

Rogaining results – SNOW-Cup 2026 Training 6

2026-03-15

D/H14		Punkte	Zeit		
1.	Emil Riedel (OLV Uslar)	25p	1:05:35		
	33, 1p, – (–)	41, 1p, 1:15.1 (–)	32, 1p, 4:19 (–)	31, 1p, 0:56 (–)	34, 1p, 3:10 (–)
	35, 1p, 1:49 (–)	36, 1p, 4:20 (–)	37, 1p, 2:55 (–)	38, 1p, 6:04 (–)	40, 1p, 2:29 (–)
	39, 1p, 3:01 (–)	47, 1p, 5:22 (–)	46, 1p, 2:03 (–)	45, 1p, 2:23 (–)	55, 1p, 1:26 (–)
	44, 1p, 1:51 (–)	51, 1p, 1:47 (–)	48, 1p, 2:34 (–)	49, 1p, 2:23 (–)	53, 1p, 1:41 (–)
	50, 1p, 1:47 (–)	54, 1p, 3:10 (–)	42, 1p, 3:01 (–)	43, 1p, 1:38 (–)	52, 1p, 2:18 (–)
2.	Zoe Schwertner (MTV Seesen)	22p	1:17:47		
	33, 1p, – (–)	32, 1p, 4:15.1 (–)	31, 1p, 1:23 (–)	34, 1p, 4:16 (–)	35, 1p, 2:37 (–)
	40, 1p, 6:50 (–)	38, 1p, 3:56 (–)	39, 1p, 5:06 (–)	47, 1p, 8:12 (–)	46, 1p, 2:58 (–)
	45, 1p, 2:28 (–)	55, 1p, 2:59 (–)	44, 1p, 2:04 (–)	51, 1p, 2:35 (–)	48, 1p, 3:54 (–)
	49, 1p, 2:47 (–)	53, 1p, 2:16 (–)	50, 1p, 2:41 (–)	52, 1p, 2:26 (–)	54, 1p, 2:41 (–)
	43, 1p, 2:53 (–)	42, 1p, 2:55 (–)			
3.	Fiete Überall (OLV Uslar)	14p	1:00:08		
	55, 1p, 2:52 (–)	45, 1p, 2:31 (–)	46, 1p, 5:03 (–)	47, 1p, 4:58 (–)	48, 1p, 5:06 (–)
	49, 1p, 3:18 (–)	53, 1p, 3:06 (–)	51, 1p, 4:59 (–)	44, 1p, 2:58 (–)	54, 1p, 3:50 (–)
	43, 1p, 2:56 (–)	42, 1p, 2:56 (–)	50, 1p, 7:08 (–)	52, 1p, 5:51 (–)	
4.	Hannah Riedel (OLV Uslar)	14p	1:04:22		
	55, 1p, 2:10 (–)	45, 1p, 2:08 (–)	46, 1p, 2:58 (–)	47, 1p, 4:35 (–)	48, 1p, 2:59 (–)
	49, 1p, 4:47 (–)	53, 1p, 2:48 (–)	51, 1p, 4:12 (–)	44, 1p, 4:02 (–)	54, 1p, 2:39 (–)
	43, 1p, 2:46 (–)	42, 1p, 2:53 (–)	41, 1p, 11:58 (–)	52, 1p, 10:36 (–)	
5.	Ruslan Bessonov-Hüls (OLV Uslar)	13p	58:23		
	55, 1p, 2:05 (–)	45, 1p, 1:56 (–)	46, 1p, 2:55 (–)	47, 1p, 2:52 (–)	48, 1p, 2:31 (–)
	49, 1p, 6:05 (–)	53, 1p, 2:25 (–)	51, 1p, 4:12 (–)	44, 1p, 3:26 (–)	43, 1p, 4:01 (–)
	54, 1p, 1:35 (–)	42, 1p, 5:17 (–)	41, 1p, 11:31 (–)		
6.	Vincent Kaiser (MTV Seesen)	13p	1:16:58		
	33, 1p, – (–)	41, 1p, 1:21.1 (–)	32, 1p, 5:37 (–)	31, 1p, 1:56 (–)	34, 1p, 4:42 (–)
