

Männer**Altersklasse MU10**

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Netto | Platz AK | Jahr |
|----------|---------|----------------------|---------------------------|-----|---------|---------|----------|------|
| 1 | 71 | Terfloth Daniel | DSHS | DE | 0:06:03 | 0:06:02 | 15 MU10 | 08 |
| 2 | 99 | Kowitz Leonard | *Willich | DE | 0:06:05 | 0:06:03 | 16 MU10 | 07 |
| 3 | 81 | Helmerichs Marvin | MTV Aurich Leichtathletik | DE | 0:06:12 | 0:06:08 | 18 MU10 | 07 |
| 4 | 223 | Helmrichs Roman | MTV Aurich | | 0:06:13 | 0:06:12 | 19 MU10 | 09 |
| 5 | 76 | Dittmann Lutz | TSV Twiste | DE | 0:06:16 | 0:06:16 | 21 MU10 | 07 |
| 6 | 560 | Schönberger David | | | 0:06:17 | 0:06:16 | 23 MU10 | 07 |
| 7 | 193 | Bertels Felix | | | 0:06:19 | 0:06:17 | 26 MU10 | 08 |
| 8 | 518 | Ludwig Jona | Lambertischule Ochtrup | | 0:06:28 | 0:06:28 | 29 MU10 | 07 |
| 9 | 68 | Zimmer Enno | SV Ems Jemgum | DE | 0:06:29 | 0:06:23 | 30 MU10 | 08 |
| 10 | 97 | Manke Clemens | TV Schleddehausen | DE | 0:06:31 | 0:06:23 | 31 MU10 | 07 |
| 11 | 222 | Klostermann Frederik | | | 0:06:41 | 0:06:36 | 32 MU10 | 08 |
| 12 | 73 | Richert Bruno | *Schmallenberg | DE | 0:06:43 | 0:06:43 | 33 MU10 | 08 |
| 13 | 98 | Bokern Mattes | OSC Osnabrück | DE | 0:06:44 | 0:06:40 | 34 MU10 | 07 |
| 14 | 561 | Thoben Finn-Louis | | | 0:07:00 | 0:06:55 | 35 MU10 | 07 |
| 15 | 72 | Wiens Jakob | *Billerbeck | DE | 0:07:01 | 0:06:59 | 36 MU10 | 09 |
| 16 | 519 | Ludwig Simon | Lambertischule Ochtrup | | 0:07:09 | 0:07:06 | 40 MU10 | 09 |
| 17 | 185 | Linnartz Maximilian | KGS Bensberg | | 0:07:15 | 0:07:13 | 42 MU10 | 09 |
| 18 | 75 | Hoffmann Leonard | *Ratingen | DE | 0:07:31 | 0:07:29 | 43 MU10 | 08 |
| 19 | 556 | Kreyßig Elias | Grundschule Leithe | | 0:07:38 | 0:07:35 | 46 MU10 | 07 |
| 20 | 545 | Rose Jerika | Grundschule | | 0:08:30 | 0:08:30 | 48 MU10 | 07 |
| 21 | 200 | Overkemping Justus | | | 0:08:43 | 0:08:43 | 49 MU10 | 07 |
| 22 | 197 | Kamann Malte | Katharinenschule Mülheim | | 0:09:06 | 0:09:01 | 50 MU10 | 07 |
| 23 | 92 | Schewe Quint | Haus am Weststrand | DE | 0:09:16 | 0:09:11 | 51 MU10 | 07 |

Altersklasse MU12

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Netto | Platz AK | Jahr |
|----------|---------|------------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 70 | Lindtner Marc | MTV Aurich | DE | 0:05:14 | 0:05:13 | 3 MU12 | 05 |
| 2 | 94 | Engel Jasper | TuS Westfalia Hombruch | DE | 0:05:23 | 0:05:19 | 5 MU12 | 05 |
| 3 | 96 | Hachmann Timo | Edelhelfer Racing | DE | 0:05:41 | 0:05:41 | 6 MU12 | 05 |
| 4 | 65 | Axmann Fynn | Weseler TV von 1860 e.V. | DE | 0:05:43 | 0:05:41 | 7 MU12 | 05 |
| 5 | 184 | Khutssuhili Girogi | TuS Norderney | | 0:05:44 | 0:05:43 | 9 MU12 | 05 |
| 6 | 207 | Oldenburg Ole | | | 0:05:57 | 0:05:56 | 14 MU12 | 06 |
| 7 | 151 | Garwers Paul | | | 0:06:15 | 0:06:11 | 20 MU12 | 06 |
| 8 | 177 | Kuhlke Ben | GSG Dortmund | | 0:06:17 | 0:06:11 | 22 MU12 | 05 |
| 9 | 196 | Stökv Emil | | | 0:06:18 | 0:06:16 | 25 MU12 | 06 |
| 10 | 562 | Thoben Fabian | | | 0:06:20 | 0:06:15 | 27 MU12 | 05 |
| 11 | 88 | Grotjan Jakob Heinrich | Familie Grotjan | DE | 0:07:06 | 0:07:03 | 38 MU12 | 06 |
| 12 | 559 | Hollinde Jonas | | | 0:07:07 | 0:07:04 | 39 MU12 | 06 |
| 13 | 87 | Untiedt Thies | *Hattingen | DE | 0:07:15 | 0:07:09 | 41 MU12 | 05 |
| 14 | 58 | Benen Christoph | TUS Hillegossen | DE | 0:07:38 | 0:07:35 | 45 MU12 | 06 |
| 15 | 199 | Overkemping Moritz | | | 0:08:14 | 0:08:10 | 47 MU12 | 06 |

