

| Pla | Zeit | Ver | Na1 | Z1 | Na2 | Z2 | Na3 | Z3 | Na4 | Z4 | Na5 | Z5 |
|-----|------------|--------------------------------|---------------------|---------|--------------------|---------|-------------------------|---------|--------------------|---------|--------------------|---------|
| 1 | 01.33.36.0 | LC Nordhorn | Werner, Thorben | 0:16:55 | van Deest, Niklas | 0:18:06 | Koch, Eugene | 0:18:44 | Kües, Lukas | 0:19:39 | Holboer, Julia | 0:20:12 |
| 2 | 01.40.57.9 | Gymnasium Nordhorn | Klein, Benjamin | 0:18:56 | Rieke, Tim | 0:19:54 | Hödtke, Finn | 0:20:15 | Kronemeyer, Marlon | 0:20:21 | Snyders, Michel | 0:21:31 |
| 3 | 01.50.12.8 | Boxstaffel Galaxy,Karateverein | Konovalov, Adrian | 0:20:24 | Wessel, Johannes | 0:20:27 | Lammers-Alexandre, Leon | 0:22:40 | Leisner, Stephan | 0:23:00 | Sivnitskyu, Leonid | 0:23:41 |
| 4 | 01.50.22.3 | Montessori-Schule Nordhorn | Nehmer, Daniel | 0:18:50 | Garcia, Miguel | 0:21:42 | Wortel, Andrea | 0:22:12 | Stoliar, Nazar | 0:22:35 | Diekjacobs, Marion | 0:25:03 |
| 5 | 01.52.27.9 | nvb | Lambers, Michael | 0:19:37 | Jüngerink, Frank | 0:23:02 | Fleckner, Philip | 0:23:12 | Maat, Sascha | 0:23:12 | Wegbünder, Gero | 0:23:24 |
| 6 | 01.54.09.0 | Evangelisches Gymnasium Nordh. | Hoffmann, Elias | 0:18:54 | Schmees, Jesper | 0:20:03 | Cosmann, Mia | 0:24:12 | Herold, Denis | 0:24:52 | Wilkens, Matthias | 0:26:08 |
| 7 | 01.56.11.1 | Deppe Backstein-Keramik GmbH | Ahmad, Hasan | 0:20:13 | Tesfazghi, Dejen | 0:20:23 | Tesfay, Ati | 0:20:43 | Geertsma, Frank | 0:27:22 | Khalil, Ahmad | 0:27:30 |
| 8 | 02.01.59.0 | Wilh.-Staehle-Schule Neuenhaus | Terwey, Silas | 0:23:54 | Meyer, Leni | 0:23:58 | Staarmann, Tim | 0:24:04 | Schnieders, Anne | 0:24:12 | Onste, Phillis | 0:25:51 |
| 9 | 02.05.36.6 | Milchschnitte | Schmuder, Jawas | 0:20:59 | Blem, Igor | 0:25:55 | Sarbally, Ousman | 0:25:56 | Diz, Viktor | 0:26:07 | Duda, Domenic | 0:26:39 |
| 10 | 02.08.20.6 | Boxstaffel Galaxy,Karateverein | Kleinekemper, Peter | 0:24:11 | Sutter, Dainis | 0:25:44 | Raaz, Katja | 0:25:44 | Börgeling, Tom | 0:26:05 | Meier, Uwe | 0:26:36 |
| 11 | 02.10.20.4 | Lindschulte Ingenieurges. | Thien, Julian | 0:20:28 | Weinobst, Robbin | 0:27:05 | Kohoff, Jonas | 0:27:24 | Kokkeler, Michel | 0:27:33 | Korte, Ansgar | 0:27:50 |
| 12 | 02.12.46.0 | nvb | Bohlen, Christoph | 0:23:24 | Hans, Jan-Hermann | 0:26:08 | Westphal, Gerd-Henning | 0:26:12 | Jannemann, Frank | 0:26:27 | Letzel, Jens | 0:30:35 |
| 13 | 02.15.01.0 | KBS Nordhorn | Wortel, Hermann | 0:21:11 | Möllmeier, Nadine | 0:23:32 | Wilmink, Carsten | 0:27:10 | Otte, Stephan | 0:31:34 | Böhmer, Nicole | 0:31:34 |
| 14 | 02.17.42.3 | WAS | Fockers, Johannes | 0:21:38 | Rammes, Christoph | 0:26:48 | Wehr, Michael | 0:26:51 | ten Brink, Janek | 0:30:41 | Grommel, David | 0:31:44 |
| 15 | 02.21.00.0 | Lebenshilfe Nordhorn gGmbH | Sawitzki, Jonas | 0:22:32 | Grzelkowski, Roman | 0:26:12 | Dreilich, Sergey | 0:26:48 | Mutuyimana, Moise | 0:32:44 | Kalverkamp, Erhard | 0:32:44 |
| 16 | 02.21.05.0 | EDV-Service Vana | Emmrich, Tarek | 0:21:19 | Vana, Juri | 0:22:15 | Rudert, Nick | 0:24:29 | Vana, Thorsten | 0:29:08 | Emmrich, Fynn | 0:43:54 |
| 17 | 02.23.36.0 | Deppe Backstein-Keramik GmbH | Wrede, Simone | 0:28:23 | Deppe, Dirk | 0:28:27 | Deppe, Helena | 0:28:49 | Hensen, Anne | 0:28:53 | Deppe, Nina | 0:29:04 |
| 18 | 02.25.54.0 | Upperfit | Hüsemann, Mirco | 0:18:07 | ter Duis, Jörn | 0:26:07 | de Vries, Sven | 0:29:04 | Ramaker, Jana | 0:34:55 | Vintonjek, Mirko | 0:37:41 |