

Pl	Name	Kat	Zeit														
1: H19L-, H35- (20)				6,0 km	75 Hm	24 P											
				1(71) 15(59)	2(80) 16(60)	3(47) 17(61)	4(48) 18(62)	5(49) 19(63)	6(50) 20(64)	7(51) 21(65)	8(52) 22(66)	9(53) 23(39)	10(54) 24(100)	11(55) Ziel	12(56)	13(57)	14(58)
1	Guillaume Wyrsch TSV Worpswede	H19L	36:26	1:00 1:00 23:29	2:40 1:40 24:05	4:33 1:53 26:25	7:23 2:50 27:12	8:58 1:35 28:37	10:35 1:37 29:51	12:27 1:52 30:38	13:25 0:58 34:06	15:04 1:39 35:43	15:34 0:30 36:02	17:06 1:32 36:26	18:52 1:46	20:16 1:24	22:08 1:52
2	Till Finkenstädt OLV Uslar	H19L	39:16	1:21 1:12 25:29	0:36 3:06 26:06	2:20 4:58 28:24	0:47 7:45 29:14	1:25 9:25 30:41	1:14 11:11 31:53	0:47 13:06 32:39	3:28 14:07 36:17	1:37 16:00 38:34	0:19 16:36 38:53	0:24 18:25 39:16	2:05 20:50 2:25	1:28 22:18	1:51 24:09
3	Christoph Hofmeist MTK Bad Harzburg	H35	43:52	1:05 1:05 27:35	3:37 2:32 28:14	5:06 1:29 30:50	8:07 3:01 32:09	9:48 1:41 33:44	11:18 1:30 35:56	13:08 1:50 36:55	14:25 1:17 41:11	16:30 2:05 43:08	17:09 0:39 43:26	19:04 1:55 43:52	21:06 2:02	22:46 1:40	25:11 2:25
4	Sergei Roskop Braunschweiger MT	H35	46:40	1:07 1:07 27:30	2:45 1:38 28:11	4:27 1:42 30:41	7:39 3:12 32:11	9:19 1:40 34:07	10:56 1:37 35:49	13:00 2:04 36:54	14:07 1:07 43:00	15:58 1:51 45:51	16:36 0:38 46:09	18:35 1:59 46:40	21:02 2:27	23:01 1:59	25:33 2:32
5	Jan Schliebener OLV Uslar	H19L	47:02	1:57 1:14 29:11	0:41 2:55 1:41	2:30 4:42 1:47	1:30 8:20 3:38	1:56 9:57 1:37	1:42 11:29 1:32	1:05 13:35 2:06	6:06 14:54 1:19	2:51 17:02 2:08	0:18 17:35 0:33	0:31 19:20 1:45	22:52 3:32	25:08 2:16	27:29 2:21
6	Nilas Stamer MTK Bad Harzburg	H19L	50:01	1:42 0:58 29:53	0:48 6:16 5:18	2:54 7:47 1:31	1:05 11:17 1:30	1:39 12:48 1:31	1:37 14:14 1:26	0:59 16:13 1:59	4:26 17:21 1:08	3:30 20:03 2:42	0:23 20:34 0:31	0:30 22:21 1:47	24:18 1:57	25:46 1:28	27:56 2:10
7	Till Buchberger MTV Seesen	H19L	50:47	1:57 1:25 34:54	0:36 8:45 35:42	2:54 1:23 37:59	1:10 5:18 39:06	1:40 1:27 40:31	3:26 2:07 42:07	1:07 2:11 43:01	5:44 0:59 48:07	2:52 1:48 50:00	0:18 0:36 50:21	0:21 1:37 50:47	29:48 2:12	31:15 1:27 47:07	33:27 2:12
8	Fabian Ulbrich OLV Uslar	H19L	52:48	1:27 1:12 33:42	0:48 3:41 34:35	2:17 5:28 37:22	1:07 9:21 39:30	1:25 11:28 41:25	1:36 13:13 43:27	0:54 15:33 44:36	5:06 16:52 49:42	1:53 19:23 51:53	0:21 21:02 52:17	0:26 23:10 52:48	25:53 2:43	28:12 2:19	31:31 3:19
9	Tom Buchholz MTK Bad Harzburg	H19L	53:14	2:11 1:06 1:06 33:41	0:53 6:54 5:48 34:29	2:47 9:37 2:43 37:33	2:08 12:55 3:18 39:08	1:55 14:47 1:52 41:12	2:02 16:24 1:37 44:12	1:09 18:24 2:00 45:10	5:06 19:59 1:35 49:31	2:11 22:06 2:07 52:09	0:24 22:45 0:39 52:33	0:31 24:47 2:02 53:14	26:53 2:06	28:52 1:59	31:43 2:51
10	Sergej jun Sonnenb Osnabrücker TB	H35	1:01:50	1:58 2:03 37:34	0:48 5:42 38:23	3:04 2:12 41:35	1:35 3:37 43:27	2:04 1:58 45:24	3:00 1:47 50:07	0:58 2:19 51:15	4:21 1:51 56:20	2:38 2:40 1:00:52	0:24 0:47 1:01:16	0:41 2:22 1:01:50	30:10 2:52	32:27 2:17	35:14 2:47
11	Malte Finkenstädt OLV Uslar	H19L	1:03:18	2:20 1:08 1:08 38:33	0:49 8:34 7:26 39:23	3:12 11:33 2:59 42:18	1:52 15:08 3:35 45:42	1:57 17:02 1:54 47:37	4:43 19:52 2:50 50:24	1:08 22:52 3:00 51:23	5:05 24:16 1:24 1:00:18	4:32 26:47 2:31 1:02:26	0:24 27:37 0:50 1:02:50	0:34 29:37 2:00 1:03:18	31:52 2:15	34:07 2:15	36:35 2:28
12	Sven-Guido Schulz TV Jahn Wolfsburg	H19L	1:04:25	1:58 1:37 41:10	0:50 5:06 41:55	2:55 7:09 46:03	3:24 11:31 47:28	1:55 15:01 49:21	2:47 17:27 52:45	0:59 20:20 53:53	8:55 21:57 1:00:44	5:55 24:26 1:03:47	2:08 25:14 1:04:05	0:24 28:09 1:04:25	0:28 32:20 1:04:25	35:15 4:11	38:35 2:55
13	Niklas Günther OLV Uslar	H35	1:49:32	2:05 2:05 1:10:36	15:44 13:39 1:12:02	19:35 3:51 1:15:47	23:14 3:39 1:17:16	25:34 2:20 1:19:06	27:59 2:25 1:30:28	33:25 5:26 1:32:27	34:59 1:34 1:39:02	37:32 2:33 1:48:23	38:28 0:56 1:48:51	41:55 3:27 1:49:32	59:24 17:29	1:04:57 5:33	1:07:59 3:02
	Andrej Sonnenberg Osnabrücker TB	H35	Fehlst	2:10 2:10 26:44	3:43 1:33 27:33	5:15 1:32 29:46	7:46 2:31 31:09	9:20 1:34 32:55	10:47 1:27 34:16	12:40 1:53 -----	13:36 0:56 37:59	15:26 1:50 40:09	15:54 0:28 40:26	17:26 1:32 40:49	19:11 1:45	23:06 3:55	25:02 1:56
AK	Leon Kollenbach Ski-Club Helsa	H19L	47:17	1:42 1:06 30:12	0:49 3:01 30:51	2:13 4:57 33:37	1:23 8:14 35:20	1:46 10:02 37:03	1:21 11:58 38:55	1:21 14:05 39:59	3:43 15:29 44:19	2:10 18:39 46:33	0:17 19:23 46:52	0:23 21:17 47:17	23:52 2:35	25:43 1:51	28:17 2:34
AK	Markus Müller OSC Kassel	H19L	54:33	1:55 1:10 35:21	0:39 9:02 36:03	2:46 10:52 38:42	1:43 14:48 40:12	1:43 16:24 42:32	1:52 18:39 44:36	1:04 20:39 45:45	4:20 21:39 50:41	2:14 23:33 53:43	0:19 24:13 54:05	0:25 26:45 54:33	29:09 2:24	31:10 2:01	33:40 2:30
