Ergebnis – Landesranglistenfinale Lang-OL

2026-11-01

D12		(6 / 6)	Zeit	Rückstand	Zeit verloren
1.	Anna Knaup	Braunschweiger MTV	16:28		2:06
	1:20 (1:20)	*3:35 (4:55)*	*1:18 (6:13)*	*2:21 (8:34)*	*1:41 (10:15)*	*1:17 (11:32)*
	0:44 (12:16)	*1:55 (14:11)*	*1:41 (15:52)*	*0:25 (16:17)*	*0:11 (16:28)*	
2.	Antonia Galli	SV Hildesia Diekholzen	17:21	+0:53	0:52
	1:32 (1:32)	*1:28 (3:00)*	*2:04 (5:04)*	*2:42 (7:46)*	*2:05 (9:51)*	*1:49 (11:40)*
	0:51 (12:31)	*2:22 (14:53)*	*1:43 (16:36)*	*0:29 (17:05)*	*0:16 (17:21)*	
3.	Elina Ostendorff	TSV Worpswede	17:39	+1:11	2:32
	1:31 (1:31)	*2:53 (4:24)*	*1:30 (5:54)*	*3:45 (9:39)*	*1:48 (11:27)*	*1:26 (12:53)*
	0:40 (13:33)	*2:07 (15:40)*	*1:21 (17:01)*	*0:23 (17:24)*	*0:15 (17:39)*	
4.	Raya Frank	SV Hildesia Diekholzen	18:27	+1:59	0:56
	2:15 (2:15)	*1:48 (4:03)*	*1:59 (6:02)*	*2:46 (8:48)*	*2:06 (10:54)*	*1:52 (12:46)*
	0:50 (13:36)	*2:18 (15:54)*	*1:43 (17:37)*	*0:32 (18:09)*	*0:18 (18:27)*	
5.	Marlene Kirves	TG 1860 Münden	21:26	+4:58	3:07
	2:00 (2:00)	*1:36 (3:36)*	*1:59 (5:35)*	*3:29 (9:04)*	*2:20 (11:24)*	*4:19 (15:43)*
	0:47 (16:30)	*2:30 (19:00)*	*1:40 (20:40)*	*0:27 (21:07)*	*0:19 (21:26)*	
6.	Emma Burdukova	Braunschweiger MTV	32:29	+16:01	14:17
	1:53 (1:53)	*8:27 (10:20)*	*2:40 (13:00)*	*2:31 (15:31)*	*2:11 (17:42)*	*1:58 (19:40)*
	0:53 (20:33)	*9:35 (30:08)*	*1:37 (31:45)*	*0:28 (32:13)*	*0:16 (32:29)*	
	Hannah Riedel	OLV Uslar	Nicht Ang.			
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	

H14		(4 / 4)	Zeit	Rückstand	Zeit verloren
1.	Korbinian Rieger	TV Jahn Wolfsburg	47:02		2:48
	3:37 (3:37)	*3:31 (7:08)*	*1:18 (8:26)*	*1:43 (10:09)*	*2:49 (12:58)*	*1:02 (14:00)*
	2:03 (16:03)	*5:42 (21:45)*	*4:27 (26:12)*	*5:43 (31:55)*	*4:55 (36:50)*	*1:58 (38:48)*
	0:48 (39:36)	*2:11 (41:47)*	*0:38 (42:25)*	*0:47 (43:12)*	*0:46 (43:58)*	*2:52 (46:50)*
	0:12 (47:02)					
2.	Mads Ostendorff	TSV Worpswede	47:44	+0:42	3:39
	3:30 (3:30)	*3:30 (7:00)*	*1:18 (8:18)*	*1:22 (9:40)*	*3:10 (12:50)*	*1:04 (13:54)*
	1:54 (15:48)	*5:40 (21:28)*	*4:29 (25:57)*	*5:47 (31:44)*	*5:03 (36:47)*	*1:14 (38:01)*
	0:32 (38:33)	*1:28 (40:01)*	*2:23 (42:24)*	*0:41 (43:05)*	*2:08 (45:13)*	*2:17 (47:30)*
	0:14 (47:44)					
3.	Samuel Rattey	TG 1860 Münden	1:27:06	+40:04	23:25
	5:00 (5:00)	*9:03 (14:03)*	*1:33 (15:36)*	*3:37 (19:13)*	*10:04 (29:17)*	*3:58 (33:15)*
	2:21 (35:36)	*9:02 (44:38)*	*7:58 (52:36)*	*7:58 (1:00:34)*	*2:39 (1:03:13)*	*3:51 (1:07:04)*
	7:47 (1:14:51)	*3:09 (1:18:00)*	*1:43 (1:19:43)*	*0:51 (1:20:34)*	*1:01 (1:21:35)*	*5:10 (1:26:45)*
	0:21 (1:27:06)					
	Konstantin Lorenz	SV Hildesia Diekholzen	Fehlst.			
	3:28 (3:28)	*3:30 (6:58)*	*1:20 (8:18)*	*1:21 (9:39)*	*3:10 (12:49)*	*1:01 (13:50)*
	1:55 (15:45)	*5:42 (21:27)*	*4:27 (25:54)*	*5:49 (31:43)*	*– (–)*	*– (39:43)*
	– (–)	*– (–)*	*– (–)*	*– (43:04)*	*– (–)*	*– (48:58)*
	0:16 (49:14)					

D14		(3 / 3)	Zeit	Rückstand	Zeit verloren
1.	Lorena Galli	SV Hildesia Diekholzen	47:52		3:08
	3:33 (3:33)	*3:29 (7:02)*	*1:31 (8:33)*	*1:36 (10:09)*	*2:46 (12:55)*	*1:08 (14:03)*
	2:01 (16:04)	*5:44 (21:48)*	*4:11 (25:59)*	*5:13 (31:12)*	*5:32 (36:44)*	*0:37 (37:21)*
	1:13 (38:34)	*1:28 (40:02)*	*2:23 (42:25)*	*0:43 (43:08)*	*2:07 (45:15)*	*2:20 (47:35)*
	0:17 (47:52)					
2.	Hanna Stark	MTV Seesen	1:03:09	+15:17	14:12
	3:35 (3:35)	*8:44 (12:19)*	*1:22 (13:41)*	*2:17 (15:58)*	*3:36 (19:34)*	*1:37 (21:11)*
	2:02 (23:13)	*7:33 (30:46)*	*6:45 (37:31)*	*9:23 (46:54)*	*3:08 (50:02)*	*0:50 (50:52)*
	0:51 (51:43)	*0:49 (52:32)*	*2:03 (54:35)*	*1:04 (55:39)*	*3:32 (59:11)*	*3:34 (1:02:45)*
	0:24 (1:03:09)					
3.	Zoe Schwertner	MTV Seesen	1:22:28	+34:36	20:59
	4:55 (4:55)	*7:27 (12:22)*	*1:28 (13:50)*	*3:06 (16:56)*	*5:34 (22:30)*	*2:10 (24:40)*
	3:05 (27:45)	*10:18 (38:03)*	*10:05 (48:08)*	*15:35 (1:03:43)*	*3:02 (1:06:45)*	*2:20 (1:09:05)*
	0:59 (1:10:04)	*3:23 (1:13:27)*	*0:38 (1:14:05)*	*1:03 (1:15:08)*	*0:56 (1:16:04)*	*6:09 (1:22:13)*
	0:15 (1:22:28)					

H12		(8 / 8)	Zeit	Rückstand	Zeit verloren
1.	Lewin Grapp	TSV Worpswede	12:31		0:00
	1:29 (1:29)	*1:16 (2:45)*	*1:33 (4:18)*	*1:31 (5:49)*	*1:23 (7:12)*	*0:58 (8:10)*
	0:37 (8:47)	*1:51 (10:38)*	*1:16 (11:54)*	*0:23 (12:17)*	*0:14 (12:31)*	

2.	Vincent Kaiser	MTV Seesen		13:33	+1:02	0:28		
	1:55 (1:55)	*1:22 (3:17)*	*1:27 (4:44)*		*1:58 (6:42)*		*1:30 (8:12)*	*0:57 (9:09)*
	0:36 (9:45)	*1:53 (11:38)*	*1:17 (12:55)*		*0:23 (13:18)*		*0:15 (13:33)*	
3.	Jesper Bruns	MTK Bad Harzburg		14:06	+1:35	1:15		
	1:21 (1:21)	*1:23 (2:44)*	*1:27 (4:11)*		*1:48 (5:59)*		*1:26 (7:25)*	*1:14 (8:39)*
	0:34 (9:13)	*3:07 (12:20)*	*1:09 (13:29)*		*0:23 (13:52)*		*0:14 (14:06)*	
4.	Aatos Heikkilä	TSV Worpswede		18:45	+6:14	3:55		
	2:31 (2:31)	*2:56 (5:27)*	*1:32 (6:59)*		*3:45 (10:44)*		*1:47 (12:31)*	*1:21 (13:52)*
	0:39 (14:31)	*2:09 (16:40)*	*1:23 (18:03)*		*0:24 (18:27)*		*0:18 (18:45)*	
5.	Marten Breckle	Bovender SV		19:18	+6:47	3:26		
	1:45 (1:45)	*3:59 (5:44)*	*2:07 (7:51)*		*2:38 (10:29)*		*1:53 (12:22)*	*1:27 (13:49)*
	0:53 (14:42)	*1:51 (16:33)*	*2:02 (18:35)*		*0:27 (19:02)*		*0:16 (19:18)*	
6.	Jameson Sachs	MTV Seesen		25:08	+12:37	7:13		
	1:47 (1:47)	*6:27 (8:14)*	*2:11 (10:25)*		*2:40 (13:05)*		*2:04 (15:09)*	*1:32 (16:41)*
	0:53 (17:34)	*2:17 (19:51)*	*4:24 (24:15)*		*0:33 (24:48)*		*0:20 (25:08)*	
7.	Luc Uhlig	SV Hildesia Diekholzen		26:02	+13:31	4:56		
	2:20 (2:20)	*2:45 (5:05)*	*3:07 (8:12)*		*3:38 (11:50)*		*3:42 (15:32)*	*2:14 (17:46)*
	1:33 (19:19)	*2:54 (22:13)*	*3:09 (25:22)*		*0:25 (25:47)*		*0:15 (26:02)*	
8.	Tristan Rieger	TV Jahn Wolfsburg		28:48	+16:17	8:09		
	1:52 (1:52)	*4:21 (6:13)*	*3:41 (9:54)*		*3:08 (13:02)*		*2:13 (15:15)*	*1:58 (17:13)*
	1:07 (18:20)	*3:05 (21:25)*	*6:34 (27:59)*		*0:30 (28:29)*		*0:19 (28:48)*	

D16		**(6 / 6)**		**Zeit**	**Rückstand**	**Zeit verloren**		
1.	Sania Stamer	SV Hildesia Diekholzen		57:08		2:48		
	4:21 (4:21)	*0:28 (4:49)*	*3:45 (8:34)*		*2:32 (11:06)*		*3:37 (14:43)*	*2:25 (17:08)*
	2:54 (20:02)	*3:37 (23:39)*	*1:41 (25:20)*		*2:18 (27:38)*		*6:25 (34:03)*	*1:22 (35:25)*
	13:07 (48:32)	*2:34 (51:06)*	*3:18 (54:24)*		*2:28 (56:52)*		*0:16 (57:08)*	
2.	Katharina Lorenz	SV Hildesia Diekholzen		1:03:28	+6:20	8:00		
	5:06 (5:06)	*4:03 (9:09)*	*2:07 (11:16)*		*3:29 (14:45)*		*4:15 (19:00)*	*2:19 (21:19)*
	3:43 (25:02)	*1:31 (26:33)*	*6:14 (32:47)*		*2:09 (34:56)*		*6:05 (41:01)*	*1:29 (42:30)*
	12:53 (55:23)	*2:38 (58:01)*	*1:59 (1:00:00)*		*3:06 (1:03:06)*		*0:22 (1:03:28)*	
3.	Johanna Wedekind	OLV Uslar		1:06:39	+9:31	7:36		
	5:17 (5:17)	*4:19 (9:36)*	*3:12 (12:48)*		*3:40 (16:28)*		*2:55 (19:23)*	*3:04 (22:27)*
	3:27 (25:54)	*5:30 (31:24)*	*2:11 (33:35)*		*2:14 (35:49)*		*7:14 (43:03)*	*2:00 (45:03)*
	13:35 (58:38)	*3:00 (1:01:38)*	*2:09 (1:03:47)*		*2:39 (1:06:26)*		*0:13 (1:06:39)*	
4.	Anna Fenz	OLV Uslar		1:20:18	+23:10	8:20		
	5:21 (5:21)	*4:55 (10:16)*	*3:15 (13:31)*		*3:29 (17:00)*		*5:54 (22:54)*	*2:34 (25:28)*
	4:12 (29:40)	*0:59 (30:39)*	*3:21 (34:00)*		*4:22 (38:22)*		*8:37 (46:59)*	*2:08 (49:07)*
	20:43 (1:09:50)	*2:55 (1:12:45)*	*4:10 (1:16:55)*		*3:04 (1:19:59)*		*0:19 (1:20:18)*	
5.	Romy Frank	SV Hildesia Diekholzen		1:21:49	+24:41	13:51		
	4:40 (4:40)	*5:53 (10:33)*	*2:22 (12:55)*		*3:30 (16:25)*		*0:30 (16:55)*	*6:10 (23:05)*
	2:51 (25:56)	*5:03 (30:59)*	*6:46 (37:45)*		*3:42 (41:27)*		*7:22 (48:49)*	*1:43 (50:32)*
	17:19 (1:07:51)	*4:25 (1:12:16)*	*6:10 (1:18:26)*		*3:05 (1:21:31)*		*0:18 (1:21:49)*	
	Ria Wittke	SV Hildesia Diekholzen		Fehlst.				
	5:10 (5:10)	*0:54 (6:04)*	*2:50 (8:54)*		*5:58 (14:52)*		*4:33 (19:25)*	*2:29 (21:54)*
	5:49 (27:43)	*9:41 (37:24)*	*3:51 (41:15)*		*4:50 (46:05)*		*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*		*– (57:33)*		*0:25 (57:58)*	

