

| RNG | STNR | NAME | VORNAME | VEREIN | AK | AK_PL | GES_ZEIT | SWIM | Rg | RAD | Rg | LAUF | Rg |
|-----|------|-------------|-------------|--------------------|------|-------|----------|----------|-----|----------|----|----------|-----|
| 1 | 350 | Wagner | Martin | VFR Simmern | TM25 | 1 | 02:05:08 | 00:18:49 | 2 | 01:10:10 | 2 | 00:36:09 | 5 |
| 2 | 301 | Bergmann | Christoph | TriFlow BadEndbach | TM35 | 1 | 02:08:37 | 00:20:22 | 4 | 01:13:12 | 18 | 00:35:03 | 1 |
| 3 | 375 | Roth | Jens | Sc Pos Koblenz | TM20 | 1 | 02:08:55 | 00:18:11 | 1 | 00:00:00 | | 01:50:44 | 265 |
| 4 | 312 | Heubel | Christoph | TaunaGas Oberursel | | | 02:09:14 | 00:23:47 | 37 | 01:10:14 | 4 | 00:35:13 | 2 |
| 5 | 300 | Müller | David | TriFlow BadEndbach | TM30 | 1 | 02:09:42 | 00:21:41 | 13 | 01:11:52 | 9 | 00:36:09 | 5 |
| 6 | 307 | Unger | Marc | SC Neukirchen | TM20 | 2 | 02:10:33 | 00:23:17 | 27 | 01:10:55 | 5 | 00:36:21 | 9 |
| 7 | 328 | Schoembs | Heiko | Eintracht Frankf. | TM35 | 2 | 02:11:15 | 00:20:18 | 3 | 01:13:27 | 22 | 00:37:30 | 16 |
| 8 | 305 | Huhndorf | Martin | SC Neukirchen | TM30 | 2 | 02:11:54 | 00:21:02 | 9 | 01:13:08 | 17 | 00:37:44 | 21 |
| 9 | 356 | Weyand | Christian | LTF Marpingen | TM25 | 2 | 02:12:28 | 00:20:24 | 5 | 01:14:26 | 28 | 00:37:38 | 18 |
| 10 | 311 | Kriszeleit | Leon | TaunaGas Oberursel | TM20 | 3 | 02:12:42 | 00:24:04 | 45 | 01:12:58 | 15 | 00:35:40 | 3 |
| 11 | 335 | Faber | Sven | TMK e.V. | TM30 | 3 | 02:12:51 | 00:21:36 | 12 | 01:11:59 | 10 | 00:39:16 | 46 |
| 12 | 310 | Schmid | Severin | TaunaGas Oberursel | TM20 | 4 | 02:13:13 | 00:22:22 | 19 | 01:11:49 | 8 | 00:39:02 | 40 |
| 13 | 304 | Lenz | Hendrik | TriFlow BadEndbach | TM30 | 4 | 02:13:25 | 00:23:18 | 28 | 01:10:12 | 3 | 00:39:55 | 60 |
| 14 | 347 | Lebeau | Leander | TSG Maxdorf | TM20 | 5 | 02:13:32 | 00:20:44 | 7 | 01:14:44 | 34 | 00:38:04 | 27 |
| 15 | 31 | Bach | Manuel | ALV Mainz | TM25 | 3 | 02:13:47 | 00:23:44 | 35 | 01:14:00 | 25 | 00:36:03 | 4 |
| 16 | 2 | Knopp | Andreas | DBL-Team RSG Mtb3 | TM25 | 4 | 02:13:48 | 00:25:48 | 98 | 01:11:48 | 6 | 00:36:12 | 8 |
| 17 | 334 | Bunse | Stephan | Trianhas B.Arolsen | TM30 | 5 | 02:14:16 | 00:22:00 | 17 | 01:12:38 | 13 | 00:39:38 | 54 |
| 18 | 360 | Landau | Martin | KSV Baunatal | TM20 | 6 | 02:14:25 | 00:24:03 | 44 | 01:13:25 | 20 | 00:36:57 | 13 |
| 19 | 327 | Alvarez | José | Eintracht Frankf. | TM35 | 3 | 02:15:22 | 00:24:08 | 46 | 01:12:42 | 14 | 00:38:32 | 33 |
| 20 | 345 | Amann | Marco | TSG Maxdorf | TM30 | 6 | 02:15:56 | 00:20:57 | 8 | 01:16:42 | 62 | 00:38:17 | 32 |
| 21 | 7 | Becker | Marko | PSV Tri Pirmasens1 | TM20 | 7 | 02:16:09 | 00:20:25 | 6 | 01:16:51 | 66 | 00:38:53 | 37 |
| 22 | 339 | Goebel | Markus | TMK e.V. | TM30 | 7 | 02:16:12 | 00:24:52 | 71 | 01:14:53 | 41 | 00:36:27 | 10 |
| 23 | 308 | Klement | Thomas | SC Neukirchen | TM40 | 1 | 02:16:19 | 00:23:08 | 23 | 01:15:00 | 44 | 00:38:11 | 31 |
| 24 | 17 | Hoffmann | Jens | SRL Tri Koblenz 1 | TM25 | 5 | 02:16:30 | 00:24:15 | 53 | 01:15:02 | 47 | 00:37:13 | 14 |
| 25 | 315 | Sareika | Simon | Tri Team Giessen | TM25 | 6 | 02:16:33 | 00:24:01 | 43 | 01:13:24 | 19 | 00:39:08 | 41 |
| 26 | 30 | Voss | Sven Martin | TV Mußbach | TM40 | 2 | 02:16:40 | 00:24:45 | 68 | 01:13:46 | 24 | 00:38:09 | 30 |
| 27 | 364 | Busch | Martin | KSV Baunatal | TM30 | 8 | 02:17:04 | 00:21:44 | 14 | 01:14:59 | 43 | 00:40:21 | 65 |
| 28 | 359 | Ulrich | Karsten | LTF Marpingen | TM40 | 3 | 02:17:16 | 00:24:20 | 55 | 01:14:50 | 38 | 00:38:06 | 28 |
| 29 | 325 | Kumb. | Josta | Eintracht Frankf. | TM30 | 9 | 02:17:36 | 00:23:39 | 32 | 01:15:24 | 53 | 00:38:33 | 34 |
| 30 | 303 | Dietermann | Pascal | TriFlow BadEndbach | TM20 | 8 | 02:17:49 | 00:21:28 | 10 | 01:15:12 | 49 | 00:41:09 | 77 |
| 31 | 83 | Meurer | Jürgen | DBL-Team RSG Mtb | TM45 | 1 | 02:18:05 | 00:23:54 | 42 | 01:14:51 | 39 | 00:39:20 | 48 |
| 32 | 309 | Brethauer | Andre | SC Neukirchen | TM20 | 9 | 02:18:08 | 00:25:14 | 78 | 01:13:41 | 23 | 00:39:13 | 44 |
| 33 | 314 | Müller | Björn | TaunaGas Oberursel | TM30 | 10 | 02:18:11 | 00:23:47 | 37 | 01:13:25 | 20 | 00:40:59 | 73 |
| 34 | 351 | Hergenröder | Andre | VFR Simmern | TM25 | 7 | 02:18:13 | 00:26:23 | 123 | 01:12:11 | 11 | 00:39:39 | 55 |
| 35 | 85 | Bielen | Markus | DJK Tri Andernach | TM40 | 4 | 02:18:19 | 00:26:50 | 131 | 01:15:20 | 52 | 00:36:09 | 5 |
