

Pl	Name	Zeit														
Lang (28)			6,1 km 310 Hm			16 P			(Forts.)							
			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)	Ziel											
21	Manu Raster	97:05	4:48	8:40	15:04	18:07	21:20	30:09	32:08	35:54	55:05	71:49	74:39	76:55	80:13	85:04
	Hochschulsport Hann		4:48	3:52	6:24	3:03	3:13	8:49	1:59	3:46	19:11	16:44	2:50	2:16	3:18	4:51
			90:35	92:39	97:05											
			5:31	2:04	4:26											
22	Sandra Castilho Marc	100:20	4:12	8:32	14:38	17:04	24:14	36:39	38:33	44:52	53:07	72:12	75:35	78:17	81:18	85:03
	SV Hildesia Diekholze		4:12	4:20	6:06	2:26	7:10	12:25	1:54	6:19	8:15	19:05	3:23	2:42	3:01	3:45
			92:07	94:27	100:20											
			7:04	2:20	5:53											
23	Julia Stell	101:23	3:25	6:46	12:30	16:37	22:03	35:12	36:58	40:27	48:17	66:51	70:55	75:23	78:01	82:03
	TG 1860 Münden		3:25	3:21	5:44	4:07	5:26	13:09	1:46	3:29	7:50	18:34	4:04	4:28	2:38	4:02
			93:24	95:55	101:23											
			11:21	2:31	5:28											
24	Jannik Richter	107:08	10:29	15:23	21:01	24:08	27:32	36:36	40:14	46:22	65:20	82:10	85:02	87:17	90:33	95:18
	TK Hannover		10:29	4:54	5:38	3:07	3:24	9:04	3:38	6:08	18:58	16:50	2:52	2:15	3:16	4:45
			101:03	103:02	107:08											
			5:45	1:59	4:06											
25	Werner Klawun	107:09	3:38	7:29	19:33	22:30	26:27	35:08	37:06	40:27	49:59	72:12	75:09	77:44	80:10	84:07
	Dresden		3:38	3:51	12:04	2:57	3:57	8:41	1:58	3:21	9:32	22:13	2:57	2:35	2:26	3:57
			94:09	100:01	107:09		98:51									
			10:02	5:52	7:08		*49									
	Jan Klose	Fehlst	3:11	6:02	9:33	10:46	12:50	18:00	19:13	21:50	28:05	38:20	41:27	43:28	44:46	46:49
	MTV Seesen		3:11	2:51	3:31	1:13	2:04	5:10	1:13	2:37	6:15	10:15	3:07	2:01	1:18	2:03
			-----	54:53	57:56											
				8:04	3:03											
	Nilas Stamer	Fehlst	2:06	4:41	8:42	10:14	13:08	19:55	21:12	23:09	28:07	39:47	42:30	44:38	46:26	48:56
	MTK Bad Harzburg		2:06	2:35	4:01	1:32	2:54	6:47	1:17	1:57	4:58	11:40	2:43	2:08	1:48	2:30
			-----	56:33	60:24											
				7:37	3:51											
	Arne Strauß	Aufg	3:43	6:40	12:13	14:08	16:54	27:41	29:28	32:53	-----	-----	-----	-----	-----	-----
	SV Hildesia Diekholze		3:43	2:57	5:33	1:55	2:46	10:47	1:47	3:25						
			-----	-----	56:29											
					23:36											
Mittel (23)			3,2 km 130 Hm		9 P											
			1(47)	2(48)	3(49)	4(50)	5(52)	6(53)	7(54)	8(55)	9(56)	Ziel				
1	Christoph Hofmeister	29:07	1:33	3:03	4:06	5:34	10:01	16:41	20:29	26:26	27:32	29:07				
