

Ergebnis – LM und DHM Lang, Sandkrug, 18.05.2023

2023-05-18

D 19- Lang		(5 / 8)	Zeit	Rückstand	Zeit verloren
1.	Birte Friedrichs	MTV Seesen	57:55		0:40
	2:31 (2:31)	2:53 (5:24)	2:28 (7:52)	5:59 (13:51)	9:53 (23:44)
	6:32 (33:57)	7:30 (41:27)	1:47 (43:14)	2:13 (45:27)	3:19 (48:46)
	3:42 (54:13)	1:07 (55:20)	2:13 (57:33)	0:22 (57:55)	1:45 (50:31)
2.	Larissa Saß	OLF Mainz	1:01:27	+3:32	0:00
	2:45 (2:45)	3:23 (6:08)	2:33 (8:41)	6:07 (14:48)	10:46 (25:34)
	6:39 (35:56)	6:49 (42:45)	2:17 (45:02)	2:46 (47:48)	3:37 (51:25)
	3:57 (57:12)	1:29 (58:41)	2:20 (1:01:01)	0:26 (1:01:27)	1:50 (53:15)
3.	Carlotta Haupt	MTK Bad Harzburg	1:31:55	+34:00	6:35
	3:31 (3:31)	6:20 (9:51)	4:05 (13:56)	9:47 (23:43)	14:34 (38:17)
	9:28 (54:26)	10:15 (1:04:41)	3:49 (1:08:30)	3:54 (1:12:24)	6:17 (1:18:41)
	5:31 (1:27:26)	1:43 (1:29:09)	2:25 (1:31:34)	0:21 (1:31:55)	3:14 (1:21:55)
4.	Krystyna Melnyk	TSV Worpswede	1:39:51	+41:56	7:12
	5:26 (5:26)	6:21 (11:47)	4:37 (16:24)	11:42 (28:06)	14:56 (43:02)
	11:11 (1:00:56)	12:03 (1:12:59)	2:46 (1:15:45)	4:38 (1:20:23)	5:30 (1:25:53)
	5:52 (1:34:07)	2:05 (1:36:12)	3:08 (1:39:20)	0:31 (1:39:51)	2:22 (1:28:15)
	Katharina Linke	MTV Seesen	Nicht Ang.		
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
DHM Damen		(16 / 19)	Zeit	Rückstand	Zeit verloren
1.	Emma Caspari	WG Göttingen	57:23		1:51
	2:34 (2:34)	3:01 (5:35)	2:21 (7:56)	7:19 (15:15)	9:10 (24:25)
	7:10 (35:12)	6:21 (41:33)	1:39 (43:12)	2:05 (45:17)	2:58 (48:15)
	3:46 (53:32)	1:27 (54:59)	2:04 (57:03)	0:20 (57:23)	1:31 (49:46)
2.	Anna Wartewig	TU Dresden	58:15	+0:52	0:34
	2:26 (2:26)	3:11 (5:37)	2:59 (8:36)	6:11 (14:47)	9:39 (24:26)
	6:22 (34:28)	6:59 (41:27)	1:43 (43:10)	2:18 (45:28)	3:12 (48:40)
	3:37 (54:35)	1:20 (55:55)	2:01 (57:56)	0:19 (58:15)	2:18 (50:58)
3.	Isabel Seeger	WG München	1:00:55	+3:32	2:06
	2:45 (2:45)	3:02 (5:47)	2:46 (8:33)	6:33 (15:06)	10:56 (26:02)
	6:46 (36:38)	8:12 (44:50)	1:29 (46:19)	2:03 (48:22)	3:20 (51:42)
	3:55 (57:15)	1:15 (58:30)	2:03 (1:00:33)	0:22 (1:00:55)	1:38 (53:20)
4.	Marit Wersin	WG Mainz	1:03:24	+6:01	0:00
	2:38 (2:38)	3:10 (5:48)	2:38 (8:26)	6:39 (15:05)	10:22 (25:27)
	6:55 (36:42)	7:40 (44:22)	1:47 (46:09)	2:31 (48:40)	3:48 (52:28)
	4:23 (58:48)	1:30 (1:00:18)	2:38 (1:02:56)	0:28 (1:03:24)	1:57 (54:25)
5.	Meike Henscheler	WG Jena	1:06:56	+9:33	4:59
