

| Name | Verein | Startzeit | V | A | F | Ges. | Startzeit | V | A | F | Ges. | V | A | F | Ges. | Platz | TN DM |
|--|-------------------------|-----------|-----|-----|----|---------|-----------|-----|-----|----|------|--------|-----|----|------|-------|-------|
| Vorlauf | | | | | | Endlauf | | | | | | GESAMT | | | | | |
| Monika Grundmann | Dresdner SV 1910 | 13:30 | 360 | 160 | 7 | 520 | 11:30 | 401 | 172 | 8 | 573 | 761 | 332 | 15 | 1093 | 1. | x |
| Heidrun Gerschler | CSV Siegmar 48 | 15:40 | 353 | 180 | 6 | 533 | 13:45 | 360 | 186 | 3 | 546 | 713 | 366 | 9 | 1079 | 2. | |
| Hannelore Leonhardt | TSV Lichtentanne | 13:30 | 372 | 178 | 1 | 550 | 13:45 | 375 | 148 | 16 | 523 | 747 | 326 | 17 | 1073 | 3. | |
| Margitta Jacob | ESV Dresden | 15:40 | 334 | 181 | 4 | 515 | 11:30 | 392 | 164 | 8 | 556 | 726 | 345 | 12 | 1071 | 4. | x |
| Monika Bogner | SG Turbine Lauta | 14:35 | 363 | 151 | 12 | 514 | 09:15 | 361 | 184 | 9 | 545 | 724 | 335 | 21 | 1059 | 5. | |
| Gabriele Schlegel | SK Markranstädt | 14:35 | 346 | 162 | 10 | 508 | 09:15 | 348 | 202 | 5 | 550 | 694 | 364 | 15 | 1058 | 6. | |
| Gisela Arzig | TSV Lichtentanne | 14:35 | 340 | 167 | 10 | 507 | | | | | | 340 | 167 | 10 | 507 | 7. | |
| Brigitte Hoyer (TV) | KSV Plauen 04 | 15:40 | 355 | 131 | 13 | 486 | | | | | | 355 | 131 | 13 | 486 | 8. | |
| Christine Pilz | ESV Buchholz | 13:30 | 341 | 141 | 16 | 482 | | | | | | 341 | 141 | 16 | 482 | 9. | |
| Ursula Gölker | SV Leipzig 1910 | 13:30 | 347 | 129 | 13 | 476 | | | | | | 347 | 129 | 13 | 476 | 10. | |
| Rositta Appelt | KSV Ottendorf-Okrilla | 14:35 | 342 | 122 | 16 | 464 | | | | | | 342 | 122 | 16 | 464 | 11. | |
| Annedore Ludwig | Post SV Telekom Oschatz | 15:40 | 342 | 107 | 23 | 449 | | | | | | 342 | 107 | 23 | 449 | 12. | |
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| Die sechs Besten qualifizieren sich für den Endlauf am Sonntag, d. 05.Mai 2019 in Markranstädt | | | | | | | | | | | | | | | | | |
| Die zwei Erstplatzierten qualifizieren sich zur DM am 29./30. Juni 2019 in Ludwigshafen/Oggersheim - Margitta Jacob qualifiziert, wenn in Markranstädt unter den ersten fünf | | | | | | | | | | | | | | | | | |