





Pl	tnr	Name	Zeit	(Forts.)													
<b>Herren 55 (12)</b>				<b>6,0 km 230 Hm</b>			<b>12 P</b>										
				1(73)	2(60)	3(36)	4(32)	5(35)	6(44)	7(46)	8(45)	9(50)	10(53)	11(54)	12(100)	Ziel	
8	138	Manfred Knörigen HSG Merseburg	1:34:11	2:34	11:11	33:07	37:17	43:58	1:11:10	1:13:25	1:15:40	1:18:54	1:27:53	1:32:18	1:33:15	1:34:11	
9	63	Gerhard Bader ESV Lok Magdebur	2:12:55	2:34	8:37	21:56	4:10	6:41	27:12	2:15	2:15	3:14	8:59	4:25	0:57	0:56	
				2:24	12:44	48:39	55:30	1:04:55	1:29:54	1:32:54	1:36:06	1:40:37	1:49:03	2:07:14	2:08:26	2:12:55	
				2:24	10:20	35:55	6:51	9:25	24:59	3:00	3:12	4:31	8:26	18:11	1:12	4:29	
	62	Holger Jurack ESV Lok Magdebur	Fehlst	3:27	-----	-----	-----	-----	16:58	19:52	22:17	25:57	35:11	42:38	43:38	45:01	
				3:27					13:31	2:54	2:25	3:40	9:14	7:27	1:00	1:23	
	15	Wilf Holloway MTK Bad Harzburg	Aufg	2:22	10:26	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				2:22	8:04												
	32	Rochus Souan SV Hildesia Diekhof	N Ang														
<b>Herren 65 (8)</b>				<b>4,4 km 190 Hm</b>			<b>11 P</b>										
				1(69)	2(63)	3(55)	4(50)	5(51)	6(45)	7(50)	8(42)	9(48)	10(49)	11(100)	Ziel		
1	56	Reinhard In der Str Osnabrücker TB	52:21	3:02	15:20	19:49	31:41	34:33	36:32	39:28	42:07	45:29	50:30	51:39	52:21		
				3:02	12:18	4:29	11:52	2:52	1:59	2:56	2:39	3:22	5:01	1:09	0:42		
2	26	Karlheinz Niescken SSV Langenhagen	57:50	3:48	15:51	21:25	35:41	38:40	40:47	44:12	47:15	51:19	56:07	57:13	57:50		
				3:48	12:03	5:34	14:16	2:59	2:07	3:25	3:03	4:04	4:48	1:06	0:37		
3	18	Gerhard Niederland TSV Schloss Ricklin	58:59	4:53	18:37	23:13	36:07	39:12	42:50	46:26	49:32	52:34	57:23	58:23	58:59		
				4:53	13:44	4:36	12:54	3:05	3:38	3:36	3:06	3:02	4:49	1:00	0:36		
4	27	Dieter Conrad SV Wissenschaft Qu	1:03:26	3:12	17:30	23:12	37:16	40:42	44:06	47:59	50:38	55:18	1:00:42	1:02:42	1:03:26		
				3:12	14:18	5:42	14:04	3:26	3:24	3:53	2:39	4:40	5:24	2:00	0:44		
5	25	Rainer Pieper SSV Langenhagen	1:12:20	4:01	17:26	23:07	43:44	48:34	50:55	54:51	57:56	1:03:17	1:10:12	1:11:37	1:12:20		
				4:01	13:25	5:41	20:37	4:50	2:21	3:56	3:05	5:21	6:55	1:25	0:43		
	77	Frank Finkenstädt OLV Uslar	Aufg	5:02	35:34	-----	-----	-----	-----	-----	-----	-----	1:06:47	1:09:32	1:11:43		
				5:02	30:32								31:13	2:45	2:11		
	140	Wolf Fehlig MTV Gittelde	Aufg	6:12	27:12	38:50	-----	-----	-----	-----	-----	-----	-----	1:24:40			
				6:12	21:00	11:38								45:50			
	39	Albrecht Bergt TSV Fischerhude-Q	Aufg	11:11	42:31	-----	-----	-----	-----	-----	-----	-----	-----	-----			
				11:11	31:20												
