

# Ergebnis – LM und DHM Lang, Sandkrug, 18.05.2023

2023-05-18

| <b>D 19- Lang</b> |                  | <b>(5 / 8)</b>   | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
|-------------------|------------------|------------------|-------------|------------------|----------------------|
| 1.                | Birte Friedrichs | MTV Seesen       | 57:55       |                  | 0:40                 |
| 2.                | Larissa Saß      | OLF Mainz        | 1:01:27     | +3:32            | 0:00                 |
| 3.                | Carlotta Haupt   | MTK Bad Harzburg | 1:31:55     | +34:00           | 6:35                 |
| 4.                | Krystyna Melnyk  | TSV Worpswede    | 1:39:51     | +41:56           | 7:12                 |
|                   | Katharina Linke  | MTV Seesen       | Nicht Ang.  |                  |                      |

| <b>DHM Damen</b> |                     | <b>(16 / 19)</b> | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
|------------------|---------------------|------------------|-------------|------------------|----------------------|
| 1.               | Emma Caspari        | WG Göttingen     | 57:23       |                  | 1:51                 |
| 2.               | Anna Wartewig       | TU Dresden       | 58:15       | +0:52            | 0:34                 |
| 3.               | Isabel Seeger       | WG München       | 1:00:55     | +3:32            | 2:06                 |
| 4.               | Marit Wersin        | WG Mainz         | 1:03:24     | +6:01            | 0:00                 |
| 5.               | Meike Hennseler     | WG Jena          | 1:06:56     | +9:33            | 4:59                 |
| 6.               | Hannah Hänsel       | Uni Leipzig      | 1:08:42     | +11:19           | 7:52                 |
| 7.               | Annika Strauß       | WG Hannover      | 1:10:21     | +12:58           | 1:49                 |
| 8.               | Anke von Gaza       | WG Göttingen     | 1:11:58     | +14:35           | 1:54                 |
| 9.               | Hanne Kaufmann      | WG Halle         | 1:13:01     | +15:38           | 2:36                 |
| 10.              | Felicitas Vogt      | Uni Leipzig      | 1:16:35     | +19:12           | 2:52                 |
| 11.              | Pia Buchholz        | WG Göttingen     | 1:19:21     | +21:58           | 2:43                 |
| 12.              | Solia Stamer        | TU Braunschweig  | 1:20:53     | +23:30           | 9:01                 |
| 13.              | Inga Hollmann       | WG Hannover      | 1:44:27     | +47:04           | 12:02                |
|                  | Charlotte Leonhardt | TU Dresden       | Fehlst.     |                  |                      |
|                  | Charlotte Pottkamp  | TU Dresden       | Fehlst.     |                  |                      |
|                  | Kaatje Fantini      | TU Braunschweig  | Nicht Ang.  |                  |                      |

| <b>H 19- Lang</b> |                   | <b>(8 / 11)</b>         | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
|-------------------|-------------------|-------------------------|-------------|------------------|----------------------|
| 1.                | Kilian Lilje      | TSV Worpswede           | 1:12:56     |                  | 0:50                 |
| 2.                | Magnus Struckmann | Braunschweiger MTV      | 1:18:09     | +5:13            | 0:50                 |
| 3.                | Max Sonneborn     | TSV Worpswede           | 1:40:59     | +28:03           | 4:10                 |
| 4.                | Tom Buchholz      | MTK Bad Harzburg        | 1:45:17     | +32:21           | 2:39                 |
| 5.                | Jonas Dresel      | SC Klecken              | 1:46:28     | +33:32           | 4:37                 |
| 6.                | Christian Röck    | SV Hildesia Diekholzen  | 1:46:59     | +34:03           | 8:09                 |
|                   | Johannes Balke aK | DARC                    | (2:52:54)   | +1:39:58         | 34:32                |
|                   | Malte Borrmann    | Bundesnachwuchskader aK | Nicht Ang.  |                  |                      |

