

| Platz | Nr | Läufer | Verein | Gesamtzeit | GP |
|-------------|------|-------------------------|-------------|------------|-----|
| W 9 | | | | | |
| 1 | 2225 | Schuling, Hannah | SV Carum | 15:30.39 | 7 |
| 2 | 2226 | Schuling, Judith | SV Carum | 15:36.24 | 8 |
| 3 | 2487 | Schuling, Fine | SV Carum | 16:04.91 | 11 |
| 4 | 2211 | Becker, Maria | SV Carum | 17:17.90 | 28 |
| 5 | 2197 | Fortmann, Antonia | SV Carum | 17:44.83 | 37 |
| 6 | 2040 | Bavendiek, Paula | GW Mühlen | 17:56.92 | 41 |
| 7 | 2202 | Kelm, Antonia | SV Carum | 18:21.86 | 49 |
| 8 | 2031 | Böckenstette, Elisa | GW Mühlen | 19:01.27 | 59 |
| 9 | 2036 | Giehoff, Luisa | GW Mühlen | 19:15.42 | 64 |
| 10 | 2016 | Höffmann, Mia | GW Mühlen | 19:24.94 | 70 |
| 11 | 2217 | Maruska, Eni | GW Mühlen | 19:25.81 | 73 |
| 12 | 2227 | Witte, Amelie | SV Carum | 20:10.27 | 83 |
| 13 | 2207 | Krümpelbeck, Anna | SV Carum | 20:13.15 | 84 |
| 14 | 2147 | Rolfes, Johanna | GW Mühlen | 20:16.36 | 85 |
| 15 | 2008 | Nieuwenhuizen, Marlene | GW Mühlen | 23:23.29 | 111 |
| W 8 | | | | | |
| 1 | 2209 | Becker, Anna | SV Carum | 17:17.59 | 26 |
| 2 | 2201 | Heitmann, Henrike | SV Carum | 17:17.91 | 29 |
| 3 | 2156 | Böckmann, Elisabeth | GW Mühlen | 18:00.75 | 43 |
| 4 | 2494 | Kessen, Vivien | GW Mühlen | 18:02.52 | 44 |
| 5 | 2048 | Sieve, Mia | Lohne | 18:28.19 | 53 |
| 6 | 2052 | Sieve, Emmy | Lohne | 18:28.94 | 54 |
| 7 | 2181 | Cromme, Charlotte | Vechta | 19:49.33 | 80 |
| 8 | 2127 | Zerhusen, Thea | BW Lohne | 22:40.56 | 106 |
| W 7 | | | | | |
| 1 | 2198 | Fortmann, Helene | SV Bakum | 18:22.90 | 50 |
| 2 | 2112 | Schockemöhle, Elisa | Mühlen | 20:23.88 | 86 |
| 3 | 2088 | Krogmann, Mia | GW Mühlen | 20:26.54 | 87 |
| 4 | 2142 | Czech, Madita | BW Lohne | 23:09.80 | 107 |
| 5 | 2231 | Lange, Ella | Hausstette | 25:03.05 | 118 |
| W 6 | | | | | |
| 1 | 2030 | Böckenstette, Ida-Marie | GW Mühlen | 19:20.48 | 67 |
| 2 | 2218 | Thole, Caroline | Lohne | 19:56.20 | 82 |
| 3 | 2240 | Arkenau, Sophie | TV Dinklage | 22:29.99 | 105 |
| W 50 | | | | | |
| 1 | 2495 | Karst, Maria | Bakum | 16:40.90 | 20 |
| 2 | 2245 | Kohls, Angelika | Goldenstedt | 17:31.25 | 30 |
| 3 | 2229 | Fangmann, Hanna | Lohne | 18:44.70 | 56 |
| 4 | 2491 | Barklage, Elisabeth | Lohne | 20:45.50 | 91 |
| 5 | 2168 | Müller, Ursula | Lohne | 21:01.72 | 93 |
| 6 | 2492 | Zahlten, Elsbeth | LT Lauland | 23:18.07 | 110 |
| W 5 | | | | | |

| Platz | Nr | Läufer | Verein | Gesamtzeit | GP |
