

Pl	Stnr	Name	Zeit															
D12 (3)				2,9 km 25 Hm							9 P							
			1(74)	2(75)	3(76)	4(77)	5(78)	6(73)	7(79)	8(54)	9(100)	Ziel						
1		Sania Stamer	26:26	3:51	7:20	10:36	11:59	13:33	17:09	19:34	23:05	26:06	26:26					
		SV Hildesia Diekholz		3:51	3:29	3:16	1:23	1:34	3:36	2:25	3:31	3:01	0:20					
2		Stine Bruns	32:27	3:42	7:43	11:07	12:32	14:48	18:52	21:14	28:12	32:08	32:27					
		MTK Bad Harzburg		3:42	4:01	3:24	1:25	2:16	4:04	2:22	6:58	3:56	0:19					
3		Ria Wittke	40:17	9:31	15:22	19:21	20:49	22:56	28:07	30:33	35:30	39:53	40:17	13:01				
		SV Hildesia Diekholz		9:31	5:51	3:59	1:28	2:07	5:11	2:26	4:57	4:23	0:24	*82				
H14 (3)				3,2 km 60 Hm							8 P							
			1(47)	2(46)	3(72)	4(70)	5(73)	6(48)	7(60)	8(100)	Ziel							
1		Erik Urzua Wöhrer	26:43	4:35	8:21	11:05	14:02	17:07	18:14	23:18	26:24	26:43						
		TV Jahn Wolfsburg		4:35	3:46	2:44	2:57	3:05	1:07	5:04	3:06	0:19						
2		Hlib Zvonarov	30:22	3:50	8:31	11:42	16:38	20:19	21:35	26:54	30:02	30:22						
		MTV Seesen		3:50	4:41	3:11	4:56	3:41	1:16	5:19	3:08	0:20						
3		Leif Liebing	41:44	4:28	10:34	16:40	22:08	27:04	28:58	37:57	41:24	41:44						
		Bovender SV		4:28	6:06	6:06	5:28	4:56	1:54	8:59	3:27	0:20						
D14 (4)				3,2 km 60 Hm							8 P							
			1(47)	2(46)	3(72)	4(70)	5(73)	6(48)	7(60)	8(100)	Ziel							
1		Jule Weigert	27:03	3:16	7:21	10:27	13:57	16:45	18:42	23:53	26:42	27:03						
		TV Jahn Wolfsburg		3:16	4:05	3:06	3:30	2:48	1:57	5:11	2:49	0:21						
2		Rut Stark	30:14	3:27	8:38	11:48	16:47	19:40	21:39	27:02	29:52	30:14						
		MTV Seesen		3:27	5:11	3:10	4:59	2:53	1:59	5:23	2:50	0:22						
3		Jana Knaup	38:21	3:29	9:13	12:45	19:44	23:14	25:44	33:28	37:56	38:21						
		Braunschweiger MT		3:29	5:44	3:32	6:59	3:30	2:30	7:44	4:28	0:25						
AK		Svitlana Konstantyni	34:37	4:38	9:17	15:00	20:09	24:01	25:22	30:45	34:14	34:37						
		SK NORD Charkiw		4:38	4:39	5:43	5:09	3:52	1:21	5:23	3:29	0:23						
H12 (5)				2,9 km 25 Hm							9 P							
			1(74)	2(75)	3(76)	4(77)	5(78)	6(73)	7(79)	8(54)	9(100)	Ziel						
1		Constantin Jacob Fr	19:31	2:03	4:22	6:26	7:21	8:16	10:40	12:48	16:43	19:11	19:31	3:57				
		TSV Worpswede		2:03	2:19	2:04	0:55	0:55	2:24	2:08	3:55	2:28	0:20	*82				
2		Espen Liebing	32:16	3:09	7:32	10:54	12:13	14:41	20:15	23:12	28:41	31:54	32:16					
		Bovender SV		3:09	4:23	3:22	1:19	2:28	5:34	2:57	5:29	3:13	0:22					
3		Noah van der Zande	46:03	3:08	13:42	17:43	19:31	22:42	28:25	32:32	40:57	45:36	46:03					
		OLV Uslar		3:08	10:34	4:01	1:48	3:11	5:43	4:07	8:25	4:39	0:27					
4		Angelo Kühli	51:44	9:44	13:20	16:57	18:32	20:57	26:14	30:01	43:06	51:03	51:44					
		MTK Bad Harzburg		9:44	3:36	3:37	1:35	2:25	5:17	3:47	13:05	7:57	0:41					
		Marlin Fuhrmann	N Ang															
		TSV Worpswede																
D16 (4)				4,4 km 95 Hm							8 P							
			1(61)	2(70)	3(45)	4(71)	5(43)	6(53)	7(47)	8(100)	Ziel							
1		Karla Breckle	52:27	8:40	16:04	20:28	25:52	31:00	37:28	45:09	52:11	52:27						
		Bovender SV		8:40	7:24	4:24	5:24	5:08	6:28	7:41	7:02	0:16						
2		Merle Niemann	55:59	8:11	15:03	26:26	32:08	37:09	43:29	49:16	55:43	55:59						
