

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Laufen | Pos L | Rad | Pos R | Zwischen- zeit ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|----------------------------|-------------------------|----|-----------------------------|-----------|----------|-----------|----------|-------------------------|--------|-----------|------------|-------------------|---------------|
| Altersklasse M AK1 | | | | | | | | | | | | | |
| 1 | Sievers, Lennart | 97 | | 0:17:43 h | 1 | 0:46:48 h | 1 | 1:04:31 h | 1 | 0:19:10 h | 1:23:41 h | M AK1 | 128 |
| 2 | Gebauer, Sebastian | 97 | Tri EMTV Elmshorn | 0:19:42 h | 2 | 0:49:30 h | 3 | 1:09:12 h | 3 | 0:21:10 h | 1:30:22 h | M AK1 | 6 |
| 3 | Johannsen, Leif | 97 | Schleswig-Holstein Netz Tri | 0:21:00 h | 3 | 0:46:56 h | 2 | 1:07:56 h | 2 | 0:30:38 h | 1:38:34 h | M AK1 | 8 |
| 4 | Kuhlmann, Julian | 97 | Sparrieshoop | 0:22:36 h | 5 | 0:52:35 h | 4 | 1:15:11 h | 4 | 0:26:29 h | 1:41:40 h | M AK1 | 10 |
| 5 | Salto, Marvin | 99 | Sport-Club Itzehoe | 0:22:30 h | 4 | 0:53:56 h | 5 | 1:16:26 h | 5 | 0:26:32 h | 1:42:58 h | M AK1 | 9 |
| Altersklasse M AK2 | | | | | | | | | | | | | |
| 1 | Weller, Jonas | 95 | Ratzeburger SV - Triathlon | 0:19:15 h | 1 | 0:48:05 h | 1 | 1:07:20 h | 1 | 0:19:46 h | 1:27:06 h | M AK2 | 15 |
| 2 | Krüger, Marcel | 95 | Sport-Club Itzehoe | 0:21:09 h | 2 | 0:50:22 h | 2 | 1:11:31 h | 2 | 0:22:33 h | 1:34:04 h | M AK2 | 14 |
| 3 | Hildebrandt, Maximilian | 94 | Hamburg | 0:23:17 h | 3 | 1:06:58 h | 3 | 1:30:15 h | 3 | 0:24:18 h | 1:54:33 h | M AK2 | 16 |
| Altersklasse M AK3 | | | | | | | | | | | | | |
| 1 | Schroeder-Groeneveld, L | 89 | USC Kiel | 0:18:10 h | 1 | 0:45:38 h | 1 | 1:03:48 h | 1 | 0:19:18 h | 1:23:06 h | M AK3 | 25 |
| 2 | Kretz, Philip | 86 | Philips LG | 0:18:54 h | 3 | 0:50:52 h | 4 | 1:09:46 h | 3 | 0:20:16 h | 1:30:02 h | M AK3 | 56 |
| 3 | Witt, Jonas | 89 | FC St. Pauli Triathlon | 0:20:52 h | 5 | 0:48:06 h | 2 | 1:08:58 h | 2 | 0:21:31 h | 1:30:29 h | M AK3 | 40 |
| 4 | Thomsen, Thorge | 87 | SV Enge-Sande | 0:20:38 h | 4 | 0:52:16 h | 7 | 1:12:54 h | 5 | 0:21:44 h | 1:34:38 h | M AK3 | 29 |
| 5 | Best, Ruben | 90 | Hamburg | 0:18:18 h | 2 | 0:58:31 h | 10 | 1:16:49 h | 9 | 0:18:44 h | 1:35:33 h | M AK3 | 197 |
| 6 | Ubben, Timm | 90 | Hamburg | 0:21:12 h | 6 | 0:51:03 h | 5 | 1:12:15 h | 4 | 0:23:28 h | 1:35:43 h | M AK3 | 53 |
| 7 | Befuß, Björn | 88 | Hamburg | 0:22:10 h | 7 | 0:50:48 h | 3 | 1:12:58 h | 6 | 0:24:13 h | 1:37:11 h | M AK3 | 37 |
