

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|-----------------------|-------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 3948 | Strotmann, Jonas | AC Warendorf | 00:32.36 | | 00:31.54 | | 01:03.90 | 30 |
| 2 | 3008 | Grundkötter, Tobias | AC Oelde | 00:32.20 | | 00:32.09 | | 01:04.29 | 27 |
| 3 | 3031 | Hellweg, Luca | AC Oelde | 00:32.62 | | 00:32.78 | | 01:05.40 | 24 |
| 4 | 3930 | Erlekamp, Nick | AC Warendorf | 00:32.99 | | 00:32.82 | | 01:05.81 | 22 |
| 5 | 3924 | Niemeyer, Paul | AC Warendorf | 00:32.36 | | 00:32.20 | 2 | 01:06.56 | 20 |
| 6 | 1813 | Block, Jan-Nicklas | MSC Harsewinkel | 00:33.45 | | 00:33.19 | | 01:06.64 | 18 |
| 7 | 1929 | Störmer, Janette | MSC Heeren-Werve | 00:33.66 | | 00:33.37 | | 01:07.03 | 16 |
| 8 | 1926 | Krück, Rene | MSC Heeren-Werve | 00:32.73 | | 00:33.12 | 2 | 01:07.85 | 14 |
| 9 | 1827 | Oubina-Hens, Enrique | MSC Harsewinkel | 00:32.51 | 2 | 00:32.12 | 2 | 01:08.63 | 13 |
| 10 | 3012 | Ilgen, Justin | AC Oelde | 00:33.22 | | 00:33.50 | 2 | 01:08.72 | 12 |
| 11 | 3016 | Nordmeyer, Niels | AC Oelde | 00:33.67 | 2 | 00:33.31 | | 01:08.98 | 11 |
| 12 | 3918 | Optenhövel, Alina | AC Warendorf | 00:33.51 | 2 | 00:34.24 | | 01:09.75 | 10 |
| 13 | 4119 | Molano, Lara | MSC Westerkappeln | 00:33.01 | | 00:32.96 | 4 | 01:09.97 | 9 |
| 14 | 2208 | Krutsch, Nadja | AMC Ibbenbüren | 00:34.55 | 2 | 00:33.90 | | 01:10.45 | 8 |
| 15 | 2215 | Krutsch, Dennis | AMC Ibbenbüren | 00:33.89 | | 00:34.57 | 2 | 01:10.46 | 7 |
| 16 | 1810 | Lippert, Anna-Lena | MSC Harsewinkel | 00:36.21 | | 00:34.61 | | 01:10.82 | 6 |
| 17 | 3018 | Rüße, Louis | AC Oelde | 00:34.67 | 2 | 00:35.21 | | 01:11.88 | 5 |
| 18 | 2511 | Schmidt, Henrik | AMSC Lüdinghausen | 00:34.84 | | 00:35.54 | 2 | 01:12.38 | 4 |
| 19 | 1803 | Bolte, Anna-Lena | MSC Harsewinkel | 00:36.24 | | 00:37.05 | | 01:13.29 | 3 |
| 20 | 509 | Dulisch, Phillipp | MSC Beckum | 00:33.61 | | 00:35.72 | 4 | 01:13.33 | 2 |
| 21 | 4106 | Höptner, Moritz | MSC Westerkappeln | 00:34.99 | | 00:37.05 | 2 | 01:14.04 | 1 |
| 22 | 1955 | Bühren, Jonas | MSC Heeren-Werve | 00:33.30 | 4 | 00:33.47 | 4 | 01:14.77 | 1 |
| 23 | 4108 | Henkemeier, Hannes | MSC Westerkappeln | 00:36.07 | 2 | 00:34.82 | 2 | 01:14.89 | 1 |
| 24 | 3023 | Windhövel, Maximilian | AC Oelde | 00:32.79 | 4 | 00:32.25 | 6 | 01:15.04 | 1 |
| 25 | 508 | Hnida, Joshua | MSC Beckum | 00:33.91 | 6 | 00:35.27 | | 01:15.18 | 1 |
| 26 | 3926 | Laudon, Maximilian | AC Warendorf | 00:35.26 | | 00:36.31 | 4 | 01:15.57 | 1 |
| 27 | 3912 | Kletke, Liza Noel | AC Warendorf | 00:35.44 | 2 | 00:37.95 | 2 | 01:17.39 | 1 |
| 28 | 320 | Dinkheller, Jonas | AC Ascheberg | 00:33.95 | 6 | 00:33.60 | 4 | 01:17.55 | 1 |
| 29 | 515 | Vogel, Hendrik | MSC Beckum | 00:39.73 | | 00:37.55 | 2 | 01:19.28 | 1 |
| 30 | 3032 | Ackfeld, Niklas | AC Oelde | 00:38.10 | 4 | 00:37.71 | | 01:19.81 | 1 |
| 31 | 824 | Kajtazi, Benjamin | MSC Bork | 00:38.51 | | 00:35.92 | 6 | 01:20.43 | 1 |
| 32 | 3009 | Portmann, Leon | AC Oelde | 00:37.59 | 4 | 00:41.48 | | 01:23.07 | 1 |
| 33 | 301 | Ante, Léon | AC Ascheberg | 00:38.23 | 4 | 00:38.61 | 4 | 01:24.84 | 1 |
| 34 | 5021 | Leitmann, Eileen | MSC Holzwickede | 00:37.82 | | 00:45.33 | 2 | 01:25.15 | 1 |
| 35 | 2515 | Nettlenbusch, Anna | AMSC Lüdinghausen | 00:38.18 | 6 | 00:39.03 | 2 | 01:25.21 | 1 |
| 36 | 3913 | Hartmann, Marco | AC Warendorf | 00:35.34 | 2 | 00:39.01 | 10 | 01:26.35 | 1 |

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|-------|------|----------------------|-----------------|----------|-----|----------|-----|-----------------|-----|
| 37 | 307 | Blass, Norman | AC Ascheberg | 00:43.46 | 2 | 00:37.43 | 6 | 01:28.89 | 1 |
| 38 | 3909 | Kletke, Kea Sherin | AC Warendorf | 00:37.22 | 14 | 00:36.86 | 2 | 01:30.08 | 1 |
| 39 | 1828 | Stoffregen, Justin | MSC Harsewinkel | 00:35.39 | | 00:30.49 | 30 | 01:35.88 | 1 |
| 40 | 5008 | Borghardt, Paul Luca | MSC Holzwickede | 00:34.98 | 8 | 00:38.80 | 18 | 01:39.78 | 1 |
| 41 | 871 | Basenau, Melina | MSC Bork | 00:38.71 | 12 | 00:41.18 | 8 | 01:39.89 | 1 |
| 42 | 311 | Piel, Sofia | AC Ascheberg | 00:31.27 | 30 | 00:40.69 | | 01:41.96 | 1 |
| 43 | 859 | Schmedt, Robin | MSC Bork | 00:39.90 | 24 | 00:38.12 | 4 | 01:46.02 | 1 |

Zeitnahme: Dawid Wieder, AC Oelde
 Auswertung: Anja Winkler, AC Oelde

Schnellster Lauf: 00:31.54
 (Strotmann, Jonas - 1 / 3948)