MANO

the url links to a dataset for 3d hands that is used with 3d body models. the link also includes a video that summarizes the dataset.

https://simtk.org/frs/?group_id=2275

dataset has the ARMS Lab dynamic musculoskeletal model of the human hand and wrist

https://cs.nyu.edu/~silberman/datasets/nyu_depth_v2.html

For general Depth estimation, the NYU Depth v2 dataset has come up in a lot of research papers I have found online. This is not specific to hands, it is for depth estimation from images in general. It contains both standard images and the images with depth, taken from a Xbox Kinect

https://www.cvlibs.net/datasets/kitti/index.php

KITTI computer vision datasets, primarily used for the development of autonomous vehicles. Comes up frequently in research papers.