<b>Herren 75 (4)</b>				<b>3,0 km 70 Hm</b>			<b>8 P</b>										
				1(76)	2(60)	3(62)	4(64)	5(65)	6(44)	7(48)	8(100)	Ziel					
1	100	Günter Gohde TK Hannover	49:38	7:38	13:03	17:13	22:43	26:03	38:30	42:46	48:46	49:38					
				7:38	5:25	4:10	5:30	3:20	12:27	4:16	6:00	0:52					
2	57	Peter Wichmann USC Magdeburg	49:57	6:11	12:16	16:03	20:08	22:38	39:38	43:09	49:12	49:57					
				6:11	6:05	3:47	4:05	2:30	17:00	3:31	6:03	0:45					
3	107	Reinhard Jahn Braunschweiger MT	55:09	6:51	13:12	17:16	26:57	29:38	40:39	47:45	54:23	55:09					
				6:51	6:21	4:04	9:41	2:41	11:01	7:06	6:38	0:46					
4	22	Eberhard Höfer ASG Teutoburger W	1:05:40	9:10	21:34	27:05	33:42	37:43	50:22	56:10	1:04:24	1:05:40					
				9:10	12:24	5:31	6:37	4:01	12:39	5:48	8:14	1:16					
<b>Damen 19L (4)</b>				<b>7,3 km 310 Hm</b>			<b>15 P</b>										
				1(71)	2(70)	3(38)	4(37)	5(36)	6(76)	7(75)	8(78)	9(42)	10(44)	11(39)	12(67)	13(53)	14(54)
				15(100)	Ziel												
1	46	Ann-Charlotte Span TG Münden	1:21:15	6:04	8:48	24:52	30:04	31:48	52:08	54:53	57:20	1:02:36	1:03:40	1:04:35	1:11:26	1:17:42	1:20:01
				6:04	2:44	16:04	5:12	1:44	20:20	2:45	2:27	5:16	1:04	0:55	6:51	6:16	2:19
				1:20:38	1:21:15												
				0:37	0:37												
2	13	Esther Stamer MTK Bad Harzburg	1:24:31	5:49	8:41	28:31	33:48	35:42	56:43	58:16	1:00:32	1:05:18	1:06:27	1:07:43	1:13:52	1:20:54	1:23:09
				5:49	2:52	19:50	5:17	1:54	21:01	1:33	2:16	4:46	1:09	1:16	6:09	7:02	2:15
				1:23:51	1:24:31												
				0:42	0:40												
3	3	Nina Döllgast MTK Bad Harzburg	1:29:03	6:11	9:02	29:20	34:43	36:45	54:36	56:26	59:12	1:07:55	1:09:13	1:10:14	1:17:05	1:24:29	1:27:37
				6:11	2:51	20:18	5:23	2:02	17:51	1:50	2:46	8:43	1:18	1:01	6:51	7:24	3:08
				1:28:21	1:29:03												
				0:44	0:42												
4	72	Svenja Pabst OLV Uslar	1:38:24	7:01	10:10	31:46	37:45	39:50	1:00:15	1:01:51	1:05:13	1:11:19	1:12:36	1:13:48	1:21:28	1:32:27	1:36:47
				7:01	3:09	21:36	5:59	2:05	20:25	1:36	3:22	6:06	1:17	1:12	7:40	10:59	4:20
				1:37:39	1:38:24												
				0:52	0:45												
<b>Damen 19K (4)</b>				<b>4,1 km 150 Hm</b>			<b>12 P</b>										
				1(77)	2(65)	3(64)	4(62)	5(63)	6(57)	7(39)	8(46)	9(51)	10(41)	11(53)	12(100)	Ziel	
1	98	Jenny Seib TK Hannover	47:35	6:23	13:00	15:28	20:31	22:59	27:35	33:33	34:51	35:18	39:24	45:13	47:01	47:35	
				6:23	6:37	2:28	5:03	2:28	4:36	5:58	1:18	0:27	4:06	5:49	1:48	0:34	
2	97	Uta Hillebrand TK Hannover	50:36	5:38	11:39	13:42	19:34	22:18	27:00	32:25	40:24	40:58	44:37	48:21	50:06	50:36	
				5:38	6:01	2:03	5:52	2:44	4:42	5:25	7:59	0:34	3:39	3:44	1:45	0:30	
