

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|---------------------------|-------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 3916 | Optenhövel, Nick | AC Warendorf | 00:34.16 | | 00:34.17 | | 01:08.33 | 30 |
| 2 | 1821 | Oubina-Hens, Elias | MSC Harsewinkel | 00:34.99 | | 00:34.76 | | 01:09.75 | 27 |
| 3 | 1804 | Ostermann, Tom | MSC Harsewinkel | 00:34.60 | | 00:35.20 | | 01:09.80 | 24 |
| 4 | 3950 | Peichl, Niklas | AC Warendorf | 00:35.40 | | 00:34.72 | | 01:10.12 | 22 |
| 5 | 3907 | Spänle, Oskar | AC Warendorf | 00:34.00 | | 00:34.60 | 2 | 01:10.60 | 20 |
| 6 | 2202 | Huckenheimer, Paul | AMC Ibbenbüren | 00:34.16 | 2 | 00:35.09 | | 01:11.25 | 18 |
| 7 | 839 | Emich, Jonathan | MSC Bork | 00:35.64 | | 00:35.84 | | 01:11.48 | 16 |
| 8 | 1817 | Bolte, Jannek | MSC Harsewinkel | 00:35.73 | | 00:35.85 | | 01:11.58 | 14 |
| 9 | 1961 | Störmer, Lars Niklas | MSC Heeren-Werve | 00:36.60 | | 00:36.10 | | 01:12.70 | 13 |
| 10 | 5018 | Leitmann, Justin | MSC Holzwickede | 00:36.22 | | 00:36.50 | | 01:12.72 | 12 |
| 11 | 3007 | Windhövel, Josephine | AC Oelde | 00:35.87 | | 00:37.12 | | 01:12.99 | 11 |
| 12 | 2207 | Haack, Marco | AMC Ibbenbüren | 00:35.94 | 2 | 00:35.15 | | 01:13.09 | 10 |
| 13 | 5027 | Baumgart, Pepe | MSC Holzwickede | 00:35.95 | 2 | 00:35.97 | | 01:13.92 | 9 |
| 14 | 4104 | Illmann, Paul | MSC Westerkappeln | 00:36.49 | 2 | 00:36.01 | | 01:14.50 | 8 |
| 15 | 1801 | Häsner, Yannik | MSC Harsewinkel | 00:36.86 | | 00:37.70 | | 01:14.56 | 7 |
| 16 | 3904 | Dobe, Joel Pascal | AC Warendorf | 00:36.55 | | 00:37.24 | 2 | 01:15.79 | 6 |
| 17 | 4117 | Greskamp, Jason | MSC Westerkappeln | 00:37.98 | | 00:38.38 | | 01:16.36 | 5 |
| 18 | 3029 | Engelhardt, Eric | AC Oelde | 00:37.95 | | 00:38.48 | | 01:16.43 | 4 |
| 19 | 3013 | Rothfeld, Tim | AC Oelde | 00:37.11 | 2 | 00:37.72 | | 01:16.83 | 3 |
| 20 | 1401 | Kopylov, Konstantin | MSV Dulmania | 00:36.84 | 2 | 00:36.65 | 2 | 01:17.49 | 2 |
| 21 | 3951 | Ellebracht, Jeniel Mauris | AC Warendorf | 00:34.86 | 4 | 00:35.36 | 4 | 01:18.22 | 1 |
| 22 | 3954 | Distler, Matthes | AC Warendorf | 00:35.86 | 4 | 00:35.51 | 4 | 01:19.37 | 1 |
| 23 | 849 | Meisner, Erick | MSC Bork | 00:36.57 | | 00:37.55 | 6 | 01:20.12 | 1 |
| 24 | 2209 | Pesiridis, Anatolios | AMC Ibbenbüren | 00:38.26 | | 00:38.00 | 4 | 01:20.26 | 1 |
| 25 | 2208 | Reidinskei, Anna | AMC Ibbenbüren | 00:39.22 | 2 | 00:39.17 | | 01:20.39 | 1 |
| 26 | 1824 | Kampschnieder, Levin | MSC Harsewinkel | 00:40.31 | 2 | 00:40.28 | | 01:22.59 | 1 |
| 27 | 1918 | Brand, Henrik | MSC Heeren-Werve | 00:38.51 | | 00:38.49 | 6 | 01:23.00 | 1 |
| 28 | 2523 | Albrecht, Leanne | AMSC Lüdinghausen | 00:39.46 | 6 | 00:38.78 | 4 | 01:28.24 | 1 |
| 29 | 2502 | Klatetzki, Justin Philip | AMSC Lüdinghausen | 00:42.60 | 4 | 00:42.20 | | 01:28.80 | 1 |
| 30 | 4116 | Schnathorst, Giuliano | MSC Westerkappeln | 00:40.23 | 8 | 00:40.55 | 2 | 01:30.78 | 1 |
| 31 | 1903 | Franke, Michael | MSC Heeren-Werve | 00:42.18 | 4 | 00:42.68 | 2 | 01:30.86 | 1 |
| 32 | 1907 | Levenig, Christopher | MSC Heeren-Werve | 00:40.64 | 2 | 00:43.74 | 10 | 01:36.38 | 1 |

Zeitnahme: AMC Ibbenbüren
Auswertung: Team Trohl

Schnellster Lauf: 00:34.00
(Spänle, Oskar - 5 / 3907)