

Ergebnis – 5. LRL Uslar

2025-08-24

D/H10b		(6 / 7)		Zeit	Rückstand	Zeit verloren
1.	Marten Breckle 3:27 (3:27) 1:25 (15:23)	Bovender SV 2:15 (5:42) 0:51 (16:14)	4:52 (10:34)	16:14	2:00 (12:34)	0:31 1:24 (13:58)
2.	Ronja Quandtmeyer – (–) 5:20 (17:16)	OLV Uslar 3:14 (–) 1:51 (19:07)	25:48 (6:08)	19:07	+2:53 3:34 (9:42)	13:01 2:14 (11:56)
3.	Mathis Quandtmeyer 3:18 (3:18) 2:03 (18:16)	OLV Uslar 2:20 (5:38) 1:28 (19:44)	6:12 (11:50)	19:44	+3:30 2:23 (14:13)	0:24 2:00 (16:13)
4.	Yvonne Quandtmeyer 3:20 (3:20) 2:08 (18:42)	OLV Uslar 2:23 (5:43) 1:09 (19:51)	6:13 (11:56)	19:51	+3:37 2:21 (14:17)	0:27 2:17 (16:34)
5.	Mika Raschdorf 4:10 (4:10) 3:34 (30:46)	MTK Bad Harzburg 3:04 (7:14) 2:31 (33:17)	10:42 (17:56)	33:17	+17:03 5:55 (23:51)	7:10 3:21 (27:12)
6.	Frederike Weishaar 3:10 (3:10) 5:19 (43:11)	OLV Uslar 3:02 (6:12) 1:54 (45:05)	25:54 (32:06)	45:05	+28:51 3:42 (35:48)	21:08 2:04 (37:52)
D/H10		(4 / 5)		Zeit	Rückstand	Zeit verloren
1.	Jesper Bruns 1:36 (1:36) 0:44 (9:16)	MTK Bad Harzburg 1:19 (2:55) 0:30 (9:46)	3:23 (6:18)	9:46	1:16 (7:34)	0:00 0:58 (8:32)
2.	Noah Damerow 2:08 (2:08) 1:04 (11:33)	TSV Worpsswede 1:56 (4:04) 0:40 (12:13)	3:41 (7:45)	12:13	+2:27 1:31 (9:16)	0:25 1:13 (10:29)
3.	Raya Frank 2:48 (2:48) 1:36 (15:10)	SV Hildesia Diekholzen 2:20 (5:08) 0:57 (16:07)	5:32 (10:40)	16:07	+6:21 1:39 (12:19)	1:17 1:15 (13:34)
4.	Julia Ulbrich 3:39 (3:39) 1:37 (25:17)	OLV Uslar 2:31 (6:10) 1:25 (26:42)	12:17 (18:27)	26:42	+16:56 2:12 (20:39)	5:49 3:01 (23:40)
D12		(2 / 3)		Zeit	Rückstand	Zeit verloren
1.	Lorena Galli 2:08 (2:08) 1:52 (23:40)	SV Hildesia Diekholzen 1:27 (3:35) 1:11 (24:51)	8:03 (11:38) 0:53 (25:44)	26:20	3:20 (14:58) 0:36 (26:20)	1:23 6:50 (21:48)
2.	Anna Knaup 2:28 (2:28) 1:19 (24:23)	Braunschweiger MTV 1:49 (4:17) 0:59 (25:22)	9:04 (13:21) 0:54 (26:16)	26:41	+0:21 3:47 (17:08) 0:25 (26:41)	0:00 5:56 (23:04)
D14		(5 / 6)		Zeit	Rückstand	Zeit verloren
1.	Katharina Lorenz 4:46 (4:46) 2:52 (40:06)	SV Hildesia Diekholzen 9:48 (14:34) 0:44 (40:50)	5:35 (20:09) 1:01 (41:51)	43:16	13:59 (34:08) 0:46 (42:37)	4:05 3:06 (37:14) 0:39 (43:16)
2.	Oleksandra Nakonechna 4:20 (4:20) 13:47 (52:19)	OLV Steinberg 9:40 (14:00) 0:46 (53:05)	6:53 (20:53) 0:53 (53:58)	55:22	+12:06 11:42 (32:35) 0:59 (54:57)	12:11 5:57 (38:32) 0:25 (55:22)
3.	Johanna Wedekind 4:24 (4:24) 4:27 (55:17)	OLV Uslar 10:19 (14:43) 1:38 (56:55)	13:30 (28:13) 1:16 (58:11)	1:00:05	+16:49 15:07 (43:20) 1:10 (59:21)	9:44 7:30 (50:50) 0:44 (1:00:05)
4.	Hanna Stark 3:18 (3:18) 13:44 (58:18)	MTV Seesen 17:58 (21:16) 0:44 (59:02)	5:38 (26:54) 0:56 (59:58)	1:01:21	+18:05 11:43 (38:37) 0:57 (1:00:55)	18:40 5:57 (44:34) 0:26 (1:01:21)
	Ria Wittke 6:13 (6:13) 7:46 (37:07)	SV Hildesia Diekholzen – (–) 2:18 (39:25)	– (–) 1:59 (41:24)	Fehlst.	– (19:25) 2:21 (43:45)	9:56 (29:21) 1:08 (44:53)
	Anna Fenz – (–) – (–)	OLV Uslar – (–) – (–)	– (–) – (–)	Nicht Ang.	– (–) – (–)	– (–) – (–)
D16		(4 / 5)		Zeit	Rückstand	Zeit verloren
1.	Sania Stamer	SV Hildesia Diekholzen		1:00:58		0:00

	4:09 (4:09)	8:41 (12:50)	7:48 (20:38)	3:23 (24:01)	9:10 (33:11)
	6:35 (39:46)	2:27 (42:13)	3:58 (46:11)	4:32 (50:43)	3:42 (54:25)
	4:57 (59:22)	1:03 (1:00:25)	0:33 (1:00:58)		
2.	Lola Caspari	OL Team Lippe	1:41:26	+40:28	18:45
	12:46 (12:46)	15:29 (28:15)	10:15 (38:30)	4:38 (43:08)	18:42 (1:01:50)
	9:01 (1:10:51)	4:19 (1:15:10)	5:11 (1:20:21)	5:14 (1:25:35)	5:06 (1:30:41)
	7:48 (1:38:29)	2:14 (1:40:43)	0:43 (1:41:26)		
3.	Romy Frank	SV Hildesia Diekhöhlen	1:50:26	+49:28	26:05
	6:50 (6:50)	30:32 (37:22)	10:09 (47:31)	4:41 (52:12)	18:28 (1:10:40)
	9:06 (1:19:46)	4:22 (1:24:08)	5:15 (1:29:23)	5:15 (1:34:38)	5:06 (1:39:44)
	7:44 (1:47:28)	2:17 (1:49:45)	0:41 (1:50:26)		
4.	Julia Fenz	OLV Uslar	2:04:24	+1:03:26	31:26
	8:50 (8:50)	12:24 (21:14)	22:12 (43:26)	6:38 (50:04)	11:57 (1:02:01)
	16:44 (1:18:45)	7:10 (1:25:55)	5:38 (1:31:33)	7:52 (1:39:25)	12:22 (1:51:47)
	9:50 (2:01:37)	1:56 (2:03:33)	0:51 (2:04:24)		