AK	Andreas Katschano ohne Verein	H35	1:01:32	1:41 1:33 38:37	0:42 7:40 39:25	2:39 11:09 42:33	1:30 15:08 45:51	2:20 17:35 48:04	2:04 19:20 50:37	1:09 22:24 51:44	4:56 23:53 57:50	3:02 26:17 1:00:36	0:22 26:59 1:01:03	0:28 29:04 1:01:32	31:41 2:37	33:53 2:12	36:47 2:54
AK	Yauheni Baltramun Eridan Club	H19L	1:52:56	1:50 2:20 2:20 1:18:38	0:48 5:19 2:59 1:20:08	3:08 7:22 2:03 1:23:58	3:18 14:45 7:23 1:26:20	2:13 19:22 4:37 1:28:20	2:33 24:30 5:08 1:30:28	1:07 27:31 3:01 1:31:40	6:06 29:35 2:04 1:47:45	2:46 47:20 0:50 1:51:53	0:27 51:44 0:50 1:52:20	0:36 51:56 0:36 1:52:56	57:06 5:22	59:46 2:40	1:02:57 3:11
	Jakob Eberwien OLV Uslar	H19L	N Ang	15:41	1:30	3:50	2:22	2:00	2:08	1:12	16:05	4:08	0:27	0:36		*100	
AK	Konrad Stamer Preetzer TSV	H19L	N Ang														

Pl	Name	Kat	Zeit														
2: D19L-, H18-, H45- (30)			4,7 km	70 Hm	21 P												
			1(71) 15(62)	2(80) 16(64)	3(47) 17(65)	4(53) 18(69)	5(54) 19(66)	6(76) 20(39)	7(55) 21(100)	8(74) Ziel	9(56)	10(57)	11(58)	12(59)	13(60)	14(61)	
1	Eike Bruns MTK Bad Harzburg	H45	33:54	1:11 1:11	3:14 2:03	4:38 1:24	5:55 1:17	6:31 0:36	8:01 1:30	8:23 0:22	9:17 0:54	11:00 1:43	12:49 1:49	15:30 2:41	17:16 1:46	18:04 0:48	20:49 2:45
				22:05	25:00	26:04	28:09	30:43	33:05	33:27	33:54						
				1:16	2:55	1:04	2:05	2:34	2:22	0:22	0:27						
2	Rolf Breckle Bovender SV	H45	35:00	1:25 1:25	3:30 2:05	5:16 1:46	6:23 1:07	7:03 0:40	8:37 1:34	9:02 0:25	10:04 1:02	11:53 1:49	13:36 1:43	16:03 2:27	18:00 1:57	18:44 0:44	21:27 2:43
				22:55	26:02	27:14	29:12	31:50	34:09	34:28	35:00						
				1:28	3:07	1:12	1:58	2:38	2:19	0:19	0:32						
3	Gerrit Rode TSV Worpswede	H45	36:22	1:49 1:49	3:39 1:50	5:35 1:56	6:41 1:06	7:23 0:42	8:59 1:36	9:22 0:23	10:13 0:51	12:00 1:47	13:50 1:50	16:21 2:31	18:11 1:50	19:13 1:02	22:04 2:51
				23:29	27:54	28:54	30:46	33:21	35:44	36:00	36:22						
				1:25	4:25	1:00	1:52	2:35	2:23	0:16	0:22						
4	Joachim Stamer MTK Bad Harzburg	H45	37:45	1:14 1:14	3:22 2:08	5:07 1:45	6:15 1:08	6:50 0:35	8:29 1:39	8:52 0:23	9:46 0:54	11:42 1:56	14:14 2:32	16:46 2:32	18:35 1:49	19:18 0:43	21:55 2:37
				23:03	29:14	30:22	32:27	34:52	37:00	37:19	37:45						
				1:08	6:11	1:08	2:05	2:25	2:08	0:19	0:26						
5	Thorsten Weigert TV Jahn Wolfsburg	H45	39:46	1:21 1:21	3:11 1:50	5:01 1:50	6:16 1:15	6:52 0:36	8:22 1:30	8:47 0:25	9:40 0:53	11:20 1:40	13:36 2:16	16:21 2:45	18:18 1:57	21:26 3:08	23:56 2:30
				25:06	31:16	32:17	34:05	36:56	39:01	39:22	39:46						
				1:10	6:10	1:01	1:48	2:51	2:05	0:21	0:24						
6	Lina Buchberger MTV Seesen	D19L	40:14	1:20 1:20	3:38 2:18	6:36 2:58	7:53 1:17	8:33 0:40	10:20 1:47	11:20 1:00	12:16 0:56	14:02 1:46	15:49 1:47	18:12 2:23	19:54 1:42	21:10 1:16	23:43 2:33
				25:34	29:05	30:07	34:28	37:06	39:28	39:48	40:14						
				1:51	3:31	1:02	4:21	2:38	2:22	0:20	0:26						
7	Maik Schweizer MTV Seesen	H18	42:21	1:19 1:19	6:35 5:16	8:11 1:36	12:54 4:43	13:34 0:40	15:10 1:36	15:36 0:26	16:24 0:48	18:06 1:42	19:57 1:51	22:27 2:30	24:18 1:51	25:10 0:52	28:10 3:00
				29:37	34:01	34:56	36:47	39:28	41:47	42:02	42:21						
				1:27	4:24	0:55	1:51	2:41	2:19	0:15	0:19						
8	Jan Knaup Braunschweiger MT	H45	42:32	1:47 1:47	5:22 3:35	7:48 2:26	9:09 1:21	9:57 0:48	11:43 1:46	12:13 0:30	13:12 0:59	15:28 2:16	17:23 1:55	20:11 2:48	22:16 2:05	23:07 0:51	26:27 3:20
				28:15	32:19	33:31	35:48	38:44	41:42	42:05	42:32						
				1:48	4:04	1:12	2:17	2:56	2:58	0:23	0:27						
9	Ann-Charlotte Vahlb TG 1860 Münden	D19L	45:26	1:29 1:29	5:07 3:38	7:22 2:15	8:54 1:32	9:34 0:40	11:44 2:10	12:12 0:28	14:28 2:16	16:32 2:04	18:50 2:18	21:40 2:50	23:52 2:12	24:51 0:59	28:38 3:47
				30:09	34:03	35:09	38:14	41:13	44:39	45:00	45:26						
				1:31	3:54	1:06	3:05	2:59	3:26	0:21	0:26						
10	Juha Heikkilä TSV Worpswede	H45	46:41	1:37 1:37	3:59 2:22	6:00 2:01	7:33 1:33	8:21 0:48	10:22 2:01	10:54 0:32	12:09 1:15	14:30 2:21	16:51 2:21	20:19 3:28	23:19 3:00	24:21 1:02	28:07 3:46
				29:57	35:12	36:36	39:09	43:05	45:50	46:15	46:41						
				1:50	5:15	1:24	2:33	3:56	2:45	0:25	0:26						
11	Paulo Urzua Torres TV Jahn Wolfsburg	H45	49:05	5:20 5:20	9:20 4:00	11:09 1:49	12:27 1:18	13:08 0:41	14:56 1:48	15:22 0:26	16:29 1:07	18:25 1:56	21:45 3:20	25:03 3:18	27:24 2:21	29:29 2:05	32:14 2:45
				33:32	38:27	39:53	42:09	45:07	48:22	48:44	49:05						
				1:18	4:55	1:26	2:16	2:58	3:15	0:22	0:21						
12	Oliver Hillebrandt OLV Uslar	H45	49:11	1:23 1:23	5:28 4:05	6:58 1:30	8:15 1:17	8:50 0:35	10:35 1:45	11:00 0:25	11:55 0:55	13:48 1:53	16:40 2:52	19:17 2:37	21:24 2:07	22:17 0:53	25:27 3:10
