

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|----------------------|----------------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 5410 | Voss, Carolin | AJT des AC Lüdenscheid / I | 00:41.20 | | 00:41.51 | | 01:22.71 | 30 |
| 2 | 2015 | Tschasche, Mick | MFC Auf dem Schnee Herd | 00:40.18 | 2 | 00:41.52 | | 01:23.70 | 27 |
| 3 | 1604 | Klein, Malon | Hagener AC 05 | 00:39.45 | 2 | 00:41.04 | 2 | 01:24.49 | 24 |
| 4 | 4439 | Sossna, Lennard | MSC Bergstadt Rüthen | 00:42.30 | | 00:40.55 | 2 | 01:24.85 | 22 |
| 5 | 1714 | Vogl, Eric | RC Haltern | 00:40.77 | 4 | 00:41.43 | 4 | 01:30.20 | 20 |
| 6 | 4009 | Boss, Tilo | MSF Warstein | 00:41.55 | 4 | 00:43.09 | 4 | 01:32.64 | 18 |
| 7 | 4426 | Schnitger, Nico | MSC Bergstadt Rüthen | 00:43.64 | 2 | 00:45.54 | 2 | 01:33.18 | 16 |
| 8 | 1710 | Rehberg, Julien-Noel | RC Haltern | 00:42.84 | 2 | 00:44.78 | 4 | 01:33.62 | 14 |
| 9 | 4621 | Jahn, Colin | AMC Hamm | 00:44.44 | 2 | 00:43.88 | 4 | 01:34.32 | 13 |
| 10 | 1704 | Beckmann, Niklas | RC Haltern | 00:41.62 | 2 | 00:41.50 | 12 | 01:37.12 | 12 |
| 11 | 2002 | Bohnert, Justin | MFC Auf dem Schnee Herd | 00:41.48 | 10 | 00:43.98 | 2 | 01:37.46 | 11 |
| 12 | 4613 | Harder, Daven | AMC Hamm | 00:44.71 | 2 | 00:46.32 | 6 | 01:39.03 | 10 |
| 13 | 8711 | Glow, Lucille | AMC Schwelm | 00:42.90 | 12 | 00:43.85 | 2 | 01:40.75 | 9 |
| 14 | 4201 | Köhler, Robin | MSC Helle | 00:46.62 | | 00:52.79 | 4 | 01:43.41 | 8 |
| 15 | 5405 | Krasniqi, Luan | AJT des AC Lüdenscheid / I | 00:46.85 | 4 | 00:49.85 | 4 | 01:44.70 | 7 |
| 16 | 4434 | Kühle, Jan | MSC Bergstadt Rüthen | 00:47.70 | 2 | 00:49.03 | 6 | 01:44.73 | 6 |
| 17 | 8705 | Müller, Lara Elena | AMC Schwelm | 00:46.33 | 6 | 00:48.73 | 8 | 01:49.06 | 5 |
| 18 | 3842 | Klug, Kevin | AMC Waltrop | 00:44.66 | 18 | 00:43.96 | 4 | 01:50.62 | 4 |
| 19 | 1708 | Hackenberg, Louis | RC Haltern | 00:59.71 | 6 | 00:46.50 | | 01:52.21 | 3 |
| 20 | 4414 | Boumann, Cara Mia | MSC Bergstadt Rüthen | 00:54.43 | 2 | 00:58.74 | 2 | 01:57.17 | 2 |

Zeitnahme: Sabine Bürger
Auswertung: Barbara Henke

Schnellster Lauf: 00:41.20
(Voss, Carolin - 1 / 5410)