D18		(4 / 5)		Zeit	Rückstand	Zeit verloren
1.	Karla Breckle	Bovender SV	1:01:19		2:11	
	2:27 (2:27)	2:13 (4:40)	3:26 (8:06)	2:13 (10:19)	5:58 (16:17)	
	1:53 (18:10)	3:54 (22:04)	1:16 (23:20)	9:33 (32:53)	1:17 (34:10)	
	11:55 (46:05)	9:22 (55:27)	2:12 (57:39)	1:35 (59:14)	2:05 (1:01:19)	
2.	Jule Weigert	TV Jahn Wolfsburg	1:04:29	+3:10	3:51	
	2:07 (2:07)	2:05 (4:12)	5:05 (9:17)	2:32 (11:49)	6:41 (18:30)	
	2:08 (20:38)	4:30 (25:08)	1:15 (26:23)	10:02 (36:25)	1:30 (37:55)	
	11:05 (49:00)	9:21 (58:21)	2:17 (1:00:38)	1:43 (1:02:21)	2:08 (1:04:29)	
3.	Rut Stark	MTV Seesen	1:20:13	+18:54	11:37	
	2:32 (2:32)	4:42 (7:14)	3:52 (11:06)	2:41 (13:47)	6:48 (20:35)	
	2:46 (23:21)	4:49 (28:10)	1:18 (29:28)	11:46 (41:14)	1:26 (42:40)	
	21:51 (1:04:31)	7:03 (1:11:34)	3:08 (1:14:42)	2:15 (1:16:57)	3:16 (1:20:13)	
	Anna Weigert	TV Jahn Wolfsburg	Fehlst.			
	2:00 (2:00)	8:12 (10:12)	3:05 (13:17)	2:09 (15:26)	6:56 (22:22)	
	1:50 (24:12)	5:05 (29:17)	1:02 (30:19)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (42:55)	

D19K		(10 / 11)		Zeit	Rückstand	Zeit verloren
1.	Carolin Bernsdorf	MTV Seesen	42:51		3:37	
	2:23 (2:23)	8:12 (10:35)	4:32 (15:07)	2:04 (17:11)	3:56 (21:07)	
	2:17 (23:24)	6:19 (29:43)	5:33 (35:16)	3:22 (38:38)	2:31 (41:09)	
	1:10 (42:19)	0:32 (42:51)				
2.	Svenja Pabst	OLV Uslar	48:10	+5:19	0:49	
	2:46 (2:46)	9:52 (12:38)	6:22 (19:00)	2:42 (21:42)	4:54 (26:36)	
	2:19 (28:55)	4:24 (33:19)	5:38 (38:57)	3:57 (42:54)	3:10 (46:04)	
	1:21 (47:25)	0:45 (48:10)				
3.	Mareike Blohm	TSV Worpsswede	51:04	+8:13	4:42	
	3:15 (3:15)	9:31 (12:46)	7:18 (20:04)	3:30 (23:34)	5:06 (28:40)	
	2:32 (31:12)	3:49 (35:01)	6:09 (41:10)	3:34 (44:44)	4:25 (49:09)	
	1:18 (50:27)	0:37 (51:04)				
4.	Anna-Lena Engelmann	TSV Worpsswede	51:17	+8:26	4:31	
	2:54 (2:54)	10:30 (13:24)	6:43 (20:07)	2:40 (22:47)	4:40 (27:27)	
	2:08 (29:35)	6:23 (35:58)	5:24 (41:22)	4:47 (46:09)	3:26 (49:35)	
	1:07 (50:42)	0:35 (51:17)				
5.	Julia Stark	MTV Seesen	51:33	+8:42	3:33	
	3:01 (3:01)	9:18 (12:19)	6:14 (18:33)	2:56 (21:29)	5:13 (26:42)	
	2:59 (29:41)	4:41 (34:22)	6:16 (40:38)	5:03 (45:41)	3:42 (49:23)	
	1:32 (50:55)	0:38 (51:33)				
6.	Roza Burdukova	Braunschweiger MTV	55:15	+12:24	7:05	
	3:36 (3:36)	10:12 (13:48)	6:00 (19:48)	2:40 (22:28)	5:31 (27:59)	
	7:29 (35:28)	4:29 (39:57)	6:34 (46:31)	3:30 (50:01)	3:12 (53:13)	
	1:23 (54:36)	0:39 (55:15)				
7.	Irina Kupriyanova	Turn-Klubb zu Hannover	56:41	+13:50	13:15	
	2:53 (2:53)	17:44 (20:37)	7:06 (27:43)	2:38 (30:21)	3:26 (33:47)	
	1:44 (35:31)	3:41 (39:12)	8:57 (48:09)	3:19 (51:28)	3:31 (54:59)	
	1:11 (56:10)	0:31 (56:41)				
8.	Claudia Weigert	TV Jahn Wolfsburg	1:08:54	+26:03	5:31	
	3:36 (3:36)	13:30 (17:06)	8:33 (25:39)	5:15 (30:54)	7:06 (38:00)	
	4:22 (42:22)	5:43 (48:05)	8:58 (57:03)	4:04 (1:01:07)	4:56 (1:06:03)	
	1:57 (1:08:00)	0:54 (1:08:54)				
	Jessica Drese	OLV Uslar	Fehlst.			
	2:55 (2:55)	13:46 (16:41)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (18:28)	3:02 (21:30)	
	1:12 (22:42)	0:36 (23:18)				

Jordan Sophie Meisel	OLV Uslar	Fehlst.
- (-)	- (-)	- (-)
- (-)	- (-)	- (-)
- (-)	- (58:50)	

D19L	(8 / 9)	Zeit	Rückstand	Zeit verloren
1. Lina Buchberger	MTV Seesen	1:08:39		4:24
12:30 (12:30)	2:56 (15:26)		6:10 (23:02)	4:54 (27:56)
3:31 (31:27)	5:06 (36:33)	1:26 (16:52)	9:26 (47:02)	1:20 (48:22)
9:35 (57:57)	5:09 (1:03:06)	1:03 (37:36)	1:31 (1:06:41)	1:58 (1:08:39)
2. Ann-Charlotte Vahlbusch	TG 1860 Münden	1:12:32	+3:53	0:00
9:06 (9:06)	3:21 (12:27)		7:39 (21:47)	5:05 (26:52)
4:16 (31:08)	5:44 (36:52)	1:41 (14:08)	9:59 (48:19)	1:27 (49:46)
10:07 (59:53)	6:05 (1:05:58)	1:28 (38:20)	1:39 (1:10:04)	2:28 (1:12:32)
3. Hanna Czerlinski	MTV Seesen	1:17:26	+8:47	6:14
8:14 (8:14)	4:28 (12:42)		8:34 (23:24)	5:08 (28:32)
4:49 (33:21)	5:04 (38:25)	2:08 (14:50)	11:57 (51:53)	2:00 (53:53)
9:32 (1:03:25)	6:10 (1:09:35)	1:31 (39:56)	2:04 (1:14:21)	3:05 (1:17:26)
4. Olesia Mordikova		1:20:23	+11:44	11:15
8:26 (8:26)	5:21 (13:47)		8:12 (23:23)	6:12 (29:35)
4:44 (34:19)	5:17 (39:36)	1:24 (15:11)	10:18 (51:02)	1:18 (52:20)
9:08 (1:01:28)	12:51 (1:14:19)	1:08 (40:44)	1:37 (1:18:19)	2:04 (1:20:23)
5. Solia Stamer	MTK Bad Harzburg	1:22:43	+14:04	7:14
9:11 (9:11)	6:52 (16:03)		7:16 (24:53)	5:27 (30:20)
4:39 (34:59)	5:36 (40:35)	1:34 (17:37)	11:04 (53:08)	1:34 (54:42)
14:20 (1:09:02)	6:13 (1:15:15)	1:29 (42:04)	1:58 (1:20:08)	2:35 (1:22:43)
6. Pia Buchholz	MTK Bad Harzburg	1:29:16	+20:37	7:56
12:21 (12:21)	4:55 (17:16)		7:12 (26:26)	5:45 (32:11)
5:53 (38:04)	7:24 (45:28)	1:58 (19:14)	12:40 (59:42)	1:24 (1:01:06)
12:58 (1:14:04)	7:45 (1:21:49)	1:34 (47:02)	1:45 (1:26:28)	2:48 (1:29:16)
7. Michaela Matyssek	OL Team Lippe	2:03:04	+54:25	28:35
11:59 (11:59)	4:43 (16:42)		12:37 (31:00)	8:01 (39:01)
7:53 (46:54)	6:56 (53:50)	1:41 (18:23)	14:07 (1:09:27)	1:41 (1:11:08)
13:05 (1:24:13)	7:53 (1:32:06)	1:30 (55:20)	3:34 (2:00:45)	2:19 (2:03:04)
8. Carlotta Haupt	MTK Bad Harzburg	2:07:16	+58:37	17:25
13:34 (13:34)	8:36 (22:10)		15:56 (41:15)	8:30 (49:45)
8:57 (58:42)	9:17 (1:07:59)	3:09 (25:19)	14:16 (1:24:19)	2:17 (1:26:36)
19:19 (1:45:55)	10:48 (1:56:43)	2:04 (1:10:03)	2:24 (2:02:36)	4:40 (2:07:16)

