

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|-------------------------|----------------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 3605 | Kallweit, Mika | OC Siegerland-Nord | 00:36.11 | | 00:36.25 | | 01:12.36 | 30 |
| 2 | 3127 | Blaschke, Justin | MSC Oenetal | 00:35.80 | | 00:36.78 | | 01:12.58 | 27 |
| 3 | 4914 | Lo Bello, Federico | Kiersper RC | 00:36.14 | | 00:36.97 | | 01:13.11 | 24 |
| 4 | 606 | Koch, Tanja | AMC Wittgenstein Bad Berli | 00:36.50 | | 00:36.63 | | 01:13.13 | 22 |
| 5 | 1006 | Saar, Lukas | AMC Burbach | 00:35.56 | | 00:35.70 | 2 | 01:13.26 | 20 |
| 6 | 3107 | Schüttler, Niclas | MSC Oenetal | 00:36.54 | | 00:36.75 | | 01:13.29 | 18 |
| 7 | 3501 | Koch, Michael | MSC Schmallerberg | 00:35.87 | | 00:35.67 | 2 | 01:13.54 | 16 |
| 8 | 1013 | Berg, Maximilian | AMC Burbach | 00:35.95 | 2 | 00:36.08 | | 01:14.03 | 14 |
| 9 | 4314 | Clappert, Nico | AC Hohenseelbachskopf | 00:37.04 | | 00:37.25 | | 01:14.29 | 13 |
| 10 | 3403 | Schulte, Marvin | Olper AC | 00:37.46 | | 00:37.12 | | 01:14.58 | 12 |
| 11 | 3517 | Niederstraßer, David | MSC Schmallerberg | 00:37.16 | | 00:37.44 | | 01:14.60 | 11 |
| 12 | 4501 | Neuhaus, Alexander | MSC Süd Sauerland | 00:35.11 | 4 | 00:35.75 | | 01:14.86 | 10 |
| 13 | 1211 | Effey, Tobias | MSF Cobbenrode | 00:37.81 | | 00:37.69 | | 01:15.50 | 9 |
| 14 | 4910 | Hallmann, Leon | Kiersper RC | 00:37.86 | | 00:37.86 | | 01:15.72 | 8 |
| 15 | 4517 | Lauer, Lena Marie | MSC Süd Sauerland | 00:37.74 | | 00:38.12 | | 01:15.86 | 7 |
| 16 | 410 | Voß, Nico | MSC Lennetal-Bameno | 00:36.12 | 2 | 00:35.89 | 2 | 01:16.01 | 6 |
| 17 | 3102 | Sauer, Nils | MSC Oenetal | 00:37.34 | 2 | 00:36.74 | | 01:16.08 | 5 |
| 18 | 5306 | Haardt, Niclas | MSC Siegerland | 00:37.37 | 2 | 00:37.65 | | 01:17.02 | 4 |
| 19 | 3609 | Kessler, Maren | OC Siegerland-Nord | 00:38.28 | 2 | 00:38.64 | | 01:18.92 | 3 |
| 20 | 3411 | Springob, Jan-Philipp | Olper AC | 00:37.38 | 2 | 00:37.60 | 2 | 01:18.98 | 2 |
| 21 | 2908 | Hofmann, Nick | AMC Obernau | 00:39.82 | | 00:38.55 | 2 | 01:20.37 | 1 |
| 22 | 3619 | Schönfelder, Maximilian | OC Siegerland-Nord | 00:36.13 | 2 | 00:36.39 | 6 | 01:20.52 | 1 |
| 23 | 3606 | Piontek, Linda | OC Siegerland-Nord | 00:37.71 | | 00:39.03 | 4 | 01:20.74 | 1 |
| 24 | 4909 | Büchel, Maurice | Kiersper RC | 00:38.76 | 2 | 00:38.09 | 2 | 01:20.85 | 1 |
| 25 | 2911 | Lanzillotta, Fabrizio | AMC Obernau | 00:36.40 | 2 | 00:38.69 | 4 | 01:21.09 | 1 |
| 26 | 3106 | Runge, André | MSC Oenetal | 00:40.86 | | 00:40.96 | | 01:21.82 | 1 |
| 27 | 2816 | Fick, Markus | MSF Netphen | 00:37.39 | 4 | 00:38.72 | 4 | 01:24.11 | 1 |
| 28 | 406 | Di Marco, Salvatore | MSC Lennetal-Bameno | 00:40.53 | 4 | 00:40.24 | | 01:24.77 | 1 |
| 29 | 409 | Rapp, Enrique | MSC Lennetal-Bameno | 00:37.22 | 2 | 00:38.02 | 10 | 01:27.24 | 1 |
| 30 | 4715 | Wirßing, Marlon | MSC Oeventrop | 00:39.60 | 4 | 00:38.78 | 6 | 01:28.38 | 1 |
| 31 | 3406 | Heik, Robin | Olper AC | 00:40.38 | 4 | 00:41.45 | 6 | 01:31.83 | 1 |
| 32 | 5312 | Bötcher, Fynn | MSC Siegerland | 00:38.67 | 14 | 00:38.09 | 4 | 01:34.76 | 1 |
| 33 | 3424 | Rumpff, Paul | Olper AC | 00:43.05 | 8 | 00:43.06 | 2 | 01:36.11 | 1 |

Zeitnahme: Lothar Kasper
Auswertung: Harald Zawdski

Schnellster Lauf: 00:35.56
(Saar, Lukas - 5 / 1006)