	35, 1p, 4:35 (–)	40, 1p, 6:22 (–)	38, 1p, 5:51 (–)	37, 1p, 10:33 (–)	36, 1p, 8:22 (–)
	55, 1p, 18:50 (–)	44, 1p, 2:07 (–)	54, 1p, 2:15 (–)		
7.	Liesbeth Pape-Lange (OLV Uslar)	11p	1:09:45		
	41, 1p, 3:06 (–)	32, 1p, 8:16 (–)	31, 1p, 2:18 (–)	34, 1p, 6:01 (–)	35, 1p, 5:14 (–)
	40, 1p, 12:40 (–)	55, 1p, 13:15 (–)	45, 1p, 2:50 (–)	44, 1p, 6:11 (–)	54, 1p, 3:42 (–)
	52, 1p, 3:21 (–)				
8.	Raya Frank (SV Hildesia Diekholzen)	9p	1:06:57		
	33, 1p, – (–)	41, 1p, 2:44.1 (–)	32, 1p, 10:30 (–)	31, 1p, 1:42 (–)	34, 1p, 9:11 (–)
	55, 1p, 13:57 (–)	45, 1p, 3:13 (–)	44, 1p, 6:47 (–)	43, 1p, 8:37 (–)	
9.	Hanna Stark (MTV Seesen)	8p	44:49		
	55, 1p, 9:17 (–)	45, 1p, 3:39 (–)	46, 1p, 4:15 (–)	47, 1p, 4:51 (–)	48, 1p, 4:47 (–)
	49, 1p, 6:08 (–)	53, 1p, 2:32 (–)	52, 1p, 5:47 (–)		
10.	Ida Pape-Lange (OLV Uslar)	8p	50:27		
	55, 1p, 8:12 (–)	45, 1p, 3:36 (–)	51, 1p, 11:15 (–)	48, 1p, 5:58 (–)	49, 1p, 4:21 (–)
	53, 1p, 3:45 (–)	50, 1p, 3:48 (–)	52, 1p, 4:54 (–)		
11.	Paul Riedel (OLV Uslar)	5p	35:58		
	55, 1p, 10:43 (–)	45, 1p, 3:53 (–)	44, 1p, 6:40 (–)	54, 1p, 4:47 (–)	52, 1p, 5:16 (–)

D/H18		Punkte	Zeit		
1.	Finn Ostendorff (TSV Worpswede)	25p	1:05:29		
	33, 1p, – (–)	41, 1p, 1:13.1 (–)	32, 1p, 4:24 (–)	31, 1p, 0:49 (–)	34, 1p, 3:11 (–)
	35, 1p, 1:59 (–)	36, 1p, 4:15 (–)	37, 1p, 2:55 (–)	38, 1p, 6:05 (–)	40, 1p, 2:22 (–)
	39, 1p, 3:02 (–)	47, 1p, 5:27 (–)	46, 1p, 1:57 (–)	45, 1p, 2:25 (–)	55, 1p, 1:20 (–)
	44, 1p, 1:54 (–)	51, 1p, 1:49 (–)	48, 1p, 2:29 (–)	49, 1p, 2:28 (–)	53, 1p, 1:36 (–)
	50, 1p, 1:45 (–)	54, 1p, 3:10 (–)	42, 1p, 3:03 (–)	43, 1p, 1:40 (–)	52, 1p, 2:19 (–)
2.	Johanna Wedekind (OLV Uslar)	23p	1:21:02		
	33, 1p, – (–)	32, 1p, 6:15.1 (–)	31, 1p, 1:28 (–)	34, 1p, 5:38 (–)	35, 1p, 4:05 (–)
	38, 1p, 6:10 (–)	40, 1p, 3:12 (–)	39, 1p, 3:54 (–)	47, 1p, 9:18 (–)	46, 1p, 3:09 (–)
	45, 1p, 2:22 (–)	55, 1p, 2:03 (–)	41, 1p, 3:55 (–)	44, 1p, 5:03 (–)	51, 1p, 2:15 (–)
	48, 1p, 3:07 (–)	49, 1p, 2:28 (–)	53, 1p, 1:43 (–)	50, 1p, 2:06 (–)	52, 1p, 2:05 (–)
