

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|---------------------------|-------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 3916 | Optenhövel, Nick | AC Warendorf | 00:32.11 | | 00:32.47 | | 01:04.58 | 30 |
| 2 | 1821 | Oubina-Hens, Elias | MSC Harsewinkel | 00:32.80 | | 00:32.23 | | 01:05.03 | 27 |
| 3 | 1804 | Ostermann, Tom | MSC Harsewinkel | 00:32.42 | | 00:32.85 | | 01:05.27 | 24 |
| 4 | 1817 | Bolte, Jannek | MSC Harsewinkel | 00:33.39 | | 00:33.43 | | 01:06.82 | 22 |
| 5 | 5018 | Leitmann, Justin | MSC Holzwickede | 00:33.72 | | 00:33.37 | | 01:07.09 | 20 |
| 6 | 3954 | Distler, Matthes | AC Warendorf | 00:33.55 | | 00:33.59 | | 01:07.14 | 18 |
| 7 | 839 | Emich, Jonathan | MSC Bork | 00:33.91 | | 00:33.51 | | 01:07.42 | 16 |
| 8 | 3950 | Peichl, Niklas | AC Warendorf | 00:32.03 | 4 | 00:31.89 | | 01:07.92 | 14 |
| 9 | 3007 | Windhövel, Josephine | AC Oelde | 00:33.70 | | 00:34.40 | | 01:08.10 | 13 |
| 10 | 3904 | Dobe, Joel Pascal | AC Warendorf | 00:34.21 | | 00:34.15 | | 01:08.36 | 12 |
| 11 | 2202 | Huckenheimer, Paul | AMC Ibbenbüren | 00:34.58 | | 00:33.88 | | 01:08.46 | 11 |
| 12 | 3951 | Ellebracht, Jeniel Mauris | AC Warendorf | 00:31.91 | 4 | 00:32.68 | | 01:08.59 | 10 |
| 13 | 1401 | Kopylov, Konstantin | MSV Dulmania | 00:34.12 | | 00:34.73 | | 01:08.85 | 9 |
| 14 | 4104 | Illmann, Paul | MSC Westerkappeln | 00:34.84 | | 00:34.16 | | 01:09.00 | 8 |
| 15 | 1961 | Störmer, Lars Niklas | MSC Heeren-Werve | 00:34.47 | | 00:34.69 | | 01:09.16 | 7 |
| 16 | 2207 | Haack, Marco | AMC Ibbenbüren | 00:34.38 | | 00:34.82 | | 01:09.20 | 6 |
| 17 | 5027 | Baumgart, Pepe | MSC Holzwickede | 00:32.72 | 2 | 00:32.67 | 2 | 01:09.39 | 5 |
| 18 | 3029 | Engelhardt, Eric | AC Oelde | 00:36.02 | | 00:35.30 | | 01:11.32 | 4 |
| 19 | 1801 | Häsner, Yannik | MSC Harsewinkel | 00:34.26 | | 00:34.25 | 4 | 01:12.51 | 3 |
| 20 | 849 | Meisner, Erick | MSC Bork | 00:34.00 | 4 | 00:34.76 | | 01:12.76 | 2 |
| 21 | 4117 | Greskamp, Jason | MSC Westerkappeln | 00:36.66 | | 00:36.65 | | 01:13.31 | 1 |
| 22 | 2502 | Klatetzki, Justin Philip | AMSC Lüdinghausen | 00:35.86 | | 00:35.61 | 2 | 01:13.47 | 1 |
| 23 | 3907 | Spänle, Oskar | AC Warendorf | 00:31.51 | 12 | 00:31.42 | | 01:14.93 | 1 |
| 24 | 1824 | Kampschnieder, Levin | MSC Harsewinkel | 00:38.77 | | 00:37.25 | | 01:16.02 | 1 |
| 25 | 2209 | Pesiridis, Anatolios | AMC Ibbenbüren | 00:35.85 | | 00:37.27 | 4 | 01:17.12 | 1 |
| 26 | 1918 | Brand, Henrik | MSC Heeren-Werve | 00:40.05 | | 00:37.76 | | 01:17.81 | 1 |
| 27 | 1921 | Kleinemas, Lars | MSC Heeren-Werve | 00:40.36 | | 00:37.73 | | 01:18.09 | 1 |
| 28 | 1907 | Levenig, Christopher | MSC Heeren-Werve | 00:37.48 | 4 | 00:36.95 | | 01:18.43 | 1 |
| 29 | 2523 | Albrecht, Leanne | AMSC Lüdinghausen | 00:34.92 | 12 | 00:33.34 | 2 | 01:22.26 | 1 |
| 30 | 1903 | Franke, Michael | MSC Heeren-Werve | 00:41.65 | | 00:40.64 | | 01:22.29 | 1 |
| 31 | 3013 | Rothfeld, Tim | AC Oelde | 00:45.05 | 4 | 00:33.97 | | 01:23.02 | 1 |
| 32 | 4116 | Schnathorst, Giuliano | MSC Westerkappeln | 00:37.14 | | 00:43.49 | 6 | 01:26.63 | 1 |

Zeitnahme: Lüdinghausen
Auswertung: Team Trohl

Schnellster Lauf: 00:31.42
(Spänle, Oskar - 23 / 3907)