

Pl	Name	Kat	Zeit	6,3 km		340 Hm		18 P									
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	12(42)	13(43)	14(44)
				15(45)	16(46)	17(47)	18(48)	Ziel									
1	Ole Hennseler MTV Seesen	Lared	50:31	1:22 1:22	3:36 2:14	6:48 3:12	8:33 1:45	10:24 1:51	12:02 1:38	14:40 2:38	18:12 3:32	20:39 2:27	24:00 3:21	35:13 11:13	36:57 1:44	38:29 1:32	40:21 1:52
2	Joachim Stamer MTK Bad Harzburg	Lared	53:46	1:29 1:29	3:43 2:14	7:08 3:25	8:57 1:49	11:52 2:55	13:44 1:52	16:38 2:54	21:06 4:28	23:07 2:01	27:01 3:54	36:25 9:24	38:31 2:06	40:14 1:43	42:37 2:23
3	Christoph Hofmeist MTK Bad Harzburg	Lared	53:52	1:08 1:08	3:24 2:16	6:22 2:58	8:19 1:57	10:21 2:02	11:58 1:37	14:43 2:45	21:46 7:03	23:35 1:49	27:39 4:04	38:27 10:48	40:19 1:52	41:57 1:38	43:55 1:58
4	Nilas Stamer MTK Bad Harzburg	Lared	55:43	1:11 1:11	3:35 2:24	6:52 3:17	9:05 2:13	11:00 1:55	13:02 2:02	15:51 2:49	20:38 4:47	22:44 2:06	26:34 3:50	38:09 11:35	40:08 1:59	41:52 1:44	45:17 3:25
5	Ann-Charlotte Span TG Münden	Lared	57:55	1:28 1:28	4:13 2:45	8:34 4:21	10:41 2:07	13:08 2:27	15:19 2:11	20:01 4:42	24:35 4:34	27:01 2:26	31:08 4:07	41:02 9:54	43:03 2:01	44:43 1:40	46:47 2:04
6	Theo Hennseler MTV Seesen	Lared	59:04	1:03 1:03	3:45 2:42	7:39 3:54	9:10 1:31	11:24 2:14	13:42 2:18	17:09 3:27	22:09 5:00	24:41 2:32	28:37 3:56	39:45 11:08	42:00 2:15	43:40 1:40	45:47 2:07
7	Martin Hennseler MTV Seesen	Lared	59:29	1:23 1:23	3:49 2:26	7:29 3:40	9:58 2:29	12:28 2:30	14:57 2:29	18:06 3:09	26:05 7:59	28:35 2:30	33:18 4:43	42:39 9:21	44:43 2:04	46:20 1:37	48:30 2:10
8	Aaron Wandelt MTV Seesen	Lared	60:49	1:29 1:29	4:20 2:51	7:55 3:35	10:19 2:24	12:27 2:08	14:44 2:17	17:59 3:15	21:59 4:00	24:34 2:35	29:57 5:23	40:27 10:30	42:54 2:27	44:48 1:54	47:41 2:53
9	Rolf Breckle Bovender SV	Lared	62:42	1:28 1:28	4:35 3:07	9:11 4:36	11:08 1:57	13:47 2:39	16:03 2:16	19:13 3:10	24:09 4:56	26:55 2:46	31:33 4:38	43:36 12:03	45:55 2:19	47:47 1:52	50:27 2:40
10	Marie Hofmeister MTK Bad Harzburg	Lavoll	66:50	1:31 1:31	4:54 3:23	9:24 4:30	11:47 2:23	14:22 2:35	16:44 2:22	21:30 4:46	27:04 5:34	29:38 2:34	34:16 4:38	45:54 11:38	48:48 2:54	51:03 2:15	53:50 2:47
