

| 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 | Schmidt, Anne | 93 | TuS Holtenau Kiel | 0:08:16 h | 1 | 0:38:26 h | 1 | 0:46:42 h | 1 | 0:26:37 h | 3 | 1:13:19,2 h | W JUN | 158 |
| 2 | Harten, Lars | 92 | Gymnasium Kronshagen | 0:14:44 h | 7 | 0:42:38 h | 2 | 0:57:22 h | 4 | 0:21:58 h | 1 | 1:19:20,3 h | M JUN | 157 |
| 3 | Pawelczyk, Svenja | 92 | TSV Bargteheide Triathlon | --- | | --- | | 0:50:38 h | 2 | 0:31:13 h | 6 | 1:21:51,6 h | W JUN | 159 |
| 4 | Baumann, Lennart | 92 | Gymnasium Kronshagen | 0:11:29 h | 2 | 0:45:52 h | 4 | 0:57:21 h | 3 | 0:26:35 h | 2 | 1:23:56,1 h | M JUN | 156 |
| 5 | Mers, Bennet | 92 | Kiel | 0:11:58 h | 3 | 0:45:55 h | 5 | 0:57:53 h | 6 | 0:29:57 h | 5 | 1:27:50,9 h | M JUN | 152 |
| 6 | Kiekbusch, Clara | 93 | Kronshagen | 0:13:27 h | 6 | 0:44:09 h | 3 | 0:57:36 h | 5 | 0:32:05 h | 7 | 1:29:41,9 h | W JUN | 154 |
| 7 | Jensen, Malte | 92 | Gymnasium Kronshagen | 0:12:53 h | 5 | 0:49:10 h | 7 | 1:02:03 h | 7 | 0:28:59 h | 4 | 1:31:02,0 h | M JUN | 151 |
| 8 | Gebauer, Finn | 92 | Gymnasium Kronshagen | 0:15:40 h | 8 | 0:46:47 h | 6 | 1:02:27 h | 8 | 0:36:57 h | 9 | 1:39:24,6 h | M JUN | 155 |
| 9 | Belacel, Sabrina | 92 | Kronshagen | 0:12:35 h | 4 | 0:52:04 h | 8 | 1:04:39 h | 9 | 0:35:57 h | 8 | 1:40:36,2 h | W JUN | 153 |