H16		**(3 / 3)**		**Zeit**	**Rückstand**	**Zeit verloren**		
1.	Finn Ostendorff	TSV Worpswede		1:13:55		3:34		
	3:55 (3:55)	*2:02 (5:57)*	*1:32 (7:29)*		*0:53 (8:22)*		*2:59 (11:21)*	*1:47 (13:08)*
	3:08 (16:16)	*5:43 (21:59)*	*2:43 (24:42)*		*4:27 (29:09)*		*7:40 (36:49)*	*2:59 (39:48)*
	8:42 (48:30)	*1:17 (49:47)*	*0:47 (50:34)*		*2:11 (52:45)*		*1:39 (54:24)*	*4:17 (58:41)*
	2:30 (1:01:11)	*5:41 (1:06:52)*	*3:29 (1:10:21)*		*1:19 (1:11:40)*		*2:04 (1:13:44)*	*0:11 (1:13:55)*
2.	Marlin Fuhrmann	TSV Worpswede		1:28:35	+14:40	13:26		
	3:59 (3:59)	*2:58 (6:57)*	*1:54 (8:51)*		*10:07 (18:58)*		*4:17 (23:15)*	*2:07 (25:22)*
	4:08 (29:30)	*2:44 (32:14)*	*2:12 (34:26)*		*1:00 (35:26)*		*7:31 (42:57)*	*3:46 (46:43)*
	12:03 (58:46)	*2:25 (1:01:11)*	*4:38 (1:05:49)*		*2:47 (1:08:36)*		*1:46 (1:10:22)*	*2:44 (1:13:06)*
	2:10 (1:15:16)	*4:57 (1:20:13)*	*4:21 (1:24:34)*		*1:12 (1:25:46)*		*2:33 (1:28:19)*	*0:16 (1:28:35)*
3.	Raphael Rattey	TG 1860 Münden		1:55:36	+41:41	19:08		
	7:35 (7:35)	*6:17 (13:52)*	*4:16 (18:08)*		*5:50 (23:58)*		*3:07 (27:05)*	*2:55 (30:00)*
	3:23 (33:23)	*5:01 (38:24)*	*2:22 (40:46)*		*6:11 (46:57)*		*10:41 (57:38)*	*4:39 (1:02:17)*
	14:45 (1:17:02)	*2:24 (1:19:26)*	*2:48 (1:22:14)*		*2:45 (1:24:59)*		*7:14 (1:32:13)*	*1:31 (1:33:44)*
	2:49 (1:36:33)	*5:24 (1:41:57)*	*7:08 (1:49:05)*		*2:16 (1:51:21)*		*3:58 (1:55:19)*	*0:17 (1:55:36)*
	Levi Joe Brauer	SV Hildesia Diekholzen		Nicht Ang.				
	– (–)	*– (–)*	*– (–)*		*– (–)*		*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*		*– (–)*		*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*		*– (–)*		*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*		*– (–)*		*– (–)*	*– (–)*

D18		**(1 / 1)**		**Zeit**	**Rückstand**	**Zeit verloren**		
1.	Julia Fenz	OLV Uslar		1:48:22		0:00		
	6:31 (6:31)	*3:42 (10:13)*	*3:06 (13:19)*		*3:47 (17:06)*		*7:01 (24:07)*	*2:53 (27:00)*
	2:03 (29:03)	*6:57 (36:00)*	*3:29 (39:29)*		*6:17 (45:46)*		*8:07 (53:53)*	*4:47 (58:40)*

15:24 (1:14:04)	*2:34 (1:16:38)*	*3:22 (1:20:00)*	*3:31 (1:23:31)*	*2:11 (1:25:42)*	*1:35 (1:27:17)*
3:17 (1:30:34)	*4:43 (1:35:17)*	*5:55 (1:41:12)*	*2:34 (1:43:46)*	*4:16 (1:48:02)*	*0:20 (1:48:22)*

D35	**(3 / 3)**	**Zeit**	**Rückstand**	**Zeit verloren**
1.	Karen Much	OLV Uslar	1:39:26	9:46
	7:03 (7:03)	*3:19 (10:22)*	*2:55 (13:17)*	*2:55 (16:12)*	*4:58 (21:10)*	*2:52 (24:02)*
	3:54 (27:56)	*6:36 (34:32)*	*2:40 (37:12)*	*5:49 (43:01)*	*7:06 (50:07)*	*4:26 (54:33)*
	12:33 (1:07:06)	*1:42 (1:08:48)*	*1:14 (1:10:02)*	*5:42 (1:15:44)*	*2:53 (1:18:37)*	*3:00 (1:21:37)*
	3:20 (1:24:57)	*4:12 (1:29:09)*	*4:33 (1:33:42)*	*2:41 (1:36:23)*	*2:47 (1:39:10)*	*0:16 (1:39:26)*
2.	Dorothea Kirves	TG 1860 Münden	1:55:49	+16:23	6:46
	8:20 (8:20)	*3:47 (12:07)*	*3:29 (15:36)*	*4:23 (19:59)*	*2:51 (22:50)*	*3:40 (26:30)*
	1:43 (28:13)	*7:30 (35:43)*	*4:00 (39:43)*	*5:41 (45:24)*	*8:20 (53:44)*	*5:42 (59:26)*
	15:24 (1:14:50)	*3:31 (1:18:21)*	*2:08 (1:20:29)*	*4:19 (1:24:48)*	*3:10 (1:27:58)*	*3:26 (1:31:24)*
	3:55 (1:35:19)	*5:57 (1:41:16)*	*7:44 (1:49:00)*	*2:34 (1:51:34)*	*3:50 (1:55:24)*	*0:25 (1:55:49)*
3.	Anke Schwertner	MTV Seesen	2:18:41	+39:15	20:18
	8:29 (8:29)	*3:11 (11:40)*	*3:40 (15:20)*	*1:54 (17:14)*	*7:37 (24:51)*	*4:07 (28:58)*
	8:32 (37:30)	*5:10 (42:40)*	*4:20 (47:00)*	*5:09 (52:09)*	*10:36 (1:02:45)*	*7:40 (1:10:25)*
	25:19 (1:35:44)	*3:03 (1:38:47)*	*3:39 (1:42:26)*	*3:46 (1:46:12)*	*5:15 (1:51:27)*	*4:24 (1:55:51)*
	4:19 (2:00:10)	*5:09 (2:05:19)*	*5:47 (2:11:06)*	*2:45 (2:13:51)*	*4:27 (2:18:18)*	*0:23 (2:18:41)*
	Katharina Linxweiler	Braunschweiger MTV	Nicht Ang.			
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*

H35	**(6 / 6)**	**Zeit**	**Rückstand**	**Zeit verloren**
1.	Christoph Hofmeister	MTK Bad Harzburg	1:14:09	5:05
	3:06 (3:06)	*2:02 (5:08)*	*1:25 (6:33)*	*1:39 (8:12)*	*1:41 (9:53)*	*1:39 (11:32)*
	1:26 (12:58)	*2:35 (15:33)*	*1:33 (17:06)*	*5:13 (22:19)*	*2:16 (24:35)*	*4:25 (29:00)*
	0:56 (29:56)	*13:11 (43:07)*	*2:07 (45:14)*	*2:48 (48:02)*	*5:49 (53:51)*	*1:57 (55:48)*
	2:52 (58:40)	*1:41 (1:00:21)*	*1:22 (1:01:43)*	*1:11 (1:02:54)*	*1:27 (1:04:21)*	*2:26 (1:06:47)*
	2:56 (1:09:43)	*2:16 (1:11:59)*	*1:53 (1:13:52)*	*0:17 (1:14:09)*		
2.	Sergei Roskop	Braunschweiger MTV	1:26:03	+11:54	7:34
	3:13 (3:13)	*1:59 (5:12)*	*1:53 (7:05)*	*2:13 (9:18)*	*3:04 (12:22)*	*1:31 (13:53)*
	3:09 (17:02)	*4:10 (21:12)*	*1:49 (23:01)*	*5:15 (28:16)*	*1:34 (29:50)*	*5:33 (35:23)*
	1:25 (36:48)	*14:55 (51:43)*	*2:12 (53:55)*	*2:41 (56:36)*	*7:38 (1:04:14)*	*2:19 (1:06:33)*
	3:08 (1:09:41)	*1:43 (1:11:24)*	*1:37 (1:13:01)*	*1:12 (1:14:13)*	*1:36 (1:15:49)*	*1:19 (1:17:08)*
	2:03 (1:19:11)	*3:44 (1:22:55)*	*2:46 (1:25:41)*	*0:22 (1:26:03)*		
3.	Thomas Tröße	Braunschweiger MTV	1:27:31	+13:22	6:03
	3:16 (3:16)	*1:50 (5:06)*	*1:55 (7:01)*	*2:45 (9:46)*	*2:43 (12:29)*	*1:58 (14:27)*
	2:08 (16:35)	*3:23 (19:58)*	*1:42 (21:40)*	*3:00 (24:40)*	*2:51 (27:31)*	*5:57 (33:28)*
	1:03 (34:31)	*16:49 (51:20)*	*2:20 (53:40)*	*2:43 (56:23)*	*10:46 (1:07:09)*	*1:57 (1:09:06)*
	3:05 (1:12:11)	*2:04 (1:14:15)*	*1:37 (1:15:52)*	*1:19 (1:17:11)*	*1:18 (1:18:29)*	*1:39 (1:20:08)*
	2:06 (1:22:14)	*2:41 (1:24:55)*	*2:17 (1:27:12)*	*0:19 (1:27:31)*		
4.	Andreas Katschanow	Eintracht Munster 2020	1:45:10	+31:01	15:15
	5:52 (5:52)	*3:35 (9:27)*	*1:56 (11:23)*	*2:29 (13:52)*	*6:18 (20:10)*	*2:14 (22:24)*
	2:13 (24:37)	*1:51 (26:28)*	*3:16 (29:44)*	*1:50 (31:34)*	*4:16 (35:50)*	*5:24 (41:14)*
	1:13 (42:27)	*22:56 (1:05:23)*	*2:37 (1:08:00)*	*3:41 (1:11:41)*	*8:45 (1:20:26)*	*2:19 (1:22:45)*
	4:51 (1:27:36)	*2:06 (1:29:42)*	*1:15 (1:30:57)*	*2:09 (1:33:06)*	*2:34 (1:35:40)*	*1:54 (1:37:34)*
	1:37 (1:39:11)	*3:28 (1:42:39)*	*2:12 (1:44:51)*	*0:19 (1:45:10)*		
5.	Jörg Kleinholz-Mewes	TuS Bothfeld 04	1:51:06	+36:57	23:02
	5:35 (5:35)	*2:28 (8:03)*	*2:26 (10:29)*	*3:06 (13:35)*	*2:52 (16:27)*	*2:08 (18:35)*
	2:22 (20:57)	*3:23 (24:20)*	*7:32 (31:52)*	*1:39 (33:31)*	*2:13 (35:44)*	*5:37 (41:21)*
	1:01 (42:22)	*26:37 (1:08:59)*	*2:01 (1:11:00)*	*3:36 (1:14:36)*	*8:52 (1:23:28)*	*1:50 (1:25:18)*
	5:23 (1:30:41)	*2:24 (1:33:05)*	*1:10 (1:34:15)*	*2:40 (1:36:55)*	*2:16 (1:39:11)*	*1:57 (1:41:08)*
	1:18 (1:42:26)	*4:27 (1:46:53)*	*3:53 (1:50:46)*	*0:20 (1:51:06)*		
6.	Niklas Günther	OLV Uslar	2:00:03	+45:54	24:03
	9:16 (9:16)	*4:58 (14:14)*	*2:01 (16:15)*	*2:16 (18:31)*	*9:05 (27:36)*	*3:49 (31:25)*
	1:52 (33:17)	*2:10 (35:27)*	*2:23 (37:50)*	*1:51 (39:41)*	*1:38 (41:19)*	*5:31 (46:50)*
	1:14 (48:04)	*19:48 (1:07:52)*	*2:09 (1:10:01)*	*4:04 (1:14:05)*	*7:36 (1:21:41)*	*3:13 (1:24:54)*
	5:21 (1:30:15)	*2:42 (1:32:57)*	*1:47 (1:34:44)*	*2:05 (1:36:49)*	*2:29 (1:39:18)*	*1:43 (1:41:01)*
	3:37 (1:44:38)	*12:09 (1:56:47)*	*2:55 (1:59:42)*	*0:21 (2:00:03)*		

