

| Nr. | Team | Teamzeit | Schwimmer | Schwimmzeit | Rad | Radzeit | Läufer | Laufzeit |
|-----|----------------------------------|-----------------|-----------------------|-----------------|-------------------------|-----------------|---------------------------|-----------------|
| 1 | Die Flitzpiepen | 01:31:33 | Annika Winter | 00:13:25 | Gesche Klink | 00:46:49 | Birte Knudsen | 00:31:19 |
| 2 | LaWiT | 01:11:38 | Tjark Schönball | 00:08:06 | Wienke Jensen | 00:41:32 | Laura Engler | 00:22:00 |
| 3 | Team T | 01:13:09 | Susan Tharra | 00:08:15 | Torsten Tegeder | 00:38:50 | Katja Teheder | 00:26:04 |
| 5 | Gestern gings noch | 01:22:34 | Michael Kollath | 00:12:21 | Christoph Boger | 00:43:47 | Imke Hanssen | 00:26:26 |
| 6 | Pöschel | 01:22:34 | Gudrun Pöschel | 00:12:57 | Jochen Pöschel | 00:43:00 | Steffen Pöschel | 00:26:37 |
| 7 | shooting stars | 01:27:08 | Michael Schneider | 00:15:00 | Nils Möller | 00:46:31 | Nadine Möller | 00:25:37 |
| 8 | Old Boys | 01:25:28 | Nezad Puzic | 00:12:50 | Axel Utech | 00:44:10 | Rainer Hamann | 00:28:28 |
| 9 | Zeus | 01:17:30 | Gerhard Glindmeyer | 00:10:39 | Uwe Wobig | 00:40:18 | Kay Thomsen | 00:26:33 |
| 10 | Dat is keen! | 01:20:14 | Susanne Gutt | 00:12:11 | Marco Gutt | 00:45:12 | Oliver Gutt | 00:22:51 |
| 11 | Die Schöne und die Biester | 01:24:10 | Viola Schär | 00:14:29 | David Schär | 00:42:53 | Dirk Schär | 00:26:48 |
| 12 | Fast 50 | 01:14:19 | Fiete Ladehoff | 00:09:34 | Volker Witt | 00:41:52 | Lars Kleinschmidt | 00:22:53 |
| 13 | VP-Clan | 01:33:22 | Claudia von Possel | 00:11:52 | Alexander von Possel | 00:47:22 | Lara von Possel | 00:34:08 |
| 14 | Oldies but Goldies | 01:24:58 | Heike Kulda | 00:11:42 | Henning Braun | 00:49:31 | Harry Schneider | 00:23:45 |
| 15 | Die Turboschnecken | 01:28:54 | Sven Bubbers | 00:14:00 | Janine Bubbers | 00:45:37 | Ramona Kretzing | 00:29:17 |
| 16 | Bad Brains Bargaenstedt | 01:09:12 | Chris Walenciak | 00:09:03 | Ralf Böke | 00:40:22 | Torben Bies | 00:19:47 |
| 17 | Schnutellanapsis | 01:29:59 | Nadine Nommensen | 00:12:35 | Carina Plath | 00:44:39 | Danica Hinz | 00:32:45 |
| 18 | Team Schwarzkopf | 01:24:42 | Levke Hansen | 00:13:00 | Waldemar Schwarzkopf | 00:54:09 | Dieter Schwarzkopf | 00:17:33 |
| 19 | Nur der HSV | 01:31:46 | Jörg Mendritzki | 00:10:35 | Hagen Borwieck | 00:55:30 | Torsten Meier | 00:25:41 |
| 20 | 3 x Herbert | 01:36:50 | Birgit Herbert | 00:14:10 | Wolfgang Herbert | 00:55:20 | Josua Herbert | 00:27:20 |
| 21 | Stauffis | 01:18:52 | Gunnar Meinert | 00:11:21 | Heiko Borwieck | 00:39:58 | Holger Schulz | 00:27:33 |
| 22 | Trizzle | 01:16:05 | Thomas Stein | 00:10:11 | Armin Ramadani | 00:44:48 | Michael Claußen | 00:21:06 |