	54, 1p, 2:10 (–)	43, 1p, 1:58 (–)	42, 1p, 2:15 (–)		
3.	Rut Stark (MTV Seesen)	22p	1:17:52		
	33, 1p, – (–)	32, 1p, 4:11.1 (–)	31, 1p, 1:19 (–)	34, 1p, 4:18 (–)	35, 1p, 2:37 (–)

40, 1p, 6:50 (-)	38, 1p, 3:48 (-)	39, 1p, 5:29 (-)	47, 1p, 8:15 (-)	46, 1p, 2:50 (-)
45, 1p, 2:27 (-)	55, 1p, 2:51 (-)	44, 1p, 2:14 (-)	51, 1p, 2:24 (-)	48, 1p, 3:42 (-)
49, 1p, 3:11 (-)	53, 1p, 2:14 (-)	50, 1p, 2:39 (-)	52, 1p, 2:16 (-)	54, 1p, 2:33 (-)
43, 1p, 3:11 (-)	42, 1p, 2:56 (-)			
4. Julia Fenz (OLV Uslar)		22p 1:30:43		
33, 1p, - (-)	32, 1p, 6:19.1 (-)	31, 1p, 1:28 (-)	34, 1p, 5:38 (-)	35, 1p, 4:19 (-)
38, 1p, 8:00 (-)	40, 1p, 4:23 (-)	39, 1p, 8:18 (-)	47, 1p, 9:54 (-)	46, 1p, 3:07 (-)
45, 1p, 2:45 (-)	55, 1p, 2:56 (-)	44, 1p, 3:33 (-)	51, 1p, 2:30 (-)	48, 1p, 4:37 (-)
49, 1p, 3:17 (-)	53, 1p, 2:28 (-)	50, 1p, 2:30 (-)	52, 1p, 2:27 (-)	54, 1p, 2:57 (-)
43, 1p, 2:19 (-)	42, 1p, 2:22 (-)			
5. Romy Frank (SV Hildesia Diekholzen)		21p 1:12:20		
33, 1p, - (-)	41, 1p, 1:40.1 (-)	32, 1p, 11:35 (-)	31, 1p, 0:58 (-)	34, 1p, 4:41 (-)
35, 1p, 2:37 (-)	40, 1p, 5:02 (-)	39, 1p, 3:10 (-)	47, 1p, 7:05 (-)	46, 1p, 2:52 (-)
45, 1p, 2:28 (-)	55, 1p, 2:59 (-)	44, 1p, 1:44 (-)	51, 1p, 2:37 (-)	48, 1p, 3:50 (-)
49, 1p, 2:47 (-)	53, 1p, 1:59 (-)	50, 1p, 2:08 (-)	43, 1p, 4:35 (-)	54, 1p, 2:55 (-)
52, 1p, 2:38 (-)				
6. Lamis Mousa (OLV Uslar)		18p 1:31:02		
33, 1p, - (-)	41, 1p, 4:36.1 (1:46)	32, 1p, 7:53 (9:39)	31, 1p, 1:19 (10:58)	34, 1p, 5:01 (15:59)
35, 1p, 2:33 (18:32)	36, 1p, 5:50 (24:22)	37, 1p, 3:32 (27:54)	38, 1p, 7:38 (35:32)	40, 1p, 3:11 (38:43)
39, 1p, 4:35 (43:18)	47, 1p, 28:18 (1:11:36)	46, 1p, 2:49 (1:14:25)	45, 1p, 3:17 (1:17:42)	51, 1p, 3:48 (1:21:30)
53, 1p, 2:41 (1:24:11)	50, 1p, 2:10 (1:26:21)	52, 1p, 2:17 (1:28:38)		
Offen E 18		Punkte Zeit		
1. Niklas Günther (OLV Uslar)		25p 1:09:58		
33, 1p, - (-)	41, 1p, 1:36.1 (-)	32, 1p, 4:07 (-)	31, 1p, 0:52 (-)	34, 1p, 2:58 (-)
35, 1p, 1:36 (-)	36, 1p, 4:53 (-)	37, 1p, 2:36 (-)	38, 1p, 4:53 (-)	40, 1p, 2:40 (-)