D35	(4 / 5)	Zeit	Rückstand	Zeit verloren
1. Anke von Gaza	OLV Uslar	1:18:36		1:34
3:08 (3:08)	2:46 (5:54)		2:59 (13:36)	7:39 (21:15)
2:31 (23:46)	6:04 (29:50)	4:43 (10:37)	12:22 (43:54)	1:44 (45:38)
14:34 (1:00:12)	9:33 (1:09:45)	1:42 (31:32)	2:29 (1:15:46)	2:50 (1:18:36)
2. Renée Schwartz	OSC Kassel	1:23:11	+4:35	3:56
3:10 (3:10)	3:09 (6:19)		3:52 (15:11)	8:52 (24:03)
2:41 (26:44)	6:10 (32:54)	5:00 (11:19)	14:42 (49:37)	1:41 (51:18)
12:58 (1:04:16)	9:18 (1:13:34)	2:01 (34:55)	2:40 (1:20:27)	2:44 (1:23:11)
3. Nicole Frank	SV Hildesia Diekhöfen	1:51:24	+32:48	16:05
3:56 (3:56)	3:44 (7:40)		4:03 (19:22)	9:40 (29:02)
4:27 (33:29)	7:17 (40:46)	7:39 (15:19)	25:30 (1:08:37)	2:20 (1:10:57)
18:26 (1:29:23)	10:20 (1:39:43)	2:21 (43:07)	4:09 (1:48:01)	3:23 (1:51:24)
4. Quinn Enoch	Turn-Klubb zu Hannover	2:18:53	+1:00:17	22:58
5:48 (5:48)	4:40 (10:28)		5:17 (25:47)	12:06 (37:53)
4:44 (42:37)	7:36 (50:13)	10:02 (20:30)	24:43 (1:17:42)	2:43 (1:20:25)
16:55 (1:37:20)	17:24 (1:54:44)	2:46 (52:59)	3:20 (2:14:16)	4:37 (2:18:53)
Dorothea Kirves	TG 1860 Münden	Nicht Ang.		
- (-)	- (-)		- (-)	- (-)
- (-)	- (-)		- (-)	- (-)
- (-)	- (-)		- (-)	- (-)

D45	(11 / 11)	Zeit	Rückstand	Zeit verloren
1. Ivana Knaupova	Braunschweiger MTV	50:06		0:00
4:05 (4:05)	8:14 (12:19)		2:35 (20:41)	6:23 (27:04)
4:29 (31:33)	2:04 (33:37)	5:47 (18:06)	3:50 (40:37)	3:13 (43:50)
4:40 (48:30)	1:02 (49:32)	3:10 (36:47)		
		0:34 (50:06)		
2. Esther Stamer	MTK Bad Harzburg	58:17	+8:11	3:17
4:13 (4:13)	8:13 (12:26)		3:11 (22:44)	6:26 (29:10)
7:13 (36:23)	2:15 (38:38)	7:07 (19:33)	4:12 (46:17)	3:30 (49:47)
6:55 (56:42)	1:05 (57:47)	3:27 (42:05)		
		0:30 (58:17)		

3.	Michaela Bruns	MTK Bad Harzburg	1:18:39	+28:33	8:22	
	7:01 (7:01)	15:49 (22:50)	7:22 (30:12)	4:26 (34:38)		7:59 (42:37)
	7:41 (50:18)	3:24 (53:42)	4:58 (58:40)	5:11 (1:03:51)		4:29 (1:08:20)
	7:37 (1:15:57)	1:52 (1:17:49)	0:50 (1:18:39)			
4.	Kerstin Wittke	SV Hildesia Diekholzen	1:19:26	+29:20	7:15	
	6:12 (6:12)	11:02 (17:14)	10:20 (27:34)	4:40 (32:14)		8:16 (40:30)
	8:58 (49:28)	3:50 (53:18)	3:59 (57:17)	6:15 (1:03:32)		5:58 (1:09:30)
	7:46 (1:17:16)	1:22 (1:18:38)	0:48 (1:19:26)			
5.	Ulrike Breckle	Bovender SV	1:21:40	+31:34	5:27	
	5:27 (5:27)	12:41 (18:08)	10:37 (28:45)	4:58 (33:43)		10:57 (44:40)
	8:45 (53:25)	3:14 (56:39)	5:01 (1:01:40)	5:08 (1:06:48)		4:30 (1:11:18)
	8:00 (1:19:18)	1:30 (1:20:48)	0:52 (1:21:40)			
6.	Nadine Enoch	Turn-Klubb zu Hannover	1:21:54	+31:48	18:37	
	10:52 (10:52)	19:34 (30:26)	7:29 (37:55)	3:06 (41:01)		10:04 (51:05)
	5:52 (56:57)	2:26 (59:23)	4:17 (1:03:40)	5:00 (1:08:40)		4:58 (1:13:38)
	6:03 (1:19:41)	1:23 (1:21:04)	0:50 (1:21:54)			
7.	Tanja Buchholz	MTK Bad Harzburg	1:22:43	+32:37	6:14	
	6:12 (6:12)	11:18 (17:30)	10:08 (27:38)	3:40 (31:18)		9:27 (40:45)
	8:47 (49:32)	3:16 (52:48)	4:11 (56:59)	9:22 (1:06:21)		5:16 (1:11:37)
	8:50 (1:20:27)	1:30 (1:21:57)	0:46 (1:22:43)			
8.	Kerstin Krätz	TV Jahn Wolfsburg	1:42:11	+52:05	29:21	
	5:49 (5:49)	36:31 (42:20)	7:44 (50:04)	3:14 (53:18)		11:16 (1:04:34)
	6:44 (1:11:18)	3:12 (1:14:30)	6:33 (1:21:03)	6:09 (1:27:12)		5:06 (1:32:18)
	7:42 (1:40:00)	1:36 (1:41:36)	0:35 (1:42:11)			
	Pia Caspari	OL Team Lippe	Fehlst.			
	14:09 (14:09)	13:51 (28:00)	12:22 (40:22)	4:13 (44:35)		11:31 (56:06)
	- (-)	- (-)	- (-)	- (-)		- (-)
	- (1:05:05)	1:59 (1:07:04)	0:54 (1:07:58)			
	Sandra Castilho Marcao	SV Hildesia Diekholzen	Fehlst.			
	5:19 (5:19)	9:26 (14:45)	9:47 (24:32)	3:43 (28:15)		9:41 (37:56)
	9:33 (47:29)	7:43 (55:12)	- (-)	- (-)		- (-)
	- (-)	- (-)	- (1:06:28)			
	Katrin Fenz	OLV Uslar	Aufg.			
	34:25 (34:25)	10:44 (45:09)	21:48 (1:06:57)	8:26 (1:15:23)		12:11 (1:27:34)
	18:25 (1:45:59)	5:40 (1:51:39)	9:02 (2:00:41)	- (-)		- (-)
	- (-)	- (-)	- (-)			
	Silke Napp	TV Jahn Wolfsburg	Nicht Ang.			
	- (-)	- (-)	- (-)	- (-)		- (-)
	- (-)	- (-)	- (-)	- (-)		- (-)
	- (-)	- (-)	- (-)			