				26:54	32:28	33:37	36:35	44:15	48:14	48:36	49:11						
				1:27	5:34	1:09	2:58	7:40	3:59	0:22	0:35						
13	Jörg Kleinholz-Mew TuS Bothfeld 04	H45	49:51	1:45 1:45	3:54 2:09	5:47 1:53	7:08 1:21	13:23 6:15	15:38 2:15	16:09 0:31	17:09 1:00	19:09 2:00	20:56 1:47	23:58 3:02	25:44 1:46	26:30 0:46	29:07 2:37
				30:29	38:41	39:47	42:33	46:04	49:06	49:24	49:51						
				1:22	8:12	1:06	2:46	3:31	3:02	0:18	0:27						
14	Hannes Möhring TV Jahn Wolfsburg	H18	50:07	1:36 1:36	4:14 2:38	7:07 2:53	9:42 2:35	10:27 0:45	11:59 1:32	12:26 0:27	13:17 0:51	15:44 2:27	18:07 2:23	20:53 2:46	22:48 1:55	23:36 0:48	26:34 2:58
				29:04	33:57	34:56	37:03	46:31	49:10	49:33	50:07						
				2:30	4:53	0:59	2:07	9:28	2:39	0:23	0:34						
15	Constantin Jacob F TSV Worpswede	H18	52:07	1:46 1:46	7:46 6:00	9:46 2:00	11:01 1:15	11:52 0:51	13:48 1:56	14:14 0:26	15:15 1:01	17:41 2:26	19:59 2:18	22:56 2:57	24:56 2:00	25:40 0:44	28:31 2:51
				32:38	36:10	37:02	38:59	48:33	51:14	51:34	52:07						
				4:07	3:32	0:52	1:57	9:34	2:41	0:20	0:33						
16	Solia Stamer MTK Bad Harzburg	D19L	52:58	3:10 3:10	10:46 7:36	12:59 2:13	14:29 1:30	15:20 0:51	17:22 2:02	17:51 0:29	19:00 1:09	21:10 2:10	23:22 2:12	26:16 2:54	28:01 1:45	29:13 1:12	32:22 3:09
				35:45	42:30	43:45	46:33	49:44	52:08	52:29	52:58						
				3:23	6:45	1:15	2:48	3:11	2:24	0:21	0:29						
17	Pia Buchholz MTK Bad Harzburg	D19L	53:50	2:10 2:10	6:09 3:59	9:18 3:09	10:57 1:39	11:42 0:45	14:24 2:42	14:57 0:33	16:06 1:09	19:32 3:26	21:51 2:19	25:53 4:02	28:30 2:37	29:29 0:59	32:53 3:24
				34:28	40:28	41:57	45:18	49:20	52:54	53:20	53:50						
				1:35	6:00	1:29	3:21	4:02	3:34	0:26	0:30						
18	Robert Nuske Turn-Klubb zu Han	H45	1:00:42	2:03 2:03	4:32 2:29	9:13 4:41	10:45 1:32	11:44 0:59	14:08 2:24	14:47 0:39	16:19 1:32	19:10 2:51	22:53 3:43	26:48 3:55	29:55 3:07	33:07 3:12	37:49 4:42
				40:19	45:56	47:32	50:29	54:35	59:47	1:00:11	1:00:42						
				2:30	5:37	1:36	2:57	4:06	5:12	0:24	0:31						
19	Carolin Bernsdorf MTV Seesen	D19L	1:01:04	2:13 2:13	12:50 10:37	15:05 2:15	16:31 1:26	17:25 0:54	19:36 2:11	20:05 0:29	21:13 1:08	23:15 2:02	25:35 2:20	28:37 3:02	31:17 2:40	33:18 2:01	37:43 4:25
				39:44	47:53	49:10	52:03	56:44	1:00:11	1:00:35	1:01:04						
				2:01	8:09	1:17	2:53	4:41	3:27	0:24	0:29						
20	Olaf Handtrack Eintracht Munster 2	H45	1:04:37	2:06 2:06													

Pl	Name	Kat	Zeit														
2: D19L-, H18-, H45- (30)			4,7 km	70 Hm	21 P	(Forts.)											
				1(71) 15(62)	2(80) 16(64)	3(47) 17(65)	4(53) 18(69)	5(54) 19(66)	6(76) 20(39)	7(55) 21(100)	8(74) Ziel	9(56)	10(57)	11(58)	12(59)	13(60)	14(61)
21	Michael Hesse MTK Bad Harzburg	H45	1:07:18	3:26 3:26 46:49	6:49 3:23 52:34	17:49 11:00 54:14	19:33 1:44 57:57	20:36 1:03 1:02:56	22:42 2:06 1:06:12	23:09 0:27 1:06:50	24:27 1:18 1:07:18	27:48 3:21 4:16	32:04 4:16 3:22	35:26 3:22 4:10	38:50 3:24 4:10	40:03 1:13 1:52	44:53 4:50 4:39
22	Carlotta Haupt MTK Bad Harzburg	D19L	1:16:18	1:56 2:48 2:48 47:22	5:45 6:51 4:03 54:33	1:40 10:06 3:15 56:38	3:43 16:56 6:50 1:00:38	4:59 17:53 0:57 1:07:16	3:16 20:20 2:27 1:15:22	0:38 21:07 0:47 1:15:47	0:28 22:55 1:48 1:16:18	27:12 4:17 3:18	30:30 3:18 4:10	34:40 38:05 4:10	38:05 3:25 4:10	39:57 1:52 4:39	44:36 4:39 4:39
23	Gunnar Grote OLV Uslar	H45	1:21:10	2:46 1:52 1:52 50:44	7:11 15:39 13:47 59:18	2:05 19:55 4:16 1:01:18	4:00 21:36 1:41 1:06:20	6:38 22:23 0:47 1:14:14	8:06 24:42 2:19 1:19:41	0:25 25:16 0:34 1:20:19	0:31 27:05 1:49 1:21:10	30:25 3:20 3:31	33:56 3:31 3:57	37:53 41:50 3:57	41:50 43:32 1:42	43:32 4:49 4:49	48:21 4:49 4:49
24	Michael Galli SV Hildesia Diekhol	H45	1:26:01	2:23 1:50 1:50 57:38	8:34 5:20 3:30 1:04:56	2:00 8:43 3:23 1:06:50	5:02 10:46 2:03 1:12:58	7:54 11:54 1:08 1:20:33	5:27 23:03 11:09 1:25:08	0:38 23:45 0:42 1:25:33	0:51 25:25 1:40 1:26:01	30:47 5:22 4:05	34:52 4:05 5:04	39:56 5:04 5:04	42:58 3:02 3:02	44:33 1:35 1:35	55:17 10:44 10:44
25	Alfonso Cuesta Her TV Jahn Wolfsburg	H45	1:48:26	2:21 3:18 3:18 1:08:29	7:18 8:31 5:13 1:19:07	1:54 13:47 5:16 1:21:46	6:08 16:13 2:26 1:29:26	7:35 17:39 1:26 1:36:43	4:35 20:25 2:46 1:47:11	0:25 21:18 0:53 1:47:43	0:28 23:13 1:55 1:48:26	28:27 5:14 8:27	36:54 43:23 6:29	50:56 53:57 7:33	53:57 1:03:38 3:01	1:03:38 9:41 9:41	
AK	Paula Starke USV TU Dresden	D19L	42:13	1:27 1:27 26:11	3:33 2:06 31:58	5:30 1:57 33:03	7:01 1:31 35:05	7:45 0:44 38:50	9:45 2:00 41:15	10:13 0:28 41:40	11:16 1:03 42:13	13:16 2:00 39:44	15:25 2:09 *40	18:29 3:04 3:04	20:53 2:24 2:24	21:51 0:58 0:58	24:38 2:47 2:47