	2:40 (2:40)	3:09 (5:49)	2:25 (8:14)	6:41 (14:55)	11:57 (26:52)
	6:54 (37:41)	8:59 (46:40)	2:03 (48:43)	2:33 (51:16)	3:38 (54:54)
	3:48 (1:01:42)	2:33 (1:04:15)	2:18 (1:06:33)	0:23 (1:06:56)	3:00 (57:54)
6.	Hannah Hänsel	Uni Leipzig	1:08:42	+11:19	7:52
	2:47 (2:47)	3:16 (6:03)	2:36 (8:39)	6:26 (15:05)	10:54 (25:59)
	6:37 (36:24)	6:46 (43:10)	1:55 (45:05)	3:46 (48:51)	4:11 (53:02)
	9:41 (1:04:47)	1:20 (1:06:07)	2:10 (1:08:17)	0:25 (1:08:42)	2:04 (55:06)
7.	Annika Strauß	WG Hannover	1:10:21	+12:58	1:49
	3:09 (3:09)	3:45 (6:54)	3:04 (9:58)	7:25 (17:23)	13:27 (30:50)
	7:16 (42:34)	7:56 (50:30)	2:07 (52:37)	2:39 (55:16)	4:14 (59:30)
	4:27 (1:05:52)	1:45 (1:07:37)	2:18 (1:09:55)	0:26 (1:10:21)	1:55 (1:01:25)
8.	Anke von Gaza	WG Göttingen	1:11:58	+14:35	1:54
	2:54 (2:54)	3:36 (6:30)	3:04 (9:34)	7:39 (17:13)	11:16 (28:29)
	7:34 (40:53)	8:21 (49:14)	2:43 (51:57)	3:14 (55:11)	5:01 (1:00:12)
	4:33 (1:07:06)	1:46 (1:08:52)	2:38 (1:11:30)	0:28 (1:11:58)	2:21 (1:02:33)
9.	Hanne Kaufmann	WG Halle	1:13:01	+15:38	2:36
	3:42 (3:42)	3:45 (7:27)	2:52 (10:19)	7:25 (17:44)	13:50 (31:34)
	8:17 (44:42)	8:55 (53:37)	1:51 (55:28)	2:46 (58:14)	4:08 (1:02:22)
	4:13 (1:08:40)	1:32 (1:10:12)	2:26 (1:12:38)	0:23 (1:13:01)	2:05 (1:04:27)
10.	Felicitas Vogt	Uni Leipzig	1:16:35	+19:12	2:52
	3:03 (3:03)	4:09 (7:12)	3:01 (10:13)	7:54 (18:07)	12:41 (30:48)
	8:43 (44:11)	8:39 (52:50)	2:16 (55:06)	3:40 (58:46)	5:13 (1:03:59)
	4:34 (1:11:39)	1:52 (1:13:31)	2:36 (1:16:07)	0:28 (1:16:35)	3:06 (1:07:05)
11.	Pia Buchholz	WG Göttingen	1:19:21	+21:58	2:43
	3:03 (3:03)	3:46 (6:49)	3:12 (10:01)	8:37 (18:38)	12:30 (31:08)
	9:02 (45:03)	8:56 (53:59)	2:21 (56:20)	3:04 (59:24)	4:39 (1:04:03)
	4:56 (1:12:28)	3:17 (1:15:45)	3:09 (1:18:54)	0:27 (1:19:21)	3:29 (1:07:32)
12.	Solia Stamer	TU Braunschweig	1:20:53	+23:30	9:01
	3:56 (3:56)	3:47 (7:43)	4:30 (12:13)	7:27 (19:40)	13:39 (33:19)
	7:35 (45:20)	15:05 (1:00:25)	2:04 (1:02:29)	2:51 (1:05:20)	4:27 (1:09:47)
	4:21 (1:16:40)	1:30 (1:18:10)	2:17 (1:20:27)	0:26 (1:20:53)	2:32 (1:12:19)
13.	Inga Hollmann	WG Hannover	1:44:27	+47:04	12:02
	4:35 (4:35)	5:22 (9:57)	3:42 (13:39)	8:25 (22:04)	23:36 (45:40)
	10:55 (1:03:16)	9:57 (1:13:13)	7:03 (1:20:16)	4:21 (1:24:37)	5:07 (1:29:44)
	6:00 (1:38:08)	2:11 (1:40:19)	3:31 (1:43:50)	0:37 (1:44:27)	2:24 (1:32:08)

Charlotte Leonhardt	TU Dresden	Fehlst.		