D55	(11 / 12)	Zeit	Rückstand	Zeit verloren
1.	Kirsten König	OLG Ortenau	45:17	0:37
	3:17 (3:17)	7:59 (11:16)	6:00 (17:16)	2:42 (19:58)
	2:08 (26:58)	4:03 (31:01)	5:20 (36:21)	3:35 (39:56)
	1:16 (44:37)	0:40 (45:17)		4:52 (24:50)
				3:25 (43:21)
2.	Andrea Finkenstädt	OLV Uslar	47:01	+1:44
	3:11 (3:11)	8:07 (11:18)	5:00 (16:18)	3:14 (19:32)
	4:15 (28:20)	4:15 (32:35)	5:29 (38:04)	3:40 (41:44)
	1:31 (46:15)	0:46 (47:01)		4:33 (24:05)
				3:00 (44:44)
3.	Liisa Rihko-Struckmann	Braunschweiger MTV	48:09	+2:52
	3:23 (3:23)	10:08 (13:31)	5:48 (19:19)	3:09 (22:28)
	2:06 (30:01)	3:44 (33:45)	5:14 (38:59)	3:53 (42:52)
	1:24 (47:21)	0:48 (48:09)		5:27 (27:55)
				3:05 (45:57)
4.	Claudia Greiner	OSC Kassel	49:12	+3:55
	3:22 (3:22)	9:08 (12:30)	6:19 (18:49)	2:55 (21:44)
	2:23 (29:11)	4:11 (33:22)	5:36 (38:58)	4:35 (43:33)
	1:21 (48:19)	0:53 (49:12)		5:04 (26:48)
				3:25 (46:58)
5.	Sonja Kunze	OLV Uslar	51:42	+6:25
	3:03 (3:03)	12:11 (15:14)	6:41 (21:55)	2:37 (24:32)
	2:45 (32:03)	4:13 (36:16)	5:31 (41:47)	4:36 (46:23)
	1:20 (51:04)	0:38 (51:42)		4:46 (29:18)
				3:21 (49:44)
6.	Claudia Ducki-Höckner	MTK Bad Harzburg	53:40	+8:23
	3:17 (3:17)	9:09 (12:26)	6:25 (18:51)	2:43 (21:34)
	2:25 (28:37)	4:30 (33:07)	8:39 (41:46)	4:26 (46:12)
	1:30 (52:51)	0:49 (53:40)		4:38 (26:12)
				5:09 (51:21)
7.	Ulrike Korff	SC Achmer	54:09	+8:52
	3:23 (3:23)	8:36 (11:59)	6:43 (18:42)	4:30 (23:12)
	2:16 (34:58)	5:54 (40:52)	5:23 (46:15)	3:30 (49:45)
	1:18 (53:35)	0:34 (54:09)		9:30 (32:42)
				2:32 (52:17)

8.	Barbara Dresel	SC Klecken	1:01:06	+15:49	1:59	
	3:59 (3:59)	10:32 (14:31)	7:40 (22:11)	3:35 (25:46)		6:26 (32:12)
	2:49 (35:01)	6:05 (41:06)	7:09 (48:15)	4:52 (53:07)		4:51 (57:58)
	1:59 (59:57)	1:09 (1:01:06)				
9.	Susanne Körber	OLV Uslar	1:06:54	+21:37	11:42	
	3:44 (3:44)	12:31 (16:15)	7:56 (24:11)	3:14 (27:25)		4:47 (32:12)
	2:56 (35:08)	4:54 (40:02)	8:39 (48:41)	7:40 (56:21)		7:52 (1:04:13)
	1:55 (1:06:08)	0:46 (1:06:54)				
10.	Esther Knoblauch	MTK Bad Harzburg	1:10:07	+24:50	3:32	
	4:39 (4:39)	12:37 (17:16)	9:22 (26:38)	4:04 (30:42)		6:13 (36:55)
	3:40 (40:35)	6:36 (47:11)	8:17 (55:28)	5:44 (1:01:12)		5:57 (1:07:09)
	2:03 (1:09:12)	0:55 (1:10:07)				
11.	Brigitte Dersch-Kollenbach	Ski-Club Helsa	1:36:20	+51:03	10:19	
	5:36 (5:36)	15:48 (21:24)	10:50 (32:14)	5:59 (38:13)		8:05 (46:18)
	9:35 (55:53)	9:52 (1:05:45)	11:44 (1:17:29)	8:09 (1:25:38)		6:02 (1:31:40)
	2:57 (1:34:37)	1:43 (1:36:20)				

D65	(1 / 2)	Zeit	Rückstand	Zeit verloren
1.	Antje Sobczak	Braunschweiger MTV	1:29:19	0:00
	4:57 (4:57)	2:56 (7:53)	12:05 (19:58)	4:27 (24:25)
	39:29 (1:08:43)	5:35 (1:14:18)	7:08 (1:21:26)	6:44 (1:28:10)
				4:49 (29:14)
				1:09 (1:29:19)

H12	(4 / 5)	Zeit	Rückstand	Zeit verloren
1.	Samuel Rattey	TG 1860 Münden	35:57	9:22
	2:29 (2:29)	1:38 (4:07)	8:46 (12:53)	3:42 (16:35)
	1:24 (33:37)	1:03 (34:40)	0:46 (35:26)	0:31 (35:57)
				15:38 (32:13)
2.	Jameson Sachs	MTV Seesen	38:52	+2:55
	2:28 (2:28)	2:21 (4:49)	16:09 (20:58)	6:07 (27:05)
	1:13 (36:44)	0:53 (37:37)	0:45 (38:22)	0:30 (38:52)
				8:26 (35:31)
3.	Vincent Kaiser	MTV Seesen	44:51	+8:54
	2:29 (2:29)	1:30 (3:59)	28:01 (32:00)	3:28 (35:28)
	1:15 (42:39)	0:53 (43:32)	0:47 (44:19)	0:32 (44:51)
				5:56 (41:24)
	Tim Warnecke	OLV Uslar	Aufg.	
	3:46 (3:46)	3:21 (7:07)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)

H14	(4 / 5)	Zeit	Rückstand	Zeit verloren
1.	Erik Bruns	MTK Bad Harzburg	35:12	1:40
	3:52 (3:52)	7:23 (11:15)	3:37 (14:52)	10:01 (24:53)
	3:56 (32:20)	0:48 (33:08)	0:59 (34:07)	0:39 (34:46)
				3:31 (28:24)
				0:26 (35:12)
2.	Emil Riedel	OLV Uslar	40:11	+4:59
	6:13 (6:13)	10:39 (16:52)	3:01 (19:53)	9:59 (29:52)
	3:58 (37:25)	0:55 (38:20)	0:49 (39:09)	0:35 (39:44)
				3:35 (33:27)
				0:27 (40:11)
3.	Levi Joe Brauer	SV Hildesia Diekholzen	42:41	+7:29
	3:37 (3:37)	8:21 (11:58)	3:20 (15:18)	17:32 (32:50)
	2:49 (39:21)	0:48 (40:09)	1:18 (41:27)	0:48 (42:15)
				3:42 (36:32)
				0:26 (42:41)
4.	Angelo Kühl	MTK Bad Harzburg	55:11	+19:59
	7:03 (7:03)	10:01 (17:04)	4:28 (21:32)	12:31 (34:03)
	3:50 (52:04)	1:03 (53:07)	0:48 (53:55)	0:48 (54:43)
				14:11 (48:14)
				0:28 (55:11)