11	Thorsten Weigert TV Jahn Wolfsburg	Lared	73:34	1:57 1:57	5:20 3:23	9:36 4:16	12:16 2:40	15:06 2:50	16:57 1:51	20:56 3:59	26:29 5:33	29:06 2:37	36:02 6:56	50:48 14:46	55:04 4:16	57:18 2:14	59:36 2:18
12	Dirk Strauß SV Hildesia Diekhol	Lared	74:25	1:46 1:46	4:52 3:06	9:29 4:37	11:43 2:14	16:00 4:17	19:16 3:16	23:28 4:12	29:54 6:26	33:09 3:15	37:33 4:24	49:40 12:07	52:27 2:47	54:35 2:08	57:35 3:00
13	Jan Klose MTV Seesen	Lared	75:01	1:22 1:22	4:35 3:13	8:46 4:11	10:47 2:01	13:38 2:51	15:48 2:10	19:39 3:51	25:46 6:07	28:36 2:50	33:31 4:55	48:38 15:07	53:04 4:26	56:56 3:52	60:12 3:16
14	Bennet Grote OLV Uslar	Lared	79:34	4:22 1:39	2:20 2:59	3:59 5:18	2:08 2:20	2:00 2:49	*51 2:59	*58 3:56	*31 7:26			40:27 8:16	53:20 12:53	56:36 3:16	62:58 2:30
15	Marco Urzua Wöhre TV Jahn Wolfsburg	Lavoll	82:39	1:51 1:51	4:47 2:56	11:04 6:17	13:25 2:21	16:44 3:19	19:31 2:47	24:06 4:35	33:11 9:05	37:37 4:26	46:32 8:55	59:52 13:20	63:23 3:31	65:42 2:19	68:26 2:44
16	Gunnar Grote OLV Uslar	Lavoll	87:09	2:07 2:07	5:52 3:45	11:03 5:11	13:37 2:34	17:07 3:30	20:09 3:02	26:45 6:36	37:16 10:31	42:01 4:45	49:12 7:11	63:43 14:31	66:46 3:03	68:29 1:43	71:22 2:53
17	Bernd Höfner OLV Uslar	Lavoll	89:54	2:41 2:41	6:45 4:04	12:54 6:09	15:52 2:58	20:30 4:38	23:05 2:35	28:10 5:05	36:16 8:06	40:00 3:44	47:25 7:25	62:22 14:57	65:55 3:33	68:10 2:15	71:18 3:08
18	Paulo Urzua Torres TV Jahn Wolfsburg	Lared	90:42	2:46 2:46	8:23 5:37	13:40 5:17	16:36 2:56	20:20 3:44	23:00 2:40	27:55 4:55	33:45 5:50	36:47 3:02	42:03 5:16	58:36 16:33	61:38 3:02	63:55 2:17	68:22 4:27
19	Sandra Castilho Ma SV Hildesia Diekhol	Lared	99:54	2:02 2:02	6:06 4:04	14:35 8:29	17:34 2:59	22:08 4:34	25:56 3:48	31:36 5:40	39:18 7:42	43:08 3:50	50:18 7:10	68:05 17:47	71:49 3:44	74:23 2:34	78:18 3:55
20	Christian Wittenbec TK Hannover	Lavoll	102:18	3:12 3:12	7:32 4:20	13:51 6:19	17:14 3:23	22:20 5:06	25:30 3:10	31:44 6:14	39:39 7:55	43:58 4:19	55:16 11:18	71:46 16:30	75:18 3:32	77:37 2:19	81:18 3:41

Pl	Name	Kat	Zeit														
Lang (28)				6,3 km 340 Hm		18 P		(Forts.)									