	MTK Bad Harzburg		1:33	1:30	1:03	1:28	4:27	6:40	3:48	5:57	1:06	1:35			14:15	*38
2	Konrad Stamer	29:13	1:32	3:37	4:47	6:17	12:38	14:20	18:22	26:30	27:44	29:13				
	Preetzer TSV		1:32	2:05	1:10	1:30	6:21	1:42	4:02	8:08	1:14	1:29				
3	Jan Klose	31:03	1:56	3:53	5:02	7:19	13:08	14:54	20:02	27:34	28:54	31:03				
	MTV Seesen		1:56	1:57	1:09	2:17	5:49	1:46	5:08	7:32	1:20	2:09				
4	Nilas Stamer	31:34	1:52	4:23	5:27	9:13	14:15	16:35	21:32	28:32	29:36	31:34				
	MTK Bad Harzburg		1:52	2:31	1:04	3:46	5:02	2:20	4:57	7:00	1:04	1:58				
5	Aaron Wandelt	38:51	1:51	4:14	5:34	7:56	15:21	19:03	25:25	34:52	36:30	38:51				
	MTV Seesen		1:51	2:23	1:20	2:22	7:25	3:42	6:22	9:27	1:38	2:21				
6	Jan Hanke	41:26	2:27	5:11	6:53	12:55	20:39	22:55	28:31	38:08	39:42	41:26				
	Glockseeschule Hann		2:27	2:44	1:42	6:02	7:44	2:16	5:36	9:37	1:34	1:44				
7	Luis Moreton	42:11	1:36	4:26	5:50	8:58	16:16	19:47	26:28	37:26	39:15	42:11				
	TK Hannover		1:36	2:50	1:24	3:08	7:18	3:31	6:41	10:58	1:49	2:56				
8	Sandra Wendt	47:55	2:04	5:46	8:06	12:05	20:00	22:58	31:05	42:40	44:51	47:55				
	TK Hannover		2:04	3:42	2:20	3:59	7:55	2:58	8:07	11:35	2:11	3:04				
9	Marlen Steinhoff	48:59	1:53	5:13	6:57	9:31	18:54	21:51	33:16	43:39	45:59	48:59				
	MTK Bad Harzburg		1:53	3:20	1:44	2:34	9:23	2:57	11:25	10:23	2:20	3:00				
10	Sonja Kunze	50:03	3:35	8:08	10:01	16:16	24:00	27:16	35:58	46:10	48:08	50:03				
	OLV Uslar		3:35	4:33	1:53	6:15	7:44	3:16	8:42	10:12	1:58	1:55				
11	Kai-Anke Hornbruch	50:41	2:21	7:16	9:52	13:23	-----	-----	-----	-----	-----	50:41				
	TK Hannover		2:21	4:55	2:36	3:31						37:18				
12	Marco Urzua Wöhrer	51:11	3:20	7:56	9:35	14:58	-----	-----	-----	-----	-----	51:11				
	TV Jahn Wolfsburg		3:20	4:36	1:39	5:23						36:13				
13	Tobias und Nils Ciepl	52:55	1:34	5:46	7:46	-----	22:12	24:25	35:44	47:14	50:01	52:55			17:42	*51
	Nordstemmen		1:34	4:12	2:00		14:26	2:13	11:19	11:30	2:47	2:54				
14	Gerhard Niederland	56:22	2:14	8:28	10:03	14:06	22:00	31:39	39:18	51:20	53:55	56:22				
	TSV Schloss Rickling		2:14	6:14	1:35	4:03	7:54	9:39	7:39	12:02	2:35	2:27				
15	Felix Yang	57:05	3:51	7:03	8:54	21:38	29:52	32:30	41:27	53:05	54:52	57:05				
	TK Hannover		3:51	3:12	1:51	12:44	8:14	2:38	8:57	11:38	1:47	2:13				
16	Günter Gohde	59:09	2:42	7:19	9:53	13:51	25:57	29:21	37:41	53:04	56:17	59:09				
	TK Hannover		2:42	4:37	2:34	3:58	12:06	3:24	8:20	15:23	3:13	2:52				
17	Maren Strauß	59:51	1:54	5:06	6:43	13:07	22:10	25:14	34:54	54:00	56:46	59:51				