| <b>DHM Herren</b> |                    | <b>(24 / 28)</b> | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
|-------------------|--------------------|------------------|-------------|------------------|----------------------|
| 1.                | Ole Hennseler      | WG Göttingen     | 1:02:15     |                  | 0:00                 |
| 2.                | Lucas Imsweiler    | WG Karlsruhe     | 1:04:39     | +2:24            | 0:00                 |
| 3.                | Markus Grätsch     | TU Dresden       | 1:09:01     | +6:46            | 0:00                 |
| 4.                | Konrad Stamer      | TU Braunschweig  | 1:09:29     | +7:14            | 0:48                 |
| 5.                | Florian Pasda      | TU Dresden       | 1:16:29     | +14:14           | 1:02                 |
| 6.                | Kolya Sass         | WG Karlsruhe     | 1:17:42     | +15:27           | 1:51                 |
| 7.                | Till Geiler        | TU Dresden       | 1:19:44     | +17:29           | 2:11                 |
| 8.                | Nils Javier Elbing | WG Weingarten    | 1:25:19     | +23:04           | 4:58                 |
| 9.                | Emil Sasse         | WG Göttingen     | 1:28:38     | +26:23           | 6:58                 |
| 10.               | Marek Klein        | TU Dresden       | 1:30:25     | +28:10           | 3:12                 |
| 11.               | Leon Kollenbach    | WG Göttingen     | 1:33:18     | +31:03           | 4:59                 |
| 12.               | Nilas Stamer       | HS Stralsund     | 1:33:56     | +31:41           | 6:43                 |
| 13.               | Aaron Wandelt      | Jade-HS          | 1:37:37     | +35:22           | 7:50                 |
| 14.               | Luis John          | WG Mainz         | 1:40:53     | +38:38           | 7:55                 |
| 15.               | Markus Weller      | WG Aachen        | 1:41:13     | +38:58           | 12:15                |
| 16.               | Lorenzo Wormer     | WG Karlsruhe     | 1:43:58     | +41:43           | 8:21                 |
| 17.               | Maksim Feldmann    | WG Aachen        | 1:48:44     | +46:29           | 5:25                 |
| 18.               | Gian Luca Spitz    | WG Aachen        | 2:03:23     | +1:01:08         | 10:11                |

