

Klasse M10

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | Platz | Brutto | Min/km | km/h |
|-------|----------|------------------------|----|-----|-------------------------|-------|---------|--------|-------|
| 1 | 1250 | Möller, Sebastian | 96 | | LG Maifeld-Pellenz | 12 | 0:03:41 | 3,42 | 16,24 |
| 2 | 1326 | Ott, Carlos | 96 | | LA TuS Mayen | 26 | 0:03:55 | 3,56 | 15,27 |
| 3 | 1255 | Hofmann, Julian | 96 | | TUS, Kettig | 28 | 0:03:57 | 3,58 | 15,15 |
| 4 | 1350 | Mohr, Johannes | 96 | | VfB Polch | 49 | 0:04:09 | 4,10 | 14,42 |
| 5 | 1218 | Schmidt, Jan | 96 | | VfB - Polch | 51 | 0:04:09 | 4,10 | 14,41 |
| 6 | 1327 | Ott, Augustin | 96 | | LA TuS Mayen | 52 | 0:04:11 | 4,11 | 14,33 |
| 7 | 1357 | Schneider, Björn | 96 | | TV Niederbieber | 53 | 0:04:12 | 4,12 | 14,27 |
| 8 | 1324 | Lanz, Christian | 96 | | LA TuS Mayen | 56 | 0:04:13 | 4,13 | 14,23 |
| 9 | 1379 | Merz, Matthias | 96 | | LSC Maischeid | 58 | 0:04:13 | 4,14 | 14,19 |
| 10 | 1296 | Strässer, Jonas | 96 | | TSV Lehmen | 59 | 0:04:14 | 4,15 | 14,14 |
| 11 | 1225 | Sieger, David | 96 | | *Polch | 64 | 0:04:17 | 4,18 | 13,96 |
| 12 | 1314 | Brost, Lucas | 96 | | LG Rhein Wied | 66 | 0:04:18 | 4,18 | 13,95 |
| 13 | 1203 | Jeandrée, Miguel | 96 | | ESV Kreuzberg | 68 | 0:04:18 | 4,19 | 13,92 |
| 14 | 1205 | Diesler, Marc-Samuel | 96 | | TC Münstermaifeld | 69 | 0:04:19 | 4,19 | 13,89 |
| 15 | 1307 | Veauthier, Dominik | 96 | | LG Boppard Bad Salzig | 78 | 0:04:22 | 4,22 | 13,72 |
| 16 | 1298 | Müller, Aaron | 96 | | Griesson de Beukelaer | 83 | 0:04:25 | 4,25 | 13,56 |
| 17 | 1373 | Gödert, Tim | 96 | | FC Wierschem | 97 | 0:04:32 | 4,33 | 13,20 |
| 18 | 1325 | Schlich, Sebastian | 96 | | LA TuS Mayen | 98 | 0:04:33 | 4,33 | 13,17 |
| 19 | 1308 | Goike, Nils | 96 | | LG Boppard Bad Salzig | 99 | 0:04:33 | 4,34 | 13,16 |
| 20 | 1285 | Sackenheim, Maximilian | 96 | | *Rüber | 100 | 0:04:35 | 4,35 | 13,08 |
| 21 | 1269 | Ehlers, Lorenz | 96 | | VfB Polch | 106 | 0:04:37 | 4,37 | 13,00 |
| 22 | 1299 | Wolf, Simon | 96 | | Griesson de Beukelaer | 108 | 0:04:39 | 4,39 | 12,90 |
| 23 | 1306 | Jäkel, Jan | 96 | | LG Boppard Bad Salzig | 113 | 0:04:40 | 4,41 | 12,82 |
| 24 | 1359 | Schmitt, Alexander | 96 | | VfB Polch | 116 | 0:04:42 | 4,43 | 12,74 |
| 25 | 1295 | Pütz, Jan | 96 | | LG Maifeld-Pellenz | 122 | 0:04:46 | 4,47 | 12,56 |
| 26 | 1274 | Ackermann, Gabriel | 96 | | LG Maifeld-Pellenz | 126 | 0:04:47 | 4,48 | 12,51 |
| 27 | 1239 | Krieg, Sven-Lasse | 96 | | LG Maifeld-Pellenz | 128 | 0:04:48 | 4,48 | 12,48 |
