

| Frauen | | | | | | | | | |
|--------|-------|---------------------|--------------------------------|----|----------|------------|------------|------------|--------|
| Pl. | St Nr | Name | Verein | AK | Pl. (AK) | Schwimmen | Radfahren | Laufen | Gesamt |
| 1 | 429 | Dagmar Schmitz | TSG Hatten-Sandkrug | W | 1 | 8:19 (9) | 20:20 (1) | 9:27 (4) | 38:07 |
| 2 | 400 | Melanie Bürger | TV Oldersum | W | 2 | 6:38 (1) | 21:40 (5) | 9:55 (6) | 38:14 |
| 3 | 452 | Sonja Pilney | SV Ems Jemgum | W | 3 | 6:48 (2) | 21:42 (7) | 9:50 (5) | 38:22 |
| 4 | 451 | Bettina Pilney | LT Sv Ems Jemgum | W | 4 | 8:58 (13) | 20:27 (3) | 8:59 (2) | 38:25 |
| 5 | 428 | Katharina Saathoff | SV Warsingsfehn Leichtathletik | W | 5 | 9:31 (19) | 21:42 (6) | 9:14 (3) | 40:28 |
| 6 | 410 | Katharina Determann | Bösel | W | 6 | 8:18 (8) | 20:20 (2) | 12:48 (20) | 41:27 |
| 7 | 446 | Birgit Klein | Oldenburg | W | 7 | 8:38 (10) | 21:37 (4) | 11:18 (13) | 41:33 |
| 8 | 445 | Ilka Schweer | Königsmoor-Loopers | W | 8 | 8:59 (14) | 22:58 (13) | 10:10 (7) | 42:08 |
| 9 | 467 | Celina Franken | BW Borssum | W | 9 | 8:40 (11) | 23:05 (15) | 10:55 (10) | 42:41 |
| 10 | 424 | Stephanie Hobusch | Das Team 2016 | W | 10 | 7:58 (5) | 24:00 (22) | 11:19 (14) | 43:18 |
| 11 | 409 | Fenna Lücht | Logabirum | W | 11 | 9:07 (16) | 22:04 (8) | 12:09 (18) | 43:20 |
| 12 | 418 | Sabrina Salle | Das Team 2016 | W | 12 | 7:59 (6) | 22:05 (9) | 13:17 (24) | 43:22 |
| 13 | 456 | Katrin Neubacher | Hobbits Leer | W | 13 | 10:17 (25) | 22:05 (9) | 11:02 (11) | 43:24 |
| 14 | 443 | Friederike Hesener | WVP | W | 14 | 7:32 (3) | 25:22 (24) | 11:16 (12) | 44:11 |
| 15 | 430 | Friederike Hinrichs | FCSO | W | 15 | 9:54 (22) | 22:55 (11) | 11:31 (16) | 44:21 |
| 16 | 436 | Sabine Kleinau | TausendfüßLeer | W | 16 | 9:21 (18) | 23:02 (14) | 12:01 (17) | 44:25 |
| 17 | 455 | Heike Klockgether | AT Rodenkirchen | W | 17 | 10:22 (27) | 23:43 (19) | 10:43 (8) | 44:49 |
| 18 | 458 | Ute van Hülsen | | W | 18 | 10:26 (29) | 23:43 (18) | 11:26 (15) | 45:35 |
| 19 | 407 | Elsa Wiltfang | Emder LG | W | 19 | 8:57 (12) | 23:09 (17) | 13:55 (27) | 46:01 |
| 20 | 413 | Petra Meyer | ohne | W | 20 | 11:09 (32) | 22:56 (12) | 12:13 (19) | 46:20 |
| 21 | 401 | Kerstin van Hese | | W | 21 | 8:17 (7) | 25:23 (25) | 13:01 (21) | 46:42 |
| 22 | 414 | Denise Fockens | Das Team 2016 | W | 22 | 9:03 (15) | 23:06 (16) | 14:33 (31) | 46:43 |
| 23 | 461 | Annette Wiemker | SuS Rhede-Ems e.V. | W | 23 | 12:04 (34) | 26:06 (28) | 8:38 (1) | 46:50 |
| 24 | 404 | Insa Kompaan | | W | 24 | 10:14 (23) | 23:59 (21) | 13:05 (22) | 47:19 |
| 25 | 417 | Britta Seeck-Müller | Das Team 2016 | W | 25 | 10:20 (26) | 23:56 (20) | 13:23 (25) | 47:39 |
| 26 | 465 | Imke Folkerts | FTC Hollen | W | 26 | 10:15 (24) | 27:39 (31) | 10:52 (9) | 48:47 |
| 27 | 427 | Effi Vesper | | W | 27 | 10:55 (31) | 25:32 (26) | 14:11 (28) | 50:38 |
| 28 | 449 | Jule de Boer | TausendfüßLeer | W | 28 | 10:26 (28) | 27:29 (30) | 13:16 (23) | 51:11 |
| 29 | 453 | Hannelore de Boer | TausendfüßLeer | W | 29 | 9:16 (17) | 28:11 (32) | 13:44 (26) | 51:12 |
| 30 | 423 | Ajka Tränapp | Das Team 2016 | W | 30 | 9:36 (20) | 25:34 (27) | 16:33 (33) | 51:44 |
| 31 | 422 | Silvia Schmidt | Das Team 2016 | W | 31 | 9:53 (21) | 25:14 (23) | 16:39 (34) | 51:46 |
