

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischenzeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|---------------------|----|----------------------------|-----------|-------|-----------|-------|--------------|--------|-----------|-------|------------|--------------|-----------|
| 1 | Rehkamp, Bjarne | 05 | TriAS Flensburg | 0:02:16 h | 1 | 0:07:32 h | 2 | 0:09:48 h | 2 | 0:01:32 h | 1 | 0:11:20 h | M SCH C | 288 |
| 2 | Bernsdorf, Isabella | 05 | VfL Oldesloe | 0:02:37 h | 4 | 0:07:09 h | 1 | 0:09:46 h | 1 | 0:01:43 h | 4 | 0:11:29 h | W SCH C | 281 |
| 3 | Brüning, Smilla Liv | 05 | SC Delphin Bad Schwartau T | 0:02:20 h | 2 | 0:07:45 h | 3 | 0:10:05 h | 3 | 0:01:44 h | 6 | 0:11:49 h | W SCH C | 282 |
| 4 | Fuckerirer, Jan | 06 | EMTV Eckernförde | 0:02:37 h | 4 | 0:08:03 h | 6 | 0:10:40 h | 4 | 0:01:44 h | 6 | 0:12:24 h | M SCH C | 284 |
| 5 | Sandau, Andrea | 06 | TSV Bornhöved | 0:03:03 h | 7 | 0:07:52 h | 5 | 0:10:55 h | 5 | 0:01:42 h | 3 | 0:12:37 h | W SCH C | 289 |
| 6 | Fischer, Cara | 06 | SG Wasserratten | 0:02:45 h | 6 | 0:08:11 h | 7 | 0:10:56 h | 6 | 0:01:43 h | 4 | 0:12:39 h | W SCH C | 283 |
| 7 | Hagge, Finn | 05 | LG POWER-Schnecken Kiel | 0:02:31 h | 3 | 0:08:55 h | 9 | 0:11:26 h | 8 | 0:01:40 h | 2 | 0:13:06 h | M SCH C | 285 |
| 8 | Trodler, Sara | 05 | TuS Holtenau | 0:03:12 h | 8 | 0:07:50 h | 4 | 0:11:02 h | 7 | 0:02:20 h | 9 | 0:13:22 h | W SCH C | 290 |
| 9 | Kelb, Victoria | 06 | TSV Bargteheide TRI | 0:03:14 h | 9 | 0:08:27 h | 8 | 0:11:41 h | 9 | 0:01:50 h | 8 | 0:13:31 h | W SCH C | 287 |