| 28 | 1233 | Häuser, Konstantin | 96 | | LG Maifeld-Pellenz | 129 | 0:04:49 | 4,49 | 12,45 |
| 29 | 1247 | Mirow, Joshua | 96 | | LG Maifeld-Pellenz | 149 | 0:05:00 | 5,01 | 11,97 |
| 30 | 1347 | Adolphs, Marius | 96 | | LG Boppard Bad Salzig | 153 | 0:05:03 | 5,03 | 11,87 |
| 31 | 1370 | Becker, Paul | 96 | | | 167 | 0:05:12 | 5,12 | 11,54 |
| 32 | 1241 | Morbach, Tobias | 96 | | LG Maifeld-Pellenz | 170 | 0:05:14 | 5,15 | 11,44 |
| 33 | 1569 | Bock, Timo | 96 | | | 176 | 0:05:17 | 5,18 | 11,33 |
| 34 | 1236 | Ketter, Alexander | 96 | | LG Maifeld-Pellenz | 188 | 0:05:36 | 5,37 | 10,70 |
| 35 | 1303 | Schneider, Lucas | 96 | | Griesson de Beukelaer | 191 | 0:05:42 | 5,43 | 10,50 |
| 36 | 1392 | Fischbach, Fabian | 96 | | LG Boppard Bad Salzig | 192 | 0:05:51 | 5,51 | 10,25 |
| 37 | 1338 | Wittwer, Marc | 96 | | Tagesgruppe Spatzennest | 193 | 0:05:51 | 5,52 | 10,23 |

Klasse M11

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | Platz | Brutto | Min/km | km/h |
|-------|----------|---------------------|----|-----|-------------------------|-------|---------|--------|-------|
| 1 | 1374 | Gödert, Maik | 95 | | FC Wierschem | 7 | 0:03:36 | 3,36 | 16,63 |
| 2 | 1281 | Pies, Alexander | 95 | | *Dieblich | 10 | 0:03:39 | 3,39 | 16,42 |
| 3 | 1345 | Reuter, Lucca | 95 | | Running Team Burgbrohl | 13 | 0:03:42 | 3,42 | 16,22 |
| 4 | 1391 | Joppe, Philipp | 95 | | *Koblenz | 15 | 0:03:45 | 3,46 | 15,96 |
| 5 | 1399 | Tegelaers, Lucas | 95 | | LSC Maischeid | 17 | 0:03:47 | 3,47 | 15,83 |
| 6 | 1280 | Diedrich, Alexander | 95 | | *Polch | 21 | 0:03:52 | 3,52 | 15,51 |
| 7 | 1283 | Anders, Robin | 95 | | LG Laacher See | 34 | 0:03:59 | 4,00 | 15,03 |
| 8 | 1348 | Schieß, Mirco | 95 | | LG Boppard Bad Salzig | 35 | 0:04:00 | 4,01 | 14,95 |
| 9 | 1212 | Wittig, Moritz | 95 | | *Mayen | 37 | 0:04:01 | 4,01 | 14,91 |
| 10 | 1372 | Bormann, David | 95 | | | 38 | 0:04:02 | 4,02 | 14,88 |
| 11 | 1224 | Schmitz, Jan-Niklas | 95 | | BSC Kaltenengers | 55 | 0:04:12 | 4,13 | 14,24 |
| 12 | 1352 | Phasen, Jonas | 95 | | VfB Ruitsch-Kerben | 65 | 0:04:18 | 4,18 | 13,95 |
| 13 | 1376 | Geisen, Marek | 95 | | VfB Polch | 71 | 0:04:19 | 4,19 | 13,87 |
| 14 | 1243 | Pinger, Christoph | 95 | | LG Maifeld-Pellenz | 79 | 0:04:23 | 4,23 | 13,68 |
| 15 | 1238 | Krieg, Jan-Lukas | 95 | | LG Maifeld-Pellenz | 109 | 0:04:39 | 4,40 | 12,88 |
| 16 | 1337 | Wittwer, Lucas | 95 | | Tagesgruppe Spatzennest | 123 | 0:04:46 | 4,47 | 12,55 |
| 17 | 1586 | Tullius, Jan | 95 | | VfB Polch | 132 | 0:04:50 | 4,50 | 12,39 |
| 18 | 1253 | Geifes, Philip | 95 | | *Vallendar | 145 | 0:04:58 | 4,58 | 12,07 |