| 32 | 468 | Michaela Schöpker | SV Evenkamp | W | 32 | 10:32 (30) | 27:17 (29) | 15:12 (32) | 53:02 |
| 33 | 448 | Hedda de Boer | TausendfüßLeer | W | 33 | 11:35 (33) | 29:04 (33) | 14:32 (30) | 55:12 |
| 34 | 469 | Tina Schröder | | W | 34 | 12:07 (35) | 30:16 (34) | 14:25 (29) | 56:49 |

| Männer | | | | | | | | | |
|--------|-------|----------------------|-------------------------------|----|----------|------------|------------|------------|--------|
| Pl. | St Nr | Name | Verein | AK | Pl. (AK) | Schwimmen | Radfahren | Laufen | Gesamt |
| 1 | 460 | Erik Rosenau | | M | 1 | 6:24 (1) | 19:13 (1) | 9:16 (3) | 34:54 |
| 2 | 408 | Thorsten Meyer | Borssum Allstars | M | 2 | 7:29 (5) | 19:28 (2) | 8:42 (2) | 35:40 |
| 3 | 425 | Till Maier | Kanu Club Ettenheim 1983 e.V. | M | 3 | 7:06 (4) | 19:43 (3) | 10:43 (13) | 37:34 |
| 4 | 434 | Torsten Lühr | | M | 4 | 8:53 (8) | 21:29 (8) | 9:16 (4) | 39:40 |
| 5 | 462 | Henning Jibben | LT TuS Holtriem | M | 5 | 8:02 (6) | 21:32 (10) | 10:46 (14) | 40:21 |
| 6 | 437 | Swen Kleinau | TausendfüßLeer | M | 6 | 8:30 (7) | 21:28 (7) | 10:32 (12) | 40:31 |
| 7 | 421 | Jan Hoek | Das Team 2016 | M | 7 | 6:50 (2) | 21:15 (6) | 12:32 (19) | 40:37 |
| 8 | 463 | Klaus Wolbers | BMW Tekken | M | 8 | 10:04 (15) | 20:38 (4) | 10:17 (9) | 40:59 |
| 9 | 419 | Andreas Grüssing | Das Team 2016 | M | 9 | 10:01 (14) | 21:29 (9) | 9:54 (6) | 41:25 |
| 10 | 402 | Wilke Bohmfalk | TG Wiesmoor | M | 10 | 7:01 (3) | 23:11 (16) | 11:43 (16) | 41:56 |
| 11 | 441 | Harry Röben | SV Warsingsfehn | M | 11 | 10:28 (18) | 23:08 (14) | 8:32 (1) | 42:09 |
| 12 | 472 | Ihno Hamel | VfB Rajen Team Ostfriesland | M | 12 | 9:09 (9) | 23:14 (17) | 10:13 (8) | 42:37 |
| 13 | 464 | Wilko Oldigs | SV Concordia Ihrhove | M | 13 | 9:55 (13) | 22:53 (12) | 9:52 (5) | 42:40 |
| 14 | 435 | Noam Schmidt-Leffers | TTG | M | 14 | 10:07 (16) | 20:51 (5) | 12:20 (18) | 43:19 |
| 15 | 438 | Matthias Joppe | TausendfüßLeer | M | 15 | 9:13 (10) | 24:13 (19) | 10:58 (15) | 44:25 |
| 16 | 450 | Jens de Boer | TausendfüßLeer | M | 16 | 10:34 (19) | 23:50 (18) | 11:56 (17) | 46:21 |
| 17 | 432 | Johannes Meier | TV Norden | M | 17 | 13:19 (26) | 23:08 (15) | 10:20 (10) | 46:49 |
| 18 | 433 | Graf Glamann | TV Norden | M | 18 | 13:20 (27) | 23:08 (13) | 10:28 (11) | 46:56 |
| 19 | 411 | Enno Wallenstein | Teletta-Groß-Gymnasium | M | 19 | 11:23 (23) | 22:51 (11) | 13:42 (26) | 47:57 |
| 20 | 473 | Arno Hamel | VfB Rajen Team Ostfriesland | M | 20 | 9:49 (12) | 25:07 (20) | 13:00 (22) | 47:57 |
| 21 | 405 | Theo Kompaan | | M | 21 | 9:43 (11) | 25:21 (22) | 13:30 (23) | 48:36 |
| 22 | 471 | Ben Zimmermann | BMW Tekken | M | 22 | 11:10 (20) | 25:34 (24) | 12:50 (21) | 49:35 |
| 23 | 470 | Holger Zimmermann | BMW Tekken | M | 23 | 11:18 (22) | 25:26 (23) | 12:50 (20) | 49:35 |
| 24 | 444 | Jann Goga | Eddie Eagle | M | 24 | 11:37 (24) | 28:19 (28) | 10:02 (7) | 49:59 |
| 25 | 440 | Henning Harms | MTV Boxen Aurich | M | 25 | 11:13 (21) | 25:21 (21) | 14:01 (27) | 50:35 |
| 26 | 415 | Dr. Michael Poetzsch | Das Team 2016 | M | 26 | 10:27 (17) | 27:45 (26) | 13:37 (25) | 51:50 |
| 27 | 420 | Holger Kleihauer | Das Team 2016 | M | 27 | 13:13 (25) | 26:05 (25) | 13:31 (24) | 52:50 |