

| 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 | Jestel, Norwin | 06 | Kiel | 0:01:06 h | 1 | 0:06:39 h | 1 | 0:07:45 h | 1 | 0:01:38 h | 1 | 0:09:23 h | MSC | 370 |
| 2 | Barthel, Mika | 06 | SG Wasserratten Norderstedt | 0:01:16 h | 4 | 0:06:50 h | 2 | 0:08:06 h | 2 | 0:01:47 h | 6 | 0:09:53 h | MSC | 360 |
| 3 | Möhrke, Hennes | 07 | TSV Quellenhaupt Bornhövec | 0:01:13 h | 3 | 0:07:13 h | 5 | 0:08:26 h | 3 | 0:01:41 h | 2 | 0:10:07 h | MSC | 365 |
| 4 | Sandau, Andrea | 06 | TSV Bornhöved | 0:01:19 h | 6 | 0:07:10 h | 4 | 0:08:29 h | 5 | 0:01:42 h | 3 | 0:10:11 h | WSC | 367 |
| 5 | Fischer, Cara | 06 | SG Wasserratten Norderstedt | 0:01:21 h | 7 | 0:07:07 h | 3 | 0:08:28 h | 4 | 0:01:49 h | 7 | 0:10:17 h | WSC | 362 |
| 6 | Detlefs, Leander Amadeus | 07 | Preetz | 0:01:11 h | 2 | 0:07:29 h | 6 | 0:08:40 h | 6 | 0:01:51 h | 10 | 0:10:31 h | MSC | 374 |
| 7 | Hoppe, Lara | 06 | TSV Bargteheide Tri | 0:01:17 h | 5 | 0:07:37 h | 7 | 0:08:54 h | 7 | 0:01:56 h | 12 | 0:10:50 h | WSC | 363 |
| 8 | Samrei, Leo(nie) | 06 | Hamburg | 0:01:23 h | 9 | 0:07:50 h | 8 | 0:09:13 h | 8 | 0:01:46 h | 4 | 0:10:59 h | WSC | 368 |
| 9 | Kelb, Victoria | 06 | TSV Bargteheide Tri | 0:01:24 h | 10 | 0:07:50 h | 8 | 0:09:14 h | 9 | 0:01:46 h | 4 | 0:11:00 h | WSC | 364 |
| 10 | Nissen, Louis | 06 | Jersbek | 0:01:25 h | 12 | 0:07:55 h | 10 | 0:09:20 h | 10 | 0:02:05 h | 13 | 0:11:25 h | MSC | 371 |
| 11 | Wichmann, Lena | 06 | SG Athletico Büdelsdorf | 0:01:24 h | 10 | 0:08:24 h | 12 | 0:09:48 h | 11 | 0:01:50 h | 8 | 0:11:38 h | WSC | 372 |
| 12 | Kallies, Sophie | 07 | TSV Quellenhaupt Bornhövec | 0:01:27 h | 13 | 0:08:22 h | 11 | 0:09:49 h | 12 | 0:01:50 h | 8 | 0:11:39 h | WSC | 366 |
| 13 | Krämer, Jonna | 07 | RTSV Rendburg | 0:01:22 h | 8 | 0:08:28 h | 13 | 0:09:50 h | 13 | 0:01:51 h | 10 | 0:11:41 h | WSC | 373 |