				38:16	*45												
3	59	Antje Enoch USC Magdeburg	55:40	6:41	13:37	16:22	22:22	25:23	30:08	37:58	43:32	44:00	47:58	52:49	55:04	55:40	
				6:41	6:56	2:45	6:00	3:01	4:45	7:50	5:34	0:28	3:58	4:51	2:15	0:36	
				41:19	*45												
4	47	Karola Schmidt TG Münden	1:08:04	7:15	15:49	19:54	26:56	30:35	37:13	46:14	50:45	51:20	57:04	1:04:07	1:07:07	1:08:04	
				7:15	8:34	4:05	7:02	3:39	6:38	9:01	4:31	0:35	5:44	7:03	3:00	0:57	

Pl	tnr	Name	Zeit												Ziel		
<b>Damen 35 (6)</b>				<b>6,5 km 290 Hm 13 P</b>													
				1(69)	2(55)	3(37)	4(31)	5(34)	6(50)	7(45)	8(51)	9(50)	10(42)	11(47)	12(49)	13(100)	Ziel
1	91	Inga Löser SC Helsa	1:20:02	2:45	17:58	27:43	32:39	42:01	1:01:59	1:04:21	1:06:14	1:09:43	1:11:21	1:15:23	1:18:23	1:19:21	1:20:02
2	99	Sandra Wendt TK Hannover	1:56:23	4:31	25:50	38:35	45:25	58:09	1:23:24	1:27:24	1:29:53	1:39:04	1:41:21	1:50:17	1:54:30	1:55:39	1:56:23
3	54	Sandra Wöhrer TV Jahn Wolfsburg	2:16:03	7:43	40:53	57:42	1:05:12	1:18:47	1:48:30	1:52:01	1:55:02	1:59:45	2:03:20	2:09:33	2:14:02	2:15:16	2:16:03
	60	Nadine Enoch USC Magdeburg	Aufg	2:51	21:44	35:41	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	54:38
	30	Sandra Marcao Cast SV Hildesia Diekhof	Aufg	2:51	18:53	13:57	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	18:57
	108	Claudia Weigert Braunschweiger MT	N Ang	4:20	24:12	36:59	42:53	-----	-----	-----	-----	-----	-----	-----	-----	2:00:15	2:01:08
				4:20	19:52	12:47	5:54	-----	-----	-----	-----	-----	-----	-----	-----	1:17:22	0:53
<b>Damen 45 (13)</b>				<b>6,0 km 230 Hm 12 P</b>													
				1(73)	2(60)	3(36)	4(32)	5(35)	6(44)	7(46)	8(45)	9(50)	10(53)	11(54)	12(100)	Ziel	
1	78	Anke von Gaza OLV Uslar	1:02:36	1:53	8:52	25:12	27:44	31:19	44:43	46:11	47:51	52:14	58:03	1:00:45	1:01:58	1:02:36	
2	79	Evi Drese OLV Uslar	1:06:22	2:23	9:33	25:59	28:52	32:27	47:53	49:05	50:49	54:03	1:01:47	1:04:25	1:05:44	1:06:22	
3	81	Andrea Finkenstädt OLV Uslar	1:07:39	2:06	9:40	29:18	32:08	36:03	51:01	52:19	53:52	57:30	1:03:33	1:06:16	1:06:56	1:07:39	
4	58	Veronika Lange USC Magdeburg	1:14:26	1:47	8:47	27:51	30:13	36:13	51:13	54:10	55:46	59:07	1:05:34	1:12:39	1:13:48	1:14:26	
5	82	Martina Willmann OLV Uslar	1:16:42	2:22	10:28	31:28	35:43	40:06	56:23	58:02	59:59	1:04:28	1:11:14	1:15:00	1:15:56	1:16:42	
6	109	Liisa Rihko-Struck Braunschweiger MT	1:21:01	2:21	10:27	29:44	34:14	38:39	1:02:43	1:04:22	1:05:59	1:09:16	1:15:57	1:19:05	1:20:11	1:21:01	
7	38	Ulrike Korff SC Achmer	1:37:55	2:02	10:42	34:26	37:27	43:01	1:12:33	1:14:55	1:16:46	1:22:11	1:30:07	1:36:09	1:37:11	1:37:55	
