

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|------------------------|-------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 1813 | Block, Jan-Nicklas | MSC Harsewinkel | 00:34.02 | | 00:33.41 | | 01:07.43 | 30 |
| 2 | 3918 | Optenhövel, Alina | AC Warendorf | 00:35.30 | | 00:35.63 | | 01:10.93 | 27 |
| 3 | 3018 | Rüße, Louis | AC Oelde | 00:34.84 | 2 | 00:35.67 | | 01:12.51 | 24 |
| 4 | 2504 | Harlake, Luca | AMSC Lüdinghausen | 00:36.23 | | 00:36.45 | | 01:12.68 | 22 |
| 5 | 1827 | Oubina-Hens, Enrique | MSC Harsewinkel | 00:34.50 | 2 | 00:34.38 | 2 | 01:12.88 | 20 |
| 6 | 3023 | Windhövel, Maximilian | AC Oelde | 00:35.54 | | 00:37.35 | | 01:12.89 | 18 |
| 7 | 3930 | Erlekamp, Nick | AC Warendorf | 00:34.62 | | 00:38.33 | | 01:12.95 | 16 |
| 8 | 1803 | Bolte, Anna-Lena | MSC Harsewinkel | 00:33.81 | 2 | 00:33.50 | 4 | 01:13.31 | 14 |
| 9 | 2537 | Blasse, Norman | AMSC Lüdinghausen | 00:38.94 | | 00:34.74 | | 01:13.68 | 13 |
| 10 | 3924 | Niemeyer, Paul | AC Warendorf | 00:34.31 | 4 | 00:33.62 | 2 | 01:13.93 | 12 |
| 11 | 1404 | Gross, Julian | MSV Dulmania | 00:35.82 | 2 | 00:36.25 | | 01:14.07 | 11 |
| 12 | 831 | Lobe, Nico Sebastian | MSC Bork | 00:34.02 | 4 | 00:35.19 | 2 | 01:15.21 | 10 |
| 13 | 3008 | Grundkötter, Tobias | AC Oelde | 00:34.64 | | 00:33.45 | 8 | 01:16.09 | 9 |
| 14 | 3012 | Ilgen, Justin | AC Oelde | 00:35.40 | 4 | 00:35.50 | 2 | 01:16.90 | 8 |
| 15 | 3948 | Strotmann, Jonas | AC Warendorf | 00:34.91 | 4 | 00:34.23 | 4 | 01:17.14 | 7 |
| 16 | 3926 | Laudon, Maximilian | AC Warendorf | 00:35.73 | | 00:35.88 | 6 | 01:17.61 | 6 |
| 17 | 3039 | Lieckenbröcker, Tobias | AC Oelde | 00:35.41 | 2 | 00:35.14 | 6 | 01:18.55 | 5 |
| 18 | 4108 | Henkemeier, Hannes | MSC Westerkappeln | 00:36.23 | 4 | 00:37.02 | 2 | 01:19.25 | 4 |
| 19 | 2515 | Nettlenbusch, Anna | AMSC Lüdinghausen | 00:37.26 | 2 | 00:38.11 | 2 | 01:19.37 | 3 |
| 20 | 1801 | Aistermann, Marvin | MSC Harsewinkel | 00:34.72 | 2 | 00:34.24 | 10 | 01:20.96 | 2 |
| 21 | 3016 | Nordmeyer, Niels | AC Oelde | 00:34.47 | 6 | 00:34.93 | 6 | 01:21.40 | 1 |
| 22 | 2513 | Deeke, Vivien | AMSC Lüdinghausen | 00:37.40 | 4 | 00:36.25 | 4 | 01:21.65 | 1 |
| 23 | 2528 | Albrecht, Melina | AMSC Lüdinghausen | 00:40.08 | | 00:39.61 | 2 | 01:21.69 | 1 |
| 24 | 2203 | Bauer, Anja | AMC Ibbenbüren | 00:40.33 | | 00:42.92 | | 01:23.25 | 1 |
| 25 | 859 | Schmedt, Robin | MSC Bork | 00:39.04 | | 00:40.71 | 4 | 01:23.75 | 1 |
| 26 | 5020 | Gronemeyer, Robin | MSC Holzwickede | 00:37.89 | 6 | 00:37.88 | 2 | 01:23.77 | 1 |
| 27 | 2538 | Piel, Sofia | AMSC Lüdinghausen | 00:39.58 | 6 | 00:49.72 | 4 | 01:39.30 | 1 |
| 28 | 2201 | Spiekermann, Lisanne | AMC Ibbenbüren | 00:40.53 | 10 | 00:40.29 | 12 | 01:42.82 | 1 |
| 29 | 5012 | Baurumian, Valera | MSC Holzwickede | 00:40.36 | 20 | 00:39.26 | 8 | 01:47.62 | 1 |
| 30 | 2534 | Klatetzki, Kevin | AMSC Lüdinghausen | 00:53.65 | 4 | 00:36.55 | 14 | 01:48.20 | 1 |
| 31 | 843 | Meisner, Daniel | MSC Bork | 00:51.03 | 18 | 00:35.29 | 12 | 01:56.32 | 1 |
| 32 | 4101 | Bonfert, Florian | MSC Westerkappeln | 00:43.24 | 20 | 00:44.75 | 26 | 02:13.99 | 1 |

Zeitnahme: MSC Harsewinkel
Auswertung: Team Heeren Werve

Schnellster Lauf: 00:33.41
(Block, Jan-Nicklas - 1 / 1813)