AK	Olesia Mordikova ohne Verein	D19L	Fehlst	1:33 2:55 2:55 48:12	5:47 8:21 5:26 51:48	1:05 9:51 1:30 52:48	2:02 13:24 3:33 54:55	3:45 15:27 2:03 57:28	2:25 20:40 5:13 1:01:18	0:25 21:02 *0:22 1:01:38	0:33 22:03 1:01 1:02:08	33:26 11:23 35:10	35:10 1:44 1:44 17:27	----- 41:15 6:05	41:15 42:02 0:47	45:21 3:19 3:19	
AK	Hanna Mokharava Eridan Club	D19L	1:02:42	2:51 3:09 3:09 39:13	3:36 5:46 2:37 49:47	1:00 7:57 2:11 51:27	2:07 9:48 1:51 54:54	2:33 10:36 0:48 58:45	3:50 12:37 2:01 1:01:37	0:20 13:17 0:40 1:02:09	0:30 14:34 1:17 1:02:42	18:36 4:02 2:27	21:03 2:27 2:27	24:30 3:27 4:32	29:02 32:42 3:40	32:42 36:59 4:17	
	Christoph Napp TV Jahn Wolfsburg	H45	N Ang	2:14	10:34	1:40	3:27	3:51	2:52	0:32	0:33						
	Erik Urzua Wöhrer TV Jahn Wolfsburg	H18	N Ang														
3: D-18, D35-, H-16 (10)			3,6 km	60 Hm	16 P												
				1(46) 15(39)	2(47) 16(100)	3(53) Ziel	4(54)	5(76)	6(56)	7(57)	8(58)	9(59)	10(60)	11(64)	12(65)	13(69)	14(40)
1	Karla Breckle Bovender SV	D18	27:46	2:03 2:03 27:04 1:11	3:33 1:30 27:24 0:20	4:44 1:11 27:46 0:22	5:23 0:39	6:59 1:36	9:14 2:15	11:59 2:45	15:41 3:42	17:32 1:51	18:17 0:45	19:55 1:38	20:49 0:54	23:12 2:23	25:53 2:41
2	Anna Weigert TV Jahn Wolfsburg	D18	29:49	1:53 1:53 29:05 1:19	4:20 2:27 29:24 0:19	5:39 1:19 29:49 0:25	6:17 0:38	8:07 1:50	12:11 4:04	14:24 2:13	17:10 2:46	19:23 2:13	20:09 0:46	21:43 1:34	22:36 0:53	25:09 2:33	27:46 2:37
3	Marie Hofmeister MTK Bad Harzburg	D35	30:51	2:15 2:15 30:01 2:06	4:00 1:45 30:23 0:22	5:24 1:24 30:51 0:28	6:07 0:43	7:50 1:43	10:38 2:48	13:10 2:32	15:54 2:44	18:05 2:11	19:02 0:57	21:15 2:13	22:21 1:06	24:44 2:23	27:55 3:11
4	Jule Weigert TV Jahn Wolfsburg	D18	32:13	1:56 1:56 31:24 1:25	3:48 1:52 31:49 0:25	5:28 1:40 32:13 0:24	6:12 0:44	8:04 1:52	10:50 2:46	13:14 2:24	16:14 3:00	18:29 2:15	19:22 0:53	21:53 2:31	23:12 1:19	26:13 3:01	29:59 3:46
5	Anke von Gaza OLV Uslar	D35	36:22	2:34 2:34 35:19 1:36	4:39 2:05 35:46 0:27	6:44 2:05 36:22 0:36	7:31 0:47	9:30 1:59	12:38 3:08	15:49 3:11	19:18 3:29	22:14 2:56	23:18 1:04	25:50 2:32	27:30 1:40	30:18 2:48	33:43 3:25
6	Rut Stark MTV Seesen	D18	40:00	2:38 2:38 39:02 1:56	4:54 2:16 39:31 0:29	6:59 2:05 40:00 0:29	7:46 0:47	10:10 2:24	13:29 3:19	16:41 3:12	21:35 4:54	24:17 2:42	26:03 1:46	28:56 2:53	30:27 1:31	33:26 2:59	37:06 3:40
7	Quinn Enoch Turn-Klubb zu Han	D35	43:20	4:16 4:16 42:23 1:53	7:38 3:22 42:50 0:27	9:21 1:43 43:20 0:30	10:25 1:04	12:48 2:23	17:35 4:47	21:36 4:01	25:18 3:42	28:11 2:53	29:35 1:24	32:14 2:39	33:48 1:34	36:57 3:09	40:30 3:33
8	Nicole Frank SV Hildesia Diekhol	D35	1:01:20	3:17 3:17 59:06 3:20	6:21 3:04 1:00:41 1:35	8:53 2:32 1:01:20 0:39	11:37 2:44	14:27 2:50	18:21 3:54	22:53 4:32	28:54 6:01	32:33 3:39	35:02 2:29	44:48 9:46	46:22 1:34	50:54 4:32	55:46 4:52
	Dorothea Kirves TG 1860 Münden	D35	Aufg	3:08 3:08	6:49 3:41	11:25 4:36	12:46 1:21	17:12 4:26	-----	-----	-----	-----	-----	-----	-----	-----	-----

Pl	Name	Kat	Zeit														
3: D-18, D35-, H-16 (10)			3,6 km	60 Hm	16 P	(Forts.)											
			1(46) 15(39)	2(47) 16(100)	3(53) Ziel	4(54)	5(76)	6(56)	7(57)	8(58)	9(59)	10(60)	11(64)	12(65)	13(69)	14(40)	
AK	Renée Schwartz OSC Kassel	D35	41:28	2:40 2:40 40:20 1:52	5:22 2:42 40:59 0:39	7:13 1:51 41:28 0:29	8:15 1:02	10:55 2:40	14:13 3:18	17:57 3:44	22:08 4:11	26:03 3:55	27:42 1:39	30:24 2:42	31:46 1:22	34:56 3:10	38:28 3:32
4: H19K-, H55- (14)			3,1 km	50 Hm	15 P												
			1(45) 15(100)	2(80) Ziel	3(47)	4(76)	5(75)	6(57)	7(44)	8(42)	9(65)	10(64)	11(60)	12(59)	13(40)	14(39)	
1	Andreas Quandt Bovender SV	H19K	29:00	1:14 1:14 28:24 0:23	3:00 1:46 29:00 0:36	4:39 1:39	5:57 1:18	7:08 1:11	10:44 3:36	12:25 1:41	15:14 2:49	18:19 3:05	19:22 1:03	20:48 1:26	21:42 0:54	25:28 3:46	28:01 2:33
2	Henning Bruns MTK Bad Harzburg	H55	30:39	1:28 1:28 30:08 0:28	3:31 2:03 30:39 0:31	5:57 2:26	7:16 1:19	9:06 1:50	12:07 3:01	13:44 1:37	15:12 1:28	18:42 3:30	20:05 1:23	22:09 2:04	23:24 1:15	28:06 4:42	29:40 1:34
3	Michael Schwien SC Klecken	H55	30:55	1:29 1:29 30:29 0:24	3:11 1:42 30:55 0:26	6:10 2:59	7:33 1:23	8:55 1:22	11:50 2:55	13:52 2:02	15:21 1:29	18:33 3:12	19:56 1:23	21:34 1:38	22:46 1:12	27:28 4:42	30:05 2:37
4	Alexey Kupriyanov Turn-Klubb zu Han	H19K	33:25	1:29 1:29 33:00 0:26	4:29 3:00 33:25 0:25	6:51 2:22	8:18 1:27	10:16 1:58	13:16 3:00	14:35 1:19	15:53 1:18	19:07 3:14	23:10 4:03	25:00 1:50	26:34 1:34	31:01 4:27	32:34 1:33
5	Luis Moreton Turn-Klubb zu Han	H55	37:46	1:49 1:49 37:05 0:27	4:07 2:18 37:46 0:41	7:08 3:01	8:47 1:39	10:41 1:54	14:04 3:23	16:23 2:19	17:48 1:25	22:15 4:27	23:37 1:22	26:00 2:23	27:28 1:28	32:20 4:52	36:38 4:18
