

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|---------------------------|-------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 862 | Basenau, Maverick | MSC Bork | 00:45.73 | | 00:45.38 | 2 | 01:33.11 | 30 |
| 2 | 4101 | Höptner, Fynn | MSC Westerkappeln | 00:48.51 | | 00:49.84 | | 01:38.35 | 27 |
| 3 | 2202 | Huckenheimer, Paul | AMC Ibbenbüren | 00:47.05 | | 00:47.42 | 4 | 01:38.47 | 24 |
| 4 | 1807 | Fußner, Maximilian | MSC Harsewinkel | 00:43.94 | 8 | 00:43.52 | 4 | 01:39.46 | 22 |
| 5 | 1805 | Laumann, Nico | MSC Harsewinkel | 00:48.47 | 4 | 00:54.13 | | 01:46.60 | 20 |
| 6 | 3951 | Ellebracht, Jeniel Mauris | AC Warendorf | 00:48.00 | 2 | 00:48.90 | 10 | 01:48.90 | 18 |
| 7 | 3917 | Niemeyer, Hannes | AC Warendorf | 00:45.40 | | 01:00.99 | 4 | 01:50.39 | 16 |
| 8 | 3910 | Spänle, Mathilda | AC Warendorf | 00:46.12 | 6 | 00:54.50 | 8 | 01:54.62 | 14 |
| 9 | 2213 | Krutsch, Veronika | AMC Ibbenbüren | 00:53.78 | 6 | 00:53.09 | 8 | 02:00.87 | 13 |
| 10 | 308 | Harpeniuk, David | AC Ascheberg | 00:54.82 | 14 | 00:49.16 | 12 | 02:09.98 | 12 |
| 11 | 3007 | Windhövel, Josephine | AC Oelde | 00:57.84 | 20 | 00:52.40 | 6 | 02:16.24 | 11 |
| 12 | 1961 | Störmer, Lars Niklas | MSC Heeren-Werve | 01:09.02 | 14 | 00:52.85 | 6 | 02:21.87 | 10 |
| 13 | 3953 | Distler, Mika | AC Warendorf | 01:16.20 | 6 | 00:56.16 | 14 | 02:32.36 | 9 |
| 14 | 821 | Basenau, Devon | MSC Bork | 01:02.47 | 2 | 01:17.55 | 12 | 02:34.02 | 8 |
| 15 | 1812 | Lippert, Jan-Henrik | MSC Harsewinkel | 01:17.18 | | 01:20.64 | 8 | 02:45.82 | 7 |
| 16 | 805 | Knappmann, Jasmin | MSC Bork | 01:40.28 | 8 | 01:26.81 | 14 | 03:29.09 | 6 |

Zeitnahme: Frank
 Auswertung: Zeit Team MSC Heeren Werve

Schnellster Lauf: 00:45.40
 (Niemeyer, Hannes - 7 / 3917)