D45	**(7 / 7)**	**Zeit**	**Rückstand**	**Zeit verloren**
1.	Ivana Knaupova	Braunschweiger MTV	47:41	0:00
	4:22 (4:22)	*2:35 (6:57)*	*1:49 (8:46)*	*3:13 (11:59)*	*0:29 (12:28)*	*1:35 (14:03)*
	2:07 (16:10)	*4:28 (20:38)*	*2:46 (23:24)*	*2:10 (25:34)*	*5:22 (30:56)*	*1:13 (32:09)*
	10:04 (42:13)	*1:47 (44:00)*	*1:10 (45:10)*	*2:14 (47:24)*	*0:17 (47:41)*	
2.	Nadine Enoch	Turn-Klubb zu Hannover	1:06:49	+19:08	6:39
	5:00 (5:00)	*4:31 (9:31)*	*2:37 (12:08)*	*3:17 (15:25)*	*5:18 (20:43)*	*5:17 (26:00)*
	3:22 (29:22)	*0:40 (30:02)*	*2:34 (32:36)*	*3:12 (35:48)*	*8:11 (43:59)*	*2:00 (45:59)*
	13:39 (59:38)	*2:16 (1:01:54)*	*1:46 (1:03:40)*	*2:47 (1:06:27)*	*0:22 (1:06:49)*	

3.	Tanja Buchholz	MTK Bad Harzburg		1:14:00	+26:19	10:18		
	5:55 (5:55)	*0:50 (6:45)*	*2:42 (9:27)*		*3:15 (12:42)*		*4:47 (17:29)*	*2:48 (20:17)*
	4:09 (24:26)	*5:00 (29:26)*	*3:32 (32:58)*		*4:04 (37:02)*		*9:10 (46:12)*	*2:05 (48:17)*
	16:17 (1:04:34)	*3:42 (1:08:16)*	*1:54 (1:10:10)*		*3:26 (1:13:36)*		*0:24 (1:14:00)*	
4.	Sandra Wöhrer	TV Jahn Wolfsburg		1:26:46	+39:05	22:11		
	8:46 (8:46)	*4:55 (13:41)*	*3:03 (16:44)*		*3:31 (20:15)*		*1:28 (21:43)*	*9:51 (31:34)*
	3:06 (34:40)	*7:41 (42:21)*	*2:56 (45:17)*		*3:43 (49:00)*		*8:34 (57:34)*	*1:57 (59:31)*
	18:37 (1:18:08)	*2:12 (1:20:20)*	*2:50 (1:23:10)*		*3:16 (1:26:26)*		*0:20 (1:26:46)*	
5.	Claudia Weigert	TV Jahn Wolfsburg		1:26:49	+39:08	19:30		
	9:50 (9:50)	*5:55 (15:45)*	*3:52 (19:37)*		*9:06 (28:43)*		*0:59 (29:42)*	*3:16 (32:58)*
	2:58 (35:56)	*6:48 (42:44)*	*3:16 (46:00)*		*3:18 (49:18)*		*8:24 (57:42)*	*1:53 (59:35)*
	14:16 (1:13:51)	*3:27 (1:17:18)*	*5:46 (1:23:04)*		*3:24 (1:26:28)*		*0:21 (1:26:49)*	
5.	Katrin Fenz	OLV Uslar		1:26:49	+39:08	12:18		
	6:10 (6:10)	*1:23 (7:33)*	*2:42 (10:15)*		*3:36 (13:51)*		*4:16 (18:07)*	*2:56 (21:03)*
	6:30 (27:33)	*5:40 (33:13)*	*4:09 (37:22)*		*7:48 (45:10)*		*10:45 (55:55)*	*2:19 (58:14)*
	15:59 (1:14:13)	*3:08 (1:17:21)*	*5:35 (1:22:56)*		*3:35 (1:26:31)*		*0:18 (1:26:49)*	
7.	Bettina Rudert	MTK Bad Harzburg		1:40:56	+53:15	21:22		
	6:34 (6:34)	*1:09 (7:43)*	*2:56 (10:39)*		*3:39 (14:18)*		*6:19 (20:37)*	*4:30 (25:07)*
	4:30 (29:37)	*13:29 (43:06)*	*3:28 (46:34)*		*12:02 (58:36)*		*11:01 (1:09:37)*	*2:30 (1:12:07)*
	16:33 (1:28:40)	*3:33 (1:32:13)*	*3:35 (1:35:48)*		*4:32 (1:40:20)*		*0:36 (1:40:56)*	
	Ulrike Breckle	Bovender SV		Nicht Ang.				
	– (–)	*– (–)*	*– (–)*		*– (–)*		*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*		*– (–)*		*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*		*– (–)*		*– (–)*	

H45		**(11 / 11)**		**Zeit**	**Rückstand**	**Zeit verloren**		
1.	Thorsten Weigert	TV Jahn Wolfsburg		1:05:04		1:43		
	1:38 (1:38)	*1:33 (3:11)*	*3:12 (6:23)*		*2:54 (9:17)*		*2:25 (11:42)*	*1:36 (13:18)*
	1:41 (14:59)	*1:10 (16:09)*	*2:35 (18:44)*		*1:34 (20:18)*		*2:10 (22:28)*	*2:56 (25:24)*
	1:51 (27:15)	*12:13 (39:28)*	*5:38 (45:06)*		*2:02 (47:08)*		*1:36 (48:44)*	*2:41 (51:25)*
	1:17 (52:42)	*1:16 (53:58)*	*0:42 (54:40)*		*1:36 (56:16)*		*3:34 (59:50)*	*2:47 (1:02:37)*
	2:12 (1:04:49)	*0:15 (1:05:04)*						
2.	Rolf Breckle	Bovender SV		1:06:02	+0:58	1:27		
	1:28 (1:28)	*1:42 (3:10)*	*2:24 (5:34)*		*1:35 (7:09)*		*2:11 (9:20)*	*1:36 (10:56)*
	1:47 (12:43)	*1:04 (13:47)*	*3:26 (17:13)*		*2:56 (20:09)*		*2:00 (22:09)*	*3:18 (25:27)*
	1:44 (27:11)	*12:56 (40:07)*	*6:29 (46:36)*		*1:40 (48:16)*		*1:20 (49:36)*	*0:44 (50:20)*
	1:59 (52:19)	*1:19 (53:38)*	*3:11 (56:49)*		*1:35 (58:24)*		*2:32 (1:00:56)*	*2:38 (1:03:34)*
	2:09 (1:05:43)	*0:19 (1:06:02)*						
3.	Christoph Freudenfeld	TSV Worpswede		1:08:18	+3:14	7:24		
	1:51 (1:51)	*1:31 (3:22)*	*1:49 (5:11)*		*1:46 (6:57)*		*0:59 (7:56)*	*2:50 (10:46)*
	2:22 (13:08)	*1:57 (15:05)*	*2:19 (17:24)*		*1:30 (18:54)*		*2:08 (21:02)*	*3:21 (24:23)*
	1:53 (26:16)	*11:36 (37:52)*	*5:33 (43:25)*		*1:52 (45:17)*		*8:44 (54:01)*	*2:42 (56:43)*
	1:28 (58:11)	*1:09 (59:20)*	*0:40 (1:00:00)*		*1:15 (1:01:15)*		*2:50 (1:04:05)*	*2:12 (1:06:17)*
	1:48 (1:08:05)	*0:13 (1:08:18)*						
4.	Eike Bruns	MTK Bad Harzburg		1:12:43	+7:39	4:02		
	1:52 (1:52)	*1:38 (3:30)*	*2:33 (6:03)*		*1:50 (7:53)*		*2:17 (10:10)*	*1:38 (11:48)*
	1:52 (13:40)	*1:05 (14:45)*	*3:15 (18:00)*		*2:01 (20:01)*		*2:34 (22:35)*	*3:33 (26:08)*
	2:17 (28:25)	*14:19 (42:44)*	*6:38 (49:22)*		*2:41 (52:03)*		*2:32 (54:35)*	*2:28 (57:03)*
	1:31 (58:34)	*1:17 (59:51)*	*0:51 (1:00:42)*		*1:45 (1:02:27)*		*3:35 (1:06:02)*	*4:02 (1:10:04)*
	2:21 (1:12:25)	*0:18 (1:12:43)*						
5.	Andreas Quandt	Bovender SV		1:19:38	+14:34	5:57		
	1:32 (1:32)	*1:46 (3:18)*	*4:00 (7:18)*		*3:42 (11:00)*		*2:37 (13:37)*	*1:59 (15:36)*
	2:15 (17:51)	*1:07 (18:58)*	*2:53 (21:51)*		*1:50 (23:41)*		*2:22 (26:03)*	*4:22 (30:25)*
	2:07 (32:32)	*14:07 (46:39)*	*7:48 (54:27)*		*4:22 (58:49)*		*1:48 (1:00:37)*	*3:03 (1:03:40)*
	1:36 (1:05:16)	*1:46 (1:07:02)*	*0:59 (1:08:01)*		*2:16 (1:10:17)*		*3:22 (1:13:39)*	*3:12 (1:16:51)*
	2:27 (1:19:18)	*0:20 (1:19:38)*						
6.	Martin Hennseler	MTV Seesen		1:19:58	+14:54	8:27		
	1:35 (1:35)	*1:37 (3:12)*	*2:19 (5:31)*		*2:32 (8:03)*		*5:54 (13:57)*	*3:07 (17:04)*
	2:09 (19:13)	*2:13 (21:26)*	*2:11 (23:37)*		*2:18 (25:55)*		*1:10 (27:05)*	*4:22 (31:27)*
	2:15 (33:42)	*14:16 (47:58)*	*6:40 (54:38)*		*2:05 (56:43)*		*2:00 (58:43)*	*0:47 (59:30)*
	1:55 (1:01:25)	*1:30 (1:02:55)*	*4:22 (1:07:17)*		*2:36 (1:09:53)*		*3:37 (1:13:30)*	*3:30 (1:17:00)*
	2:37 (1:19:37)	*0:21 (1:19:58)*						
7.	Andreas Uhlemann	ESV Lok Berlin-Schöneweide		1:30:34	+25:30	9:30		
	1:42 (1:42)	*1:52 (3:34)*	*2:43 (6:17)*		*1:52 (8:09)*		*9:24 (17:33)*	*4:09 (21:42)*
	3:18 (25:00)	*2:13 (27:13)*	*1:56 (29:09)*		*2:21 (31:30)*		*1:16 (32:46)*	*4:13 (36:59)*
	2:47 (39:46)	*17:17 (57:03)*	*8:38 (1:05:41)*		*2:42 (1:08:23)*		*1:57 (1:10:20)*	*4:00 (1:14:20)*
	1:52 (1:16:12)	*1:32 (1:17:44)*	*1:02 (1:18:46)*		*2:07 (1:20:53)*		*3:21 (1:24:14)*	*3:23 (1:27:37)*
	2:38 (1:30:15)	*0:19 (1:30:34)*						
8.	Oliver Hillebrandt	OLV Uslar		1:31:07	+26:03	9:31		
	1:49 (1:49)	*1:47 (3:36)*	*3:48 (7:24)*		*3:33 (10:57)*		*2:17 (13:14)*	*1:41 (14:55)*
	2:19 (17:14)	*1:17 (18:31)*	*3:39 (22:10)*		*2:02 (24:12)*		*3:44 (27:56)*	*5:45 (33:41)*
	2:28 (36:09)	*18:34 (54:43)*	*9:06 (1:03:49)*		*2:56 (1:06:45)*		*1:34 (1:08:19)*	*1:06 (1:09:25)*
	2:36 (1:12:01)	*3:11 (1:15:12)*	*4:52 (1:20:04)*		*2:06 (1:22:10)*		*3:36 (1:25:46)*	*2:51 (1:28:37)*
	2:16 (1:30:53)	*0:14 (1:31:07)*						