	SV Hildesia Diekholze		1:54	3:12	1:37	6:24	9:03	3:04	9:40	19:06	2:46	3:05				
18	Regine Klander-Strau	61:08	2:24	6:24	8:05	13:42	24:48	29:03	37:03	55:13	58:06	61:08				
	SV Hildesia Diekholze		2:24	4:00	1:41	5:37	11:06	4:15	8:00	18:10	2:53	3:02				
19	Rut Stark	67:44	2:27	17:50	20:18	27:31	39:09	42:20	50:59	63:26	65:36	67:44				
	MTV Seesen		2:27	15:23	2:28	7:13	11:38	3:11	8:39	12:27	2:10	2:08				
20	Markus Yang	69:49	1:58	6:05	8:04	12:23	24:42	39:11	51:09	0:00	0:00	69:49				
	TK Hannover		1:58	4:07	1:59	4:19	12:19	14:29	11:58			18:40				
21	Sabine Nash	74:11	2:14	6:54	9:20	16:02	-----	-----	-----	-----	-----	74:11				
	TK Hannover		2:14	4:40	2:26	6:42						58:09				

Pl Name	Zeit											
Mittel (23)		3,2 km 130 Hm		9 P		<i>(Forts.)</i>						
		1(47)	2(48)	3(49)	4(50)	5(52)	6(53)	7(54)	8(55)	9(56)	Ziel	
22 Fiona Nash	78:28	7:54	12:54	15:18	18:45	-----	-----	-----	-----	-----	78:28	
TK Hannover		7:54	5:00	2:24	3:27						59:43	
23 Sylke Höfner	81:21	5:47	12:05	14:42	20:47	32:52	37:41	54:27	0.00	0.00	81:21	17:18
OLV Uslar		5:47	6:18	2:37	6:05	12:05	4:49	16:46			26:54	*62
Kurz (10)		2,6 km 60 Hm		6 P								
		1(57)	2(58)	3(59)	4(60)	5(61)	6(62)	Ziel				
1 Svenja Pabst	21:20	1:36	3:32	5:45	8:27	11:48	14:32	21:20				
OLV Uslar		1:36	1:56	2:13	2:42	3:21	2:44	6:48				
2 Uta Hillebrand	25:01	1:46	3:36	6:49	9:40	15:03	17:23	25:01				
TK Hannover		1:46	1:50	3:13	2:51	5:23	2:20	7:38				
3 Brandon Nash	41:11	2:54	6:41	12:59	18:01	23:57	29:11	41:11				
TK Hannover		2:54	3:47	6:18	5:02	5:56	5:14	12:00				
4 Frances Yang	41:42	2:14	6:29	15:34	19:41	26:47	29:56	41:42				
TK Hannover		2:14	4:15	9:05	4:07	7:06	3:09	11:46				
5 Hanna Stark	45:32	2:20	6:28	10:24	16:14	26:24	32:26	45:32		39:27		
MTV Seesen		2:20	4:08	3:56	5:50	10:10	6:02	13:06		*63		
6 Kenzo und Jun Hellig	46:46	2:14	4:36	17:54	21:54	29:40	33:48	46:46				
Glockseeschule Hann		2:14	2:22	13:18	4:00	7:46	4:08	12:58				
7 Tom Sukale	47:31	2:00	4:19	9:10	13:35	31:57	35:34	47:31				
TK Hannover		2:00	2:19	4:51	4:25	18:22	3:37	11:57				
8 Gerhard Kottschlag	53:02	3:10	7:02	13:19	19:15	30:05	37:17	53:02				
SV Hildesia Diekholze		3:10	3:52	6:17	5:56	10:50	7:12	15:45				
9 Günther Stark	57:25	3:11	5:57	14:49	19:40	27:31	32:07	57:25				
MTV Seesen		3:11	2:46	8:52	4:51	7:51	4:36	25:18				
10 Elisa Thiemann	57:56	6:13	11:05	16:49	22:34	33:55	40:09	57:56				
Hochschulsport Hann		6:13	4:52	5:44	5:45	11:21	6:14	17:47				