

| Klasse | männlich | | | weiblich | | |
|--------|----------|----------------------|------|----------|----------------------------|-------|
| | Platz | Name | Zeit | Platz | Name | Zeit |
| 5 | 1 | Kraft, Nilo | 3:48 | 1 | Bähringer, Lara | 4:15 |
| | 2 | Bähringer, Tim | 3:59 | 2 | Reinke, Ida | 4:25 |
| | 3 | Speicher, Ole Lasse | 4:13 | 2 | Werner, Amelie | 4:25 |
| 6 | 1 | Thomas, Henry | 3:52 | 1 | Steiniger, Lucy Inya | 3:48 |
| | 2 | Pfagl, Toni Elias | 3:53 | 2 | Lehnau, Hanna | 4:16 |
| | 3 | Lorber, Fritz | 4:10 | 3 | Bandke, Stella | 4:20 |
| 7 | 1 | Wuthnow, Jaro | 3:41 | 1 | Michael, Mara | 4:08 |
| | 2 | Tiepner, Oskar | 3:43 | 2 | Oettler, Angelina Jenny | 4:10 |
| | 3 | Do, Duy Anh | 3:46 | 3 | Engelhardt, Jolina | 4:13 |
| 8 | 1 | König, Timo | 7:59 | 1 | Gäbelein, Hanna | 9:28 |
| | 2 | Kohl, Franz-Joseph | 8:42 | 2 | Grimm, Svenja | 9:38 |
| | 3 | Müller, Justin | 8:55 | 3 | Seifert, Lilia Rebecca | 10:02 |
| 9 | 1 | Peters, Florian | 7:17 | 1 | Alder, Melina | 10:14 |
| | 1 | Herold, Ole Connor | 7:17 | 2 | Barthold, Nina | 10:23 |
| | 3 | Reuther, Johannes | 8:09 | 3 | Alder, Charlotte | 10:42 |
| 10 | 1 | Lätzer, Henry | 7:57 | 1 | Redmann, Chantal Marie | 9:42 |
| | 2 | Scheler, Dean | 8:03 | 1 | Kupka, Miriam | 9:42 |
| | 2 | Runge, Hannes | 8:03 | 2 | Beierlein, Leonie | 9:53 |
| 11 | 1 | Seidel, Raphael Eric | 7:27 | 1 | Jalowski, Hanna | 10:02 |
| | 2 | Preising, Eric | 7:29 | 2 | Wagner, Laura Sophie | 10:12 |
| | 3 | Krahnert, Ben | 8:16 | 3 | Hädrich, Luisa-Joelle | 10:16 |
| 12 | 1 | Fischer, Leon | 7:40 | 1 | Neupert, Rosa-Lina | 9:24 |
| | 2 | Schröter, Raoul | 8:02 | 2 | Wonneberger, Penelope-Yves | 10:20 |
| | 3 | Schulz, Robin | 8:18 | 3 | Czwieczek, Magdalena | 10:36 |