

| 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 | Krohn, Janka | 04 | TSV Bargteheide TRI | 0:05:24 h | 3 | 0:11:40 h | 1 | 0:17:04 h | 1 | 0:04:44 h | 3 | 0:21:48 h | WSB | 454 |
| 1 | Günther, Lara | 04 | Tri EMTV Elmshorn | 0:05:17 h | 1 | 0:11:49 h | 2 | 0:17:06 h | 2 | 0:04:42 h | 2 | 0:21:48 h | WSB | 456 |
| 3 | Dietzel, Leann Naima | 03 | SG Wasserratten Norderstedt | 0:05:17 h | 1 | 0:12:47 h | 6 | 0:18:04 h | 3 | 0:04:25 h | 1 | 0:22:29 h | WSB | 457 |
| 4 | Franke, Carlotta | 03 | TSV Bargteheide TRI | 0:06:18 h | 4 | 0:12:16 h | 3 | 0:18:34 h | 4 | 0:05:21 h | 4 | 0:23:55 h | WSB | 455 |
| 5 | Tietgen, Svea | 03 | VfL Oldesloe | 0:06:56 h | 6 | 0:12:37 h | 4 | 0:19:33 h | 5 | 0:05:29 h | 5 | 0:25:02 h | WSB | 458 |
| 6 | Kückendahl, Vera | 04 | VfL Oldesloe | 0:07:04 h | 7 | 0:12:46 h | 5 | 0:19:50 h | 6 | 0:06:01 h | 6 | 0:25:51 h | WSB | 460 |
| 7 | Ohagen, Lotte | 04 | Lübeck | 0:06:49 h | 5 | 0:14:28 h | 7 | 0:21:17 h | 7 | 0:06:59 h | 7 | 0:28:16 h | WSB | 468 |