				1(31) 15(45)	2(32) 16(46)	3(33) 17(47)	4(34) 18(48)	5(35) Ziel	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	12(42)	13(43)	14(44)
21	Petra Schneider SV Hildesia Diekhol	Lared	112:27	3:15 3:15 94:15 5:17	7:12 3:57 99:32 5:17	13:50 6:38 106:54 7:22	17:28 3:38 109:45 2:51	22:24 4:56 112:27 2:42	26:14 3:50	32:35 6:21	41:34 8:59	45:54 4:20	53:39 7:45	76:09 22:30	81:08 4:59	84:35 3:27	88:58 4:23
	Esther Stamer MTK Bad Harzburg	Lared	Fehlst	1:42 1:42 ----- 5:20	5:15 3:33 68:05 4:19	10:02 4:47 72:24 2:11	13:25 3:23 74:35 1:52	17:11 3:46 76:27 1:52	20:03 2:52	27:03 7:00 32:00 *51	33:15 6:12 65:27 *57	36:13 2:58	43:10 6:57	55:27 12:17	57:43 2:16	59:36 1:53	62:45 3:09
	Lion Bernsdorf MTV Seesen	Lared	Fehlst	2:33 2:33 69:18 4:36	6:07 3:34 72:17 2:59	11:35 5:28 76:50 4:33	13:43 2:08 78:55 2:05	16:49 3:06 80:55 2:00	19:06 2:17	22:59 3:53	27:33 4:34	-----	41:11 13:38	54:44 13:33	58:36 3:52	61:04 2:28	64:42 3:38
	Frank Thiemann Hochschulsport Ha	Lavoll	Fehlst	1:40 1:40 77:07 5:16	5:19 3:39 ----- 7:07	11:14 5:55 84:14 3:31	14:09 2:55 87:45 3:31	17:22 3:13 89:39 1:54	25:00 7:38	29:59 4:59	36:21 6:22	40:01 3:40	48:11 8:10	63:01 14:50	66:12 3:11	68:17 2:05	71:51 3:34
	Vincent Meyer TK Hannover	Lared	Fehlst	2:10 2:10 96:52 6:21	6:34 4:24 99:55 3:03	12:14 5:40 105:56 6:01	15:57 3:43 107:58 2:02	19:30 3:33 109:29 1:31	22:52 3:22	-----	47:31 24:39	52:29 4:58	59:00 6:31	80:51 21:51	84:17 3:26	86:33 2:16	90:31 3:58
	Sandra Wöhrer TV Jahn Wolfsburg	Lared	Fehlst	2:58 2:58 ----- 10:02	7:05 4:07 105:03 5:26	13:32 6:27 110:29 2:58	18:36 5:04 113:27 2:58	24:03 5:27 115:52 2:25	27:36 3:33	32:13 4:37	39:24 7:11	48:48 9:24	55:54 7:06	80:35 24:41	87:41 7:06	90:20 2:39	95:01 4:41
	Johan Sisell Braunschweiger MT	Lared	Aufg	3:01 3:01 ----- -----	5:32 2:31 ----- -----	9:18 3:46 ----- -----	11:14 1:56 ----- -----	14:04 2:50 54:11 5:29	16:31 2:27	20:08 3:37	30:13 10:05	32:59 2:46	37:48 4:49	48:42 10:54	-----	-----	-----
	Annika Strauß SV Hildesia Diekhol	Lared	Aufg	1:33 1:33 ----- -----	4:45 3:12 ----- -----	9:34 4:49 ----- -----	12:33 2:59 ----- -----	16:16 3:43 65:27 17:43	19:49 3:33	25:37 5:48	33:11 7:34	36:05 2:54	47:44 11:39	-----	-----	-----	-----
Mittel (40)				3,2 km 170 Hm		9 P											
				1(49)	2(50)	3(51)	4(52)	5(53)	6(33)	7(55)	8(56)	9(57)	Ziel				
1	Ole Hennseler MTV Seesen	Mired	24:59	3:02 3:02	3:51 0:49	7:50 3:59	11:38 3:48	13:06 1:28	16:28 3:22	18:45 2:17	20:39 1:54	22:52 2:13	24:59 2:07				
2	Nilas Stamer MTK Bad Harzburg	Mired	29:26	3:06 3:06	3:56 0:50	6:50 2:54	11:59 5:09	13:47 1:48	18:20 4:33	21:11 2:51	23:56 2:45	26:51 2:55	29:26 2:35				
3	Aaron Wandelt MTV Seesen	Mired	38:01	4:24 4:24	5:33 1:09	9:06 3:33	14:46 5:40	17:00 2:14	22:13 5:13	28:26 6:13	32:12 3:46	35:24 3:12	38:01 2:37	24:41	25:00		
