

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|----------------------------|----------------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 4508 | Dumke, Timo | MSC Süd Sauerland | 00:30.96 | | 00:30.86 | | 01:01.82 | 30 |
| 2 | 4511 | Peuser, Shareen | MSC Süd Sauerland | 00:31.18 | | 00:31.12 | | 01:02.30 | 27 |
| 3 | 3123 | Bischopink, Alexander | MSC Oenetal | 00:31.27 | | 00:31.21 | | 01:02.48 | 24 |
| 4 | 901 | Gross, Jan | Briloner AC | 00:31.00 | | 00:30.56 | 2 | 01:03.56 | 22 |
| 5 | 3724 | Bunte, Jannik | MSC Oberruhr Velmede | 00:32.24 | | 00:31.35 | | 01:03.59 | 20 |
| 6 | 903 | Günther, Jannik | Briloner AC | 00:31.89 | | 00:31.80 | | 01:03.69 | 18 |
| 7 | 3409 | Bauer, Maximilian | Olper AC | 00:32.47 | | 00:31.63 | | 01:04.10 | 16 |
| 8 | 1001 | Eckhardt, Lorenz | AMC Burbach | 00:32.38 | | 00:32.44 | | 01:04.82 | 14 |
| 9 | 4920 | Schwarzkopf, Rudolf | Kiersper RC | 00:32.34 | | 00:32.75 | | 01:05.09 | 13 |
| 10 | 4516 | Maas, Marc-Pascal | MSC Süd Sauerland | 00:31.78 | | 00:31.49 | 2 | 01:05.27 | 12 |
| 11 | 3714 | Smorra, Gina-Maria | MSC Oberruhr Velmede | 00:31.95 | | 00:31.75 | 2 | 01:05.70 | 11 |
| 12 | 5302 | Diehl, Jannik | MSC Siegerland | 00:32.13 | 2 | 00:31.66 | | 01:05.79 | 10 |
| 13 | 3415 | Verbücheln, Nico | Olper AC | 00:31.92 | | 00:31.91 | 2 | 01:05.83 | 9 |
| 14 | 4915 | Lo Bello, Francesco | Kiersper RC | 00:31.82 | | 00:32.13 | 2 | 01:05.95 | 8 |
| 15 | 909 | van Dijk, Yannick-Bastiaan | Briloner AC | 00:32.54 | | 00:31.83 | 2 | 01:06.37 | 7 |
| 16 | 902 | Becker, Leon | Briloner AC | 00:33.15 | 2 | 00:31.94 | | 01:07.09 | 6 |
| 17 | 3101 | Sauer, Lars | MSC Oenetal | 00:32.88 | 2 | 00:32.33 | | 01:07.21 | 5 |
| 18 | 4502 | Laux, Fabian | MSC Süd Sauerland | 00:33.02 | 2 | 00:32.67 | | 01:07.69 | 4 |
| 19 | 4303 | Jung, Justin | AC Hohenseelbachkopf | 00:34.60 | | 00:33.28 | | 01:07.88 | 3 |
| 20 | 426 | Brandt, Johan | MSC Lennetal-Bamenohl | 00:31.76 | 2 | 00:30.78 | 4 | 01:08.54 | 2 |
| 21 | 5311 | Pizzurro, Alessandro | MSC Siegerland | 00:32.43 | 2 | 00:32.33 | 2 | 01:08.76 | 1 |
| 22 | 613 | Fuchs, Katja | AMC Wittgenstein Bad Berli | 00:33.24 | | 00:32.40 | 4 | 01:09.64 | 1 |
| 23 | 4916 | Fischer, Jacques | Kiersper RC | 00:33.93 | 2 | 00:31.95 | 2 | 01:09.88 | 1 |
| 24 | 1029 | Obenlüneschloß, Robin | AMC Burbach | 00:38.16 | | 00:32.77 | | 01:10.93 | 1 |
| 25 | 404 | Müller, Andre | MSC Lennetal-Bamenohl | 00:33.06 | 4 | 00:32.80 | 4 | 01:13.86 | 1 |
| 26 | 4906 | Müller, Elina | Kiersper RC | 00:32.90 | 4 | 00:33.13 | 4 | 01:14.03 | 1 |
| 27 | 2805 | Kleiner, Jan Robin | MSF Netphen | 00:36.11 | 2 | 00:35.09 | 2 | 01:15.20 | 1 |
| 28 | 2904 | Schelhas, Vera | AMC Obernau | 00:31.47 | 10 | 00:31.32 | 4 | 01:16.79 | 1 |
| 29 | 3412 | Schmidt, Jan-Niklas | Olper AC | 00:33.72 | 4 | 00:35.02 | 16 | 01:28.74 | 1 |

Zeitnahme: Thomas Frisse
Auswertung: Luca Putzu

Schnellster Lauf: 00:30.86
(Dumke, Timo - 1 / 4508)