| 36 | 322 | Meuer | Michael | DBL-Team RSG Mtb | TM35 | 4 | 02:18:21 | 00:26:38 | 127 | 01:12:28 | 12 | 00:39:15 | 45 |
| 37 | 6 | Ehrhardt | Paul | PSV Tri Pirmasens1 | TM20 | 10 | 02:18:24 | 00:23:42 | 34 | 01:16:44 | 63 | 00:37:58 | 24 |
| 38 | 363 | Zahrt | Michael | KSV Baunatal | TM30 | 11 | 02:18:35 | 00:24:12 | 50 | 01:14:52 | 40 | 00:39:31 | 52 |
| 39 | 313 | Hett | Rainer | TaunaGas Oberursel | TM40 | 5 | 02:18:37 | 00:23:49 | 39 | 01:16:48 | 65 | 00:38:00 | 25 |
| 40 | 368 | Becker | Wolfgang | SSV Trier | TM45 | 2 | 02:18:41 | 00:23:20 | 29 | 01:17:33 | 70 | 00:37:48 | 23 |
| 41 | 357 | Schreiner | Stefan | LTF Marpingen | TM40 | 6 | 02:18:42 | 00:24:22 | 56 | 01:16:33 | 59 | 00:37:47 | 22 |
| 42 | 329 | Kiefer | Haimo | Eintracht Frankf. | TM35 | 5 | 02:18:46 | 00:29:43 | 202 | 01:11:48 | 6 | 00:37:15 | 15 |
| 43 | 11 | Malcharek | Martin | SG Dudw.-St.Ingb.1 | TM30 | 12 | 02:18:47 | 00:23:35 | 31 | 01:14:32 | 30 | 00:40:40 | 70 |
| 44 | 46 | Marinus | Dirk | RSC Untermosel | TM40 | 7 | 02:18:53 | 00:24:51 | 70 | 01:15:01 | 46 | 00:39:01 | 39 |
| 45 | 19 | Schlünkes | Michael | SRL Tri Koblenz 1 | TM35 | 6 | 02:19:00 | 00:26:08 | 111 | 01:14:49 | 37 | 00:38:03 | 26 |
| 46 | 4 | Radke | Mario | DBL-Team RSG Mtb3 | TM40 | 8 | 02:19:04 | 00:25:05 | 75 | 01:15:13 | 50 | 00:38:46 | 35 |
| 47 | 331 | Stell | Christoph | Trianhas B.Arolsen | TM35 | 7 | 02:19:13 | 00:24:41 | 66 | 01:14:58 | 42 | 00:39:34 | 53 |
| 48 | 1 | Spitzhorn | Heiko | DBL-Team RSG Mtb3 | TM40 | 9 | 02:19:40 | 00:26:10 | 113 | 01:14:44 | 34 | 00:38:46 | 35 |
| 49 | 330 | Ullmann | Uwe | Trianhas B.Arolsen | TM30 | 13 | 02:19:54 | 00:24:10 | 47 | 01:14:11 | 26 | 00:41:33 | 85 |

| RNG | STNR | NAME | VORNAME | VEREIN | AK | AK_PL | GES_ZEIT | SWIM | Rg | RAD | Rg | LAUF | Rg |
|-----|------|---------------|-----------|--------------------|------|-------|----------|----------|-----|----------|-----|----------|-----|
| 50 | 338 | Koch | Christian | TMK e.V. | TM20 | 11 | 02:19:57 | 00:23:52 | 41 | 01:16:53 | 67 | 00:39:12 | 43 |
| 51 | 340 | Krücke | Sascha | Carboo4U Griesheim | TM35 | 8 | 02:20:10 | 00:23:10 | 24 | 01:14:37 | 32 | 00:42:23 | 100 |
| 52 | 336 | Schmitz | Ruben | TMK e.V. | TM30 | 14 | 02:20:13 | 00:25:55 | 102 | 01:17:23 | 68 | 00:36:55 | 12 |
| 53 | 337 | Kaiser | Markus | TMK e.V. | TM30 | 15 | 02:20:27 | 00:24:37 | 62 | 01:18:16 | 80 | 00:37:34 | 17 |
| 54 | 235 | Moschof | Johannes | Eintracht Frankf. | TM45 | 3 | 02:20:29 | 00:27:01 | 137 | 01:15:47 | 56 | 00:37:41 | 19 |
| 55 | 361 | Schröder | Thomas | KSV Baunatal | TM40 | 10 | 02:20:45 | 00:23:39 | 32 | 01:15:27 | 54 | 00:41:39 | 87 |
| 56 | 342 | Bertsch | Simon | Carboo4U Griesheim | TM20 | 12 | 02:20:52 | 00:26:05 | 108 | 01:15:28 | 55 | 00:39:19 | 47 |
| 57 | 302 | Begic | Josip | TriFlow BadEndbach | TM25 | 8 | 02:21:00 | 00:24:38 | 63 | 01:19:47 | 104 | 00:36:35 | 11 |
| 58 | 332 | Brambring | Stefan | Trianhas B.Arolsen | TM25 | 9 | 02:21:28 | 00:25:17 | 81 | 01:15:03 | 48 | 00:41:08 | 76 |
| 58 | 382 | Benecke | Torben | TriAs Flensburg | TM35 | 9 | 02:21:28 | 00:24:40 | 65 | 01:13:04 | 16 | 00:43:44 | 121 |
| 60 | 333 | Klausen | Oliver | Trianhas B.Arolsen | TM35 | 10 | 02:21:53 | 00:22:49 | 22 | 01:19:43 | 102 | 00:39:21 | 49 |
| 61 | 12 | Brall | Sven | SG Dudw.-St.Ingb.1 | TM35 | 11 | 02:22:19 | 00:25:41 | 94 | 01:14:34 | 31 | 00:42:04 | 93 |
| 62 | 362 | Kreisler | Axel | KSV Baunatal | TM35 | 12 | 02:22:31 | 00:26:59 | 135 | 01:14:29 | 29 | 00:41:03 | 74 |
| 63 | 352 | Pauli | Jörg | VFR Simmern | TM40 | 11 | 02:22:40 | 00:26:12 | 116 | 01:14:38 | 33 | 00:41:50 | 89 |
| 64 | 372 | Apel | Henrik | SG Oppershofen | TM30 | 16 | 02:22:41 | 00:24:50 | 69 | 01:18:12 | 77 | 00:39:39 | 55 |
| 65 | 23 | Werland | Philipp | Tri Post Trier 1 | TM20 | 13 | 02:22:46 | 00:30:45 | 215 | 01:14:20 | 27 | 00:37:41 | 19 |
| 66 | 53 | Gales | Gerhard | SG Dudw.-St.Ingb.2 | TM45 | 4 | 02:22:57 | 00:21:31 | 11 | 01:18:22 | 81 | 00:43:04 | 105 |
| 67 | 316 | Jankofsky | Markus | Tri Team Giessen | TM35 | 13 | 02:23:15 | 00:23:16 | 26 | 01:17:40 | 72 | 00:42:19 | 98 |
| 68 | 69 | Günther | Christian | TCEC Mainz | TM25 | 10 | 02:23:34 | 00:24:10 | 47 | 01:20:24 | 112 | 00:39:00 | 38 |
| 69 | 82 | Hofmann | Robert | DBL-Team RSG Mtb | TM45 | 5 | 02:23:36 | 00:21:53 | 15 | 01:20:14 | 110 | 00:41:29 | 82 |