4	Alexandra Nuske TK Hannover	Mivoll	39:49	4:19 4:19	5:34 1:15	9:36 4:02	16:59 7:23	19:52 2:53	25:50 5:58	29:27 3:37	32:41 3:14	36:43 4:02	39:49 3:06				
5	Marlen Steinhoff MTK Bad Harzburg	Mired	40:56	5:16 5:16	6:19 1:03	9:52 3:33	15:50 5:58	18:11 2:21	25:30 7:19	29:45 4:15	32:53 3:08	37:51 4:58	40:56 3:05				
6	Hannes Möhring TV Jahn Wolfsburg	Mivoll	40:57	6:17 6:17	7:54 1:37	11:56 4:02	18:33 6:37	20:37 2:04	27:15 6:38	31:41 4:26	35:29 3:48	38:39 3:10	40:57 2:18				
7	Erik Urzua Wöhrer TV Jahn Wolfsburg	Mivoll	41:55	3:58 3:58	5:22 1:24	9:15 3:53	16:05 6:50	18:39 2:34	27:20 8:41	31:09 3:49	35:35 4:26	39:26 3:51	41:55 2:29				
8	Rut Stark MTV Seesen	Mivoll	43:25	3:56 3:56	5:18 1:22	8:58 3:40	15:41 6:43	18:11 2:30	30:03 11:52	34:14 4:11	37:34 3:20	41:06 3:32	43:25 2:19				
9	Till Raake MTV Seesen	Mivoll	43:34	9:32 9:32	10:52 1:20	15:51 4:59	22:56 7:05	24:55 1:59	30:30 5:35	34:03 3:33	37:58 3:55	41:24 3:26	43:34 2:10				
10	Svenja Pabst OLV Uslar	Mired	45:02	6:25 6:25	7:43 1:18	11:49 4:06	18:35 6:46	21:13 2:38	28:57 7:44	33:45 4:48	37:40 3:55	41:45 4:05	45:02 3:17				
11	Daniel Liebing Bovender SV	Mivoll	46:28	4:11 4:11	5:34 1:23	9:36 4:02	16:35 6:59	18:33 1:58	26:44 8:11	31:23 4:39	35:49 4:26	43:16 7:27	46:28 3:12				
12	Anna Weigert TV Jahn Wolfsburg	Mivoll	47:30	4:11 4:11	5:31 1:20	10:46 5:15	17:15 6:29	19:18 2:03	29:21 10:03	36:26 7:05	41:04 4:38	44:42 3:38	47:30 2:48				
13	Aaron Niazi TSV Worpsswede	Mivoll	47:41	4:23 4:23	5:53 1:30	10:40 4:47	19:31 8:51	23:18 3:47	31:22 8:04	35:52 4:30	40:37 4:45	45:08 4:31	47:41 2:33				
14	Silke Napp Braunschweiger MT	Mired	48:46	5:16 5:16	7:03 1:47	11:37 4:34	18:25 6:48	21:00 2:35	29:14 8:14	34:53 5:39	39:26 4:33	44:39 5:13	48:46 4:07				
15	Jens Wittke SV Hildesia Diekhol	Mired	48:51	7:05 7:05	8:16 1:11	15:59 7:43	24:07 8:08	27:31 3:24	34:48 7:17	38:44 3:56	42:29 3:45	47:01 4:32	48:51 1:50				
16	Jule Weigert TV Jahn Wolfsburg	Mivoll	50:35	5:00 5:00	6:14 1:14	11:14 5:00	20:57 9:43	23:14 2:17	31:14 8:00	38:15 7:01	41:46 3:31	47:41 5:55	50:35 2:54				
17	Claudia Weigert TV Jahn Wolfsburg	Mivoll	52:11	5:14 5:14	6:39 1:25	11:20 4:41	21:14 9:54	23:46 2:32	31:47 8:01	38:32 6:45	42:22 3:50	48:06 5:44	52:11 4:05				
17	Johannes Eckel OLV Uslar	Mivoll	52:11	6:18 6:18	7:55 1:37	12:52 4:57	22:28 9:36	25:17 2:49	33:08 7:51	38:28 5:20	44:58 6:30	49:16 4:18	52:11 2:55				
19	Sven-Guido Schulz TV Jahn Wolfsburg	Mivoll	52:42	4:42 4:42	5:57 1:15	11:36 5:39	20:55 9:19	23:28 2:33	29:34 6:06	38:16 8:42	44:54 6:38	49:46 4:52	52:42 2:56				
20	Lucia Stolze Bovender SV	Mivoll	53:09	6:21 6:21	7:47 1:26	13:07 5:20	22:57 9:50	25:14 2:17	34:03 8:49	38:37 4:34	42:20 3:43	50:26 8:06	53:09 2:43				
21	Karla Breckle Bovender SV	Mivoll	53:12	6:19 6:19	7:48 1:29	13:11 5:23	22:56 9:45	25:09 2:13	33:53 8:44	38:32 4:39	42:15 3:43	50:26 8:11	53:12 2:46				