3:03 (3:03)	3:09 (6:12)	2:35 (8:47)	7:02 (15:49)	– (–)
– (–)	– (29:16)	– (–)	– (40:44)	– (–)
– (–)	– (–)	– (–)	– (1:17:59)	– (–)
Charlotte Pottkamp	TU Dresden	Fehlst.		
16:45 (16:45)	3:11 (19:56)	4:13 (24:09)	11:00 (35:09)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (1:16:15)	– (–)
Kaatje Fantini	TU Braunschweig	Nicht Ang.		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)

H 19- Lang	(8 / 11)	Zeit	Rückstand	Zeit verloren
1. Kilian Lilje	TSV Worpswede	1:12:56		0:50
2:18 (2:18)	1:57 (4:15)	5:58 (10:13)	1:37 (11:50)	8:16 (20:06)
1:38 (24:07)	1:55 (26:02)	1:57 (27:59)	3:49 (31:48)	4:42 (36:30)
11:26 (56:42)	1:24 (58:06)	1:57 (1:00:03)	4:09 (1:04:12)	2:38 (1:06:50)
1:05 (1:11:03)	1:35 (1:12:38)	0:18 (1:12:56)		3:08 (1:09:58)
2. Magnus Struckmann	Braunschweiger MTV	1:18:09	+5:13	0:50
3:08 (3:08)	2:12 (5:20)	6:25 (11:45)	1:37 (13:22)	8:57 (22:19)
2:23 (27:06)	1:50 (28:56)	1:50 (30:46)	3:35 (34:21)	5:43 (40:04)
13:08 (1:01:01)	1:27 (1:02:28)	2:47 (1:05:15)	3:48 (1:09:03)	2:13 (1:11:16)
1:08 (1:15:52)	1:55 (1:17:47)	0:22 (1:18:09)		3:28 (1:14:44)
3. Max Sonneborn	TSV Worpswede	1:40:59	+28:03	4:10
3:19 (3:19)	3:29 (6:48)	8:03 (14:51)	2:01 (16:52)	11:55 (28:47)
2:38 (34:50)	4:10 (39:00)	2:28 (41:28)	5:59 (47:27)	5:35 (53:02)
15:13 (1:18:22)	2:18 (1:20:40)	3:09 (1:23:49)	5:35 (1:29:24)	2:42 (1:32:06)
1:28 (1:38:04)	2:34 (1:40:38)	0:21 (1:40:59)		4:30 (1:36:36)
4. Tom Buchholz	MTK Bad Harzburg	1:45:17	+32:21	2:39
2:42 (2:42)	2:19 (5:01)	9:41 (14:42)	2:06 (16:48)	11:35 (28:23)
2:48 (34:41)	3:20 (38:01)	2:02 (40:03)	5:58 (46:01)	6:57 (52:58)
15:15 (1:19:56)	2:23 (1:22:19)	3:04 (1:25:23)	6:01 (1:31:24)	3:10 (1:34:34)
2:01 (1:41:43)	3:00 (1:44:43)	0:34 (1:45:17)		5:08 (1:39:42)
5. Jonas Dresel	SC Klecken	1:46:28	+33:32	4:37
2:51 (2:51)	3:31 (6:22)	8:54 (15:16)	2:08 (17:24)	12:35 (29:59)
2:31 (36:05)	2:05 (38:10)	5:48 (43:58)	4:54 (48:52)	5:35 (54:27)
16:04 (1:21:08)	2:29 (1:23:37)	3:45 (1:27:22)	5:48 (1:33:10)	3:06 (1:36:16)
2:10 (1:43:09)	2:48 (1:45:57)	0:31 (1:46:28)		4:43 (1:40:59)
6. Christian Röck	SV Hildesia Diekholzen	1:46:59	+34:03	8:09
3:52 (3:52)	3:55 (7:47)	8:25 (16:12)	2:07 (18:19)	10:59 (29:18)
2:50 (35:55)	3:26 (39:21)	2:37 (41:58)	7:28 (49:26)	7:11 (56:37)
13:34 (1:24:13)	2:14 (1:26:27)	3:27 (1:29:54)	5:29 (1:35:23)	2:49 (1:38:12)