		TSV Worpswede		8:11	6:52	11:23	5:42	5:01	6:20	5:47	6:27	0:16						
3		Anna Weigert	1:05:30	10:51	19:17	24:09	31:49	37:56	45:39	55:26	1:04:44	1:05:30						
		TV Jahn Wolfsburg		10:51	8:26	4:52	7:40	6:07	7:43	9:47	9:18	0:46						
AK		Lada Konstantynova	45:55	7:01	12:43	17:25	22:32	27:04	33:09	39:56	45:31	45:55						
		SK NORD Charkiw		7:01	5:42	4:42	5:07	4:32	6:05	6:47	5:35	0:24						
H16 (5)				6,0 km 135 Hm							14 P							
			1(57)	2(46)	3(43)	4(32)	5(52)	6(37)	7(62)	8(51)	9(58)	10(59)	11(45)	12(48)	13(60)			
			Ziel															
1		Jonas Knaup	1:07:25	3:06	8:52	14:28	25:57	28:29	33:03	34:37	41:25	44:45	46:33	55:23	59:33	1:04:28		
		Braunschweiger MT		3:06	5:46	5:36	11:29	2:32	4:34	1:34	6:48	3:20	1:48	8:50	4:10	4:55		
			1:07:25															
			0:17															
2		Sven-Guido Schulze	1:12:38	3:45	8:07	13:40	17:39	19:58	35:32	37:22	42:51	46:43	48:15	57:53	1:04:10	1:09:20		
		TV Jahn Wolfsburg		3:45	4:22	5:33	3:59	2:19	15:34	1:50	5:29	3:52	1:32	9:38	6:17	5:10		
			1:12:38															
			0:20															
3		Brandon Nash	2:22:53	5:53	20:20	31:53	39:29	48:54	1:02:08	1:05:07	1:15:46	1:25:24	1:27:57	1:48:52	2:07:13	2:14:33		
		Turn-Klubb zu Hann		5:53	14:27	11:33	7:36	9:25	13:14	2:59	10:39	9:38	2:33	20:55	18:21	7:20		
			2:22:53															
			0:20															
		Felix Salau	N Ang															
		MTV Seesen																
		Aaron Niazi	N Ang															
		TSV Worpswede																

Pl	Stnr	Name	Zeit													
D18 (1)				6,0 km 135 Hm		14 P										
			1(57) Ziel	2(46)	3(43)	4(32)	5(52)	6(37)	7(62)	8(51)	9(58)	10(59)	11(45)	12(48)	13(60)	
1		Lilly Hintz MTV Seesen	1:19:01	7:43	13:06	20:29	26:14	30:03	34:42	36:47	44:15	48:40	51:05	1:03:14	1:09:07	1:15:10
				7:43	5:23	7:23	5:45	3:49	4:39	2:05	7:28	4:25	2:25	12:09	5:53	6:03
			1:19:01 0:19													
H18 (2)				8,9 km 290 Hm		13 P										
			1(48)	2(49)	3(50)	4(40)	5(39)	6(38)	7(35)	8(51)	9(52)	10(32)	11(43)	12(54)	13(100)	
1		Till Buchberger MTV Seesen	1:11:26	4:21	7:06	12:30	18:48	24:33	35:09	43:46	50:54	55:40	58:45	1:01:11	1:08:48	1:11:12
				4:21	2:45	5:24	6:18	5:45	10:36	8:37	7:08	4:46	3:05	2:26	7:37	2:24
		Bennet Grote OLV Uslar	N Ang													
D19K (11)				4,4 km 95 Hm		8 P										
			1(61)	2(70)	3(45)	4(71)	5(43)	6(53)	7(47)	8(100)	Ziel					
1		Ann-Charlotte Spang TG 1860 Münden	38:20	5:21	11:13	15:28	20:08	24:08	28:21	33:20	37:57	38:20				
				5:21	5:52	4:15	4:40	4:00	4:13	4:59	4:37	0:23				
2		Svenja Pabst OLV Uslar	42:06	6:02	11:53	15:36	20:50	25:20	30:18	35:55	41:39	42:06				
				6:02	5:51	3:43	5:14	4:30	4:58	5:37	5:44	0:27				
3		Solia Stamer MTK Bad Harzburg	42:22	8:10	14:31	17:52	22:48	26:52	32:12	36:49	42:03	42:22				
				8:10	6:21	3:21	4:56	4:04	5:20	4:37	5:14	0:19				
4		Vivien Michel OLV Uslar	47:19	8:59	14:48	18:41	23:01	27:25	32:52	37:58	46:58	47:19				
				8:59	5:49	3:53	4:20	4:24	5:27	5:06	9:00	0:21				
5		Anke Winnig SV IHW Alex 78 Berli	47:39	7:46	14:08	18:08	23:43	28:30	34:08	39:54	47:09	47:39				
				7:46	6:22	4:00	5:35	4:47	5:38	5:46	7:15	0:30				
6		Julia Richter MTK Bad Harzburg	54:15	6:47	12:42	27:22	32:15	36:40	42:44	48:11	53:53	54:15				
