

Pl	Name	Zeit															
Bahn 2 (24)		4,3 km 100 Hm		15 P	<i>(Forts.)</i>												
		1(44) 15(100)	2(47) Ziel	3(37)	4(48)	5(36)	6(35)	7(34)	8(33)	9(56)	10(57)	11(32)	12(49)	13(50)	14(46)		
17	Sven Buchholz MTK Bad Harzburg	56:57	3:53 5:48 56:35 56:57 0:56 0:22	13:13 7:25	14:58 1:45	18:19 3:21	29:50 11:31	31:24 1:34	37:10 5:46	40:01 2:51	44:41 4:40	48:59 4:18	51:22 2:23	53:13 1:51	55:39 2:26		
18	Christoph Napp Braunschweiger MTV	61:30	6:44 8:38 6:44 1:54 60:55 61:30 0:53 0:35	12:21 3:43	14:36 2:15	22:32 7:56	35:28 12:56	36:50 1:22	41:13 4:23	43:48 2:35	49:53 6:05	54:01 4:08	56:00 1:59	57:28 1:28	60:02 2:34		
19	Thomas Görtelmeyer MTK Bad Harzburg	62:08	5:10 7:42 5:10 2:32 61:34 62:08 1:13 0:34	13:03 5:21	15:42 2:39	21:57 6:15	32:20 10:23	34:13 1:53	39:56 5:43	43:03 3:07	49:08 6:05	54:03 4:55	56:15 2:12	57:40 1:25	60:21 2:41		
20	Anna-Lena Engelman TSV Worswede	62:52	4:44 7:01 4:44 2:17 62:21 62:52 1:02 0:31	11:50 4:49	14:07 2:17	18:58 4:51	33:25 14:27	34:51 1:26	39:46 4:55	43:00 3:14	49:58 6:58	54:29 4:31	56:32 2:03	57:36 1:04	61:19 3:43		
21	Holger Dietze SG LVB Leipzig	63:50	6:11 9:09 6:11 2:58 63:20 63:50 1:09 0:30	14:29 5:20	16:56 2:27	22:30 5:34	31:53 9:23	34:37 2:44	40:50 6:13	44:17 3:27	48:54 4:37	55:11 6:17	57:36 2:25	59:15 1:39	62:11 2:56		
	Yannick Diezemann Corvi Northeim	N Ang															
	Thilo Bruns MTK Bad Harzburg	N Ang															
	Birte Friedrichs MTV Seesen	N Ang															
Bahn 3 (17)		4,0 km 95 Hm		16 P													
		1(58) 15(45)	2(52) 16(100)	3(53) Ziel	4(54)	5(48)	6(36)	7(55)	8(67)	9(69)	10(33)	11(56)	12(32)	13(50)	14(59)		
1	Theo Hensseler MTV Seesen	27:09	2:08 3:31 2:08 1:23 25:56 26:50 0:20 0:54 0:19	6:02 2:31	6:47 0:45	9:11 2:24	11:27 2:16	13:43 2:16	15:28 1:45	17:37 2:09	18:44 1:07	20:17 1:33	23:52 3:35	24:44 0:52	25:36 0:52		
2	Tom Buchholz MTK Bad Harzburg	27:10	1:38 2:52 1:38 1:14 25:52 26:50 0:19 0:58 0:20	5:11 2:19	5:57 0:46	8:00 2:03	10:20 2:20	12:25 2:05	14:16 1:51	16:20 2:04	17:27 1:07	19:23 1:56	23:41 4:18	24:45 1:04	25:33 0:48		
3	Aaron Wandelt MTV Seesen	31:22	1:52 3:25 1:52 1:33 29:36 30:59 0:22 1:23 0:23	6:27 3:02	7:28 1:01	9:52 2:24	12:48 2:56	15:15 2:27	16:42 1:27	19:29 2:47	21:04 1:35	23:04 2:00	27:11 4:07	28:17 1:06	29:14 0:57		
4	Esther Stamer MTK Bad Harzburg	33:59	2:09 3:58 2:09 1:49 32:32 33:34 0:19 1:02 0:25	7:22 3:24	8:38 1:16	11:16 2:38	14:07 2:51	17:06 2:59	18:59 1:53	21:08 2:09	22:42 1:34	24:52 2:10	29:33 4:41	30:37 1:04	32:13 1:36		
5	Lina Buchberger MTV Seesen	34:22	1:52 3:49 1:52 1:57 32:46 33:58 0:20 1:12 0:24	7:00 3:11	8:03 1:03	10:15 2:12	12:57 2:42	15:42 2:45	17:16 1:34	19:35 2:19	21:04 1:29	23:02 1:58	29:48 6:46	31:27 1:39	32:26 0:59		