39, 1p, 3:35 (-)	55, 1p, 6:03 (-)	44, 1p, 1:37 (-)	45, 1p, 3:28 (-)	46, 1p, 2:01 (-)
47, 1p, 2:06 (-)	48, 1p, 1:52 (-)	51, 1p, 2:27 (-)	49, 1p, 4:03 (-)	53, 1p, 1:32 (-)
52, 1p, 2:30 (-)	50, 1p, 1:46 (-)	54, 1p, 3:26 (-)	42, 1p, 2:58 (-)	43, 1p, 1:53 (-)
2. Lena-Maria Klose (MTV Seesen)		25p 1:13:00		
33, 1p, - (-)	41, 1p, 1:56.1 (-)	32, 1p, 8:27 (-)	31, 1p, 0:55 (-)	34, 1p, 4:17 (-)
35, 1p, 2:25 (-)	36, 1p, 5:31 (-)	37, 1p, 3:25 (-)	38, 1p, 5:46 (-)	40, 1p, 2:52 (-)
39, 1p, 3:32 (-)	47, 1p, 4:55 (-)	48, 1p, 2:05 (-)	46, 1p, 2:41 (-)	45, 1p, 2:04 (-)
55, 1p, 1:56 (-)	44, 1p, 1:35 (-)	51, 1p, 1:53 (-)	49, 1p, 2:22 (-)	53, 1p, 1:38 (-)
50, 1p, 1:47 (-)	52, 1p, 1:38 (-)	54, 1p, 2:04 (-)	43, 1p, 1:42 (-)	42, 1p, 1:52 (-)
3. Malte Finkenstädt (OLV Uslar)		25p 1:20:26		
33, 1p, - (-)	32, 1p, 4:18.1 (-)	31, 1p, 1:04 (-)	34, 1p, 3:40 (-)	35, 1p, 1:54 (-)
36, 1p, 4:58 (-)	37, 1p, 3:54 (-)	38, 1p, 5:47 (-)	40, 1p, 2:18 (-)	39, 1p, 3:13 (-)
47, 1p, 5:18 (-)	48, 1p, 1:48 (-)	49, 1p, 2:41 (-)	53, 1p, 1:55 (-)	51, 1p, 2:16 (-)
46, 1p, 4:27 (-)	45, 1p, 2:13 (-)	55, 1p, 1:53 (-)	44, 1p, 1:33 (-)	54, 1p, 2:19 (-)
43, 1p, 1:51 (-)	42, 1p, 2:19 (-)	41, 1p, 6:55 (-)	50, 1p, 6:53 (-)	52, 1p, 2:36 (-)
4. Jens Schmidt (vereinslos)		24p -		
43, 1p, 2:25 (2:25)	42, 1p, 1:57 (4:22)	41, 1p, 5:50 (10:12)	32, 1p, 5:17 (15:29)	31, 1p, 5:30 (20:59)
34, 1p, - (-)	35, 1p, 2:31 (-)	36, 1p, 7:12 (-)	37, 1p, 13:09 (-)	38, 1p, 6:19 (-)
40, 1p, 5:30 (-)	39, 1p, 4:39 (-)	47, 1p, 9:45 (-)	46, 1p, 2:31 (-)	45, 1p, 2:11 (-)
55, 1p, 2:12 (-)	44, 1p, 1:45 (-)	54, 1p, 2:17 (-)	50, 1p, 5:14 (-)	51, 1p, 3:05 (-)
48, 1p, 3:06 (-)	49, 1p, 2:52 (-)	53, 1p, 1:46 (-)	52, 1p, 2:21 (-)	
5. Sascha Fenz (OLV Uslar)		24p 1:26:35		
33, 1p, - (-)	41, 1p, 1:45.1 (-)	32, 1p, 5:30 (-)	31, 1p, 1:09 (-)	34, 1p, 4:44 (-)
36, 1p, 8:00 (-)	37, 1p, 3:25 (-)	38, 1p, 7:08 (-)	39, 1p, 4:30 (-)	40, 1p, 4:59 (-)
55, 1p, 12:21 (-)	45, 1p, 2:06 (-)	46, 1p, 2:00 (-)	47, 1p, 2:29 (-)	48, 1p, 2:03 (-)