| 70 | 306 | Weber | Max | SC Neukirchen | TM20 | 14 | 02:23:44 | 00:24:29 | 59 | 01:17:48 | 73 | 00:41:27 | 81 |
| 71 | 354 | Schmelzeisen | Markus | VFR Simmern | TM40 | 12 | 02:23:51 | 00:23:50 | 40 | 01:19:28 | 96 | 00:40:33 | 68 |
| 72 | 20 | Schrömgies | Manfred | SRL Tri Koblenz 1 | TM40 | 13 | 02:24:01 | 00:26:06 | 109 | 01:14:48 | 36 | 00:43:07 | 110 |
| 73 | 88 | Drommel | Torsten | DJK Tri Andernach | TM40 | 14 | 02:24:12 | 00:26:57 | 134 | 01:16:33 | 59 | 00:40:42 | 71 |
| 74 | 341 | Vossel | Niels | Carboo4U Griesheim | TM30 | 17 | 02:24:14 | 00:24:28 | 57 | 01:20:20 | 111 | 00:39:26 | 50 |
| 75 | 67 | Diether | Uwe | TCEC Mainz | TM40 | 15 | 02:24:26 | 00:25:35 | 91 | 01:17:48 | 73 | 00:41:03 | 74 |
| 76 | 90 | Matheis | Bernd | SV 07 Ludwigshafen | TM40 | 16 | 02:24:31 | 00:26:49 | 130 | 01:18:12 | 77 | 00:39:30 | 51 |
| 77 | 13 | Jochum | Rüdiger | SG Dudw.-St.Ingb.1 | TM45 | 6 | 02:25:01 | 00:23:14 | 25 | 01:19:34 | 99 | 00:42:13 | 96 |
| 77 | 123 | Panter | Jörg | WSV Zweibrücken | TM40 | 17 | 02:25:01 | 00:26:21 | 121 | 01:18:31 | 83 | 00:40:09 | 64 |
| 79 | 70 | Steurenthaler | Christoph | TCEC Mainz | TM30 | 18 | 02:25:16 | 00:29:18 | 193 | 01:16:47 | 64 | 00:39:11 | 42 |
| 80 | 115 | Lang | Jürgen | TSG Maxdorf 1 | TM40 | 18 | 02:25:17 | 00:25:39 | 93 | 01:19:48 | 105 | 00:39:50 | 58 |
| 81 | 3 | Riedel | Marco | DBL-Team RSG Mtb3 | TM40 | 19 | 02:25:19 | 00:25:15 | 80 | 01:16:23 | 58 | 00:43:41 | 119 |
| 82 | 349 | Schlohmann | Thomas | TSG Maxdorf | TM25 | 11 | 02:25:38 | 00:24:15 | 53 | 01:19:46 | 103 | 00:41:37 | 86 |
| 83 | 78 | Spurzem | Oliver | WSF Zweibrücken | TM30 | 19 | 02:25:39 | 00:23:27 | 30 | 01:22:19 | 126 | 00:39:53 | 59 |
| 84 | 76 | Luka | Marcel | WSF Zweibrücken | TM20 | 15 | 02:25:44 | 00:25:46 | 96 | 01:19:56 | 107 | 00:40:02 | 62 |
| 85 | 101 | Schaubbruch | Volker | TCEC Mainz Masters | TM40 | 20 | 02:25:57 | 00:25:49 | 99 | 01:18:58 | 89 | 00:41:10 | 78 |
| 86 | 353 | Wilhelm | Holger | VFR Simmern | TM35 | 14 | 02:26:00 | 00:24:39 | 64 | 01:18:05 | 76 | 00:43:16 | 114 |
| 87 | 321 | Güttler | Frank | DBL-Team RSG Mtb | TM40 | 21 | 02:26:07 | 00:29:04 | 188 | 01:16:34 | 61 | 00:40:29 | 67 |
| 88 | 61 | Dämmer | Rudolf | SRL Tri Koblenz2 | TM45 | 7 | 02:26:22 | 00:25:36 | 92 | 01:17:27 | 69 | 00:43:19 | 115 |
| 89 | 47 | Peters | Stefan | RSC Untermosel | TM30 | 20 | 02:26:34 | 00:28:25 | 166 | 01:15:00 | 44 | 00:43:09 | 112 |
| 90 | 16 | Becher | Eike | SRL Tri Koblenz 1 | TM20 | 16 | 02:26:41 | 00:26:09 | 112 | 01:19:00 | 90 | 00:41:32 | 84 |
| 91 | 27 | Henz | Thomas | TV Mußbach | TM40 | 22 | 02:26:45 | 00:26:00 | 104 | 01:18:38 | 86 | 00:42:07 | 94 |
| 92 | 348 | Lebeau | Malte | TSG Maxdorf | TM20 | 17 | 02:26:47 | 00:24:34 | 60 | 01:19:31 | 97 | 00:42:42 | 102 |
| 93 | 326 | Iffert | Carsten | Eintracht Frankf. | TM30 | 21 | 02:26:50 | 00:21:57 | 16 | 01:19:17 | 92 | 00:45:36 | 141 |
| 94 | 15 | Philippi | Jürgen | SG Dudw.-St.Ingb.1 | TM35 | 15 | 02:27:06 | 00:25:19 | 83 | 01:19:52 | 106 | 00:41:55 | 92 |
| 95 | 26 | Bell | Johannes | TV Mußbach | TM35 | 16 | 02:27:22 | 00:25:03 | 73 | 01:20:55 | 118 | 00:41:24 | 80 |
| 96 | 34 | Thiebes | Julian | ALV Mainz | TM25 | 12 | 02:27:51 | 00:27:06 | 139 | 01:19:56 | 107 | 00:40:49 | 72 |
| 97 | 324 | Merz | Torsten | DBL-Team RSG Mtb | TM30 | 22 | 02:28:07 | 00:25:24 | 86 | 01:20:52 | 117 | 00:41:51 | 90 |
| 98 | 9 | Behncke | Michael | PSV Tri Pirmasens1 | TM25 | 13 | 02:28:22 | 00:26:16 | 119 | 01:18:14 | 79 | 00:43:52 | 125 |
| 99 | 346 | Hebich | Thomas | TSG Maxdorf | TM40 | 23 | 02:28:23 | 00:28:47 | 177 | 01:19:41 | 101 | 00:39:55 | 60 |

| RNG | STNR | NAME | VORNAME | VEREIN | AK | AK_PL | GES_ZEIT | SWIM | Rg | RAD | Rg | LAUF | Rg |
|-----|------|---------------|------------|--------------------|------|-------|----------|----------|-----|----------|-----|----------|-----|
| 100 | 157 | Behrens | Alexandra | StartNet Darmstadt | TW35 | 1 | 02:28:28 | 00:29:58 | 205 | 01:17:54 | 75 | 00:40:36 | 69 |
| 101 | 77 | Busse | Michael | WSF Zweibrücken | TM30 | 23 | 02:28:29 | 00:28:03 | 162 | 01:20:02 | 109 | 00:40:24 | 66 |
| 102 | 320 | Diefenbach | Christian | DBL-Team RSG Mtb | TM30 | 24 | 02:28:47 | 00:26:04 | 107 | 01:20:50 | 116 | 00:41:53 | 91 |
| 103 | 48 | Bertram | Dirk | RSC Untermosel | TM40 | 24 | 02:28:55 | 00:27:16 | 141 | 01:17:36 | 71 | 00:44:03 | 127 |
