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|-----|-------|---------------------|-------------------------------------|------|----------|-----------|------|-----------|------|---------|------|---------|
| Pl. | St Nr | Name | Verein | AK | Pl. (AK) | Schwimmen | | Radfahren | | Laufen | | Gesamt |
| 1 | 253 | Sebastian Sauer | Triathlon Team DSW Darmstadt | TM45 | 1 | 26:39 | (7) | 1:14:03 | (1) | 40:25 | (1) | 2:21:07 |
| 2 | 317 | Benedikt Küstermann | Schwimm Club Oberursel | TM40 | 1 | 25:00 | (1) | 1:16:03 | (2) | 41:13 | (3) | 2:22:17 |
| 3 | 322 | Dominik Herold | Schwimm Club Oberursel | TM40 | 2 | 25:10 | (2) | 1:19:19 | (6) | 40:29 | (2) | 2:24:57 |
| 4 | 293 | Lars Lensdorf | TRIA-TEAM Bruchköbel e.V. | TM50 | 1 | 28:40 | (10) | 1:16:04 | (3) | 43:13 | (8) | 2:27:58 |
| 5 | 289 | Gregor Litwiakow | TG Rüsselsheim | TM40 | 3 | 26:27 | (5) | 1:20:10 | (9) | 42:31 | (6) | 2:29:08 |
| 6 | 266 | Christian Dembowski | Eintracht Frankfurt e.V. | TM45 | 2 | 29:06 | (15) | 1:16:22 | (4) | 44:50 | (14) | 2:30:18 |
| 7 | 314 | sascha christiansen | REA Card Team TuS Griesheim | TM40 | 4 | 30:45 | (21) | 1:19:56 | (8) | 41:27 | (4) | 2:32:08 |
| 8 | 285 | Christoph Lasinski | TG Rüsselsheim | TM45 | 3 | 26:30 | (6) | 1:22:11 | (12) | 43:59 | (11) | 2:32:40 |
| 9 | 269 | Andreas Kraut | Fun-Ball Dortelweil e.V. | TM45 | 4 | 28:54 | (13) | 1:19:53 | (7) | 44:18 | (13) | 2:33:06 |
| 10 | 262 | Tim Adolphs | Eintracht Frankfurt e.V. | TM45 | 5 | 30:36 | (19) | 1:20:28 | (10) | 42:18 | (5) | 2:33:23 |
| 11 | 261 | Yosif Manavski | Eintracht Frankfurt e.V. | TM45 | 6 | 29:25 | (16) | 1:21:28 | (11) | 43:55 | (10) | 2:34:47 |
| 12 | 329 | Alexander Rohrbach | KSV Baunatal | TM45 | 7 | 28:51 | (11) | 1:23:10 | (14) | 42:50 | (7) | 2:34:50 |
| 13 | 286 | Frank Hoffmann | TG Rüsselsheim | TM45 | 8 | 27:57 | (9) | 1:16:58 | (5) | 51:42 | (25) | 2:36:37 |
| 14 | 326 | Jörg Deichmann | KSV Baunatal | TM55 | 1 | 27:35 | (8) | 1:25:31 | (17) | 43:37 | (9) | 2:36:42 |
| 15 | 290 | Torsten Becker | TG Rüsselsheim | TM50 | 2 | 25:29 | (3) | 1:27:19 | (22) | 44:04 | (12) | 2:36:53 |
| 16 | 281 | Michael Eisenkolb | LC Olympia Wiesbaden | TM45 | 9 | 25:59 | (4) | 1:26:33 | (20) | 45:20 | (15) | 2:37:52 |
| 17 | 309 | Tanja Tschech | REA Card Team TuS Griesheim | TW45 | 1 | 28:54 | (12) | 1:26:12 | (19) | 46:50 | (18) | 2:41:55 |
| 18 | 301 | Jürgen Thome | TSV Amicitia Viernheim 1906/09 e.V. | TM50 | 3 | 35:16 | (32) | 1:24:19 | (15) | 46:31 | (17) | 2:46:06 |
| 19 | 298 | Erwin Völker | TRIA-TEAM Bruchköbel e.V. | TM50 | 4 | 30:23 | (18) | 1:25:05 | (16) | 51:37 | (24) | 2:47:05 |
| 20 | 318 | Claudia Richter | Schwimm Club Oberursel | TW45 | 2 | 29:50 | (17) | 1:30:45 | (25) | 48:18 | (19) | 2:48:52 |