H16	(2 / 3)	Zeit	Rückstand	Zeit verloren
1.	Constantin Jacob Freudenfeld	TSV Worpswede	1:13:15	0:00
	2:03 (2:03)	1:55 (3:58)	3:33 (7:31)	2:05 (9:36)
	2:17 (18:00)	4:21 (22:21)	1:05 (23:26)	15:13 (38:39)
	18:56 (58:44)	8:45 (1:07:29)	2:15 (1:09:44)	1:36 (1:11:20)
				1:55 (1:13:15)
2.	Raphael Rattey	TG 1860 Münden	2:38:17	+1:25:02
	2:50 (2:50)	3:54 (6:44)	7:23 (14:07)	20:30 (34:37)
	2:37 (54:29)	7:59 (1:02:28)	2:03 (1:04:31)	20:03 (1:24:34)
	30:41 (1:56:55)	27:11 (2:24:06)	6:15 (2:30:21)	4:26 (2:34:47)
				17:15 (51:52)
				1:40 (1:26:14)
				3:30 (2:38:17)

H18	(1 / 2)	Zeit	Rückstand	Zeit verloren
1.	Maik Schweizer	MTV Seesen	1:23:40	0:00
	11:10 (11:10)	3:44 (14:54)	1:30 (16:24)	7:43 (24:07)
	3:53 (35:39)	4:20 (39:59)	1:20 (41:19)	15:55 (57:14)
	10:30 (1:09:07)	6:21 (1:15:28)	2:32 (1:18:00)	2:24 (1:20:24)
				7:39 (31:46)
				1:23 (58:37)
				3:16 (1:23:40)

H19K	(2 / 3)	Zeit	Rückstand	Zeit verloren
	Alexey Kupriyanov	Turn-Klubb zu Hannover	Fehlst.	
	3:57 (3:57)	31:43 (35:40)	- (-)	- (52:06)
	- (-)	- (-)	- (-)	- (-)
	- (56:46)	1:36 (58:22)	0:42 (59:04)	

Thorben Grieb		OLV Uslar		Fehlst.	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (35:46)	- (35:46)	6:31 (42:17)	5:54 (48:11)
8:56 (57:07)	1:58 (59:05)	1:03 (1:00:08)	1:03 (1:00:08)		
H19L	(11 / 11)	Zeit	Rückstand	Zeit verloren	
1. Bojan Blumenstein	OSC Kassel	54:47		0:00	
6:13 (6:13)	3:43 (9:56)	2:03 (11:59)	3:55 (15:54)	3:27 (19:21)	
1:09 (20:30)	2:10 (22:40)	1:32 (24:12)	4:16 (28:28)	3:12 (31:40)	
0:52 (32:32)	7:24 (39:56)	0:51 (40:47)	6:12 (46:59)	3:27 (50:26)	
1:35 (52:01)	1:01 (53:02)	1:45 (54:47)			
2. Ole Henseler	MTV Seesen	59:25	+4:38	4:22	
5:58 (5:58)	3:17 (9:15)	1:37 (10:52)	7:43 (18:35)	3:20 (21:55)	
1:29 (23:24)	2:20 (25:44)	1:28 (27:12)	4:06 (31:18)	3:10 (34:28)	
0:47 (35:15)	7:42 (42:57)	0:51 (43:48)	6:01 (49:49)	4:43 (54:32)	
2:10 (56:42)	1:12 (57:54)	1:31 (59:25)			
3. Guillaume Wyrsh	TSV Worpswede	1:02:21	+7:34	4:11	
5:57 (5:57)	4:18 (10:15)	1:54 (12:09)	5:06 (17:15)	3:33 (20:48)	
1:33 (22:21)	2:41 (25:02)	1:39 (26:41)	4:11 (30:52)	3:28 (34:20)	
1:04 (35:24)	7:11 (42:35)	1:19 (43:54)	7:40 (51:34)	5:04 (56:38)	
1:58 (58:36)	1:28 (1:00:04)	2:17 (1:02:21)			
4. Till Finkenstädt	OLV Uslar	1:10:50	+16:03	7:25	
6:29 (6:29)	3:58 (10:27)	3:41 (14:08)	5:07 (19:15)	7:10 (26:25)	
1:24 (27:49)	2:43 (30:32)	1:38 (32:10)	4:29 (36:39)	3:51 (40:30)	
1:01 (41:31)	9:04 (50:35)	0:54 (51:29)	7:10 (58:39)	6:53 (1:05:32)	
2:14 (1:07:46)	1:25 (1:09:11)	1:39 (1:10:50)			
5. Nilas Stamer	MTK Bad Harzburg	1:11:42	+16:55	5:57	
6:55 (6:55)	4:34 (11:29)	3:23 (14:52)	4:39 (19:31)	4:56 (24:27)	
1:40 (26:07)	2:38 (28:45)	2:13 (30:58)	6:04 (37:02)	4:50 (41:52)	
0:58 (42:50)	10:09 (52:59)	1:09 (54:08)	8:02 (1:02:10)	4:17 (1:06:27)	
2:00 (1:08:27)	1:26 (1:09:53)	1:49 (1:11:42)			
6. Markus Müller	OSC Kassel	1:12:33	+17:46	1:27	
7:22 (7:22)	5:03 (12:25)	2:21 (14:46)	5:53 (20:39)	4:44 (25:23)	
1:57 (27:20)	3:22 (30:42)	2:03 (32:45)	5:45 (38:30)	4:15 (42:45)	
1:13 (43:58)	8:25 (52:23)	1:05 (53:28)	7:58 (1:01:26)	5:34 (1:07:00)	
1:59 (1:08:59)	1:31 (1:10:30)	2:03 (1:12:33)			
7. Jan Schliebener	OLV Uslar	1:17:57	+23:10	6:41	
7:09 (7:09)	4:36 (11:45)	3:48 (15:33)	8:37 (24:10)	5:30 (29:40)	
1:48 (31:28)	3:22 (34:50)	2:21 (37:11)	5:32 (42:43)	4:18 (47:01)	
1:06 (48:07)	8:44 (56:51)	1:02 (57:53)	8:25 (1:06:18)	5:44 (1:12:02)	
2:17 (1:14:19)	1:29 (1:15:48)	2:09 (1:17:57)			
8. Dmytro Nakonechnyi	OLV Steinberg	1:21:44	+26:57	9:37	
8:27 (8:27)	5:08 (13:35)	5:46 (19:21)	8:39 (28:00)	4:29 (32:29)	
1:44 (34:13)	3:44 (37:57)	1:50 (39:47)	5:48 (45:35)	4:27 (50:02)	
1:01 (51:03)	8:39 (59:42)	0:54 (1:00:36)	7:55 (1:08:31)	5:33 (1:14:04)	
1:56 (1:16:00)	1:28 (1:17:28)	4:16 (1:21:44)			
9. Malte Finkenstädt	OLV Uslar	1:31:14	+36:27	8:54	
8:57 (8:57)	5:50 (14:47)	5:21 (20:08)	7:32 (27:40)	4:57 (32:37)	
2:55 (35:32)	3:52 (39:24)	2:27 (41:51)	6:31 (48:22)	4:49 (53:11)	
1:35 (54:46)	9:44 (1:04:30)	1:11 (1:05:41)	9:59 (1:15:40)	9:35 (1:25:15)	
2:33 (1:27:48)	1:26 (1:29:14)	2:00 (1:31:14)			
10. Jan Kaminsky	BSV Halle-Ammendorf	1:34:07	+39:20	9:52	
8:40 (8:40)	6:15 (14:55)	3:05 (18:00)	7:48 (25:48)	6:39 (32:27)	
2:04 (34:31)	5:36 (40:07)	2:30 (42:37)	6:03 (48:40)	5:29 (54:09)	
1:16 (55:25)	10:18 (1:05:43)	1:20 (1:07:03)	10:59 (1:18:02)	8:36 (1:26:38)	
2:41 (1:29:19)	2:10 (1:31:29)	2:38 (1:34:07)			
11. Leon Kollenbach	Ski-Club Helsa	1:42:28	+47:41	7:24	
10:30 (10:30)	6:14 (16:44)	4:35 (21:19)	11:12 (32:31)	6:08 (38:39)	
2:03 (40:42)	3:31 (44:13)	3:06 (47:19)	7:44 (55:03)	5:59 (1:01:02)	
1:31 (1:02:33)	12:05 (1:14:38)	1:35 (1:16:13)	10:47 (1:27:00)	8:30 (1:35:30)	
2:58 (1:38:28)	1:48 (1:40:16)	2:12 (1:42:28)			
Aaron Wandelt	MTV Seesen	Nicht Ang.			
- (-)	- (-)	- (-)	- (-)	- (-)	
- (-)	- (-)	- (-)	- (-)	- (-)	
- (-)	- (-)	- (-)	- (-)	- (-)	
- (-)	- (-)	- (-)	- (-)	- (-)	
Konrad Stamer	Preetzer TSV	Nicht Ang.			
- (-)	- (-)	- (-)	- (-)	- (-)	
- (-)	- (-)	- (-)	- (-)	- (-)	
- (-)	- (-)	- (-)	- (-)	- (-)	
- (-)	- (-)	- (-)	- (-)	- (-)	