| 104 | 55 | Schwinghammer | Jan | SG Dudw.-St.Ingb.2 | TM30 | 25 | 02:29:06 | 00:34:42 | 249 | 01:16:16 | 57 | 00:38:08 | 29 |
| 105 | 10 | Breschke | Jens | PSV Tri Pirmasens1 | TM35 | 17 | 02:29:11 | 00:24:14 | 52 | 01:18:45 | 87 | 00:46:12 | 147 |
| 106 | 343 | Geisenhof | Gerd | Carboo4U Griesheim | TM45 | 8 | 02:29:19 | 00:24:13 | 51 | 01:22:17 | 124 | 00:42:49 | 103 |
| 107 | 323 | Ritz | Fabian | DBL-Team RSG Mtb | TM20 | 18 | 02:29:44 | 00:24:36 | 61 | 01:20:31 | 113 | 00:44:37 | 132 |
| 108 | 109 | Vinzent | Tristan | TMK e.V. | TM45 | 9 | 02:29:59 | 00:28:14 | 163 | 01:18:32 | 84 | 00:43:13 | 113 |
| 109 | 344 | Stork | Volker | Carboo4U Griesheim | TM40 | 25 | 02:30:04 | 00:25:57 | 103 | 01:20:36 | 114 | 00:43:31 | 116 |
| 110 | 29 | Louis | Friedrich | TV Mußbach | TM55 | 1 | 02:30:25 | 00:27:26 | 149 | 01:19:21 | 93 | 00:43:38 | 118 |
| 111 | 51 | Duchene | Karsten | SG Dudw.-St.Ingb.2 | TM35 | 18 | 02:30:41 | 00:27:37 | 153 | 01:19:22 | 94 | 00:43:42 | 120 |
| 112 | 124 | Lilischkis | Rainer | WSV Zweibrücken | TM45 | 10 | 02:30:59 | 00:29:11 | 192 | 01:19:33 | 98 | 00:42:15 | 97 |
| 113 | 81 | Fröhlich | Christian | DBL-Team RSG Mtb | TM50 | 1 | 02:31:07 | 00:26:10 | 113 | 01:22:47 | 128 | 00:42:10 | 95 |
| 114 | 114 | Kahne | Peter | TSG Maxdorf 1 | TM50 | 2 | 02:31:19 | 00:24:28 | 57 | 01:23:45 | 138 | 00:43:06 | 107 |
| 115 | 39 | Thewalt | Fabian | DBL-Team RSG Mtb4 | TM25 | 14 | 02:31:31 | 00:24:44 | 67 | 01:21:36 | 120 | 00:45:11 | 134 |
| 116 | 95 | Weiler | Torsten | Poseidon Worms | TM40 | 26 | 02:32:02 | 00:28:18 | 164 | 01:23:41 | 137 | 00:40:03 | 63 |
| 117 | 383 | Feilen | Christian | MTB-Club Zell | TM30 | 26 | 02:32:32 | 00:30:04 | 208 | 01:19:22 | 94 | 00:43:06 | 107 |
| 118 | 134 | Schneider | Lilli | SG DJK Andern.-Ida | TW25 | 1 | 02:32:43 | 00:25:18 | 82 | 01:23:36 | 136 | 00:43:49 | 124 |
| 119 | 32 | Sonndag | Dominik | ALV Mainz | TM25 | 15 | 02:33:04 | 00:28:55 | 181 | 01:18:30 | 82 | 00:45:39 | 142 |
| 120 | 63 | Kremer | Dirk | SRL Tri Koblenz2 | TM40 | 27 | 02:33:22 | 00:30:30 | 211 | 01:18:57 | 88 | 00:43:55 | 126 |
| 121 | 374 | Sternfeld | Christian | LCO Edenkoben | TM20 | 19 | 02:33:53 | 00:26:30 | 126 | 01:19:36 | 100 | 00:47:47 | 169 |
| 122 | 57 | Dressel | Jörg | SG Wonnegau-Worms | TM40 | 28 | 02:34:04 | 00:26:15 | 118 | 01:20:45 | 115 | 00:47:04 | 154 |
| 123 | 14 | Lang | Max | SG Dudw.-St.Ingb.1 | TM20 | 20 | 02:34:11 | 00:22:29 | 21 | 01:18:37 | 85 | 00:53:05 | 226 |
| 124 | 21 | Bingenheimer | Volker | Tri Post Trier 1 | TM35 | 19 | 02:34:19 | 00:30:36 | 213 | 01:22:12 | 123 | 00:41:31 | 83 |
| 125 | 86 | Kütscher | Markus | DJK Tri Andernach | TM45 | 11 | 02:34:27 | 00:26:24 | 124 | 01:21:44 | 121 | 00:46:19 | 150 |
| 126 | 33 | Johannes | Manuel | ALV Mainz | TM25 | 16 | 02:34:41 | 00:25:10 | 76 | 01:23:48 | 139 | 00:45:43 | 143 |
| 127 | 102 | Lambert | Ralf | TCEC Mainz Masters | TM45 | 12 | 02:35:02 | 00:25:47 | 97 | 00:00:00 | | 02:09:15 | 266 |
| 128 | 5 | Kollmar | Philipp | DBL-Team RSG Mtb3 | TM35 | 20 | 02:35:09 | 00:26:51 | 132 | 01:19:05 | 91 | 00:49:13 | 194 |
| 128 | 73 | Koch | Jörg | TSG Maxdorf2 | TM30 | 27 | 02:35:09 | 00:27:49 | 154 | 01:23:11 | 131 | 00:44:09 | 128 |
| 130 | 373 | Vogtmüller | Moritz | DauerPower Ems | TM35 | 21 | 02:35:29 | 00:29:10 | 191 | 01:23:13 | 132 | 00:43:06 | 107 |
| 131 | 130 | Fliegel | Vanessa | LLG Wonnegau | TW20 | 1 | 02:35:35 | 00:27:09 | 140 | 01:22:57 | 129 | 00:45:29 | 139 |
| 132 | 65 | Wildenberg | Dirk | SRL Tri Koblenz2 | TM30 | 28 | 02:35:47 | 00:27:54 | 158 | 01:21:20 | 119 | 00:46:33 | 152 |
| 133 | 116 | Langlotz | Martin | TSG Maxdorf 1 | TM50 | 3 | 02:35:54 | 00:28:48 | 178 | 01:21:52 | 122 | 00:45:14 | 137 |
| 134 | 378 | Goertz | Mike | Eintracht Frankf. | TM40 | 29 | 02:36:11 | 00:27:02 | 138 | 01:23:26 | 135 | 00:45:43 | 143 |
| 135 | 43 | Lewandowski | Jens | PSV Tri Pirmasens2 | TM25 | 17 | 02:36:15 | 00:25:04 | 74 | 01:28:04 | 177 | 00:43:07 | 110 |
| 136 | 42 | Käfer | Bernd | PSV Tri Pirmasens2 | TM40 | 30 | 02:36:30 | 00:27:56 | 159 | 01:22:19 | 126 | 00:46:15 | 149 |
| 137 | 159 | Donnelly | Jana | StartNet Darmstadt | TW20 | 2 | 02:36:53 | 00:22:20 | 18 | 01:26:52 | 160 | 00:47:41 | 163 |
| 138 | 103 | Peters | Achim | TCEC Mainz Masters | TM40 | 31 | 02:36:58 | 00:28:27 | 167 | 01:25:38 | 146 | 00:42:53 | 104 |
