

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|----------------------------|---------------------------|----------|-----|----------|-----|----------|------|
| 1 | 3605 | Hahn, Julien | OC Siegerland-Nord | 00:35.72 | | 00:35.44 | | 01:11.16 | 30 |
| 2 | 3609 | Tiebe, Oliver | OC Siegerland-Nord | 00:35.53 | | 00:36.47 | | 01:12.00 | 27 |
| 3 | 421 | Schneidersmann, Peter | MSC Lennetal-Bamenohl | 00:35.85 | | 00:36.79 | | 01:12.64 | 24 |
| 4 | 4510 | Peuser, Sina | MSC Süd Sauerland | 00:36.65 | | 00:36.34 | | 01:12.99 | 22 |
| 5 | 620 | Schmitt, Jan | AMC Wittgenstein Bad Berl | 00:36.87 | | 00:36.28 | | 01:13.15 | 20 |
| 6 | 410 | Koperwas, Wiebke | MSC Lennetal-Bamenohl | 00:37.25 | | 00:36.00 | | 01:13.25 | 18 |
| 7 | 404 | Geyer, Fabian | MSC Lennetal-Bamenohl | 00:37.52 | | 00:35.90 | | 01:13.42 | 16 |
| 8 | 3707 | Hötte, Tobias | MSC Oberruhr Velmede | 00:36.80 | | 00:36.77 | | 01:13.57 | 14 |
| 9 | 4709 | Steimel, Patrick | MSC Oeventrop | 00:36.71 | | 00:37.05 | | 01:13.76 | 13 |
| 10 | 4504 | Hanisch, Julian | MSC Süd Sauerland | 00:36.34 | 2 | 00:36.06 | | 01:14.40 | 12 |
| 11 | 3614 | Wiebelhaus, Christian | OC Siegerland-Nord | 00:37.22 | | 00:37.35 | | 01:14.57 | 11 |
| 12 | 3114 | Hoffmann, René | MSC Oenetal | 00:37.10 | | 00:37.68 | | 01:14.78 | 10 |
| 13 | 4708 | Pöttgen, Niklas | MSC Oeventrop | 00:36.47 | 2 | 00:36.67 | | 01:15.14 | 9 |
| 14 | 2809 | Schäffer, Julian | MSF Netphen | 00:36.82 | 2 | 00:36.41 | | 01:15.23 | 8 |
| 15 | 1027 | Thanabalasingam, Sinthujan | AMC Burbach | 00:36.07 | 2 | 00:36.67 | 2 | 01:16.74 | 7 |
| 16 | 3529 | Leidorf, Fabian | MSC Schmallenberg | 00:37.89 | | 00:37.23 | 2 | 01:17.12 | 6 |
| 17 | 625 | Stockmann, Daniel | AMC Wittgenstein Bad Berl | 00:38.22 | 2 | 00:38.54 | | 01:18.76 | 5 |
| 18 | 9001 | Luig, Natalie | MFC Portugale Suttrop | 00:40.58 | | 00:40.41 | | 01:20.99 | 4 |
| 19 | 9055 | Prinz, Benedikt | MSF Kirchen | 00:37.65 | 2 | 00:37.51 | 4 | 01:21.16 | Gast |
| 20 | 4728 | Kaiser, Caroline | MSC Oeventrop | 00:37.24 | | 00:36.36 | 8 | 01:21.60 | 3 |
| 21 | 4720 | Wiesehöfer, André | MSC Oeventrop | 00:38.08 | 2 | 00:37.72 | 6 | 01:23.80 | 2 |
| 22 | 2918 | Thomas, Michelle | AMC Obernau | 00:36.82 | 8 | 00:37.14 | 2 | 01:23.96 | 1 |
| 23 | 3403 | Battaglia, David | Olper AC | 00:37.89 | 2 | 00:38.51 | 10 | 01:28.40 | 1 |
| 24 | 3706 | Klein, Alina-Jessica | MSC Oberruhr Velmede | 00:46.29 | 4 | 00:44.77 | 6 | 01:41.06 | 1 |

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:35.44
(Hahn, Julien - 1 / 3605)