| 23 | Fit for Wedding | 01:31:24 | Johanna Gußmann | 00:11:59 | Jakob Gußmann | 00:48:47 | Henning Gußmann | 00:30:38 |
| Nr. | Team | Teamzeit | Schwimmer | Schwimmzeit | Rad | Radzeit | Läufer | Laufzeit |
| 25 | Die Kakaobohnen | 00:49:42 | Komeil Hosseini | 00:05:47 | Noah Anders | 00:31:43 | Chantal Roussell | 00:12:12 |
| 26 | Die coolen Kids | 00:46:21 | Tami Claußen | 00:04:04 | Lisa Müller-Schenk | 00:29:30 | Laura Meinert | 00:12:47 |
| 27 | dearest family | 00:43:06 | Angelika Mahnke | 00:07:13 | Tobias Mahnke | 00:24:27 | Jens Leroy Mahnke | 00:11:26 |
| 29 | JuJoJo | 00:57:08 | Jule Hansen | 00:07:06 | Joost Loitz | 00:34:16 | Josefine Loitz | 00:15:46 |
| 30 | Johanna | 00:51:36 | Johanna Loitz | 00:04:35 | Johanna Loitz | 00:33:01 | Johanna Loitz | 00:14:00 |
| 31 | Die Hansis | 00:46:20 | Madts Hansen | 00:05:41 | Arne Hansen | 00:24:52 | Sonka Hansen | 00:15:47 |
| 33 | The Minions | 00:43:48 | Mattis Blender | 00:05:08 | Andreas Blender | 00:25:13 | Susan Tharra | 00:13:27 |
| 34 | Die drei lustigen Zwei | 00:42:43 | Finn-Momme Ley | 00:03:50 | Lukas Fajersson | 00:28:10 | Nick Roschat | 00:10:43 |
| 35 | Impalas Westküsten mixed | 01:42:39 | Uta Petersen | 00:12:46 | Rolf Harders | 00:58:48 | Gabi Stuck-Wolf | 00:31:05 |
| 36 | Impalas Westküsten Mädels I | 01:14:30 | Lana Stuck | 00:09:44 | Robert Lieb | 00:38:07 | Gesche Maske-Stammer | 00:26:39 |
| 37 | Impalas Westküsten Mädels II | 01:24:02 | Kerstin Häusling | 00:09:01 | Sandra Knüppel | 00:46:57 | Sonja Meyer | 00:28:04 |
| 38 | impalas Westküsten Jungs | 01:03:28 | Uli Meyer | 00:08:55 | Malte Friedrichs | 00:34:46 | Mostava Hosainie | 00:19:47 |
| 39 | Trümmertruppe | 01:17:58 | Jan-Phillip Nietschke | 00:07:29 | Thomas Jürgens | 00:44:42 | Ulf Dreyer | 00:25:47 |
| 40 | Wir sind so und meistens langsam | 01:26:08 | Jarno Stuck | 00:09:55 | Nils Behrens | 00:48:38 | Sascha Stuck | 00:21:06 |
| 41 | Task Force Dithmarschen | 01:19:23 | Thore Hinz | 00:14:28 | Tobias Breitkreuz | 00:43:02 | Jannes Endrulat | 00:21:53 |
| 42 | Die flotten Enten | 01:15:45 | Liza Kemski | 00:09:49 | Steffen Kobs | 00:40:31 | Magdalena Strebiling | 00:25:25 |
| 43 | Die letzte Garde | 01:09:24 | Björn Ley | 00:07:13 | Sebastian Günther | 00:36:48 | Thorsten Gehrke | 00:25:23 |
| 44 | The fighter | 01:18:01 | Lukas Kolb | 00:10:19 | Torsten Kolb | 00:39:43 | Otto Buhmann | 00:27:59 |
| 45 | Loitzis | 01:24:30 | Jonas Loitz | 00:12:01 | Matthias Loitz | 00:44:48 | Jonas Loitz | 00:27:41 |
| 46 | Gegenwind | 01:13:43 | Nadine Sittler | 00:09:06 | Kristin Otremba | 00:44:22 | Paul Schlott | 00:20:15 |