

Männer

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Netto | 1.Rennen | 2.Rennen | 3. Rennen |
|-------|--------|------------------|----|-----|------------------------------|---------|----------|----------|-----------|
| 1 | 432 | Trenc, Thomas | 79 | DEU | DAV Ludwigsburg OG Vaihingen | 0:56:26 | 18:47 | 19:13 | 18:25 |
| 2 | 427 | Baumstark, Sven | 93 | DEU | Sportvg Feuerbach | 0:56:27 | 18:45 | 19:17 | 18:25 |
| 3 | 437 | Schäuffele, Uli | 61 | DEU | curando | 0:58:16 | 19:25 | 19:37 | 19:14 |
| 4 | 424 | Baumstark, Armin | 62 | DEU | Sportvg Feuerbach | 0:59:32 | 20:02 | 19:49 | 19:41 |
| 5 | 428 | Haecker, Jan | 92 | DEU | Sportvg Feuerbach | 1:00:45 | 19:22 | 20:53 | 20:29 |
| 6 | 407 | Rupp, Marc | 96 | DEU | SGV Freiberg Basketball | 1:06:25 | 21:48 | 22:21 | 22:15 |
| 7 | 429 | Kienzle, Finn | 03 | DEU | TV Mundelsheim | 1:13:16 | 25:09 | 24:09 | 23:57 |
| 8 | 422 | Rill, Levin | 00 | DEU | TV Mundelsheim | 1:14:06 | 24:05 | 23:44 | 26:16 |
| 9 | 417 | Kienzle, Leon | 00 | DEU | TV Mundelsheim | 1:14:20 | 24:09 | 23:58 | 26:12 |

Frauen

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Netto | 1.Rennen | 2.Rennen | 3. Rennen |
|-------|--------|-------------------|----|-----|----------------------|---------|----------|----------|-----------|
| 1 | 426 | Baumstark, Sandra | 91 | DEU | Sportvg Feuerbach | 1:07:37 | 22:25 | 23:07 | 22:04 |
| 2 | 445 | Herzig, Tina | 67 | DEU | Team Sport Evolution | 1:09:05 | 23:20 | 22:52 | 22:52 |
| 3 | 425 | Baumstark, Birgit | 64 | DEU | Sportvg Feuerbach | 1:17:10 | 25:51 | 25:46 | 25:32 |
| 4 | 419 | Kienzle, Anne | 71 | DEU | TV Mundelsheim | 1:27:30 | 29:25 | 30:10 | 27:54 |
| 5 | 440 | Karle, Melanie | 77 | DEU | *Benningen | 1:33:51 | 30:13 | 32:46 | 30:52 |
| 6 | 431 | Lutz, Tanja | 72 | DEU | SIL | 1:34:00 | 32:54 | 31:09 | 29:57 |