8	110	Silke Napp Braunschweiger MT	1:43:42	2:42	12:53	36:36	41:25	49:57	1:14:49	1:17:13	1:20:37	1:25:11	1:36:26	1:41:23	1:42:41	1:43:42	
9	92	Brigitte Dersch-Koll SC Helsa	1:47:16	3:32	15:33	39:21	43:09	49:26	1:16:01	1:18:42	1:21:43	1:26:40	1:36:01	1:44:25	1:46:01	1:47:16	
10	34	Esther Knoblauch MTK Bad Harzburg	1:56:03	4:58	16:29	45:36	49:23	55:55	1:24:10	1:26:57	1:30:29	1:36:20	1:46:54	1:53:04	1:54:45	1:56:03	
	80	Sylke Höfner OLV Uslar	Aufg	6:58	21:40	1:01:40	1:08:03	1:20:45	2:01:25	-----	-----	-----	-----	-----	2:19:30	2:21:20	
	122	Ulrike Breckle Bielefelder TG	N Ang	6:58	14:42	40:00	6:23	12:42	40:40	-----	-----	-----	-----	-----	18:05	1:50	
	114	Frances Yang TK Hannover	N Ang														
<b>Damen 55 (2)</b>				<b>4,4 km 190 Hm 11 P</b>													
				1(69)	2(63)	3(55)	4(50)	5(51)	6(45)	7(50)	8(42)	9(48)	10(49)	11(100)	Ziel		
1	145	Olga Sonnenberg Osnabrücker TB	1:00:50	2:46	18:42	24:32	39:13	41:47	43:53	47:15	50:22	54:15	59:06	1:00:11	1:00:50		
2	89	Barbara Dresel SC Klecken	1:26:28	2:58	22:09	29:17	50:47	54:39	57:36	1:01:43	1:04:30	1:08:55	1:23:31	1:25:14	1:26:28		
				2:58	19:11	7:08	21:30	3:52	2:57	4:07	2:47	4:25	14:36	1:43	1:14		
<b>Damen 65 (2)</b>				<b>3,0 km 70 Hm 8 P</b>													
				1(76)	2(60)	3(62)	4(64)	5(65)	6(44)	7(48)	8(100)	Ziel					
1	40	Irmela Bergt TSV Fischerhude-Q	58:00	7:05	12:35	16:23	26:54	29:30	39:52	47:29	56:54	58:00					
	55	Gudrun In der Strot Osnabrücker TB	Fehlst	7:05	5:30	3:48	10:31	2:36	10:22	7:37	9:25	1:06					
				10:02	21:39	26:01	-----	-----	1:03:50	1:08:37	1:17:04	1:18:31					
				10:02	11:37	4:22	-----	-----	37:49	4:47	8:27	1:27					
<b>Damen 10 (3)</b>				<b>1,7 km 5 Hm 7 P</b>													
				1(72)	2(74)	3(79)	4(43)	5(40)	6(52)	7(100)	Ziel						
1	120	Lucia Stolze SV Bovenden	27:02	1:58	3:54	7:38	9:52	13:23	18:07	26:18	27:02						
2	119	Karla Breckle SV Bovenden	38:18	1:58	1:56	3:44	2:14	3:31	4:44	8:11	0:44						
	112	Jule Weigert Braunschweiger MT	N Ang	1:24	2:51	26:36	28:55	31:13	36:11	37:49	38:18						
				1:24	1:27	23:45	2:19	2:18	4:58	1:38	0:29						
<b>Damen 12 (2)</b>				<b>2,3 km 25 Hm 6 P</b>													
				1(74)	2(43)	3(41)	4(46)	5(48)	6(100)	Ziel							
1	29	Maren Strauß SV Hildesia Diekhof	27:20	2:50	7:05	11:51	17:31	21:19	26:49	27:20							
	111	Anna Weigert Braunschweiger MT	N Ang	2:50	4:15	4:46	5:40	3:48	5:30	0:31							

Pl	tnr	Name	Zeit														
<b>Damen 14 (3)</b>				<b>3,6 km 80 Hm</b>					<b>10 P</b>								
			1(77)	2(65)	3(64)	4(63)	5(57)	6(39)	7(44)	8(41)	9(53)	10(100)	Ziel				