49, 1p, 2:21 (-)	53, 1p, 1:48 (-)	51, 1p, 2:10 (-)	44, 1p, 2:45 (-)	54, 1p, 2:01 (-)
43, 1p, 1:45 (-)	42, 1p, 2:03 (-)	50, 1p, 4:43 (-)	52, 1p, 2:40 (-)	
6. Martin Gertenbach (Ski-Club Helsa)		22p 1:11:47		
33, 1p, - (-)	41, 1p, 2:09.1 (-)	32, 1p, 5:33 (-)	31, 1p, 1:02 (-)	34, 1p, 4:10 (-)
35, 1p, 2:11 (-)	36, 1p, 5:54 (-)	37, 1p, 3:12 (-)	38, 1p, 6:28 (-)	40, 1p, 2:52 (-)
39, 1p, 4:11 (-)	47, 1p, 6:32 (-)	46, 1p, 2:57 (-)	45, 1p, 2:34 (-)	55, 1p, 2:28 (-)
44, 1p, 2:00 (-)	51, 1p, 2:17 (-)	48, 1p, 3:34 (-)	49, 1p, 2:48 (-)	53, 1p, 2:01 (-)
50, 1p, 2:09 (-)	52, 1p, 2:10 (-)			
7. Horst von Gaza (OLV Uslar)		21p 1:06:49		
33, 1p, - (-)	32, 1p, 6:39.1 (-)	31, 1p, 1:11 (-)	34, 1p, 3:59 (-)	36, 1p, 6:54 (-)
38, 1p, 6:00 (-)	40, 1p, 2:54 (-)	39, 1p, 3:11 (-)	47, 1p, 5:17 (-)	46, 1p, 3:17 (-)
45, 1p, 2:49 (-)	55, 1p, 1:57 (-)	44, 1p, 2:15 (-)	51, 1p, 2:16 (-)	48, 1p, 2:57 (-)
49, 1p, 2:35 (-)	53, 1p, 1:52 (-)	50, 1p, 1:52 (-)	52, 1p, 2:24 (-)	54, 1p, 2:11 (-)
43, 1p, 1:44 (-)				
8. Andrea Finkenstädt (OLV Uslar)		20p 1:15:36		
33, 1p, - (-)	32, 1p, 5:53.1 (-)	31, 1p, 1:04 (-)	34, 1p, 4:28 (-)	36, 1p, 5:43 (-)

37, 1p, 3:48 (–)	38, 1p, 7:12 (–)	39, 1p, 5:41 (–)	47, 1p, 7:10 (–)	46, 1p, 2:49 (–)
45, 1p, 2:55 (–)	55, 1p, 2:20 (–)	44, 1p, 2:20 (–)	51, 1p, 2:57 (–)	48, 1p, 3:46 (–)
49, 1p, 3:07 (–)	53, 1p, 2:22 (–)	50, 1p, 2:28 (–)	54, 1p, 3:55 (–)	43, 1p, 2:24 (–)
9. Marcel Frank (SV Hildesia Diekholzen)		19p 1:06:59		
41, 1p, 2:42 (–)	32, 1p, 10:43 (–)	31, 1p, 0:57 (–)	34, 1p, 4:23 (–)	35, 1p, 2:41 (–)
38, 1p, 5:08 (–)	40, 1p, 2:58 (–)	39, 1p, 3:49 (–)	46, 1p, 6:37 (–)	47, 1p, 2:36 (–)
48, 1p, 2:18 (–)	49, 1p, 2:43 (–)	53, 1p, 1:39 (–)	51, 1p, 2:08 (–)	44, 1p, 3:03 (–)
54, 1p, 2:30 (–)	43, 1p, 1:41 (–)	50, 1p, 3:35 (–)	52, 1p, 2:30 (–)	
10. Werner Drese (OLV Uslar)		19p 1:10:45		
32, 1p, 5:31 (–)	31, 1p, 1:11 (–)	34, 1p, 4:32 (–)	35, 1p, 2:31 (–)	40, 1p, 5:13 (–)
39, 1p, 5:05 (–)	47, 1p, 10:25 (–)	46, 1p, 2:44 (–)	45, 1p, 2:44 (–)	55, 1p, 2:32 (–)