|                    |                              |                         |             |                  |                      |
|--------------------|------------------------------|-------------------------|-------------|------------------|----------------------|
| 19.                | Finn Ole Hänsel              | HS Emden-Leer           | 2:03:27     | +1:01:12         | 8:49                 |
| 20.                | Nikolaus Risch               | Uni Paderborn           | 2:16:13     | +1:13:58         | 14:36                |
| 21.                | Simon Neukamp                | HS Stralsund            | 3:20:12     | +2:17:57         | 34:43                |
|                    | Martin Scheuermann           | TU Dresden              | Nicht Ang.  |                  |                      |
|                    | Maximilian Bell              | HS Stralsund            | Nicht Ang.  |                  |                      |
|                    | Rasmus Koch                  | HS Stralsund            | Nicht Ang.  |                  |                      |
| <b>DHM Pokal A</b> |                              | <b>(2 / 5)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                 | Torsten Kaufmann             | TU Dresden              | 1:11:57     |                  | 3:03                 |
| 2.                 | Sebastian Maschek            | WG Halle                | 1:20:36     | +8:39            | 12:18                |
| <b>DHM Pokal B</b> |                              | <b>(3 / 6)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                 | Franka Dietze                | WG Göttingen            | 44:18       |                  | 0:00                 |
| 2.                 | Tomke Luks                   | TU Braunschweig         | 1:48:18     | +1:04:00         | 47:54                |
|                    | Lydia Heidemann              | WG Göttingen            | Nicht Ang.  |                  |                      |
| <b>D -12</b>       |                              | <b>(2 / 3)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                 | Hanna Stark                  | MTV Seesen              | 21:40       |                  | 1:19                 |
| 2.                 | Anna Knaup                   | Braunschweiger MTV      | 25:25       | +3:45            | 2:24                 |
| <b>H -12</b>       |                              | <b>(3 / 4)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                 | Erik Bruns                   | MTK Bad Harzburg        | 21:31       |                  | 0:00                 |
| 2.                 | Emil Riedel                  | OLV Uslar               | 24:09       | +2:38            | 2:20                 |
|                    | Mads Ostendorff              | TSV Worpswede           | Fehlst.     |                  |                      |
| <b>D -14</b>       |                              | <b>(5 / 6)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                 | Svitlana Konstantynova       | OLV Uslar               | 41:33       |                  | 1:27                 |
| 2.                 | Lamis Mousa                  | OLV Uslar               | 43:14       | +1:41            | 2:26                 |
| 3.                 | Sania Stamer                 | SV Hildesia Diekholzen  | 46:09       | +4:36            | 2:38                 |
| 4.                 | Viktorria Pelepets           | TSV Worpswede           | 46:52       | +5:19            | 9:33                 |
| 5.                 | Romy Frank                   | SV Hildesia Diekholzen  | 54:17       | +12:44           | 5:40                 |
| <b>H -14</b>       |                              | <b>(2 / 3)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                 | Constantin Jacob Freudenfeld | TSV Worpswede           | 33:10       |                  | 2:37                 |
| 2.                 | Finn Ostendorff              | TSV Worpswede           | 42:13       | +9:03            | 7:02                 |
| <b>D -16</b>       |                              | <b>(8 / 10)</b>         | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                 | Karla Breckle                | Bovender SV             | 47:28       |                  | 0:00                 |
| 2.                 | Jule Weigert                 | TV Jahn Wolfsburg       | 50:11       | +2:43            | 1:27                 |
| 3.                 | Rut Stark                    | MTV Seesen              | 55:40       | +8:12            | 3:32                 |
| 4.                 | Anna Weigert                 | TV Jahn Wolfsburg       | 58:07       | +10:39           | 5:21                 |
| 5.                 | Lucia Stolze                 | Bovender SV             | 1:02:27     | +14:59           | 6:15                 |
| 6.                 | Nele Rüberg                  | OLV Uslar               | 1:08:51     | +21:23           | 3:00                 |
|                    | Kiara Nijst aK               | Hermathenae             | (1:09:40)   | +22:12           | 8:09                 |
|                    | Jana Knaup                   | Braunschweiger MTV      | Nicht Ang.  |                  |                      |
| <b>H -16</b>       |                              | <b>(3 / 5)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                 | Erik Urzua Wöhrer            | TV Jahn Wolfsburg       | 59:08       |                  | 2:04                 |
| 2.                 | Hannes Möhring               | TV Jahn Wolfsburg       | 1:02:25     | +3:17            | 2:28                 |
| 3.                 | Maik Schweizer               | MTV Seesen              | 1:31:12     | +32:04           | 24:30                |
| <b>D -18</b>       |                              | <b>(9 / 11)</b>         | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                 | Jule Roßner                  | Bundesnachwuchskader aK | 47:35       |                  | 0:00                 |
| 2.                 | Juliane Burgmair             | Bundesnachwuchskader aK | 55:16       | +7:41            | 2:28                 |
| 3.                 | Anne Kästner                 | Bundesnachwuchskader aK | 57:16       | +9:41            | 0:49                 |
| 4.                 | Marika Prolyingheuer         | Bundesnachwuchskader aK | 58:08       | +10:33           | 2:55                 |
| 5.                 | Anna Holfeld                 | Bundesnachwuchskader aK | 1:01:31     | +13:56           | 3:25                 |
| 6.                 | Maria Tovchigrechko          | Bundesnachwuchskader aK | 1:07:22     | +19:47           | 8:09                 |
| 7.                 | Lena Baath                   | Bundesnachwuchskader aK | 1:08:22     | +20:47           | 9:34                 |
| 8.                 | Lada Konstantynova           | OLV Uslar               | 1:27:50     | +40:15           | 3:44                 |
|                    | Marlene Fritz                | Bundesnachwuchskader aK | Nicht Ang.  |                  |                      |