H35			(2 / 3)	Zeit	Rückstand	Zeit verloren
1.	Sergei Roskop	Braunschweiger MTV	1:11:26		7:16	
	6:49 (6:49)	3:32 (10:21)	1:29 (11:50)	5:20 (17:10)		4:23 (21:33)
	15:04 (36:37)	4:11 (40:48)	0:59 (41:47)	9:30 (51:17)		0:59 (52:16)
	8:14 (1:00:30)	4:57 (1:05:27)	2:09 (1:07:36)	1:51 (1:09:27)		1:59 (1:11:26)
2.	Niklas Günther	OLV Uslar	1:28:01	+16:35	15:46	
	8:49 (8:49)	2:47 (11:36)	1:43 (13:19)	5:03 (18:22)		5:23 (23:45)
	8:28 (32:13)	5:32 (37:45)	2:52 (40:37)	11:09 (51:46)		1:37 (53:23)
	11:39 (1:05:02)	6:24 (1:11:26)	11:38 (1:23:04)	2:47 (1:25:51)		2:10 (1:28:01)
H45			(12 / 12)	Zeit	Rückstand	Zeit verloren
1.	Eike Bruns	MTK Bad Harzburg	50:48		0:59	
	1:57 (1:57)	1:51 (3:48)	2:52 (6:40)	1:56 (8:36)		5:15 (13:51)
	1:38 (15:29)	3:25 (18:54)	1:02 (19:56)	8:57 (28:53)		1:20 (30:13)
	8:24 (38:37)	6:13 (44:50)	2:18 (47:08)	1:37 (48:45)		2:03 (50:48)
2.	Rolf Breckle	Bovender SV	51:28	+0:40	1:19	
	2:32 (2:32)	2:06 (4:38)	2:52 (7:30)	2:12 (9:42)		5:26 (15:08)
	1:42 (16:50)	4:16 (21:06)	1:02 (22:08)	8:42 (30:50)		1:10 (32:00)
	8:37 (40:37)	4:48 (45:25)	2:09 (47:34)	1:29 (49:03)		2:25 (51:28)
3.	Thorsten Weigert	TV Jahn Wolfsburg	53:25	+2:37	2:38	
	2:03 (2:03)	2:27 (4:30)	4:10 (8:40)	2:02 (10:42)		6:02 (16:44)
	1:49 (18:33)	3:29 (22:02)	1:04 (23:06)	8:32 (31:38)		1:08 (32:46)
	8:52 (41:38)	6:01 (47:39)	2:32 (50:11)	1:21 (51:32)		1:53 (53:25)
4.	Gerrit Rode	TSV Worpssweide	53:26	+2:38	4:08	
	2:08 (2:08)	2:09 (4:17)	2:47 (7:04)	2:04 (9:08)		6:19 (15:27)
	3:23 (18:50)	3:30 (22:20)	1:01 (23:21)	9:49 (33:10)		1:15 (34:25)
	8:03 (42:28)	4:53 (47:21)	2:13 (49:34)	1:47 (51:21)		2:05 (53:26)
5.	Joachim Stamer	MTK Bad Harzburg	54:55	+4:07	5:07	
	2:43 (2:43)	1:55 (4:38)	4:32 (9:10)	1:51 (11:01)		5:20 (16:21)
	1:36 (17:57)	4:10 (22:07)	1:13 (23:20)	8:33 (31:53)		1:17 (33:10)
	8:37 (41:47)	7:25 (49:12)	2:15 (51:27)	1:31 (52:58)		1:57 (54:55)
6.	Oliver Hillebrandt	OLV Uslar	1:01:11	+10:23	3:31	
	2:18 (2:18)	3:21 (5:39)	3:18 (8:57)	2:04 (11:01)		5:51 (16:52)
	2:17 (19:09)	4:28 (23:37)	1:25 (25:02)	9:49 (34:51)		1:32 (36:23)
	10:46 (47:09)	6:08 (53:17)	2:32 (55:49)	3:05 (58:54)		2:17 (1:01:11)
7.	Martin Hensseler	MTV Seesen	1:03:40	+12:52	3:42	
	2:03 (2:03)	2:17 (4:20)	3:36 (7:56)	2:21 (10:17)		6:11 (16:28)
	2:09 (18:37)	4:40 (23:17)	1:13 (24:30)	10:36 (35:06)		2:24 (37:30)
	12:46 (50:16)	6:44 (57:00)	2:39 (59:39)	1:30 (1:01:09)		2:31 (1:03:40)
8.	Jan Knaup	Braunschweiger MTV	1:07:21	+16:33	2:36	
	2:43 (2:43)	2:49 (5:32)	3:59 (9:31)	2:54 (12:25)		7:18 (19:43)
	2:13 (21:56)	5:35 (27:31)	1:43 (29:14)	11:25 (40:39)		1:23 (42:02)
	12:11 (54:13)	5:43 (59:56)	2:58 (1:02:54)	1:47 (1:04:41)		2:40 (1:07:21)
9.	Jörg Kleinholz-Mewes	TuS Bothfeld 04	1:12:26	+21:38	11:22	
	2:05 (2:05)	4:13 (6:18)	4:18 (10:36)	2:44 (13:20)		5:32 (18:52)
	2:26 (21:18)	5:23 (26:41)	1:13 (27:54)	11:02 (38:56)		1:42 (40:38)
	10:57 (51:35)	11:34 (1:03:09)	4:51 (1:08:00)	2:28 (1:10:28)		1:58 (1:12:26)
10.	Volker Caspari	OL Team Lippe	1:14:05	+23:17	7:04	
	3:00 (3:00)	3:17 (6:17)	5:30 (11:47)	2:43 (14:30)		6:54 (21:24)
	2:13 (23:37)	5:38 (29:15)	1:27 (30:42)	10:49 (41:31)		1:38 (43:09)
	13:39 (56:48)	7:14 (1:04:02)	5:11 (1:09:13)	2:15 (1:11:28)		2:37 (1:14:05)
11.	Marcel Frank	SV Hildesia Diekhöfen	1:26:12	+35:24	7:24	
	3:31 (3:31)	3:20 (6:51)	4:05 (10:56)	3:07 (14:03)		9:20 (23:23)
	3:33 (26:56)	4:45 (31:41)	1:57 (33:38)	13:29 (47:07)		1:27 (48:34)
	15:06 (1:03:40)	10:42 (1:14:22)	5:49 (1:20:11)	2:35 (1:22:46)		3:26 (1:26:12)
12.	Christoph Napp	TV Jahn Wolfsburg	1:59:45	+1:08:57	21:27	
	3:28 (3:28)	5:26 (8:54)	7:30 (16:24)	3:26 (19:50)		9:33 (29:23)
	3:06 (32:29)	14:01 (46:30)	2:04 (48:34)	27:14 (1:15:48)		2:20 (1:18:08)
	18:17 (1:36:25)	10:26 (1:46:51)	5:37 (1:52:28)	3:11 (1:55:39)		4:06 (1:59:45)
	Gunnar Grote	OLV Uslar	Nicht Ang.			
	- (-)	- (-)	- (-)	- (-)		- (-)
	- (-)	- (-)	- (-)	- (-)		- (-)
	- (-)	- (-)	- (-)	- (-)		- (-)
	Johan Sisell	Braunschweiger MTV	Nicht Ang.			
	- (-)	- (-)	- (-)	- (-)		- (-)
	- (-)	- (-)	- (-)	- (-)		- (-)
	- (-)	- (-)	- (-)	- (-)		- (-)