| 8 | Blase, Danny | 88 | SG Athletico Büdelsdorf | 0:22:20 h | 8 | 0:52:10 h | 6 | 1:14:30 h | 7 | 0:23:49 h | 1:38:19 h | M AK3 | 28 |
| 9 | Abel, Florian | 88 | VfL Oldesloe | 0:22:39 h | 9 | 0:53:14 h | 8 | 1:15:53 h | 8 | 0:22:36 h | 1:38:29 h | M AK3 | 44 |
| 10 | Dumstrei, Rouven | 90 | Dannewerk | 0:23:13 h | 10 | 1:01:36 h | 11 | 1:24:49 h | 11 | 0:23:30 h | 1:48:19 h | M AK3 | 42 |
| 11 | Kirschtowski, Jan | 88 | VfL Oldesloe | 0:24:01 h | 11 | 0:57:35 h | 9 | 1:21:36 h | 10 | 0:29:47 h | 1:51:23 h | M AK3 | 45 |
| Altersklasse M AK4 | | | | | | | | | | | | | |
| 1 | Struss, Florian | 83 | HSV Triathlon | 0:20:47 h | 1 | 0:52:24 h | 2 | 1:13:11 h | 1 | 0:21:53 h | 1:35:04 h | M AK4 | 76 |
| 2 | Feidieker, Thomas | 82 | Bönningstedt | 0:25:22 h | 4 | 0:52:02 h | 1 | 1:17:24 h | 2 | 0:26:25 h | 1:43:49 h | M AK4 | 84 |
| 3 | Norden, Mark | 85 | Timmaspe | 0:21:09 h | 2 | 1:01:14 h | 4 | 1:22:23 h | 3 | 0:25:46 h | 1:48:09 h | M AK4 | 74 |
| 4 | Beuck, Mike | 84 | Stockelsdorf | 0:24:31 h | 3 | 0:59:14 h | 3 | 1:23:45 h | 4 | 0:27:09 h | 1:50:54 h | M AK4 | 70 |
| Altersklasse M Sen1 | | | | | | | | | | | | | |
| 1 | Gohse, Patrick | 77 | Tri Michels Hamburg e. V. | 0:20:45 h | 2 | 0:48:20 h | 1 | 1:09:05 h | 1 | 0:20:27 h | 1:29:32 h | M Sen1 | 102 |
| 2 | Todt, Mathias | 76 | Borener SV | 0:20:57 h | 3 | 0:50:36 h | 5 | 1:11:33 h | 3 | 0:22:16 h | 1:33:49 h | M Sen1 | 93 |
| 3 | Steinke, Philipp | 79 | SG Wasserratten Norderste | 0:22:09 h | 6 | 0:48:49 h | 3 | 1:10:58 h | 2 | 0:22:54 h | 1:33:52 h | M Sen1 | 92 |
| 4 | Jensen, Jan | 76 | Möllner SV | 0:21:31 h | 5 | 0:50:18 h | 4 | 1:11:49 h | 4 | 0:22:35 h | 1:34:24 h | M Sen1 | 95 |
| 5 | Oertel, Mario | 77 | Lübeck | 0:22:27 h | 7 | 0:51:44 h | 6 | 1:14:11 h | 6 | 0:22:40 h | 1:36:51 h | M Sen1 | 109 |
| 6 | Deecke, Jan | 80 | RST Lübeck | 0:24:37 h | 12 | 0:48:38 h | 2 | 1:13:15 h | 5 | 0:24:15 h | 1:37:30 h | M Sen1 | 110 |
| 7 | Teegen, Sven | 80 | TSV RW Niebüll | 0:20:34 h | 1 | 0:55:14 h | 10 | 1:15:48 h | 7 | 0:21:55 h | 1:37:43 h | M Sen1 | 111 |
| 8 | Fink, Patrick | 79 | Turnerbund Hamburg Eilbe | 0:21:30 h | 4 | 0:57:00 h | 11 | 1:18:30 h | 10 | 0:22:06 h | 1:40:36 h | M Sen1 | 107 |
| 9 | Borgman, Henrik | 76 | Quickborn | 0:23:30 h | 10 | 0:52:37 h | 7 | 1:16:07 h | 8 | 0:25:00 h | 1:41:07 h | M Sen1 | 100 |
| 10 | Jakobs, Gerrit | 78 | Hanseatic Tri Team | 0:23:30 h | 10 | 0:54:12 h | 9 | 1:17:42 h | 9 | 0:25:17 h | 1:42:59 h | M Sen1 | 106 |

