

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|----------------------------|---------------------------|----------|-----|----------|-----|----------|-----|
| 1 | 4708 | Pöttgen, Niklas | MSC Oeventrop | 00:33.96 | | 00:34.69 | | 01:08.65 | 30 |
| 2 | 2809 | Schäffer, Julian | MSF Netphen | 00:34.32 | | 00:34.51 | | 01:08.83 | 27 |
| 3 | 3605 | Hahn, Julien | OC Siegerland-Nord | 00:34.30 | | 00:34.90 | | 01:09.20 | 24 |
| 4 | 620 | Schmitt, Jan | AMC Wittgenstein Bad Berl | 00:34.59 | | 00:34.82 | | 01:09.41 | 22 |
| 5 | 3609 | Tiebe, Oliver | OC Siegerland-Nord | 00:35.01 | | 00:34.71 | | 01:09.72 | 20 |
| 6 | 4709 | Steimel, Patrick | MSC Oeventrop | 00:34.83 | | 00:34.95 | | 01:09.78 | 18 |
| 7 | 4510 | Peuser, Sina | MSC Süd Sauerland | 00:35.20 | | 00:34.62 | | 01:09.82 | 16 |
| 8 | 421 | Schneidersmann, Peter | MSC Lennetal-Bamenohl | 00:35.00 | | 00:34.88 | | 01:09.88 | 14 |
| 9 | 4504 | Hanisch, Julian | MSC Süd Sauerland | 00:34.80 | | 00:35.14 | | 01:09.94 | 13 |
| 10 | 1027 | Thanabalasingam, Sinthujan | AMC Burbach | 00:35.49 | | 00:34.96 | | 01:10.45 | 12 |
| 11 | 3114 | Hoffmann, René | MSC Oenetal | 00:35.61 | | 00:35.06 | | 01:10.67 | 11 |
| 12 | 3707 | Hötte, Tobias | MSC Oberruhr Velmede | 00:35.44 | | 00:35.42 | | 01:10.86 | 10 |
| 13 | 2918 | Thomas, Michelle | AMC Obernau | 00:35.44 | | 00:35.77 | | 01:11.21 | 9 |
| 14 | 4728 | Kaiser, Caroline | MSC Oeventrop | 00:34.64 | | 00:34.98 | 2 | 01:11.62 | 8 |
| 15 | 410 | Koperwas, Wiebke | MSC Lennetal-Bamenohl | 00:34.06 | 2 | 00:35.57 | | 01:11.63 | 7 |
| 16 | 3403 | Battaglia, David | Olper AC | 00:36.05 | | 00:35.75 | | 01:11.80 | 6 |
| 17 | 404 | Geyer, Fabian | MSC Lennetal-Bamenohl | 00:35.78 | | 00:36.23 | | 01:12.01 | 5 |
| 18 | 3618 | Roth, Jonas | OC Siegerland-Nord | 00:36.31 | | 00:36.54 | | 01:12.85 | 4 |
| 19 | 3614 | Wiebelhaus, Christian | OC Siegerland-Nord | 00:35.48 | | 00:36.18 | 2 | 01:13.66 | 3 |
| 20 | 1025 | Stötzel, Fynn Lewis | AMC Burbach | 00:36.97 | | 00:36.99 | | 01:13.96 | 2 |
| 21 | 625 | Stockmann, Daniel | AMC Wittgenstein Bad Berl | 00:36.64 | | 00:39.31 | | 01:15.95 | 1 |
| 22 | 927 | Grünwald, Phil | Briloner AC | 00:37.60 | | 00:38.60 | | 01:16.20 | 1 |
| 23 | 906 | Keseberg, Rabea | Briloner AC | 00:37.38 | | 00:38.03 | 4 | 01:19.41 | 1 |
| 24 | 9001 | Luig, Natalie | MFC Portugale Suttrop | 00:37.98 | 6 | 00:38.81 | 2 | 01:24.79 | 1 |
| 25 | 3706 | Klein, Alina-Jessica | MSC Oberruhr Velmede | 00:57.75 | | 00:43.92 | 16 | 01:57.67 | 1 |

Zeitnahme:

Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:33.96

(Pöttgen, Niklas - 1 / 4708)