

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|---------------------------|-----------------------------|----------|-----|----------|-----|----------|-----|
| 1 | 1807 | Fußner, Maximilian | MSC Harsewinkel | 00:35.21 | | 00:35.93 | | 01:11.14 | 30 |
| 2 | 1019 | Kwasnik, Lukas | AMC Burbach | 00:36.47 | | 00:36.28 | | 01:12.75 | 27 |
| 3 | 4515 | Nöcker, Tobias | MSC Süd Sauerland | 00:36.29 | | 00:36.50 | | 01:12.79 | 24 |
| 4 | 3910 | Spänle, Mathilda | AC Warendorf | 00:36.94 | | 00:36.47 | | 01:13.41 | 22 |
| 5 | 3025 | Lenort, Rico | AC Oelde | 00:36.89 | | 00:37.54 | | 01:14.43 | 20 |
| 6 | 3951 | Ellebracht, Jeniel Mauris | AC Warendorf | 00:36.46 | 2 | 00:35.98 | | 01:14.44 | 18 |
| 7 | 618 | Adler, Tim | AMC Wittgenstein Bad Berlet | 00:37.80 | | 00:36.70 | | 01:14.50 | 16 |
| 8 | 1604 | Klein, Malon | Hagener AC 05 | 00:38.06 | | 00:36.64 | | 01:14.70 | 14 |
| 9 | 2202 | Huckenheimer, Paul | AMC Ibbenbüren | 00:37.84 | | 00:37.01 | | 01:14.85 | 13 |
| 10 | 4434 | Kühle, Jan | MSC Bergstadt Rüthen | 00:37.54 | | 00:37.73 | | 01:15.27 | 12 |
| 11 | 3425 | Stahlhacke, Theo | Olper AC | 00:38.04 | | 00:37.28 | | 01:15.32 | 11 |
| 12 | 612 | Walter, Jan-Erik | AMC Wittgenstein Bad Berlet | 00:37.90 | | 00:37.56 | | 01:15.46 | 10 |
| 13 | 833 | Jüngling, Kai | MSC Bork | 00:36.73 | 2 | 00:36.76 | | 01:15.49 | 9 |
| 14 | 1721 | Fortmann, Joan | RC Haltern | 00:37.79 | | 00:37.72 | | 01:15.51 | 8 |
| 15 | 1017 | Rothe, Luis | AMC Burbach | 00:37.91 | | 00:37.67 | | 01:15.58 | 7 |
| 16 | 1005 | Egbetamah, Kelvin Akpors | AMC Burbach | 00:38.06 | | 00:37.54 | | 01:15.60 | 6 |
| 17 | 3909 | Exeler, Noah | AC Warendorf | 00:36.94 | 2 | 00:36.67 | | 01:15.61 | 5 |
| 18 | 4439 | Sossna, Lennard | MSC Bergstadt Rüthen | 00:38.34 | | 00:37.32 | | 01:15.66 | 4 |
| 19 | 2107 | Warich, Marlon | MSC Herten | 00:38.42 | | 00:37.33 | | 01:15.75 | 3 |
| 20 | 401 | Di Marco, Daniel | MSC Lennetal-Bamenoehl | 00:38.04 | 2 | 00:36.68 | | 01:16.72 | 2 |
| 21 | 4426 | Schnitger, Nico | MSC Bergstadt Rüthen | 00:36.68 | | 00:36.07 | 4 | 01:16.75 | 1 |
| 22 | 1218 | Reimer, Julian | MSF Cobbenrode | 00:37.17 | | 00:35.81 | 4 | 01:16.98 | 1 |
| 23 | 1828 | Lasthaus, Tim | MSC Harsewinkel | 00:37.78 | | 00:37.37 | 2 | 01:17.15 | 1 |
| 24 | 839 | Emich, Jonathan | MSC Bork | 00:38.11 | 2 | 00:37.38 | | 01:17.49 | 1 |
| 25 | 4613 | Harder, Daven | AMC Hamm | 00:37.29 | 4 | 00:37.43 | | 01:18.72 | 1 |
| 26 | 1806 | Edler, Niklas | MSC Harsewinkel | 00:38.34 | 2 | 00:38.40 | | 01:18.74 | 1 |
| 27 | 1004 | Schneider, Leon Odin | AMC Burbach | 00:37.81 | 2 | 00:37.40 | 2 | 01:19.21 | 1 |
| 28 | 4808 | Boss, Tilo | MSC Soester Börde | 00:37.01 | 4 | 00:36.30 | 2 | 01:19.31 | 1 |
| 29 | 2015 | Tschasche, Mick | MFC Auf dem Schnee Herdeck | 00:36.89 | | 00:37.14 | 6 | 01:20.03 | 1 |
| 30 | 1720 | Streitberg, Norick | RC Haltern | 00:38.41 | 2 | 00:38.41 | 2 | 01:20.82 | 1 |

Zeitnahme: S. Sechtin
Auswertung: B. Treek

Schnellster Lauf: 00:35.21
(Fußner, Maximilian - 1 / 1807)