

| RNG | STNR | NAME | VORNAME | VEREIN | AK | AK_PL | GES_ZEIT | SWIM | Rg | RAD | Rg | LAUF | Rg |
|-----|------|-------------|----------------|--------------------|------|-------|----------|----------|----|----------|----|----------|----|
| 1 | 612 | Leder | Lothar | ERDING.Alkoholfrei | TM35 | 1 | 01:03:17 | 00:00:00 | | 00:45:36 | 27 | 00:17:41 | 1 |
| 2 | 588 | Weinand | Christian | | TM20 | 1 | 01:03:58 | 00:07:47 | 1 | 00:38:15 | 1 | 00:17:56 | 2 |
| 3 | 581 | Ritschel | Thomas | RSG Montabaur | TM45 | 1 | 01:07:39 | 00:08:56 | 17 | 00:38:45 | 3 | 00:19:58 | 9 |
| 4 | 573 | Meurer | Jürgen | RSG Montabaur | TM45 | 2 | 01:08:12 | 00:08:55 | 16 | 00:39:57 | 5 | 00:19:20 | 6 |
| 5 | 865 | Radke | Mario | | TM40 | 1 | 01:08:19 | 00:09:24 | 27 | 00:39:50 | 4 | 00:19:05 | 5 |
| 6 | 985 | Hoffmann | Jens | ASC Darmstadt | TM30 | 1 | 01:09:04 | 00:08:03 | 3 | 00:41:06 | 9 | 00:19:55 | 8 |
| 7 | 571 | Jores | Marcus | TCEC Mainz | TM45 | 3 | 01:09:19 | 00:09:03 | 19 | 00:38:42 | 2 | 00:21:34 | 17 |
| 8 | 605 | Drepper | Daniel | RSV Dortmund-Nord | TM20 | 2 | 01:09:43 | 00:09:57 | 43 | 00:40:45 | 8 | 00:19:01 | 3 |
| 9 | 578 | Quirin | Markus | Tri Post Trier | TM35 | 2 | 01:10:07 | 00:08:37 | 9 | 00:40:16 | 6 | 00:21:14 | 13 |
| 10 | 584 | Scheib | Stefan | TV Hatzenbühl Tria | TM35 | 3 | 01:10:39 | 00:08:57 | 18 | 00:40:27 | 7 | 00:21:15 | 14 |
| 11 | 592 | Woog | David | LC Bingen | TM20 | 3 | 01:11:44 | 00:08:37 | 9 | 00:42:59 | 13 | 00:20:08 | 10 |
| 12 | 572 | Koch | Thomas | TV 09 Morbach | TM30 | 2 | 01:11:54 | 00:09:25 | 28 | 00:43:28 | 16 | 00:19:01 | 3 |
| 13 | 874 | Leder | Nicole | ERDING.Alkoholfrei | TW35 | 1 | 01:12:01 | 00:07:47 | 1 | 00:44:32 | 19 | 00:19:42 | 7 |
| 14 | 617 | Quaiser | Christian | Triathlon Rodgau | TM30 | 3 | 01:12:45 | 00:08:40 | 12 | 00:42:19 | 10 | 00:21:46 | 19 |
| 15 | 565 | Bast | Lucas | TCEC Mainz | TM18 | 1 | 01:12:58 | 00:08:50 | 14 | 00:42:35 | 11 | 00:21:33 | 16 |
| 16 | 613 | Mainka | Klaudius | LC Olympia Wiesb. | TM35 | 4 | 01:13:25 | 00:08:24 | 5 | 00:44:04 | 18 | 00:20:57 | 12 |
| 17 | 606 | Feiler | Jörn | TV Windecken | TM45 | 4 | 01:13:38 | 00:09:17 | 23 | 00:42:47 | 12 | 00:21:34 | 17 |
| 18 | 614 | Mohles | Rüdiger | TUS-Griesheim | TM45 | 5 | 01:14:00 | 00:08:31 | 8 | 00:43:27 | 15 | 00:22:02 | 24 |
