

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|-------------------|----------------------|----------|-----|----------|-----|----------|-----|
| 1 | 4403 | Enthof, Annika | MSC Bergstadt Rütten | 00:37.23 | | 00:37.47 | 2 | 01:16.70 | 30 |
| 2 | 1611 | Klein, Tilo | Hagener AC 05 | 00:37.02 | | 00:40.61 | | 01:17.63 | 27 |
| 3 | 1636 | Lenz, Phillip | Hagener AC 05 | 00:40.39 | | 00:38.06 | | 01:18.45 | 24 |
| 4 | 2601 | Kownatka, Lennard | AMSC Marl-Hüls | 00:39.87 | 2 | 00:39.23 | 2 | 01:23.10 | 22 |
| 5 | 4418 | Schnitger, Marvin | MSC Bergstadt Rütten | 00:40.35 | 4 | 00:41.47 | 4 | 01:29.82 | 20 |
| 6 | 3812 | Winterberg, Leon | AMC Waltrop | 00:45.09 | 2 | 00:40.26 | 4 | 01:31.35 | 18 |
| 7 | 4811 | Kopp, Dominik | MSC Soester Börde | 00:41.05 | 20 | 00:39.21 | 4 | 01:44.26 | 16 |
| 8 | 4207 | Hübinger, Daniel | MSC Helle | 00:43.88 | 10 | 00:43.38 | 8 | 01:45.26 | 14 |
| 9 | 3809 | Wollscheid, Jonas | AMC Waltrop | 00:44.21 | 10 | 00:41.26 | 12 | 01:47.47 | 13 |
| 10 | 4004 | Bange, Sebastian | MSF Warstein | 00:48.17 | 14 | 00:50.20 | 2 | 01:54.37 | 12 |

Zeitnahme: Uwe Schneider
 Auswertung: Kerstin Franke

Schnellster Lauf: 00:37.02
 (Klein, Tilo - 2 / 1611)