

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3924	Niemeyer, Paul	AC Warendorf	00:32.47		00:32.96		01:05.43	30
2	3948	Strotmann, Jonas	AC Warendorf	00:32.57		00:32.08	2	01:06.65	27
3	1423	Gross, Julian	MSV Dulmania	00:33.21		00:34.05		01:07.26	24
4	3921	Meimann, Luis	AC Warendorf	00:31.87		00:34.28	2	01:08.15	22
5	3008	Grundkötter, Tobias	AC Oelde	00:32.64	2	00:33.63		01:08.27	20
6	1822	Schlie, Phil	MSC Harsewinkel	00:32.05	2	00:32.49	2	01:08.54	18
7	3018	Rüße, Louis	AC Oelde	00:33.62		00:33.87	2	01:09.49	16
8	831	Lobe, Nico Sebastian	MSC Bork	00:34.19		00:35.49		01:09.68	14
9	3920	Rose, Jonathan	AC Warendorf	00:35.43		00:34.53		01:09.96	13
10	3019	Hovestadt, Joel	AC Oelde	00:35.36		00:34.64		01:10.00	12
11	3012	Ilgen, Justin	AC Oelde	00:34.22		00:35.95		01:10.17	11
12	1813	Block, Jan-Nicklas	MSC Harsewinkel	00:37.30		00:32.95		01:10.25	10
13	2511	Schmidt, Henrik	AMSC Lüdinghausen	00:35.46		00:35.45		01:10.91	9
14	1955	Bühren, Jonas	MSC Heeren-Werve	00:34.30		00:35.18	2	01:11.48	8
15	2537	Blass, Normen	AMSC Lüdinghausen	00:35.74		00:35.77		01:11.51	7
16	5008	Borghardt, Paul Luca	MSC Holzwickede	00:34.76	2	00:34.77		01:11.53	6
17	3026	Ruddigkeit, Lars	AC Oelde	00:33.32	2	00:36.40		01:11.72	5
18	871	Basenau, Melina	MSC Bork	00:34.68	2	00:33.34	2	01:12.02	4
19	3926	Laudon, Maximilian	AC Warendorf	00:34.20		00:36.44	2	01:12.64	3
20	3918	Optenhövel, Alina	AC Warendorf	00:34.80	4	00:34.13		01:12.93	2
21	4108	Henkemeier, Hannes	MSC Westerkappeln	00:33.60		00:34.81	6	01:14.41	1
22	2504	Harlake, Luca	AMSC Lüdinghausen	00:35.39	2	00:35.22	2	01:14.61	1
23	2508	Nettlenbusch, Jan Leon	AMSC Lüdinghausen	00:37.16	2	00:35.79		01:14.95	1
24	4106	Höptner, Moritz	MSC Westerkappeln	00:35.90	2	00:36.46	2	01:16.36	1
25	3913	Hartmann, Marco	AC Warendorf	00:38.39		00:38.19		01:16.58	1
26	2538	Piel, Sofia	AMSC Lüdinghausen	00:34.44	2	00:37.38	4	01:17.82	1
27	1408	Seelandt, Nils-Alexander	MSV Dulmania	00:37.19	2	00:38.29	2	01:19.48	1
28	2506	Lodde, Kevin	AMSC Lüdinghausen	00:38.32		00:41.46		01:19.78	1
29	2515	Nettlenbusch, Anna	AMSC Lüdinghausen	00:37.21	2	00:36.65	4	01:19.86	1
30	2518	Sommer, Yves	AMSC Lüdinghausen	00:37.22	2	00:40.76		01:19.98	1
31	1420	Alexi, Lena	MSV Dulmania	00:38.22	4	00:35.95	4	01:22.17	1
32	2507	Barts, Jens	AMSC Lüdinghausen	00:36.03		00:44.68	6	01:26.71	1
33	1815	Gothe, Patrick	MSC Harsewinkel	00:35.37	2	00:39.62	10	01:26.99	1
34	843	Meisner, Daniel	MSC Bork	00:36.75	10	00:38.47	2	01:27.22	1
35	828	Küselich, Tim Jonas	MSC Bork	00:41.92	6	00:39.29	2	01:29.21	1
36	4107	Cord, Marvin	MSC Westerkappeln	00:37.19	2	00:38.42	12	01:29.61	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	1835	Schulte-Frankenfeld, Carlo	MSC Harsewinkel	00:36.37	6	00:46.66	10	01:39.03	1
38	2520	Deeke, Loreen	AMSC Lüdinghausen	00:39.47	2	00:51.86	8	01:41.33	1
39	830	Jarosz, Niko	MSC Bork	00:41.17	22	00:40.45	2	01:45.62	1
40	2532	Lütke Brochtrup, Paul	AMSC Lüdinghausen	00:58.62	8	00:37.20	2	01:45.82	1
41	2546	Klatetzki, Melissa	AMSC Lüdinghausen	00:42.24		00:45.77	22	01:50.01	1
42	2707	Elferich, Benedikt	AC Münster	00:50.15		01:14.36	2	02:06.51	1
43	3020	Eube, Leon-Gabriel	AC Oelde	00:50.20	34	00:42.68	2	02:08.88	1
44	2702	Elferich, Nils	AC Münster	01:03.11	14	00:58.80	10	02:25.91	1

Zeitnahme: MSC Holzwickede
 Auswertung: MSC Heeren - Werve

Schnellster Lauf: 00:31.87
 (Meimann, Luis - 4 / 3921)