| 139 | 210 | Henke | Dirk | NIDI-Racing Team | TM35 | 22 | 02:37:52 | 00:26:41 | 129 | 01:25:14 | 144 | 00:45:57 | 146 |
| 140 | 149 | Cohsmann | Christiane | TSG Maxdorf | TW30 | 1 | 02:38:36 | 00:26:55 | 133 | 01:26:30 | 157 | 00:45:11 | 134 |
| 141 | 59 | Haffner | Sebastian | SG Wonnegau-Worms | TM25 | 18 | 02:38:52 | 00:27:17 | 142 | 01:22:17 | 124 | 00:49:18 | 196 |
| 142 | 28 | Krieger | Pierre | TV Mußbach | TM35 | 23 | 02:39:08 | 00:30:52 | 216 | 01:23:23 | 134 | 00:44:53 | 133 |
| 143 | 50 | Bertram | Timo | RSC Untermosel | TM35 | 24 | 02:39:22 | 00:28:38 | 170 | 01:29:04 | 186 | 00:41:40 | 88 |
| 144 | 60 | Neubecker | Jörg | SG Wonnegau-Worms | TM35 | 25 | 02:39:26 | 00:22:23 | 20 | 01:26:13 | 155 | 00:50:50 | 210 |
| 145 | 156 | Schloß | Anna | TV Pal. Hatzenbühl | TW20 | 3 | 02:39:31 | 00:25:20 | 85 | 01:25:41 | 147 | 00:48:30 | 185 |
| 146 | 35 | Schmidt | Jochen | ALV Mainz | TM25 | 19 | 02:39:39 | 00:28:43 | 174 | 01:23:05 | 130 | 00:47:51 | 171 |
| 147 | 358 | Jost | Stephan | LTF Marpingen | TM40 | 32 | 02:40:03 | 00:26:17 | 120 | 01:31:25 | 208 | 00:42:21 | 99 |
| 148 | 138 | Klein | Myriam | SRL Tri Koblenz | TW30 | 2 | 02:40:09 | 00:31:14 | 219 | 01:25:24 | 145 | 00:43:31 | 116 |
| 149 | 177 | Reitz | Tamara | TriFlow BadEndbach | TW30 | 3 | 02:40:37 | 00:24:10 | 47 | 01:28:42 | 182 | 00:47:45 | 167 |

| RNG | STNR | NAME | VORNAME | VEREIN | AK | AK_PL | GES_ZEIT | SWIM | Rg | RAD | Rg | LAUF | Rg |
|-----|------|-----------------|-----------|--------------------|------|-------|----------|----------|-----|----------|-----|----------|-----|
| 150 | 161 | Bartels | Manuela | Triathlon Wetterau | TW30 | 4 | 02:40:45 | 00:24:56 | 72 | 01:30:29 | 201 | 00:45:20 | 138 |
| 151 | 87 | Eisenreich | Stefan | DJK Tri Andernach | TM40 | 33 | 02:40:53 | 00:29:40 | 200 | 01:23:20 | 133 | 00:47:53 | 172 |
| 152 | 160 | Bund | Sara | StartNet Darmstadt | TW20 | 4 | 02:41:13 | 00:25:30 | 89 | 01:28:02 | 176 | 00:47:41 | 163 |
| 153 | 106 | Kneer | Bernd | Tri Post Trier | TM40 | 34 | 02:41:20 | 00:30:54 | 217 | 01:26:01 | 152 | 00:44:25 | 129 |
| 154 | 187 | Lübbbers | Michaela | Ute Mückel Team | TW35 | 2 | 02:41:30 | 00:26:11 | 115 | 01:29:05 | 187 | 00:46:14 | 148 |
| 155 | 172 | Kulas | Maike | Eintracht Frankf. | TW30 | 5 | 02:41:32 | 00:27:49 | 154 | 01:25:58 | 151 | 00:47:45 | 167 |
| 156 | 162 | Weber | Tanja | Triathlon Wetterau | TW40 | 1 | 02:41:43 | 00:25:14 | 78 | 01:27:56 | 174 | 00:48:33 | 187 |
| 157 | 142 | Kerschensteiner | Karin | TCEC Mainz | TW25 | 2 | 02:42:21 | 00:27:23 | 147 | 01:27:25 | 171 | 00:47:33 | 160 |
| 158 | 178 | Gabler | Heike | TriFlow BadEndbach | TW40 | 2 | 02:42:26 | 00:27:27 | 150 | 01:27:09 | 164 | 00:47:50 | 170 |
| 159 | 176 | Wilgosch | Sabine | SC Oberursel | TW45 | 1 | 02:42:28 | 00:25:34 | 90 | 01:27:04 | 162 | 00:49:50 | 201 |
| 160 | 84 | Spitzhorn | Oliver | DBL-Team RSG Mtb | TM45 | 13 | 02:42:32 | 00:28:48 | 178 | 01:27:22 | 169 | 00:46:22 | 151 |
| 161 | 167 | Tesseraux | Silke | SF Tria Roßdorf | TW45 | 2 | 02:42:34 | 00:25:27 | 88 | 01:28:59 | 185 | 00:48:08 | 176 |
| 162 | 163 | Wörner | Helma | Triathlon Wetterau | TW40 | 3 | 02:42:38 | 00:27:36 | 152 | 01:27:22 | 169 | 00:47:40 | 162 |
| 163 | 52 | Köbrich | Michael | SG Dudw.-St.Ingb.2 | TM50 | 4 | 02:42:43 | 00:28:57 | 183 | 01:26:02 | 154 | 00:47:44 | 166 |
| 164 | 62 | Jeschke | Andreas | SRL Tri Koblenz2 | TM30 | 29 | 02:42:44 | 00:34:25 | 247 | 01:25:49 | 150 | 00:42:30 | 101 |
| 165 | 251 | Alt | Erich | SV Rascheid | TM40 | 35 | 02:43:01 | 00:29:01 | 187 | 01:29:28 | 190 | 00:44:32 | 130 |
| 166 | 166 | Reimer | Susanne | SF Tria Roßdorf | TW35 | 3 | 02:43:02 | 00:00:00 | | 01:53:12 | 262 | 00:49:50 | 201 |
| 167 | 379 | Marx | Wolfgang | TCEC Mainz | TM30 | 30 | 02:43:03 | 00:28:27 | 167 | 01:26:13 | 155 | 00:48:23 | 183 |
| 168 | 135 | Streib | Magdalena | SG DJK Andern.-Ida | TW25 | 3 | 02:43:11 | 00:25:25 | 87 | 01:33:13 | 221 | 00:44:33 | 131 |
| 169 | 89 | Fischer | Frank | SV 07 Ludwigshafen | TM45 | 14 | 02:43:24 | 00:29:39 | 199 | 01:25:05 | 143 | 00:48:40 | 189 |
| 170 | 151 | Willersinn | Elke | TSG Maxdorf | TW45 | 3 | 02:43:40 | 00:29:06 | 189 | 01:27:15 | 167 | 00:47:19 | 157 |
| 171 | 158 | Saberschinsky | Aparna | StartNet Darmstadt | TW20 | 5 | 02:43:43 | 00:26:21 | 121 | 01:26:01 | 152 | 00:51:21 | 214 |