| 19 | 1335 | Dreher, Manuel | 95 | | Tagesgruppe Spatzennest | 155 | 0:05:04 | 5,05 | 11,81 |
| 20 | 1304 | Gröning, Stephan | 95 | | LG Boppard Bad Salzig | 160 | 0:05:09 | 5,09 | 11,64 |
| 21 | 1336 | Wüst, Lars-Torsten | 95 | | Tagesgruppe Spatzennest | 177 | 0:05:18 | 5,19 | 11,30 |
| 22 | 1383 | Stölzgen, Pascal | 95 | | *Andernach | 190 | 0:05:40 | 5,40 | 10,58 |

Klasse M12

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | Platz | Brutto | Min/km | km/h |
|-------|----------|----------------------|----|-----|------------------------|-------|---------|--------|-------|
| 1 | 1258 | Schütz, Robert | 94 | | TV Sinzig 08 | 3 | 0:03:26 | 3,26 | 17,46 |
| 2 | 1245 | Schwörer, Dominik | 94 | | LG Maifeld-Pellenz | 5 | 0:03:29 | 3,29 | 17,20 |
| 3 | 1230 | Ibald, Simon | 94 | | *Hatzenport | 8 | 0:03:38 | 3,38 | 16,49 |
| 4 | 1382 | Weber, Tom | 94 | | SG Westum - Löhndorf | 11 | 0:03:39 | 3,40 | 16,38 |
| 5 | 1204 | Jeandrée, Julien | 94 | | ESV Kreuzberg | 14 | 0:03:43 | 3,44 | 16,11 |
| 6 | 1273 | Mayer, Philip | 94 | | LG Maifeld-Pellenz | 19 | 0:03:51 | 3,51 | 15,56 |
| 7 | 1217 | Kaiser, Nicola | 94 | | VfB Polch | 20 | 0:03:51 | 3,52 | 15,53 |
| 8 | 1571 | Maas, Markus | 94 | | SV Burgen | 22 | 0:03:52 | 3,52 | 15,48 |
| 9 | 1368 | Simonis, Jan Peter | 94 | | | 30 | 0:03:58 | 3,58 | 15,11 |
| 10 | 1220 | Neuhaus, Lukas | 94 | | Running Team Bad Ems | 32 | 0:03:58 | 3,59 | 15,07 |
| 11 | 1228 | Kaiser, Tobias | 94 | | VfB Polch | 33 | 0:03:59 | 3,59 | 15,04 |
| 12 | 1582 | Ackermann, Marvin | 94 | | SV Herresbach | 40 | 0:04:03 | 4,04 | 14,77 |
| 13 | 1331 | Memmesheimer, Tobias | 94 | | LA TuS Mayen | 42 | 0:04:04 | 4,05 | 14,71 |
| 14 | 1346 | Lutzius, Waldemar | 94 | | Running Team Burgbrohl | 43 | 0:04:06 | 4,06 | 14,61 |
| 15 | 1363 | Sturm, Felix | 94 | | LA TuS Mayen | 45 | 0:04:07 | 4,07 | 14,56 |
| 16 | 1330 | Schlich, Matthias | 94 | | LA TuS Mayen | 48 | 0:04:09 | 4,09 | 14,44 |
| 17 | 1563 | Lay, Matthias | 94 | | *Koblenz | 73 | 0:04:20 | 4,20 | 13,84 |
| 18 | 1329 | Lanz, Martin | 94 | | LA TuS Mayen | 75 | 0:04:20 | 4,21 | 13,82 |
| 19 | 1316 | Metzner, Dennis | 94 | | LG Boppard Bad Salzig | 77 | 0:04:21 | 4,22 | 13,76 |
| 20 | 1388 | Gumm, Felix | 94 | | LT Horn-Laubach | 101 | 0:04:35 | 4,35 | 13,07 |
| 21 | 1579 | Giesler, Philipp | 94 | | EBMAS Gym | 103 | 0:04:35 | 4,36 | 13,05 |
| 22 | 1266 | Theisen, Tim | 94 | | TG Polch | 114 | 0:04:42 | 4,42 | 12,75 |
| 23 | 1219 | Schmidt, Sven | 94 | | *Polch | 134 | 0:04:51 | 4,51 | 12,37 |
| 24 | 1400 | Waldforst, Michael | 94 | | *Koblenz | 186 | 0:05:33 | 5,33 | 10,81 |

