

D12 (Damen bis 12) (7)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|---------------|----|---------------------|-------|----|-------|----|----|-------|
| 1 | 337 | Jule Weigert | 08 | TV Jahn Wolfsburg | 8:24 | 1 | 10:36 | 1 | | 19:00 |
| 2 | 318 | Rut Stark | 08 | MTV Seesen | 10:04 | 2 | 11:49 | 2 | | 21:53 |
| 3 | 300 | Nele Rüberg | 08 | OLV Uslar | 11:16 | 3 | 15:33 | 4 | | 26:49 |
| 4 | 264 | Jette Körber | 08 | OLV Uslar | 14:02 | 4 | 13:08 | 3 | | 27:10 |
| | 289 | Marie Niemann | 07 | OLV Steinberg | 8:20 | AK | 11:21 | AK | | |
| | 291 | Merle Niemann | 07 | OLV Steinberg | 12:05 | AK | 10:29 | AK | | |
| | 293 | Alva Reindl | 10 | SV Fortuna Schmölln | 11:24 | AK | 20:53 | AK | | |

H14 (Herren bis 14) (3)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|----------------------|----|-------------------|-------|---|-------|---|----|-------|
| 1 | 331 | Marco Urzua Wöhrer | 05 | TV Jahn Wolfsburg | 6:48 | 1 | 7:35 | 1 | | 14:23 |
| 2 | 305 | Sven-Guido Schulze | 06 | TV Jahn Wolfsburg | 10:28 | 2 | 12:03 | 3 | | 22:31 |
| 3 | 217 | Inigo Cuesta Monterd | 05 | TV Jahn Wolfsburg | 13:55 | 3 | 11:06 | 2 | | 25:01 |

D14 (Damen bis 14) (5)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|-----------------|----|------------------------|-------|---|-------|---|----|-------|
| 1 | 335 | Anna Weigert | 07 | TV Jahn Wolfsburg | 8:21 | 1 | 9:35 | 1 | | 17:56 |
| 2 | 272 | Sophie Kuhn | 06 | Turn-Klubb zu Hannover | 10:14 | 3 | 10:36 | 2 | | 20:50 |
| 3 | 201 | Marlene Behling | 05 | Turn-Klubb zu Hannover | 9:24 | 2 | 11:34 | 4 | | 20:58 |
| 4 | 283 | Fiona Nash | 05 | Turn-Klubb zu Hannover | 10:16 | 4 | 10:54 | 3 | | 21:10 |
| | 322 | Maren Strauß | 06 | SV Hildesia Diekholzen | | | N Ang | | | |

H12 (Herren bis 12) (8)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|-------------------|----|------------------------|-------|---|-------|---|----|---------|
| 1 | 227 | Johannes Eckel | 08 | OLV Uslar | 8:52 | 2 | 9:05 | 1 | | 17:57 |
| 2 | 330 | Erik Urzua Wöhrer | 09 | TV Jahn Wolfsburg | 8:25 | 1 | 11:19 | 2 | | 19:44 |
| 3 | 282 | Brandon Nash | 07 | Turn-Klubb zu Hannover | 10:35 | 3 | 11:56 | 3 | | 22:31 |
| 4 | 271 | Marlon Kriener | 07 | OLV Uslar | 13:22 | 5 | 15:34 | 5 | | 28:56 |
| 5 | 301 | Felix Salau | | MTV Seesen | 19:28 | 6 | 12:34 | 4 | | 32:02 |
| 6 | 245 | Johannes Gurtmann | 09 | TG 1860 Münden | 13:18 | 4 | 25:05 | 8 | | 38:23 |
| 7 | 298 | Jonas Risse | 09 | TG 1860 Münden | 35:38 | 7 | 21:02 | 7 | | 56:40 |
| 8 | 350 | Paul Illemann | | SV Hildesia Diekholzen | 48:22 | 8 | 17:22 | 6 | | 1:05:44 |

