

| Montag | | MTV Krefeld | | Montag | | MTV Krefeld | |
|--------|----------------------|--------------|--------|------------------|----------------------|--------------|--------|
| | Name | Verein | Jahrg. | | Name | Verein | Jahrg. |
| 14.30 | Lewis Salzmann | CHTC | 2013 | 14.30 | Frederik Rabanus | CHTC | 2013 |
| | Jonas Tecker | TCS Fischeln | 2013 | | Frida Kottsieper | CHTC | 2012 |
| | Romy Dohmes | CHTC | 2013 | | Justus Wuttke | CHTC | 2013 |
| 15.30 | Rena Fiedler | HTC BW | 2012 | 15.30 | | | |
| 15.30 | Lena Hesse | TC Traar | 2011 | 15.30 | Justus Degener | Hülser SV | 2012 |
| | Pauline Janssen | TC Traar | 2011 | | Benjamin Junge | TCS Fischeln | 2012 |
| | Mira Scheepers | CHTC | 2011 | | Felix Müller 14tägig | TV03 SG KR | 2012 |
| | | | | | Johann Croonenbroeck | TC Traar | 2012 |
| | | | | Mads Wiesener | KTG | 2012 | |
| | | | | Jacob Rollmann | TV Osterath | 2012 | |
| 16:30 | | | | 16:30 | | | |
| 16:30 | Leonard Haak | HTC BW | 2011 | 16:30 | Emma Ernenputsch | CHTC | 2010 |
| | Philip Momberger | CHTC | 2011 | | Annika Schäfer | TV03 SG Kr | 2010 |
| | Moritz Westermann | TV Osterath | 2011 | | Nikola Bongardt | TSV Meerb | 2010 |
| | | | | Maya Bongardt | TSV Meerb | 2010 | |
| 17.30 | | | | 17.30 | Greta Haerdle | CHTC | 2010 |
| 17:30 | Lenn Klupsch | CHTC | 2010 | | | | |
| | Alexander Wilmsmeyer | St. Tönis | 2010 | | | | |
| | Maximilian Albrecht | St. Tönis | 2010 | 18:00 | Finn Otto | CHTC | 2009 |
| | Frederik Haak | HTC BW | 2010 | | Gustavo Korneli | TV03 SG KR | 2009 |
| | Felix Lohmann | TC Boverf | 2010 | Leo Korneli | TV03 SG KR | 2009 | |
| | Oskar Vogel | TD Lank | 2010 | Leonard Schilgen | HTC BW | 2009 | |
| | Theresa Witteck | HTC BW | 2009 | Julius Bongarth | HTC BW | 2009 | |
| 19:30 | Noah Petzinna | KTG | 2010 | 19:30 | Henri Lukas | TD Lank | 2009 |

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