				6:47	5:55	14:40	4:53	4:25	6:04	5:27	5:42	0:22				
7		Claudia Weigert TV Jahn Wolfsburg	55:52	7:52	14:34	21:08	27:06	32:43	40:15	47:55	55:22	55:52				
				7:52	6:42	6:34	5:58	5:37	7:32	7:40	7:27	0:30				
8		Saskia Ernst-Liebing Bovender SV	1:00:04	9:11	17:56	24:27	30:30	35:59	43:20	50:46	59:38	1:00:04				
				9:11	8:45	6:31	6:03	5:29	7:21	7:26	8:52	0:26				
9		Ina Conrad SV Wissenschaft Qu	1:02:05	8:31	17:17	21:50	29:17	35:22	43:25	52:46	1:01:38	1:02:05				
				8:31	8:46	4:33	7:27	6:05	8:03	9:21	8:52	0:27				
10		Fiona Nash Turn-Klubb zu Hann	1:17:25	11:27	27:44	33:10	41:24	48:00	58:26	1:07:45	1:16:57	1:17:25				
				11:27	16:17	5:26	8:14	6:36	10:26	9:19	9:12	0:28				
AK		Oleksandra Konstan SK NORD Charkiw	53:00	7:47	13:55	17:54	24:36	29:12	34:56	45:51	52:35	53:00				
				7:47	6:08	3:59	6:42	4:36	5:44	10:55	6:44	0:25				
H19K (3)				5,4 km 100 Hm		12 P										
			1(63)	2(67)	3(59)	4(65)	5(64)	6(43)	7(44)	8(50)	9(45)	10(48)	11(60)	12(100)	Ziel	
1		Theo Henniseler MTV Seesen	47:22	4:59	9:35	15:11	17:48	21:34	23:54	28:09	30:41	36:01	41:09	44:50	47:06	47:22
				4:59	4:36	5:36	2:37	3:46	2:20	4:15	2:32	5:20	5:08	3:41	2:16	0:16
2		Alexey Kupriyanov Turn-Klubb zu Hann	53:48	4:34	13:48	19:19	20:58	25:24	27:41	32:34	35:18	40:47	45:55	50:54	53:30	53:48
				4:34	9:14	5:31	1:39	4:26	2:17	4:53	2:44	5:29	5:08	4:59	2:36	0:18
3		Lennart Höft OSC Hamburg	1:04:42	3:11	8:48	15:48	20:48	25:39	32:38	41:51	45:02	50:30	57:05	1:01:45	1:04:28	1:04:42
				3:11	5:37	7:00	5:00	4:51	6:59	9:13	3:11	5:28	6:35	4:40	2:43	0:14
D19L (6)				7,5 km 190 Hm		13 P										
			1(55)	2(43)	3(32)	4(52)	5(56)	6(34)	7(39)	8(40)	9(50)	10(45)	11(46)	12(47)	13(100)	
1		Birte Friedrichs MTV Seesen	56:27	0:47	7:21	9:39	12:01	14:06	18:07	28:40	34:31	41:31	46:25	48:50	52:04	56:10
				0:47	6:34	2:18	2:22	2:05	4:01	10:33	5:51	7:00	4:54	2:25	3:14	4:06
2		Lina Buchberger MTV Seesen	1:11:16	0:54	9:09	12:35	15:17	18:10	22:49	36:02	43:24	52:26	58:34	1:02:11	1:06:13	1:11:00
				0:54	8:15	3:26	2:42	2:53	4:39	13:13	7:22	9:02	6:08	3:37	4:02	4:47
3		Pia Buchholz MTK Bad Harzburg	1:23:49	1:06	10:02	13:28	16:26	19:56	25:33	40:41	49:39	1:00:14	1:08:13	1:12:41	1:18:03	1:23:28
				1:06	8:56	3:26	2:58	3:30	5:37	15:08	8:58	10:35	7:59	4:28	5:22	5:25
4		Carolin Bernsdorf MTV Seesen	1:26:57	1:02	11:07	16:14	20:54	25:11	30:04	46:16	53:42	1:04:50	1:11:03	1:16:08	1:20:44	1:26:40
				1:02	10:05	5:07	4:40	4:17	4:53	16:12	7:26	11:08	6:13	5:05	4:36	5:56
5		Tinka Kankaanpää Bovender SV	1:30:04	2:45	14:11	19:13	23:55	28:15	33:08	49:13	56:48	1:07:53	1:14:07	1:19:05	1:23:53	1:29:44
				2:45	11:26	5:02	4:42	4:20	4:53	16:05	7:35	11:05	6:14	4:58	4:48	5:51
6		Carlotta Haupt MTK Bad Harzburg	1:38:28	1:50	11:49	16:09	21:11	25:17	30:43	48:17	56:27	1:11:25	1:24:23	1:28:02	1:33:25	1:38:10
				1:50	9:59	4:20	5:02	4:06	5:26	17:34	8:10	14:58	12:58	3:39	5:23	4:45
H19L (9)				10,2 km 295 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)	
			15(45)	16(46)	17(47)	18(100)	Ziel									
1		Ole Henniseler MTV Seesen	1:04:36	2:07	7:16	8:31	12:21	16:39	18:05	21:37	27:14	34:16	38:50	44:32	48:10	48:48