6	Pia Buchholz MTK Bad Harzburg	37:09	2:19 4:06 2:19 1:47 35:29 36:44 0:21 1:15 0:25	7:36 3:30	8:44 1:08	11:54 3:10	15:12 3:18	18:27 3:15	20:22 1:55	22:40 2:18	24:14 1:34	26:12 1:58	31:24 5:12	32:59 1:35	35:08 2:09		
7	Solia Stamer MTK Bad Harzburg	38:04	2:18 4:03 2:18 1:45 36:24 37:40 0:31 1:16 0:24	7:22 3:19	8:11 0:49	10:40 2:29	14:54 4:14	18:28 3:34	20:33 2:05	23:56 3:23	25:18 1:22	27:18 2:00	33:09 5:51	34:15 1:06	35:53 1:38		
8	Nadine Enoch TK Hannover	39:39	2:59 5:01 2:59 2:02 37:51 39:10 0:20 1:19 0:29	8:46 3:45	9:49 1:03	12:41 2:52	16:58 4:17	19:53 2:55	21:27 1:34	24:14 2:47	26:01 1:47	28:09 2:08	33:50 5:41	35:34 1:44	37:31 1:57		
9	Lion Bernsdorf MTV Seesen	40:18	3:47 5:21 3:47 1:34 38:27 39:56 0:22 1:29 0:22	8:44 3:23	9:44 1:00	13:12 3:28	16:39 3:27	20:02 3:23	23:10 3:08	25:58 2:48	27:31 1:33	29:30 1:59	34:44 5:14	36:53 2:09	38:05 1:12		
10	Sandra Castilho Marc SV Hildesia Diekhölze	46:34	2:33 5:06 2:33 2:33 44:25 45:53 0:24 1:28 0:41	9:21 4:15	11:35 2:14	15:08 3:33	18:48 3:40	22:37 3:49	24:43 2:06	27:29 2:46	29:35 2:06	32:13 2:38	40:40 8:27	42:56 2:16	44:01 1:05		
11	Lennart Krätz TV Jahn Wolfsburg	49:42	6:02 7:41 6:02 1:39 47:52 49:19 0:32 1:27 0:23	11:13 3:32	12:07 0:54	17:04 4:57	20:52 3:48	25:53 5:01	28:06 2:13	30:49 2:43	32:14 1:25	34:17 2:03	43:02 8:45	45:39 2:37	47:20 1:41		

Pl	Name	Zeit														
Bahn 3 (17)			4,0 km 95 Hm			16 P			<i>(Forts.)</i>							
			1(58) 15(45)	2(52) 16(100)	3(53) Ziel	4(54)	5(48)	6(36)	7(55)	8(67)	9(69)	10(33)	11(56)	12(32)	13(50)	14(59)
12	Petra Schneider SV Hildesia Diekholze	49:44	2:49 2:49 47:47	5:13 2:24 49:12	10:03 4:50 49:44	14:03 4:00	18:00 3:57	22:13 4:13	26:52 4:39	29:21 2:29	33:19 3:58	35:20 2:01	38:06 2:46	44:13 6:07	45:56 1:43	47:20 1:24
13	Sandra Wöhrer TV Jahn Wolfsburg	59:17	0:27 3:53 56:56	1:25 6:14 58:41	0:32 11:37 59:17	13:19 1:42	17:07 3:48	22:23 5:16	26:28 4:05	29:12 2:44	37:59 8:47	40:47 2:48	44:47 4:00	52:14 7:27	54:50 2:36	56:17 1:27
14	Claudia Weigert Braunschweiger MTV	70:42	0:39 6:17 6:17	1:45 8:49 2:32	0:36 14:41 5:52	17:18 2:37	21:56 4:38	28:06 6:10	33:25 5:19	36:03 2:38	41:22 5:19	47:00 5:38	51:12 4:12	61:38 10:26	65:47 4:09	67:26 1:39
	Jan Klose MTV Seesen	Fehlst	2:53 2:53 38:05	---- 39:07 39:07	8:07 5:14 39:22	9:01 0:54	17:42 8:41	20:24 2:42	22:44 2:20	25:17 2:33	27:54 2:37	29:18 1:24	31:01 1:43	35:30 4:29	36:31 1:01	37:48 1:17
	Marlen Steinhoff MTK Bad Harzburg	N Ang														
	Meike Hensseler MTV Seesen	N Ang														
Bahn 4 (14)			3,7 km 80 Hm			13 P										
			1(51)	2(47)	3(36)	4(67)	5(69)	6(33)	7(57)	8(49)	9(50)	10(32)	11(31)	12(45)	13(100)	Ziel
1	Henning Bruns MTK Bad Harzburg	31:24	1:38 1:38	5:22 3:44	7:43 2:21	11:49 4:06	14:09 2:20	15:42 1:33	21:27 5:45	25:35 4:08	26:26 0:51	27:29 1:03	28:38 1:09	29:55 1:17	31:01 1:06	31:24 0:23