1	21	Lilly Hintz MTV Seesen	43:33	5:30	11:20	14:08	18:42	25:15	33:18	34:25	36:45	40:35	42:52	43:33			
				5:30	5:50	2:48	4:34	6:33	8:03	1:07	2:20	3:50	2:17	0:41			
2	45	Julia Stell TG Münden	48:20	8:34	14:34	17:29	21:51	28:24	36:30	37:40	40:14	45:37	47:45	48:20			
				8:34	6:00	2:55	4:22	6:33	8:06	1:10	2:34	5:23	2:08	0:35			
3	23	Carolin Bernsdorf MTV Seesen	1:00:59	6:24	12:26	15:32	18:41	24:16	32:29	34:49	37:01	58:28	1:00:27	1:00:59			
				6:24	6:02	3:06	3:09	5:35	8:13	2:20	2:12	21:27	1:59	0:32			
<b>Damen 16 (5)</b>				<b>4,4 km 190 Hm</b>					<b>11 P</b>								
			1(69)	2(63)	3(55)	4(50)	5(51)	6(45)	7(50)	8(42)	9(48)	10(49)	11(100)	Ziel			
1	28	Anna Marcao Castil SV Hildesia Diekhof	1:01:06	3:05	20:24	25:35	38:10	41:41	44:59	48:05	50:16	54:02	59:37	1:00:37	1:01:06		
				3:05	17:19	5:11	12:35	3:31	3:18	3:06	2:11	3:46	5:35	1:00	0:29		
2	126	Mareike Blohm TSV Worpswede	1:07:04	3:41	15:53	21:25	39:08	42:32	44:34	47:41	55:14	1:00:00	1:05:36	1:06:34	1:07:04		
				3:41	12:12	5:32	17:43	3:24	2:02	3:07	7:33	4:46	5:36	0:58	0:30		
3	44	Darja Nedoborovsk BSV Halle-Ammend	1:08:16	5:03	19:14	25:34	42:31	46:27	49:15	53:00	55:42	1:00:06	1:06:11	1:07:38	1:08:16		
				5:03	14:11	6:20	16:57	3:56	2:48	3:45	2:42	4:24	6:05	1:27	0:38		
4	83	Kiana Meisel OLV Uslar	1:22:57	4:17	27:29	34:59	54:28	59:08	1:02:05	1:05:23	1:08:19	1:13:25	1:20:56	1:22:18	1:22:57		
				4:17	23:12	7:30	19:29	4:40	2:57	3:18	2:56	5:06	7:31	1:22	0:39		
	7	Marlen Steinhoff MTK Bad Harzburg	N Ang														
<b>Damen 18 (5)</b>				<b>6,0 km 230 Hm</b>					<b>12 P</b>								
			1(73)	2(60)	3(36)	4(32)	5(35)	6(44)	7(46)	8(45)	9(50)	10(53)	11(54)	12(100)	Ziel		
1	6	Meike Hennseler MTV Seesen	1:04:23	1:28	8:00	25:45	27:31	31:36	46:01	47:43	50:26	52:57	1:00:26	1:03:11	1:03:46	1:04:23	
				1:28	6:32	17:45	1:46	4:05	14:25	1:42	2:43	2:31	7:29	2:45	0:35	0:37	
			47:09														
			*51														
2	12	Solia Stamer MTK Bad Harzburg	1:12:08	1:34	8:45	27:53	30:05	37:05	54:56	56:42	58:02	1:00:57	1:07:09	1:10:53	1:11:29	1:12:08	
				1:34	7:11	19:08	2:12	7:00	17:51	1:46	1:20	2:55	6:12	3:44	0:36	0:39	
			56:00														
			*51														
3	125	Anna-Lena Engelma TSV Worpswede	1:35:26	2:19	13:10	44:33	51:13	57:14	1:16:24	1:18:46	1:20:10	1:23:26	1:29:59	1:33:45	1:34:41	1:35:26	
				2:19	10:51	31:23	6:40	6:01	19:10	2:22	1:24	3:16	6:33	3:46	0:56	0:45	
4	84	Jordan-Sophie Meis OLV Uslar	1:55:39	2:55	14:43	39:34	44:06	52:58	1:29:10	1:33:11	1:35:45	1:39:33	1:48:01	1:53:17	1:54:32	1:55:39	
				2:55	11:48	24:51	4:32	8:52	36:12	4:01	2:34	3:48	8:28	5:16	1:15	1:07	
