

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Laufen | Pos L | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|-------|---------------------------|----|------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|-------------|-------------------|---------------|
| 1 | Goldberg, Monika | 73 | Hamburg | 0:25:50 h | 4 | 0:55:57 h | 1 | 1:21:47 h | 1 | 0:26:18 h | 3 | 1:48:05,7 h | W AK4 | 111 |
| 2 | Schönebeck, Susanne | 74 | TSV Kremperheide | 0:23:20 h | 1 | 1:01:19 h | 4 | 1:24:39 h | 3 | 0:24:31 h | 1 | 1:49:10,3 h | W AK4 | 61 |
| 3 | Engelbrecht-Hoch, Martina | 64 | TuS Holstein Quickborn | 0:24:48 h | 3 | 0:58:16 h | 2 | 1:23:04 h | 2 | 0:26:55 h | 4 | 1:49:59,2 h | W Sen2 | 32 |
| 4 | Lindner, Gabi | 74 | Hamburg | 0:24:32 h | 2 | 1:01:29 h | 5 | 1:26:01 h | 4 | 0:26:02 h | 2 | 1:52:03,0 h | W AK4 | 23 |
| 5 | Parge, Sabine | 64 | Triabolos Hamburg e.V. | 0:27:15 h | 6 | 1:00:37 h | 3 | 1:27:52 h | 5 | 0:27:14 h | 5 | 1:55:06,7 h | W Sen2 | 20 |
| 6 | Domke, Claudia | 80 | TriMichels Hamburg | 0:26:23 h | 5 | 1:01:47 h | 6 | 1:28:10 h | 6 | 0:27:31 h | 6 | 1:55:41,4 h | W AK3 | 12 |
| 7 | Drübert, Nadja | 82 | TuS Holstein Quickborn | 0:27:21 h | 7 | 1:03:35 h | 8 | 1:30:56 h | 7 | 0:27:59 h | 7 | 1:58:55,9 h | W AK2 | 29 |
| 8 | Sievers, Susanne | 67 | Sport-Club Itzehoe | 0:30:36 h | 10 | 1:02:04 h | 7 | 1:32:40 h | 8 | 0:35:04 h | 9 | 2:07:44,0 h | W Sen1 | 83 |
| 9 | Gauggel, Gabriele | 54 | Kirchspiel Garding | 0:29:12 h | 8 | 1:14:40 h | 10 | 1:43:52 h | 10 | 0:33:20 h | 8 | 2:17:12,8 h | W Sen4 | 102 |
| 10 | Murr, Sandra | 82 | | 0:30:11 h | 9 | 1:13:40 h | 9 | 1:43:51 h | 9 | 0:35:51 h | 10 | 2:19:42,5 h | W AK2 | 122 |