2	Nils Holthoff SC Klecken	33:03	1:11 1:11	5:15 4:04	7:55 2:40	12:31 4:36	14:46 2:15	16:15 1:29	22:44 6:29	26:29 3:45	27:23 0:54	28:31 1:08	29:49 1:18	31:15 1:26	32:38 1:23	33:03 0:25
3	Michael Kukis OSC Kassel	34:04	1:29 1:29	4:49 3:20	8:27 3:38	12:40 4:13	14:44 2:04	16:56 2:12	22:04 5:08	26:15 4:11	27:27 1:12	30:04 2:37	31:28 1:24	32:36 1:08	33:41 1:05	34:04 0:23
				28:24 *49												
4	Luis Moreton TK Hannover	36:49	1:35 1:35	6:30 4:55	9:11 2:41	15:34 6:23	17:53 2:19	19:38 1:45	26:17 6:39	29:55 3:38	31:01 1:06	32:12 1:11	33:32 1:20	35:11 1:39	36:21 1:10	36:49 0:28
5	Uwe Dresel SC Klecken	39:07	1:32 1:32	5:57 4:25	8:41 2:44	14:10 5:29	17:31 3:21	19:21 1:50	26:09 6:48	31:14 5:05	32:30 1:16	33:55 1:25	35:47 1:52	37:08 1:21	38:42 1:34	39:07 0:25
6	Rochus Souan SV Hildesia Diekholze	43:35	2:02 2:02	6:30 4:28	9:23 2:53	14:45 5:22	17:58 3:13	20:03 2:05	27:01 6:58	31:41 4:40	36:14 4:33	37:41 1:27	39:27 1:46	41:22 1:55	42:56 1:34	43:35 0:39
7	Bernd Höfner OLV Uslar	49:32	1:27 1:27	5:29 4:02	19:26 13:57	24:33 5:07	27:39 3:06	31:18 3:39	38:03 6:45	41:59 3:56	43:20 1:21	44:34 1:14	46:05 1:31	47:49 1:44	49:14 1:25	49:32 0:18
8	Bernhard Keller TV Jahn Wolfsburg	50:29	2:53 2:53	11:27 8:34	15:00 3:33	20:39 5:39	23:31 2:52	25:33 2:02	33:23 7:50	38:36 5:13	41:14 2:38	43:11 1:57	46:17 3:06	48:18 2:01	49:57 1:39	50:29 0:32
9	Max Kempe OLV Uslar	68:07	6:52 6:52	11:52 5:00	15:10 3:18	20:43 5:33	24:53 4:10	27:48 2:55	36:33 8:45	40:49 4:16	42:36 1:47	61:41 19:05	64:20 2:39	66:05 1:45	67:47 1:42	68:07 0:20
10	Garvin Behling TK Hannover	70:26	22:23 22:23	27:19 4:56	35:44 8:25	41:01 5:17	44:21 3:20	46:33 2:12	52:56 6:23	57:42 4:46	60:15 2:33	62:01 1:46	66:04 4:03	67:59 1:55	70:07 2:08	70:26 0:19
11	Jannik Richter TK Hannover	72:30	3:35 3:35	14:45 11:10	17:45 3:00	26:11 8:26	30:52 4:41	34:19 3:27	45:41 11:22	53:35 7:54	57:28 3:53	60:33 3:05	63:35 3:02	69:57 6:22	72:09 2:12	72:30 0:21
12	Uwe Bokemüller Old + New	78:29	3:17 3:17	11:44 8:27	16:25 4:41	28:38 12:13	34:20 5:42	40:29 6:09	53:15 12:46	62:14 8:59	64:30 2:16	67:10 2:40	70:21 3:11	73:24 3:03	77:28 4:04	78:29 1:01
13	Felix Nolte TG 1860 Münden	107:26	3:28 3:28	15:47 12:19	54:57 39:10	60:59 6:02	65:27 4:28	71:19 5:52	79:00 7:41	88:50 9:50	90:15 1:25	94:51 4:36	101:17 6:26	104:12 2:55	106:42 2:30	107:26 0:44
14	Gerhard Kottschlag SV Hildesia Diekholze	111:52	12:49 12:49	23:56 11:07	29:14 5:18	46:53 17:39	53:18 6:25	60:16 6:58	75:44 15:28	83:39 7:55	86:33 2:54	89:20 2:47	104:00 14:40	107:29 3:29	110:55 3:26	111:52 0:57
Bahn 5 (18)			3,4 km 95 Hm			12 P										
			1(52)	2(53)	3(37)	4(48)	5(36)	6(55)	7(56)	8(57)	9(32)	10(59)	11(46)	12(100)	Ziel	
