

| Platz | Name | Vorname | Verein | Rennen | | Betzdorf | Daaden | Siegquelle | Gesamt |
|-------|----------------|---------|-----------------|-----------|----------|----------|----------|------------|----------|
| 1 | Schmidt | Vanessa | MSC Salzbödetal | HK | w | 11:09,44 | 10:14,70 | | 21:24,14 |
| 2 | Weber | Lisa | RSV Osthelden | HK | w | 13:11,98 | 12:14,74 | | 25:26,72 |

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| 1 | Zacharias | Karla | RSV Daadetal | JU | w | 15:33,21 | 13:36,40 | | 29:09,61 |
| 2 | Ermert | Leonie | RSV Daadetal | JU | w | 16:45,29 | 14:16,80 | | 31:02,09 |

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|---|---------------------|------------|------------------------------|------------|----------|----------|----------|--|----------|
| 1 | Ermert | Christiane | Kern Haus Team Rsg Montabaur | Sen | w | 13:54,14 | 12:22,40 | | 26:16,54 |
| 2 | Stumpf-Meyer | Tanja | RSV Daadetal | Sen | w | 13:51,20 | 12:32,34 | | 26:23,54 |
| 3 | Weiß | Elke | MTB RheinBerg | Sen | w | 17:27,64 | 15:36,90 | | 33:04,54 |