6	Jens Struckmann Braunschweiger MT	H55	38:23	1:48 1:48 37:45 0:28	3:49 2:01 38:23 0:38	5:54 2:05	9:23 3:29	10:45 1:22	15:54 5:09	17:46 1:52	19:04 1:18	22:08 3:04	26:47 4:39	28:44 1:57	30:24 1:40	35:35 5:11	37:17 1:42
7	Werner Drese OLV Uslar	H55	42:42	1:55 1:55 42:07 0:31	12:04 10:09 42:42 0:35	14:39 2:35	16:07 1:28	18:53 2:46	22:14 3:21	23:59 1:45	25:16 1:17	29:26 4:10	30:48 1:22	32:45 1:57	34:03 1:18	39:10 5:07	41:36 2:26
8	Sven Buchholz MTK Bad Harzburg	H55	44:03	2:11 2:11 43:28 0:32	4:48 2:37 44:03 0:35	7:43 2:55	9:09 1:26	11:07 1:58	20:23 9:16	22:25 2:02	23:51 1:26	28:13 4:22	30:03 1:50	32:50 2:47	34:41 1:51	40:01 5:20	42:56 2:55
9	Thomas Görtelmeye MTK Bad Harzburg	H55	1:01:07	3:07 3:07 1:00:07 1:01	8:01 4:54 1:01:07 1:00	11:38 3:37	14:21 2:43	17:10 2:49	25:23 8:13	28:30 3:07	30:29 1:59	36:28 5:59	38:57 2:29	43:03 4:06	46:18 3:15	55:53 9:35	59:06 3:13
10	Guido Gehrmann MTK Bad Harzburg	H55	1:46:12	2:31 2:31 1:45:28 0:58	8:34 6:03 1:46:12 0:44	28:01 19:27	30:44 2:43	33:36 2:52	41:08 7:32	43:52 2:44	46:39 2:47	55:53 9:14	58:33 2:40	1:04:19 5:46	1:11:31 7:12	1:34:38 23:07	1:44:30 9:52
AK	Stefan König OLG Ortenau	H55	30:00	1:28 1:28 29:23 0:21	3:03 1:35 30:00 0:37	5:06 2:03	6:15 1:09	7:44 1:29	10:33 2:49	11:50 1:17	13:55 2:05	16:53 2:58	18:12 1:19	19:50 1:38	20:53 1:03	27:17 6:24	29:02 1:45
AK	Peter Kollenbach Ski-Club Helsa	H55	39:35	1:56 1:56 39:02 0:25	4:57 3:01 39:35 0:33	8:12 3:15	9:50 1:38	13:33 3:43	17:26 3:53	19:11 1:45	20:34 1:23	24:57 4:23	26:17 1:20	30:08 3:51	31:23 1:15	36:27 5:04	38:37 2:10
AK	Martin Greiner OSC Kassel	H55	40:09	2:01 2:01 39:29 0:31	4:35 2:34 40:09 0:40	7:40 3:05	9:33 1:53	11:31 1:58	15:39 4:08	17:29 1:50	18:57 1:28	24:07 5:10	25:42 1:35	27:50 2:08	29:14 1:24	35:45 6:31	38:58 3:13
	Olaf Hey MTK Bad Harzburg	H55	N Ang														
5: D-16, D45-, H65-, Offen (27)			2,7 km	40 Hm	12 P												
			1(46)	2(72)	3(76)	4(56)	5(57)	6(44)	7(69)	8(58)	9(59)	10(40)	11(39)	12(100)	Ziel		
1	Udo Sobczak Braunschweiger MT	H65	26:43	2:29 2:29	4:44 2:15	5:50 1:06	10:12 4:22	12:48 2:36	14:14 1:26	15:47 1:33	17:17 1:30	19:35 2:18	24:24 4:49	25:50 1:26	26:13 0:23	26:43 0:30	
2	Esther Stamer MTK Bad Harzburg	D45	27:05	2:27 2:27	4:56 2:29	6:01 1:05	9:47 3:46	12:36 2:49	14:04 1:28	15:49 1:45	17:33 1:44	19:48 2:15	24:35 4:47	26:12 1:37	26:34 0:22	27:05 0:31	
3	Sergej Sonnenberg Osnabrücker TB	H65	29:23	2:27 2:27	4:55 2:28	6:06 1:11	10:50 4:44	13:13 2:23	14:34 1:21	16:08 1:34	17:59 1:51	20:52 2:53	25:36 4:44	28:25 2:49	28:50 0:25	29:23 0:33	
4	Ivana Knaupova Braunschweiger MT	D45	31:11	2:01 2:01 4:24 *47	5:20 3:19	6:19 0:59	9:33 3:14	11:34 2:01	13:38 2:04	15:13 1:35	16:47 1:34	19:04 2:17	28:46 9:42	30:14 1:28	30:40 0:26	31:11 0:31	

Pl	Name	Kat	Zeit													
5: D-16, D45-, H65-, Offen (27)			2,7 km	40 Hm	12 P	(Forts.)										
				1(46)	2(72)	3(76)	4(56)	5(57)	6(44)	7(69)	8(58)	9(59)	10(40)	11(39)	12(100)	Ziel
5	Alexandra Nuske	D45	32:30	3:01	7:26	8:36	12:14	15:09	16:49	18:50	20:45	23:53	29:44	31:31	31:59	32:30
	Turn-Klubb zu Han			3:01	4:25	1:10	3:38	2:55	1:40	2:01	1:55	3:08	5:51	1:47	0:28	0:31
6	Nadine Enoch	D45	33:04	2:43	8:08	9:12	12:42	16:23	18:36	21:00	22:56	25:34	30:16	32:03	32:34	33:04
	Turn-Klubb zu Han			2:43	5:25	1:04	3:30	3:41	2:13	2:24	1:56	2:38	4:42	1:47	0:31	0:30
				5:33	15:32											
				*47	*70											
7	Sandra Wöhrer	D45	33:26	3:01	7:18	8:36	12:06	14:36	17:11	20:09	22:21	25:00	30:03	32:24	32:53	33:26
	TV Jahn Wolfsburg			3:01	4:17	1:18	3:30	2:30	2:35	2:58	2:12	2:39	5:03	2:21	0:29	0:33
8	Sania Stamer	D16	33:49	2:19	4:44	5:50	9:43	12:42	16:12	20:56	22:37	25:47	31:41	33:04	33:23	33:49
	SV Hildesia Diekhol			2:19	2:25	1:06	3:53	2:59	3:30	4:44	1:41	3:10	5:54	1:23	0:19	0:26
9	Romy Frank	D16	34:11	3:23	6:43	8:19	12:14	15:47	18:35	21:00	23:12	26:15	31:30	33:14	33:45	34:11
	SV Hildesia Diekhol			3:23	3:20	1:36	3:55	3:33	2:48	2:25	2:12	3:03	5:15	1:44	0:31	0:26
10	Michaela Bruns	D45	37:14	2:35	5:12	9:34	13:29	17:19	19:12	21:25	25:40	29:00	34:19	36:08	36:39	37:14
	MTK Bad Harzburg			2:35	2:37	4:22	3:55	3:50	1:53	2:13	4:15	3:20	5:19	1:49	0:31	0:35
11	Claudia Weigert	D45	37:24	2:59	6:33	7:58	11:29	14:47	16:49	19:06	21:49	25:50	33:24	35:51	36:42	37:24
	TV Jahn Wolfsburg			2:59	3:34	1:25	3:31	3:18	2:02	2:17	2:43	4:01	7:34	2:27	0:51	0:42
12	Fabian Pfister	Offen	38:56	3:43	7:46	9:02	11:57	15:35	18:31	21:06	22:50	25:58	33:11	38:05	38:27	38:56
	ohne Verein			3:43	4:03	1:16	2:55	3:38	2:56	2:35	1:44	3:08	7:13	4:54	0:22	0:29
13	Ulrike Breckle	D45	40:33	3:01	8:04	9:46	14:02	17:48	20:22	22:42	24:51	28:27	35:14	39:30	40:06	40:33
	Bovender SV			3:01	5:03	1:42	4:16	3:46	2:34	2:20	2:09	3:36	6:47	4:16	0:36	0:27