| 19 | 604 | Dollt | Markus | DJK Flörsheim | TM30 | 4 | 01:15:09 | 00:09:13 | 21 | 00:45:12 | 24 | 00:20:44 | 11 |
| 20 | 603 | Beyer | Volker | ACCU-Chek Team | TM30 | 5 | 01:15:56 | 00:08:27 | 7 | 00:45:40 | 28 | 00:21:49 | 21 |
| 21 | 567 | Reinhard | Kristina | Triathlon TuS AW | TW40 | 1 | 01:16:06 | 00:09:36 | 35 | 00:44:43 | 20 | 00:21:47 | 20 |
| 22 | 618 | Stiebig | André-Johannes | SCBayer05Uerdingen | TM30 | 6 | 01:16:13 | 00:09:19 | 24 | 00:44:45 | 21 | 00:22:09 | 25 |
| 23 | 594 | Kessler | Mareike | Poseidon Koblenz | TW30 | 1 | 01:16:28 | 00:09:22 | 26 | 00:45:10 | 23 | 00:21:56 | 23 |
| 24 | 583 | Schaum | Volker | TCEC Mainz | TM50 | 1 | 01:16:42 | 00:09:30 | 33 | 00:45:18 | 26 | 00:21:54 | 22 |
| 25 | 566 | Frowein | Tino | LC Bingen e.V. | TM45 | 6 | 01:16:45 | 00:10:47 | 49 | 00:43:21 | 14 | 00:22:37 | 26 |
| 26 | 582 | Roevenich | Udo | TV Bad Sobernheim | TM45 | 7 | 01:18:17 | 00:09:51 | 39 | 00:45:44 | 29 | 00:22:42 | 27 |
| 27 | 601 | Wieland | Gabriele | Tricon Wörth | TW50 | 1 | 01:18:24 | 00:10:19 | 46 | 00:43:57 | 17 | 00:24:08 | 34 |
| 28 | 580 | Riedel | Oliver | SF Gimbsheim e.V. | TM40 | 2 | 01:18:30 | 00:09:57 | 43 | 00:47:18 | 35 | 00:21:15 | 14 |
| 29 | 586 | Stahl | Dennis | TCEC-Mainz | TM30 | 7 | 01:18:46 | 00:09:27 | 30 | 00:45:09 | 22 | 00:24:10 | 35 |
| 30 | 564 | Dors | Karsten | TCEC-Mainz | TM35 | 5 | 01:19:28 | 00:09:26 | 29 | 00:46:59 | 34 | 00:23:03 | 28 |
| 31 | 615 | Müller | Jürgen | PSV Offenburg | TM55 | 1 | 01:19:55 | 00:09:27 | 30 | 00:45:15 | 25 | 00:25:13 | 37 |
| 31 | 568 | Große | Michael | RSG Montabaur | TM40 | 3 | 01:19:55 | 00:09:48 | 38 | 00:46:52 | 33 | 00:23:15 | 29 |
| 33 | 602 | Bahner | Andreas | SF Tria Roßdorf | TM45 | 8 | 01:20:27 | 00:08:17 | 4 | 00:46:05 | 31 | 00:26:05 | 42 |
| 34 | 569 | Hartmann | Timo | LC-Bingen | TM18 | 2 | 01:20:41 | 00:09:12 | 20 | 00:46:46 | 32 | 00:24:43 | 36 |
| 35 | 616 | Nowak | Eduard | DJK-SC-Flörsheim | TM50 | 2 | 01:21:43 | 00:08:38 | 11 | 00:48:59 | 37 | 00:24:06 | 33 |
| 36 | 873 | Hüwe | Ulrike | TG Rüdesheim | TW45 | 1 | 01:23:28 | 00:09:27 | 30 | 00:47:54 | 36 | 00:26:07 | 44 |
| 37 | 871 | Brinkmann | Henrike | TSG Weinheim | TW25 | 1 | 01:24:25 | 00:09:30 | 33 | 00:49:20 | 38 | 00:25:35 | 39 |
| 38 | 587 | Thiemann | Axel | 1. FC Kaiserslaut. | TM40 | 4 | 01:25:36 | 00:08:47 | 13 | 00:51:26 | 40 | 00:25:23 | 38 |