|-------------|------|------------------------|-------------------|------------|-----|
| 1 | 2029 | Willenborg, Henrieke | GW Mühlen | 19:20.43 | 66 |
| W 40 | | | | | |
| 1 | 2164 | Fischer, Anja | Lohne | 17:36.98 | 32 |
| 2 | 2144 | Schlaack, Andrea | VFL Engelskirchen | 17:50.36 | 40 |
| 3 | 2078 | Bloemen, Gaby | GW Mühlen | 19:29.84 | 75 |
| 4 | 2110 | Schockemöhle, Adelheid | Mühlen | 20:27.62 | 88 |
| 5 | 2239 | Arkenau, Andrea | TV Dinklage | 20:29.08 | 89 |
| 6 | 2206 | Heitmann, Trude | SV Carum | 21:02.87 | 94 |
| 7 | 2194 | Büssing, Claudia | SG Voßberg | 21:14.18 | 96 |
| 8 | 2116 | Meyer, Andrea | GW Mühlen | 21:16.20 | 97 |
| 9 | 2172 | Huchtkemper, Hildegard | Lohne | 21:25.69 | 99 |
| 10 | 2064 | Beverborg, Ruth | Lohne | 21:51.69 | 103 |
| 11 | 2143 | Czech, Heike | Lohne | 23:10.08 | 108 |
| 12 | 2009 | Nieuwenhuizen, Birgit | GW Mühlen | 23:27.26 | 112 |
| 13 | 2158 | Möllers, Alexa | BW Lohne | 23:34.29 | 113 |
| 14 | 2232 | Lange, Christiane | Hausstette | 24:57.02 | 117 |
| W 30 | | | | | |
| 1 | 2070 | Wollering, Nicole | Muehlen | 14:37.06 | 2 |
| 2 | 2034 | Böckenstette, Ira | GW Mühlen | 19:20.99 | 68 |
| 3 | 2089 | Krogmann, Kerstin | GW Mühlen | 20:29.83 | 90 |
| 4 | 2203 | Kelm, Sabrina | SV Carum | 21:06.37 | 95 |
| 5 | 2151 | Lichtenstein, Katja | Lohne | 21:44.90 | 102 |
| W 3 | | | | | |
| 1 | 2122 | Volkmer, Greta | GW Mühlen | 18:11.52 | 47 |
| W 18 | | | | | |
| 1 | 2019 | Kolbeck, Johanna | GW Mühlen | 16:06.17 | 12 |
| 2 | 2489 | Schubert, Laura | Oststeinfeld | 18:45.34 | 58 |
| 3 | 2236 | Steltenpohl, Anja | BW Lohne | 21:53.05 | 104 |
| W 16 | | | | | |
| 1 | 2074 | Pille, Sarah | GW Mühlen | 14:57.86 | 4 |
| 2 | 2098 | Wieferich, Anne | GW Mühlen | 17:16.27 | 25 |
| 3 | 2169 | Müller, Martha | BW Lohne | 17:48.13 | 38 |
| W 15 | | | | | |
| 1 | 2155 | Böckmann, Antonia | GW Mühlen | 16:40.37 | 19 |
| 2 | 2228 | Nuxoll, Antonia | GW Brockdorf | 19:18.87 | 65 |
| 3 | 2488 | Schuling, Alke | SC SW Bakum | 28:34.84 | 119 |
| W 14 | | | | | |
| 1 | 2129 | Gerberding, Maria | GW Mühlen | 15:49.51 | 9 |
| 2 | 2188 | Eveslage, Esther | Dinklage | 17:16.08 | 24 |
| 3 | 2189 | Staggenborg, Marie | TV Dinklage | 17:17.71 | 27 |
| 4 | 2059 | Willenbring, Melissa | GW Mühlen | 18:32.64 | 55 |
| 5 | 2137 | Kühling, Pia-José | GW Mühlen | 19:08.70 | 63 |

| Platz | Nr | Läufer | Verein | Gesamtzeit | GP |
|-------------|------|---------------------|-------------------------|------------|-----|