				2:07	5:09	1:15	3:50	4:18	1:26	3:32	5:37	7:02	4:34	5:42	3:38	0:38
			56:21	58:38	1:01:12	1:04:22	1:04:36									
			4:09	2:17	2:34	3:10	0:14									
2		Matti Bruns MTK Bad Harzburg	1:21:39	2:19	8:46	10:20	14:31	21:08	22:38	26:34	32:29	40:45	46:03	57:42	1:02:08	1:02:56
				2:19	6:27	1:34	4:11	6:37	1:30	3:56	5:55	8:16	5:18	11:39	4:26	0:48
			1:11:58	1:14:21	1:17:31	1:21:17	1:21:39									
			5:01	2:23	3:10	3:46	0:22									

Pl	Stnr	Name	Zeit															
				10,2 km 295 Hm					18 P					<i>(Forts.)</i>				
				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)		
				15(45)	16(46)	17(47)	18(100)	Ziel										
3		Aaron Wandelt MTV Seesen	1:27:09	2:24	9:57	11:51	17:11	22:59	24:32	29:13	36:35	48:21	54:16	1:01:17	1:06:23	1:07:13		
				2:24	7:33	1:54	5:20	5:48	1:33	4:41	7:22	11:46	5:55	7:01	5:06	0:50		
				1:16:47	1:19:39	1:23:01	1:26:51	1:27:09										
				5:21	2:52	3:22	3:50	0:18										
4		Christoph Hofmeister MTK Bad Harzburg	1:27:26	2:21	9:34	12:33	17:12	23:29	26:16	30:33	37:10	47:26	53:01	1:03:32	1:08:11	1:08:59		
				2:21	7:13	2:59	4:39	6:17	2:47	4:17	6:37	10:16	5:35	10:31	4:39	0:48		
				1:17:57	1:20:24	1:23:33	1:27:08	1:27:26										
				5:02	2:27	3:09	3:35	0:18										
				<i>*50</i>														
5		Jan Schliebener OLV Uslar	1:30:29	2:43	10:51	12:46	18:06	24:57	26:33	31:14	38:31	48:16	54:21	1:02:16	1:07:04	1:08:23		
				2:43	8:08	1:55	5:20	6:51	1:36	4:41	7:17	9:45	6:05	7:55	4:48	1:19		
				1:18:41	1:21:45	1:25:39	1:30:07	1:30:29										
				5:54	3:04	3:54	4:28	0:22										
				<i>*81</i>														
6		Fabian Ulbrich OLV Uslar	1:36:13	2:29	9:23	16:57	21:52	27:50	29:38	34:17	41:31	54:16	1:00:01	1:07:40	1:12:53	1:13:40		
				2:29	6:54	7:34	4:55	5:58	1:48	4:39	7:14	12:45	5:45	7:39	5:13	0:47		
				1:24:23	1:27:20	1:31:08	1:35:53	1:36:13										
				6:12	2:57	3:48	4:45	0:20										
				Jakob Eberwien														
				OLV Uslar														
				Fehlst	3:41	14:45	17:41	24:16	30:29	33:01	40:47	48:26	1:00:17	1:09:12	1:37:25	1:43:50	1:44:56	
				3:41	11:04	2:56	6:35	6:13	2:32	7:46	7:39	11:51	8:55	28:13	6:25	1:06		
				-----	-----	-----	-----	2:24:18										
				<i>34:01</i>														
AK		Markus Müller OSC Kassel	1:26:23	4:14	10:07	11:44	16:24	21:48	23:30	27:38	33:55	43:31	49:29	59:15	1:03:30	1:04:30		
				4:14	5:53	1:37	4:40	5:24	1:42	4:08	6:17	9:36	5:58	9:46	4:15	1:00		
				1:15:55	1:18:26	1:21:56	1:26:03	1:26:23										
				7:38	2:31	3:30	4:07	0:20										
AK		Jens Köhler Volkswagen R Trailr	N Ang															
D35 (4)				6,0 km 135 Hm			14 P											
				1(57)	2(46)	3(43)	4(32)	5(52)	6(37)	7(62)	8(51)	9(58)	10(59)	11(45)	12(48)	13(60)		
				Ziel														
1		Ivana Knaupova Braunschweiger MTV	1:00:36	3:09	6:51	12:57	15:52	18:30	25:04	26:51	32:02	35:28	37:32	46:50	52:38	57:22		
				3:09	3:42	6:06	2:55	2:38	6:34	1:47	5:11	3:26	2:04	9:18	5:48	4:44		
				1:00:36	2:43													
				<i>*31</i>														
2		Sandra Wöhrer TV Jahn Wolfsburg	1:21:35	4:28	9:29	18:26	23:44	27:07	33:51	36:12	42:48	48:31	50:55	1:05:34	1:12:11	1:17:51		
				4:28	5:01	8:57	5:18	3:23	6:44	2:21	6:36	5:43	2:24	14:39	6:37	5:40		