Klasse M13

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | Platz | Brutto | Min/km | km/h |
|-------|----------|----------------------|----|-----|----------------------|-------|---------|--------|-------|
| 1 | 1564 | Knuffmann, Matthias | 93 | | TV Kärlich 08 | 1 | 0:03:14 | 3,15 | 18,49 |
| 2 | 1227 | Bales, Christian | 93 | | SV Oberweis | 2 | 0:03:21 | 3,22 | 17,84 |
| 3 | 1573 | Chalgoum, Mouloud | 93 | | LG Laacher See | 4 | 0:03:28 | 3,28 | 17,27 |
| 4 | 1332 | Keifenheim, Rene | 93 | | LA TuS Mayen | 6 | 0:03:34 | 3,35 | 16,78 |
| 5 | 1389 | Hemb, Florian | 93 | | LT Horn-Laubach | 9 | 0:03:38 | 3,39 | 16,46 |
| 6 | 1272 | Höfling, Marc-Oliver | 93 | | LG Maifeld-Pellenz | 16 | 0:03:46 | 3,47 | 15,86 |
| 7 | 1223 | Pörzgen, Lukas | 93 | | TV-Gladbach | 23 | 0:03:53 | 3,54 | 15,41 |
| 8 | 1215 | Hürter, Tim | 93 | | *Polch | 24 | 0:03:55 | 3,55 | 15,32 |
| 9 | 1271 | Ehsam, Gary | 93 | | LG Maifeld-Pellenz | 25 | 0:03:55 | 3,56 | 15,29 |
| 10 | 1262 | Gräb, Rudolf | 93 | | TUS, Kettig | 31 | 0:03:58 | 3,58 | 15,10 |
| 11 | 1231 | Annen, Tobias | 93 | | LG Maifeld-Pellenz | 36 | 0:04:01 | 4,01 | 14,93 |
| 12 | 1277 | Brechtel, Christian | 93 | | LG Maifeld-Pellenz | 39 | 0:04:02 | 4,03 | 14,85 |
| 13 | 1339 | Schwarz, Dennis | 93 | | LT Welschbillig e.V. | 47 | 0:04:07 | 4,08 | 14,52 |
| 14 | 1261 | Jönck, Henning | 93 | | TUS, Kettig | 57 | 0:04:13 | 4,13 | 14,21 |
| 15 | 1340 | Wilhelm, Marvin | 93 | | LT Welschbillig e.V. | 80 | 0:04:23 | 4,24 | 13,66 |
| 16 | 1286 | Kersten, Christian | 93 | | LG Maifeld-Pellenz | 89 | 0:04:29 | 4,29 | 13,38 |
| 17 | 1587 | Chojnacki, Patrick | 92 | | | 90 | 0:04:29 | 4,29 | 13,38 |
| 18 | 1351 | Phasen, Lukas | 93 | | VfB Ruitsch-Kerben | 141 | 0:04:56 | 4,56 | 12,16 |
| 19 | 1384 | Stölzgen, Patrick | 92 | | *Andernach | 156 | 0:05:04 | 5,05 | 11,81 |
| 20 | 1570 | Bock, Dennis | 93 | | *Grafschaft | 174 | 0:05:16 | 5,17 | 11,37 |
| 21 | 1393 | Rosen, Nils | 93 | | *Koborn-Gondorf | 179 | 0:05:22 | 5,23 | 11,15 |

Klasse M8

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | Platz | Brutto | Min/km | km/h |
|-------|----------|--------------------|----|-----|------------------------|-------|---------|--------|-------|
| 1 | 1237 | Kleemann, Charbin | 98 | | LG Maifeld-Pellenz | 29 | 0:03:57 | 3,58 | 15,14 |
| 2 | 1232 | Giese, Andreas | 98 | | LG Maifeld-Pellenz | 46 | 0:04:07 | 4,08 | 14,54 |
| 3 | 1226 | Geilen, Maximilian | 98 | | *Mendig | 70 | 0:04:19 | 4,19 | 13,88 |
| 4 | 1390 | Joppe, Florian | 98 | | *Koblenz | 82 | 0:04:25 | 4,25 | 13,58 |