| 6 | 2132 | Sandmann, Sophia | GW Mühlen | 19:23.48 | 69 |
| 7 | 2149 | Kalkhoff, Callie | Bakum | 23:12.81 | 109 |
| W 13 | | | | | |
| 1 | 2208 | Wigger, Hannah | Lt Waldschleicher Lohne | 15:22.52 | 6 |
| 2 | 2082 | Meyer, Annemarie | GW Mühlen | 16:31.74 | 17 |
| 3 | 2196 | Ruwe, Karen | SV Nikolausdorf | 18:18.62 | 48 |
| 4 | 2104 | Zerhusen, Maria | GW Mühlen | 19:28.83 | 74 |
| 5 | 2105 | Beier, Sophia | Mühlen | 19:31.12 | 76 |
| 6 | 2083 | Bols, Marie | GW Mühlen | 19:32.59 | 77 |
| 7 | 2136 | Horstmann, Leonie | Mühlen | 19:34.17 | 78 |
| W 12 | | | | | |
| 1 | 2486 | Schuling, Gesa | SV SW Bakum | 14:21.75 | 1 |
| 2 | 2210 | Gr. Austing, Lea | Lt Waldschleicher Lohne | 15:17.76 | 5 |
| 3 | 2039 | Bavendiek, Emma | GW Mühlen | 16:30.93 | 15 |
| 4 | 2055 | Dörfler, Theresa | GW Mühlen | 16:31.66 | 16 |
| 5 | 2079 | Lamping, Ida | GW Mühlen | 16:39.80 | 18 |
| 6 | 2026 | Sprehe, Marina | GW Mühlen | 17:39.44 | 33 |
| 7 | 2115 | Jonas, Sarah | GW Mühlen | 17:40.10 | 36 |
| 8 | 2162 | Riehemann, Carmen | OSC Damme | 17:50.29 | 39 |
| 9 | 2484 | Scgwarz, Lena-Maria | Lemförde | 18:03.52 | 45 |
| 10 | 2221 | Meyer, Juliane | GW Mühlen | 18:44.97 | 57 |
| 11 | 2086 | Schlarmann, Sophia | GW Mühlen | 19:02.26 | 60 |
| 12 | 2183 | Heyden, Carina | Langenberg | 20:52.37 | 92 |
| W 11 | | | | | |
| 1 | 2024 | Hartke, Tabea | GW Mühlen | 14:49.70 | 3 |
| 2 | 2041 | Reich, Nadin | Bremen | 16:02.08 | 10 |
| 3 | 2195 | Lagemann, Anna | OSC Damme | 16:22.52 | 13 |
| 4 | 2058 | Schuh, Louisa-Marie | GW Mühlen | 16:26.76 | 14 |
| 5 | 2085 | Kruse, Anna | Mühlen | 16:44.69 | 21 |
| 6 | 2023 | Hartke, Fiona | GW Mühlen | 16:46.49 | 22 |
| 7 | 2000 | Heitmann, Johanna | GW Mühlen | 16:47.04 | 23 |
| 8 | 2060 | Willenbring, Miriam | GW Mühlen | 17:34.42 | 31 |
| 9 | 2496 | Kessen, Amelie | GW Mühlen | 17:39.92 | 34 |
| 10 | 2069 | Wollering, Lea | GW Mühlen | 17:39.96 | 35 |
| 11 | 2050 | Sieve, Hanna | Lohne | 18:27.16 | 52 |
| 12 | 2113 | Nieberding, Theresa | Mühlen | 19:03.72 | 61 |
| 13 | 2135 | Rolfes, Leonie | GW Mühlen | 19:05.27 | 62 |
| 14 | 2223 | Gr. Burhoff, Inga | Addrup | 19:52.79 | 81 |
| 15 | 2148 | Walker, Eva | GW Mühlen | 23:48.04 | 114 |
| 16 | 2153 | Zerhusen, Laura | Mühlen | 24:36.65 | 115 |
| 17 | 2100 | Lüschen, Svenja | GW Mühlen | 24:38.68 | 116 |
| W 10 | | | | | |
| 1 | 2062 | Diwars, Julia | GW Mühlen | 17:59.29 | 42 |