D16 (Damen bis 16) (3)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|-------------------|----|----------------|-------|---|-------|---|----|-------|
| 1 | 204 | Carolin Bernsdorf | 03 | MTV Seesen | 15:09 | 1 | 16:47 | 1 | | 31:56 |
| 2 | 348 | Lilly Hintz | 04 | MTV Seesen | 16:45 | 2 | 18:40 | 2 | | 35:25 |
| | 319 | Julia Stell | 04 | TG 1860 Münden | N Ang | | N Ang | | | |

H16 (Herren bis 16) (5)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|------|----|--------|----|--|----|--|----|------|
|----|------|------|----|--------|----|--|----|--|----|------|

| | | | | | | | | | |
|---|-----|-----------------|----|---------------|-------|----|-------|----|---------|
| 1 | 249 | Theo Hennisler | 03 | MTV Seesen | 14:10 | 1 | 18:53 | 1 | 33:03 |
| 2 | 205 | Lion Bernsdorf | 03 | MTV Seesen | 16:12 | 2 | 26:04 | 3 | 42:16 |
| 3 | 244 | Bennet Grote | 04 | OLV Uslar | 18:02 | 3 | 24:23 | 2 | 42:25 |
| 4 | 213 | Till Buchberger | 05 | MTV Seesen | 23:51 | 4 | 45:56 | 4 | 1:09:47 |
| | 290 | Matti Niemann | 04 | OLV Steinberg | 16:42 | AK | 22:22 | AK | |

D18 (Damen bis 18) (1)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|-----------------|----|------------|-------|---|-------|---|----|-------|
| 1 | 212 | Lina Buchberger | 02 | MTV Seesen | 13:22 | 1 | 17:39 | 1 | | 31:01 |

H18 (Herren bis 18) (3)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|--------------|----|------------------|-------|---|-------|---|----|-------|
| 1 | 215 | Tom Buchholz | 02 | MTK Bad Harzburg | 12:59 | 1 | 17:46 | 2 | | 30:45 |
| 2 | 314 | Nilas Stamer | 01 | MTK Bad Harzburg | 14:04 | 2 | 16:51 | 1 | | 30:55 |
| 3 | 262 | Jan Klose | 02 | MTV Seesen | 15:23 | 3 | 26:44 | 3 | | 42:07 |

D19L (Damen ab 19 lang)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|---------------------------|----|------------------------|-------|----|-------|----|----|---------|
| 1 | 311 | Ann-Charlotte Spangenberg | 99 | TG 1860 Münden | 15:58 | 2 | 19:37 | 1 | | 35:35 |
| 2 | 238 | Birte Friedrichs | 98 | MTV Seesen | 15:15 | 1 | 22:02 | 2 | | 37:17 |
| 3 | 253 | Uta Hillebrand | 93 | Turn-Klubb zu Hannover | 18:12 | 3 | 24:34 | 4 | | 42:46 |
| 4 | 312 | Solia Stamer | 00 | MTK Bad Harzburg | 20:33 | 6 | 22:31 | 3 | | 43:04 |
| 5 | 214 | Pia Buchholz | 00 | MTK Bad Harzburg | 19:58 | 5 | 24:54 | 5 | | 44:52 |
| 6 | 218 | Nina Döllgast | 93 | MTV Seesen | 19:57 | 4 | 26:15 | 6 | | 46:12 |
| 7 | 260 | Dorothea Kirves | 85 | TG 1860 Münden | 24:27 | 7 | 37:24 | 7 | | 1:01:51 |
| | 254 | Laura Hillmann | 90 | Uni Göttingen | 24:05 | AK | 31:07 | AK | | |
| | 327 | Jelena Topp | 95 | TSV Worpsswede | | | N Ang | | | |

