

| 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 | Tietgen, Svea | 03 | VfL Oldesloe | 0:08:43 h | 5 | 0:17:38 h | 3 | 0:26:21 h | 4 | 0:10:35 h | 2 | 0:36:56 h | WSA | 305 |
| 2 | Dietzel, Leann | 03 | SG Wasserratten Norderstedt | 0:07:52 h | 1 | 0:19:03 h | 5 | 0:26:55 h | 5 | 0:10:08 h | 1 | 0:37:03 h | WSA | 313 |
| 3 | Bröcker, Julia | 03 | TSV Quellenhaupt Bornhöved | 0:08:39 h | 4 | 0:17:41 h | 4 | 0:26:20 h | 3 | 0:10:46 h | 3 | 0:37:06 h | WSA | 311 |
| 4 | Sievers, Maila | 03 | Ahrensburger TSV | 0:08:32 h | 3 | 0:17:02 h | 1 | 0:25:34 h | 1 | 0:11:59 h | 4 | 0:37:33 h | WSA | 321 |
| 5 | Dési, Ricarda | 03 | VfL Oldesloe TriTeam | 0:08:45 h | 6 | 0:17:24 h | 2 | 0:26:09 h | 2 | 0:12:04 h | 5 | 0:38:13 h | WSA | 318 |
| 6 | Dohrenbusch, Nele | 03 | TSV Quellenhaupt Bornhöved | 0:10:38 h | 7 | 0:19:56 h | 7 | 0:30:34 h | 7 | 0:13:25 h | 6 | 0:43:59 h | WSA | 315 |
| 7 | Pries, Janne | 03 | Tri Sport Lübeck | 0:08:14 h | 2 | 0:19:43 h | 6 | 0:27:57 h | 6 | 0:16:47 h | 8 | 0:44:44 h | WSA | 317 |
| 8 | Meier, Jule | 04 | WSV Wolfenbüttel | 0:10:52 h | 8 | 0:22:37 h | 8 | 0:33:29 h | 8 | 0:15:29 h | 7 | 0:48:58 h | WSA | 322 |