| <b>H -18</b>      |                         | <b>(10 / 12)</b>        | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
|-------------------|-------------------------|-------------------------|-------------|------------------|----------------------|
| 1.                | Ole Baath               | Bundesnachwuchskader aK | 1:05:11     |                  | 6:09                 |
| 2.                | Lennart Mühlstädt       | Bundesnachwuchskader aK | 1:06:18     | +1:07            | 2:23                 |
| 3.                | Niklas Wetzel           | Bundesnachwuchskader aK | 1:07:41     | +2:30            | 0:49                 |
| 4.                | Aaron Niazi             | TSV Worpsswede          | 1:09:51     | +4:40            | 7:57                 |
| 5.                | Lionel Kumbier          | Bundesnachwuchskader aK | 1:14:18     | +9:07            | 6:50                 |
| 6.                | Jonas Knaup             | Braunschweiger MTV      | 1:21:46     | +16:35           | 12:01                |
| 7.                | Sven-Guido Schulze      | TV Jahn Wolfsburg       | 1:25:47     | +20:36           | 4:44                 |
| 8.                | Moritz Kuntze           | Bundesnachwuchskader aK | 2:18:47     | +1:13:36         | 47:08                |
|                   | Marco Urzua Wöhrer      | TV Jahn Wolfsburg       | Fehlst.     |                  |                      |
|                   | Loic Dequiedt           | Bundesnachwuchskader aK | Nicht Ang.  |                  |                      |
| <b>D 19- Kurz</b> |                         | <b>(1 / 2)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                | Nicole Frank            | SV Hildesia Diekholzen  | 1:24:48     |                  | 0:00                 |
| <b>H 19- Kurz</b> |                         | <b>(2 / 3)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                | Karsten Leideck         | Bundesnachwuchskader aK | 47:45       |                  | 0:00                 |
| 2.                | Marcel Frank            | SV Hildesia Diekholzen  | 1:40:38     | +52:53           | 22:38                |
| <b>D 35-</b>      |                         | <b>(3 / 5)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                | Tetiana Zhyltsova       | TSV Worpsswede          | 1:12:41     |                  | 3:17                 |
| 2.                | Sonja Kunze             | OLV Uslar               | 1:24:02     | +11:21           | 11:35                |
| 3.                | Dorothea Kirves         | TG Münden               | 1:33:39     | +20:58           | 12:49                |
| <b>H 35-</b>      |                         | <b>(5 / 6)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                | Christoph Freudenfeld   | TSV Worpsswede          | 1:07:47     |                  | 5:51                 |
| 2.                | Thorsten Weigert        | TV Jahn Wolfsburg       | 1:15:03     | +7:16            | 4:27                 |
| 3.                | Frederik Kunze          | SV Hildesia Diekholzen  | 1:24:21     | +16:34           | 5:42                 |
|                   | Christoph Hofmeister    | MTK Bad Harzburg        | (1:08:35)   | +0:48            | 4:03                 |
|                   | Jens Struckmann         | Braunschweiger MTV      | Nicht Ang.  |                  |                      |
| <b>D 45-</b>      |                         | <b>(7 / 8)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                | Ivana Knaupova          | Braunschweiger MTV      | 43:28       |                  | 1:07                 |
| 2.                | Sandra Wöhrer           | TV Jahn Wolfsburg       | 1:00:22     | +16:54           | 0:00                 |
| 3.                | Petra Schneider         | SV Hildesia Diekholzen  | 1:07:54     | +24:26           | 3:28                 |
| 4.                | Tanja Buchholz          | MTK Bad Harzburg        | 1:20:48     | +37:20           | 5:52                 |
| 5.                | Silke Napp              | TV Jahn Wolfsburg       | 1:21:51     | +38:23           | 6:00                 |
|                   | Esther Stamer           | MTK Bad Harzburg        | Nicht Ang.  |                  |                      |
|                   | Evi Drese               | OLV Uslar               | Nicht Ang.  |                  |                      |
| <b>H 45-</b>      |                         | <b>(8 / 10)</b>         | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                | Gerrit Rode             | TSV Worpsswede          | 1:00:49     |                  | 2:26                 |
| 2.                | Jörg Kleinholz-Mewes    | TuS Bothfeld 04         | 1:04:24     | +3:35            | 6:14                 |
| 3.                | Jan Knaup               | Braunschweiger MTV      | 1:13:23     | +12:34           | 4:39                 |
| 4.                | Paulo Urzua Torres      | TV Jahn Wolfsburg       | 1:13:49     | +13:00           | 5:46                 |
| 5.                | Oliver Hillebrandt      | OLV Uslar               | 1:16:15     | +15:26           | 5:20                 |
| 6.                | Gunnar Grote            | OLV Uslar               | 1:32:04     | +31:15           | 4:09                 |
|                   | Lars Smeding-Terveer aK | TuS Glane               | (1:22:27)   | +21:38           | 4:41                 |
|                   | Juha Heikkilä           | TSV Worpsswede          | Nicht Ang.  |                  |                      |
| <b>D 55-</b>      |                         | <b>(5 / 6)</b>          | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                | Liisa Rihko-Struckmann  | Braunschweiger MTV      | 43:32       |                  | 0:00                 |
| 2.                | Claudia Ducki-Höckner   | MTK Bad Harzburg        | 59:01       | +15:29           | 8:52                 |
| 3.                | Ulrike Korff            | SC Achmer               | 59:52       | +16:20           | 13:27                |
| 4.                | Regine Klander-Strauß   | SV Hildesia Diekholzen  | 1:25:21     | +41:49           | 22:46                |
| 5.                | Esther Knoblauch        | MTK Bad Harzburg        | 1:28:38     | +45:06           | 20:25                |
| <b>H 55-</b>      |                         | <b>(11 / 13)</b>        | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
| 1.                | Horst von Gaza          | OLV Uslar               | 44:23       |                  | 0:59                 |
| 2.                | Thilo Bruns             | MTK Bad Harzburg        | 47:05       | +2:42            | 1:26                 |