Männer**Altersklasse MU14**

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Netto | Platz AK | Jahr |
|----------|---------|--------------------------|--------------------|-----|---------|---------|----------|------|
| 1 | 95 | Hachmann Riko | Edelhelfer Racing | DE | 0:04:57 | 0:04:54 | 1 MU14 | 03 |
| 2 | 64 | Borufka Jannis | TV Mesum | DE | 0:05:20 | 0:05:17 | 4 MU14 | 03 |
| 3 | 525 | Döwing Mika | TSV Germania Lamme | | 0:05:44 | 0:05:41 | 8 MU14 | 03 |
| 4 | 89 | Grotjan Felix Fritjof | Familie Grotjan | DE | 0:05:49 | 0:05:49 | 11 MU14 | 03 |
| 5 | 563 | Hollinde Nils | | | 0:05:53 | 0:05:50 | 12 MU14 | 03 |
| 6 | 195 | Raffel Max | | | 0:06:09 | 0:06:08 | 17 MU14 | 04 |
| 7 | 181 | Besseler Jan | NePo Coesfeld | | 0:06:17 | 0:06:17 | 24 MU14 | 04 |
| 8 | 524 | Wegener Ole | TSV Germania Lamme | | 0:06:20 | 0:06:16 | 28 MU14 | 03 |
| 9 | 558 | Kreuzberg Frederik | | | 0:07:04 | 0:06:59 | 37 MU14 | 04 |
| 10 | 17 | Schott Constantin Tilman | *Holzminden | DE | 0:10:07 | 0:10:01 | 52 MU14 | 03 |

Altersklasse MU16

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Netto | Platz AK | Jahr |
|----------|---------|------------------|----------------------|-----|---------|---------|----------|------|
| 1 | 527 | Cramer Carl | Geschwister Scholl | | 0:05:01 | 0:04:57 | 2 MU16 | 01 |
| 2 | 194 | Penndorf Philipp | MaxPlanck Gymnasium | | 0:05:45 | 0:05:41 | 10 MU16 | 02 |
| 3 | 564 | Frediani Robin | | | 0:05:54 | 0:05:51 | 13 MU16 | 02 |
| 4 | 79 | Büttner Thore | Gymnasium Ulricianum | DE | 0:07:35 | 0:07:33 | 44 MU16 | 02 |

Frauen

Altersklasse WU10

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Netto | Platz AK | Jahr |
|----------|---------|-----------------------|--------------------|-----|---------|---------|----------|------|
| 1 | 201 | Hemming Jade | *Osnabrück | | 0:06:04 | 0:06:03 | 6 WU10 | 08 |
| 2 | 175 | Schumacher Lucia | SC Uchte | | 0:06:49 | 0:06:49 | 19 WU10 | 07 |
| 3 | 57 | Dönnebrink Luzia | *Münster | DE | 0:06:50 | 0:06:48 | 20 WU10 | 08 |
| 4 | 60 | Diestelmeier Alessa | *Bielefeld | DE | 0:06:59 | 0:06:54 | 22 WU10 | 08 |
| 5 | 551 | Hafner Neele | Heinz Hyder Schule | | 0:07:16 | 0:07:14 | 26 WU10 | 07 |
| 6 | 93 | Müller Inka | TV Norden | DE | 0:07:16 | 0:07:11 | 27 WU10 | 08 |
| 7 | 78 | Arnold Julia | *Düren | DE | 0:07:32 | 0:07:31 | 31 WU10 | 08 |
| 8 | 74 | Rauchmann Jana-Sophie | Tus Norderney | DE | 0:07:33 | 0:07:27 | 32 WU10 | 08 |
| 9 | 526 | Woehlke Merle | | | 0:07:50 | 0:07:46 | 35 WU10 | 08 |
| 10 | 82 | Jansen Magdalena | *Südbrookmerland | DE | 0:08:36 | 0:08:32 | 36 WU10 | 07 |