9.	Paulo Urzua Torres	TV Jahn Wolfsburg	1:31:21	+26:17	8:19	
	1:42 (1:42)	*1:50 (3:32)*	*1:51 (5:23)*	*2:46 (8:09)*	*1:09 (9:18)*	*4:52 (14:10)*
	3:19 (17:29)	*2:53 (20:22)*	*3:30 (23:52)*	*2:17 (26:09)*	*3:07 (29:16)*	*4:53 (34:09)*
	2:47 (36:56)	*19:53 (56:49)*	*7:10 (1:03:59)*	*2:53 (1:06:52)*	*1:49 (1:08:41)*	*0:49 (1:09:30)*
	2:49 (1:12:19)	*3:00 (1:15:19)*	*4:50 (1:20:09)*	*2:05 (1:22:14)*	*3:30 (1:25:44)*	*2:56 (1:28:40)*
	2:22 (1:31:02)	*0:19 (1:31:21)*				
10.	Sascha Fenz	OLV Uslar	1:43:32	+38:28	10:56	
	2:02 (2:02)	*2:00 (4:02)*	*4:09 (8:11)*	*2:47 (10:58)*	*3:03 (14:01)*	*5:04 (19:05)*
	1:51 (20:56)	*3:17 (24:13)*	*2:49 (27:02)*	*2:15 (29:17)*	*3:53 (33:10)*	*4:28 (37:38)*
	3:17 (40:55)	*18:40 (59:35)*	*9:27 (1:09:02)*	*4:13 (1:13:15)*	*2:41 (1:15:56)*	*4:55 (1:20:51)*
	2:01 (1:22:52)	*2:46 (1:25:38)*	*1:32 (1:27:10)*	*2:38 (1:29:48)*	*5:43 (1:35:31)*	*4:53 (1:40:24)*
	2:52 (1:43:16)	*0:16 (1:43:32)*				
	Rouven Rieger	TV Jahn Wolfsburg	Aufg.			
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*				
	Gary Robertson	vereinslos	Nicht Ang.			
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*				

D55		**(8 / 8)**	**Zeit**	**Rückstand**	**Zeit verloren**	
1.	Evi Drese	OLV Uslar	41:56		1:23	
	4:49 (4:49)	*1:54 (6:43)*	*2:11 (8:54)*	*1:09 (10:03)*	*3:47 (13:50)*	*2:44 (16:34)*
	1:35 (18:09)	*5:37 (23:46)*	*1:46 (25:32)*	*1:27 (26:59)*	*2:52 (29:51)*	*2:34 (32:25)*
	1:43 (34:08)	*1:24 (35:32)*	*3:12 (38:44)*	*2:54 (41:38)*	*0:18 (41:56)*	
2.	Anke von Gaza	OLV Uslar	46:49	+4:53	5:50	
	6:37 (6:37)	*2:00 (8:37)*	*1:57 (10:34)*	*1:18 (11:52)*	*3:35 (15:27)*	*2:18 (17:45)*
	1:19 (19:04)	*4:34 (23:38)*	*2:24 (26:02)*	*4:21 (30:23)*	*1:42 (32:05)*	*1:41 (33:46)*
	1:44 (35:30)	*4:26 (39:56)*	*3:35 (43:31)*	*2:54 (46:25)*	*0:24 (46:49)*	
3.	Liisa Rihko-Struckmann	Braunschweiger MTV	47:19	+5:23	3:53	
	5:10 (5:10)	*1:54 (7:04)*	*2:15 (9:19)*	*1:16 (10:35)*	*3:55 (14:30)*	*2:56 (17:26)*
	1:48 (19:14)	*4:48 (24:02)*	*2:45 (26:47)*	*4:50 (31:37)*	*1:39 (33:16)*	*2:02 (35:18)*
	1:59 (37:17)	*2:47 (40:04)*	*3:51 (43:55)*	*3:02 (46:57)*	*0:22 (47:19)*	
4.	Kerstin Krätz	TV Jahn Wolfsburg	58:26	+16:30	10:46	
	6:15 (6:15)	*5:39 (11:54)*	*7:04 (18:58)*	*2:01 (20:59)*	*2:11 (23:10)*	*3:03 (26:13)*
	1:38 (27:51)	*5:01 (32:52)*	*3:11 (36:03)*	*2:49 (38:52)*	*2:27 (41:19)*	*5:00 (46:19)*
	1:27 (47:46)	*3:06 (50:52)*	*4:01 (54:53)*	*3:09 (58:02)*	*0:24 (58:26)*	
5.	Ulrike Korff	SC Achmer	59:55	+17:59	9:30	
	7:13 (7:13)	*2:01 (9:14)*	*2:28 (11:42)*	*1:31 (13:13)*	*5:35 (18:48)*	*3:17 (22:05)*
	4:06 (26:11)	*6:15 (32:26)*	*2:34 (35:00)*	*2:13 (37:13)*	*2:56 (40:09)*	*3:38 (43:47)*
	6:34 (50:21)	*2:14 (52:35)*	*3:55 (56:30)*	*3:04 (59:34)*	*0:21 (59:55)*	
6.	Susanne Körber	OLV Uslar	1:30:01	+48:05	24:27	
	8:31 (8:31)	*6:49 (15:20)*	*5:06 (20:26)*	*5:53 (26:19)*	*3:20 (29:39)*	*3:41 (33:20)*
	11:25 (44:45)	*7:26 (52:11)*	*9:14 (1:01:25)*	*2:16 (1:03:41)*	*3:50 (1:07:31)*	*6:44 (1:14:15)*
	2:46 (1:17:01)	*2:59 (1:20:00)*	*5:49 (1:25:49)*	*3:48 (1:29:37)*	*0:24 (1:30:01)*	
7.	Esther Knoblauch	MTK Bad Harzburg	1:37:29	+55:33	25:58	
	8:17 (8:17)	*6:28 (14:45)*	*4:41 (19:26)*	*4:51 (24:17)*	*12:27 (36:44)*	*4:00 (40:44)*
	2:16 (43:00)	*8:00 (51:00)*	*3:27 (54:27)*	*2:39 (57:06)*	*4:24 (1:01:30)*	*9:17 (1:10:47)*
	11:19 (1:22:06)	*3:11 (1:25:17)*	*7:05 (1:32:22)*	*4:38 (1:37:00)*	*0:29 (1:37:29)*	
8.	Brigitte Dersch-Kollenbach	SKI-CLUB HELSA 1953 e.V.	1:41:33	+59:37	6:00	
	12:34 (12:34)	*7:26 (20:00)*	*7:09 (27:09)*	*4:00 (31:09)*	*4:56 (36:05)*	*5:16 (41:21)*
	2:56 (44:17)	*11:08 (55:25)*	*5:07 (1:00:32)*	*6:58 (1:07:30)*	*4:05 (1:11:35)*	*4:26 (1:16:01)*
	3:06 (1:19:07)	*6:40 (1:25:47)*	*8:10 (1:33:57)*	*6:44 (1:40:41)*	*0:52 (1:41:33)*	

H55		**(10 / 10)**	**Zeit**	**Rückstand**	**Zeit verloren**	
1.	Jens Struckmann	Braunschweiger MTV	51:16		1:22	
	3:15 (3:15)	*4:08 (7:23)*	*2:18 (9:41)*	*1:35 (11:16)*	*2:16 (13:32)*	*1:47 (15:19)*
	1:11 (16:30)	*2:22 (18:52)*	*3:32 (22:24)*	*1:19 (23:43)*	*10:23 (34:06)*	*1:57 (36:03)*
	1:54 (37:57)	*2:54 (40:51)*	*2:07 (42:58)*	*1:31 (44:29)*	*1:35 (46:04)*	*2:32 (48:36)*
	2:21 (50:57)	*0:19 (51:16)*				
2.	Göran Wendler	MTK Bad Harzburg	54:52	+3:36	7:45	
	3:15 (3:15)	*4:05 (7:20)*	*2:18 (9:38)*	*1:31 (11:09)*	*6:40 (17:49)*	*1:31 (19:20)*
	1:08 (20:28)	*2:40 (23:08)*	*3:38 (26:46)*	*1:03 (27:49)*	*9:13 (37:02)*	*1:59 (39:01)*
	1:35 (40:36)	*1:25 (42:01)*	*2:26 (44:27)*	*1:50 (46:17)*	*3:02 (49:19)*	*3:08 (52:27)*
	2:10 (54:37)	*0:15 (54:52)*				
3.	Michael Schwien	SC Klecken	55:48	+4:32	5:55	
	3:35 (3:35)	*6:04 (9:39)*	*1:54 (11:33)*	*1:01 (12:34)*	*2:18 (14:52)*	*3:23 (18:15)*
	1:43 (19:58)	*1:33 (21:31)*	*4:25 (25:56)*	*1:27 (27:23)*	*10:01 (37:24)*	*3:49 (41:13)*
	2:37 (43:50)	*1:41 (45:31)*	*1:35 (47:06)*	*1:09 (48:15)*	*2:26 (50:41)*	*2:32 (53:13)*
	2:18 (55:31)	*0:17 (55:48)*				