D19K (Damen ab 19 kurz)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|----------------------|----|-------------------|-------|----|--------|----|----|-------|
| 1 | 275 | Jordan Sophie Meisel | 99 | OLV Uslar | 14:32 | 3 | 21:52 | 1 | | 36:24 |
| 2 | 296 | Lea Reppnow | 98 | OLV Uslar | 14:27 | 2 | 25:10 | 2 | | 39:37 |
| 3 | 303 | Karola Schmidt | 98 | TG 1860 Münden | 17:48 | 5 | 26:27 | 3 | | 44:15 |
| 4 | 228 | Katja Eckel | 73 | OLV Uslar | 20:44 | 6 | 26:30 | 4 | | 47:14 |
| 5 | 232 | Laura Finkenstädt | 92 | OLV Uslar | 16:27 | 4 | 34:35 | 5 | | 51:02 |
| | 332 | Leonie Vilz | 99 | TV Jahn Eitelborn | 13:30 | AK | 20:37 | AK | | |
| | 247 | Vivien Helmbrecht | 00 | OLV Uslar | 14:07 | 1 | Fehlst | | | |
| | 265 | Susanne Körber | 68 | OLV Uslar | | | N Ang | | | |

D35 (Damen ab 35) (7)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|-----------------|----|------------------------|-------|----|--------|----|----|-------|
| 1 | 229 | Nadine Enoch | 76 | Turn-Klubb zu Hannover | 17:43 | 2 | 25:56 | 1 | | 43:39 |
| 2 | 345 | Sandra Wöhrer | 75 | TV Jahn Wolfsburg | 19:24 | 3 | 27:33 | 2 | | 46:57 |
| 3 | 336 | Claudia Weigert | 80 | TV Jahn Wolfsburg | 20:53 | 5 | 33:54 | 3 | | 54:47 |
| 4 | 339 | Sandra Wendt | 77 | Turn-Klubb zu Hannover | 20:12 | 4 | 37:32 | 4 | | 57:44 |
| | 236 | Nicole Frank | | SV Hildesia Diekholzen | 32:50 | AK | 48:34 | AK | | |
| | 343 | Esther Stamer | 75 | MTK Bad Harzburg | 16:03 | 1 | Fehlst | | | |

340 Katharina Wilke

84 OCR Heidesprinter

17:24 AK

24:39 AK

H35 (Herren ab 35) (7)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|--------------------------|----|-------------------------|-------|----|--------|----|----|---------|
| 1 | 338 | Thorsten Weigert | 80 | TV Jahn Wolfsburg | 16:42 | 1 | 24:34 | 1 | | 41:16 |
| 2 | 329 | Paulo Urzua Torres | 75 | TV Jahn Wolfsburg | 19:44 | 3 | 30:36 | 3 | | 50:20 |
| 3 | 342 | Jens Wittke | 83 | SV Hildesia Diekholzen | 24:41 | 4 | 28:43 | 2 | | 53:24 |
| 4 | 216 | Alfonso Cuesta Hernandez | 80 | TV Jahn Wolfsburg | 32:17 | 5 | 57:12 | 4 | | 1:29:29 |
| | 235 | Marcel Frank | | SV Hildesia Diekholzen | 39:57 | AK | 56:29 | AK | | |
| | 326 | Frank Thiemann | 75 | Hochschulsport Hannover | 21:58 | AK | 27:37 | AK | | |
| | 240 | Björn Frieling | 78 | RCEH Celle | 16:43 | 2 | Fehlst | | | |

D45 (Damen ab 45) (11)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|-----------------------|----|------------------------|-------|----|-------|----|----|-------|
| 1 | 333 | Anke von Gaza | 71 | OLV Uslar | 13:26 | 1 | 14:04 | 1 | | 27:30 |
| 2 | 219 | Evi Drese | 70 | OLV Uslar | 17:37 | 4 | 15:53 | 2 | | 33:30 |
| 3 | 231 | Andrea Finkenstädt | 67 | OLV Uslar | 15:32 | 2 | 18:41 | 3 | | 34:13 |
| 4 | 211 | Irene Buchberger | 70 | MTV Seesen | 16:23 | 3 | 22:14 | 4 | | 38:37 |
| 5 | 268 | Kerstin Krätz | 71 | TV Jahn Wolfsburg | 18:54 | 5 | 24:01 | 5 | | 42:55 |
| 6 | 261 | Regine Klander-Strauß | 66 | SV Hildesia Diekholzen | 21:28 | 6 | 28:14 | 6 | | 49:42 |
| 7 | 304 | Kristine Schulze | 74 | TV Jahn Wolfsburg | 24:58 | 8 | 29:23 | 7 | | 54:21 |
| 8 | 284 | Sabine Nash | 70 | Turn-Klubb zu Hannover | 24:49 | 7 | 31:14 | 9 | | 56:03 |
| | 270 | Stefanie Krebs | 66 | Turn-Klubb zu Hannover | 18:03 | AK | 29:30 | AK | | |
| | 255 | Sylke Höfner | 69 | OLV Uslar | N Ang | | 30:42 | 8 | | |
| | 288 | Gritta Niemann | 71 | OLV Steinberg | N Ang | AK | N Ang | AK | | |