|    |                             |                        |            |          |       |
|----|-----------------------------|------------------------|------------|----------|-------|
| 3. | Henning Bruns               | MTK Bad Harzburg       | 49:31      | +5:08    | 0:00  |
| 4. | Dirk Strauß                 | SV Hildesia Diekholzen | 50:19      | +5:56    | 2:47  |
| 5. | Frank Hasse                 | TK Hannover            | 59:05      | +14:42   | 5:29  |
| 6. | Thomas Görtelmeyer          | MTK Bad Harzburg       | 1:38:56    | +54:33   | 4:14  |
| 7. | Olaf Hey                    | MTK Bad Harzburg       | 2:01:33    | +1:17:10 | 16:18 |
|    | Dieter Wehrhöfer-Bersuck aK | Bielefelder TG         | (1:02:37)  | +18:14   | 5:21  |
|    | Kay-Uwe Kaufmann aK         | USV TU Dresden         | (49:20)    | +4:57    | 1:00  |
|    | Olaf Balke aK               | DARC                   | (1:33:03)  | +48:40   | 21:03 |
|    | Werner Drese                | OLV Uslar              | Nicht Ang. |          |       |

|              |                |                   |                  |                      |       |
|--------------|----------------|-------------------|------------------|----------------------|-------|
| <b>D 65-</b> | <b>(5 / 6)</b> | <b>Zeit</b>       | <b>Rückstand</b> | <b>Zeit verloren</b> |       |
| 1.           | Heidrun Finke  | OLV Uslar         | 44:07            | 4:56                 |       |
| 2.           | Birgitt Michel | TV Jahn Wolfsburg | 47:24            | +3:17                | 8:14  |
| 3.           | Antje Sobczak  | MTV Soltau        | 49:17            | +5:10                | 7:57  |
| 4.           | Ingrid Müssen  | SuS Vehrte        | 51:47            | +7:40                | 6:22  |
| 5.           | Irmela Bergt   | TSV Fischerhude   | 51:57            | +7:50                | 11:41 |

|              |                  |                 |                  |                      |       |
|--------------|------------------|-----------------|------------------|----------------------|-------|
| <b>H 65-</b> | <b>(8 / 10)</b>  | <b>Zeit</b>     | <b>Rückstand</b> | <b>Zeit verloren</b> |       |
| 1.           | Udo Sobczak      | MTV Soltau      | 42:31            | 3:46                 |       |
| 2.           | Uwe Dresel       | SC Klecken      | 47:48            | +5:17                | 1:05  |
| 3.           | Ferdinand Hanses | TuS Bramsche    | 52:18            | +9:47                | 4:20  |
| 4.           | Jörg Mumme       | OLV Uslar       | 55:40            | +13:09               | 9:50  |
| 5.           | Alfred Newerla   | RSV Hannover    | 57:38            | +15:07               | 4:58  |
| 6.           | Siegfried May    | RSV Hannover    | 1:00:19          | +17:48               | 6:55  |
| 7.           | Rainer Pieper    | SSV Langenhagen | 1:12:17          | +29:46               | 11:24 |
|              | Johannes Müssen  | SuS Vehrte      | Fehlst.          |                      |       |

|              |                    |                 |                  |                      |       |
|--------------|--------------------|-----------------|------------------|----------------------|-------|
| <b>H 75-</b> | <b>(3 / 4)</b>     | <b>Zeit</b>     | <b>Rückstand</b> | <b>Zeit verloren</b> |       |
| 1.           | Karlheinz Niescken | SSV Langenhagen | 45:28            | 1:06                 |       |
| 2.           | Günter Gohde       | TK Hannover     | 1:07:39          | +22:11               | 14:42 |
| 3.           | Albrecht Bergt     | TSV Fischerhude | 1:48:43          | +1:03:15             | 23:14 |

