

| Pos. | Herreneinzel Name, Vorname | Verein | HRL 02/19 | HRL 03/19 | HRL 04/19 | HEM 2019 | NDEM 2020 | DEM 2020 | HRL 01/20 | DRL 02/20 | DRL 03/20 | DRL 02/21 | DRL 03/21 | HRL 04/21 | DRL 04/21 | Punkte | Aufstieg |
|------|-------------------------------|-----------------------------|--------------|--------------|--------------|-------------|--------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------|----------|
| 1 | Dresp, Jonathan | Horner TV | | | | | | | | 120 | 120 | 140 | | | | 380 | |
| 2 | Strehse, Alexander | TSV Trittau | | | 80 | 120 | 80 | 100 | | | 80 | | | | | 300 | |
| 3 | Neumann, Kenneth | Horner TV | | | | | 60 | | | 120 | 100 | | | | | 280 | |
| 4 | Persson, Jonathan | TSV Trittau | | | | | | | 80 | | 180 | | | | | 260 | |
| 5 | Bartels, Thomas | SSW Hamburg | | 80 | 66 | 60 | | | 72 | | | | | | | 218 | |
| 6 | Lucht, Frederik | Horner TV | 72 | | 72 | | | | 66 | | | | | | | 210 | |
| 7 | von Kempen, Oliver | SSW Hamburg | 50 | 66 | 62 | 80 | | | 48 | | | | | 48 | | 208 | |
| 8 | Röschmann, Niels | VfL 93 Hamburg | | | 53 | 100 | 40 | | 44 | | | | | | | 197 | |
| 9 | Laskowski, Lennard | Hamburger SV | 59 | 48 | 42 | | | | 38 | | | | 80 | | | 187 | |
| 10 | Handke, Vincent | SSW Hamburg | | 59 | 46 | | | | 56 | | | | | | | 161 | |
| 11 | Graalmann, Hauke | Horner TV | | | | | | | | 80 | 80 | | | | | 160 | |
| 11 | Hertel, Adrian | Horner TV | 80 | | | 80 | | | | | | | | | | 160 | |
| 11 | Semrau, Alexander | Horner TV | | | | 80 | | | | | 80 | | | | | 160 | |
| 14 | Quaaßdorf, Stephan | Farmsener TV | 62 | 42 | 34 | | | | 53 | | | | | 34 | | 157 | |
| 15 | Sejine, Donald | Wandsbeker Turnerbund | | 62 | 56 | | | | 34 | | | | | | | 152 | |
| 16 | Rejzek, Nils | Elmshorner MTV | 42 | 53 | | | | | | | | | | 53 | | 148 | |
| 16 | Vacante, Enzo | sportspaß | | | 36 | 60 | | | 50 | | | | | 38 | | 148 | |
| 18 | Jäde, Niklas | VfL Lohbrügge | | | | | | | | | | | 80 | 66 | | 146 | |
| 18 | Kuczynski, Tim | SSW Hamburg | 66 | | | 80 | | | | | | | | | | 146 | |
| 20 | Kreher, Sven | Farmsener TV | | | | 140 | | | | | | | | | | 140 | |
| 20 | Kröger, Julian | TSV Trittau | | | 40 | 60 | | | 40 | | | | | | | 140 | |
| 22 | Staude, Till | Harburger SC | 46 | 44 | | | | | | | | | | 40 | | 130 | |
| 23 | Löffler, Constantin | Farmsener TV | | 31 | 50 | | | | 46 | | | | | | | 127 | |
| 24 | Selke, Florian | Horner TV | | | | 60 | 60 | | | | | | | | | 120 | |
| 25 | Sokoll, Sven | Horner TV | 56 | 56 | | | | | | | | | | | | 112 | |
| 26 | Wagener, Kjell | TSV Trittau | | | 48 | | | | 59 | | | | | | | 107 | |
| 27 | Milewski, Ben | TSV Trittau | | | | | | | 32 | | | | | 72 | | 104 | |
| 28 | Reimers, Niklas | TSG Bergedorf | 53 | | | | | | | | | | | 50 | | 103 | |
| 29 | Hommelgaard, Rasmus | Horner TV | | | | | | | | | | | 100 | | | 100 | |
| 29 | Sander, Simon | SSW Hamburg | | | | 60 | 40 | | | | | | | | | 100 | |
| 29 | Teller, Eric | Horner TV | | | | | | | | | | | 100 | | | 100 | |
| 29 | Wiechmann, Luca | Horner TV | | | | | | | | | | | 100 | | | 100 | |
| 33 | Raupach, Nico | Hamburger Turnerschaft 1816 | | 28 | 31 | | | | 36 | | | | | 31 | | 98 | |
| 33 | Trost, Stephan | Hamburger SV | | 38 | | 60 | | | | | | | | | | 98 | |
| 35 | Henschel, Tobias | Harburger SC | | 40 | 44 | | | | | | | | | | | 84 | |
| 36 | Brammer, Hannes | VfL Lohbrügge | | | | | | | | | | | 80 | | | 80 | |
| 36 | Frank, Simon | SSW Hamburg | | 22 | 30 | | | | 28 | | | | | | | 80 | |
| 36 | Hukriede, Mats | Horner TV | | | | | 80 | | | | | | | | | 80 | |
| 36 | Seifert, Daniel | TSV Trittau | | | | | 80 | | | | | | | | | 80 | |
| 36 | Strehlitz, Jonas | VfL Lohbrügge | | | | | | | | | | | 80 | | | 80 | |
| 36 | Tilch, Erik | VfL Lohbrügge | | | | | | | | | | | 80 | | | 80 | |
| 42 | Spieckermann, André | Farmsener TV | | 50 | | | | | 29 | | | | | | | 79 | |
| 43 | Zurek, Mehran | SSW Hamburg | | 72 | | | | | | | | | | | | 72 | |
| 44 | Odermatt, Anton | TSG Bergedorf | | | | | | | 62 | | | | | | | 62 | |
| 44 | Rosenzweig, Johannes | Harburger SC | | | | | | | | | | | | 62 | | 62 | |
| 44 | Thaysen, Steffen | VfL 93 Hamburg | | | | | | | 26 | | | | | 36 | | 62 | |
| 47 | Naß, Moritz | SSW Hamburg | | | | 60 | | | | | | | | | | 60 | |
| 48 | Eitel, Steen Tommes | Hamburger SV | | | | | | | | | | | | 59 | | 59 | |
| 48 | Rinas, Thomas | TSV Trittau | | | 59 | | | | | | | | | | | 59 | |
| 48 | Solakovski, Igor | FTSV Fortuna Elmshorn | | 27 | 32 | | | | | | | | | | | 59 | |
| 51 | Hagemeister, Tim | TSV Trittau | | | | | | | | | | | | 56 | | 56 | |
| 52 | Ober, Felix | Hamburger SV | 48 | | | | | | | | | | | | | 48 | |
| 53 | Kunstein, Marc-André | TSG Bergedorf | | 46 | | | | | | | | | | | | 46 | |
| 53 | Milewski, Tim | TSV Trittau | | | | | | | | | | | | 46 | | 46 | |