| 5 | 1378 | Lampa, Niklas | 99 | | FC Plaidt | 84 | 0:04:25 | 4,26 | 13,55 |
| 6 | 1278 | Otto, Philipp | 98 | | VfB Polch | 86 | 0:04:27 | 4,27 | 13,46 |
| 7 | 1282 | Ries, Philipp | 98 | | SCC Saffig | 88 | 0:04:28 | 4,29 | 13,41 |
| 8 | 1360 | Groß, Martin | 98 | | VfB Polch | 90 | 0:04:29 | 4,29 | 13,38 |
| 9 | 1248 | Mirow, David | 98 | | LG Maifeld-Pellenz | 92 | 0:04:29 | 4,30 | 13,34 |
| 10 | 1234 | Häuser, Julian | 98 | | LG Maifeld-Pellenz | 95 | 0:04:31 | 4,32 | 13,26 |
| 11 | 1246 | Strang, Moritz | 98 | | LG Maifeld-Pellenz | 96 | 0:04:32 | 4,33 | 13,21 |
| 12 | 1297 | Ludwig, Jonas | 98 | | Griesson de Beukelaer | 102 | 0:04:35 | 4,36 | 13,05 |
| 13 | 1222 | Nürenberg, Lars | 98 | | JSG Mendig/Bell | 104 | 0:04:36 | 4,36 | 13,03 |
| 14 | 1567 | Richter, Philipp | 98 | | TV Moselweiß | 111 | 0:04:39 | 4,40 | 12,86 |
| 15 | 1290 | Pitzler, Jens | 98 | | LG Maifeld-Pellenz | 112 | 0:04:40 | 4,40 | 12,84 |
| 16 | 1291 | Schopp, Andr  | 98 | | LG Maifeld-Pellenz | 117 | 0:04:42 | 4,43 | 12,73 |
| 17 | 1249 | Weber, Jonas | 99 | | LG Maifeld-Pellenz | 119 | 0:04:45 | 4,45 | 12,63 |
| 18 | 1358 | Prei , Felix | 98 | | | 120 | 0:04:46 | 4,46 | 12,59 |
| 19 | 1244 | Sch nberg, Lukas | 98 | | LG Maifeld-Pellenz | 124 | 0:04:47 | 4,47 | 12,54 |
| 20 | 1254 | Setzlach, Lukan | 98 | | TuWi Adenau | 127 | 0:04:48 | 4,48 | 12,49 |
| 21 | 1235 | Heinz, Maximilian | 98 | | LG Maifeld-Pellenz | 130 | 0:04:49 | 4,50 | 12,42 |
| 22 | 1311 | M ller, Yannik | 98 | | LG Boppard Bad Salzig | 135 | 0:04:52 | 4,52 | 12,31 |
| 23 | 1386 | Faber, Niklas | 98 | | FC Germania St. Johann | 138 | 0:04:54 | 4,54 | 12,23 |
| 24 | 1361 | Kl ckner, Nils | 98 | | | 139 | 0:04:55 | 4,55 | 12,19 |
| 25 | 1387 | B hrens, Jan-Lukas | 98 | | SG 99 Andernach | 144 | 0:04:58 | 4,58 | 12,08 |
| 26 | 1365 | Harwardt, Daniel | 98 | | Maifelder SV | 151 | 0:05:01 | 5,02 | 11,93 |
| 27 | 1201 | Marzinzik, Marvin | 98 | | LT Maifelder SV | 154 | 0:05:04 | 5,05 | 11,82 |
| 28 | 1318 | Regnier, Fabrice | 98 | | TUS, Kettig | 158 | 0:05:08 | 5,09 | 11,67 |
| 29 | 1366 | M nzel, David | 99 | | Maifelder SV | 159 | 0:05:09 | 5,09 | 11,65 |
| 30 | 1292 | G derz, Johannes | 98 | | LG Maifeld-Pellenz | 162 | 0:05:10 | 5,10 | 11,61 |
| 30 | 1396 | Grieger, Nils | 98 | | | 162 | 0:05:10 | 5,10 | 11,61 |
| 32 | 1289 | Koch, Jan-Luca | 98 | | LG Maifeld-Pellenz | 164 | 0:05:10 | 5,11 | 11,59 |
| 33 | 1367 | Zimmermann, Leo | 99 | | Maifelder SV | 165 | 0:05:10 | 5,11 | 11,58 |
| 34 | 1301 | Frerichs, Matthias | 98 | | Griesson de Beukelaer | 171 | 0:05:15 | 5,15 | 11,43 |