4.	Frank Leppla	Braunschweiger MTV		55:53	+4:37	2:11		
	3:27 (3:27)	*4:55 (8:22)*	*3:02 (11:24)*		*2:04 (13:28)*	*2:36 (16:04)*	*2:14 (18:18)*	
	1:15 (19:33)	*2:28 (22:01)*	*4:08 (26:09)*		*1:16 (27:25)*	*9:44 (37:09)*	*2:31 (39:40)*	
	1:42 (41:22)	*3:02 (44:24)*	*2:32 (46:56)*		*1:59 (48:55)*	*1:23 (50:18)*	*2:44 (53:02)*	
	2:36 (55:38)	*0:15 (55:53)*						
5.	Juha Heikkilä	TSV Worpswede		1:01:21	+10:05	8:31		
	5:00 (5:00)	*4:48 (9:48)*	*1:57 (11:45)*		*1:00 (12:45)*	*2:13 (14:58)*	*3:30 (18:28)*	
	1:54 (20:22)	*2:00 (22:22)*	*4:12 (26:34)*		*1:19 (27:53)*	*11:51 (39:44)*	*2:24 (42:08)*	
	1:15 (43:23)	*7:27 (50:50)*	*2:40 (53:30)*		*1:33 (55:03)*	*1:10 (56:13)*	*2:31 (58:44)*	
	2:20 (1:01:04)	*0:17 (1:01:21)*						
6.	Michael Hesse	MTK Bad Harzburg		1:05:27	+14:11	7:43		
	8:22 (8:22)	*5:01 (13:23)*	*3:10 (16:33)*		*2:14 (18:47)*	*3:07 (21:54)*	*2:36 (24:30)*	
	1:04 (25:34)	*2:41 (28:15)*	*4:20 (32:35)*		*1:25 (34:00)*	*12:13 (46:13)*	*2:43 (48:56)*	
	1:51 (50:47)	*1:45 (52:32)*	*1:47 (54:19)*		*2:10 (56:29)*	*3:35 (1:00:04)*	*2:51 (1:02:55)*	
	2:15 (1:05:10)	*0:17 (1:05:27)*						
7.	Peter Kollenbach	SKI-CLUB HELSA 1953 e.V.		1:17:44	+26:28	5:29		
	5:05 (5:05)	*6:21 (11:26)*	*3:48 (15:14)*		*2:27 (17:41)*	*2:11 (19:52)*	*2:45 (22:37)*	
	1:13 (23:50)	*3:13 (27:03)*	*6:22 (33:25)*		*2:04 (35:29)*	*18:46 (54:15)*	*2:30 (56:45)*	
	1:46 (58:31)	*3:29 (1:02:00)*	*3:14 (1:05:14)*		*3:02 (1:08:16)*	*1:44 (1:10:00)*	*4:06 (1:14:06)*	
	3:15 (1:17:21)	*0:23 (1:17:44)*						
8.	Andreas Rudert	MTK Bad Harzburg		1:24:19	+33:03	21:14		
	6:05 (6:05)	*5:40 (11:45)*	*1:58 (13:43)*		*1:03 (14:46)*	*2:45 (17:31)*	*3:42 (21:13)*	
	5:26 (26:39)	*7:53 (34:32)*	*4:14 (38:46)*		*1:43 (40:29)*	*13:00 (53:29)*	*7:35 (1:01:04)*	
	2:24 (1:03:28)	*2:42 (1:06:10)*	*2:42 (1:08:52)*		*2:31 (1:11:23)*	*2:01 (1:13:24)*	*7:39 (1:21:03)*	
	2:55 (1:23:58)	*0:21 (1:24:19)*						
9.	Ingo Krätz	TV Jahn Wolfsburg		1:29:02	+37:46	6:02		
	6:36 (6:36)	*7:38 (14:14)*	*3:53 (18:07)*		*1:35 (19:42)*	*4:01 (23:43)*	*5:28 (29:11)*	
	3:24 (32:35)	*3:05 (35:40)*	*6:54 (42:34)*		*1:59 (44:33)*	*16:03 (1:00:36)*	*3:47 (1:04:23)*	
	3:59 (1:08:22)	*1:45 (1:10:07)*	*2:49 (1:12:56)*		*2:18 (1:15:14)*	*3:55 (1:19:09)*	*5:42 (1:24:51)*	
	3:48 (1:28:39)	*0:23 (1:29:02)*						
	Thomas Görtelmeyer	MTK Bad Harzburg		Fehlst.				
	7:02 (7:02)	*10:20 (17:22)*	*5:24 (22:46)*		*3:28 (26:14)*	*11:31 (37:45)*	*5:22 (43:07)*	
	2:38 (45:45)	*4:23 (50:08)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*	
	– (1:00:31)	*3:28 (1:03:59)*	*– (–)*		*– (1:09:12)*	*– (–)*	*– (1:12:57)*	
	4:54 (1:17:51)	*0:30 (1:18:21)*						
	Sven Buchholz	MTK Bad Harzburg		Nicht Ang.				
	– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*	
	– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*	
	– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*	
	– (–)	*– (–)*						

D65		**(4 / 4)**		**Zeit**	**Rückstand**	**Zeit verloren**		
1.	Ulrike Friedrichs	MTV Seesen		51:07		0:34		
	5:08 (5:08)	*3:11 (8:19)*	*3:43 (12:02)*		*4:00 (16:02)*	*5:08 (21:10)*	*1:59 (23:09)*	
	5:40 (28:49)	*3:05 (31:54)*	*2:49 (34:43)*		*1:50 (36:33)*	*7:18 (43:51)*	*3:35 (47:26)*	
	3:19 (50:45)	*0:22 (51:07)*						
2.	Birgitt Michel	TV Jahn Wolfsburg		1:08:07	+17:00	4:15		
	8:28 (8:28)	*3:44 (12:12)*	*4:39 (16:51)*		*2:17 (19:08)*	*2:37 (21:45)*	*5:05 (26:50)*	
	5:14 (32:04)	*6:16 (38:20)*	*2:54 (41:14)*		*8:01 (49:15)*	*9:31 (58:46)*	*4:41 (1:03:27)*	
	4:15 (1:07:42)	*0:25 (1:08:07)*						
3.	Ingrid Müssen	SuS Vehrte		1:28:11	+37:04	23:33		
	13:38 (13:38)	*6:29 (20:07)*	*2:34 (22:41)*		*5:47 (28:28)*	*4:11 (32:39)*	*4:33 (37:12)*	
	5:41 (42:53)	*9:15 (52:08)*	*5:59 (58:07)*		*2:08 (1:00:15)*	*15:49 (1:16:04)*	*7:06 (1:23:10)*	
	4:33 (1:27:43)	*0:28 (1:28:11)*						
	Antje Sobczak	Braunschweiger MTV		Fehlst.				
	– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*	
	– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*	
	– (–)	*– (14:47)*						

H65		**(7 / 7)**		**Zeit**	**Rückstand**	**Zeit verloren**		
1.	Horst von Gaza	OLV Uslar		47:42		0:37		
	4:17 (4:17)	*0:36 (4:53)*	*1:49 (6:42)*		*3:14 (9:56)*	*3:33 (13:29)*	*2:04 (15:33)*	
	2:45 (18:18)	*3:38 (21:56)*	*1:29 (23:25)*		*2:03 (25:28)*	*5:19 (30:47)*	*1:20 (32:07)*	
	10:08 (42:15)	*1:47 (44:02)*	*1:06 (45:08)*		*2:17 (47:25)*	*0:17 (47:42)*		
2.	Henning Bruns	MTK Bad Harzburg		56:55	+9:13	5:39		
	4:33 (4:33)	*2:59 (7:32)*	*2:07 (9:39)*		*7:20 (16:59)*	*0:39 (17:38)*	*1:55 (19:33)*	
	2:50 (22:23)	*3:47 (26:10)*	*1:53 (28:03)*		*2:38 (30:41)*	*6:17 (36:58)*	*1:25 (38:23)*	
	11:19 (49:42)	*2:30 (52:12)*	*1:51 (54:03)*		*2:33 (56:36)*	*0:19 (56:55)*		
3.	Michael Kukis	OSC Kassel		59:25	+11:43	9:16		
	5:19 (5:19)	*3:48 (9:07)*	*2:35 (11:42)*		*7:32 (19:14)*	*2:55 (22:09)*	*2:17 (24:26)*	
	2:56 (27:22)	*0:52 (28:14)*	*2:00 (30:14)*		*3:15 (33:29)*	*7:21 (40:50)*	*1:18 (42:08)*	
	10:41 (52:49)	*2:01 (54:50)*	*1:50 (56:40)*		*2:28 (59:08)*	*0:17 (59:25)*		

4.	Dieter Wehrhöfer-Bersuck	Bielefelder TG	1:05:15	+17:33	10:47	
	4:58 (4:58)	*0:45 (5:43)*	*2:27 (8:10)*	*3:01 (11:11)*	*3:59 (15:10)*	*2:23 (17:33)*
	7:19 (24:52)	*4:06 (28:58)*	*2:30 (31:28)*	*3:27 (34:55)*	*6:18 (41:13)*	*1:20 (42:33)*
	11:47 (54:20)	*6:31 (1:00:51)*	*1:36 (1:02:27)*	*2:27 (1:04:54)*	*0:21 (1:05:15)*	
5.	Serhii Fokin	Bielefelder TG	1:07:16	+19:34	4:40	
	6:30 (6:30)	*4:21 (10:51)*	*2:35 (13:26)*	*3:33 (16:59)*	*4:25 (21:24)*	*2:09 (23:33)*
	4:09 (27:42)	*1:04 (28:46)*	*2:32 (31:18)*	*3:04 (34:22)*	*7:17 (41:39)*	*1:45 (43:24)*
	15:41 (59:05)	*2:22 (1:01:27)*	*1:49 (1:03:16)*	*3:30 (1:06:46)*	*0:30 (1:07:16)*	
	Detlef Much	OLV Uslar	Fehlst.			
	9:37 (9:37)	*7:26 (17:03)*	*3:50 (20:53)*	*6:27 (27:20)*	*1:23 (28:43)*	*4:13 (32:56)*
	5:32 (38:28)	*7:56 (46:24)*	*4:27 (50:51)*	*– (–)*	*– (–)*	*– (–)*
	– (59:11)	*4:33 (1:03:44)*	*4:16 (1:08:00)*	*5:18 (1:13:18)*	*0:48 (1:14:06)*	
	Werner Drese	OLV Uslar	Fehlst.			
	– (–)	*– (14:30)*	*– (–)*	*– (17:19)*	*– (–)*	*– (–)*
	– (17:48)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (32:03)*	*0:56 (32:59)*	
	Udo Sobczak	Braunschweiger MTV	Nicht Ang.			
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
	– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	

H75	**(4 / 4)**	**Zeit**	**Rückstand**	**Zeit verloren**	
1. Siegfried May	RSV Hannover	54:59		0:40	
7:34 (7:34)	*2:46 (10:20)*	*3:33 (13:53)*	*4:30 (18:23)*	*3:44 (22:07)*	*3:32 (25:39)*
2:03 (27:42)	*5:47 (33:29)*	*1:57 (35:26)*	*3:43 (39:09)*	*7:30 (46:39)*	*4:08 (50:47)*
3:48 (54:35)	*0:24 (54:59)*				
2. Dieter Conrad	MTK Bad Harzburg	59:26	+4:27	5:20	
7:26 (7:26)	*2:39 (10:05)*	*3:40 (13:45)*	*4:32 (18:17)*	*5:19 (23:36)*	*6:44 (30:20)*
4:06 (34:26)	*3:22 (37:48)*	*3:34 (41:22)*	*1:53 (43:15)*	*7:30 (50:45)*	*4:45 (55:30)*
3:33 (59:03)	*0:23 (59:26)*				
3. Detlev Friedrichs	MTV Seesen	59:33	+4:34	3:50	
7:22 (7:22)	*5:14 (12:36)*	*2:09 (14:45)*	*4:32 (19:17)*	*3:03 (22:20)*	*4:49 (27:09)*
2:04 (29:13)	*3:06 (32:19)*	*4:37 (36:56)*	*5:02 (41:58)*	*8:57 (50:55)*	*4:33 (55:28)*
3:43 (59:11)	*0:22 (59:33)*				
4. Wilhelm Holz	OLV Uslar	1:37:04	+42:05	22:40	
8:21 (8:21)	*8:21 (16:42)*	*13:48 (30:30)*	*3:10 (33:40)*	*3:52 (37:32)*	*5:33 (43:05)*
9:09 (52:14)	*9:16 (1:01:30)*	*3:24 (1:04:54)*	*8:59 (1:13:53)*	*11:00 (1:24:53)*	*7:27 (1:32:20)*
4:13 (1:36:33)	*0:31 (1:37:04)*				
Reinhard Jahn	Braunschweiger MTV	Nicht Ang.			
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*				

Offen	**(3 / 3)**	**Zeit**	**Rückstand**	**Zeit verloren**	
1. Herman Lange	vereinslos	1:03:38		1:55	
7:16 (7:16)	*3:48 (11:04)*	*2:06 (13:10)*	*2:30 (15:40)*	*0:45 (16:25)*	*3:13 (19:38)*
5:55 (25:33)	*4:27 (30:00)*	*2:19 (32:19)*	*3:02 (35:21)*	*5:59 (41:20)*	*1:20 (42:40)*
12:56 (55:36)	*2:20 (57:56)*	*2:07 (1:00:03)*	*3:02 (1:03:05)*	*0:33 (1:03:38)*	
2. Frank Meyer	vereinslos	1:23:55	+20:17	18:12	
7:02 (7:02)	*8:01 (15:03)*	*3:23 (18:26)*	*7:41 (26:07)*	*4:58 (31:05)*	*6:22 (37:27)*
4:13 (41:40)	*0:45 (42:25)*	*2:28 (44:53)*	*4:43 (49:36)*	*7:41 (57:17)*	*1:36 (58:53)*
17:26 (1:16:19)	*2:57 (1:19:16)*	*1:56 (1:21:12)*	*2:27 (1:23:39)*	*0:16 (1:23:55)*	
Ulf Schindehütte	OLV Uslar	Fehlst.			
15:12 (15:12)	*8:41 (23:53)*	*3:22 (27:15)*	*9:16 (36:31)*	*0:45 (37:16)*	*19:10 (56:26)*
7:58 (1:04:24)	*15:10 (1:19:34)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*	*– (–)*	*– (1:33:40)*	*0:22 (1:34:02)*	