| 2 | 2077 | Bloemen, Emmi | GW Mühlen | 18:04.67 | 46 |
| 3 | 2204 | Heitmann, Pauline | SV Carum | 18:25.63 | 51 |

| Platz | Nr | Läufer | Verein | Gesamtzeit | GP |
|-------------|------|----------------------|--------------------|------------|-----|
| 4 | 2003 | Heitmann, Rebecca | GW Mühlen | 19:25.70 | 71 |
| 5 | 2053 | Westendorf, Lena | GW Mühlen | 19:25.77 | 72 |
| 6 | 2067 | Kühling, Luzia | GW Mühlen | 19:40.40 | 79 |
| 7 | 2101 | Zerhusen, Paula | GW Mühlen | 21:22.06 | 98 |
| 8 | 2171 | Huchtkemper, Jule | BW Lohne | 21:32.01 | 100 |
| 9 | 2032 | Böckenstette, Marian | GW Mühlen | 21:40.49 | 101 |
| M 9 | | | | | |
| 1 | 2028 | Harpenau, Jannik | SV Falke Steinfeld | 13:51.33 | 11 |
| 2 | 2068 | Wollering, Nils | GW Mühlen | 14:31.64 | 25 |
| 3 | 2042 | Ruholl, Jan | Hamburg | 16:13.25 | 44 |
| 4 | 2176 | Wilms, Niklas | BW Lohne | 16:59.61 | 57 |
| 5 | 2215 | Holzenkamp, David | Lohne | 17:09.78 | 65 |
| 6 | 2087 | Krogmann, Kalle | GW Mühlen | 17:24.00 | 70 |
| 7 | 2238 | Arkenau, Moritz | TV Dinklage | 17:26.79 | 71 |
| 8 | 2124 | Pille, Jannes | GW Mühlen | 17:54.69 | 84 |
| 9 | 2165 | Flachs, Sören | Lembruch | 19:03.67 | 108 |
| 10 | 2107 | Beier, Oskar | GW Mühlen | 19:27.41 | 111 |
| 11 | 2091 | Trenkamp, Niels | GW Mühlen | 25:07.58 | 137 |
| M 8 | | | | | |
| 1 | 2061 | Westermann, Johann | GW Mühlen | 14:14.28 | 15 |
| 2 | 2072 | Bünnemeyer, Bernd | GW Mühlen | 15:11.26 | 34 |
| 3 | 2160 | Stuckenberg, Björn | OSC Damme | 15:13.70 | 35 |
| 4 | 2119 | Meyer, Paul | GW Mühlen | 15:19.71 | 36 |
| 5 | 2145 | Schlaack, Leo | VFL Engelskirchen | 15:33.69 | 38 |
| 6 | 2093 | Thomas, Cedric | GW Mühlen | 16:34.94 | 54 |
| 7 | 2111 | Schockemöhle, Leo | GW Mühlen | 17:05.73 | 60 |
| 8 | 2490 | Pille, Carsten | Mühlen | 17:12.86 | 66 |
| 9 | 2108 | Gier, Sören | GW Mühlen | 17:31.73 | 74 |
| 10 | 2146 | Rolfes, Jan | GW Mühlen | 17:46.59 | 78 |
| 11 | 2096 | Völkerding, Johannes | GW Mühlen | 17:58.18 | 87 |
| 12 | 2154 | Völkerding, Mark | GW Mühlen | 17:59.72 | 89 |
| 13 | 2242 | Pille, Julius | GW Mühlen | 18:28.21 | 100 |
| 14 | 2193 | Taphorn, Linus | Langförden | 19:28.90 | 112 |
| M 7 | | | | | |
| 1 | 2015 | Seifert, Jannik | GW Mühlen | 17:07.80 | 61 |
| 2 | 2011 | Meier, Simon | GW Mühlen | 17:09.18 | 64 |
| 3 | 2027 | Harpenau, Niklas | Falke Steinfeld | 17:22.28 | 69 |
| 4 | 2222 | Middendorf, Theo | LT DW Hausstette | 19:47.95 | 117 |
| 5 | 2057 | Kruthaup, Erik | Steinfeld | 20:13.46 | 120 |
