

| | Schwimmen | Radfahren | Laufen | Gesamt |
|---|-----------|-----------|--------|----------------|
| Jun (w) | | | | |
| 1. Baden-Württemberg (Jun (w)) | | | | 3:15:14 |
| Marielle Bouchti | 10:02 | 35:02 | 18:27 | 1:03:32 |
| Mirjam Huber | 9:40 | 35:38 | 19:17 | 1:04:35 |
| Emmely Kaiser | 10:09 | 35:53 | 21:05 | 1:07:07 |
| 2. Niedersachsen (Jun (w)) | | | | 3:16:43 |
| Lilly-Marie Overberg | 10:53 | 35:15 | 19:09 | 1:05:17 |
| Finja Loges | 10:01 | 35:17 | 20:05 | 1:05:23 |
| Emma Langer | 10:52 | 35:11 | 20:00 | 1:06:03 |
| 3. Bayern (Jun (w)) | | | | 3:17:55 |
| Isabel Altendorfer | 10:11 | 34:54 | 18:58 | 1:04:02 |
| Juliane Möllers | 10:07 | 34:59 | 21:33 | 1:06:38 |
| Jule Resselberger | 10:33 | 35:30 | 21:13 | 1:07:15 |
| 4. Nordrhein-Westfalen (Jun (w)) | | | | 3:19:01 |
| Nina Kurth | 10:36 | 35:23 | 19:55 | 1:05:54 |
| Clara Fuchs | 10:50 | 35:19 | 20:05 | 1:06:14 |
| Emma Fahrenson | 10:08 | 36:04 | 20:41 | 1:06:53 |
| 5. Hessen (Jun (w)) | | | | 3:19:08 |
| Johanna Uherek | 10:05 | 35:11 | 18:36 | 1:03:52 |
| Paula Auschill | #Fehler | #Fehler | 20:37 | 1:06:42 |
| Antonia Seemann | 11:29 | 36:57 | 20:07 | 1:08:34 |

| | Schwimmen | Radfahren | Laufen | Gesamt |
|---|-----------|-----------|--------|----------------|
| Jun (m) | | | | |
| 1. Bayern (Jun (m)) | | | | 2:51:54 |
| Tim Semmler | 9:04 | 31:24 | 16:44 | 57:11 |
| Jan Semmler | 8:59 | 31:25 | 16:50 | 57:14 |
| Jan Pluta | 9:24 | 31:58 | 16:08 | 57:29 |
| 2. Baden-Württemberg (Jun (m)) | | | | 2:53:37 |
| Jan Scheffold | 9:18 | 30:59 | 16:29 | 56:45 |
| Lukas Koser | 9:33 | 31:53 | 16:27 | 57:52 |
| Matteo Brian Kozka | #Fehler | #Fehler | 16:51 | 59:00 |
| 3. Sachsen (Jun (m)) | | | | 2:56:42 |
| Jakob von Müller | 8:56 | 31:27 | 17:24 | 57:46 |
| Leander Scheer | 9:41 | 31:48 | 17:18 | 58:46 |
| Yoram Hübl | 9:14 | 32:13 | 18:44 | 1:00:10 |
| 4. Nordrhein-Westfalen (Jun (m)) | | | | 2:58:00 |
| Maximilian Krüger | 8:50 | 32:44 | 17:17 | 58:52 |
| Till Krajenski | 9:13 | 33:00 | 17:01 | 59:14 |
| Joshua Felten | 9:51 | 32:12 | 17:51 | 59:54 |
| 5. Hessen (Jun (m)) | | | | 3:04:45 |
| Adrian Hausding | 9:56 | 33:10 | 17:31 | 1:00:38 |
| Till Binstener | 10:24 | 33:08 | 18:22 | 1:01:54 |
| Mauritz Ehry | 10:35 | 33:55 | 17:43 | 1:02:13 |
| 6. Niedersachsen (Jun (m)) | | | | 3:06:32 |
| Carlo Büscher | 9:45 | 32:26 | 19:13 | 1:01:23 |
| Alexander Weber | 9:56 | 33:23 | 19:09 | 1:02:27 |
| Sam Strohmeyer | 9:59 | 34:03 | 18:40 | 1:02:42 |