Einsteiger Kurz	**(2 / 2)**	**Zeit**	**Rückstand**	**Zeit verloren**	
1. Karl-Heinz Seefeld	OLV Uslar	12:10		0:00	
2:18 (2:18)	*1:05 (3:23)*	*2:39 (6:02)*	*1:43 (7:45)*	*1:09 (8:54)*	*1:20 (10:14)*
0:41 (10:55)	*0:46 (11:41)*	*0:29 (12:10)*			
2. Günter Stark	MTV Seesen	16:03	+3:53	1:54	
3:17 (3:17)	*2:09 (5:26)*	*2:58 (8:24)*	*1:58 (10:22)*	*1:10 (11:32)*	*1:35 (13:07)*
1:06 (14:13)	*1:15 (15:28)*	*0:35 (16:03)*			
Imke Riedel	OLV Uslar	Nicht Ang.			
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*	*– (–)*			

D19K	**(4 / 4)**	**Zeit**	**Rückstand**	**Zeit verloren**	
1. Jessica Günther	OLV Uslar	43:44		3:28	
4:38 (4:38)	*4:34 (9:12)*	*5:41 (14:53)*	*1:27 (16:20)*	*2:15 (18:35)*	*1:57 (20:32)*
1:01 (21:33)	*4:36 (26:09)*	*1:36 (27:45)*	*1:20 (29:05)*	*2:36 (31:41)*	*2:41 (34:22)*
1:56 (36:18)	*1:44 (38:02)*	*2:48 (40:50)*	*2:35 (43:25)*	*0:19 (43:44)*	

2.	Mareike Blohm	TSV Worpswede		47:54	+4:10	5:23		
	8:56 (8:56)	*4:42 (13:38)*	*2:42 (16:20)*		*1:52 (18:12)*		*2:11 (20:23)*	*2:17 (22:40)*
	1:14 (23:54)	*4:03 (27:57)*	*3:04 (31:01)*		*1:57 (32:58)*		*1:34 (34:32)*	*1:51 (36:23)*
	1:31 (37:54)	*2:56 (40:50)*	*4:15 (45:05)*		*2:32 (47:37)*		*0:17 (47:54)*	
3.	Jordan Sophie Meisel	OLV Uslar		48:27	+4:43	5:22		
	7:02 (7:02)	*2:09 (9:11)*	*2:18 (11:29)*		*1:08 (12:37)*		*4:22 (16:59)*	*3:12 (20:11)*
	3:31 (23:42)	*4:35 (28:17)*	*2:50 (31:07)*		*1:57 (33:04)*		*1:34 (34:38)*	*1:43 (36:21)*
	1:39 (38:00)	*2:57 (40:57)*	*4:23 (45:20)*		*2:47 (48:07)*		*0:20 (48:27)*	
4.	Julia Stark	MTV Seesen		1:06:36	+22:52	13:32		
	6:20 (6:20)	*3:19 (9:39)*	*2:49 (12:28)*		*1:49 (14:17)*		*5:50 (20:07)*	*9:55 (30:02)*
	2:46 (32:48)	*5:31 (38:19)*	*8:26 (46:45)*		*1:56 (48:41)*		*3:16 (51:57)*	*2:52 (54:49)*
	2:45 (57:34)	*2:03 (59:37)*	*3:51 (1:03:28)*		*2:50 (1:06:18)*		*0:18 (1:06:36)*	

H19K	**(4 / 4)**		**Zeit**	**Rückstand**	**Zeit verloren**		
1.	Felix Drese	OLV Uslar	49:25		3:03		
	3:25 (3:25)	*3:55 (7:20)*	*2:14 (9:34)*	*1:28 (11:02)*		*1:35 (12:37)*	*1:35 (14:12)*
	0:58 (15:10)	*4:23 (19:33)*	*3:27 (23:00)*	*1:15 (24:15)*		*9:43 (33:58)*	*1:56 (35:54)*
	1:57 (37:51)	*1:09 (39:00)*	*2:00 (41:00)*	*1:05 (42:05)*		*2:21 (44:26)*	*2:45 (47:11)*
	2:02 (49:13)	*0:12 (49:25)*					
2.	Mika Wendler	MTK Bad Harzburg	52:24	+2:59	2:28		
	3:23 (3:23)	*5:27 (8:50)*	*2:28 (11:18)*	*1:56 (13:14)*		*1:45 (14:59)*	*1:53 (16:52)*
	1:01 (17:53)	*2:19 (20:12)*	*4:10 (24:22)*	*1:07 (25:29)*		*10:14 (35:43)*	*1:29 (37:12)*
	1:24 (38:36)	*2:25 (41:01)*	*2:05 (43:06)*	*1:28 (44:34)*		*1:39 (46:13)*	*3:27 (49:40)*
	2:30 (52:10)	*0:14 (52:24)*					
3.	Lukas Bersuck	Bielefelder TG	1:06:40	+17:15	4:06		
	3:42 (3:42)	*6:10 (9:52)*	*2:30 (12:22)*	*1:23 (13:45)*		*3:14 (16:59)*	*3:46 (20:45)*
	1:55 (22:40)	*2:26 (25:06)*	*4:24 (29:30)*	*1:43 (31:13)*		*14:01 (45:14)*	*3:30 (48:44)*
	2:10 (50:54)	*1:49 (52:43)*	*2:06 (54:49)*	*2:03 (56:52)*		*2:56 (59:48)*	*3:18 (1:03:06)*
	3:18 (1:06:24)	*0:16 (1:06:40)*					
4.	Luis Moreton	Turn-Klubb zu Hannover	1:12:00	+22:35	7:18		
	3:52 (3:52)	*5:51 (9:43)*	*2:25 (12:08)*	*1:09 (13:17)*		*3:01 (16:18)*	*3:40 (19:58)*
	2:24 (22:22)	*2:11 (24:33)*	*4:44 (29:17)*	*1:33 (30:50)*		*14:30 (45:20)*	*2:07 (47:27)*
	1:24 (48:51)	*3:21 (52:12)*	*2:57 (55:09)*	*3:38 (58:47)*		*6:36 (1:05:23)*	*3:11 (1:08:34)*
	3:03 (1:11:37)	*0:23 (1:12:00)*					

D/H10	**(3 / 3)**		**Zeit**	**Rückstand**	**Zeit verloren**		
1.	Franziska Reese	MTV Seesen	9:21		0:21		
	1:45 (1:45)	*0:59 (2:44)*	*1:54 (4:38)*	*1:48 (6:26)*		*0:40 (7:06)*	*1:00 (8:06)*
	0:32 (8:38)	*0:28 (9:06)*	*0:15 (9:21)*				
2.	Liesbeth Pape-Lange	OLV Uslar	13:22	+4:01	2:40		
	4:19 (4:19)	*1:13 (5:32)*	*2:07 (7:39)*	*1:26 (9:05)*		*0:56 (10:01)*	*1:35 (11:36)*
	0:51 (12:27)	*0:35 (13:02)*	*0:20 (13:22)*				
3.	Meta Wittke	SV Hildesia Diekholzen	14:39	+5:18	2:14		
	3:13 (3:13)	*1:15 (4:28)*	*2:43 (7:11)*	*2:00 (9:11)*		*1:14 (10:25)*	*2:08 (12:33)*
	1:26 (13:59)	*0:27 (14:26)*	*0:13 (14:39)*				

H19L	**(14 / 14)**		**Zeit**	**Rückstand**	**Zeit verloren**		
1.	Ole Hennseler	MTV Seesen	1:04:32		0:00		
	2:40 (2:40)	*2:11 (4:51)*	*1:32 (6:23)*	*1:06 (7:29)*		*2:03 (9:32)*	*1:08 (10:40)*
	1:56 (12:36)	*1:03 (13:39)*	*1:05 (14:44)*	*1:05 (15:49)*		*1:50 (17:39)*	*3:48 (21:27)*
	0:51 (22:18)	*10:52 (33:10)*	*1:35 (34:45)*	*2:06 (36:51)*		*4:54 (41:45)*	*1:00 (42:45)*
	2:25 (45:10)	*1:20 (46:30)*	*1:23 (47:53)*	*1:22 (49:15)*		*1:37 (50:52)*	*2:55 (53:47)*
	0:55 (54:42)	*0:30 (55:12)*	*1:01 (56:13)*	*1:11 (57:24)*		*2:10 (59:34)*	*1:08 (1:00:42)*
	0:48 (1:01:30)	*0:59 (1:02:29)*	*1:50 (1:04:19)*	*0:13 (1:04:32)*			
2.	Ole Baath	TSV Jetzendorf	1:09:52	+5:20	0:41		
	2:41 (2:41)	*1:06 (3:47)*	*1:55 (5:42)*	*1:09 (6:51)*		*2:14 (9:05)*	*1:28 (10:33)*
	1:05 (11:38)	*2:09 (13:47)*	*1:00 (14:47)*	*1:10 (15:57)*		*1:52 (17:49)*	*4:02 (21:51)*
	0:47 (22:38)	*11:45 (34:23)*	*1:58 (36:21)*	*2:12 (38:33)*		*4:48 (43:21)*	*1:36 (44:57)*
	1:55 (46:52)	*3:10 (50:02)*	*1:10 (51:12)*	*2:38 (53:50)*		*1:31 (55:21)*	*1:49 (57:10)*
	1:04 (58:14)	*0:31 (58:45)*	*0:53 (59:38)*	*1:15 (1:00:53)*		*2:29 (1:03:22)*	*1:10 (1:04:32)*
	1:31 (1:06:03)	*1:32 (1:07:35)*	*2:00 (1:09:35)*	*0:17 (1:09:52)*			
3.	Till Finkenstädt	OLV Uslar	1:17:21	+12:49	4:25		
	2:46 (2:46)	*1:19 (4:05)*	*1:21 (5:26)*	*1:47 (7:13)*		*1:21 (8:34)*	*2:10 (10:44)*
	1:09 (11:53)	*2:41 (14:34)*	*1:38 (16:12)*	*1:12 (17:24)*		*2:28 (19:52)*	*4:13 (24:05)*
	0:56 (25:01)	*12:30 (37:31)*	*1:45 (39:16)*	*2:35 (41:51)*		*6:22 (48:13)*	*1:07 (49:20)*
	1:39 (50:59)	*3:01 (54:00)*	*1:51 (55:51)*	*4:25 (1:00:16)*		*2:20 (1:02:36)*	*1:53 (1:04:29)*
	1:18 (1:05:47)	*1:03 (1:06:50)*	*0:48 (1:07:38)*	*1:05 (1:08:43)*		*2:50 (1:11:33)*	*1:06 (1:12:39)*
	0:58 (1:13:37)	*1:30 (1:15:07)*	*2:00 (1:17:07)*	*0:14 (1:17:21)*			
4.	Matti Bruns	MTK Bad Harzburg	1:18:39	+14:07	0:57		
	2:53 (2:53)	*1:09 (4:02)*	*2:13 (6:15)*	*1:09 (7:24)*		*1:07 (8:31)*	*1:17 (9:48)*
	2:23 (12:11)	*2:25 (14:36)*	*1:47 (16:23)*	*1:14 (17:37)*		*2:26 (20:03)*	*4:13 (24:16)*
	0:52 (25:08)	*12:37 (37:45)*	*1:57 (39:42)*	*2:45 (42:27)*		*6:30 (48:57)*	*1:24 (50:21)*
	2:26 (52:47)	*3:51 (56:38)*	*1:34 (58:12)*	*2:57 (1:01:09)*		*1:40 (1:02:49)*	*1:43 (1:04:32)*
	1:17 (1:05:49)	*1:03 (1:06:52)*	*0:55 (1:07:47)*	*1:20 (1:09:07)*		*2:58 (1:12:05)*	*1:23 (1:13:28)*
	1:13 (1:14:41)	*1:18 (1:15:59)*	*2:18 (1:18:17)*	*0:22 (1:18:39)*			

5.	Theo Hennseler	MTV Seesen	1:27:03	+22:31	4:41

2:44 (2:44)	*1:32 (4:16)*	*2:06 (6:22)*	*1:05 (7:27)*	*2:35 (10:02)*	*2:00 (12:02)*
1:59 (14:01)	*2:31 (16:32)*	*1:10 (17:42)*	*1:20 (19:02)*	*2:37 (21:39)*	*6:26 (28:05)*
1:23 (29:28)	*14:39 (44:07)*	*1:57 (46:04)*	*2:48 (48:52)*	*6:36 (55:28)*	*1:25 (56:53)*
3:49 (1:00:42)	*4:03 (1:04:45)*	*1:00 (1:05:45)*	*1:10 (1:06:55)*	*0:49 (1:07:44)*	*1:14 (1:08:58)*
1:22 (1:10:20)	*3:02 (1:13:22)*	*1:44 (1:15:06)*	*1:51 (1:16:57)*	*2:32 (1:19:29)*	*1:31 (1:21:00)*
2:04 (1:23:04)	*1:26 (1:24:30)*	*2:14 (1:26:44)*	*0:19 (1:27:03)*		