| 35 | 1355 | Fischer, Benedikt | 00 | | Maifelder SV | 172 | 0:05:15 | 5,16 | 11,41 |
| 36 | 1242 | Morbach, Patrick | 98 | | LG Maifeld-Pellenz | 173 | 0:05:16 | 5,16 | 11,39 |
| 37 | 1251 | Raab, Benedikt | 98 | | *Breitenau | 175 | 0:05:17 | 5,17 | 11,35 |
| 38 | 1395 | Riedel, Colin | 98 | | | 180 | 0:05:22 | 5,23 | 11,15 |
| 39 | 1213 | Seul, Maurice | 98 | | *Gappenach | 181 | 0:05:23 | 5,24 | 11,11 |
| 40 | 1302 | Frerichs, Daniel | 98 | | Griesson de Beukelaer | 182 | 0:05:26 | 5,26 | 11,03 |
| 41 | 1252 | Kneip, Max | 98 | | *Ney | 183 | 0:05:26 | 5,27 | 11,01 |
| 42 | 1300 | Zydek, Pierre | 99 | | Griesson de Beukelaer | 185 | 0:05:31 | 5,32 | 10,85 |
| 43 | 1270 | Bartz, Moritz | 98 | | LT TuS Lonnig | 189 | 0:05:38 | 5,39 | 10,62 |
| 44 | 1369 | Ghanem, Salem | 98 | | | 194 | 0:05:52 | 5,52 | 10,23 |
| 45 | 1398 | L hmar, Ivo | 98 | | | 195 | 0:05:52 | 5,53 | 10,21 |
| 46 | 1313 | Walter, Leon | 98 | | *Breitenau | 197 | 0:05:58 | 5,58 | 10,05 |

Klasse M9

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | Platz | Brutto | Min/km | km/h |
|-------|----------|---------------------|----|-----|------------------------|-------|---------|--------|-------|
| 1 | 1320 | Sielski, Malte | 97 | | TuS Mayen | 18 | 0:03:50 | 3,51 | 15,62 |
| 2 | 1257 | Schütz, Laurenz | 97 | | TV Sinzig 08 | 27 | 0:03:56 | 3,56 | 15,24 |
| 3 | 1380 | Dreidoppel, Kevin | 97 | | | 41 | 0:04:04 | 4,04 | 14,73 |
| 4 | 1263 | Freimuth, Lucas | 97 | | TUS, Kettig | 44 | 0:04:06 | 4,07 | 14,60 |
| 5 | 1210 | Beisswenger, Lucas | 97 | | TV-Gladbach | 50 | 0:04:09 | 4,10 | 14,41 |
| 6 | 1259 | Watembach, Phillip | 97 | | TUS, Kettig | 54 | 0:04:12 | 4,13 | 14,25 |
| 7 | 1578 | Paschakarnis, Leon | 97 | | TV Vallendar | 60 | 0:04:15 | 4,15 | 14,11 |
| 8 | 1276 | Heider, Jörn | 97 | | LG Maifeld-Pellenz | 61 | 0:04:15 | 4,16 | 14,08 |
| 9 | 1206 | Court, Alexander | 97 | | JSG Mendig/Bell | 62 | 0:04:16 | 4,17 | 14,02 |
| 10 | 1216 | Kutzner, Simon | 97 | | X-Sport Kastellaun | 63 | 0:04:17 | 4,17 | 13,99 |
| 11 | 1354 | Kaufmann, Max | 97 | | | 67 | 0:04:18 | 4,18 | 13,93 |
| 12 | 1371 | Bormann, Marvin | 97 | | | 72 | 0:04:19 | 4,20 | 13,85 |
| 13 | 1214 | Pauken, Christoph | 97 | | TV Welling | 73 | 0:04:20 | 4,20 | 13,84 |
| 14 | 1323 | Simon, Lukas | 97 | | LA TuS Mayen | 76 | 0:04:21 | 4,21 | 13,78 |
| 15 | 1287 | Drzesga, Marc | 97 | | *Mayen | 81 | 0:04:24 | 4,24 | 13,63 |
| 16 | 1322 | Pieroth, Henrik | 97 | | LA TuS Mayen | 85 | 0:04:26 | 4,26 | 13,51 |
| 17 | 1260 | Watembach, Felix | 97 | | TUS, Kettig | 87 | 0:04:28 | 4,28 | 13,43 |