H45 (Herren ab 45) (9)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|------------------------|----|------------------------|-------|----|--------|----|----|---------|
| 1 | 313 | Joachim Stamer | 72 | MTK Bad Harzburg | 14:14 | 1 | 17:28 | 1 | | 31:42 |
| 2 | 321 | Dirk Strauß | 65 | SV Hildesia Diekholzen | 16:23 | 3 | 20:56 | 2 | | 37:19 |
| 3 | 346 | Oliver Hillebrandt | 73 | OLV Uslar | 16:02 | 2 | 21:48 | 3 | | 37:50 |
| 4 | 210 | Christian Buchberger | 65 | MTV Seesen | 16:42 | 4 | 27:03 | 4 | | 43:45 |
| 5 | 243 | Thomas Görtelmeyer | 65 | MTK Bad Harzburg | 28:53 | 5 | 38:13 | 5 | | 1:07:06 |
| 6 | 252 | Olaf Hey | 68 | MTK Bad Harzburg | 33:22 | 6 | 41:55 | 6 | | 1:15:17 |
| | 287 | Gerrit Niemann | 73 | OLV Steinberg | 19:00 | AK | 27:46 | AK | | |
| | 295 | Harald Reindl | 71 | SV Fortuna Schmölln | 27:45 | AK | 43:53 | AK | | |
| | 341 | Christian Wittenbecher | 65 | Turn-Klubb zu Hannover | 20:44 | AK | Fehlst | AK | | |

D55 (Damen ab 55) (6)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|-------------------|----|------------------|-------|---|-------|---|----|-------|
| 1 | 266 | Ulrike Korff | 63 | SC Achmer | 13:53 | 2 | 20:06 | 1 | | 33:59 |
| 2 | 230 | Heidrun Finke | 57 | OLV Uslar | 12:11 | 1 | 22:39 | 3 | | 34:50 |
| 3 | 239 | Ulrike Friedrichs | 59 | MTV Seesen | 15:35 | 4 | 20:55 | 2 | | 36:30 |
| 4 | 222 | Barbara Dresel | 62 | SC Klecken | 15:20 | 3 | 23:46 | 4 | | 39:06 |
| 5 | 263 | Esther Knoblauch | 64 | MTK Bad Harzburg | 17:17 | 5 | 25:27 | 5 | | 42:44 |
| 6 | 279 | Ursula Mücke | 57 | RSV Hannover | 18:26 | 6 | 39:27 | 6 | | 57:53 |

H55 (Herren ab 55) (9)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|---------------------|----|--------------------|-------|---|-------|---|----|-------|
| 1 | 334 | Horst von Gaza | 59 | OLV Uslar | 13:20 | 1 | 16:17 | 1 | | 29:37 |
| 2 | 306 | Michael Schwien | 62 | SC Klecken | 13:42 | 3 | 17:06 | 2 | | 30:48 |
| 3 | 226 | Uwe Dresel | 57 | SC Klecken | 14:22 | 5 | 19:45 | 3 | | 34:07 |
| 4 | 221 | Werner Drese | 61 | OLV Uslar | 13:38 | 2 | 20:44 | 4 | | 34:22 |
| 5 | 273 | Frank Leppla | 64 | Braunschweiger MTV | 13:55 | 4 | 21:03 | 5 | | 34:58 |
| 6 | 302 | Stephan Schliebener | 59 | OLV Uslar | 15:32 | 6 | 21:18 | 6 | | 36:50 |
| 7 | 278 | Gunter Mücke | 56 | RSV Hannover | 24:11 | 7 | 34:06 | 7 | | 58:17 |

| | | | | | | | | | | |
|--|-----|--------------------|----|------------------------|-------|----|-------|----|--|--|
| | 207 | Jens Borm | 62 | TuS Bramsche | 18:29 | AK | 21:22 | AK | | |
| | 267 | Gerhard Kottschlag | 63 | SV Hildesia Diekholzen | 25:36 | AK | 40:12 | AK | | |