6.	Tom Buchholz	MTK Bad Harzburg	1:28:03	+23:31	2:17

2:50 (2:50)	*1:14 (4:04)*	*2:08 (6:12)*	*1:10 (7:22)*	*2:34 (9:56)*	*1:48 (11:44)*
1:38 (13:22)	*3:23 (16:45)*	*1:11 (17:56)*	*1:22 (19:18)*	*2:24 (21:42)*	*5:20 (27:02)*
0:57 (27:59)	*15:06 (43:05)*	*2:23 (45:28)*	*2:47 (48:15)*	*7:10 (55:25)*	*1:16 (56:41)*
3:40 (1:00:21)	*2:26 (1:02:47)*	*1:47 (1:04:34)*	*2:36 (1:07:10)*	*2:26 (1:09:36)*	*3:57 (1:13:33)*
1:14 (1:14:47)	*0:36 (1:15:23)*	*1:22 (1:16:45)*	*1:30 (1:18:15)*	*3:14 (1:21:29)*	*1:09 (1:22:38)*
1:17 (1:23:55)	*1:15 (1:25:10)*	*2:32 (1:27:42)*	*0:21 (1:28:03)*		

7.	Jan Schliebener	OLV Uslar	1:31:04	+26:32	1:10

3:03 (3:03)	*3:37 (6:40)*	*1:48 (8:28)*	*1:41 (10:09)*	*3:09 (13:18)*	*1:24 (14:42)*
2:39 (17:21)	*1:26 (18:47)*	*1:32 (20:19)*	*1:19 (21:38)*	*2:42 (24:20)*	*5:43 (30:03)*
1:10 (31:13)	*15:10 (46:23)*	*2:00 (48:23)*	*3:03 (51:26)*	*6:40 (58:06)*	*1:50 (59:56)*
2:48 (1:02:44)	*4:05 (1:06:49)*	*1:14 (1:08:03)*	*0:36 (1:08:39)*	*1:09 (1:09:48)*	*1:55 (1:11:43)*
1:27 (1:13:10)	*3:37 (1:16:47)*	*1:46 (1:18:33)*	*1:49 (1:20:22)*	*2:59 (1:23:21)*	*1:30 (1:24:51)*
1:38 (1:26:29)	*2:29 (1:28:58)*	*1:50 (1:30:48)*	*0:16 (1:31:04)*		

8.	Christian Duesmann	TuS Lübbecke	1:33:28	+28:56	3:40

3:13 (3:13)	*2:52 (6:05)*	*2:13 (8:18)*	*1:47 (10:05)*	*3:21 (13:26)*	*2:26 (15:52)*
1:28 (17:20)	*2:21 (19:41)*	*1:33 (21:14)*	*2:39 (23:53)*	*1:15 (25:08)*	*5:17 (30:25)*
1:00 (31:25)	*16:07 (47:32)*	*2:00 (49:32)*	*2:45 (52:17)*	*7:35 (59:52)*	*2:12 (1:02:04)*
2:12 (1:04:16)	*4:16 (1:08:32)*	*1:24 (1:09:56)*	*3:31 (1:13:27)*	*1:44 (1:15:11)*	*1:49 (1:17:00)*
1:14 (1:18:14)	*0:36 (1:18:50)*	*1:09 (1:19:59)*	*1:48 (1:21:47)*	*3:12 (1:24:59)*	*2:04 (1:27:03)*
1:13 (1:28:16)	*2:47 (1:31:03)*	*2:09 (1:33:12)*	*0:16 (1:33:28)*		

9.	Leon Kollenbach	SKI-CLUB HELSA 1953 e.V.	1:36:14	+31:42	0:00

3:12 (3:12)	*3:11 (6:23)*	*2:19 (8:42)*	*2:08 (10:50)*	*2:53 (13:43)*	*1:41 (15:24)*
3:09 (18:33)	*1:19 (19:52)*	*2:08 (22:00)*	*1:36 (23:36)*	*3:00 (26:36)*	*6:08 (32:44)*
1:12 (33:56)	*16:29 (50:25)*	*2:27 (52:52)*	*3:14 (56:06)*	*7:17 (1:03:23)*	*1:52 (1:05:15)*
2:41 (1:07:56)	*4:13 (1:12:09)*	*1:18 (1:13:27)*	*3:11 (1:16:38)*	*1:52 (1:18:30)*	*1:53 (1:20:23)*
1:26 (1:21:49)	*0:54 (1:22:43)*	*1:34 (1:24:17)*	*1:44 (1:26:01)*	*3:18 (1:29:19)*	*1:25 (1:30:44)*
1:31 (1:32:15)	*1:46 (1:34:01)*	*1:59 (1:36:00)*	*0:14 (1:36:14)*		

10.	Fabian Ulbrich	OLV Uslar	1:44:55	+40:23	5:16

3:13 (3:13)	*3:24 (6:37)*	*2:23 (9:00)*	*2:02 (11:02)*	*3:25 (14:27)*	*1:43 (16:10)*
1:39 (17:49)	*2:38 (20:27)*	*1:45 (22:12)*	*3:03 (25:15)*	*1:27 (26:42)*	*5:41 (32:23)*
1:13 (33:36)	*17:35 (51:11)*	*2:38 (53:49)*	*2:49 (56:38)*	*8:57 (1:05:35)*	*1:56 (1:07:31)*
3:10 (1:10:41)	*4:45 (1:15:26)*	*2:26 (1:17:52)*	*0:45 (1:18:37)*	*1:33 (1:20:10)*	*1:50 (1:22:00)*
1:30 (1:23:30)	*3:57 (1:27:27)*	*2:06 (1:29:33)*	*2:30 (1:32:03)*	*5:48 (1:37:51)*	*1:41 (1:39:32)*
1:14 (1:40:46)	*1:40 (1:42:26)*	*2:13 (1:44:39)*	*0:16 (1:44:55)*		

11.	Aaron Wandelt	MTV Seesen	1:45:08	+40:36	5:26

4:17 (4:17)	*1:52 (6:09)*	*1:41 (7:50)*	*2:33 (10:23)*	*5:22 (15:45)*	*2:22 (18:07)*
1:46 (19:53)	*3:34 (23:27)*	*1:42 (25:09)*	*2:56 (28:05)*	*1:34 (29:39)*	*6:17 (35:56)*
1:16 (37:12)	*18:38 (55:50)*	*2:21 (58:11)*	*3:34 (1:01:45)*	*7:01 (1:08:46)*	*1:32 (1:10:18)*
3:14 (1:13:32)	*1:54 (1:15:26)*	*2:05 (1:17:31)*	*2:05 (1:19:36)*	*3:11 (1:22:47)*	*4:43 (1:27:30)*
1:49 (1:29:19)	*0:52 (1:30:11)*	*1:29 (1:31:40)*	*1:48 (1:33:28)*	*4:29 (1:37:57)*	*1:28 (1:39:25)*
1:27 (1:40:52)	*1:33 (1:42:25)*	*2:25 (1:44:50)*	*0:18 (1:45:08)*		

12.	Jakob Eberwien	OLV Uslar	1:48:50	+44:18	12:09

4:27 (4:27)	*2:00 (6:27)*	*1:27 (7:54)*	*2:19 (10:13)*	*9:21 (19:34)*	*2:25 (21:59)*
6:27 (28:26)	*3:14 (31:40)*	*1:37 (33:17)*	*2:33 (35:50)*	*1:29 (37:19)*	*6:18 (43:37)*
1:33 (45:10)	*15:24 (1:00:34)*	*2:09 (1:02:43)*	*3:07 (1:05:50)*	*7:20 (1:13:10)*	*1:25 (1:14:35)*
3:02 (1:17:37)	*4:27 (1:22:04)*	*1:23 (1:23:27)*	*1:27 (1:24:54)*	*1:21 (1:26:15)*	*1:43 (1:27:58)*
1:22 (1:29:20)	*3:43 (1:33:03)*	*2:10 (1:35:13)*	*2:24 (1:37:37)*	*3:18 (1:40:55)*	*1:31 (1:42:26)*
2:12 (1:44:38)	*1:41 (1:46:19)*	*2:15 (1:48:34)*	*0:16 (1:48:50)*		

13.	Jan Kaminsky	BSV Halle-Ammendorf	2:06:55	+1:02:23	8:17

4:43 (4:43)	*4:04 (8:47)*	*3:13 (12:00)*	*2:09 (14:09)*	*4:27 (18:36)*	*2:32 (21:08)*
2:01 (23:09)	*2:57 (26:06)*	*2:20 (28:26)*	*3:37 (32:03)*	*1:58 (34:01)*	*6:42 (40:43)*
1:27 (42:10)	*22:28 (1:04:38)*	*2:23 (1:07:01)*	*4:17 (1:11:18)*	*9:04 (1:20:22)*	*3:43 (1:24:05)*
3:59 (1:28:04)	*2:31 (1:30:35)*	*2:14 (1:32:49)*	*5:13 (1:38:02)*	*2:56 (1:40:58)*	*4:48 (1:45:46)*
2:30 (1:48:16)	*0:55 (1:49:11)*	*1:24 (1:50:35)*	*2:56 (1:53:31)*	*4:50 (1:58:21)*	*1:46 (2:00:07)*
1:39 (2:01:46)	*2:04 (2:03:50)*	*2:48 (2:06:38)*	*0:17 (2:06:55)*		

	Maik Schweizer	MTV Seesen	Fehlst.		

2:51 (2:51)	*8:48 (11:39)*	*6:09 (17:48)*	*2:09 (19:57)*	*1:24 (21:21)*	*2:46 (24:07)*
1:09 (25:16)	*2:45 (28:01)*	*2:52 (30:53)*	*1:52 (32:45)*	*4:08 (36:53)*	*6:24 (43:17)*
1:23 (44:40)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (1:03:39)*
– (–)	*– (–)*	*– (1:11:26)*	*1:04 (1:12:30)*		

	Jan Klose	MTV Seesen	Nicht Ang.		

– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*	*– (–)*	*– (–)*	*– (–)*	*– (–)*

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– (–) – (–) – (–) – (–)

