

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|-------|----------------------|----|---------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|-------------|-------------------|---------------|
| 1 | Ruiz Porath, Nidia | 96 | VfL Oldesloe | 0:07:18 h | 4 | 0:19:39 h | 1 | 0:26:57 h | 1 | 0:11:04 h | 1 | 0:38:01,4 h | W SCH A | 72 |
| 2 | Hey, Jana | 96 | TSV Bargteheide | 0:07:16 h | 3 | 0:20:33 h | 3 | 0:27:49 h | 2 | 0:12:31 h | 6 | 0:40:20,4 h | W SCH A | 66 |
| 3 | Pruß, Luisa | 96 | TSV Bargteheide | 0:08:06 h | 7 | 0:20:36 h | 4 | 0:28:42 h | 4 | 0:12:25 h | 4 | 0:41:07,8 h | W SCH A | 71 |
| 4 | Hix, Karlotta | 96 | TSV Bargteheide | 0:08:05 h | 6 | 0:20:23 h | 2 | 0:28:28 h | 3 | 0:12:40 h | 7 | 0:41:08,2 h | W SCH A | 67 |
| 5 | Schmidt, Swenja | 96 | RTSV | 0:06:48 h | 2 | --- | | --- | | --- | | 0:41:52,7 h | W SCH A | 73 |
| 6 | Peter, Catharina | 97 | Tri Dänischer Wohld | 0:09:21 h | 9 | 0:21:14 h | 5 | 0:30:35 h | 6 | 0:12:27 h | 5 | 0:43:02,3 h | W SCH A | 76 |
| 7 | Kubillus, Kaja | 96 | TSV Bargteheide | 0:08:55 h | 8 | 0:21:44 h | 7 | 0:30:39 h | 7 | 0:12:24 h | 3 | 0:43:03,3 h | W SCH A | 69 |
| 8 | Hambrecht, Annika | 96 | RTSV | 0:06:41 h | 1 | --- | | --- | | --- | | 0:43:04,3 h | W SCH A | 75 |
| 9 | Mick, Stina | 96 | TSV Bargteheide | 0:08:01 h | 5 | 0:22:08 h | 8 | 0:30:09 h | 5 | 0:12:56 h | 8 | 0:43:05,0 h | W SCH A | 70 |
| 10 | Stoltenberg, Solveig | 96 | TSV Bornhöved | 0:11:40 h | 11 | 0:21:24 h | 6 | 0:33:04 h | 8 | 0:11:45 h | 2 | 0:44:49,7 h | W SCH A | 77 |
| 11 | Langkabel, Moana | 97 | Tri Dänischer Wohld | 0:10:58 h | 10 | 0:23:33 h | 9 | 0:34:31 h | 9 | 0:15:15 h | 9 | 0:49:46,9 h | W SCH A | 92 |
| 12 | Tack, Benita | 97 | TSV Bargteheide | 0:11:54 h | 12 | 0:25:24 h | 10 | 0:37:18 h | 10 | 0:17:41 h | 10 | 0:54:59,6 h | W SCH A | 74 |