| 172 | 164 | Schmidt | Monika | Triathlon Wetterau | TW45 | 4 | 02:43:49 | 00:27:19 | 143 | 01:32:44 | 218 | 00:43:46 | 122 |
| 173 | 175 | Sturm | Martina | SC Oberursel | TW40 | 4 | 02:43:52 | 00:00:00 | | 01:54:39 | 265 | 00:49:13 | 194 |
| 174 | 128 | Wetten | Claudia | DBL-Team RSG Mtb | TW35 | 4 | 02:43:53 | 00:25:19 | 83 | 01:28:34 | 181 | 00:50:00 | 203 |
| 175 | 74 | Weber | Steffen | TSG Maxdorf2 | TM40 | 36 | 02:43:56 | 00:28:36 | 169 | 01:27:12 | 165 | 00:48:08 | 176 |
| 176 | 232 | Weidenbach | Roland | TMK | TM45 | 15 | 02:45:07 | 00:31:31 | 223 | 01:28:01 | 175 | 00:45:35 | 140 |
| 177 | 92 | Imberg | Thomas | SV 07 Ludwigshafen | TM50 | 5 | 02:45:15 | 00:29:20 | 194 | 01:28:23 | 180 | 00:47:32 | 159 |
| 178 | 381 | Farr | Nico | SG Findorff-Bremen | TM25 | 20 | 02:45:31 | 00:26:00 | 104 | 01:36:27 | 233 | 00:43:04 | 105 |
| 179 | 41 | Göhmann | Benjamin | PSV Tri Pirmasens2 | TM20 | 21 | 02:45:35 | 00:27:59 | 161 | 01:29:28 | 190 | 00:48:08 | 176 |
| 180 | 122 | Bähr | Martin | WSV Zweibrücken | TM40 | 37 | 02:45:51 | 00:33:16 | 239 | 01:24:24 | 140 | 00:48:11 | 181 |
| 181 | 180 | Eckhardt | Sabrina | TriFlow BadEndbach | TW30 | 6 | 02:45:58 | 00:25:50 | 100 | 01:32:34 | 214 | 00:47:34 | 161 |
| 182 | 107 | Rach | Helmut | Tri Post Trier | TM40 | 38 | 02:45:59 | 00:25:50 | 100 | 01:31:51 | 210 | 00:48:18 | 182 |
| 183 | 36 | Ackermann | Frank | DBL-Team RSG Mtb4 | TM40 | 39 | 02:46:23 | 00:28:41 | 172 | 01:24:35 | 142 | 00:53:07 | 227 |
| 184 | 94 | Höwler | Dieter | Poseidon Worms | TM50 | 6 | 02:46:45 | 00:34:32 | 248 | 01:27:00 | 161 | 00:45:13 | 136 |
| 185 | 58 | Ries | Tobias | SG Wonnegau-Worms | TM20 | 22 | 02:46:51 | 00:26:12 | 116 | 01:26:30 | 157 | 00:54:09 | 234 |
| 186 | 220 | Braun | Thomas | LC80 Bad Kreuznach | TM45 | 16 | 02:47:17 | 00:28:45 | 176 | 01:27:48 | 173 | 00:50:44 | 209 |
| 187 | 179 | Schneider | Ilona | TriFlow BadEndbach | TW25 | 4 | 02:47:43 | 00:26:03 | 106 | 01:29:32 | 193 | 00:52:08 | 219 |
| 188 | 131 | Hofferberth | Corina | LLG Wonnegau | TW25 | 5 | 02:48:13 | 00:29:42 | 201 | 01:29:23 | 189 | 00:49:08 | 192 |
| 189 | 190 | Fulde | Stefanie | PSV-Tri Pirmasens | TW35 | 5 | 02:48:16 | 00:32:13 | 229 | 01:28:47 | 184 | 00:47:16 | 156 |
| 190 | 244 | Otto | Jörg | Ute Mückel Team | TM45 | 17 | 02:48:25 | 00:29:26 | 197 | 01:25:43 | 149 | 00:53:16 | 228 |
| 191 | 319 | Winkler | Martin | Tri Team Giessen | TM45 | 18 | 02:48:47 | 00:35:35 | 254 | 01:27:25 | 171 | 00:45:47 | 145 |
| 192 | 223 | Hammen | Joachim | Hunsrück-Marathon | TM40 | 40 | 02:48:49 | 00:36:33 | 258 | 01:32:36 | 216 | 00:39:40 | 57 |
| 193 | 213 | Budell | Gregor | emu5.de | TM40 | 41 | 02:48:58 | 00:31:20 | 220 | 01:30:34 | 203 | 00:47:04 | 154 |
| 194 | 318 | Fischer | Matthias | Tri Team Giessen | TM40 | 42 | 02:49:22 | 00:26:29 | 125 | 01:32:12 | 211 | 00:50:41 | 207 |
| 195 | 170 | Maaß | Susan | Eintracht Frankf. | TW30 | 7 | 02:49:41 | 00:27:22 | 146 | 01:31:12 | 205 | 00:51:07 | 212 |
| 196 | 217 | Kientzler | Andreas | LC80 Bad Kreuznach | TM35 | 26 | 02:49:47 | 00:27:49 | 154 | 01:33:30 | 223 | 00:48:28 | 184 |
| 197 | 44 | Schwarze | Michael | PSV Tri Pirmasens2 | TM35 | 27 | 02:49:58 | 00:30:41 | 214 | 01:25:42 | 148 | 00:53:35 | 230 |
| 198 | 241 | Schmidt | Andreas | Hunsrück Marathon | TM35 | 28 | 02:50:03 | 00:34:17 | 245 | 01:27:14 | 166 | 00:48:32 | 186 |
| 199 | 104 | Dohn | Philipp | TCEC Mainz Masters | TM45 | 19 | 02:50:14 | 00:35:01 | 251 | 01:27:16 | 168 | 00:47:57 | 173 |

| RNG | STNR | NAME | VORNAME | VEREIN | AK | AK_PL | GES_ZEIT | SWIM | Rg | RAD | Rg | LAUF | Rg |
|-----|------|----------------|------------|--------------------|------|-------|----------|----------|-----|----------|-----|----------|-----|
| 200 | 93 | Jäger | Dieter | Poseidon Worms | TM40 | 43 | 02:50:27 | 00:28:24 | 165 | 01:29:54 | 197 | 00:52:09 | 220 |
| 201 | 168 | Mücke | Susanne | SF Tria Roßdorf | TW20 | 6 | 02:50:44 | 00:25:13 | 77 | 01:29:08 | 188 | 00:56:23 | 241 |
| 202 | 24 | Kuncikowski | Timo | Tri Post Trier 1 | TM30 | 31 | 02:50:47 | 00:28:42 | 173 | 01:28:19 | 178 | 00:53:46 | 231 |
| 203 | 154 | Büchler | Rebecca | TV Pal. Hatzenbühl | TW20 | 7 | 02:51:01 | 00:28:57 | 183 | 01:32:30 | 213 | 00:49:34 | 199 |