1:27 (1:44:02)	2:37 (1:46:39)	0:20 (1:46:59)		4:23 (1:42:35)
Johannes Balke aK	DARC	(2:52:54)	+1:39:58	34:32
6:14 (6:14)	22:59 (29:13)	11:49 (41:02)	2:40 (43:42)	15:10 (58:52)
2:36 (1:05:10)	3:36 (1:08:46)	5:16 (1:14:02)	9:06 (1:23:08)	15:05 (1:38:13)
21:59 (2:15:12)	3:38 (2:18:50)	6:25 (2:25:15)	9:52 (2:35:07)	4:43 (2:39:50)
2:13 (2:48:24)	3:55 (2:52:19)	0:35 (2:52:54)		6:21 (2:46:11)
Malte Bormann	Bundesnachwuchskader aK	Nicht Ang.		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)

DHM Herren	(24 / 29)	Zeit	Rückstand	Zeit verloren
1. Ole Hensseler	WG Göttingen	1:02:15		0:00
2:19 (2:19)	2:13 (4:32)	5:36 (10:08)	1:20 (11:28)	7:59 (19:27)
1:44 (23:16)	1:22 (24:38)	1:08 (25:46)	3:16 (29:02)	3:32 (32:34)
9:28 (48:58)	1:12 (50:10)	1:37 (51:47)	2:59 (54:46)	1:50 (56:36)
0:54 (1:00:23)	1:35 (1:01:58)	0:17 (1:02:15)		2:53 (59:29)
2. Lucas Imsweiler	WG Karlsruhe	1:04:39	+2:24	0:00
2:48 (2:48)	2:35 (5:23)	5:38 (11:01)	1:21 (12:22)	7:49 (20:11)
1:39 (23:53)	1:29 (25:22)	1:13 (26:35)	3:18 (29:53)	3:59 (33:52)
9:36 (50:43)	1:22 (52:05)	1:34 (53:39)	3:01 (56:40)	1:45 (58:25)
1:09 (1:02:37)	1:43 (1:04:20)	0:19 (1:04:39)		3:03 (1:01:28)
3. Markus Grätsch	TU Dresden	1:09:01	+6:46	0:00
2:16 (2:16)	1:56 (4:12)	5:35 (9:47)	1:14 (11:01)	9:17 (20:18)
1:44 (24:41)	1:35 (26:16)	1:27 (27:43)	3:25 (31:08)	4:51 (35:59)
10:06 (54:11)	1:20 (55:31)	1:46 (57:17)	3:02 (1:00:19)	2:35 (1:02:54)
0:59 (1:07:03)	1:41 (1:08:44)	0:17 (1:09:01)		3:10 (1:06:04)
4. Konrad Stamer	TU Braunschweig	1:09:29	+7:14	0:48
2:52 (2:52)	2:33 (5:25)	5:56 (11:21)	1:26 (12:47)	9:34 (22:21)
1:29 (26:05)	1:35 (27:40)	1:30 (29:10)	3:12 (32:22)	3:54 (36:16)
10:46 (54:36)	1:22 (55:58)	1:57 (57:55)	3:20 (1:01:15)	1:54 (1:03:09)
1:03 (1:07:32)	1:38 (1:09:10)	0:19 (1:09:29)		3:20 (1:06:29)
5. Florian Pasda	TU Dresden	1:16:29	+14:14	1:02
2:46 (2:46)	2:28 (5:14)	6:33 (11:47)	1:56 (13:43)	9:34 (23:17)
1:55 (28:45)	1:47 (30:32)	1:29 (32:01)	3:47 (35:48)	5:14 (41:02)
11:34 (1:00:22)	1:25 (1:01:47)	1:55 (1:03:42)	3:08 (1:06:50)	2:22 (1:09:12)
1:23 (1:14:15)	1:54 (1:16:09)	0:20 (1:16:29)		3:40 (1:12:52)

6.	Kolya Sass	WG Karlsruhe	1:17:42	+15:27	1:51		
	2:32 (2:32)	2:03 (4:35)	6:31 (11:06)	1:37 (12:43)		10:04 (22:47)	2:30 (25:17)
	2:05 (27:22)	1:52 (29:14)	1:38 (30:52)	4:16 (35:08)		5:03 (40:11)	8:21 (48:32)
	11:01 (59:33)	1:26 (1:00:59)	2:16 (1:03:15)	4:21 (1:07:36)		2:18 (1:09:54)	3:22 (1:13:16)
