

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|-------------------------|-----------------------------|----------|-----|----------|-----|----------|-----|
| 1 | 2116 | Jürgensmeyer, Devin | MSC Herten | 00:36.40 | | 00:36.28 | | 01:12.68 | 30 |
| 2 | 3008 | Grundkötter, Tobias | AC Oelde | 00:36.89 | | 00:36.23 | | 01:13.12 | 27 |
| 3 | 2123 | Epler, Calvin | MSC Herten | 00:36.98 | | 00:36.26 | | 01:13.24 | 24 |
| 4 | 1013 | Berg, Maximilian | AMC Burbach | 00:36.80 | | 00:36.88 | | 01:13.68 | 22 |
| 5 | 3018 | Rüße, Louis | AC Oelde | 00:37.25 | | 00:36.89 | | 01:14.14 | 20 |
| 6 | 4501 | Neuhaus, Alexander | MSC Süd Sauerland | 00:36.94 | | 00:37.25 | | 01:14.19 | 18 |
| 7 | 3918 | Optenhövel, Alina | AC Warendorf | 00:37.16 | | 00:37.08 | | 01:14.24 | 16 |
| 8 | 1637 | Anders, Jan | Hagener AC 05 | 00:37.50 | | 00:36.92 | | 01:14.42 | 14 |
| 9 | 410 | Voß, Nico | MSC Lennetal-Bamenohl | 00:37.11 | | 00:37.37 | | 01:14.48 | 13 |
| 10 | 4403 | Enthof, Annika | MSC Bergstadt Rütten | 00:37.69 | | 00:36.82 | | 01:14.51 | 12 |
| 11 | 1813 | Block, Jan-Niklas | MSC Harsewinkel | 00:37.75 | | 00:36.86 | | 01:14.61 | 11 |
| 12 | 1009 | Lasota, Julian | AMC Burbach | 00:37.59 | | 00:37.23 | | 01:14.82 | 10 |
| 13 | 1822 | Schlie, Phil | MSC Harsewinkel | 00:37.99 | | 00:37.38 | | 01:15.37 | 9 |
| 14 | 8710 | Dittrich, Lennart | AMC Schwelm | 00:38.05 | | 00:37.45 | | 01:15.50 | 8 |
| 15 | 4813 | Boss, Leon | MSC Soester Börde | 00:37.95 | | 00:37.74 | | 01:15.69 | 7 |
| 16 | 4418 | Schnitger, Marvin | MSC Bergstadt Rütten | 00:37.64 | | 00:38.24 | | 01:15.88 | 6 |
| 17 | 3127 | Blaschke, Justin | MSC Oenetal | 00:38.13 | | 00:37.83 | | 01:15.96 | 5 |
| 18 | 2012 | Tschasche, Niklas | MFC Auf dem Schnee Herdecke | 00:36.97 | | 00:37.06 | 2 | 01:16.03 | 4 |
| 19 | 1011 | Schmal, Tim | AMC Burbach | 00:37.21 | 2 | 00:37.31 | | 01:16.52 | 3 |
| 20 | 3926 | Laudon, Maximilian | AC Warendorf | 00:37.75 | 2 | 00:37.02 | | 01:16.77 | 2 |
| 21 | 4304 | Engel, Paul | AC Hohenseelbachkopf | 00:37.24 | | 00:37.77 | 2 | 01:17.01 | 1 |
| 22 | 3009 | Strotmann, Jonas | AC Oelde | 00:37.59 | 2 | 00:38.08 | | 01:17.67 | 1 |
| 23 | 4108 | Henkemeier, Hannes | MSC Westerkappeln | 00:37.96 | | 00:38.11 | 2 | 01:18.07 | 1 |
| 24 | 4207 | Hübinger, Daniel | MSC Helle | 00:38.22 | | 00:37.89 | 2 | 01:18.11 | 1 |
| 25 | 1808 | Hüning, Maik | MSC Harsewinkel | 00:39.11 | | 00:39.70 | | 01:18.81 | 1 |
| 26 | 1608 | Sechtin, Tim | Hagener AC 05 | 00:38.63 | 2 | 00:38.96 | | 01:19.59 | 1 |
| 27 | 3406 | Heik, Robin | Olper AC | 00:37.20 | | 00:36.74 | 6 | 01:19.94 | 1 |
| 28 | 4712 | Lemos, Robin | MSC Oeventrop | 00:37.45 | 4 | 00:37.40 | 2 | 01:20.85 | 1 |
| 29 | 3012 | Ilgen, Justin | AC Oelde | 00:38.49 | 6 | 00:38.25 | 2 | 01:24.74 | 1 |
| 30 | 3619 | Schönfelder, Maximilian | OC Siegerland-Nord | 00:38.26 | 2 | 00:37.61 | 8 | 01:25.87 | 1 |

Zeitnahme: Lena Bause
 Auswertung: Victoria Hackländer

Schnellster Lauf: 00:36.23
 (Grundkötter, Tobias - 2 / 3008)