| 204 | 376 | Sieben | Christian | X-Sport | TM25 | 21 | 02:51:09 | 00:35:30 | 253 | 01:26:36 | 159 | 00:49:03 | 191 |
| 205 | 171 | Binder | Cordula | Eintracht Frankf. | TW40 | 5 | 02:51:26 | 00:30:34 | 212 | 01:32:43 | 217 | 00:48:09 | 179 |
| 206 | 144 | Syring | Ulrike | TCEC Mainz | TW30 | 8 | 02:51:39 | 00:28:53 | 180 | 01:30:30 | 202 | 00:52:16 | 222 |
| 207 | 367 | Graf | Udo | SKV Mörfelden | TM45 | 20 | 02:51:51 | 00:33:25 | 240 | 01:30:17 | 200 | 00:48:09 | 179 |
| 208 | 121 | Reichrath | Andreas | WSV Zweibrücken | TM40 | 44 | 02:52:16 | 00:29:45 | 203 | 01:30:00 | 198 | 00:52:31 | 224 |
| 209 | 366 | Seinsche | Steffen | SKV Mörfelden | TM40 | 45 | 02:52:25 | 00:31:57 | 228 | 01:30:41 | 204 | 00:49:47 | 200 |
| 210 | 165 | Haas | Silke | SF Tria Roßdorf | TW30 | 9 | 02:52:26 | 00:27:51 | 157 | 01:32:49 | 220 | 00:51:46 | 217 |
| 211 | 169 | Dahlmann | Eva | Eintracht Frankf. | TW35 | 6 | 02:52:44 | 00:28:55 | 181 | 01:33:22 | 222 | 00:50:27 | 205 |
| 212 | 110 | Peters | Frank | TMK e.V. | TM45 | 21 | 02:52:45 | 00:32:51 | 236 | 01:29:45 | 196 | 00:50:09 | 204 |
| 213 | 71 | Flick | Jürgen | TSG Maxdorf2 | TM40 | 46 | 02:53:04 | 00:31:39 | 224 | 01:29:42 | 195 | 00:51:43 | 216 |
| 214 | 108 | Thesen | Hans Peter | Tri Post Trier | TM55 | 2 | 02:53:12 | 00:29:21 | 195 | 01:36:29 | 234 | 00:47:22 | 158 |
| 215 | 45 | Tinnes | Ralf | PSV Tri Pirmasens2 | TM45 | 22 | 02:53:14 | 00:26:59 | 135 | 01:32:47 | 219 | 00:53:28 | 229 |
| 216 | 98 | Fey | Ralf | SRL Tri Koblenz | TM45 | 23 | 02:53:20 | 00:26:40 | 128 | 01:29:30 | 192 | 00:57:10 | 243 |
| 217 | 68 | Schweiger | Stephan | TCEC Mainz | TM30 | 32 | 02:53:23 | 00:25:42 | 95 | 01:46:22 | 254 | 00:41:19 | 79 |
| 218 | 97 | Blechs Schmidt | Michael | SRL Tri Koblenz | TM45 | 24 | 02:53:31 | 00:30:05 | 209 | 01:28:46 | 183 | 00:54:40 | 236 |
| 219 | 56 | Höning | Jens | SG Wonnegau-Worms | TM30 | 33 | 02:53:34 | 00:38:46 | 263 | 01:27:05 | 163 | 00:47:43 | 165 |
| 220 | 236 | Müller | Dirk | | TM30 | 34 | 02:53:49 | 00:31:52 | 227 | 01:31:18 | 206 | 00:50:39 | 206 |
| 221 | 8 | Stamm | Thomas | PSV Tri Pirmasens1 | TM45 | 25 | 02:54:20 | 00:32:46 | 233 | 01:34:49 | 226 | 00:46:45 | 153 |
| 222 | 111 | Röhrle | Klaus | TMK e.V. | TM50 | 7 | 02:55:25 | 00:30:03 | 207 | 01:36:47 | 236 | 00:48:35 | 188 |
| 223 | 146 | Förster | Tanja | Tri Post Trier | TW30 | 10 | 02:55:29 | 00:31:28 | 221 | 01:34:51 | 227 | 00:49:10 | 193 |
| 224 | 80 | Meyer | Sabine | WSF Zweibrücken | TW35 | 7 | 02:55:32 | 00:29:22 | 196 | 01:35:29 | 229 | 00:50:41 | 207 |
| 225 | 64 | Senff | Uli | SRL Tri Koblenz2 | TM50 | 8 | 02:55:37 | 00:27:31 | 151 | 01:24:29 | 141 | 01:03:37 | 254 |
| 226 | 96 | Wieland | Germot | Poseidon Worms | TM40 | 47 | 02:55:38 | 00:33:58 | 244 | 01:29:34 | 194 | 00:52:06 | 218 |
| 227 | 119 | Bernhardt | Harald | TSG Maxdorf 2 | TM50 | 9 | 02:55:53 | 00:29:59 | 206 | 01:37:14 | 238 | 00:48:40 | 189 |
| 228 | 147 | Lellig | Karin | Tri Post Trier | TW50 | 1 | 02:55:55 | 00:28:44 | 175 | 01:39:09 | 243 | 00:48:02 | 175 |
| 229 | 245 | Rogowski | Thomas | Ute Mückel Team | TM50 | 10 | 02:56:09 | 00:31:12 | 218 | 01:30:05 | 199 | 00:54:52 | 237 |
| 230 | 79 | Reichrath | Juliane | WSF Zweibrücken | TW30 | 11 | 02:56:26 | 00:31:30 | 222 | 01:35:30 | 230 | 00:49:26 | 198 |
| 231 | 226 | Breuer | Jörg | Tri Team Sinzig | TM40 | 48 | 02:56:38 | 00:29:00 | 185 | 01:33:40 | 224 | 00:53:58 | 233 |
| 232 | 127 | Sturm | Marion | DBL-Team RSG Mtb | TW20 | 8 | 02:56:39 | 00:34:58 | 250 | 01:37:55 | 240 | 00:43:46 | 122 |
| 233 | 148 | Wolf | Susen | Tri Post Trier | TW40 | 6 | 02:57:00 | 00:32:45 | 232 | 01:34:56 | 228 | 00:49:19 | 197 |
| 234 | 38 | Schmidt | Marcus | DBL-Team RSG Mtb4 | TM35 | 29 | 02:57:27 | 00:32:15 | 230 | 01:31:24 | 207 | 00:53:48 | 232 |
| 235 | 139 | Thomas | Christine | SRL Tri Koblenz | TW40 | 7 | 02:58:02 | 00:26:06 | 109 | 01:36:20 | 232 | 00:55:36 | 240 |
| 236 | 99 | Lehmann | Olaf | SRL Tri Koblenz | TM45 | 26 | 02:59:27 | 00:29:00 | 185 | 01:32:34 | 214 | 00:57:53 | 245 |
| 237 | 239 | Schneider | Leo | Marath.Waldalgesh. | TM45 | 27 | 02:59:51 | 00:33:54 | 243 | 01:28:22 | 179 | 00:57:35 | 244 |
| 238 | 75 | Schmidt | Martin | TSG Maxdorf2 | TM35 | 30 | 03:00:05 | 00:32:57 | 237 | 01:34:34 | 225 | 00:52:34 | 225 |
| 239 | 222 | Weber | Tobias | PSV Pirmasens | TM40 | 49 | 03:01:14 | 00:32:50 | 235 | 01:37:05 | 237 | 00:51:19 | 213 |