| 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. |
|----------------------------|------------------------|----|-----------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| 11 | Olschner, Tim | 77 | Hamburg | 0:25:55 h | 13 | 0:53:52 h | 8 | 1:19:47 h | 11 | 0:25:27 h | 13 | 1:45:14 h | M Sen1 | 115 |
| 12 | Büsing, Tim | 77 | RHTC eV | 0:23:16 h | 9 | 0:57:36 h | 12 | 1:20:52 h | 12 | 0:25:14 h | 11 | 1:46:06 h | M Sen1 | 113 |
| 13 | Günther, Michael | 79 | Hamburg | 0:22:59 h | 8 | 1:00:53 h | 13 | 1:23:52 h | 13 | 0:23:44 h | 8 | 1:47:36 h | M Sen1 | 96 |
| 14 | Hoffmann, Michael | 76 | Niendorf/Ostsee | 0:30:48 h | 15 | 1:04:26 h | 14 | 1:35:14 h | 14 | 0:36:51 h | 15 | 2:12:05 h | M Sen1 | 103 |
| 15 | Müller, Jens | 77 | Hattstedt | 0:27:23 h | 14 | 1:09:40 h | 15 | 1:37:03 h | 15 | 0:35:45 h | 14 | 2:12:48 h | M Sen1 | 97 |
| Altersklasse M Sen2 | | | | | | | | | | | | | | |
| 1 | Kosok, Christian | 75 | Triabolos Triathlon e.V. | 0:20:27 h | 1 | 0:54:32 h | 4 | 1:14:59 h | 1 | 0:23:25 h | 3 | 1:38:24 h | M Sen2 | 134 |
| 2 | Lünnemann, Kurt | 73 | Itzehoe | 0:21:45 h | 3 | 0:54:12 h | 3 | 1:15:57 h | 2 | 0:22:55 h | 2 | 1:38:52 h | M Sen2 | 126 |
| 3 | Weinrich-Mory, Arne | 73 | Tri-Team Harry Brot | 0:21:22 h | 2 | 0:59:02 h | 8 | 1:20:24 h | 6 | 0:22:02 h | 1 | 1:42:26 h | M Sen2 | 125 |
| 4 | Albes, Börge | 71 | TuS Holstein Quickborn | 0:23:57 h | 5 | 0:53:07 h | 1 | 1:17:04 h | 3 | 0:25:46 h | 6 | 1:42:50 h | M Sen2 | 135 |
| 5 | Heidelbach, Tobias | 74 | TSV Hochdahl Triathlon | 0:22:49 h | 4 | 0:57:21 h | 6 | 1:20:10 h | 5 | 0:23:42 h | 4 | 1:43:52 h | M Sen2 | 124 |
| 6 | Marquardt, Andreas | 73 | Schleswig-Holstein Netz Tri | 0:24:44 h | 7 | 0:53:20 h | 2 | 1:18:04 h | 4 | 0:26:42 h | 7 | 1:44:46 h | M Sen2 | 131 |
| 7 | Gehlhar, Lars | 75 | RBC Rendsburg | 0:24:40 h | 6 | 0:57:14 h | 5 | 1:21:54 h | 7 | 0:25:00 h | 5 | 1:46:54 h | M Sen2 | 132 |
| 8 | Behder, Mathias | 74 | Tsv Schleswig | 0:27:33 h | 9 | 0:58:54 h | 7 | 1:26:27 h | 8 | 0:33:09 h | 9 | 1:59:36 h | M Sen2 | 133 |
| 9 | Mittig, Axel | 71 | Hamburg | 0:24:47 h | 8 | 1:07:53 h | 9 | 1:32:40 h | 9 | 0:28:19 h | 8 | 2:00:59 h | M Sen2 | 129 |
| Altersklasse M Sen3 | | | | | | | | | | | | | | |
| 1 | Jaekel, Carsten | 70 | Hamburg | 0:22:54 h | 3 | 0:52:03 h | 2 | 1:14:57 h | 2 | 0:23:11 h | 2 | 1:38:08 h | M Sen3 | 172 |
| 2 | Mannebeck, Dietmar | 66 | TuS Holtenau | 0:24:21 h | 5 | 0:49:51 h | 1 | 1:14:12 h | 1 | 0:24:50 h | 4 | 1:39:02 h | M Sen3 | 144 |