				1:21:35														
				0:22														
3		Dorothea Kirves TG 1860 Münden	1:56:18	5:26	13:21	23:20	32:34	36:59	47:25	50:57	1:00:14	1:10:58	1:14:49	1:31:38	1:43:35	1:50:59		
				5:26	7:55	9:59	9:14	4:25	10:26	3:32	9:17	10:44	3:51	16:49	11:57	7:24		
				1:56:18														
				0:31														
AK		Renée Schwartz OSC Kassel	1:28:28	4:23	11:52	19:37	24:30	28:59	37:06	40:16	47:15	54:10	56:56	1:10:49	1:18:00	1:24:16		
				4:23	7:29	7:45	4:53	4:29	8:07	3:10	6:59	6:55	2:46	13:53	7:11	6:16		
				1:28:28														
				0:26														
H35 (6)				8,9 km 290 Hm			13 P											
				1(48)	2(49)	3(50)	4(40)	5(39)	6(38)	7(35)	8(51)	9(52)	10(32)	11(43)	12(54)	13(100)		
1		Christoph Freudenfe TSV Worpswede	1:11:35	4:16	7:11	12:04	18:32	26:40	36:39	43:57	51:21	57:18	59:52	1:02:59	1:09:26	1:11:19		
				4:16	2:55	4:53	6:28	8:08	9:59	7:18	7:24	5:57	2:34	3:07	6:27	1:53		
2		Thorsten Weigert TV Jahn Wolfsburg	1:14:35	4:10	7:10	14:08	21:46	26:26	38:09	45:57	53:08	58:19	1:01:13	1:04:37	1:12:00	1:14:16		
				4:10	3:00	6:58	7:38	4:40	11:43	7:48	7:11	5:11	2:54	3:24	7:23	2:16		
3		Björn Frieling TuS Bergen	1:17:15	3:48	6:44	11:32	20:00	27:54	39:35	47:32	55:27	1:00:46	1:03:47	1:06:47	1:14:40	1:16:56		
				3:48	2:56	4:48	8:28	7:54	11:41	7:57	7:55	5:19	3:01	3:00	7:53	2:16		
4		Jens Struckmann Braunschweiger MTV	1:19:13	4:51	8:43	14:43	21:58	27:23	39:50	48:06	56:02	1:01:31	1:04:30	1:07:32	1:16:12	1:18:51		
				4:51	3:52	6:00	7:15	5:25	12:27	8:16	7:56	5:29	2:59	3:02	8:40	2:39		
5		Jens Wittke SV Hildesia Diekholz	1:25:12	4:48	8:44	15:34	25:32	30:54	42:59	51:41	59:18	1:04:39	1:07:15	1:10:38	1:22:45	1:24:56		
				4:48	3:56	6:50	9:58	5:22	12:05	8:42	7:37	5:21	2:36	3:23	12:07	2:11		
6		Jan Knaup Braunschweiger MTV	1:44:56	5:40	10:00	17:53	29:04	35:23	48:23	1:00:57	1:12:55	1:20:45	1:24:34	1:29:44	1:41:20	1:44:31		
				5:40	4:20	7:53	11:11	6:19	13:00	12:34	11:58	7:50	3:49	5:10	11:36	3:11		
D45 (16)				5,4 km 100 Hm			12 P											
				1(63)	2(67)	3(59)	4(65)	5(64)	6(43)	7(44)	8(50)	9(45)	10(48)	11(60)	12(100)	Ziel		
1		Anke von Gaza OLV Uslar	48:58	3:36	9:15	15:14	17:25	21:09	23:19	28:09	30:28	36:18	40:57	45:37	48:36	48:58		
				3:36	5:39	5:59	2:11	3:44	2:10	4:50	2:19	5:50	4:39	4:40	2:59	0:22		
2		Esther Stamer MTK Bad Harzburg	51:38	4:02	9:38	15:24	17:29	21:28	24:11	30:01	32:21	38:24	43:19	47:47	51:16	51:38		
				4:02	5:36	5:46	2:05	3:59	2:43	5:50	2:20	6:03	4:55	4:28	3:29	0:22		
3		Sonja Kunze OLV Uslar	58:27	4:10	10:54	18:15	22:56	27:34	30:02	36:51	39:31	45:28	49:59	55:01	58:07	58:27		
				4:10	6:44	7:21	4:41	4:38	2:28	6:49	2:40	5:57	4:31	5:02	3:06	0:20		
4		Michaela Bruns MTK Bad Harzburg	1:09:09	4:15	10:51	18:31	21:11	27:27	30:28	36:41	40:00	49:14	58:18	1:04:38	1:08:41	1:09:09		
				4:15	6:36	7:40	2:40	6:16	3:01	6:13	3:19	9:14	9:04	6:20	4:03	0:28		
5		Kerstin Wittke SV Hildesia Diekholz	1:10:08	5:02	13:48	23:11	26:18	30:43	34:03	40:56	44:19	51:41	59:22	1:05:17	1:09:46	1:10:08		
				5:02	8:46	9:23	3:07	4:25	3:20	6:53	3:23	7:22	7:41	5:55	4:29	0:22		

Pl	Stnr	Name	Zeit	5,4 km 100 Hm			12 P		(Forts.)							
