

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischenzeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|--------------------|----|----------------------------|-----------|-------|-----------|-------|--------------|--------|-----------|-------|-------------|--------------|-----------|
| 1 | Püschel, Vesna | 82 | Kaifu Tri Tream | 0:09:26 h | 3 | 0:39:13 h | 2 | 0:48:39 h | 2 | 0:25:36 h | 3 | 1:14:15,9 h | W AK 25 | 611 |
| 2 | Vorlauf, Inken | 71 | TUS Holtenau | 0:10:45 h | 9 | 0:38:07 h | 1 | 0:48:52 h | 3 | 0:26:09 h | 4 | 1:15:01,2 h | W AK 35 | 616 |
| 3 | Bähr, Ulrike | 69 | USC Kiel | --- | | --- | | 0:50:11 h | 5 | 0:24:51 h | 2 | 1:15:02,0 h | W MK 40 | 601 |
| 4 | Grabow, Britta | 67 | Kaifu Tri Team | 0:07:41 h | 1 | 0:40:37 h | 5 | 0:48:18 h | 1 | 0:27:45 h | 10 | 1:16:03,4 h | W MK 40 | 861 |
| 5 | Schlüter, Meike | 73 | | 0:10:26 h | 8 | 0:41:22 h | 6 | 0:51:48 h | 7 | 0:24:38 h | 1 | 1:16:26,9 h | W AK 35 | 614 |
| 6 | Wehrenberg, Sylvia | 74 | Elchtriteam | 0:09:35 h | 5 | 0:40:24 h | 4 | 0:49:59 h | 4 | 0:27:15 h | 7 | 1:17:14,1 h | W AK 35 | 617 |
| 7 | Reimer, Antonia | 95 | | 0:11:10 h | 12 | 0:39:41 h | 3 | 0:50:51 h | 6 | 0:27:00 h | 6 | 1:17:51,1 h | W J B | 612 |
| 8 | Templin, Anja | 68 | RTSV | 0:09:05 h | 2 | 0:44:17 h | 12 | 0:53:22 h | 10 | 0:26:20 h | 5 | 1:19:42,6 h | W MK 40 | 807 |
| 9 | Dohrendorf, Katja | 68 | | 0:11:14 h | 13 | 0:43:12 h | 10 | 0:54:26 h | 11 | 0:27:34 h | 8 | 1:22:00,0 h | W MK 40 | 603 |
| 10 | Bauer, Sabine | 63 | | 0:11:54 h | 15 | 0:42:55 h | 8 | 0:54:49 h | 13 | 0:28:40 h | 12 | 1:23:29,7 h | W MK 45 | 602 |
| 11 | Peters, Tanja | 74 | TSV Fahrdorf | 0:10:15 h | 7 | 0:42:25 h | 7 | 0:52:40 h | 8 | 0:31:39 h | 16 | 1:24:19,7 h | W AK 35 | 610 |
| 12 | Jankwitz, Jeanette | 71 | USC Kiel | 0:09:41 h | 6 | 0:43:08 h | 9 | 0:52:49 h | 9 | 0:33:18 h | 17 | 1:26:07,4 h | W AK 35 | 606 |
| 13 | Steiner, Paula | 90 | | 0:10:59 h | 10 | 0:43:44 h | 11 | 0:54:43 h | 12 | 0:31:36 h | 15 | 1:26:19,3 h | W AK 20 | 873 |
| 14 | Wagner, Heike | 62 | USC Kiel | 0:14:34 h | 17 | 0:45:18 h | 13 | 0:59:52 h | 15 | 0:27:34 h | 9 | 1:27:26,8 h | W MK 45 | 862 |
| 15 | Uecker, Mareike | 86 | Eider-Yacht-Club Rendsburg | 0:11:16 h | 14 | 0:46:07 h | 14 | 0:57:23 h | 14 | 0:30:48 h | 13 | 1:28:11,4 h | W AK 20 | 816 |
| 16 | Naß, Angela | 71 | ACO Severin Ahlmann | 0:11:09 h | 11 | 0:50:01 h | 15 | 1:01:10 h | 16 | 0:27:56 h | 11 | 1:29:06,3 h | W AK 35 | 609 |
| 17 | Wagner, Katja | 74 | PSV Union Neumünster | 0:09:31 h | 4 | 0:59:14 h | 17 | 1:08:45 h | 17 | 0:31:10 h | 14 | 1:39:55,8 h | W AK 35 | 863 |
| 18 | Mertin, Anja | 69 | | 0:14:25 h | 16 | 0:54:34 h | 16 | 1:08:59 h | 18 | 0:35:43 h | 18 | 1:44:42,0 h | W MK 40 | 607 |