| 3 | Kühne, Michael | 68 | Möllner SV | 0:22:10 h | 1 | 0:55:01 h | 3 | 1:17:11 h | 3 | 0:23:21 h | 3 | 1:40:32 h | M Sen3 | 147 |
| 4 | Brühe, Arendt | 69 | Borener SV | 0:24:28 h | 6 | 0:55:05 h | 4 | 1:19:33 h | 4 | 0:26:26 h | 8 | 1:45:59 h | M Sen3 | 165 |
| 5 | Ludolph, Andreas | 69 | TS Harburg | 0:22:23 h | 2 | 1:01:30 h | 11 | 1:23:53 h | 7 | 0:22:26 h | 1 | 1:46:19 h | M Sen3 | 168 |
| 6 | Leppert, Sven | 67 | Sport-Club Itzehoe | 0:25:45 h | 9 | 0:57:06 h | 5 | 1:22:51 h | 6 | 0:26:47 h | 9 | 1:49:38 h | M Sen3 | 151 |
| 7 | Lindner, Patric | 66 | Hamburg | 0:24:18 h | 4 | 1:00:13 h | 9 | 1:24:31 h | 9 | 0:25:20 h | 5 | 1:49:51 h | M Sen3 | 158 |
| 8 | Eichholz, Dirk | 66 | 1.TCO "Die Bären" | 0:24:44 h | 8 | 0:57:52 h | 6 | 1:22:36 h | 5 | 0:28:05 h | 11 | 1:50:41 h | M Sen3 | 164 |
| 9 | Wüpper, Frank | 69 | SG Atletico Büdelsdorf | 0:25:49 h | 10 | 0:58:37 h | 7 | 1:24:26 h | 8 | 0:27:01 h | 10 | 1:51:27 h | M Sen3 | 148 |
| 10 | Schönefeld, Thies Olaf | 70 | Spiridon-Club Bad Oldesloe | 0:26:08 h | 11 | 0:59:26 h | 8 | 1:25:34 h | 10 | 0:26:04 h | 7 | 1:51:38 h | M Sen3 | 169 |
| 11 | Nüske, Andreas | 68 | BSG DZ HYP | 0:24:41 h | 7 | 1:01:27 h | 10 | 1:26:08 h | 11 | 0:26:01 h | 6 | 1:52:09 h | M Sen3 | 166 |
| 12 | Möller, Johann Carsten | 68 | Team Erdinger Alkoholfrei | 0:26:41 h | 12 | 1:03:44 h | 13 | 1:30:25 h | 13 | 0:28:05 h | 11 | 1:58:30 h | M Sen3 | 160 |
| 13 | Reese, Matthias | 66 | LTV Kiel-Ost | 0:27:56 h | 13 | 1:01:49 h | 12 | 1:29:45 h | 12 | 0:33:17 h | 13 | 2:03:02 h | M Sen3 | 145 |
| 14 | Eschholz, Guido | 66 | Gleschendorf | 0:31:39 h | 14 | 1:05:09 h | 14 | 1:36:48 h | 14 | 0:35:19 h | 14 | 2:12:07 h | M Sen3 | 161 |
| Altersklasse M Sen4 | | | | | | | | | | | | | | |
| 1 | Panzer, Stefan | 61 | TSV Eintracht Hittfeld | 0:24:58 h | 1 | 0:54:18 h | 1 | 1:19:16 h | 1 | 0:25:13 h | 1 | 1:44:29 h | M Sen4 | 185 |
| 2 | Flamma, Gustavo | 65 | 1 TCO Die Bären | 0:25:30 h | 3 | 0:56:38 h | 2 | 1:22:08 h | 2 | 0:26:36 h | 2 | 1:48:44 h | M Sen4 | 184 |
| 3 | Zervas, Holger | 63 | BSG DZ HYP | 0:25:21 h | 2 | 0:56:58 h | 3 | 1:22:19 h | 3 | 0:26:50 h | 3 | 1:49:09 h | M Sen4 | 181 |
| 4 | Voigt, Jörg | 64 | World of Fitness | 0:25:48 h | 4 | 0:59:03 h | 4 | 1:24:51 h | 4 | 0:29:01 h | 5 | 1:53:52 h | M Sen4 | 182 |
| 5 | Eichholz, Jörg | 61 | Sportclub Itzehoe | 0:28:12 h | 5 | 1:04:10 h | 5 | 1:32:22 h | 5 | 0:27:22 h | 4 | 1:59:44 h | M Sen4 | 186 |
| Altersklasse M Sen5 | | | | | | | | | | | | | | |