| 39 | 593 | Heigert | Rosi | MRSV/ZDF | TW55 | 1 | 01:25:50 | 00:10:32 | 47 | 00:51:34 | 41 | 00:23:44 | 30 |
| 40 | 595 | Kolberg | Swantje | TuS Ahrweiler | TW50 | 2 | 01:27:54 | 00:10:50 | 50 | 00:53:17 | 44 | 00:23:47 | 31 |
| 41 | 877 | Sigmund | Kathi | FC St.Pauli | TW40 | 2 | 01:28:32 | 00:08:54 | 15 | 00:50:41 | 39 | 00:28:57 | 49 |
| 42 | 607 | Hauger | Georg | PSV Offenburg | TM50 | 3 | 01:29:35 | 00:11:11 | 55 | 00:52:47 | 43 | 00:25:37 | 40 |
| 43 | 872 | Fritzkowski | Dorothee | tri team Giessen | TW35 | 2 | 01:30:31 | 00:09:51 | 39 | 00:56:45 | 54 | 00:23:55 | 32 |
| 43 | 596 | Mohr | Steffi | TV Hatzenbühl | TW25 | 2 | 01:30:31 | 00:09:15 | 22 | 00:55:19 | 50 | 00:25:57 | 41 |
| 45 | 600 | Weides | Natalie | Tri Post Trier | TW35 | 3 | 01:31:39 | 00:09:41 | 37 | 00:55:51 | 52 | 00:26:07 | 44 |
| 46 | 590 | Wieland | Albrecht | Tricon Wörth | TM65 | 1 | 01:32:24 | 00:10:53 | 51 | 00:55:25 | 51 | 00:26:06 | 43 |
| 47 | 574 | Mohr | Gerhard | TV Hatzenbühl | TM55 | 2 | 01:32:43 | 00:09:39 | 36 | 00:54:58 | 49 | 00:28:06 | 47 |
| 48 | 875 | Redante | Elke | TG TRIA Rüsselsh. | TW40 | 3 | 01:33:04 | 00:09:54 | 41 | 00:52:15 | 42 | 00:30:55 | 53 |
| 49 | 579 | Rice | John | TV Mußbach | TM60 | 1 | 01:33:22 | 00:09:21 | 25 | 00:56:56 | 55 | 00:27:05 | 46 |
| 50 | 610 | Lambrecht | Michael | DJK SG St.Ingbert | TM45 | 9 | 01:35:56 | 00:12:07 | 57 | 00:53:26 | 45 | 00:30:23 | 51 |
| 51 | 570 | Hellinger | Josef | WSF Zweibrücken | TM70 | 1 | 01:36:01 | 00:11:09 | 54 | 00:53:54 | 46 | 00:30:58 | 54 |
| 52 | 619 | Vogt | Eugen | TVDÄ | TM70 | 2 | 01:36:22 | 00:11:05 | 53 | 00:54:32 | 48 | 00:30:45 | 52 |
| 53 | 608 | Hilken | Hans Jürgen | PSV Offenburg | TM65 | 2 | 01:36:28 | 00:12:02 | 56 | 00:55:53 | 53 | 00:28:33 | 48 |
| 54 | 591 | Wolf | Peter | TV Bad Sobernheim | TM45 | 10 | 01:36:40 | 00:10:16 | 45 | 00:46:04 | 30 | 00:40:20 | 57 |
| 55 | 876 | Schembier | Karin | SC Neukirchen | TW40 | 4 | 01:38:55 | 00:09:55 | 42 | 00:54:21 | 47 | 00:34:39 | 55 |
| 56 | 597 | Pechtold | Ute | TuS Ahrweiler | TW65 | 1 | 01:53:40 | 00:10:59 | 52 | 01:05:36 | 56 | 00:37:05 | 56 |
| 57 | 575 | Müller | Rudolf | neu | TM60 | 2 | 02:03:50 | 00:10:43 | 48 | 01:24:05 | 57 | 00:29:02 | 50 |
| dnf | 577 | Nagel | Jens | TriTeam getFit | TM30 | | | 00:08:26 | 6 | 00:00:00 | | | |