D65 (Damen ab 65) (5)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|----------------|----|-------------------|-------|---|-------|---|----|-------|
| 1 | 203 | Irmela Bergt | 47 | TSV Fischerhude | 16:30 | 2 | 23:19 | 1 | | 39:49 |
| 2 | 309 | Antje Sobczak | | MTV Soltau | 14:19 | 1 | 30:18 | 4 | | 44:37 |
| 3 | 276 | Birgitt Michel | 44 | TV Jahn Wolfsburg | 20:09 | 3 | 27:55 | 2 | | 48:04 |
| 4 | 280 | Ingrid Müssen | 53 | SUS Vehrte | 22:03 | 4 | 28:22 | 3 | | 50:25 |

| | | | | | | | | | | |
|--|-----|----------------------|----|----------------|--|--|-------|--|--|--|
| | 256 | Gudrun In der Stroth | 51 | Osnabrücker TB | | | N Ang | | | |
|--|-----|----------------------|----|----------------|--|--|-------|--|--|--|

H65 (Herren ab 65) (7)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|------------------------|----|------------------------|-------|---|-------|---|----|---------|
| 1 | 257 | Reinhard In der Stroth | 51 | Osnabrücker TB | 11:55 | 1 | 16:19 | 1 | | 28:14 |
| 2 | 285 | Alfred Newerla | 51 | RSV Hannover | 12:25 | 2 | 20:08 | 3 | | 32:33 |
| 3 | 307 | Karl-Heinz Seefeld | 53 | OLV Uslar | 15:14 | 4 | 22:56 | 4 | | 38:10 |
| 4 | 286 | Gerhard Niederland | 49 | TSV Schloss Ricklingen | 13:42 | 3 | 24:38 | 6 | | 38:20 |
| 5 | 246 | Ferdinand Hanses | 53 | TuS Bramsche | 17:03 | 5 | 24:12 | 5 | | 41:15 |
| 6 | 281 | Johannes Müssen | 50 | SUS Vehrte | 41:03 | 6 | 38:25 | 7 | | 1:19:28 |

| | | | | | | | | | | |
|--|-----|------------------|----|------------|--------|--|-------|---|--|--|
| | 258 | Erhard Jübermann | 53 | SC Klecken | Fehlst | | 18:23 | 2 | | |
|--|-----|------------------|----|------------|--------|--|-------|---|--|--|

H75 (Herren ab 75) (3)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|------------------|----|------------------------|-------|---|-------|---|----|---------|
| 1 | 242 | Günter Gohde | 39 | Turn-Klubb zu Hannover | 16:25 | 1 | 32:10 | 1 | | 48:35 |
| 2 | 209 | Dieter Brockfeld | 35 | Osnabrücker TB | 25:47 | 2 | 43:43 | 3 | | 1:09:30 |
| 3 | 202 | Albrecht Bergt | 43 | TSV Fischerhude | 31:15 | 3 | 40:46 | 2 | | 1:12:01 |

O. leicht (Offen) (6)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|------------------------|----|-------------------|--------|---|--------|---|----|---------|
| 1 | 317 | Hanna Stark | 12 | MTV Seesen | 25:06 | 2 | 40:07 | 1 | | 1:05:13 |
| 2 | 208 | Maren Borm | 91 | TuS Bramsche | 22:58 | 1 | 49:59 | 2 | | 1:12:57 |
| 3 | 316 | Günter Stark | 62 | MTV Seesen | 29:59 | 3 | 55:05 | 3 | | 1:25:04 |
| | 206 | Tjardo Börger | 05 | TuS Bramsche | Fehlst | | Fehlst | | | |
| | 277 | Melisa Matias Montered | 84 | TV Jahn Wolfsburg | 31:06 | 4 | | | | |
| | 250 | Georg Raffaele O Hey | 06 | MTK Bad Harzburg | | | N Ang | | | |

