

| Platz | Name | Vorname | Stadt/Verein | Distanz in m |
|--------------|-----------------|----------------|--|---------------------|
| 1 | Trautwein | Torsten | Ober-Ramstadt | 7400 |
| 2 | Krings | Achim | Düsseldorf | 6400 |
| 3 | Armbruster | Alex | MACH3 Köln e.V. | 6300 |
| 4 | Tysarzik | Jörg | Hilden | 6300 |
| 5 | Kalcher | Niklas | Duisburg | 5700 |
| 6 | Pleiß | Volker | Freie Schwimmer Düsseldorf | 5600 |
| 7 | Karrasch | Sven | Moers | 5200 |
| 8 | Jungehülsing | Christine | Köln | 5100 |
| 9 | Seiler | Nina | Leverkusen | 5100 |
| 10 | Meyer | Katrin | | 5000 |
| 11 | Deutzmann | Katharina | Southern Oregon Runners | 4900 |
| 12 | Waniek | Jürgen | Leverkusen | 4900 |
| 13 | Beierle | Annette | Leverkusen | 4800 |
| 14 | Roderick | Jacqueline | Leverkusen | 4700 |
| 15 | Seiler | Olaf | Leverkusen | 4600 |
| 16 | Wattenbach | David | | 4400 |
| 17 | Mai | Andreas | VfL Jünkerath | 4300 |
| 18 | Prescha | Kristiane | TriCologne | 4300 |
| 19 | Lortz-Clasen | Alexandra | Alfter | 4200 |
| 20 | Kurth | Jens-Uwe | | 4100 |
| 21 | Kowalewsky | Eckart | | 4000 |
| 22 | Lüke | Maike | FC St. Pauli Triathlon | 4000 |
| 23 | Meier | Lutz-Detlef | LEVERKUSEN | 4000 |
| 24 | Winkler | Viola | SG Langenfeld | 4000 |
| 25 | Issa | Christina | Leverkusen | 3900 |
| 26 | Blass | Frank | Wuppertal | 3700 |
| 27 | Gutekunst | Paul | Wuppertal | 3600 |
| 28 | Schuck | Katrin | Leverkusen | 3600 |
| 29 | Dr. Pirente | Nicola | Köln | 3400 |
| 30 | Lützenkirchen | Luca | Leverkusen | 3400 |
| 31 | Koch | Susi | Leverkusen | 3300 |
| 32 | Nußbaum | Frank | Leverkusen - Schlebusch (Waldsiedlung) | 3000 |
| 33 | Sporleder | Mario | Ostfrieese on tour | 3000 |
| 34 | Stricker | Myria | DesignbueroMyriaden | 3000 |
| 35 | Jürgens | Melanie | | 2900 |
| 36 | Zekic | Vesna | Leverkusen | 2800 |
| 37 | Scheckler | Susanne | SG Langenfeld | 2700 |
| 38 | Feige | Stefan | | 2600 |
| 39 | Paladini | Jeanette | Mönchengladbacher TV 1848 e.V. | 2600 |
| 40 | Gillmeister | Sandra | Krefeld | 2500 |
| 41 | Hesse | Alexander | Montabaur | 2500 |
| 42 | Müller | Werner | Krefeld | 2500 |
| 43 | Hogrefe | Irmgard | Groß-Zimmern | 2400 |
| 44 | Miserius | Bettina | Leverkusen | 2300 |
| 45 | Griesche | Stefan | FC St. Pauli Triathlon | 2200 |
| 46 | Dr. Sefzig | Renate | Köln | 2100 |
| 47 | Kneips | Sebastian | | 2100 |
| 48 | Fiedeler | Michael | Leverkusen | 2000 |
| 49 | Fischer | Karin | Leverkusen | 1900 |
| 50 | Vier | Andrea | Hünxe | 1800 |
| 51 | Schultes | Sigrid | TV Witzhelden | 1600 |
| | Bourokba | Nezih | Düsseldorf - Bezirk 3 | DNS |
| | Buchner | Jens | Moselkrimis | DNS |
| | Hötgen | Caro | Tricologne | DNS |
| | Mell | Kerstin | Herne | DNS |
| | Saueressig | Jann | Leer | DNS |
| | Schreckenberger | Michael | Leverkusen | DNS |
| | Zilian | Jürgen | LG Wuppertal | DNS |