| 18 | 1293 | van Beek, Jannik | 97 | | LG Maifeld-Pellenz | 93 | 0:04:30 | 4,30 | 13,32 |
| 19 | 1381 | Schnieders, Bastian | 97 | | Hunsrück- Marathon | 94 | 0:04:31 | 4,31 | 13,28 |
| 20 | 1319 | Dietrich, Tim | 97 | | LA TuS Mayen | 105 | 0:04:36 | 4,37 | 13,01 |
| 21 | 1364 | Prieß, Leon | 97 | | VfB Polch | 107 | 0:04:37 | 4,37 | 12,99 |
| 22 | 1202 | Esper, Patrick | 97 | | SV Landkern | 110 | 0:04:39 | 4,40 | 12,87 |
| 23 | 1267 | Lahnstein, Niklas | 97 | | TUS, Kettig | 115 | 0:04:42 | 4,42 | 12,74 |
| 24 | 1265 | Rohm, Marcus | 97 | | TUS, Kettig | 118 | 0:04:43 | 4,44 | 12,69 |
| 25 | 1568 | Liebe, Daniel | 97 | | SC Poseidon | 121 | 0:04:46 | 4,46 | 12,57 |
| 26 | 1275 | Bartz, Florian | 97 | | LG Maifeld-Pellenz | 125 | 0:04:47 | 4,48 | 12,51 |
| 27 | 1309 | Bringer, Justus | 97 | | LG Boppard Bad Salzig | 131 | 0:04:50 | 4,50 | 12,40 |
| 28 | 1581 | Ackermann, Luca | 97 | | SV Herresbach | 133 | 0:04:50 | 4,51 | 12,39 |
| 29 | 1268 | Blonski, Niklas | 97 | | TUS, Kettig | 136 | 0:04:53 | 4,53 | 12,27 |
| 30 | 1312 | Dorer, Fabian | 97 | | LG Maifeld-Pellenz | 137 | 0:04:54 | 4,54 | 12,24 |
| 31 | 1315 | Metzner, Florian | 97 | | LG Boppard Bad Salzig | 140 | 0:04:55 | 4,55 | 12,18 |
| 32 | 1240 | Lauth, Alexander | 97 | | LG Maifeld-Pellenz | 142 | 0:04:56 | 4,57 | 12,14 |
| 33 | 1317 | Mohr, Fynn | 97 | | *Binningen | 143 | 0:04:58 | 4,58 | 12,08 |
| 34 | 1208 | Hörsch, Lukas | 97 | | MSV | 146 | 0:04:59 | 4,59 | 12,03 |
| 35 | 1375 | Junker, Jan | 97 | | | 147 | 0:04:59 | 5,00 | 12,01 |
| 36 | 1211 | Schlöder, Max | 97 | | LT Maifelder SV | 148 | 0:05:00 | 5,00 | 12,00 |
| 37 | 1221 | Conrad, Kai | 97 | | *Polch | 150 | 0:05:01 | 5,01 | 11,94 |
| 38 | 1385 | Berresheim, Kai | 97 | | FC Germania St. Johann | 152 | 0:05:02 | 5,02 | 11,91 |
| 39 | 1584 | Noll, Nico | 97 | | SV Hatzenport-Löf | 157 | 0:05:08 | 5,08 | 11,69 |
| 40 | 1397 | Grieger, Paul | 97 | | | 161 | 0:05:09 | 5,10 | 11,61 |
| 41 | 1575 | König, Jan Niklas | 97 | | FC Metternich | 166 | 0:05:11 | 5,12 | 11,54 |
| 42 | 1207 | Prepens, Lars | 97 | | Elz | 168 | 0:05:13 | 5,14 | 11,47 |
| 43 | 1229 | Knaup, Christopher | 97 | | TSV Lehmen | 169 | 0:05:14 | 5,14 | 11,45 |
| 44 | 1305 | Rippel, Dennis | 97 | | Griesson de Beukelaer | 178 | 0:05:19 | 5,20 | 11,25 |
| 45 | 1294 | Ross, Jannik | 97 | | LG Maifeld-Pellenz | 184 | 0:05:28 | 5,28 | 10,96 |
| 46 | 1349 | Wege, Jonny | 97 | | VfB Polch | 187 | 0:05:36 | 5,36 | 10,71 |
| 47 | 1279 | Glatz, Jannis | 97 | | *Polch | 196 | 0:05:55 | 5,56 | 10,12 |
| 48 | 1377 | Laubenthal, Marcel | 97 | | *Polch | 198 | 0:06:37 | 6,37 | 9,06 |