| M 60 | | | | | |
| 1 | 2235 | Arlinghaus, Otto | GW Brockdorf | 17:21.90 | 67 |
| M 6 | | | | | |
| 1 | 2237 | Kaufmann, Justin | GW Mühlen | 17:30.94 | 73 |
| 2 | 2192 | Taphorn, Aaron | BW Langförden | 19:40.26 | 116 |

| Platz | Nr | Läufer | Verein | Gesamtzeit | GP |
|-------------|------|-----------------------|-------------------------|------------|-----|
| 3 | 2150 | Lichtenstein, Hannes | Lohne | 21:44.98 | 126 |
| 4 | 2157 | Möllers, Lene | BW Lohne | 23:34.68 | 132 |
| M 50 | | | | | |
| 1 | 2233 | Seeger, Ulrich | LT Waldschleicher Lohne | 13:36.62 | 9 |
| 2 | 2081 | Herzog, Werner | GW Mühlen | 14:46.33 | 29 |
| 3 | 2130 | Stuntebeck, Günter | GW Mühlen | 14:48.54 | 30 |
| 4 | 2498 | Hansjürgens, Eberhard | Dinklage | 16:09.93 | 43 |
| 5 | 2493 | Mundhenke, Andreas | SG Diepholz | 19:02.02 | 107 |
| 6 | 2246 | Bosche, Ferdinand | Zeltlager GWB | 20:00.72 | 119 |
| M 5 | | | | | |
| 1 | 2097 | Völkerding, Jakob | GW Mühlen | 21:45.27 | 127 |
| 2 | 2120 | Krogmann, Hugo | GW Mühlen | 23:43.56 | 133 |
| M 40 | | | | | |
| 1 | 2134 | Kaufmann, Matthias | Mühlen | 13:37.61 | 10 |
| 2 | 2076 | Kühling, Harry | LG Gluche | 15:41.02 | 40 |
| 3 | 2140 | Czech, Stefan | FDS Mühlen | 16:00.01 | 42 |
| 4 | 2214 | Holzenkamp, Norbert | Lohne | 17:08.46 | 62 |
| 5 | 2090 | Krogmann, Holger | GW Mühlen | 17:27.41 | 72 |
| 6 | 2022 | Voelkerding, Juergen | GW Mühlen | 17:34.85 | 76 |
| 7 | 2191 | Baron, Andreas | BW Lohne | 17:49.80 | 82 |
| 8 | 2014 | Haskamp, Raimund | GW Mühlen | 17:56.31 | 86 |
| 9 | 2049 | Sieve, Manfred | Lohne | 18:27.69 | 99 |
| 10 | 2241 | Kühling, Martin | Lohne | 18:36.09 | 102 |
| 11 | 2017 | Hoeffmann, Konrad | GW Mühlen | 19:24.36 | 110 |
| 12 | 2224 | Middendorf, Stephan | Hausstette | 19:35.62 | 114 |
| 13 | 2013 | Kowalski, Thomas | GW Mühlen | 19:39.23 | 115 |
| 14 | 2095 | Völkerding, Carsten | GW Mühlen | 21:46.37 | 128 |
| 15 | 2102 | Zerhusen, Christoph | GW Mühlen | 22:38.83 | 130 |
| 16 | 2121 | Krogmann, Diethard | GW Mühlen | 23:44.76 | 134 |
| M 30 | | | | | |
| 1 | 2035 | Harpenau, Andre | SV Falke Steinfeld | 17:22.15 | 68 |
| 2 | 2159 | Siebe, Thorsten | OSC Damme | 17:46.68 | 79 |
| 3 | 2174 | Witte, Frank | GW Mühlen | 17:55.79 | 85 |
| 4 | 2123 | Volkmer, Sven | GW Mühlen | 18:11.23 | 94 |
| 5 | 2205 | Heitmann, Stefan | SV Carum | 18:22.93 | 96 |
| 6 | 2010 | Stöbe, Christian | GW Mühlen | 18:28.70 | 101 |
| 7 | 2139 | Kühling, Matthias | GW Mühlen | 18:49.76 | 104 |