| 1 | Claudius, Stephan | 59 | MC Pirate e.V. | 0:23:12 h | 1 | 0:53:33 h | 1 | 1:16:45 h | 1 | 0:24:07 h | 1 | 1:40:52 h | M Sen5 | 191 |

| 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. |
|----------------------------|-------------------------|----|---------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| 2 | Skroblin, Joachim | 59 | Spiridon Oldesloe | 0:25:26 h | 2 | 0:56:37 h | 2 | 1:22:03 h | 2 | 0:27:58 h | 3 | 1:50:01 h | M Sen5 | 189 |
| 3 | Janßen, Uwe | 60 | TuS Holstein Quickborn | 0:26:49 h | 3 | 1:01:15 h | 4 | 1:28:04 h | 3 | 0:27:49 h | 2 | 1:55:53 h | M Sen5 | 190 |
| 4 | Spijker, Rüdiger | 60 | Tri-Michels Hamburg e.V. | 0:29:11 h | 4 | 0:59:21 h | 3 | 1:28:32 h | 4 | 0:31:41 h | 4 | 2:00:13 h | M Sen5 | 192 |
| Altersklasse M Sen6 | | | | | | | | | | | | | | |
| 1 | Hümmecke, Manfred | 53 | TuS Holtenau | 0:26:17 h | 1 | 0:57:57 h | 1 | 1:24:14 h | 1 | 0:27:25 h | 1 | 1:51:39 h | M Sen6 | 194 |
| Altersklasse M Sen7 | | | | | | | | | | | | | | |
| 1 | Croissier, René | 50 | TuS Holstein Quickborn | 0:28:46 h | 1 | 1:06:36 h | 1 | 1:35:22 h | 1 | 0:30:46 h | 1 | 2:06:08 h | M Sen7 | 195 |
| Altersklasse M Sen8 | | | | | | | | | | | | | | |
| 1 | Molero-Membrilla, José | 41 | Borener SV | 0:30:05 h | 1 | 1:13:51 h | 1 | 1:43:56 h | 1 | 0:31:58 h | 1 | 2:15:54 h | M Sen8 | 196 |
| Altersklasse W AK1 | | | | | | | | | | | | | | |
| 1 | Beig, Ilsa | 98 | TriSport Lübeck | 0:21:31 h | 1 | 0:56:21 h | 2 | 1:17:52 h | 1 | 0:22:38 h | 1 | 1:40:30 h | W AK1 | 13 |
| 2 | Breidenbicher, Nina | 99 | USC Kiel | 0:24:06 h | 2 | 0:56:07 h | 1 | 1:20:13 h | 2 | 0:24:35 h | 2 | 1:44:48 h | W AK1 | 11 |
| 3 | Günther, Paula | 99 | SG Athletico Büdelsdorf | 0:28:26 h | 3 | 0:57:42 h | 3 | 1:26:08 h | 3 | 0:32:05 h | 3 | 1:58:13 h | W AK1 | 12 |
| Altersklasse W AK2 | | | | | | | | | | | | | | |
| 1 | Voß, Franziska | 92 | Trias Bad Schwartau | 0:24:56 h | 1 | 0:59:57 h | 1 | 1:24:53 h | 1 | 0:25:52 h | 1 | 1:50:45 h | W AK2 | 20 |
| Altersklasse W AK3 | | | | | | | | | | | | | | |
| 1 | Garmatter, Caroline | 87 | HHrunning | 0:19:41 h | 1 | 0:53:22 h | 1 | 1:13:03 h | 1 | 0:20:31 h | 1 | 1:33:34 h | W AK3 | 69 |
| 2 | Viehöfer, Laura | 90 | FC ST. PAULI / insel e.V. | 0:24:40 h | 2 | 0:56:53 h | 2 | 1:21:33 h | 2 | 0:26:24 h | 2 | 1:47:57 h | W AK3 | 67 |
| 3 | Popanda, Monika | 87 | MTV Heide | 0:28:41 h | 3 | 1:01:37 h | 3 | 1:30:18 h | 3 | 0:31:00 h | 3 | 2:01:18 h | W AK3 | 59 |
| Altersklasse W AK4 | | | | | | | | | | | | | | |
