

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|-----------------------|-----------------------------|----------|-----|----------|-----|----------|-----|
| 1 | 2606 | Habicht, Tim | AMSC Marl-Hüls | 00:38.14 | | 00:36.97 | | 01:15.11 | 30 |
| 2 | 8706 | Finke, Alexander | AMC Schwelm | 00:36.86 | 2 | 00:37.48 | 2 | 01:18.34 | 27 |
| 3 | 1610 | de Padova, Noah | Hagener AC 05 | 00:37.22 | 2 | 00:37.67 | 2 | 01:18.89 | 24 |
| 4 | 606 | Koch, Tanja | AMC Wittgenstein Bad Berlet | 00:39.04 | | 00:38.60 | 2 | 01:19.64 | 22 |
| 5 | 2813 | Morbach, Joschua | MSF Netphen | 00:37.87 | 2 | 00:38.07 | 2 | 01:19.94 | 20 |
| 6 | 1712 | Körnig, Justin | RC Haltern | 00:39.54 | 2 | 00:38.42 | | 01:19.96 | 18 |
| 7 | 4634 | Hellweg, Luca | AMC Hamm | 00:40.46 | | 00:40.50 | | 01:20.96 | 16 |
| 8 | 1817 | Hovestadt, Joel | MSC Harsewinkel | 00:40.86 | | 00:40.64 | | 01:21.50 | 14 |
| 9 | 507 | Wenzel, Noah | MSC Beckum | 00:40.10 | | 00:39.67 | 2 | 01:21.77 | 13 |
| 10 | 2608 | Mönig, Nikolas | AMSC Marl-Hüls | 00:38.39 | 2 | 00:39.51 | 2 | 01:21.90 | 12 |
| 11 | 2515 | Albers, Tobias | AMSC Lüdinghausen | 00:39.70 | 2 | 00:38.53 | 2 | 01:22.23 | 11 |
| 12 | 3411 | Springob, Jan-Philipp | Olper AC | 00:40.63 | 2 | 00:40.47 | | 01:23.10 | 10 |
| 13 | 4119 | Molano, Lara | MSC Westerkappeln | 00:39.63 | 4 | 00:38.52 | 2 | 01:24.15 | 9 |
| 14 | 4314 | Klappert, Nico | AC Hohenseelbachkopf | 00:38.29 | 2 | 00:42.15 | 2 | 01:24.44 | 8 |
| 15 | 3814 | Petruschinski, Marvin | AMC Waltrop | 00:42.22 | | 00:42.98 | | 01:25.20 | 7 |
| 16 | 2533 | Krück, Rene | AMSC Lüdinghausen | 00:42.43 | | 00:41.29 | 4 | 01:27.72 | 6 |
| 17 | 1813 | Block, Jan-Nicklas | MSC Harsewinkel | 00:41.18 | 6 | 00:38.64 | 2 | 01:27.82 | 5 |
| 18 | 910 | Löhr, Tim Niklas | Briloner AC | 00:41.96 | 8 | 00:38.42 | | 01:28.38 | 4 |
| 19 | 1611 | Klein, Tilo | Hagener AC 05 | 00:44.74 | | 00:43.31 | 2 | 01:30.05 | 3 |
| 20 | 3604 | Neuhaus, Alexander | OC Siegerland-Nord | 00:43.73 | 2 | 00:42.28 | 4 | 01:32.01 | 2 |
| 21 | 3102 | Sauer, Nils | MSC Oenetal | 00:42.87 | 2 | 00:43.48 | 4 | 01:32.35 | 1 |
| 22 | 2214 | Rokach, Jan | AMC Ibbenbüren | 00:42.31 | 4 | 00:44.21 | 2 | 01:32.52 | 1 |
| 23 | 2517 | Stobbe, Pierre Andre | AMSC Lüdinghausen | 00:43.23 | 4 | 00:43.66 | 2 | 01:32.89 | 1 |
| 24 | 2816 | Fick, Markus | MSF Netphen | 00:42.38 | 6 | 00:42.04 | 4 | 01:34.42 | 1 |
| 25 | 3812 | Winterberg, Leon | AMC Waltrop | 00:45.67 | 4 | 00:45.52 | 2 | 01:37.19 | 1 |
| 26 | 1006 | Saar, Lukas | AMC Burbach | 00:39.29 | 4 | 00:42.94 | 14 | 01:40.23 | 1 |
| 27 | 1423 | Gross, Julian | MSV Dulmania | 00:43.03 | 10 | 00:46.76 | 2 | 01:41.79 | 1 |
| 28 | 4403 | Enthof, Annika | MSC Bergstadt Rüthen | 00:52.99 | 4 | 00:45.73 | 2 | 01:44.72 | 1 |
| 29 | 1929 | Störmer, Janette | MSC Heeren-Werve | 00:40.59 | 4 | 00:49.00 | 12 | 01:45.59 | 1 |

Zeitnahme: H.Wolff
Auswertung: B.Treek

Schnellster Lauf: 00:36.97
(Habicht, Tim - 1 / 2606)