| 8 | 2056 | Kruthaup, Bernd | Steinfeld | 20:13.68 | 121 |
| 9 | 2152 | Pöhlking, Frank | Mühlen | 20:18.30 | 122 |
| 10 | 2033 | Böckenstette, Ralf | GW Mühlen | 20:27.47 | 123 |
| 11 | 2126 | Zerhusen, Klaus | Lohne | 22:16.42 | 129 |
| 12 | 2092 | Trenkamp, Thomas | GW Mühlen | 25:02.81 | 136 |
| M 3 | | | | | |
| 1 | 2485 | Schuling, Torge | SV SW Bakum | 28:45.16 | 138 |

| Platz | Nr | Läufer | Verein | Gesamtzeit | GP |
|-------------|------|-----------------------|-----------------------------|------------|-----|
| M 18 | | | | | |
| 1 | 2497 | Hasselbach, Alexander | OSC Damme | 9:53.28 | 1 |
| 2 | 2018 | Franke, Sebastian | SG Diepholz | 9:55.58 | 2 |
| 3 | 2234 | Meyer, Lukas | TUS BW Lohne Leichtathletik | 11:41.32 | 4 |
| 4 | 2186 | Kessing, Klaus | OSC Damme | 12:03.93 | 5 |
| 5 | 2185 | Wilkens, Jannes | OSC Damme | 14:24.74 | 21 |
| 6 | 2128 | Lichtenstein, Tobias | GW Mühlen | 15:59.10 | 41 |
| M 17 | | | | | |
| 1 | 2071 | Bünnemeyer, Markus | Mühlen | 15:11.10 | 33 |
| 2 | 2044 | Mählmann, Jan | Steinfeld | 16:30.30 | 52 |
| M 16 | | | | | |
| 1 | 2131 | Rohe-Krebeck, Lennart | Mühlen | 14:14.85 | 16 |
| M 15 | | | | | |
| 1 | 2499 | Mundhenke, Torben | SG Diepholz | 10:53.53 | 3 |
| 2 | 2199 | Hinrichs, Pascal | GW Mühlen | 16:22.57 | 45 |
| 3 | 2012 | Kowalski, Maximilian | GW Mühlen | 23:02.56 | 131 |
| M 14 | | | | | |
| 1 | 2200 | Reinke, Max | TV Dinklage | 13:20.58 | 7 |
| 2 | 2177 | Soremba, Tristan | Mühlen | 14:01.40 | 14 |
| 3 | 2243 | Gr. Holthaus, Konrad | SV Kroege | 14:18.97 | 19 |
| 4 | 2114 | Nieberding, Florian | GW Mühlen | 16:22.74 | 48 |
| 5 | 2006 | Pöhlking, Jan-Lukas | GW Mühlen | 16:26.80 | 50 |
| 6 | 2065 | Lüschen, Jan | GW Mühlen | 18:27.02 | 98 |
| 7 | 2066 | Lüschen, Lennard | GW Mühlen | 24:00.58 | 135 |
| M 13 | | | | | |
| 1 | 2021 | Kolbeck, Carl | Mühlen | 14:18.67 | 18 |
| 2 | 2212 | Emken, Simon | Lohne | 14:38.97 | 28 |
| 3 | 2046 | Seifert, Tim | Mühlen | 15:30.43 | 37 |
| 4 | 2166 | Stukenborg, Rudi | Vechta LON | 16:22.58 | 46 |
| 5 | 2170 | Huchtkemper, Jonas | Lohne | 16:22.76 | 49 |
| 6 | 2075 | Varwig, David | Mühlen | 16:28.30 | 51 |
| 7 | 2045 | Bloemen, Jakob | GW Mühlen | 16:33.02 | 53 |
| 8 | 2043 | Trompeter, Lars | GW Mühlen | 18:08.30 | 92 |
| 9 | 2173 | Müller, Lennard | Lohne | 18:15.79 | 95 |
| 10 | 2001 | Tepe, Leonard | Mühlen | 19:14.30 | 109 |
| 11 | 2219 | Thole, Constantin | Lohne | 19:56.66 | 118 |