			1(63)	2(67)	3(59)	4(65)	5(64)	6(43)	7(44)	8(50)	9(45)	10(48)	11(60)	12(100)	Ziel	
D45 (16)																
6		Petra Schneider	1:11:16	6:51	13:51	21:37	24:22	30:43	33:51	40:48	44:33	52:43	1:00:23	1:06:48	1:10:49	1:11:16
		SV Hildesia Diekholz		6:51	7:00	7:46	2:45	6:21	3:08	6:57	3:45	8:10	7:40	6:25	4:01	0:27
7		Gritta Niemann	1:15:45	5:38	15:10	24:01	26:31	31:46	35:17	42:06	51:09	59:04	1:04:54	1:11:22	1:15:07	1:15:45
		TSV Worpswede		5:38	9:32	8:51	2:30	5:15	3:31	6:49	9:03	7:55	5:50	6:28	3:45	0:38
8		Katja Tiitinen	1:22:28	5:49	18:30	27:02	29:24	35:18	39:17	47:10	50:48	1:03:50	1:11:54	1:18:48	1:22:00	1:22:28
		OLV Uslar		5:49	12:41	8:32	2:22	5:54	3:59	7:53	3:38	13:02	8:04	6:54	3:12	0:28
9		Tanja Buchholz	1:22:53	8:50	17:47	28:02	31:50	37:39	41:49	48:52	53:34	1:02:47	1:11:10	1:18:12	1:22:28	1:22:53
		MTK Bad Harzburg		8:50	8:57	10:15	3:48	5:49	4:10	7:03	4:42	9:13	8:23	7:02	4:16	0:25
10		Irene Buchberger	1:25:14	4:46	14:26	22:18	25:20	33:01	36:05	42:56	46:07	1:05:30	1:14:16	1:20:53	1:24:45	1:25:14
		MTV Seesen		4:46	9:40	7:52	3:02	7:41	3:04	6:51	3:11	19:23	8:46	6:37	3:52	0:29
11		Sylke Höfner	1:58:44	8:34	23:29	37:27	42:14	51:56	57:45	1:08:06	1:14:39	1:28:13	1:39:06	1:49:49	1:58:08	1:58:44
		OLV Uslar		8:34	14:55	13:58	4:47	9:42	5:49	10:21	6:33	13:34	10:53	10:43	8:19	0:36
12		Sabine Nash	2:06:55	9:41	19:59	36:18	39:57	50:13	54:43	1:05:47	1:09:23	1:39:53	1:52:03	2:01:48	2:06:27	2:06:55
		Turn-Klubb zu Hann		9:41	10:18	16:19	3:39	10:16	4:30	11:04	3:36	30:30	12:10	9:45	4:39	0:28
		Evi Drese	Fehlst	----	----	----	----	----	----	----	----	----	----	----	33:32	34:38
		OLV Uslar													33:32	1:06
AK		Inga Löser	58:52	4:18	10:49	17:57	20:21	24:30	27:03	33:08	35:42	41:57	47:34	55:21	58:28	58:52
		Ski-Club Helsa		4:18	6:31	7:08	2:24	4:09	2:33	6:05	2:34	6:15	5:37	7:47	3:07	0:24
AK		Ute Schönfeld	N Ang													
		SV TU Ilmenau														
		Silke Napp	N Ang													
		TV Jahn Wolfsburg														
H45 (14)																
1		Joachim Stamer	57:16	0:50	7:18	9:52	11:51	14:09	17:55	29:17	34:41	42:06	46:49	49:56	53:09	56:58
		MTK Bad Harzburg		0:50	6:28	2:34	1:59	2:18	3:46	11:22	5:24	7:25	4:43	3:07	3:13	3:49
2		Thilo Bruns	1:06:44	0:51	7:46	11:16	14:32	17:36	21:57	34:46	41:30	49:45	55:13	58:04	1:02:01	1:06:23
		MTK Bad Harzburg		0:51	6:55	3:30	3:16	3:04	4:21	12:49	6:44	8:15	5:28	2:51	3:57	4:22
3		Martin Hensele	1:07:38	0:52	8:26	11:39	14:16	17:16	21:26	33:45	41:24	49:45	54:57	58:02	1:02:13	1:07:16
		MTV Seesen		0:52	7:34	3:13	2:37	3:00	4:10	12:19	7:39	8:21	5:12	3:05	4:11	5:03
4		Pasi Kankaanpää	1:10:52	2:07	9:31	12:33	15:16	19:09	23:45	37:46	43:55	52:21	59:36	1:02:24	1:05:57	1:10:31
		Bovender SV		2:07	7:24	3:02	2:43	3:53	4:36	14:01	6:09	8:26	7:15	2:48	3:33	4:34
5		Oliver Hillebrandt	1:17:47	0:54	8:36	12:54	15:30	18:50	23:47	38:23	46:29	56:39	1:03:45	1:07:11	1:11:54	1:17:25
		OLV Uslar		0:54	7:42	4:18	2:36	3:20	4:57	14:36	8:06	10:10	7:06	3:26	4:43	5:31
6		Paulo Urzua Torres	1:22:20	1:22	8:38	18:05	20:45	23:21	28:42	44:46	53:08	1:02:46	1:08:27	1:12:31	1:16:48	1:22:01
		TV Jahn Wolfsburg		1:22	7:16	9:27	2:40	2:36	5:21	16:04	8:22	9:38	5:41	4:04	4:17	5:13
7		Daniel Liebing	1:23:15	1:10	10:44	15:12	18:10	21:43	26:42	41:36	49:54	59:48	1:06:28	1:10:24	1:16:23	1:22:54
		Bovender SV		1:10	9:34	4:28	2:58	3:33	4:59	14:54	8:18	9:54	6:40	3:56	5:59	6:31
8		Sven Buchholz	1:39:13	1:52	11:15	17:08	20:20	25:00	30:18	49:51	57:49	1:10:30	1:18:17	1:26:47	1:32:42	1:38:50
