

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|--------------------------|-------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 3008 | Grundkötter, Tobias | AC Oelde | 00:34.94 | | 00:35.40 | | 01:10.34 | 30 |
| 2 | 3948 | Strotmann, Jonas | AC Warendorf | 00:34.96 | | 00:35.71 | | 01:10.67 | 27 |
| 3 | 3918 | Optenhövel, Alina | AC Warendorf | 00:36.08 | | 00:36.98 | | 01:13.06 | 24 |
| 4 | 1822 | Schlie, Phil | MSC Harsewinkel | 00:37.12 | | 00:36.25 | | 01:13.37 | 22 |
| 5 | 3018 | Rüße, Louis | AC Oelde | 00:36.50 | | 00:37.74 | | 01:14.24 | 20 |
| 6 | 3924 | Niemeyer, Paul | AC Warendorf | 00:34.98 | | 00:36.14 | 4 | 01:15.12 | 18 |
| 7 | 1813 | Block, Jan-Nicklas | MSC Harsewinkel | 00:38.34 | | 00:37.15 | | 01:15.49 | 16 |
| 8 | 3026 | Ruddigkeit, Lars | AC Oelde | 00:38.04 | | 00:38.15 | | 01:16.19 | 14 |
| 9 | 3012 | Ilgen, Justin | AC Oelde | 00:36.54 | 2 | 00:37.76 | | 01:16.30 | 13 |
| 10 | 3926 | Laudon, Maximilian | AC Warendorf | 00:36.12 | 2 | 00:36.31 | 2 | 01:16.43 | 12 |
| 11 | 1423 | Gross, Julian | MSV Dulmania | 00:37.92 | | 00:38.56 | | 01:16.48 | 11 |
| 12 | 3921 | Meimann, Luis | AC Warendorf | 00:36.45 | | 00:37.71 | 4 | 01:18.16 | 10 |
| 13 | 831 | Lobe, Nico Sebastian | MSC Bork | 00:38.84 | | 00:39.37 | | 01:18.21 | 9 |
| 14 | 2537 | Blass, Normen | AMSC Lüdinghausen | 00:40.87 | | 00:37.71 | | 01:18.58 | 8 |
| 15 | 3913 | Hartmann, Marco | AC Warendorf | 00:38.11 | | 00:40.59 | | 01:18.70 | 7 |
| 16 | 2508 | Nettlenbusch, Jan Leon | AMSC Lüdinghausen | 00:41.37 | | 00:38.84 | | 01:20.21 | 6 |
| 17 | 2208 | Krutsch, Nadja | AMC Ibbenbüren | 00:40.97 | | 00:39.35 | 2 | 01:22.32 | 5 |
| 18 | 1955 | Bühren, Jonas | MSC Heeren-Werve | 00:38.05 | 2 | 00:37.63 | 6 | 01:23.68 | 4 |
| 19 | 3919 | Herzog, Alexander | AC Warendorf | 00:40.52 | | 00:41.30 | 2 | 01:23.82 | 3 |
| 20 | 871 | Basenau, Melina | MSC Bork | 00:37.95 | 4 | 00:40.12 | 2 | 01:24.07 | 2 |
| 21 | 3923 | Kletke, Finn Bennett | AC Warendorf | 00:39.54 | 6 | 00:39.77 | 2 | 01:27.31 | 1 |
| 22 | 5008 | Borghardt, Paul Luca | MSC Holzwickede | 00:42.47 | | 00:41.58 | 4 | 01:28.05 | 1 |
| 23 | 843 | Meisner, Daniel | MSC Bork | 00:41.56 | 4 | 00:41.24 | 2 | 01:28.80 | 1 |
| 24 | 2511 | Schmidt, Henrik | AMSC Lüdinghausen | 00:39.68 | | 00:45.23 | 6 | 01:30.91 | 1 |
| 25 | 2504 | Harlake, Luca | AMSC Lüdinghausen | 00:40.81 | 8 | 00:40.13 | 2 | 01:30.94 | 1 |
| 26 | 4108 | Henkemeier, Hannes | MSC Westerkappeln | 00:40.33 | 12 | 00:38.65 | | 01:30.98 | 1 |
| 27 | 2518 | Sommer, Yves | AMSC Lüdinghausen | 00:46.95 | 4 | 00:42.18 | | 01:33.13 | 1 |
| 28 | 855 | Dolinar, Lara | MSC Bork | 00:42.25 | | 00:42.85 | 12 | 01:37.10 | 1 |
| 29 | 1815 | Gothe, Patrick | MSC Harsewinkel | 00:41.64 | | 00:42.46 | 16 | 01:40.10 | 1 |
| 30 | 2515 | Nettlenbusch, Anna | AMSC Lüdinghausen | 00:41.70 | 10 | 00:40.50 | 8 | 01:40.20 | 1 |
| 31 | 1408 | Seelandt, Nils-Alexander | MSV Dulmania | 00:50.47 | 2 | 00:49.45 | 2 | 01:43.92 | 1 |
| 32 | 3920 | Rose, Jonathan | AC Warendorf | 00:36.73 | 4 | 00:37.47 | 26 | 01:44.20 | 1 |
| 33 | 2546 | Klatetzki, Melissa | AMSC Lüdinghausen | 00:48.80 | 6 | 00:45.51 | 8 | 01:48.31 | 1 |
| 34 | 2507 | Barts, Jens | AMSC Lüdinghausen | 00:47.21 | 24 | 00:39.17 | 2 | 01:52.38 | 1 |
| 35 | 2520 | Deeke, Loreen | AMSC Lüdinghausen | 00:55.19 | | 00:53.23 | 4 | 01:52.42 | 1 |
| 36 | 2203 | Bauer, Anja | AMC Ibbenbüren | 00:55.40 | 6 | 00:52.02 | 2 | 01:55.42 | 1 |

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|-------|------|----------------------------|-------------------|----------|-----|----------|-----|-----------------|-----|
| 37 | 4107 | Cord, Marvin | MSC Westerkappeln | 00:53.39 | 4 | 00:42.35 | 16 | 01:55.74 | 1 |
| 38 | 2532 | Lütke Brochtrup, Paul | AMSC Lüdinghausen | 00:57.31 | 16 | 00:47.42 | 6 | 02:06.73 | 1 |
| 39 | 2702 | Elferich, Nils | AC Münster | 00:52.68 | 22 | 01:00.78 | 6 | 02:21.46 | 1 |
| 40 | 2707 | Elferich, Benedikt | AC Münster | 01:12.99 | 6 | 01:01.20 | 6 | 02:26.19 | 1 |
| 41 | 2538 | Piel, Sofia | AMSC Lüdinghausen | 00:46.86 | 60 | 00:40.75 | 6 | 02:33.61 | 1 |
| 42 | 1835 | Schulte-Frankenfeld, Carlo | MSC Harsewinkel | 00:55.29 | 78 | 00:42.68 | 6 | 03:01.97 | 1 |

Zeitnahme: AC Warendorf
 Auswertung: MSC Heeren Werve

Schnellster Lauf: 00:34.94
 (Grundkötter, Tobias - 1 / 3008)