14	Siegfried May	H65	40:49	3:08	7:42	9:08	15:48	19:01	21:04	23:48	26:11	29:17	35:10	39:46	40:14	40:49
	RSV Hannover			3:08	4:34	1:26	6:40	3:13	2:03	2:44	2:23	3:06	5:53	4:36	0:28	0:35
15	Karl-Heinz Seefeld	H65	42:44	3:31	7:16	9:04	14:10	20:37	22:53	25:20	27:51	32:10	38:51	41:06	41:51	42:44
	OLV Uslar			3:31	3:45	1:48	5:06	6:27	2:16	2:27	2:31	4:19	6:41	2:15	0:45	0:53
16	Sandra Castilho Ma	D45	43:27	3:16	6:16	7:24	10:48	14:03	16:39	20:01	22:07	25:04	39:54	42:14	42:55	43:27
	SV Hildesia Diekhol			3:16	3:00	1:08	3:24	3:15	2:36	3:22	2:06	2:57	14:50	2:20	0:41	0:32
17	Tanja Buchholz	D45	44:39	3:26	7:20	8:55	14:28	17:54	20:22	23:37	26:07	30:32	36:40	43:16	44:01	44:39
	MTK Bad Harzburg			3:26	3:54	1:35	5:33	3:26	2:28	3:15	2:30	4:25	6:08	6:36	0:45	0:38
18	Julia Fenz	D16	54:35	3:21	8:19	9:56	14:39	22:35	24:50	34:29	37:22	42:48	50:50	53:24	54:02	54:35
	OLV Uslar			3:21	4:58	1:37	4:43	7:56	2:15	9:39	2:53	5:26	8:02	2:34	0:38	0:33
19	Kristine Schulze	D45	55:46	4:36	11:19	13:08	20:52	26:16	29:04	32:38	35:46	40:59	50:15	54:02	54:56	55:46
	TV Jahn Wolfsburg			4:36	6:43	1:49	7:44	5:24	2:48	3:34	3:08	5:13	9:16	3:47	0:54	0:50
	Horst von Gaza	H65	Fehlst	-----	4:05	5:08	13:48	16:26	17:53	19:42	21:03	23:29	27:20	30:39	31:00	31:32
	OLV Uslar				4:05	1:03	8:40	2:38	1:27	1:49	1:21	2:26	3:51	3:19	0:21	0:32
	Silke Napp	D45	Fehlst	3:48	-----	-----	13:43	18:11	21:04	-----	-----	-----	-----	36:22	37:12	38:11
	TV Jahn Wolfsburg			3:48			9:55	4:28	2:53					15:18	0:50	0:59
				2:23	6:37	10:58	24:51	31:08								
				*45	*47	*75	*79	*66								
	Ferdinand Hanses	H65	Fehlst	3:33	8:37	10:26	17:55	-----	26:16	28:56	31:18	34:43	40:49	43:40	44:28	45:11
	TuS Bramsche			3:33	5:04	1:49	7:29		8:21	2:40	2:22	3:25	6:06	2:51	0:48	0:43
				7:00												
				*47												
	Kerstin Krätz	D45	Fehlst	2:52	8:32	9:59	14:54	-----	27:50	30:02	32:09	35:37	42:26	44:22	44:50	45:25
	TV Jahn Wolfsburg			2:52	5:40	1:27	4:55		12:56	2:12	2:07	3:28	6:49	1:56	0:28	0:35
AK	Michael Kukis	H65	28:26	2:27	4:49	5:44	8:30	14:37	16:15	17:55	19:25	21:36	26:06	27:31	27:55	28:26
	OSC Kassel			2:27	2:22	0:55	2:46	6:07	1:38	1:40	1:30	2:11	4:30	1:25	0:24	0:31
AK	Holger Jurack	H65	34:30	2:16	4:42	5:47	12:10	17:54	19:42	21:36	25:43	27:46	31:50	33:37	34:01	34:30
	ESV Lok Magdebur			2:16	2:26	1:05	6:23	5:44	1:48	1:54	4:07	2:03	4:04	1:47	0:24	0:29
AK	Wolfgang Mertens	H65	1:16:47	4:11	14:49	18:12	28:04	34:55	38:05	42:31	46:49	53:52	1:02:32	1:14:41	1:15:52	1:16:47
	ohne Verein			4:11	10:38	3:23	9:52	6:51	3:10	4:26	4:18	7:03	8:40	12:09	1:11	0:55
	Kerstin Wittke	D45	N Ang													
	SV Hildesia Diekhol															
6: D19K-, D55- (18)			2,3 km	25 Hm	11 P											
				1(45)	2(46)	3(47)	4(75)	5(56)	6(57)	7(44)	8(79)	9(66)	10(39)	11(100)	Ziel	
1	Jessica Drese	D19K	24:45	1:51	2:41	4:45	7:21	8:59	11:23	13:26	15:48	21:03	23:46	24:15	24:45	22:10
	OLV Uslar			1:51	0:50	2:04	2:36	1:38	2:24	2:03	2:22	5:15	2:43	0:29	0:30	*40
2	Evi Drese	D55	27:55	1:50	3:01	5:57	9:42	11:24	14:35	16:16	18:59	24:10	26:49	27:17	27:55	
	OLV Uslar			1:50	1:11	2:56	3:45	1:42	3:11	1:41	2:43	5:11	2:39	0:28	0:38	
3	Liisa Rihko-Struck	D55	29:24	1:52	2:56	5:04	7:57	11:27	15:02	16:41	19:17	25:31	28:21	28:51	29:24	23:52
	Braunschweiger MT			1:52	1:04	2:08	2:53	3:30	3:35	1:39	2:36	6:14	2:50	0:30	0:33	*40
4	Mareike Blohm	D19K	30:01	1:48	2:52	6:46	10:43	13:26	16:45	18:40	21:19	25:25	29:07	29:31	30:01	
	TSV Worpswede			1:48	1:04	3:54	3:57	2:43	3:19	1:55	2:39	4:06	3:42	0:24	0:30	
5	Irina Kupriyanova	D19K	30:07	1:39	2:32	4:42	8:15	11:33	16:28	18:15	20:45	25:46	29:06	29:35	30:07	
	Turn-Klubb zu Han			1:39	0:53	2:10	3:33	3:18	4:55	1:47	2:30	5:01	3:20	0:29	0:32	
6	Jordan Sophie Meis	D19K	31:27	1:46	2:44	5:45	13:39	15:29	18:19	20:16	22:49	26:32	30:16	30:51	31:27	
	OLV Uslar			1:46	0:58	3:01	7:54	1:50	2:50	1:57	2:33	3:43	3:44	0:35	0:36	
7	Ulrike Korff	D55	31:45	2:07	3:18	5:42	9:52	12:06	15:18	17:05	19:58	24:24	30:45	31:12	31:45	
	SC Achmer			2:07	1:11	2:24	4:10	2:14	3:12	1:47	2:53	4:26	6:21	0:27	0:33	
8	Julia Stark	D19K	32:38	1:58	3:13	6:07	10:36	12:53	16:35	18:35	21:48	26:54	31:28	32:08	32:38	
	MTV Seesen			1:58	1:15	2:54	4:29	2:17	3:42	2:00	3:13	5:06	4:34	0:40	0:30	
9	Sonja Kunze	D55	33:06	2:24	3:54	6:53	10:51	14:56	19:43	21:46	24:18	28:24	32:07	32:36	33:06	
	OLV Uslar			2:24	1:30	2:59	3:58	4:05	4:47	2:03	2:32	4:06	3:43	0:29	0:30	
10	Anna-Lena Engelma	D19K	33:24	1:41	2:42	5:16	10:21	12:21	15:44	17:31	19:53	25:42	32:09	32:56	33:24	23:48
	TSV Worpswede			1:41	1:01	2:34	5:									

Pl	Name	Kat	Zeit														
6: D19K-, D55- (18)			2,3 km	25 Hm	11 P	(Forts.)											
