

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|---------------------------|-------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 3907 | Spänle, Oskar | AC Warendorf | 00:41.22 | | 00:41.91 | | 01:23.13 | 30 |
| 2 | 1804 | Ostermann, Tom | MSC Harsewinkel | 00:41.73 | | 00:41.87 | | 01:23.60 | 27 |
| 3 | 1821 | Oubina-Hens, Elias | MSC Harsewinkel | 00:42.26 | | 00:42.12 | | 01:24.38 | 24 |
| 4 | 3950 | Peichl, Niklas | AC Warendorf | 00:41.47 | | 00:42.22 | 2 | 01:25.69 | 22 |
| 5 | 3916 | Optenhövel, Nick | AC Warendorf | 00:40.91 | 2 | 00:42.02 | 2 | 01:26.93 | 20 |
| 6 | 5027 | Baumgart, Pepe | MSC Holzwickede | 00:43.97 | | 00:44.12 | | 01:28.09 | 18 |
| 7 | 4104 | Illmann, Paul | MSC Westerkappeln | 00:43.67 | | 00:44.51 | | 01:28.18 | 16 |
| 8 | 5018 | Leitmann, Justin | MSC Holzwickede | 00:43.39 | 2 | 00:43.79 | | 01:29.18 | 14 |
| 9 | 849 | Meisner, Erick | MSC Bork | 00:43.66 | | 00:43.66 | 2 | 01:29.32 | 13 |
| 10 | 3951 | Ellebracht, Jeniel Mauris | AC Warendorf | 00:42.90 | 2 | 00:43.87 | 2 | 01:30.77 | 12 |
| 11 | 2202 | Huckenheimer, Paul | AMC Ibbenbüren | 00:44.53 | | 00:44.47 | 2 | 01:31.00 | 11 |
| 12 | 1401 | Kopylov, Konstantin | MSV Dulmania | 00:45.86 | 2 | 00:44.27 | | 01:32.13 | 10 |
| 13 | 5019 | Borghardt, Tom Hendrik | MSC Holzwickede | 00:44.76 | | 00:45.71 | 2 | 01:32.47 | 9 |
| 14 | 1801 | Häsner, Yannik | MSC Harsewinkel | 00:46.47 | | 00:46.22 | | 01:32.69 | 8 |
| 15 | 1961 | Störmer, Lars Niklas | MSC Heeren-Werve | 00:43.54 | 4 | 00:43.47 | 2 | 01:33.01 | 7 |
| 16 | 3007 | Windhövel, Josephine | AC Oelde | 00:43.96 | 2 | 00:45.41 | 2 | 01:33.37 | 6 |
| 17 | 3013 | Rothfeld, Tim | AC Oelde | 00:45.69 | 4 | 00:44.47 | | 01:34.16 | 5 |
| 18 | 3954 | Distler, Matthes | AC Warendorf | 00:42.22 | 10 | 00:42.58 | | 01:34.80 | 4 |
| 19 | 3029 | Engelhardt, Eric | AC Oelde | 00:44.70 | 2 | 00:45.46 | 4 | 01:36.16 | 3 |
| 20 | 1817 | Bolte, Jannek | MSC Harsewinkel | 00:43.05 | | 00:43.25 | 10 | 01:36.30 | 2 |
| 21 | 2209 | Pesiridis, Anatolios | AMC Ibbenbüren | 00:45.77 | 4 | 00:44.58 | 2 | 01:36.35 | 1 |
| 22 | 1824 | Kampschnieder, Levin | MSC Harsewinkel | 00:46.30 | | 00:48.16 | 2 | 01:36.46 | 1 |
| 23 | 839 | Emich, Jonathan | MSC Bork | 00:45.09 | 6 | 00:44.74 | 4 | 01:39.83 | 1 |
| 24 | 2523 | Albrecht, Leanne | AMSC Lüdinghausen | 00:46.26 | 4 | 00:44.01 | 6 | 01:40.27 | 1 |
| 25 | 2207 | Haack, Marco | AMC Ibbenbüren | 00:45.75 | 4 | 00:47.98 | 4 | 01:41.73 | 1 |
| 26 | 4116 | Schnathorst, Giuliano | MSC Westerkappeln | 00:47.67 | 6 | 00:49.42 | 4 | 01:47.09 | 1 |
| 27 | 1907 | Levenig, Christopher | MSC Heeren-Werve | 00:52.88 | 6 | 00:49.81 | 6 | 01:54.69 | 1 |
| 28 | 1903 | Franke, Michael | MSC Heeren-Werve | 00:55.12 | 10 | 00:53.24 | 2 | 02:00.36 | 1 |
| 29 | 1921 | Kleinemas, Lars | MSC Heeren-Werve | 00:58.95 | 2 | 00:54.99 | 6 | 02:01.94 | 1 |
| 30 | 1918 | Brand, Henrik | MSC Heeren-Werve | 00:48.20 | 46 | 00:47.48 | 12 | 02:33.68 | 1 |

Zeitnahme: AC Oelde
Auswertung: Team Oelde

Schnellster Lauf: 00:41.22
(Spänle, Oskar - 1 / 3907)