H55		(12 / 13)		Zeit	Rückstand	Zeit verloren
1.	Martin Gertenbach	Ski-Club Helsa		49:09		2:22
	3:39 (3:39)	8:55 (12:34)	5:08 (17:42)		2:09 (19:51)	6:06 (25:57)
	2:31 (28:28)	4:44 (33:12)	1:43 (34:55)		3:44 (38:39)	1:13 (39:52)
	2:24 (42:16)	2:08 (44:24)	3:22 (47:46)		0:55 (48:41)	0:28 (49:09)
2.	Jens Struckmann	Braunschweiger MTV		52:01	+2:52	2:40
	4:00 (4:00)	7:37 (11:37)	6:06 (17:43)		2:14 (19:57)	5:31 (25:28)
	2:43 (28:11)	4:01 (32:12)	1:37 (33:49)		4:12 (38:01)	1:26 (39:27)
	2:57 (42:24)	1:50 (44:14)	5:56 (50:10)		1:17 (51:27)	0:34 (52:01)
3.	Henning Bruns	MTK Bad Harzburg		56:30	+7:21	0:41
	3:30 (3:30)	8:32 (12:02)	6:48 (18:50)		2:41 (21:31)	7:11 (28:42)
	3:02 (31:44)	4:46 (36:30)	1:58 (38:28)		4:55 (43:23)	1:35 (44:58)
	2:45 (47:43)	2:55 (50:38)	4:05 (54:43)		1:12 (55:55)	0:35 (56:30)
4.	Michael Schwien	SC Klecken		1:00:21	+11:12	9:07
	4:34 (4:34)	7:10 (11:44)	7:12 (18:56)		2:35 (21:31)	6:28 (27:59)
	4:17 (32:16)	4:22 (36:38)	1:47 (38:25)		4:21 (42:46)	1:40 (44:26)
	2:29 (46:55)	3:08 (50:03)	8:51 (58:54)		0:56 (59:50)	0:31 (1:00:21)
5.	Christian Buchberger	MTV Seesen		1:01:41	+12:32	4:03
	4:49 (4:49)	9:21 (14:10)	7:26 (21:36)		3:53 (25:29)	6:39 (32:08)
	2:40 (34:48)	4:56 (39:44)	1:58 (41:42)		4:59 (46:41)	1:29 (48:10)
	2:40 (50:50)	2:51 (53:41)	5:48 (59:29)		1:35 (1:01:04)	0:37 (1:01:41)
6.	Peter Kollenbach	Ski-Club Helsa		1:03:26	+14:17	4:00
	5:39 (5:39)	8:51 (14:30)	7:46 (22:16)		2:47 (25:03)	6:49 (31:52)
	3:55 (35:47)	5:08 (40:55)	1:54 (42:49)		5:24 (48:13)	1:52 (50:05)
	3:24 (53:29)	2:55 (56:24)	5:32 (1:01:56)		1:01 (1:02:57)	0:29 (1:03:26)
7.	Martin Greiner	OSC Kassel		1:13:36	+24:27	1:27
	5:05 (5:05)	10:05 (15:10)	8:47 (23:57)		3:44 (27:41)	9:48 (37:29)
	4:16 (41:45)	6:36 (48:21)	2:25 (50:46)		5:23 (56:09)	2:16 (58:25)
	3:53 (1:02:18)	3:04 (1:05:22)	5:50 (1:11:12)		1:37 (1:12:49)	0:47 (1:13:36)
8.	Sven Buchholz	MTK Bad Harzburg		1:14:30	+25:21	8:02
	8:51 (8:51)	9:19 (18:10)	7:03 (25:13)		3:15 (28:28)	10:15 (38:43)
	5:12 (43:55)	6:15 (50:10)	2:23 (52:33)		5:34 (58:07)	2:01 (1:00:08)
	3:35 (1:03:43)	2:47 (1:06:30)	5:31 (1:12:01)		1:44 (1:13:45)	0:45 (1:14:30)
9.	Guido Gehrman	MTK Bad Harzburg		2:07:46	+1:18:37	32:53
	7:27 (7:27)	12:08 (19:35)	11:49 (31:24)		26:41 (58:05)	12:42 (1:10:47)
	6:24 (1:17:11)	11:52 (1:29:03)	3:14 (1:32:17)		7:48 (1:40:05)	4:56 (1:45:01)
	4:30 (1:49:31)	5:35 (1:55:06)	8:56 (2:04:02)		2:26 (2:06:28)	1:18 (2:07:46)
	Olaf Hey	MTK Bad Harzburg		Fehlst.		
	46:26 (46:26)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (1:33:26)	– (–)		– (1:43:44)	1:21 (1:45:05)
	Stefan König	OLG Ortenau		Fehlst.		
	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (24:03)	– (–)		– (40:07)	1:57 (42:04)
	Thomas Görtelmeyer	MTK Bad Harzburg		Fehlst.		
	8:09 (8:09)	16:45 (24:54)	12:39 (37:33)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (44:51)	3:59 (48:50)
	5:56 (54:46)	6:38 (1:01:24)	11:27 (1:12:51)		2:15 (1:15:06)	1:28 (1:16:34)
H65		(8 / 9)		Zeit	Rückstand	Zeit verloren
1.	Michael Kukis	OSC Kassel		33:07		0:00
	2:30 (2:30)	6:09 (8:39)	3:19 (11:58)		2:10 (14:08)	3:27 (17:35)
	1:44 (19:19)	2:52 (22:11)	4:18 (26:29)		2:30 (28:59)	2:27 (31:26)
	1:13 (32:39)	0:28 (33:07)				
2.	Horst von Gaza	OLV Uslar		34:03	+0:56	0:49
	2:17 (2:17)	5:51 (8:08)	4:06 (12:14)		1:54 (14:08)	3:23 (17:31)
	1:40 (19:11)	3:22 (22:33)	4:18 (26:51)		2:39 (29:30)	2:50 (32:20)
	1:12 (33:32)	0:31 (34:03)				
3.	Udo Sobczak	Braunschweiger MTV		42:14	+9:07	5:31
	2:59 (2:59)	9:57 (12:56)	4:42 (17:38)		3:48 (21:26)	3:38 (25:04)
	2:02 (27:06)	3:10 (30:16)	4:35 (34:51)		2:50 (37:41)	2:46 (40:27)
	1:17 (41:44)	0:30 (42:14)				
4.	Siegfried May	RSV Hannover		51:14	+18:07	6:28
	3:25 (3:25)	11:06 (14:31)	5:56 (20:27)		3:08 (23:35)	4:40 (28:15)
	2:48 (31:03)	6:03 (37:06)	5:34 (42:40)		3:34 (46:14)	2:45 (48:59)
	1:29 (50:28)	0:46 (51:14)				