			1(45)	2(46)	3(47)	4(75)	5(56)	6(57)	7(44)	8(79)	9(66)	10(39)	11(100)	Ziel			
12	Roza Burdukova	D19K	36:16	1:46	3:09	6:27	10:22	13:00	16:04	18:16	21:27	31:57	35:20	35:45	36:16		
	Braunschweiger MT			1:46	1:23	3:18	3:55	2:38	3:04	2:12	3:11	10:30	3:23	0:25	0:31		
13	Claudia Ducki-Höck	D55	37:16	2:00	3:13	14:17	17:39	19:34	23:41	25:28	28:25	32:27	36:11	36:40	37:16		
	MTK Bad Harzburg			2:00	1:13	11:04	3:22	1:55	4:07	1:47	2:57	4:02	3:44	0:29	0:36		
14	Susanne Körber	D55	43:03	2:03	3:42	7:00	12:48	15:18	22:20	24:51	30:01	37:09	41:58	42:30	43:03		
	OLV Uslar			2:03	1:39	3:18	5:48	2:30	7:02	2:31	5:10	7:08	4:49	0:32	0:33		
15	Esther Knoblauch	D55	52:37	2:33	4:01	8:30	21:10	23:59	29:34	33:15	36:50	47:02	51:08	51:48	52:37		
	MTK Bad Harzburg			2:33	1:28	4:29	12:40	2:49	5:35	3:41	3:35	10:12	4:06	0:40	0:49		
AK	Kirsten König	D55	27:55	2:03	3:07	5:40	9:20	11:33	14:48	16:41	19:28	23:13	26:49	27:20	27:55		
	OLG Ortenau			2:03	1:04	2:33	3:40	2:13	3:15	1:53	2:47	3:45	3:36	0:31	0:35		
AK	Claudia Greiner	D55	Fehlst	2:09	3:23	6:59	10:17	12:26	15:34	17:23	21:06	24:55	29:29	-----	30:39		
	OSC Kassel			2:09	1:14	3:36	3:18	2:09	3:08	1:49	3:43	3:49	4:34		1:10		
AK	Brigitte Dersch-Koll	D55	54:37	3:37	5:38	12:07	21:19	25:07	32:31	36:00	40:49	47:04	52:15	53:13	54:37		
	Ski-Club Helsa			3:37	2:01	6:29	9:12	3:48	7:24	3:29	4:49	6:15	5:11	0:58	1:24		
7: D65-, H75- (9)			1,8 km	15 Hm	8 P												
			1(46)	2(47)	3(76)	4(74)	5(44)	6(42)	7(81)	8(100)	Ziel						
1	Wilhelm Holz	H75	23:25	3:26	6:08	7:52	9:47	14:08	15:42	19:54	22:23	23:25					
	OLV Uslar			3:26	2:42	1:44	1:55	4:21	1:34	4:12	2:29	1:02					
2	Wilf Holloway	H75	24:20	3:48	7:22	9:31	11:44	16:39	18:36	21:59	23:44	24:20					
	Bovender SV			3:48	3:34	2:09	2:13	4:55	1:57	3:23	1:45	0:36					
3	Dieter Conrad	H75	24:54	3:56	7:20	9:18	11:23	17:45	19:27	22:44	24:15	24:54					
	MTK Bad Harzburg			3:56	3:24	1:58	2:05	6:22	1:42	3:17	1:31	0:39					
4	Birgitt Michel	D65	28:49	3:24	6:20	8:36	11:01	18:22	20:25	23:58	28:04	28:49					
	TV Jahn Wolfsburg			3:24	2:56	2:16	2:25	7:21	2:03	3:33	4:06	0:45					
5	Antje Sobczak	D65	34:24	4:40	8:58	13:03	15:57	23:16	26:16	31:07	33:33	34:24					
	Braunschweiger MT			4:40	4:18	4:05	2:54	7:19	3:00	4:51	2:26	0:51					
6	Olga Sonnenberg	D65	35:01	6:02	8:13	19:05	21:33	26:41	28:19	32:43	34:17	35:01					
	Osnabrücker TB			6:02	2:11	10:52	2:28	5:08	1:38	4:24	1:34	0:44					
7	Gerhard Niederland	H75	36:35	9:49	12:32	14:42	20:26	26:26	28:21	33:57	35:48	36:35					
	TSV Schloß Ricklin			9:49	2:43	2:10	5:44	6:00	1:55	5:36	1:51	0:47					
AK	Anatolii Lystopadsk	H75	26:10	2:54	10:12	11:37	13:11	20:12	21:13	23:49	25:41	26:10					
	OLV Weimar			2:54	7:18	1:25	1:34	7:01	1:01	2:36	1:52	0:29					
AK	Heinz Pape	H75	27:30	3:20	6:19	8:31	10:49	16:32	18:27	25:03	26:53	27:30					
	OL Team Lippe			3:20	2:59	2:12	2:18	5:43	1:55	6:36	1:50	0:37					
8: H-14, D-14 (11)			2,9 km	30 Hm	13 P												
			1(45)	2(53)	3(54)	4(73)	5(55)	6(36)	7(70)	8(77)	9(78)	10(79)	11(37)	12(81)	13(100)	Ziel	
1	Erik Bruns	H14	23:19	1:27	4:53	5:36	6:31	8:29	11:25	13:08	15:12	16:23	18:38	20:52	21:59	22:58	23:19
	MTK Bad Harzburg			1:27	3:26	0:43	0:55	1:58	2:56	1:43	2:04	1:11	2:15	2:14	1:07	0:59	0:21
2	Levi Joe Brauer	H14	25:17	1:31	6:24	7:10	8:17	10:34	13:56	15:46	17:50	18:54	20:39	22:29	23:32	24:52	25:17
	SV Hildesia Diekhol			1:31	4:53	0:46	1:07	2:17	3:22	1:50	2:04	1:04	1:45	1:50	1:03	1:20	0:25
3	Katharina Lorenz	D14	28:10	1:27	4:47	5:27	8:55	12:00	15:33	17:08	19:08	20:44	22:59	24:39	26:03	27:40	28:10
	SV Hildesia Diekhol			1:27	3:20	0:40	3:28	3:05	3:33	1:35	2:00	1:36	2:15	1:40	1:24	1:37	0:30
4	Arthur Quandt	H14	34:37	2:37	10:41	11:16	12:03	15:10	18:29	20:18	22:02	23:58	29:11	31:02	32:35	34:05	34:37
	Bovender SV			2:37	8:04	0:35	0:47	3:07	3:19	1:49	1:44	1:56	5:13	1:51	1:33	1:30	0:32
5	Hanna Stark	D14	35:02	2:38	6:21	8:31	9:08	12:22	15:43	17:51	20:39	21:56	27:43	29:47	32:41	34:37	35:02
	MTV Seesen			2:38	3:43	2:10	0:37	3:14	3:21	2:08	2:48	1:17	5:47	2:04	2:54	1:56	0:25
6	Johanna Wedekind	D14	39:36	1:54	7:27	8:33	9:30	14:13	18:48	21:34	25:53	29:00	32:08	35:40	37:15	39:09	39:36
	OLV Uslar			1:54	5:33	1:06	0:57	4:43	4:35	2:46	4:19	3:07	3:08	3:32	1:35	1:54	0:27
7	Matias Cuesta Mont	H14	41:35	1:39	8:46	10:19	11:47	17:40	24:36	26:29	29:55	31:54	35:15	37:11	39:01	41:01	41:35
	TV Jahn Wolfsburg			1:39	7:07	1:33	1:28	5:53	6:56	1:53	3:26	1:59	3:21	1:56	1:50	2:00	0:34
8	Angelo Kühl	H14	45:07	1:42	15:33	18:25	19:13	21:41	28:22	30:09	31:57	33:36	39:13	40:45	42:47	44:43	45:07
	MTK Bad Harzburg			1:42	13:51	2:52	0:48	2:28	6:41	1:47	1:48	1:39	5:37	1:32	2:02	1:56	0:24
					35:02												
					*58												
	Korbinian Rieger	H14	Fehlst	7:16	-----	25:30	27:15	31:16	40:09	43:01	46:16	48:11	54:09	56:23	-----	1:00:12	1:00:39
	TV Jahn Wolfsburg			7:16		18:14	1:45	4:01	8:53	2:52	3:15	1:55	5:58	2:14		3:49	0:27
					58:39												
					*39												
	Ria Wittke	D14	N Ang														
	SV Hildesia Diekhol																
	Emil Riedel	H14	N Ang														
	OLV Uslar																
9: D-12, H-12 (7)			2,0 km	15 Hm	8 P												
			1(31)	2(43)	3(34)	4(35)	5(41)	6(37)	7(38)	8(100)	Ziel						
1	Vincent Kaiser	H12	13:47	1:39	4:54	7:16	8:48	9:35	10:57	12:35	13:17	13:47					
	MTV Seesen			1:39	3:15	2:22	1:32	0:47	1:22	1:38	0:42	0:30					
1	Lorena Galli	D12	13:47	1:47	4:48	7:06	8:57	9:41	11:24	12:39	13:20	13:47					
	SV Hildesia Diekhol			1:47	3:01	2:18	1:51	0:44	1:43	1:15	0:41	0:27					
3	Anna Knaup	D12	15:14	1:43	4:18	6:54	8:56	9:59	11:55	14:01	14:49	15:14					
	Braunschweiger MT			1:43	2:35	2:36	2:02	1:03	1:56	2:06	0:48	0:25					
4	Lewin Grapp	H12	15:45	3:35	6:53	9:07	10:42	11:32	12:53	14:19	15:14	15:45					
	TSV Worpswede			3:35	3:18	2:14	1:35	0:50	1:21	1:26	0:55	0:31					

Pl	Name	Kat	Zeit									
9: D-12, H-12 (7)			2,0 km	15 Hm	8 P	(Forts.)						
