

| Platz | StNr | Teilnehmer | Ortsclub | Lauf 1 | StS | Lauf 2 | StS | Gesamt | Pkt |
|-------|------|--------------------------|-------------------------|----------|-----|----------|-----|----------|-----|
| 1 | 4425 | Enthof, Jan | MSC Bergstadt Rütten | 00:35.58 | | 00:35.84 | | 01:11.42 | 30 |
| 2 | 2014 | Brummel, Marius | MFC Auf dem Schnee Herd | 00:36.97 | | 00:36.79 | | 01:13.76 | 27 |
| 3 | 1614 | Fik, Lucas | Hagener AC 05 | 00:37.20 | | 00:36.74 | | 01:13.94 | 24 |
| 4 | 2127 | Kucmierczek, Pascal | MSC Herten | 00:36.93 | | 00:38.24 | | 01:15.17 | 22 |
| 5 | 2111 | Stanski, Luca | MSC Herten | 00:35.57 | 2 | 00:35.84 | 2 | 01:15.41 | 20 |
| 6 | 1709 | Pfeiffer, Maurice Gerrit | RC Haltern | 00:38.08 | | 00:37.47 | | 01:15.55 | 18 |
| 7 | 3802 | Feist, Sandro | AMC Waltrop | 00:37.79 | | 00:37.82 | | 01:15.61 | 16 |
| 8 | 2117 | Schmidt, Niklas | MSC Herten | 00:36.77 | 2 | 00:36.95 | | 01:15.72 | 14 |
| 9 | 4822 | Rielmann, Nico | MSC Soester Börde | 00:35.96 | 4 | 00:35.81 | | 01:15.77 | 13 |
| 10 | 3840 | Schmidt, Nico | AMC Waltrop | 00:38.27 | | 00:37.53 | | 01:15.80 | 12 |
| 11 | 4817 | Daners, Nils | MSC Soester Börde | 00:37.17 | 2 | 00:36.92 | | 01:16.09 | 11 |
| 12 | 1704 | Eske, Daniel | RC Haltern | 00:38.08 | | 00:38.42 | | 01:16.50 | 10 |
| 13 | 4407 | Holtey, Marvin | MSC Bergstadt Rütten | 00:37.68 | | 00:36.87 | 2 | 01:16.55 | 9 |
| 14 | 1311 | Thünemann, Marius | SFG Dorsten | 00:37.44 | 2 | 00:37.27 | | 01:16.71 | 8 |
| 15 | 736 | Bergforth, Rico | MSC Ruhr-Blitz Bochum | 00:37.16 | | 00:36.67 | 4 | 01:17.83 | 7 |
| 16 | 4205 | Kitzig, Alexander | MSC Helle | 00:37.72 | 2 | 00:37.44 | 2 | 01:19.16 | 6 |
| 17 | 1613 | Seeland, Arne Luca | Hagener AC 05 | 00:35.42 | 2 | 00:35.87 | 6 | 01:19.29 | 5 |
| 18 | 715 | Lasnig, Timo | MSC Ruhr-Blitz Bochum | 00:37.80 | 4 | 00:37.94 | | 01:19.74 | 4 |
| 19 | 8707 | Kalthoff, Julian | AMC Schwelm | 00:36.98 | 4 | 00:37.68 | 6 | 01:24.66 | 3 |
| 20 | 2115 | Wulhorst, Tim | MSC Herten | 00:45.33 | | 00:40.41 | | 01:25.74 | 2 |
| 21 | 1617 | Karamitsios, Evangelos | Hagener AC 05 | 00:36.75 | | 00:45.15 | 4 | 01:25.90 | 1 |
| 22 | 2003 | Sahre, Robin | MFC Auf dem Schnee Herd | 00:40.75 | | 00:43.56 | 2 | 01:26.31 | 1 |
| 23 | 4002 | Enste, Alexander | MSF Warstein | 00:39.82 | | 00:45.43 | 4 | 01:29.25 | 1 |
| 24 | 1703 | Laurent, Thomas | RC Haltern | 00:42.62 | | 00:43.41 | 4 | 01:30.03 | 1 |
| 25 | 4014 | Fink, Kevin | MSF Warstein | 00:43.64 | 6 | 00:41.69 | | 01:31.33 | 1 |
| 26 | 3821 | Reit, Vivien-Michele | AMC Waltrop | 00:42.02 | 8 | 00:42.63 | | 01:32.65 | 1 |
| 27 | 719 | Dratwa, Jason | MSC Ruhr-Blitz Bochum | 00:40.86 | 10 | 00:38.40 | 4 | 01:33.26 | 1 |
| 28 | 4016 | Hösler, Marvin | MSF Warstein | 00:41.63 | 4 | 00:44.32 | 8 | 01:37.95 | 1 |
| 29 | 8701 | Flender, Jonathan | AMC Schwelm | 00:38.42 | 22 | 00:36.83 | 2 | 01:39.25 | 1 |
| 30 | 2013 | Klein, Dustin | MFC Auf dem Schnee Herd | 00:47.18 | 12 | 00:43.01 | 4 | 01:46.19 | 1 |
| 31 | 4211 | Sablewski, Joscha | MSC Helle | 00:45.84 | 20 | 00:41.28 | 2 | 01:49.12 | 1 |

Zeitnahme: Thomas Schäfer
 Auswertung: Nicole Schäfer

Schnellster Lauf: 00:35.58
 (Enthof, Jan - 1 / 4425)