

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|-------|----------------------|----|---------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| 1 | Schreber, Merle | 00 | SG Athletico Büdelsdorf | 0:06:01 h | 1 | 0:20:16 h | 1 | 0:26:17 h | 1 | 0:10:34 h | 1 | 0:36:51 h | W SA | 449 |
| 2 | Münster, Lara | 00 | MTV Gelting | 0:06:18 h | 2 | 0:21:38 h | 4 | 0:27:56 h | 2 | 0:11:02 h | 2 | 0:38:58 h | W SA | 453 |
| 3 | Kelb, Lea | 00 | TSV Bargteheide Triathlon | 0:07:00 h | 3 | 0:21:00 h | 3 | 0:28:00 h | 3 | 0:11:44 h | 4 | 0:39:44 h | W SA | 437 |
| 4 | Kiel, Sandra | 00 | TSV Bargteheide Triathlon | 0:07:27 h | 4 | 0:20:44 h | 2 | 0:28:11 h | 4 | 0:12:01 h | 5 | 0:40:12 h | W SA | 436 |
| 5 | Mick, Hjördis Linnéa | 00 | TSV Bargteheide Triathlon | 0:07:34 h | 5 | 0:22:01 h | 5 | 0:29:35 h | 5 | 0:11:40 h | 3 | 0:41:15 h | W SA | 438 |
| 6 | Clasen, Nele | 00 | Post SV Uelzen | 0:10:29 h | 7 | 0:23:54 h | 6 | 0:34:23 h | 6 | 0:13:46 h | 7 | 0:48:09 h | W SA | 434 |
| 7 | Skobeer, Olesja | 01 | Gymnasium Marne Europasc | 0:08:53 h | 6 | 0:32:06 h | 7 | 0:40:59 h | 7 | 0:13:21 h | 6 | 0:54:20 h | W SA | 450 |