			1(31)	2(43)	3(34)	4(35)	5(41)	6(37)	7(38)	8(100)	Ziel	
5	Jameson Sachs	H12	15:47	2:04	6:09	8:36	10:22	11:25	13:01	14:34	15:21	15:47
	MTV Seesen			2:04	4:05	2:27	1:46	1:03	1:36	1:33	0:47	0:26
6	Luc Uhlig	H12	22:26	2:33	9:13	12:07	14:41	16:15	18:52	21:03	21:51	22:26
	SV Hildesia Diekhol			2:33	6:40	2:54	2:34	1:34	2:37	2:11	0:48	0:35
AK	Paul Steinmann	H12	15:30	1:26	5:20	7:47	9:42	10:44	12:26	13:56	14:58	15:30
	MTV Seesen			1:26	3:54	2:27	1:55	1:02	1:42	1:30	1:02	0:32
10: D/H-10, D/H-10b, Einsteig			1,7 km	15 Hm	9 P							
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(100)	Ziel
1	Noah Damerow	D/H10	12:37	2:10	3:06	4:17	5:16	7:10	7:59	9:37	11:05	12:01
	TSV Worpswede			2:10	0:56	1:11	0:59	1:54	0:49	1:38	1:28	0:56
2	Jesper Bruns	D/H10	13:20	1:27	2:00	2:51	6:55	9:12	9:43	11:03	12:09	12:44
	MTK Bad Harzburg			1:27	0:33	0:51	4:04	2:17	0:31	1:20	1:06	0:35
3	Laura Ulbricht	EKurz	13:40	2:22	3:05	4:22	5:27	7:37	8:21	10:12	11:58	13:00
	Eintracht Munster 2			2:22	0:43	1:17	1:05	2:10	0:44	1:51	1:46	1:02
4	Aatos Heikkilä	D/H10	14:24	2:30	3:27	4:54	6:00	8:34	9:16	11:13	13:13	13:59
	TSV Worpswede			2:30	0:57	1:27	1:06	2:34	0:42	1:57	2:00	0:46
5	Franziska Reese	D/H10	15:08	2:44	3:59	5:21	6:38	8:51	10:05	12:05	13:38	14:35
	MTV Seesen			2:44	1:15	1:22	1:17	2:13	1:14	2:00	1:33	0:57
6	Mattes Gernhöfer	D/H10	15:19	2:16	3:14	5:00	6:25	9:02	9:48	11:47	13:49	14:39
	MTV Seesen			2:16	0:58	1:46	1:25	2:37	0:46	1:59	2:02	0:50
7	Antonia Galli	D/H10	17:50	1:48	4:34	5:55	6:55	8:42	9:47	14:39	16:23	17:18
	SV Hildesia Diekhol			1:48	2:46	1:21	1:00	1:47	1:05	4:52	1:44	0:55
8	Karla Nuske	D/H10	20:36	2:42	3:52	5:48	7:45	11:48	13:13	16:18	18:28	19:54
	Turn-Klubb zu Han			2:42	1:10	1:56	1:57	4:03	1:25	3:05	2:10	1:26
9	Raya Frank	D/H10	21:53	2:29	3:28	4:53	9:47	12:36	13:49	18:51	20:25	21:20
	SV Hildesia Diekhol			2:29	0:59	1:25	4:54	2:49	1:13	5:02	1:34	0:55
10	Mika Raschdorf	D/H10	22:34	4:39	5:42	7:28	8:57	11:48	13:06	16:07	20:00	21:26
	MTK Bad Harzburg			4:39	1:03	1:46	1:29	2:51	1:18	3:01	3:53	1:26
11	Ralf Uhlig	EKurz	25:38	3:47	5:12	8:02	10:38	14:23	15:44	19:25	22:17	24:12
	ohne Verein			3:47	1:25	2:50	2:36	3:45	1:21	3:41	2:52	1:55
AK	Robin von Gaza	D/H10	21:38	2:24	4:01	6:03	8:27	15:28	16:39	18:37	20:02	20:57
	OLV Uslar			2:24	1:37	2:02	2:24	7:01	1:11	1:58	1:25	0:55
	Jakob Nuske	EKurz	N Ang									0:41
	Turn-Klubb zu Han											
11: Einsteiger Mittel (5)			3,3 km	25 Hm	10 P							
			1(31)	2(43)	3(51)	4(67)	5(73)	6(34)	7(41)	8(37)	9(81)	10(100)
												Ziel
1	Florian Graf	EMitte	31:12	4:24	7:28	11:27	16:25	20:07	22:31	25:21	26:47	29:22
	ohne Verein			4:24	3:04	3:59	4:58	3:42	2:24	2:50	1:26	2:35
2	Günter Stark	EMitte	42:20	2:44	7:29	12:55	18:26	25:46	29:09	33:24	36:21	38:31
	MTV Seesen			2:44	4:45	5:26	5:31	7:20	3:23	4:15	2:57	2:10
3	Ingo Krätz	EMitte	46:34	3:05	7:48	14:18	22:04	29:01	33:10	38:40	41:30	43:18
	TV Jahn Wolfsburg			3:05	4:43	6:30	7:46	6:57	4:09	5:30	2:50	1:48
4	Aseel Al-Maqtari	EMitte	49:05	4:30	7:59	11:41	23:58	27:38	30:19	33:48	35:55	47:13
	MTK Bad Harzburg			4:30	3:29	3:42	12:17	3:40	2:41	3:29	2:07	11:18
	Mohammed Al-Sham	EMitte	Fehlst	4:23	7:30	11:28	16:35	20:25	24:01	26:55	29:37	35:52
	ohne Verein			4:23	3:07	3:58	5:07	3:50	3:36	2:54	2:42	6:15