44, 1p, 2:04 (–)	51, 1p, 2:39 (–)	48, 1p, 3:46 (–)	49, 1p, 3:04 (–)	53, 1p, 2:16 (–)
50, 1p, 2:30 (–)	52, 1p, 2:09 (–)	54, 1p, 2:50 (–)	43, 1p, 2:18 (–)	
11. Julia Stark (MTV Seesen)		19p 1:11:22		
33, 1p, – (–)	41, 1p, 2:54.1 (–)	32, 1p, 6:54 (–)	31, 1p, 1:26 (–)	34, 1p, 4:48 (–)
35, 1p, 3:31 (–)	40, 1p, 6:22 (–)	39, 1p, 5:17 (–)	47, 1p, 8:55 (–)	46, 1p, 3:23 (–)
45, 1p, 2:55 (–)	55, 1p, 2:46 (–)	44, 1p, 2:22 (–)	51, 1p, 2:35 (–)	48, 1p, 3:48 (–)
49, 1p, 3:11 (–)	53, 1p, 2:23 (–)	50, 1p, 2:34 (–)	52, 1p, 2:30 (–)	
12. Ulf Schindehütte (OLV Uslar)		19p 1:15:41		
33, 1p, – (–)	32, 1p, 4:51.1 (–)	31, 1p, 1:18 (–)	34, 1p, 5:01 (–)	35, 1p, 3:01 (–)
40, 1p, 5:43 (–)	38, 1p, 4:52 (–)	39, 1p, 8:28 (–)	47, 1p, 8:14 (–)	46, 1p, 4:12 (–)
45, 1p, 3:13 (–)	55, 1p, 3:09 (–)	44, 1p, 2:29 (–)	51, 1p, 2:50 (–)	53, 1p, 3:29 (–)
50, 1p, 2:39 (–)	52, 1p, 3:14 (–)	54, 1p, 3:03 (–)	43, 1p, 2:28 (–)	
13. Saskia Ernst-Liebing (Bovender SV)		19p 1:20:13		
33, 1p, – (–)	32, 1p, 7:12.1 (–)	31, 1p, 1:23 (–)	34, 1p, 4:53 (–)	35, 1p, 4:30 (–)
38, 1p, 6:20 (–)	40, 1p, 4:19 (–)	39, 1p, 5:17 (–)	47, 1p, 7:42 (–)	48, 1p, 3:04 (–)
49, 1p, 2:34 (–)	53, 1p, 2:08 (–)	51, 1p, 2:33 (–)	44, 1p, 5:12 (–)	55, 1p, 3:29 (–)
41, 1p, 4:37 (–)	42, 1p, 6:43 (–)	43, 1p, 2:24 (–)	54, 1p, 1:47 (–)	
14. Dennis-Alexander Brand		19p 1:20:16		
33, 1p, – (–)	32, 1p, 7:07.1 (–)	31, 1p, 1:35 (–)	34, 1p, 4:51 (–)	35, 1p, 4:19 (–)
38, 1p, 6:20 (–)	40, 1p, 4:32 (–)	39, 1p, 5:14 (–)	47, 1p, 7:42 (–)	48, 1p, 3:07 (–)
49, 1p, 2:30 (–)	53, 1p, 2:07 (–)	51, 1p, 2:38 (–)	44, 1p, 4:56 (–)	55, 1p, 3:43 (–)
41, 1p, 4:42 (–)	42, 1p, 6:37 (–)	43, 1p, 2:12 (–)	54, 1p, 1:59 (–)	
15. Katrin Fenz (OLV Uslar)		19p 1:22:30		
33, 1p, – (–)	41, 1p, 1:50.1 (–)	32, 1p, 10:35 (–)	31, 1p, 1:26 (–)	34, 1p, 5:53 (–)
35, 1p, 4:05 (–)	38, 1p, 8:09 (–)	39, 1p, 4:31 (–)	40, 1p, 6:20 (–)	55, 1p, 8:15 (–)
45, 1p, 2:55 (–)	44, 1p, 4:34 (–)	51, 1p, 2:49 (–)	53, 1p, 3:03 (–)	50, 1p, 3:21 (–)