5.	Ferdinand Hanses	TuS Bramsche	1:06:58	+33:51	8:32	
	7:37 (7:37)	10:32 (18:09)	9:09 (27:18)	5:54 (33:12)		6:13 (39:25)
	3:14 (42:39)	5:02 (47:41)	7:10 (54:51)	4:53 (59:44)		4:28 (1:04:12)
	2:00 (1:06:12)	0:46 (1:06:58)				
6.	Thomas Schoepf	OSC Kassel	1:26:06	+52:59	23:46	
	3:56 (3:56)	13:43 (17:39)	10:27 (28:06)	3:35 (31:41)		12:24 (44:05)
	11:25 (55:30)	6:18 (1:01:48)	7:17 (1:09:05)	4:47 (1:13:52)		9:42 (1:23:34)
	1:50 (1:25:24)	0:42 (1:26:06)				
7.	Wolfgang Mertens		1:43:56	+1:10:49	17:06	
	6:27 (6:27)	14:50 (21:17)	15:08 (36:25)	8:48 (45:13)		10:10 (55:23)
	5:31 (1:00:54)	11:07 (1:12:01)	10:41 (1:22:42)	9:36 (1:32:18)		6:15 (1:38:33)
	3:46 (1:42:19)	1:37 (1:43:56)				
	Uwe Dresel	SC Klecken	Fehlst.			
	11:09 (11:09)	13:44 (24:53)	8:44 (33:37)	4:24 (38:01)		4:55 (42:56)
	3:33 (46:29)	6:38 (53:07)	9:41 (1:02:48)	– (–)		– (1:15:47)
	2:28 (1:18:15)	1:29 (1:19:44)				

H75		(5 / 6)	Zeit	Rückstand	Zeit verloren	
1.	Dieter Conrad	MTK Bad Harzburg	39:49		2:26	
	5:25 (5:25)	2:27 (7:52)	6:58 (14:50)	3:04 (17:54)		2:54 (20:48)
	6:04 (26:52)	3:26 (30:18)	4:53 (35:11)	3:53 (39:04)		0:45 (39:49)
2.	Wilhelm Holz	OLV Uslar	40:48	+0:59	2:01	
	3:46 (3:46)	2:29 (6:15)	6:33 (12:48)	3:17 (16:05)		3:14 (19:19)
	8:28 (27:47)	3:54 (31:41)	4:33 (36:14)	3:47 (40:01)		0:47 (40:48)
3.	Heinz Pape	OL Team Lippe	44:07	+4:18	5:26	
	3:26 (3:26)	2:44 (6:10)	6:45 (12:55)	3:17 (16:12)		3:20 (19:32)
	9:19 (28:51)	5:35 (34:26)	4:12 (38:38)	4:30 (43:08)		0:59 (44:07)
4.	Wilf Holloway	Bovender SV	46:53	+7:04	7:20	
	4:56 (4:56)	2:35 (7:31)	10:59 (18:30)	5:10 (23:40)		2:59 (26:39)
	6:29 (33:08)	4:10 (37:18)	5:19 (42:37)	3:31 (46:08)		0:45 (46:53)
5.	Gerhard Niederland	TSV Schloß Ricklingen	51:02	+11:13	8:25	
	3:47 (3:47)	2:42 (6:29)	7:20 (13:49)	5:08 (18:57)		8:02 (26:59)
	7:51 (34:50)	3:49 (38:39)	6:06 (44:45)	5:13 (49:58)		1:04 (51:02)

Offen		(3 / 4)	Zeit	Rückstand	Zeit verloren	
1.	Ulf Schindehütte	OLV Uslar	1:16:26		12:21	
	4:22 (4:22)	7:39 (12:01)	6:23 (18:24)	4:01 (22:25)		10:14 (32:39)
	14:02 (46:41)	4:47 (51:28)	6:45 (58:13)	4:43 (1:02:56)		10:11 (1:13:07)
	2:28 (1:15:35)	0:51 (1:16:26)				
2.	Lias Friedemann	Bovender SV	1:51:09	+34:43	32:52	
	8:27 (8:27)	15:08 (23:35)	7:04 (30:39)	9:58 (40:37)		21:34 (1:02:11)
	4:33 (1:06:44)	10:34 (1:17:18)	12:44 (1:30:02)	10:03 (1:40:05)		7:30 (1:47:35)
	2:26 (1:50:01)	1:08 (1:51:09)				
3.	Stefan Friedemann	Bovender SV	1:51:10	+34:44	32:42	
	8:28 (8:28)	14:52 (23:20)	6:54 (30:14)	10:08 (40:22)		21:39 (1:02:01)
	4:19 (1:06:20)	10:23 (1:16:43)	12:52 (1:29:35)	10:03 (1:39:38)		7:55 (1:47:33)
	2:30 (1:50:03)	1:07 (1:51:10)				

EKurz		(3 / 4)	Zeit	Rückstand	Zeit verloren	
1.	Stefanie Meisel	OLV Uslar	49:39		10:55	
	3:18 (3:18)	1:49 (5:07)	22:18 (27:25)	5:47 (33:12)		10:47 (43:59)
	1:45 (45:44)	1:25 (47:09)	1:27 (48:36)	1:03 (49:39)		
2.	Günter Stark	MTV Seesen	50:00	+0:21	8:16	
	3:34 (3:34)	2:22 (5:56)	11:03 (16:59)	8:17 (25:16)		15:05 (40:21)
	3:04 (43:25)	2:17 (45:42)	2:39 (48:21)	1:39 (50:00)		
3.	Imke Riedel	OLV Uslar	52:35	+2:56	12:50	
	4:08 (4:08)	2:15 (6:23)	23:59 (30:22)	5:45 (36:07)		10:51 (46:58)
	1:44 (48:42)	1:21 (50:03)	1:25 (51:28)	1:07 (52:35)		

EMittel		(3 / 4)	Zeit	Rückstand	Zeit verloren	
1.	Michael Galli	SV Hildesia Diekholzen	42:46		1:03	
	4:35 (4:35)	9:09 (13:44)	4:50 (18:34)	9:35 (28:09)		6:53 (35:02)
	4:20 (39:22)	1:19 (40:41)	1:18 (41:59)	0:47 (42:46)		
	Aseel Al-Maqtari	MTK Bad Harzburg	Fehlst.			
	3:31 (3:31)	1:11:49 (1:15:20)	5:59 (1:21:19)	13:37 (1:34:56)		– (–)
	– (–)	– (–)	– (2:06:54)	0:42 (2:07:36)		
	Katharina Weishaar	OLV Uslar	Fehlst.			
	6:37 (6:37)	– (–)	– (48:21)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (2:02:44)		