		MTK Bad Harzburg		1:52	9:23	5:53	3:12	4:40	5:18	19:33	7:58	12:41	7:47	8:30	5:55	6:08
9		Gunnar Grote	1:44:40	1:18	11:43	15:15	18:19	30:41	37:01	54:04	1:04:22	1:15:17	1:25:14	1:30:55	1:36:37	1:44:06
		OLV Uslar		1:18	10:25	3:32	3:04	12:22	6:20	17:03	10:18	10:55	9:57	5:41	5:42	7:29
		Rolf Breckle	Aufg	1:06	10:02	13:28	16:05	----	----	----	----	----	25:51	29:18	33:51	40:07
		Bovender SV		1:06	8:56	3:26	2:37						9:46	3:27	4:33	6:16
AK		Denis Winnig	55:48	2:10	8:10	10:17	12:16	14:25	17:58	28:30	34:06	41:27	46:09	48:29	51:42	55:32
		SV IHW Alex 78 Berli		2:10	6:00	2:07	1:59	2:09	3:33	10:32	5:36	7:21	4:42	2:20	3:13	3:50
				51:14												
				*81												
AK		Frank Braatz	1:35:33	1:20	11:06	15:06	18:22	22:31	29:19	46:11	55:47	1:08:41	1:17:10	1:21:22	1:28:03	1:35:05
		SV IHW Alex 78 Berli		1:20	9:46	4:00	3:16	4:09	6:48	16:52	9:36	12:54	8:29	4:12	6:41	7:02
		Jörg Kleinholz-Mewe	N Ang													
		TuS Bothfeld 04														
		Christoph Napp	N Ang													
		TV Jahn Wolfsburg														
D55 (8)																
1		Andrea Finkenstädt	43:05	6:28	12:02	16:08	21:22	25:54	31:04	36:44	42:40	43:05				
		OLV Uslar		6:28	5:34	4:06	5:14	4:32	5:10	5:40	5:56	0:25				
2		Liisa Rihko-Struckm	45:31	7:07	13:27	16:56	22:24	26:40	31:50	37:58	45:05	45:31				
		Braunschweiger MT		7:07	6:20	3:29	5:28	4:16	5:10	6:08	7:07	0:26				
3		Ulrike Korff	47:22	7:45	14:41	19:27	25:10	29:57	35:04	41:08	46:56	47:22				
		SC Achmer		7:45	6:56	4:46	5:43	4:47	5:07	6:04	5:48	0:26				
4		Claudia Ducki-Höckr	47:27	7:13	13:20	17:44	23:16	28:08	34:06	41:31	46:55	47:27				
		MTK Bad Harzburg		7:13	6:07	4:24	5:32	4:52	5:58	7:25	5:24	0:32				
5		Iris Hensele	51:11	6:54	13:51	18:08	24:25	30:55	36:58	44:18	50:49	51:11				
		MTV Seesen		6:54	6:57	4:17	6:17	6:30	6:03	7:20	6:31	0:22				
6		Ulrike Friedrichs	54:55	7:53	15:28	20:17	26:12	31:41	38:10	46:33	54:26	54:55				
		MTV Seesen		7:53	7:35	4:49	5:55	5:29	6:29	8:23	7:53	0:29				
7		Esther Knoblauch	1:25:18	11:08	20:39	27:08	36:33	44:57	1:07:02	1:15:43	1:24:40	1:25:18				
		MTK Bad Harzburg		11:08	9:31	6:29	9:25	8:24	22:05	8:41	8:57	0:38				
		Anne Hanses	Fehlst	----	----	29:56	38:03	47:09	58:37	1:12:33	1:24:10	1:24:55				
		TuS Bramsche				29:56	8:07	9:06	11:28	13:56	11:37	0:45				

Pl	Stnr	Name	Zeit	6,0 km 135 Hm		14 P										
			1(57) Ziel	2(46)	3(43)	4(32)	5(52)	6(37)	7(62)	8(51)	9(58)	10(59)	11(45)	12(48)	13(60)	
H55 (17)																
1		Michael Finkenstaed OLV Uslar	48:31	2:37	6:22	10:51	13:12	15:16	18:44	20:02	24:17	27:26	28:58	37:13	41:17	45:13
				2:37	3:45	4:29	2:21	2:04	3:28	1:18	4:15	3:09	1:32	8:15	4:04	3:56
			48:31		2:23											
			0:25		*31											
2		Henning Bruns MTK Bad Harzburg	56:49	3:23	7:30	13:47	17:18	20:11	23:50	25:28	30:13	34:58	36:43	45:19	49:31	53:50
				3:23	4:07	6:17	3:31	2:53	3:39	1:38	4:45	4:45	1:45	8:36	4:12	4:19
			56:49		2:51											
			0:19		*31											
3		Dirk Strauß SV Hildesia Diekholz	1:01:43	3:25	8:37	13:59	18:15	21:01	26:26	28:56	33:45	37:10	39:09	48:39	54:05	58:31
				3:25	5:12	5:22	4:16	2:46	5:25	2:30	4:49	3:25	1:59	9:30	5:26	4:26
			1:01:43													
			0:19													
4		Werner Drese OLV Uslar	1:02:11	3:30	7:55	13:48	17:12	20:03	25:23	27:15	31:51	36:04	38:07	48:13	53:24	58:41
				3:30	4:25	5:53	3:24	2:51	5:20	1:52	4:36	4:13	2:03	10:06	5:11	5:17
			1:02:11		4:12											
			0:22		*63											
5		Horst von Gaza OLV Uslar	1:02:54	2:45	6:00	10:54	17:18	20:01	24:48	30:55	35:26	40:20	42:02	51:20	56:06	59:59