| M 12 | | | | | |
| 1 | 2178 | Soremba, Dominik | GW Mühlen | 12:34.43 | 6 |
| 2 | 2133 | Kaufmann, Martin | GW Mühlen | 13:21.46 | 8 |
| 3 | 2161 | Stuckenberg, Finn | OSC Damme | 14:22.14 | 20 |
| 4 | 2073 | Bünnemeyer, Thomas | GW Mühlen | 14:29.39 | 24 |
| 5 | 2175 | Steinfeld, Kevin | GW Mühlen | 14:32.23 | 26 |

| Platz | Nr | Läufer | Verein | Gesamtzeit | GP |
|-------|------|----------------------|-----------|------------|-----|
| 6 | 2005 | Pöhlking, Jonas | GW Mühlen | 14:32.44 | 27 |
| 7 | 2080 | Bloemen, Nico | GW Mühlen | 15:09.18 | 32 |
| 8 | 2163 | Fischer, Lukas | Lohne | 16:22.73 | 47 |
| 9 | 2106 | Beier, Felix | GW Mühlen | 17:47.04 | 80 |
| 10 | 2007 | Nieuwenhuizen, Franz | GW Mühlen | 17:47.79 | 81 |
| 11 | 2054 | Westerndorf, Daniel | GW Mühlen | 18:38.52 | 103 |

M 11

| | | | | | |
|---|------|----------------------|-----------|----------|-----|
| 1 | 2182 | Cromme, Justus | Vechta | 14:27.48 | 23 |
| 2 | 2179 | Cromme, Jacob | Vechta | 16:50.09 | 56 |
| 3 | 2220 | Gr. Burhoff, Jan | Adrup | 17:01.42 | 58 |
| 4 | 2167 | Stukenborg, Fynn | VfL Oythe | 17:40.24 | 77 |
| 5 | 2084 | Tiede, Timm | GW Mühlen | 18:05.80 | 91 |
| 6 | 2213 | Holzenkamp, Paul | Tervuren | 18:54.68 | 105 |
| 7 | 2099 | Von der Heide, Fiete | GW Mühlen | 19:32.76 | 113 |

M 10

| | | | | | |
|----|------|----------------------|--------------------|----------|-----|
| 1 | 2187 | Beuse, Noah | Lohne | 13:54.37 | 12 |
| 2 | 2125 | Zerhusen, Friedrich | BW Lohne | 13:56.75 | 13 |
| 3 | 2230 | Dauny, Fynn | Lohne | 14:16.31 | 17 |
| 4 | 2020 | Ahrnsen, Mathis | GW Mühlen | 14:26.21 | 22 |
| 5 | 2141 | Czech, Justus | Lohne | 14:51.35 | 31 |
| 6 | 2063 | Averdam, Clemens | GW Brockdorf | 15:35.65 | 39 |
| 7 | 2118 | Schnuck, Timo | Lohne | 16:42.73 | 55 |
| 8 | 2037 | Giehoff, Daniel | GW Mühlen | 17:04.18 | 59 |
| 9 | 2216 | Holzenkamp, Tim | Tervuren | 17:08.46 | 63 |
| 10 | 2190 | Baron, Jakob | BW Lohne | 17:33.25 | 75 |
| 11 | 2038 | Langfermann, Maurice | GW Mühlen | 17:54.54 | 83 |
| 12 | 2184 | Heyden, Robin | Handorf-Langenberg | 17:58.41 | 88 |
| 13 | 2138 | Kühling, Fabius | GW Mühlen | 18:04.71 | 90 |
| 14 | 2180 | Balster, Timo | GW Mühlen | 18:11.16 | 93 |
| 15 | 2047 | Horstmann, Fynn | Lohne | 18:22.94 | 97 |
| 16 | 2051 | Bechly, Julius | GW Mühlen | 18:57.58 | 106 |
| 17 | 2002 | Kowalski, Peter | GW Mühlen | 20:28.91 | 124 |
| 18 | 2117 | Meyer, Anton | GW Mühlen | 21:17.12 | 125 |