| 240 | 174 | Lepper | Svenja | SC Oberursel | TW35 | 8 | 03:02:32 | 00:31:48 | 226 | 01:39:39 | 245 | 00:51:05 | 211 |
| 241 | 100 | Saxler | Rainer | SRL Tri Koblenz | TM55 | 3 | 03:03:35 | 00:31:44 | 225 | 01:31:25 | 208 | 01:00:26 | 250 |
| 242 | 137 | Fey | Betti | SRL Tri Koblenz | TW45 | 5 | 03:03:42 | 00:27:19 | 143 | 01:36:37 | 235 | 00:59:46 | 248 |
| 243 | 118 | Jarzombek | Harald | TSG Maxdorf 2 | TM45 | 28 | 03:04:21 | 00:36:23 | 256 | 01:35:43 | 231 | 00:52:15 | 221 |
| 244 | 155 | Langer | Petra | TV Pal. Hatzenbühl | TW40 | 8 | 03:04:42 | 00:27:20 | 145 | 01:32:20 | 212 | 01:05:02 | 256 |
| 245 | 143 | Sterzel | Verena | TCEC Mainz | TW30 | 12 | 03:07:54 | 00:27:24 | 148 | 01:37:58 | 241 | 01:02:32 | 252 |
| 246 | 246 | Schneider | Klaus | LC80 Bad Kreuznach | TM50 | 11 | 03:09:35 | 00:33:11 | 238 | 01:39:30 | 244 | 00:56:54 | 242 |
| 247 | 125 | Hessel | Andrea | DBL-Team RSG Mtb | TW45 | 6 | 03:10:28 | 00:32:47 | 234 | 01:46:00 | 253 | 00:51:41 | 215 |
| 248 | 173 | Döbele | Melanie | SC Oberursel | TW35 | 9 | 03:11:06 | 00:33:52 | 242 | 01:38:06 | 242 | 00:59:08 | 247 |
| 249 | 153 | Mohr | Steffi | TV Pal. Hatzenbühl | TW25 | 6 | 03:14:00 | 00:28:38 | 170 | 01:49:50 | 259 | 00:55:32 | 239 |

| RNG | STNR | NAME | VORNAME | VEREIN | AK | AK_PL | GES_ZEIT | SWIM | Rg | RAD | Rg | LAUF | Rg |
|-----|------------|-----------------|-------------|--------------------|-------------|-------|-----------------|-----------------|------------|-----------------|----------|-----------------|------------|
| 250 | 133 | Schneider | Daniela | SG DJK Andern.-Ida | TW25 | 7 | 03:14:44 | 00:27:58 | 160 | 01:44:03 | 250 | 01:02:43 | 253 |
| 251 | 129 | Wiedemann | Tanja | LLG Wonnegau | TW30 | 13 | 03:15:16 | 00:36:48 | 259 | 01:37:18 | 239 | 01:01:10 | 251 |
| 252 | 211 | Didovic | Zlatko | Inati se Slavonijo | TM35 | 31 | 03:16:34 | 00:42:16 | 267 | 01:41:48 | 246 | 00:52:30 | 223 |
| 253 | 185 | Blum-Krissel | Elke | TMK Mülheim-Kärl. | TW45 | 7 | 03:16:41 | 00:37:16 | 260 | 01:45:07 | 251 | 00:54:18 | 235 |
| 254 | 233 | Basten | Wolfgang | VFR Simmern | TM50 | 12 | 03:19:10 | 00:35:09 | 252 | 01:43:49 | 248 | 01:00:12 | 249 |
| 255 | 184 | Boehme | Heike | TMK | TW40 | 9 | 03:19:22 | 00:36:24 | 257 | 01:47:28 | 255 | 00:55:30 | 238 |
| 256 | 145 | Bell | Diana | Tri Post Trier | TW40 | 10 | 03:23:39 | 00:33:26 | 241 | 01:44:01 | 249 | 01:06:12 | 258 |
| 257 | 40 | Schreiber | Thomas | DBL-Team RSG Mtb4 | TM45 | 29 | 03:28:35 | 00:32:19 | 231 | 01:45:18 | 252 | 01:10:58 | 260 |
| 258 | 188 | Spellerberg-Rog | Simone | Ute Mückel Team | TW45 | 8 | 03:29:26 | 00:41:45 | 266 | 01:48:38 | 256 | 00:59:03 | 246 |
| 259 | 186 | Weber | Luisa | SSV Mutterstadt | TW20 | 9 | 03:29:36 | 00:35:41 | 255 | 01:49:48 | 258 | 01:04:07 | 255 |
| 260 | 212 | Mohr | Gerhard | TV Hatzenbühl Tri | TM55 | 4 | 03:31:59 | 00:29:07 | 190 | 01:48:53 | 257 | 01:13:59 | 261 |
| 261 | 126 | Reimann | Tanja | DBL-Team RSG Mtb | TW35 | 10 | 03:36:32 | 00:38:06 | 262 | 01:53:21 | 264 | 01:05:05 | 257 |
| 262 | 105 | Cotinaut | Bernard | Tri Post Trier | TM65 | 1 | 03:36:36 | 00:30:13 | 210 | 01:50:55 | 260 | 01:15:28 | 262 |
| 263 | 249 | Gaber | Norbert | | TM45 | 30 | 03:44:47 | 00:34:24 | 246 | 02:00:16 | 266 | 01:10:07 | 259 |
| 264 | 237 | Lingenfelder | Gunter | SRL Tri Koblenz | TM60 | 1 | 03:50:30 | 00:41:07 | 265 | 01:53:15 | 263 | 01:16:08 | 263 |
| 265 | 228 | Heinl | Roman | keiner | TM35 | 32 | 03:52:34 | 00:39:07 | 264 | 01:50:55 | 260 | 01:22:32 | 264 |
| | 112 | Zatat | Adel | TMK e.V. | TM50 | | Disqual. | 00:37:16 | 260 | 00:54:33 | 1 | 00:48:01 | 174 |

Kurz Staffeln

| RNG | STNR | NAME | VORNAME | VEREIN | AK | AK_PL | GES_ZEIT | SWIM | Rg | RAD | Rg | LAUF | Rg |
|-----|------|------|---------|--------------------|----|-------|----------|----------|----|----------|----|----------|----|
| 1 | 203 | | | sebamed Team | | | 02:32:06 | 00:20:38 | 1 | 01:24:34 | 3 | 00:46:54 | 2 |
| 2 | 202 | | | Ute Mückel Team | | | 02:33:40 | 00:28:20 | 4 | 01:13:44 | 1 | 00:51:36 | 3 |
| 3 | 201 | | | Sportler für Chri. | | | 02:43:18 | 00:37:06 | 5 | 01:22:46 | 2 | 00:43:26 | 1 |
| 4 | 200 | | | Tri-Team Rothaus | | | 03:06:02 | 00:23:41 | 2 | 01:38:11 | 4 | 01:04:10 | 5 |
| 5 | 204 | | | Die 3 Fragezeichen | | | 03:13:48 | 00:27:41 | 3 | 01:52:18 | 5 | 00:53:49 | 4 |