				2:45	3:15	4:54	6:24	2:43	4:47	6:07	4:31	4:54	1:42	9:18	4:46	3:53
			1:02:54													
			0:20													
6		Gottfried Labuhn MTV Seesen	1:07:57	5:47	11:00	16:35	21:50	24:58	30:52	32:32	37:25	41:43	43:41	54:16	59:46	1:04:43
				5:47	5:13	5:35	5:15	3:08	5:54	1:40	4:53	4:18	1:58	10:35	5:30	4:57
			1:07:57													
			0:23													
7		Stephan Schliebener OLV Uslar	1:08:44	4:02	8:51	15:49	19:31	23:16	28:03	30:05	35:40	40:33	42:40	54:19	59:29	1:04:52
				4:02	4:49	6:58	3:42	3:45	4:47	2:02	5:35	4:53	2:07	11:39	5:10	5:23
			1:08:44		3:32											
			0:24		*31											
8		Uli Bandt TSV Worpsswede	1:13:40	4:22	9:24	15:27	19:26	23:52	30:55	32:44	39:04	43:39	46:24	58:12	1:04:15	1:09:41
				4:22	5:02	6:03	3:59	4:26	7:03	1:49	6:20	4:35	2:45	11:48	6:03	5:26
			1:13:40													
			0:23													
9		Michael Schwien SC Klecken	1:15:11	4:30	9:12	14:13	19:08	21:53	30:15	32:37	38:17	43:46	45:48	1:00:43	1:07:07	1:12:02
				4:30	4:42	5:01	4:55	2:45	8:22	2:22	5:40	5:29	2:02	14:55	6:24	4:55
			1:15:11													
			0:18													
10		Christian Buchberg MTV Seesen	1:17:59	3:24	7:47	13:25	21:44	24:27	29:35	31:13	36:42	40:54	43:10	1:03:29	1:10:06	1:14:55
				3:24	4:23	5:38	8:19	2:43	5:08	1:38	5:29	4:12	2:16	20:19	6:37	4:49
			1:17:59													
			0:23													
11		Luis Moreton Turn-Klubb zu Hann	1:23:06	4:00	9:09	16:36	20:12	23:47	29:38	32:22	41:04	47:04	49:54	1:02:50	1:09:37	1:18:10
				4:00	5:09	7:27	3:36	3:35	5:51	2:44	8:42	6:00	2:50	12:56	6:47	8:33
			1:23:06													
			0:28													
12		Harald Friedl TuS Stemmwe	1:31:58	5:22	12:31	20:43	27:40	31:51	39:56	42:15	48:56	56:44	59:52	1:12:38	1:19:47	1:27:11
				5:22	7:09	8:12	6:57	4:11	8:05	2:19	6:41	7:48	3:08	12:46	7:09	7:24
			1:31:58													
			0:33													
AK		Matias Mieth USV Jena	1:05:10	3:47	7:28	16:17	23:08	25:54	30:23	32:09	36:34	41:11	42:50	52:24	57:07	1:01:59
				3:47	3:41	8:49	6:51	2:46	4:29	1:46	4:25	4:37	1:39	9:34	4:43	4:52
			1:05:10													
			0:24													
AK		Björn Hansen Lübecker Turnersch	1:09:13	4:01	8:39	14:31	17:57	24:06	30:58	32:41	37:18	40:50	42:38	53:24	1:00:04	1:05:40
				4:01	4:38	5:52	3:26	6:09	6:52	1:43	4:37	3:32	1:48	10:46	6:40	5:36
			1:09:13													
			0:24													
AK		Michael Kukis OSC Kassel	1:13:17	3:56	8:00	13:24	20:14	24:46	30:23	32:06	38:10	42:22	44:35	57:55	1:03:32	1:09:28
				3:56	4:04	5:24	6:50	4:32	5:37	1:43	6:04	4:12	2:13	13:20	5:37	5:56
			1:13:17													
			0:27													
AK		Peter Olschowski OLV Steinberg	1:18:03	4:55	10:27	19:02	23:03	26:35	32:54	35:55	41:43	46:09	49:19	1:01:29	1:08:30	1:14:16
				4:55	5:32	8:35	4:01	3:32	6:19	3:01	5:48	4:26	3:10	12:10	7:01	5:46
			1:18:03			4:20										
			0:22			*31										
AK		Rüdiger Reischuk Lübecker Turnersch	1:30:35	4:51	12:12	19:58	25:17	29:24	37:27	40:19	47:44	54:05	56:59	1:09:17	1:17:29	1:24:24
				4:51	7:21	7:46	5:19	4:07	8:03	2:52	7:25	6:21	2:54	12:18	8:12	6:55
			1:30:35													
			0:26													
D65 (7)																
			1(54)	3,4 km 55 Hm		8 P								Ziel		
1		Birgitt Michel TV Jahn Wolfsburg	41:46	4:37	9:26	15:23	20:32	25:32	32:58	36:52	41:13	41:46				
				4:37	4:49	5:57	5:09	5:00	7:26	3:54	4:21	0:33				
2		Irmela Bergt TSV Fischerhude	43:48	5:22	10:29	16:40	21:07	26:14	35:05	39:04	43:19	43:48				
				5:22	5:07	6:11	4:27	5:07	8:51	3:59	4:15	0:29				
3		Antje Sobczak MTV Soltau	44:22	5:07	9:58	16:00	21:16	26:29	35:50	39:49	43:57	44:22		34:56		
				5:07	4:51	6:02	5:16	5:13	9:21	3:59	4:08	0:25		*57		

