

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Schwimmen | Pos S | Rad | Pos R | Zwischenzeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Altersklasse | Start-Nr. |
|-------|-------------------|----|-------------------------|-----------|-------|-----------|-------|--------------|--------|-----------|-------|-------------|--------------|-----------|
| 1 | Sachtleber, Kai | 71 | 1. TCO "Die Bären" | 0:22:38 h | 1 | 1:22:17 h | 1 | 1:44:55 h | 2 | 0:46:43 h | 1 | 2:31:38,7 h | W AK 35 | 791 |
| 2 | Köck, Kaatje Lisa | 91 | TuS Holtenau Kiel | --- | | --- | | 1:44:40 h | 1 | 0:50:12 h | 4 | 2:34:52,4 h | W JUN | 773 |
| 3 | Petersen, Ulrike | 76 | SG Athletico Büdelsdorf | 0:26:16 h | 3 | 1:24:24 h | 2 | 1:50:40 h | 3 | 0:48:35 h | 2 | 2:39:15,8 h | W AK 30 | 829 |
| 4 | Hinrichsen, Jenny | 84 | LAV Husum | 0:39:07 h | 7 | 1:25:11 h | 3 | 2:04:18 h | 7 | 0:49:02 h | 3 | 2:53:20,2 h | W AK 25 | 821 |
| 5 | Bähr, Ulrike | 69 | USC Kiel | 0:29:40 h | 5 | 1:34:23 h | 5 | 2:04:03 h | 6 | 0:53:54 h | 5 | 2:57:57,1 h | W MK 40 | 752 |
| 6 | Grabow, Britta | 67 | Kaifu-Tri-Team | 0:24:16 h | 2 | 1:38:45 h | 6 | 2:03:01 h | 4 | 0:58:15 h | 7 | 3:01:16,7 h | W MK 40 | 763 |
| 7 | Geisser, Jessica | 78 | Kaifu-Tri-Team | 0:29:15 h | 4 | 1:34:16 h | 4 | 2:03:31 h | 5 | 0:59:26 h | 8 | 3:02:57,6 h | W AK 30 | 760 |
| 8 | Jung, Sigrid | 66 | Hamburg | 0:35:29 h | 6 | 1:40:13 h | 7 | 2:15:42 h | 8 | 0:57:44 h | 6 | 3:13:26,2 h | W MK 40 | 815 |