Altersklasse WU12

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Netto | Platz AK | Jahr |
|----------|---------|---------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 62 | Stumpfen Lene | Weseler TV von 1860 e.V. | DE | 0:05:47 | 0:05:45 | 1 WU12 | 05 |
| 2 | 213 | Mankopf Hanna | TSV Hagen 1860 | | 0:05:49 | 0:05:49 | 3 WU12 | 06 |
| 3 | 61 | Jüngling Finja | Weseler TV von 1860 e.V. | DE | 0:06:00 | 0:05:59 | 5 WU12 | 06 |
| 4 | 544 | Reich Carice | MTV Bevern | | 0:06:11 | 0:06:08 | 7 WU12 | 06 |
| 5 | 91 | Mynarek Sophia | Recklinghäuser LC | DE | 0:06:14 | 0:06:10 | 9 WU12 | 05 |
| 6 | 598 | Schewski Lara | St. Martinusschule Neuss | | 0:06:40 | 0:06:40 | 16 WU12 | 06 |
| 7 | 202 | Hemming Jette | *Osnabrück | | 0:06:44 | 0:06:43 | 17 WU12 | 05 |
| 8 | 171 | Harms Ida | | | 0:06:48 | 0:06:42 | 18 WU12 | 06 |
| 9 | 258 | Percz Melina | Drei Hasen | DE | 0:06:51 | 0:06:48 | 21 WU12 | 05 |
| 10 | 186 | Grippekoven Sara | | | 0:07:08 | 0:07:04 | 24 WU12 | 05 |
| 11 | 219 | Hanning Lisa | | | 0:07:09 | 0:07:04 | 25 WU12 | 06 |
| 12 | 206 | Auschrat Antonia | Overberg Grundschule | | 0:07:17 | 0:07:15 | 28 WU12 | 06 |
| 13 | 214 | Brecklinghaus Clara | ASCD | | 0:07:18 | 0:07:12 | 30 WU12 | 05 |
| 14 | 26 | Petersen Mari | *Berlin | DE | 0:07:35 | 0:07:31 | 33 WU12 | 06 |
| 15 | 180 | Besseler Klara | NePo Coesfeld | | 0:07:41 | 0:07:40 | 34 WU12 | 06 |

Altersklasse WU14

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Netto | Platz AK | Jahr |
|----------|---------|---------------------|----------------------|-----|---------|---------|----------|------|
| 1 | 80 | Lehmhaus Theresa | ESV Eintracht Hameln | DE | 0:05:54 | 0:05:52 | 4 WU14 | 03 |
| 2 | 90 | Mynarek Julia | *Recklinghausen | DE | 0:06:13 | 0:06:09 | 8 WU14 | 03 |
| 3 | 198 | Beimen Marie Sophie | LG Schwerte | | 0:06:17 | 0:06:15 | 10 WU14 | 03 |
| 4 | 155 | Lambertz Lea | TuS Jahn Hilfhart | | 0:06:33 | 0:06:29 | 11 WU14 | 04 |
| 5 | 86 | Elling Charlotte | Haus am Weststrand | DE | 0:06:38 | 0:06:34 | 14 WU14 | 04 |
| 6 | 205 | Kamp Johanna | HSC 08 Hamm | | 0:07:07 | 0:07:06 | 23 WU14 | 04 |
| 7 | 216 | Sondermann Neele | ASCD | | 0:07:17 | 0:07:10 | 29 WU14 | 04 |

Altersklasse WU16

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Netto | Platz AK | Jahr |
|----------|---------|-----------------------|--------------------|-----|---------|---------|----------|------|
| 1 | 84 | Jescheniak Friederike | Haus am Weststrand | DE | 0:05:48 | 0:05:45 | 2 WU16 | 02 |
| 2 | 85 | Jescheniak Katharina | Haus am Weststrand | DE | 0:06:35 | 0:06:31 | 12 WU16 | 02 |
| 3 | 83 | Mensing Merle | Haus am Weststrand | DE | 0:06:35 | 0:06:32 | 13 WU16 | 02 |
| 4 | 187 | Grippekoven Lena | | | 0:06:39 | 0:06:35 | 15 WU16 | 01 |