

| Platz | Name | Verein | Altersklasse | L1 | L2 | L3 | L4 | L5 | L6 | L7 | L8 | L9 | L10 | L11 | Gesamt |
|-------|---------------------------|-------------------------|--------------|----|----|----|----|----|----|----|----|----|-----|-----|--------|
| 19 | Claußen-Simon, Doris | MTV Heide | W45 | | | | | | | 19 | | | | | 19 |
| 19 | Brügge, Roswitha | TSV Breiholz | W45 | | | | | 19 | | | | | | | 19 |
| 19 | Bornhof, Susanne | www.42,195.de | W45 | 19 | | | | | | | | | | | 19 |
| 24 | Schröder, Silke | | W40 | | | | 18 | | | | | | | | 18 |
| 24 | Rieckmann, Meike | MTV Heide | W40 | | | | | | | 18 | | | | | 18 |
| 24 | Midwer, Elke | Ostroher SC | W45 | | | | | 18 | | | | | | | 18 |
| 24 | Lameter, Anke | | W40 | | 18 | | | | | | | | | | 18 |
| 24 | Junker, Heike | SV Elsdorf | W40 | | | 18 | | | | | | | | | 18 |
| 24 | Blenckner, Anna | Osterbyer SV | W40 | 18 | | | | | | | | | | | 18 |
| 30 | Brunkert, Telse | TSV Kronshagen | W45 | 17 | | | | | | | | | | | 17 |
| 31 | Wolff, Karen | | W45 | | | | | 16 | | | | | | | 16 |
| 31 | Tarnow, Susanne | | W45 | 16 | | | | | | | | | | | 16 |
| 31 | Holm, Gesa | Schülldorfs LT | W40 | | 16 | | | | | | | | | | 16 |
| 31 | Herffs, Brigitte | | W45 | | | | | | | | 16 | | | | 16 |
| 35 | Jeß, Birgit | Brekendorfer TSV | W40 | | | | | 15 | | | | | | | 15 |
| 36 | Luttmann, Maike | TSV Kronshagen | W45 | | | | 14 | | | | | | | | 14 |
| 36 | Heitmann, Britta | | | | | | | | | | | | | 14 | 14 |
| 36 | Gubitz, Claudia | | W40 | | | 14 | | | | | | | | | 14 |
| 36 | Gehlhaar, Petra | | W40 | | | | | | | | | | 14 | | 14 |
| 36 | Christofolini, Astrid | | W40 | | | | | 14 | | | | | | | 14 |
| 41 | Siebke, Katja | | W40 | | | 13 | | | | | | | | | 13 |
| 41 | Sewing, Martina | | W45 | | | | | | | | 13 | | | | 13 |
| 41 | Riemann, Sylvia | | W40 | | | | | | | | | | 13 | | 13 |
| 41 | Petzke, Annett | Vestas Deutschland GmbH | W40 | | | | | 9 | | | | | | 4 | 13 |
| 41 | Bolz, Manuela | LAV Husum | | | | | | | | | | | | 13 | 13 |
| 46 | Stoltenberg, Maren | TSV Breiholz | W40 | | | | | | 12 | | | | | | 12 |
| 46 | Rau, Kerstin | | W45 | | | 12 | | | | | | | | | 12 |
| 46 | Ehlers, Marianne | | W40 | | | | | | | | 12 | | | | 12 |
| 49 | Zimmerman, Gesa | Gettorfer TV | W40 | | | 11 | | | | | | | | | 11 |
| 49 | Schmidt, Merrit | | W45 | | | | | | | | 11 | | | | 11 |
| 49 | Freudenreich-Möller, Iris | kein Verein | W45 | | | | | 11 | | | | | | | 11 |
| 49 | Benz, Heidi | | W40 | | | | | | | 11 | | | | | 11 |
| 49 | Bahr, Maggie | LV Tingborn | W45 | 11 | | | | | | | | | | | 11 |
| 54 | Renner, Jutta | | W45 | 8 | | | | | | | | | | 2 | 10 |
| 54 | Prieß, Christine | Grün-Weiß Bovenau | W40 | | | 10 | | | | | | | | | 10 |
| 54 | Lorenz, Dagmar | Fit und Fun Barmstedt | W45 | | | | | 10 | | | | | | | 10 |
| 54 | Krikau, Briga | SG Athletico Büdelsdorf | W40 | 10 | | | | | | | | | | | 10 |
| 54 | Koch-Mehlert, Heidi | Eckernförder MTV | | | | | | | | | | | | 10 | 10 |
| 54 | Goertz, Jarvia | | W40 | | | | | | | 10 | | | | | 10 |

