide | 416 | PV Triathlon Witten e.V. | AK60 | 2 | 02:46:30.52 | 00:22:19.08 | 00:01:43.62 | 01:20:28.40 | 00:01:29.21 | 01:00:30.21 | | |
| 70 | MENN Martin | 484 | Ultra Team Cronenberg | AK50 | 14 | 02:48:38.85 | 00:21:37.58 | 00:02:56.37 | 01:27:15.27 | 00:02:52.51 | 00:53:57.12 | | |

| Platz | Nachname - Vorname | StNr. | Verein | AK | Platz AK | Gesamt | Swim | W1 | Bike | W2 | Run | Strafzeit | Strafe |
|-------|---------------------|-------|--|------|----------|-------------|-------------|-------------|-------------|-------------|-------------|-----------|--------|
| 71 | KASPER André-Marcel | 451 | Team Kohle Stahl | AK35 | 17 | 02:50:09.81 | 00:26:57.40 | 00:02:42.32 | 01:14:38.16 | 00:03:05.59 | 01:02:46.34 | | |
| 72 | MÜLLER Gerhard | 502 | Sportfreunde Neersbroich | AK60 | 4 | 02:52:26.19 | 00:21:33.01 | 00:03:07.00 | 01:23:47.03 | 00:01:47.25 | 01:02:11.90 | | |
| 15 | STEHR Nicole | 412 | Kevelaerer SV 1890/1920 e.V. Triathlon | AK50 | 2 | 02:56:09.76 | 00:26:06.08 | 00:02:54.14 | 01:19:21.62 | 00:02:52.97 | 01:04:54.95 | | |
| 73 | DOBRINSKY Maik | 472 | SSG Altena | AK45 | 9 | 02:57:46.51 | 00:20:54.68 | 00:02:08.48 | 01:22:53.24 | 00:02:40.08 | 01:09:10.03 | | |
| 74 | WANDERS Andreas | 503 | Triathlon Team Düsseldorf | AK60 | 5 | 02:59:41.65 | 00:24:19.93 | 00:02:22.51 | 01:27:55.31 | 00:03:50.48 | 01:01:13.42 | | |
| 75 | HEINEN Sebastian | 439 | keine Angabe | AK35 | 18 | 03:17:26.57 | 00:23:01.98 | 00:02:46.34 | 01:42:00.38 | 00:01:33.31 | 01:08:04.56 | | |
| DSQ | NAGEL Andreas | 498 | RC-Sorpesee Tri Team | AK55 | | 02:49:37.05 | 00:25:12.03 | 00:03:34.27 | 01:14:17.63 | 00:02:05.18 | 01:04:27.93 | | |
| DNF | GROßE Dirk | 427 | Marathon-Club Menden | AK30 | | | 00:20:14.03 | 00:01:43.79 | 01:08:53.02 | 00:01:04.55 | | | |
| DNF | MOSCHEK Stephan | 467 | TriTeam Schwarme | AK45 | | | 00:21:06.06 | 00:01:32.33 | | | | | |