|              |                   |             |                  |                      |
|--------------|-------------------|-------------|------------------|----------------------|
| <b>H -10</b> | <b>(1 / 1)</b>    | <b>Zeit</b> | <b>Rückstand</b> | <b>Zeit verloren</b> |
|              | Robin von Gaza aK | OLV Uslar   | (22:48)          | 0:00                 |

|                      |                |                        |                  |                      |      |
|----------------------|----------------|------------------------|------------------|----------------------|------|
| <b>D/H -10 begl.</b> | <b>(3 / 3)</b> | <b>Zeit</b>            | <b>Rückstand</b> | <b>Zeit verloren</b> |      |
| 1.                   | Jesper Bruns   | MTK Bad Harzburg       | 13:55            | 0:17                 |      |
| 2.                   | Raya Frank     | SV Hildesia Diekholzen | 22:04            | +8:09                | 2:54 |
| 3.                   | Aatos Heikkilä | TSV Worpswede          | 24:09            | +10:14               | 4:44 |

|                   |                    |                |                  |                      |      |
|-------------------|--------------------|----------------|------------------|----------------------|------|
| <b>Offen Kurz</b> | <b>(7 / 14)</b>    | <b>Zeit</b>    | <b>Rückstand</b> | <b>Zeit verloren</b> |      |
| 1.                | Jonte Kühne        | Sandkrug       | 28:42            | 0:29                 |      |
| 2.                | Svenja Alpen-Kühne | Sandkrug       | 28:48            | +0:06                | 0:32 |
| 3.                | Enno Kühne         | Sandkrug       | 29:13            | +0:31                | 0:43 |
| 4.                | Julia Stark        | MTV Seesen     | 30:23            | +1:41                | 4:17 |
| 5.                | Simon Ebbighausen  | MTV Mainholzen | 41:30            | +12:48               | 5:59 |
| 6.                | Günter Stark       | MTV Seesen     | 46:52            | +18:10               | 8:32 |
| 7.                | Astrid Kemper      | TB Bösperde    | 48:10            | +19:28               | 7:11 |

|                     |                   |                    |                  |                      |       |
|---------------------|-------------------|--------------------|------------------|----------------------|-------|
| <b>Offen Mittel</b> | <b>(15 / 17)</b>  | <b>Zeit</b>        | <b>Rückstand</b> | <b>Zeit verloren</b> |       |
| 1.                  | Marie Hofmeister  | MTK Bad Harzburg   | 41:58            | 0:50                 |       |
| 2.                  | Kai Münzel        |                    | 42:33            | +0:35                | 3:50  |
| 3.                  | Stefan Ackermann  | ESV Büchen         | 58:49            | +16:51               | 6:33  |
| 4.                  | Nils Kiene        | MTV Mainholzen     | 1:02:11          | +20:13               | 11:23 |
| 5.                  | Tino Nijst        | Hermathenae        | 1:02:21          | +20:23               | 15:47 |
| 6.                  | Anniina Heikkilä  | TSV Worpswede      | 1:07:13          | +25:15               | 5:10  |
| 7.                  | Sarah Wagenknecht | Oldenburg          | 1:07:25          | +25:27               | 7:32  |
| 8.                  | Sven Buchholz     | MTK Bad Harzburg   | 1:11:57          | +29:59               | 9:54  |
| 9.                  | Florian Kiene     | MTV Mainholzen     | 1:47:04          | +1:05:06             | 35:42 |
| 10.                 | Dieter Pawel      | Braunschweiger MTV | 2:38:00          | +1:56:02             | 21:46 |

Detlef Schiereck  
Erwin Schiereck  
Keno Wagenknecht  
Kevin Jurdecki  
Stephan Freese

TV Schweewarden  
TV Schweewarden  
Oldenburg  
TV Schweewarden  
TV Schweewarden

Fehlst.  
Fehlst.  
Fehlst.  
Fehlst.  
Fehlst.

**Offen Lang**

1. Klaas Wagenknecht

**(1 / 1)**

Oldenburg

**Zeit**

1:33:39

**Rückstand Zeit verloren**

0:00