

| Pl | Name, Vorname | Verein | Ges1 | Ges2 | Ges3 | Ges |
|----|----------------------|----------------------|---------|---------|------|------|
| 1 | Quathammer, Keshia | Halsbek | 435(2) | 420(1) | 976 | 1831 |
| 2 | Heibült, Jana | Stapel | 393(5) | 457(2) | 805 | 1655 |
| 3 | Cordemann, Meike | Roggenmoor | 419(3) | 413(3) | 819 | 1651 |
| 4 | Diers, Jasmin | Howiek | 379(7) | 413(5) | 844 | 1636 |
| 5 | Bödecker, Wiebke | Torsholt | 291(23) | 479(9) | 855 | 1625 |
| 6 | Bock, Julia | Stapel | 331(15) | 450(6) | 787 | 1568 |
| 7 | Aschwege von, Birte | Torsholt | 385(6) | 415(4) | 743 | 1543 |
| 8 | Hupens, Jacqueline | Hollwege | 410(4) | 349(11) | 779 | 1538 |
| 9 | Stein, Maren | Halsbek | 357(14) | 406(10) | 767 | 1530 |
| 10 | Frers, Sabrina | Petersfeld | 365(11) | 408(8) | 722 | 1495 |
| 11 | Stöhr, Franziska | Torsholt | 222(29) | 435(20) | 817 | 1474 |
| 12 | Essen von, Fenja | Leuchtenburg | 377(8) | 339(14) | 740 | 1456 |
| 13 | Schliep, Ivonne | Roggenmoor | 367(10) | 412(7) | 668 | 1447 |
| 14 | Helms, Rena | Howiek | 370(9) | 385(12) | 691 | 1446 |
| 15 | Cordemann, Nena | Roggenmoor | 307(19) | 360(18) | 725 | 1392 |
| 16 | Frerichs, Sarah | Petersfeld | 360(13) | 375(13) | 657 | 1392 |
| 17 | Bruns, Frauke | Torsholt | 296(22) | 386(17) | 694 | 1376 |
| 18 | Schürmann, Rabea | Dänikhorst | 329(16) | 380(15) | 648 | 1357 |
| 19 | Hiljegerdes, Talea | Halsbek | 362(12) | 336(16) | 650 | 1348 |
| 20 | Hellmers, Pia Marie | Torsholt | 303(20) | 362(19) | 682 | 1347 |
| 21 | Harbers, Ann-Kathrin | Ohrwege-Ohrwegerfeld | 290(24) | 357(21) | 0 | 647 |
| 22 | Reiher, Miriam | Langebrügge | 309(18) | 332(22) | 0 | 641 |
| 23 | Gerdes, Gesa | Langebrügge | 280(26) | 357(23) | 0 | 637 |
| 24 | Urban, Neele | Torsholt | 298(21) | 295(24) | 0 | 593 |
| 25 | Ahrenholz, Frauke | Stapel | 318(17) | 253(25) | 0 | 571 |
| 26 | Fittje, Julia | Roggenmoor | 264(28) | 299(26) | 0 | 563 |
| 27 | Schröder, Mareike | Langebrügge | 274(27) | 268(27) | 0 | 542 |
| 28 | Ahrenholz, Anke | Stapel | 185(31) | 338(28) | 0 | 523 |
| 29 | Vogts, Saskia | Howiek | 217(30) | 201(30) | 0 | 418 |