

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischenzeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|---------------------------|----|-----------------------------|-----------|-------|-----------|-------|--------------|--------|-----------|-------|------------|--------------|-----------|
| 1 | Hüllweck, Lucas Christoph | 01 | Möllner SV | --- | | --- | | 0:13:53 h | 1 | 0:04:09 h | 2 | 0:18:02 h | M SCH B | 247 |
| 2 | Frahm, Luca-Tristan | 01 | Sport-Club Itzehoe | 0:04:02 h | 1 | 0:10:40 h | 1 | 0:14:42 h | 2 | 0:04:02 h | 1 | 0:18:44 h | M SCH B | 242 |
| 3 | Schreber, Janne | 02 | SG Athletico Büdelsdorf | 0:04:03 h | 2 | 0:11:28 h | 2 | 0:15:31 h | 3 | 0:04:29 h | 5 | 0:20:00 h | W SCH B | 243 |
| 4 | Schilling, Jonas | 01 | VfL Oldesloe | --- | | --- | | 0:15:34 h | 4 | 0:04:29 h | 5 | 0:20:03 h | M SCH B | 245 |
| 5 | Heinrichs, Thies Henry | 02 | TriAs Flensburg | 0:04:14 h | 3 | --- | | --- | | --- | | 0:20:05 h | M SCH B | 265 |
| 6 | Krickemeyer, Jan-Niklas | 01 | VfL Oldesloe | 0:04:42 h | 7 | 0:11:28 h | 2 | 0:16:10 h | 5 | 0:04:28 h | 4 | 0:20:38 h | M SCH B | 246 |
| 7 | Borgwardt, Flemming | 02 | SG Wasserratten Norderstedt | 0:04:27 h | 4 | 0:11:51 h | 6 | 0:16:18 h | 6 | 0:04:36 h | 7 | 0:20:54 h | M SCH B | 263 |
| 8 | Groos, Leander | 01 | TSV Bargteheide TRI | 0:04:43 h | 8 | 0:11:42 h | 5 | 0:16:25 h | 7 | 0:04:40 h | 10 | 0:21:05 h | M SCH B | 262 |
| 9 | Postel, Lenn | 01 | TSV Bargteheide TRI | --- | | --- | | --- | | --- | | 0:21:14 h | M SCH B | 255 |
| 10 | Kerth, Max Lou | 02 | TSV Bornhöved | 0:04:34 h | 5 | 0:12:10 h | 7 | 0:16:44 h | 8 | 0:04:36 h | 7 | 0:21:20 h | M SCH B | 259 |
| 11 | Mick, Esben Göran | 02 | TSV Bargteheide TRI | 0:05:21 h | 16 | 0:11:41 h | 4 | 0:17:02 h | 9 | 0:04:22 h | 3 | 0:21:24 h | M SCH B | 258 |
| 12 | Hirsching, Leonie | 01 | TSV Bargteheide TRI | 0:05:03 h | 10 | --- | | --- | | --- | | 0:21:42 h | W SCH B | 252 |
| 13 | Pietsch, Josia | 01 | TSV Bargteheide TRI | --- | | --- | | 0:17:18 h | 10 | 0:04:53 h | 11 | 0:22:11 h | M SCH B | 256 |
| 14 | Negel, Luisa | 02 | TSV Bargteheide TRI | 0:04:57 h | 9 | --- | | --- | | --- | | 0:22:17 h | W SCH B | 253 |
| 15 | Claussen, Charlotte | 02 | TSV Bargteheide TRI | 0:05:10 h | 11 | --- | | --- | | --- | | 0:22:41 h | W SCH B | 257 |
| 16 | Kirschke, Nick | 02 | Eckernförder MTV | 0:05:15 h | 12 | --- | | --- | | --- | | 0:22:58 h | M SCH B | 250 |
| 17 | Negel, Anna | 02 | TSV Bargteheide TRI | 0:05:19 h | 14 | --- | | --- | | --- | | 0:23:28 h | W SCH B | 254 |
| 18 | Meier, Lis | 01 | TSV Bargteheide TRI | 0:04:39 h | 6 | 0:13:38 h | 9 | 0:18:17 h | 11 | 0:05:27 h | 13 | 0:23:44 h | W SCH B | 260 |
| 19 | Kückendahl, Louise | 02 | VfL Oldesloe | 0:05:20 h | 15 | 0:13:10 h | 8 | 0:18:30 h | 12 | 0:05:37 h | 14 | 0:24:07 h | W SCH B | 244 |
| 20 | Fischer, Michel Ramon | 02 | SpVg Eidertal Molfsee | 0:05:18 h | 13 | 0:15:11 h | 11 | 0:20:29 h | 13 | 0:04:39 h | 9 | 0:25:08 h | M SCH B | 264 |
| 21 | Homfeldt, Judith | 01 | SG Athletico Büdelsdorf | 0:06:15 h | 18 | 0:14:28 h | 10 | 0:20:43 h | 14 | 0:05:24 h | 12 | 0:26:07 h | W SCH B | 267 |
| 22 | van den Hövel, Antonia | 01 | TSV Bargteheide Triathlon | 0:06:16 h | 19 | --- | | --- | | --- | | 0:26:14 h | W SCH B | 266 |
| 23 | Stepputat, Kalina | 02 | TSV Bargteheide TRI | 0:05:41 h | 17 | --- | | --- | | --- | | 0:31:33 h | W SCH B | 261 |