| 1 | Schmidt, Sandra | 84 | EMTV | 0:24:41 h | 1 | 1:03:18 h | 2 | 1:27:59 h | 1 | 0:24:50 h | 1 | 1:52:49 h | W AK4 | 87 |
| 2 | Steinke, Nadine | 83 | SG Wasserratten Norderste | 0:29:12 h | 2 | 1:02:26 h | 1 | 1:31:38 h | 2 | 0:30:47 h | 2 | 2:02:25 h | W AK4 | 86 |
| Altersklasse W Sen1 | | | | | | | | | | | | | | |
| 1 | Hennecke, Anke | 76 | Kaifu Tri Team | 0:22:33 h | 1 | 0:52:58 h | 1 | 1:15:31 h | 1 | 0:22:29 h | 1 | 1:38:00 h | W Sen1 | 118 |
| 2 | Dellius, Inke | 76 | Borener SV | 0:26:22 h | 2 | 0:56:04 h | 3 | 1:22:26 h | 3 | 0:27:13 h | 2 | 1:49:39 h | W Sen1 | 119 |
| 3 | Wasmundt, Stefanie Anni | 78 | Sport-Club Itzehoe | 0:27:06 h | 3 | 0:53:54 h | 2 | 1:21:00 h | 2 | 0:28:41 h | 3 | 1:49:41 h | W Sen1 | 117 |
| Altersklasse W Sen2 | | | | | | | | | | | | | | |
| 1 | Goldberg, Monika | 73 | Team Triathlon Hamburger | 0:26:03 h | 1 | 1:02:15 h | 1 | 1:28:18 h | 1 | 0:27:18 h | 1 | 1:55:36 h | W Sen2 | 143 |
| 2 | Glüh, Sabine | 72 | Schwülper | 0:32:13 h | 2 | 1:17:02 h | 2 | 1:49:15 h | 2 | 0:33:35 h | 2 | 2:22:50 h | W Sen2 | 140 |
| Altersklasse W Sen3 | | | | | | | | | | | | | | |
| 1 | Mull, Dr. Diana | 67 | TSV Bornhöved | 0:25:20 h | 1 | 0:58:28 h | 1 | 1:23:48 h | 1 | 0:27:11 h | 1 | 1:50:59 h | W Sen3 | 175 |
| 2 | Sievers, Susanne | 67 | Sport-Club Itzehoe | 0:27:45 h | 2 | 0:59:14 h | 2 | 1:26:59 h | 2 | 0:31:02 h | 3 | 1:58:01 h | W Sen3 | 173 |
| 3 | Kunze, Barbara | 66 | BSG DZ HYP | 0:28:19 h | 3 | 1:05:00 h | 3 | 1:33:19 h | 3 | 0:30:06 h | 2 | 2:03:25 h | W Sen3 | 177 |
| 4 | Eichholz, Jacqueline | 67 | Sportclub Itzehoe | 0:29:35 h | 4 | 1:05:41 h | 4 | 1:35:16 h | 4 | 0:32:29 h | 4 | 2:07:45 h | W Sen3 | 178 |
| Altersklasse W Sen4 | | | | | | | | | | | | | | |
| 1 | Krammer, Karen | 65 | TUS Holtenau | 0:28:58 h | 1 | 1:09:03 h | 1 | 1:38:01 h | 1 | 0:31:52 h | 1 | 2:09:53 h | W Sen4 | 188 |

| 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. |
|----------------------------|----------------|----|--------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| Altersklasse W TW18 | | | | | | | | | | | | | | |
| 1 | Miller, Lena | 02 | Sport Club Itzehoe | 0:21:38 h | 1 | 0:53:41 h | 1 | 1:15:19 h | 1 | 0:22:29 h | 1 | 1:37:48 h | W TW18 | 1 |
| 2 | Söth, Mia | 02 | SV Enge-Sande | 0:22:47 h | 2 | 0:56:19 h | 2 | 1:19:06 h | 2 | 0:23:30 h | 2 | 1:42:36 h | W TW18 | 5 |
| 3 | Grell, Johanna | 01 | Sport-Club Itzehoe | 0:24:25 h | 3 | 1:00:48 h | 3 | 1:25:13 h | 3 | 0:25:11 h | 3 | 1:50:24 h | W TW18 | 4 |