| 21 | 302 | Stefan Haas | TSV Amicitia Viernheim 1906/09 e.V. | TM55 | 2 | 32:57 | (25) | 1:26:42 | (21) | 49:38 | (22) | 2:49:18 |
| 22 | 282 | Stefan Althaus | LC Olympia Wiesbaden | TM55 | 3 | 33:33 | (27) | 1:31:35 | (26) | 45:40 | (16) | 2:50:47 |
| 23 | 257 | Thomas Rupp | Triathlon Team DSW Darmstadt | TM55 | 4 | 37:52 | (37) | 1:22:42 | (13) | 51:29 | (23) | 2:52:04 |
| 24 | 330 | Achim Hänlein | KSV Baunatal | TM60 | 1 | 33:37 | (28) | 1:25:44 | (18) | 54:24 | (28) | 2:53:45 |
| 25 | 270 | Antonio Miranda | Fun-Ball Dortelweil e.V. | TM50 | 5 | 28:59 | (14) | 1:30:20 | (24) | 56:14 | (34) | 2:55:33 |
| 26 | 297 | Steffen Kloß | TRIA-TEAM Bruchköbel e.V. | TM50 | 6 | 31:04 | (22) | 1:29:54 | (23) | 55:18 | (32) | 2:56:16 |
| 27 | 277 | Markus Schmidtchen | LC Olympia Wiesbaden | TM45 | 10 | 36:19 | (34) | 1:31:59 | (27) | 48:41 | (20) | 2:56:59 |
| 28 | 273 | Heinrich Klassen | Fun-Ball Dortelweil e.V. | TM40 | 5 | 32:53 | (24) | 1:37:35 | (32) | 48:50 | (21) | 2:59:17 |
| 29 | 258 | Uwe Steingens | Triathlon Team DSW Darmstadt | TM55 | 5 | 30:37 | (20) | 1:34:17 | (29) | 55:00 | (31) | 2:59:54 |
| 30 | 274 | Ralf Moebus | Fun-Ball Dortelweil e.V. | TM55 | 6 | 36:04 | (33) | 1:33:58 | (28) | 51:47 | (26) | 3:01:48 |
| 31 | 325 | Sandra Schröder | KSV Baunatal | TW40 | 1 | 34:11 | (30) | 1:35:45 | (30) | 54:55 | (30) | 3:04:51 |
| 32 | 278 | Viorel Dima | LC Olympia Wiesbaden | TM45 | 11 | 37:20 | (36) | 1:35:49 | (31) | 52:03 | (27) | 3:05:12 |
| 33 | 254 | Steven Zimmermann | Triathlon Team DSW Darmstadt | TM40 | 6 | 33:15 | (26) | 1:46:58 | (35) | 55:28 | (33) | 3:15:42 |
| 34 | 305 | Andrea Dieter | TSV Amicitia Viernheim 1906/09 e.V. | TW50 | 1 | 32:51 | (23) | 1:48:39 | (36) | 1:01:48 | (35) | 3:23:19 |

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| Pl. | St Nr | Name | Verein | AK | Pl. (AK) | Schwimmen | | Radfahren | | Laufen | | Gesamt |
|-----|-------|-----------------------|--|------|-------------|-----------|------|-----------|------|---------|------|---------|
| 35 | 313 | Rafael Zarza-Berjillo | REA Card Team TuS Griesheim | TM55 | 7 | 34:23 | (31) | 1:55:32 | (37) | 54:37 | (29) | 3:24:32 |
| 36 | 321 | Stefania Poli | Schwimm Club Oberursel | TW50 | 2 | 37:08 | (35) | 1:43:36 | (34) | 1:05:18 | (36) | 3:26:02 |
| 37 | 310 | Sebastian Becker | REA Card Team TuS Griesheim | TM45 | | | () | | () | | () | #Fehler |
| 37 | 306 | Dr. Matthias Lehnertz | TSV Amicitia Viernheim 1906/09 e.V. | TM45 | | | () | | () | | () | #Fehler |
| 37 | 294 | Peter Kern | TRIA-TEAM Bruchköbel e.V. | TM55 | | | () | | () | | () | #Fehler |
| DNF | 265 | Dirk Motschenbacher | Eintracht Frankfurt e.V. | TM40 | | 34:08 | (29) | 1:41:37 | (33) | | () | #Fehler |