52, 1p, 2:08 (–)	54, 1p, 2:53 (–)	43, 1p, 2:15 (–)	42, 1p, 2:25 (–)	
16. Andreas Meisel (OLV Uslar)		18p 1:07:07		
32, 1p, 4:53 (–)	31, 1p, 1:06 (–)	34, 1p, 4:51 (–)	35, 1p, 2:29 (–)	40, 1p, 5:46 (–)
55, 1p, 6:14 (–)	45, 1p, 2:04 (–)	46, 1p, 3:10 (–)	47, 1p, 3:32 (–)	48, 1p, 4:19 (–)
49, 1p, 3:19 (–)	53, 1p, 2:31 (–)	51, 1p, 3:22 (–)	44, 1p, 3:18 (–)	54, 1p, 3:03 (–)
43, 1p, 2:51 (–)	50, 1p, 4:33 (–)	52, 1p, 2:40 (–)		
17. Vivien Helmbrecht (OLV Uslar)		17p 1:04:40		
41, 1p, 3:04 (–)	32, 1p, 9:29 (–)	31, 1p, 1:26 (–)	55, 1p, 7:11 (–)	45, 1p, 3:14 (–)
46, 1p, 2:39 (–)	47, 1p, 4:07 (–)	48, 1p, 3:32 (–)	49, 1p, 2:56 (–)	53, 1p, 2:02 (–)
51, 1p, 3:07 (–)	44, 1p, 3:09 (–)	54, 1p, 3:20 (–)	42, 1p, 3:58 (–)	43, 1p, 2:42 (–)
50, 1p, 3:48 (–)	52, 1p, 2:27 (–)			
18. Jordan Sophie Meisel (OLV Uslar)		17p 1:04:44		
41, 1p, 3:05 (–)	32, 1p, 9:06 (–)	31, 1p, 1:31 (–)	55, 1p, 7:31 (–)	45, 1p, 3:13 (–)
46, 1p, 2:41 (–)	47, 1p, 3:59 (–)	48, 1p, 3:38 (–)	49, 1p, 2:56 (–)	53, 1p, 2:02 (–)
51, 1p, 3:00 (–)	44, 1p, 3:08 (–)	54, 1p, 3:28 (–)	42, 1p, 4:00 (–)	43, 1p, 2:40 (–)
50, 1p, 3:43 (–)	52, 1p, 2:27 (–)			
19. Nicole Frank (SV Hildesia Diekholzen)		17p 1:22:09		
33, 1p, – (–)	41, 1p, 2:45.1 (–)	32, 1p, 10:07 (–)	31, 1p, 1:47 (–)	34, 1p, 9:16 (–)
55, 1p, 14:07 (–)	45, 1p, 3:06 (–)	44, 1p, 6:45 (–)	51, 1p, 3:46 (–)	48, 1p, 4:23 (–)
49, 1p, 3:21 (–)	53, 1p, 2:22 (–)	50, 1p, 2:48 (–)	52, 1p, 2:34 (–)	54, 1p, 3:12 (–)
42, 1p, 5:18 (–)	43, 1p, 2:47 (–)			
20. Katariina Lukaczewski (SV Hildesia Diekholzen)		17p 1:31:04		
33, 1p, – (–)	55, 1p, 2:03.1 (–)	45, 1p, 2:04 (–)	46, 1p, 2:28 (–)	47, 1p, 2:58 (–)
39, 1p, 20:04 (–)	38, 1p, 5:55 (–)	40, 1p, 6:53 (–)	35, 1p, 6:13 (–)	34, 1p, 4:12 (–)
32, 1p, 13:37 (–)	31, 1p, 3:18 (–)	41, 1p, 6:40 (–)	42, 1p, 5:10 (–)	43, 1p, 2:15 (–)
54, 1p, 2:04 (–)	52, 1p, 2:53 (–)			
21. Kai Überall (OLV Uslar)		15p 1:16:55		
55, 1p, 2:55 (–)	45, 1p, 2:32 (–)	46, 1p, 4:51 (–)	47, 1p, 4:55 (–)	48, 1p, 5:09 (–)