1	Liisa Rihko-Struckma Braunschweiger MTV	37:28	4:15 4:15	9:28 5:13	11:38 2:10	13:42 2:04	17:09 3:27	20:36 3:27	24:03 3:27	29:24 5:21	32:36 3:12	35:21 2:45	36:08 0:47	37:00 0:52	37:28 0:28	
			34:39 *45													
2	Tanja Buchholz MTK Bad Harzburg	38:06	4:23 4:23	8:07 3:44	10:23 2:16	12:45 2:22	16:37 3:52	19:56 3:19	23:42 3:46	29:40 5:58	33:48 4:08	35:55 2:07	36:42 0:47	37:36 0:54	38:06 0:30	
3	Anna Castilho Marcao SV Hildesia Diekholze	39:50	3:55 3:55	7:18 3:23	9:12 1:54	10:56 1:44	14:14 3:18	16:57 2:43	19:52 2:55	30:21 10:29	34:52 4:31	36:50 1:58	38:41 1:51	39:26 0:45	39:50 0:24	
4	Karlheinz Niescken SSV Langenhagen	39:57	3:57 3:57	8:41 4:44	12:03 3:22	14:01 1:58	19:16 5:15	22:17 3:01	27:15 4:58	31:07 3:52	35:58 4:51	37:52 1:54	38:33 0:41	39:27 0:54	39:57 0:30	
5	Gerhard Niederland TSV Schloss Rickling	43:11	5:29 5:29	9:47 4:18	12:06 2:19	14:12 2:06	18:06 3:54	21:10 3:04	24:55 3:45	29:30 4:35	37:51 8:21	40:43 2:52	41:50 1:07	42:46 0:56	43:11 0:25	
6	Mareike Blohm TSV Worswede	43:42	4:11 4:11	8:50 4:39	14:38 5:48	16:46 2:08	21:09 4:23	24:49 3:40	28:24 3:35	33:03 4:39	38:24 5:21	41:21 2:57	42:20 0:59	43:15 0:55	43:42 0:27	
7	Wilhelm Holz OLV Uslar	44:00	6:30 6:30	11:35 5:05	15:01 3:26	17:30 2:29	22:18 4:48	25:44 3:26	29:39 3:55	34:34 4:55	39:12 4:38	41:08 1:56	41:56 0:48	43:07 1:11	44:00 0:53	
8	Carolin Bernsdorf MTV Seesen	45:50	3:51 3:51	10:04 6:13	15:10 5:06	17:02 1:52	20:16 3:14	22:55 2:39	25:51 2:56	36:23 10:32	40:54 4:31	42:49 1:55	44:44 1:55	45:25 0:41	45:50 0:25	
9	Rainer Pieper SSV Langenhagen	46:04	6:13 6:13	10:58 4:45	13:34 2:36	15:57 2:23	19:32 3:35	22:57 3:25	26:37 3:40	32:19 5:42	40:53 8:34	43:34 2:41	44:44 1:10	45:35 0:51	46:04 0:29	

Pl Name	Zeit	0,9 km 15 Hm		7 P						
		1(60)	2(61)	3(62)	4(63)	5(64)	6(65)	7(100)	Ziel	
Bahn 10 (7)										
1 Hanna Stark	12:49	1:25	2:15	4:09	6:57	7:50	10:42	11:42	12:49	
MTV Seesen		1:25	0:50	1:54	2:48	0:53	2:52	1:00	1:07	
2 Tim Volke	13:57	0:20	0:56	2:14	9:44	10:13	12:42	13:23	13:57	
OLV Uslar		0:20	0:36	1:18	7:30	0:29	2:29	0:41	0:34	
3 Sania Stamer	15:52	1:18	2:19	4:47	9:41	11:24	14:41	15:15	15:51	
MTK Bad Harzburg		1:18	1:01	2:28	4:54	1:43	3:17	0:34	0:36	
4 Ria Wittke	15:56	1:32	2:21	5:29	9:44	11:27	14:44	15:20	15:55	
SV Hildesia Diekholze		1:32	0:49	3:08	4:15	1:43	3:17	0:36	0:35	
5 Finn Schips	17:34	1:19	2:08	5:20	11:14	12:20	16:40	17:00	17:34	
OLV Uslar		1:19	0:49	3:12	5:54	1:06	4:20	0:20	0:34	
6 Leon Weißkittel	27:14	0:55	1:30	3:18	5:54	6:42	25:27	26:15	27:14	
SSG Trögen-Üssingha		0:55	0:35	1:48	2:36	0:48	18:45	0:48	0:59	
AK Jonas Weißkittel	29:59	2:33	4:26	6:13	9:04	9:40	28:11	28:56	29:59	
SSG Trögen-Üssingha		2:33	1:53	1:47	2:51	0:36	18:31	0:45	1:03	