	8	Pia Buchholz MTK Bad Harzburg	N Ang														
<b>Herren 10 (2)</b>				<b>1,7 km 5 Hm</b>					<b>7 P</b>								
			1(72)	2(74)	3(79)	4(43)	5(40)	6(52)	7(100)	Ziel							
1	50	Erik Urzua Wöhrer TV Jahn Wolfsburg	32:17	1:35	3:04	20:32	22:54	25:16	30:13	31:47	32:17						
				1:35	1:29	17:28	2:22	2:22	4:57	1:34	0:30						
AK	85	Robin von Gaza OLV Uslar	1:09:28	13:47	18:18	25:34	30:46	34:09	59:53	1:07:31	1:09:28						
				13:47	4:31	7:16	5:12	3:23	25:44	7:38	1:57						
<b>Herren 12 (1)</b>				<b>2,3 km 25 Hm</b>					<b>6 P</b>								
			1(74)	2(43)	3(41)	4(46)	5(48)	6(100)	Ziel								
1	51	Marco Urzua Wöhre TV Jahn Wolfsburg	21:18	3:17	6:28	8:43	12:46	15:34	20:46	21:18							
				3:17	3:11	2:15	4:03	2:48	5:12	0:32							
<b>Herren 14 (8)</b>				<b>4,1 km 150 Hm</b>					<b>12 P</b>								
			1(77)	2(65)	3(64)	4(62)	5(63)	6(57)	7(39)	8(46)	9(51)	10(41)	11(53)	12(100)	Ziel		
1	4	Till Buchberger MTV Seesen	34:35	4:00	8:17	10:09	13:47	16:14	20:05	25:03	26:48	27:09	29:50	32:24	34:07	34:35	
				4:00	4:17	1:52	3:38	2:27	3:51	4:58	1:45	0:21	2:41	2:34	1:43	0:28	
2	5	Theo Hennseler MTV Seesen	35:46	3:39	7:54	10:00	13:44	15:20	19:58	25:21	27:06	27:32	30:32	33:41	35:16	35:46	
				3:39	4:15	2:06	3:44	1:36	4:38	5:23	1:45	0:26	3:00	3:09	1:35	0:30	
3	36	Jussi Bruns MTK Bad Harzburg	36:23	3:57	8:28	10:16	13:48	15:29	20:12	25:28	27:10	27:37	30:20	34:08	35:52	36:23	
				3:57	4:31	1:48	3:32	1:41	4:43	5:16	1:42	0:27	2:43	3:48	1:44	0:31	
4	20	Julius Wandelt MTV Seesen	52:47	5:13	12:09	14:56	19:45	21:57	29:33	36:57	39:11	39:44	44:05	49:32	52:08	52:47	
				5:13	6:56	2:47	4:49	2:12	7:36	7:24	2:14	0:33	4:21	5:27	2:36	0:39	
5	48	Jannis Gerling TG Münden	58:33	6:52	20:55	24:25	29:07	31:15	38:06	45:30	47:00	48:03	51:48	56:03	58:00	58:33	
				6:52	14:03	3:30	4:42	2:08	6:51	7:24	1:30	1:03	3:45	4:15	1:57	0:33	
6	90	Ivan Perekhozhuk BSV Halle-Ammend	1:01:29	6:02	15:17	18:27	23:43	27:20	35:27	44:36	47:46	48:19	52:54	58:34	1:01:02	1:01:29	
				6:02	9:15	3:10	5:16	3:37	8:07	9:09	3:10	0:33	4:35	5:40	2:28	0:27	
7	24	Lion Bernsdorf MTV Seesen	1:01:33	15:45	24:07	27:38	31:59	34:20	41:09	48:10	49:47	51:08	54:49	59:09	1:01:02	1:01:33	
				15:45	8:22	3:31	4:21	2:21	6:49	7:01	1:37	1:21	3:41	4:20	1:53	0:31	
8	43	Daniel Nedoborovs BSV Halle-Ammend	1:17:34	7:11	26:12	28:29	33:14	35:55	43:18	56:01	1:03:08	1:03:41	1:07:25	1:15:06	1:17:05	1:17:34	
				7:11	19:01	2:17	4:45	2:41	7:23	12:43	7:07	0:33	3:44	7:41	1:59	0:29	
<b>Herren 16 (8)</b>				<b>6,5 km 290 Hm</b>					<b>13 P</b>								
			1(69)	2(55)	3(37)	4(31)	5(34)	6(50)	7(45)	8(51)	9(50)	10(42)	11(47)	12(49)	13(100)	Ziel	
