

| Start Nr. | Vorname | Name | Vorname | Name | Vorname | Name | Verein | Bemerkung | Zeit | Platz M | Platz W |
|-----------|-----------|-------------------|--------------|-------------|-----------|---------------|---|---|----------|---------|---------|
| 9005 | Viktor | Kuk | Josh | Pütz | Arne | Fink | CleverFit | CleverFit-4 | 00:35:46 | | 1 |
| 9032 | David | Sandermann | Frank | Merder | Lars | Klöppel | Airpool | air runner 1 | 00:42:29 | | 2 |
| 9000 | Frank | Duisen | Sven | Schmidt | Alexander | Brunner | The BOGE Rubber & Plastics Connection 1 | The BOGE Rubber & Plastics Connection 1 | 00:43:00 | | 3 |
| 9017 | Hermesch | Tobias | Schockemöhle | Tim | Baumann | Thomas | Die coolen LzOer | Die coolen LzOer | 00:46:06 | | 4 |
| 9013 | Mustafa | Alabdahmid | Imad | Katelah | Johannes | Rechtien | Grimme Rot Runner 3 | Grimme Rot Runner 3 | 00:46:08 | | 5 |
| 9012 | Ingo | Pohlschneider | Markus | Herzog | Hendrik | Kuhlmann | Grimme Rot Runner 2 | Grimme Rot Runner 2 | 00:46:23 | | 6 |
| 9006 | Amar | Abdullah | Luca | Bräunlich | Niklas | Buck | CleverFit | CleverFit-5 | 00:46:26 | | 7 |
| 9001 | Tobias | Franzen | Cajus | Allerding | Artur | Döhl | The BOGE Rubber & Plastics Connection 2 | The BOGE Rubber & Plastics Connection 2 | 00:46:27 | | 8 |
| 9008 | Finn-Eric | Schneider | Muzamel | Sultansei | Hugo | Zerhusen | CleverFit | CleverFit-7 | 00:47:00 | | 9 |
| 9002 | Ben | Henjes | Emil | Hackstette | Florijan | Berisha | CleverFit | CleverFit-1 | 00:47:22 | | 10 |
| 9031 | Robin | Schmutte | Rainer | Rolfes | Thomas | Fabricius | Airpool | air runner 2 | 00:48:54 | | 11 |
| 9003 | Lasse | Brinkmann | Alexsandros | Gertsos | Henri | Enneking | CleverFit | CleverFit-2 | 00:49:07 | | 12 |
| 9016 | Andreas | Schech | Thomas | Bührke | Patrick | Fröhling | BSG SHERA | BSG SHERA | 00:49:17 | | 13 |
| 9037 | Otmar | Vogelsang | Martin | Enneking | Bernd | Enneking | OSC Damme | Badminton 2 | 00:50:02 | | 14 |
| 9007 | Minna | Deters | Thorvin | Kalkhoff | Jonas | Kröger | CleverFit | CleverFit-6 | 00:50:28 | | 15 |
| 9038 | Magnus | Höltermann | Johann | Enneking | Jakob | Bach | OSC Damme | Badminton 1 | 00:50:43 | | 16 |
| 9104 | Henrik | Wulferding | Frank | Normann | Patrick | Ideler | Rot Runner 4 | Rot Runner 4 | 00:51:14 | | 17 |
| 9101 | Thorsten | Landwehr | Benedikt | Stuntebeck | Lucas | Garvels | Die drei Streifen | Die drei Streifen | 00:52:22 | | 18 |
| 9029 | Holger | Storck | Marvin | Anten | Daniel | Siemer | OSC Damme | OSC Damme gewürfelt | 00:52:30 | | 19 |
| 9015 | Hugo | Eismann | Jason | Witte | Erik | Sokolw | Internorm 2 | Internorm 2 | 00:52:58 | | 20 |
| 9018 | Pia | Krone | Lena | Völkerding | Klaus | Kessing | Functional Fitness | Functional Fitness | 00:53:24 | | 21 |
| 9103 | Anna | Groß | Karin | Rechziegler | Olaf | Krüger | Die Seitenstecher | Die Seitenstecher | 00:53:24 | | 22 |
| 9030 | Dennis | Wirth | Henning | Bley | Lukas | Awerin | Airpool | air runner 3 | 00:53:54 | | 23 |
| 9011 | Marleen | Rösener | Niklas | Schulden | Lennardt | Wempe | Grimme Rot Runner 1 | Grimme Rot Runner 1 | 00:54:12 | | 24 |
| 9010 | Kimi | Schurr | Andre | Leson | Leon | Nünch | CleverFit | CleverFit-9 | 00:54:17 | | 25 |
| 9014 | Max | Moormann | Ahmet | Aksoy | Marcel | Tolls | Internorm 1 | Internorm 1 | 00:54:34 | | 26 |
| 9035 | Laura | Torbecke | Laura | Torbecke | Laura | Torbecke | Jens und seine Schnecken | Jens und seine Schnecken | 00:54:44 | | 27 |
| 9105 | Valery | Fisink | Annabell | Hardinghaus | Markus | Assmann | Vilofoss Speedy | Vilofoss Speedy | 00:55:18 | | 28 |
| 9034 | Christian | Sedlak | Rene | Lampe | Klaus | Koldehoff | Krankenhaus Damme | KH-Damme-1 | 00:56:28 | | 29 |
| 9027 | Philipp | Hackmann | Jessica | Morthorst | Jan | Morthorst | Maria Rast | Maria-Rast | 00:56:34 | | 30 |
| 9004 | Ole | Niemann | Mathis | Koldehoff | Justus | Grummel | CleverFit | CleverFit-3 | 00:59:09 | | 31 |
| 9009 | Mattis | Böck | Matteo | Rabe | Julian | Fortmann | CleverFit | CleverFit-8 | 01:00:37 | | 32 |
| 9022 | Iris | Schuler-Hilgefert | Marten | Sager | Nelly | Beck | Maria Rast | Tollenberg 3 | 01:14:07 | | 33 |
| 9999 | Silvia | Bultmann | Ira | Enneking | Anna | Lagemann | OSC Damme | Golden Girls | 00:48:13 | | 1 |
| 9100 | Thea | Goda | Emma | Zerhusen | Eva | Goda | Team TEE-Thea-Emma-Eva | Team TEE-Thea-Emma-Eva | 00:58:34 | | 2 |
| 9019 | Christel | Summe | Tatjana | Sali | Kerstin | Burdiek | OSC Damme | Ballsport 1 | 00:59:29 | | 3 |
| 9028 | Carola | Weizs | Laura | Wegmann | Michaela | Völkerding | Maria Rast | Verwaltung | 01:00:20 | | 4 |
| 9020 | Anna | Kleyböcker | Jessica | Deck | Kristina | von der Heide | OSC Damme | Ballsport 2 | 01:03:05 | | 5 |
| 9021 | Asli | Yilmaz | Alex | Bodinek | Dorothe | Schulte | Maria Rast | Tollenbeg 4 | 01:08:20 | | 6 |
| 9023 | Bernhild | Morganti | Katinca | Lindner | Zeynep | Celik | Maria Rast | Tollenberg 2 | 01:20:17 | | 7 |
| 9024 | Marlene | Koopmann | Kerstin | Haskamp | Brunhilde | Harrison | Maria Rast | Tollenberg 1 | 01:25:27 | | 8 |