

| Pos. | in Kls. | St.Nr. | Name | Club | Klasse | den | Gesamtzeit | Diff. | Abstand | Beste Zeit. |
|----------|---------|--------|----------------------------|----------------------|--------|-----|------------------|---------|---------|-------------|
| 1 | 1 | 3 | Fabian Grambke | | 1A | 17 | 11:23.676 | | | 39.680 |
| 2 | 1 | 2 | Luka Rath | Lüdinghausen | 1 | 17 | 11:40.424 | 16.748 | 16.748 | 40.218 |
| 3 | 1 | 4 | Mick Reinmüller | MC Werratal Heringen | 2 | 17 | 11:52.036 | 28.360 | 11.612 | 40.780 |
| 4 | 2 | 711 | Antoni Jill Schäfer | MC Hünfeld | 2 | 16 | 11:31.684 | 1 Runde | 1 Runde | 41.202 |
| 5 | 3 | 5 | Lea Lanzendörfer | AC Meißner | 2 | 16 | 11:39.375 | 1 Runde | 7.691 | 42.363 |