1	10	Nilas Stamer MTK Bad Harzburg	1:10:23	4:22	17:32	26:56	30:33	38:35	52:16	54:48	56:40	59:55	1:01:44	1:05:33	1:08:47	1:09:54	1:10:23
				4:22	13:10	9:24	3:37	8:02	13:41	2:32	1:52	3:15	1:49	3:49	3:14	1:07	0:29
2	9	Tom Buchholz MTK Bad Harzburg	1:13:37	2:16	18:04	26:12	31:47	42:54	57:09	58:45	1:00:23	1:03:10	1:05:39	1:09:18	1:12:05	1:13:06	1:13:37
				2:16	15:48	8:08	5:35	11:07	14:15	1:36	1:38	2:47	2:29	3:39	2:47	1:01	0:31

Pl	tnr	Name	Zeit													Ziel	
<b>Herren 16 (8)</b>				<b>6,5 km 290 Hm</b>			<b>13 P</b>			<i>(Forts.)</i>							
				1(69)	2(55)	3(37)	4(31)	5(34)	6(50)	7(45)	8(51)	9(50)	10(42)	11(47)	12(49)	13(100)	Ziel
3	2	Jan Klose MTV Seesen	1:25:35	5:59	23:42	33:46	37:44	45:58	1:03:20	1:10:03	1:11:34	1:14:50	1:17:37	1:21:17	1:24:13	1:25:11	1:25:35
				5:59	17:43	10:04	3:58	8:14	17:22	6:43	<b>1:31</b>	3:16	2:47	3:40	2:56	0:58	<b>0:24</b>
4	52	Lennart Krätz TV Jahn Wolfsburg	1:57:21	2:32	22:17	39:25	48:09	1:08:39	1:32:04	1:33:58	1:36:58	1:41:46	1:45:19	1:51:51	1:55:50	1:56:43	1:57:21
				2:32	19:45	17:08	8:44	20:30	23:25	1:54	3:00	4:48	3:33	6:32	3:59	<b>0:53</b>	0:38
5	95	Nils Blaschke OSC Kassel	2:24:29	3:10	27:32	41:24	51:06	1:11:43	1:44:10	1:56:11	1:58:54	2:05:07	2:08:20	2:16:08	2:22:27	2:23:50	2:24:29
				3:10	24:22	13:52	9:42	20:37	32:27	12:01	2:43	6:13	3:13	7:48	6:19	1:23	0:39
AK	116	Markus Yang TK Hannover	Fehlst	11:00	41:29	1:02:34	-----	-----	1:30:12	1:35:54	1:40:16	1:50:18	1:57:45	2:15:00	2:24:50	2:26:46	2:27:31
				11:00	30:29	21:05			27:38	5:42	4:22	10:02	7:27	17:15	9:50	1:56	0:45
AK	115	Felix Yang TK Hannover	Fehlst	15:15	47:09	1:08:41	-----	-----	1:36:25	1:42:05	1:46:27	1:55:29	2:03:44	2:20:49	2:30:54	2:32:53	2:33:34
				15:15	31:54	21:32			27:44	5:40	4:22	9:02	8:15	17:05	10:05	1:59	0:41
	19	Aaron Wandelt MTV Seesen	N Ang														
<b>Herren 18 (3)</b>				<b>7,3 km 310 Hm</b>			<b>15 P</b>										
				1(71)	2(70)	3(38)	4(37)	5(36)	6(76)	7(75)	8(78)	9(42)	10(44)	11(39)	12(67)	13(53)	14(54)
				15(100)	Ziel												
1	35	Matti Bruns MTK Bad Harzburg	1:04:39	4:45	6:42	20:33	24:20	25:38	41:36	42:39	44:39	49:18	50:45	51:48	55:55	1:01:21	1:03:36
				4:45	1:57	13:51	3:47	1:18	15:58	1:03	2:00	4:39	1:27	1:03	4:07	5:26	2:15
				1:04:11	1:04:39												
				0:35	0:28												
2	93	Valentin Kollenbac SC Helsa	1:48:28	6:40	11:04	31:22	37:54	40:06	1:05:22	1:07:57	1:12:23	1:20:54	1:23:07	1:24:33	1:32:50	1:42:40	1:47:14
				6:40	4:24	20:18	6:32	2:12	25:16	2:35	4:26	8:31	2:13	1:26	8:17	9:50	4:34
				1:47:58	1:48:28		1:45:14										