D19L	(11 / 11)	Zeit	Rückstand	Zeit verloren
1.	Birte Friedrichs	MTV Seesen	1:05:16	0:00
	1:16 (1:16)	*1:35 (2:51)*	*1:21 (4:12)*	*1:56 (6:08)*	*1:07 (7:15)*	*3:25 (10:40)*
	2:27 (13:07)	*1:59 (15:06)*	*2:17 (17:23)*	*1:36 (18:59)*	*2:02 (21:01)*	*3:24 (24:25)*
	1:48 (26:13)	*12:30 (38:43)*	*6:58 (45:41)*	*1:48 (47:29)*	*1:09 (48:38)*	*2:25 (51:03)*
	1:36 (52:39)	*1:20 (53:59)*	*0:47 (54:46)*	*2:06 (56:52)*	*2:55 (59:47)*	*2:49 (1:02:36)*
	2:19 (1:04:55)	*0:21 (1:05:16)*				
2.	Jule Weigert	TV Jahn Wolfsburg	1:12:33	+7:17	4:53
	1:25 (1:25)	*1:43 (3:08)*	*2:22 (5:30)*	*1:56 (7:26)*	*2:16 (9:42)*	*1:27 (11:09)*
	1:44 (12:53)	*0:59 (13:52)*	*3:26 (17:18)*	*2:55 (20:13)*	*2:03 (22:16)*	*3:11 (25:27)*
	1:53 (27:20)	*15:13 (42:33)*	*7:02 (49:35)*	*2:24 (51:59)*	*2:00 (53:59)*	*3:49 (57:48)*
	1:42 (59:30)	*1:29 (1:00:59)*	*0:53 (1:01:52)*	*1:59 (1:03:51)*	*3:31 (1:07:22)*	*2:52 (1:10:14)*
	2:05 (1:12:19)	*0:14 (1:12:33)*				
3.	Livia Uhlemann	OLV Potsdam	1:20:46	+15:30	8:13
	1:23 (1:23)	*1:43 (3:06)*	*1:48 (4:54)*	*1:58 (6:52)*	*1:10 (8:02)*	*3:48 (11:50)*
	2:07 (13:57)	*3:44 (17:41)*	*2:52 (20:33)*	*1:43 (22:16)*	*2:33 (24:49)*	*4:32 (29:21)*
	2:32 (31:53)	*16:13 (48:06)*	*7:28 (55:34)*	*2:33 (58:07)*	*1:18 (59:25)*	*0:50 (1:00:15)*
	2:16 (1:02:31)	*4:55 (1:07:26)*	*3:08 (1:10:34)*	*1:26 (1:12:00)*	*3:16 (1:15:16)*	*2:52 (1:18:08)*
	2:23 (1:20:31)	*0:15 (1:20:46)*				
4.	Katharina Linke	MTV Seesen	1:23:43	+18:27	10:23
	1:30 (1:30)	*1:40 (3:10)*	*2:32 (5:42)*	*2:19 (8:01)*	*6:00 (14:01)*	*3:21 (17:22)*
	2:35 (19:57)	*2:42 (22:39)*	*3:07 (25:46)*	*1:58 (27:44)*	*1:00 (28:44)*	*5:21 (34:05)*
	2:37 (36:42)	*16:24 (53:06)*	*6:50 (59:56)*	*2:17 (1:02:13)*	*1:43 (1:03:56)*	*0:53 (1:04:49)*
	2:41 (1:07:30)	*1:47 (1:09:17)*	*3:31 (1:12:48)*	*1:41 (1:14:29)*	*3:44 (1:18:13)*	*2:51 (1:21:04)*
	2:22 (1:23:26)	*0:17 (1:23:43)*				
5.	Anna Weigert	TV Jahn Wolfsburg	1:25:47	+20:31	9:55
	1:53 (1:53)	*1:32 (3:25)*	*2:20 (5:45)*	*2:01 (7:46)*	*6:10 (13:56)*	*1:56 (15:52)*
	2:52 (18:44)	*1:17 (20:01)*	*4:20 (24:21)*	*2:22 (26:43)*	*2:33 (29:16)*	*4:08 (33:24)*
	2:19 (35:43)	*17:24 (53:07)*	*8:08 (1:01:15)*	*4:34 (1:05:49)*	*1:46 (1:07:35)*	*3:25 (1:11:00)*
	1:25 (1:12:25)	*1:27 (1:13:52)*	*0:52 (1:14:44)*	*1:58 (1:16:42)*	*3:05 (1:19:47)*	*3:24 (1:23:11)*
	2:16 (1:25:27)	*0:20 (1:25:47)*				
6.	Rut Stark	MTV Seesen	1:29:14	+23:58	10:31
	1:57 (1:57)	*1:50 (3:47)*	*4:10 (7:57)*	*2:39 (10:36)*	*2:52 (13:28)*	*3:10 (16:38)*
	2:06 (18:44)	*2:32 (21:16)*	*2:33 (23:49)*	*3:04 (26:53)*	*1:08 (28:01)*	*4:02 (32:03)*
	3:14 (35:17)	*14:21 (49:38)*	*7:37 (57:15)*	*3:05 (1:00:20)*	*3:25 (1:03:45)*	*7:33 (1:11:18)*
	2:03 (1:13:21)	*1:42 (1:15:03)*	*0:58 (1:16:01)*	*2:21 (1:18:22)*	*4:17 (1:22:39)*	*3:43 (1:26:22)*
	2:37 (1:28:59)	*0:15 (1:29:14)*				
7.	Carolin Bernsdorf	MTV Seesen	1:31:25	+26:09	9:37
	2:05 (2:05)	*2:06 (4:11)*	*4:07 (8:18)*	*2:42 (11:00)*	*4:21 (15:21)*	*3:26 (18:47)*
	1:46 (20:33)	*2:28 (23:01)*	*3:00 (26:01)*	*2:02 (28:03)*	*1:16 (29:19)*	*4:16 (33:35)*
	2:22 (35:57)	*18:50 (54:47)*	*8:59 (1:03:46)*	*2:54 (1:06:40)*	*1:37 (1:08:17)*	*1:04 (1:09:21)*
	2:42 (1:12:03)	*3:18 (1:15:21)*	*4:45 (1:20:06)*	*2:06 (1:22:12)*	*3:29 (1:25:41)*	*2:57 (1:28:38)*
	2:31 (1:31:09)	*0:16 (1:31:25)*				
8.	Pia Buchholz	MTK Bad Harzburg	1:35:14	+29:58	3:38
	1:28 (1:28)	*1:54 (3:22)*	*3:16 (6:38)*	*2:05 (8:43)*	*3:10 (11:53)*	*2:06 (13:59)*
	2:36 (16:35)	*1:19 (17:54)*	*4:50 (22:44)*	*2:58 (25:42)*	*3:52 (29:34)*	*4:37 (34:11)*
	2:48 (36:59)	*20:09 (57:08)*	*10:18 (1:07:26)*	*2:30 (1:09:56)*	*1:50 (1:11:46)*	*1:13 (1:12:59)*
	2:37 (1:15:36)	*1:55 (1:17:31)*	*4:04 (1:21:35)*	*2:12 (1:23:47)*	*4:20 (1:28:07)*	*4:02 (1:32:09)*
	2:44 (1:34:53)	*0:21 (1:35:14)*				
	Carlotta Haupt	MTK Bad Harzburg	Fehlst.			
	2:07 (2:07)	*2:16 (4:23)*	*2:28 (6:51)*	*3:52 (10:43)*	*1:40 (12:23)*	*4:36 (16:59)*
	3:22 (20:21)	*4:50 (25:11)*	*5:54 (31:05)*	*5:52 (36:57)*	*4:41 (41:38)*	*6:50 (48:28)*
	4:50 (53:18)	*– (–)*	*– (–)*	*– (1:07:28)*	*2:47 (1:10:15)*	*4:36 (1:14:51)*
	2:21 (1:17:12)	*2:37 (1:19:49)*	*1:36 (1:21:25)*	*2:59 (1:24:24)*	*6:41 (1:31:05)*	*– (–)*
	– (1:36:45)	*0:38 (1:37:23)*				
	Lena-Maria Klose	MTV Seesen	Fehlst.			
	2:02 (2:02)	*2:11 (4:13)*	*4:07 (8:20)*	*2:44 (11:04)*	*4:27 (15:31)*	*2:44 (18:15)*
	2:58 (21:13)	*1:42 (22:55)*	*6:21 (29:16)*	*2:44 (32:00)*	*4:33 (36:33)*	*6:43 (43:16)*
	5:08 (48:24)	*– (–)*	*– (–)*	*– (–)*	*– (1:02:48)*	*1:56 (1:04:44)*
	4:18 (1:09:02)	*7:49 (1:16:51)*	*– (–)*	*– (1:19:35)*	*6:37 (1:26:12)*	*6:02 (1:32:14)*
	4:32 (1:36:46)	*0:37 (1:37:23)*				
	Roza Burdukova	Braunschweiger MTV	Fehlst.			
	4:03 (4:03)	*4:34 (8:37)*	*2:04 (10:41)*	*2:30 (13:11)*	*1:16 (14:27)*	*– (–)*
	– (19:08)	*3:04 (22:12)*	*5:28 (27:40)*	*3:50 (31:30)*	*5:48 (37:18)*	*5:12 (42:30)*
	3:21 (45:51)	*35:47 (1:21:38)*	*9:55 (1:31:33)*	*2:48 (1:34:21)*	*1:57 (1:36:18)*	*1:06 (1:37:24)*
	3:26 (1:40:50)	*4:58 (1:45:48)*	*– (–)*	*– (2:04:44)*	*– (–)*	*– (2:14:22)*
	3:39 (2:18:01)	*0:23 (2:18:24)*				

D/H10b	(5 / 5)		Zeit	Rückstand	Zeit verloren	
1. Leenke Eggers	SV Hildesia Diekholzen		10:19		0:00	
2:27 (2:27)	*1:01 (3:28)*	*1:59 (5:27)*		*1:23 (6:50)*	*0:51 (7:41)*	*1:01 (8:42)*
0:33 (9:15)	*0:43 (9:58)*	*0:21 (10:19)*				
2. Toivo Heikkilä	TSV Worpswede		12:19	+2:00	0:45	
2:11 (2:11)	*1:18 (3:29)*	*2:36 (6:05)*		*1:57 (8:02)*	*1:30 (9:32)*	*1:13 (10:45)*
0:44 (11:29)	*0:34 (12:03)*	*0:16 (12:19)*				
3. Alina Symonova	Braunschweiger MTV		14:03	+3:44	0:40	
2:50 (2:50)	*1:57 (4:47)*	*2:36 (7:23)*		*1:56 (9:19)*	*1:30 (10:49)*	*1:32 (12:21)*
0:50 (13:11)	*0:28 (13:39)*	*0:24 (14:03)*				
4. Kamila Roskop	Braunschweiger MTV		14:04	+3:45	0:41	
2:49 (2:49)	*1:57 (4:46)*	*2:33 (7:19)*		*1:59 (9:18)*	*1:32 (10:50)*	*1:24 (12:14)*
1:02 (13:16)	*0:29 (13:45)*	*0:19 (14:04)*				
5. Ida Pape-Lange	OLV Uslar		14:16	+3:57	1:11	
3:30 (3:30)	*1:07 (4:37)*	*2:47 (7:24)*		*1:41 (9:05)*	*1:15 (10:20)*	*1:34 (11:54)*
0:55 (12:49)	*0:59 (13:48)*	*0:28 (14:16)*				

Einsteiger Mittel	(7 / 7)		Zeit	Rückstand	Zeit verloren	
1. Neela Buchholz	Braunschweiger MTV		49:42		7:26	
2:27 (2:27)	*2:28 (4:55)*	*1:04 (5:59)*		*5:49 (11:48)*	*14:13 (26:01)*	*5:46 (31:47)*
2:12 (33:59)	*3:00 (36:59)*	*4:33 (41:32)*		*2:58 (44:30)*	*1:51 (46:21)*	*1:31 (47:52)*
1:30 (49:22)	*0:20 (49:42)*					
2. Sandra Fischer	OLV Uslar		51:55	+2:13	11:30	
3:03 (3:03)	*6:36 (9:39)*	*1:24 (11:03)*		*5:26 (16:29)*	*8:09 (24:38)*	*4:00 (28:38)*
1:47 (30:25)	*2:51 (33:16)*	*11:43 (44:59)*		*2:05 (47:04)*	*1:49 (48:53)*	*1:10 (50:03)*
1:34 (51:37)	*0:18 (51:55)*					
3. Sebastian Pape-Lange	OLV Uslar		59:46	+10:04	12:01	
7:11 (7:11)	*5:00 (12:11)*	*2:21 (14:32)*		*7:13 (21:45)*	*9:10 (30:55)*	*5:26 (36:21)*
2:33 (38:54)	*3:02 (41:56)*	*5:56 (47:52)*		*4:34 (52:26)*	*2:22 (54:48)*	*2:08 (56:56)*
2:27 (59:23)	*0:23 (59:46)*					
4. Elisa Thiemann	Hochschulsport Hannover		1:04:37	+14:55	0:00	
– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*
– (–)	*– (1:04:37)*					
4. Frank Thiemann	Hochschulsport Hannover		1:04:37	+14:55	7:48	
5:22 (5:22)	*3:41 (9:03)*	*1:36 (10:39)*		*8:10 (18:49)*	*11:12 (30:01)*	*5:59 (36:00)*
4:28 (40:28)	*4:32 (45:00)*	*6:11 (51:11)*		*5:16 (56:27)*	*2:51 (59:18)*	*2:10 (1:01:28)*
2:51 (1:04:19)	*0:18 (1:04:37)*					
6. Frank Saul	vereinslos		1:04:53	+15:11	16:36	
6:24 (6:24)	*2:18 (8:42)*	*1:17 (9:59)*		*13:38 (23:37)*	*13:12 (36:49)*	*7:22 (44:11)*
1:48 (45:59)	*4:12 (50:11)*	*5:46 (55:57)*		*2:12 (58:09)*	*2:00 (1:00:09)*	*1:31 (1:01:40)*
2:55 (1:04:35)	*0:18 (1:04:53)*					
Julia Pape-Lange	OLV Uslar		Fehlst.			
5:18 (5:18)	*11:15 (16:33)*	*2:04 (18:37)*		*8:46 (27:23)*	*10:45 (38:08)*	*6:35 (44:43)*
3:06 (47:49)	*4:11 (52:00)*	*6:01 (58:01)*		*– (–)*	*– (–)*	*– (1:00:32)*
2:16 (1:02:48)	*0:23 (1:03:11)*					
Nicole Alberti	vereinslos		Nicht Ang.			
– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*	*– (–)*		*– (–)*	*– (–)*	*– (–)*
– (–)	*– (–)*					