D/H10 b (begleitet) (2)

| Pl | Stnr | Name | Jg | Verein | E1 | | E2 | | E3 | Zeit |
|----|------|----------------|----|-------------------------|----|--|-------|---|----|------|
| | 325 | Elisa Thiemann | 12 | Hochschulsport Hannover | | | 21:11 | 2 | | |

294 August-Friedrich Reindl

12 SV Fortuna Schmölln

17:35

1

D/H10 (D/H -10) (3)

| Pl | Stnr | Name | Jg | Verein | E1 | E2 | E3 | Zeit |
|----|------|---------------|----|------------------------|----|-------|----|------|
| | 344 | Ria Wittke | 11 | SV Hildesia Diekholzen | | 20:08 | 2 | |
| | 237 | Romy Frank | | SV Hildesia Diekholzen | | 24:19 | 3 | |
| | 315 | Leonie Lochte | 10 | SV Hildesia Diekholzen | | 15:50 | 1 | |

H19K (Herren ab 19 kurz)

| Pl | Stnr | Name | Jg | Verein | E1 | E2 | E3 | Zeit | |
|----|------|----------------|----|-------------------------|-------|----|-------|------|-------|
| 1 | 220 | Felix Drese | 98 | OLV Uslar | 12:22 | 2 | 17:36 | 1 | 29:58 |
| 2 | 200 | Garvin Behling | 78 | Turn-Klubb zu Hannover | 12:17 | 1 | 18:43 | 2 | 31:00 |
| 3 | 223 | Jonas Dresel | 97 | SC Klecken | 12:52 | 3 | 23:16 | 4 | 36:08 |
| 4 | 297 | Jannik Richter | 93 | Turn-Klubb zu Hannover | 18:21 | 4 | 22:02 | 3 | 40:23 |
| 5 | 347 | Marco Baldan | 91 | Hochschulsport Hannover | 21:35 | 5 | 29:48 | 5 | 51:23 |
| | 308 | Jianwei Shi | | LUH Uni Hannover | 54:09 | AK | 50:47 | AK | |
| | 259 | Max Kempe | 98 | OLV Uslar | 18:39 | AK | 31:39 | AK | |

H19L (Herren ab 19 lang)

| Pl | Stnr | Name | Jg | Verein | E1 | E2 | E3 | Zeit | |
|----|------|-------------------|----|------------------------|-------|----|--------|------|-------|
| 1 | 248 | Ole Hennisler | 98 | MTV Seesen | 12:51 | 1 | 18:00 | 1 | 30:51 |
| 2 | 299 | Sergei Roskop | 88 | Braunschweiger MTV | 14:13 | 2 | 19:19 | 2 | 33:32 |
| 3 | 224 | Markus Dresel | 92 | SC Klecken | 17:09 | 6 | 20:39 | 3 | 37:48 |
| 4 | 328 | Fabian Ulbrich | 97 | OLV Uslar | 16:46 | 5 | 21:37 | 4 | 38:23 |
| 5 | 225 | Patrick Dresel | 92 | SC Klecken | 18:09 | 7 | 24:08 | 6 | 42:17 |
| 6 | 320 | Arne Strauß | 99 | SV Hildesia Diekholzen | 18:51 | 8 | 23:30 | 5 | 42:21 |
| 7 | 233 | Malte Finkenstädt | 94 | OLV Uslar | 18:59 | 10 | 24:50 | 7 | 43:49 |
| 8 | 234 | Till Finkenstädt | 97 | OLV Uslar | 18:52 | 9 | 26:35 | 8 | 45:27 |
| | 274 | Kilian Lilje | 95 | TSV Worpswede | 16:02 | 3 | Fehlst | | |
| | 310 | Max Sonneborn | 98 | TSV Worpswede | 16:46 | 4 | Fehlst | | |