49, 1p, 3:30 (–)	53, 1p, 2:58 (–)	51, 1p, 4:56 (–)	44, 1p, 3:02 (–)	54, 1p, 3:46 (–)

43, 1p, 3:05 (-)	42, 1p, 2:47 (-)	50, 1p, 7:10 (-)	52, 1p, 5:55 (-)	41, 1p, 11:40 (-)
22. Anke Schwertner (MTV Seesen)		14p 58:44		
55, 1p, 2:40 (-)	45, 1p, 2:21 (-)	46, 1p, 2:47 (-)	47, 1p, 4:01 (-)	48, 1p, 3:41 (-)
49, 1p, 3:18 (-)	53, 1p, 2:47 (-)	51, 1p, 4:03 (-)	44, 1p, 4:48 (-)	54, 1p, 3:12 (-)
42, 1p, 6:38 (-)	43, 1p, 3:13 (-)	50, 1p, 6:58 (-)	52, 1p, 4:07 (-)	
23. Imke Riedel (OLV Uslar)		14p 1:04:38		
55, 1p, 2:34 (-)	45, 1p, 2:00 (-)	46, 1p, 3:24 (-)	47, 1p, 3:53 (-)	48, 1p, 3:00 (-)
49, 1p, 4:51 (-)	53, 1p, 2:59 (-)	51, 1p, 4:19 (-)	44, 1p, 3:36 (-)	54, 1p, 2:44 (-)
43, 1p, 2:42 (-)	42, 1p, 2:54 (-)	41, 1p, 11:57 (-)	52, 1p, 10:48 (-)	
24. Susanne Körber (OLV Uslar)		14p 1:30:24		
33, 1p, - (-)	41, 1p, 3:32.1 (-)	32, 1p, 7:21 (-)	31, 1p, 2:32 (-)	34, 1p, 5:52 (-)
35, 1p, 3:56 (-)	36, 1p, 11:26 (-)	37, 1p, 4:30 (-)	38, 1p, 9:49 (-)	40, 1p, 7:57 (-)
39, 1p, 6:15 (-)	46, 1p, 14:38 (-)	45, 1p, 3:31 (-)	54, 1p, 4:56 (-)	
25. Sebastian Pape-Lange (OLV Uslar)		12p 1:09:49		
33, 1p, - (-)	41, 1p, 3:11.1 (-)	32, 1p, 7:53 (-)	31, 1p, 2:28 (-)	34, 1p, 6:05 (-)
35, 1p, 4:29 (-)	40, 1p, 13:27 (-)	55, 1p, 13:20 (-)	45, 1p, 2:49 (-)	44, 1p, 6:05 (-)
54, 1p, 3:44 (-)	52, 1p, 3:20 (-)			
26. Günter Stark (MTV Seesen)		9p 45:01		
55, 1p, 8:44 (-)	45, 1p, 2:51 (-)	46, 1p, 4:14 (-)	47, 1p, 4:33 (-)	48, 1p, 4:15 (-)
49, 1p, 4:47 (-)	53, 1p, 3:35 (-)	50, 1p, 3:34 (-)	52, 1p, 3:43 (-)	
27. Julia Pape-Lange (OLV Uslar)		8p 50:50		
55, 1p, 8:18 (-)	45, 1p, 3:25 (-)	51, 1p, 11:16 (-)	48, 1p, 5:57 (-)	49, 1p, 4:24 (-)
53, 1p, 3:44 (-)	50, 1p, 3:54 (-)	52, 1p, 4:57 (-)		
28. Laura Finkenstädt (OLV Uslar)		8p 54:04		
55, 1p, 6:15 (-)	45, 1p, 4:45 (-)	46, 1p, 6:05 (-)	47, 1p, 6:29 (-)	48, 1p, 6:29 (-)
49, 1p, 7:10 (-)	53, 1p, 4:56 (-)	52, 1p, 6:14 (-)		
29. Evi Drese (OLV Uslar)		5p 35:54		
55, 1p, 10:41 (-)	45, 1p, 3:53 (-)	44, 1p, 6:24 (-)	54, 1p, 5:03 (-)	52, 1p, 5:15 (-)