

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|-----------------------------|-------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 1838 | Neisens, Luis | MSC Harsewinkel | 00:34.81 | 2 | 00:35.56 | | 01:12.37 | 30 |
| 2 | 3003 | Prangemeier, Tom | AC Oelde | 00:35.14 | | 00:36.01 | 2 | 01:13.15 | 27 |
| 3 | 1802 | Ostermann, Nick | MSC Harsewinkel | 00:36.75 | | 00:37.17 | | 01:13.92 | 24 |
| 4 | 2531 | Graf, Dominik | AMSC Lüdinghausen | 00:36.82 | | 00:37.32 | | 01:14.14 | 22 |
| 5 | 1823 | Pohler, Marius | MSC Harsewinkel | 00:37.72 | | 00:37.56 | | 01:15.28 | 20 |
| 6 | 2219 | Rolleder, Andreas | AMC Ibbenbüren | 00:37.81 | | 00:37.62 | | 01:15.43 | 18 |
| 7 | 2545 | Symanowski, Finn | AMSC Lüdinghausen | 00:38.78 | | 00:37.64 | | 01:16.42 | 16 |
| 8 | 3004 | Wilsins, Kai | AC Oelde | 00:36.26 | 4 | 00:36.75 | | 01:17.01 | 14 |
| 9 | 804 | Besbes, Niklas Maximilian | MSC Bork | 00:38.08 | 2 | 00:36.79 | 2 | 01:18.87 | 13 |
| 10 | 1837 | Bückmann, Lennart | MSC Harsewinkel | 00:39.17 | 4 | 00:36.46 | | 01:19.63 | 12 |
| 11 | 1814 | King, Sarah-Louise | MSC Harsewinkel | 00:36.67 | | 00:37.31 | 6 | 01:19.98 | 11 |
| 12 | 1809 | Ille, Maximilian | MSC Harsewinkel | 00:35.98 | 4 | 00:36.17 | 4 | 01:20.15 | 10 |
| 13 | 4105 | Teske, Philip | MSC Westerkappeln | 00:38.64 | 2 | 00:39.71 | | 01:20.35 | 9 |
| 14 | 4106 | Dresler, Lotta | MSC Westerkappeln | 00:38.57 | 2 | 00:39.99 | | 01:20.56 | 8 |
| 15 | 1830 | Alterbaum Esquius, Marti | MSC Harsewinkel | 00:39.04 | | 00:38.11 | 4 | 01:21.15 | 7 |
| 16 | 834 | Wünsch, Yannick | MSC Bork | 00:37.64 | 4 | 00:38.24 | 2 | 01:21.88 | 6 |
| 17 | 4119 | Brown, Shane | MSC Westerkappeln | 00:38.63 | 2 | 00:38.50 | 4 | 01:23.13 | 5 |
| 18 | 2211 | Fliehe, Julian | AMC Ibbenbüren | 00:37.31 | 4 | 00:37.88 | 4 | 01:23.19 | 4 |
| 19 | 857 | Finke, Franzisca | MSC Bork | 00:40.81 | 2 | 00:39.08 | 2 | 01:23.89 | 3 |
| 20 | 3911 | Peitz, Annbritt | AC Warendorf | 00:41.12 | 2 | 00:41.08 | | 01:24.20 | 2 |
| 21 | 810 | Pohlmann, Lillith | MSC Bork | 00:38.33 | 2 | 00:40.02 | 4 | 01:24.35 | 1 |
| 22 | 823 | Brüning, Axel | MSC Bork | 00:38.61 | 2 | 00:40.05 | 4 | 01:24.66 | 1 |
| 23 | 1913 | Förthmann, Mathis | MSC Heeren-Werve | 00:39.28 | | 00:39.77 | 6 | 01:25.05 | 1 |
| 24 | 1805 | Hoyermann, Til | MSC Harsewinkel | 00:41.84 | 2 | 00:41.48 | | 01:25.32 | 1 |
| 25 | 806 | Besbes, Leonie Sophie | MSC Bork | 00:39.07 | 2 | 00:40.71 | 4 | 01:25.78 | 1 |
| 26 | 5007 | Arnold, Fabian | MSC Holzwickede | 00:41.19 | | 00:43.40 | 4 | 01:28.59 | 1 |
| 27 | 3913 | Tumminello, Alessandro Ninc | AC Warendorf | 00:40.15 | 6 | 00:40.79 | 4 | 01:30.94 | 1 |
| 28 | 2203 | Rolleder, Manuel | AMC Ibbenbüren | 00:48.18 | | 00:40.90 | 2 | 01:31.08 | 1 |
| 29 | 4112 | Stickelbroeck, Nils | MSC Westerkappeln | 00:43.43 | 6 | 00:41.20 | 6 | 01:36.63 | 1 |
| 30 | 2513 | Kortstiege, Simon | AMSC Lüdinghausen | 00:37.34 | 2 | 00:41.35 | 26 | 01:46.69 | 1 |
| 31 | 2204 | Sahnov, Leon Noah | AMC Ibbenbüren | 00:52.35 | 2 | 00:46.91 | 8 | 01:49.26 | 1 |
| 32 | 4111 | Dresler, Finn | MSC Westerkappeln | 00:37.48 | 2 | 01:04.32 | 8 | 01:51.80 | 1 |

Zeitnahme: Holzwickede
Auswertung: Holzwickede

Schnellster Lauf: 00:35.14
(Prangemeier, Tom - 2 / 3003)