

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|--------------------------|---------------------------|----------|-----|----------|-----|-----------------|-----|
| 1 | 3425 | Stahlhacke, Theo | Olper AC | 00:39.11 | | 00:35.13 | | 01:14.24 | 30 |
| 2 | 4515 | Nöcker, Tobias | MSC Süd Sauerland | 00:39.30 | | 00:35.62 | | 01:14.92 | 27 |
| 3 | 907 | Rust, Sebastian | Briloner AC | 00:40.11 | | 00:36.27 | | 01:16.38 | 24 |
| 4 | 1019 | Kwasnik, Lukas | AMC Burbach | 00:38.22 | 2 | 00:34.28 | 2 | 01:16.50 | 22 |
| 5 | 1017 | Rothe, Luis | AMC Burbach | 00:38.93 | | 00:35.80 | 2 | 01:16.73 | 20 |
| 6 | 3730 | Siewers, Kimi | MSC Oberruhr Velmede | 00:36.28 | 2 | 00:39.38 | | 01:17.66 | 18 |
| 7 | 4510 | Lauer, Kevin | MSC Süd Sauerland | 00:39.67 | | 00:36.39 | 2 | 01:18.06 | 16 |
| 8 | 911 | Menke, Phil | Briloner AC | 00:41.09 | | 00:37.23 | | 01:18.32 | 14 |
| 9 | 620 | Funk, Fabian | AMC Wittgenstein Bad Berl | 00:38.40 | | 00:38.05 | 2 | 01:18.45 | 13 |
| 10 | 1218 | Reimer, Julian | MSF Cobbenrode | 00:38.41 | 2 | 00:38.78 | | 01:19.19 | 12 |
| 11 | 3607 | Lindenschmidt, Hannes | OC Siegerland-Nord | 00:39.53 | | 00:36.75 | 4 | 01:20.28 | 11 |
| 12 | 401 | Di Marco, Daniel | MSC Lennetal-Bamenoehl | 00:38.01 | | 00:36.95 | 6 | 01:20.96 | 10 |
| 13 | 611 | Fuchs, Tom | AMC Wittgenstein Bad Berl | 00:36.48 | 2 | 00:38.54 | 4 | 01:21.02 | 9 |
| 14 | 3519 | Knoche, Robin | MSC Schmallenberg | 00:41.82 | 2 | 00:38.49 | | 01:22.31 | 8 |
| 15 | 2907 | Köninger, Anton | AMC Obernau | 00:39.78 | 2 | 00:40.67 | | 01:22.45 | 7 |
| 16 | 3612 | Scherer, Niko | OC Siegerland-Nord | 00:38.80 | 2 | 00:35.72 | 6 | 01:22.52 | 6 |
| 17 | 3614 | Kücük, Can Emre | OC Siegerland-Nord | 00:38.25 | 8 | 00:37.06 | | 01:23.31 | 5 |
| 18 | 1005 | Egbetamah, Kelvin Akpors | AMC Burbach | 00:41.13 | | 00:36.40 | 6 | 01:23.53 | 4 |
| 19 | 612 | Walter, Jan-Erik | AMC Wittgenstein Bad Berl | 00:35.53 | 2 | 00:37.01 | 10 | 01:24.54 | 3 |
| 20 | 908 | Bender, Taylor | Briloner AC | 00:42.07 | | 00:38.51 | 4 | 01:24.58 | 2 |
| 21 | 1004 | Schneider, Leon Odin | AMC Burbach | 00:39.22 | 4 | 00:36.18 | 8 | 01:27.40 | 1 |
| 22 | 3707 | Koerdt, Paul | MSC Oberruhr Velmede | 00:37.98 | | 00:40.50 | 12 | 01:30.48 | 1 |
| 23 | 1020 | Kringe, Ben Lukas | AMC Burbach | 00:40.47 | 10 | 00:36.73 | 4 | 01:31.20 | 1 |
| 24 | 4730 | Bräutigam, Vivien | MSC Oeventrop | 00:45.31 | 2 | 00:42.86 | 2 | 01:32.17 | 1 |
| 25 | 3502 | Weisheit, Luca | MSC Schmallenberg | 00:42.09 | 16 | 00:38.07 | 2 | 01:38.16 | 1 |
| 26 | 3706 | Kunze, Mathis | MSC Oberruhr Velmede | 00:37.13 | 18 | 00:38.86 | 8 | 01:41.99 | 1 |
| 27 | 3511 | Heimes, Fabio | MSC Schmallenberg | 00:44.15 | 10 | 00:40.29 | 10 | 01:44.44 | 1 |
| 28 | 3717 | Hüwel, Jacqueline | MSC Oberruhr Velmede | 00:42.80 | 10 | 00:43.13 | 18 | 01:53.93 | 1 |

Zeitnahme:
Auswertung: Oliver Tiebe

Schnellster Lauf: 00:35.13
(Stahlhacke, Theo - 1 / 3425)