				0:44	0:30		*49										
	86	Timo Kreyer SC Klecken	N Ang														
<b>D/H-10 begleitet (2)</b>				<b>1,7 km 5 Hm</b>			<b>7 P</b>										
				1(72)	2(74)	3(79)	4(43)	5(40)	6(52)	7(100)	Ziel						
1	127	Finn Schips OLV Uslar	16:37	1:48	3:59	6:37	8:57	10:55	14:23	15:58	16:37	16:00					
				1:48	2:11	2:38	2:20	1:58	3:28	1:35	0:39	*100					
2	11	Sania Stamer MTK Bad Harzburg	31:00	3:06	7:39	12:05	15:01	19:39	27:20	30:08	31:00						
				3:06	4:33	4:26	2:56	4:38	7:41	2:48	0:52						
<b>Offen Leicht (3)</b>				<b>2,3 km 25 Hm</b>			<b>6 P</b>										
				1(74)	2(43)	3(41)	4(46)	5(48)	6(100)	Ziel							
1	49	Andreas Hosang, Br TSV Münchhof	43:47	9:16	18:57	24:40	29:43	34:33	42:30	43:47							
				9:16	9:41	5:43	5:03	4:50	7:57	1:17							
	66	Cedrik Cor, Lukas A BBS I Göttingen	Fehlst	6:02	33:36	-----	-----	-----	46:49	48:23	30:50	37:18	37:26	42:53	46:50	46:51	
				6:02	27:34				13:13	1:34	*79	*40	*40	*52	*100	*100	
				46:52	46:54	46:55	46:57	46:58									
				*100	*100	*100	*100	*100									
	65	Martin Seifert, Chris BBS I Göttingen	Fehlst	8:46	36:17	-----	-----	-----	49:42	51:16	33:49	40:16	40:24	45:51			
				8:46	27:31				13:25	1:34	*79	*40	*40	*52			
<b>Leicht Lang (6)</b>				<b>4,1 km 80 Hm</b>			<b>13 P</b>										
				1(72)	2(61)	3(62)	4(63)	5(56)	6(57)	7(58)	8(59)	9(39)	10(46)	11(48)	12(52)	13(100)	Ziel
1	132	Hannes Jendraszek MTV Seesen	41:40	2:37	6:33	11:09	16:24	19:50	21:45	24:55	26:35	31:12	33:31	37:22	40:13	41:13	41:40
				2:37	3:56	4:36	5:15	3:26	1:55	3:10	1:40	4:37	2:19	3:51	2:51	1:00	0:27
2	123	Arne Lorenz MTV Seesen	48:25	1:24	4:46	6:33	11:06	13:55	16:43	19:25	20:23	31:47	41:24	44:15	46:42	47:44	48:25
				1:24	3:22	1:47	4:33	2:49	2:48	2:42	0:58	11:24	9:37	2:51	2:27	1:02	0:41
3	70	Marek Gaugel, Maur BBS I Göttingen	57:53	1:17	7:10	9:10	14:32	17:55	20:51	26:13	27:42	33:25	36:12	51:20	56:03	57:16	57:53
				1:17	5:53	2:00	5:22	3:23	2:56	5:22	1:29	5:43	2:47	15:08	4:43	1:13	0:37
4	69	Lukas Richter, Sasc BBS I Göttingen	1:00:53	2:04	10:06	12:24	17:39	20:53	23:54	29:15	31:12	36:23	39:22	54:14	58:51	1:00:16	1:00:53
				2:04	8:02	2:18	5:15	3:14	3:01	5:21	1:57	5:11	2:59	14:52	4:37	1:25	0:37
5	68	Yannick Drieß, Reb BBS I Göttingen	1:04:09	1:38	6:57	11:41	20:29	24:05	27:37	32:29	33:42	39:28	42:20	57:59	1:02:06	1:03:20	1:04:09
				1:38	5:19	4:44	8:48	3:36	3:32	4:52	1:13	5:46	2:52	15:39	4:07	1:14	0:49
	67	Chiara Öhlmann, Sa BBS I Göttingen	Fehlst	1:41	16:19	18:51	23:46	28:40	35:17	40:42	42:01	-----	-----	-----	1:11:04	1:12:54	1:13:51
				1:41	14:38	2:32	4:55	4:54	6:37	5:25	1:19				29:03	1:50	0:57