

| Nachname | Vorname | Verein | Jahrgang | Geschl | Leistung | Platz |
|-----------------|----------------|----------------------|-----------------|---------------|-----------------|--------------|
| Koser | Flora Helene | TV Lengerich | 1998 | w | 5,33 | 1 |
| Tecklenbrock | Lilli | TV Lengerich | 1998 | w | 5,20 | 2 |
| Waltermann | Lisa | TV Bad Iburg | 2002 | w | 4,68 | 3 |
| Bröskamp | Isabella | TV Bad Iburg | 2003 | w | 4,60 | 4 |
| Freye | Rosanna | TSG 07 Burg Gretesch | 2004 | w | 4,51 | 5 |
| Reinken | Jana | SC Melle 03 | 2003 | w | 4,46 | 6 |
| Beermann | Johanna | TV Bad Iburg | 2004 | w | 4,32 | 7 |
| Wolf | Laura | TV Bad Iburg | 2003 | w | 4,10 | 8 |
| Hagelkreuz | Lena | TV Georgsmarienhütte | 2007 | w | 4,08 | 9 |
| Schwegmann | Tabea | LT Osnabrück-Nord | 2002 | w | 4,05 | 10 |
| Bartels | Marla | TV Georgsmarienhütte | 2007 | w | 4,04 | 11 |
| Schmieder | Emilia | SC Melle 03 | 2004 | w | 3,96 | 12 |
| Placke | Finja | SC Melle 03 | 2005 | w | 3,90 | 13 |
| Arlaslan | Dilayla | TV Georgsmarienhütte | 2007 | w | 3,85 | 14 |
| Schlattmann | Jette | SC Melle 03 | 2003 | w | 3,83 | 15 |
| Keunecke | Felicia | TV Georgsmarienhütte | 2007 | w | 3,66 | 16 |
| Halbach | Anabel | LT Osnabrück-Nord | 2006 | w | 3,65 | 17 |
| Aubry | Marissa | TG Ennigloh | 2006 | w | 3,45 | 18 |
| Witte | Sina | TV Georgsmarienhütte | 2006 | w | 3,36 | 19 |
| Potthoff | Romy | TuS Bad Essen | 2009 | w | 3,33 | 20 |
| Maschek | Isabella | TG Ennigloh | 2006 | w | 3,33 | 21 |
| Hülsmann | Alina | TuS Bad Essen | 2007 | w | 3,27 | 22 |
| Suckau | Janna | TuS Bad Essen | 2007 | w | 3,20 | 23 |
| Wulf | Lina | LT Osnabrück-Nord | 2008 | w | 3,04 | 24 |
| Maschek | Luisa | TG Ennigloh | 2008 | w | 3,04 | 25 |
| Böttcher | Rika | SC Melle 03 | 2007 | w | 3,00 | 26 |
| Jankowski | Charlotte | TuS Bad Essen | 2008 | w | 2,85 | 27 |
| Ströker | Benita | SC Melle 03 | 2002 | w | 2,83 | 28 |
| | | | | | | |
| Nachname | Vorname | Verein | Jahrgang | Geschl | Leistung | Platz |
| Monsen | Makara Casspeu | LT Osnabrück-Nord | 2003 | m | 5,76 | 1 |
| Lührmann | Moritz | SC Melle 03 | 2000 | m | 5,38 | 2 |
| Kassen | Felix | TV Bad Iburg | 2002 | m | 5,26 | 3 |
| Wolf | Marius | TV Bad Iburg | 2001 | m | 5,15 | 4 |
| Bröskamp | Kai | TV Bad Iburg | 2001 | m | 4,78 | 5 |
| Reitz | Gagge | SC Melle 03 | 2007 | m | 4,06 | 6 |
| Bröskamp | Bernhard | TV Bad Iburg | 2005 | m | 4,06 | 7 |
| Berger | Lukas | TV Bad Iburg | 2002 | m | 4,02 | 8 |
| Pikutzki | Mika | TuS Bad Essen | 2006 | m | 3,91 | 9 |
| Patezki | Finn | TV Bad Iburg | 2007 | m | 3,86 | 10 |
| Reitel | Theo | TuS Bad Essen | 2007 | m | 3,61 | 11 |
| Schulte | Maris | TV Georgsmarienhütte | 2008 | m | 3,58 | 12 |
| Schmidt | Max | LT Osnabrück-Nord | 2005 | m | 3,55 | 13 |
| Paretzke | Bjarne | TV Bad Iburg | 2004 | m | 3,41 | 14 |
| Koch | Niklas | TuS Bad Essen | 2005 | m | 3,18 | 15 |
| Schmidt | Alex | LT Osnabrück-Nord | 2005 | m | 2,93 | 16 |
| Sowacki | Magnus | LT Osnabrück-Nord | 2006 | m | 2,90 | 17 |