

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|-----------------------|-----------------------------|----------|-----|----------|-----|----------|-----|
| 1 | 409 | Krämer, Christopher | MSC Lennetal-Bamenohl | 00:32.89 | | 00:33.00 | | 01:05.89 | 30 |
| 2 | 4104 | Freese, Steffen | MSC Westerkappeln | 00:33.39 | | 00:32.79 | | 01:06.18 | 27 |
| 3 | 1616 | Hasenpusch, Kirsten | Hagener AC 05 | 00:33.23 | | 00:33.01 | | 01:06.24 | 24 |
| 4 | 519 | Link, Robin | MSC Beckum | 00:33.16 | | 00:33.13 | | 01:06.29 | 22 |
| 5 | 421 | Schneidersmann, Peter | MSC Lennetal-Bamenohl | 00:33.28 | | 00:33.13 | | 01:06.41 | 20 |
| 6 | 4510 | Peuser, Sina | MSC Süd Sauerland | 00:33.41 | | 00:33.02 | | 01:06.43 | 18 |
| 7 | 3921 | Petermann, Daniel | AC Warendorf | 00:33.22 | | 00:33.30 | | 01:06.52 | 16 |
| 8 | 3916 | Gorny, Franziska | AC Warendorf | 00:33.47 | | 00:33.08 | | 01:06.55 | 14 |
| 9 | 3605 | Hahn, Julien | OC Siegerland-Nord | 00:33.21 | | 00:33.42 | | 01:06.63 | 13 |
| 10 | 4708 | Pöttgen, Niklas | MSC Oeventrop | 00:33.62 | | 00:33.16 | | 01:06.78 | 12 |
| 11 | 2618 | Langkafel, Kevin | AMSC Marl-Hüls | 00:33.69 | | 00:33.33 | | 01:07.02 | 11 |
| 12 | 2105 | Händly, Vanessa | MSC Herten | 00:33.54 | | 00:33.62 | | 01:07.16 | 10 |
| 13 | 2121 | Marenbach, Kai | MSC Herten | 00:33.88 | | 00:33.60 | | 01:07.48 | 9 |
| 14 | 513 | Heinrich, Dominik | MSC Beckum | 00:33.76 | | 00:33.76 | | 01:07.52 | 8 |
| 15 | 620 | Schmitt, Jan | AMC Wittgenstein Bad Berlet | 00:33.04 | 2 | 00:32.90 | | 01:07.94 | 7 |
| 16 | 4503 | Koperwas, Wiebke | MSC Süd Sauerland | 00:34.17 | | 00:34.16 | | 01:08.33 | 6 |
| 17 | 2104 | Händly, Saskia | MSC Herten | 00:34.46 | | 00:34.08 | | 01:08.54 | 5 |
| 18 | 3603 | Opfer, Sabrina | OC Siegerland-Nord | 00:34.17 | | 00:33.19 | 2 | 01:09.36 | 4 |
| 19 | 2007 | Philipp, Jan | MFC Auf dem Schnee Herdeck | 00:33.87 | 4 | 00:33.67 | | 01:11.54 | 3 |
| 20 | 708 | Wevering, Marko | MSC Ruhr-Blitz Bochum | 00:34.52 | 4 | 00:33.78 | | 01:12.30 | 2 |
| 21 | 3923 | Mannefeld, David | AC Warendorf | 00:33.92 | 2 | 00:32.57 | 4 | 01:12.49 | 1 |
| 22 | 1608 | Diedrich, Florian | Hagener AC 05 | 00:33.24 | 4 | 00:33.63 | 2 | 01:12.87 | 1 |
| 23 | 4115 | Windoffer, Steffen | MSC Westerkappeln | 00:36.49 | 2 | 00:34.40 | | 01:12.89 | 1 |
| 24 | 1815 | van de Mortel, Ivan | MSC Harsewinkel | 00:34.10 | 2 | 00:33.09 | 4 | 01:13.19 | 1 |
| 25 | 3609 | Tiebe, Oliver | OC Siegerland-Nord | 00:34.25 | 4 | 00:32.95 | 2 | 01:13.20 | 1 |
| 26 | 1927 | Trohl, Julia Vanessa | MSC Heeren-Werve | 00:34.95 | 2 | 00:34.44 | 2 | 01:13.39 | 1 |
| 27 | 1318 | Thünenkötter, Kevin | SFG Dorsten | 00:34.03 | 8 | 00:33.19 | | 01:15.22 | 1 |
| 28 | 2113 | Franken, Dominik | MSC Herten | 00:34.03 | 4 | 00:33.46 | 4 | 01:15.49 | 1 |
| 29 | 3006 | Gorisch, Tim | AC Oelde | 00:33.40 | | 00:39.32 | 6 | 01:18.72 | 1 |

Zeitnahme: H.Wolff
Auswertung: B.Treek

Schnellster Lauf: 00:32.79
(Freese, Steffen - 2 / 4104)