	2:06 (1:15:22)	2:00 (1:17:22)	0:20 (1:17:42)				
7.	Till Geiler	TU Dresden	1:19:44	+17:29	2:11		
	4:00 (4:00)	2:08 (6:08)	6:37 (12:45)	1:39 (14:24)		9:15 (23:39)	2:37 (26:16)
	1:58 (28:14)	1:51 (30:05)	1:28 (31:33)	4:00 (35:33)		5:00 (40:33)	8:46 (49:19)
	12:41 (1:02:00)	1:34 (1:03:34)	2:40 (1:06:14)	4:09 (1:10:23)		2:27 (1:12:50)	3:29 (1:16:19)
	1:08 (1:17:27)	1:55 (1:19:22)	0:22 (1:19:44)				
8.	Nils Javier Elbing	WG Weingarten	1:25:19	+23:04	4:58		
	2:49 (2:49)	3:08 (5:57)	6:51 (12:48)	1:24 (14:12)		9:02 (23:14)	3:04 (26:18)
	2:14 (28:32)	1:57 (30:29)	1:47 (32:16)	3:51 (36:07)		5:23 (41:30)	8:45 (50:15)
	12:03 (1:02:18)	2:11 (1:04:29)	4:23 (1:08:52)	4:42 (1:13:34)		3:01 (1:16:35)	3:32 (1:20:07)
	2:48 (1:22:55)	2:03 (1:24:58)	0:21 (1:25:19)				
9.	Emil Sasse	WG Göttingen	1:28:38	+26:23	6:58		
	3:23 (3:23)	2:39 (6:02)	6:44 (12:46)	1:54 (14:40)		10:57 (25:37)	2:47 (28:24)
	1:51 (30:15)	1:54 (32:09)	1:36 (33:45)	4:13 (37:58)		5:44 (43:42)	8:34 (52:16)
	12:03 (1:04:19)	1:42 (1:06:01)	2:12 (1:08:13)	8:40 (1:16:53)		2:37 (1:19:30)	3:26 (1:22:56)
	3:20 (1:26:16)	2:00 (1:28:16)	0:22 (1:28:38)				
10.	Marek Klein	TU Dresden	1:30:25	+28:10	3:12		
	3:05 (3:05)	2:39 (5:44)	8:15 (13:59)	1:58 (15:57)		10:49 (26:46)	2:50 (29:36)
	2:06 (31:42)	2:08 (33:50)	1:53 (35:43)	4:23 (40:06)		5:19 (45:25)	9:06 (54:31)
	14:20 (1:08:51)	1:37 (1:10:28)	2:58 (1:13:26)	4:56 (1:18:22)		2:57 (1:21:19)	4:44 (1:26:03)
	1:32 (1:27:35)	2:23 (1:29:58)	0:27 (1:30:25)				
11.	Leon Kollenbach	WG Göttingen	1:33:18	+31:03	4:59		
	2:57 (2:57)	2:36 (5:33)	8:33 (14:06)	2:12 (16:18)		10:08 (26:26)	3:08 (29:34)
	2:36 (32:10)	2:20 (34:30)	2:07 (36:37)	5:20 (41:57)		6:46 (48:43)	10:28 (59:11)
	13:09 (1:12:20)	1:47 (1:14:07)	2:24 (1:16:31)	5:40 (1:22:11)		2:36 (1:24:47)	3:58 (1:28:45)
	1:50 (1:30:35)	2:20 (1:32:55)	0:23 (1:33:18)				
12.	Nilas Stamer	HS Stralsund	1:33:56	+31:41	6:43		
	7:28 (7:28)	2:02 (9:30)	7:51 (17:21)	1:48 (19:09)		9:55 (29:04)	2:52 (31:56)
	2:19 (34:15)	2:09 (36:24)	1:14 (37:38)	4:25 (42:03)		6:09 (48:12)	9:39 (57:51)
	15:26 (1:13:17)	1:54 (1:15:11)	2:46 (1:17:57)	4:18 (1:22:15)		3:18 (1:25:33)	4:04 (1:29:37)
	1:42 (1:31:19)	2:17 (1:33:36)	0:20 (1:33:56)				
13.	Aaron Wandelt	Jade-HS	1:37:37	+35:22	7:50		
	2:58 (2:58)	2:37 (5:35)	7:43 (13:18)	1:52 (15:10)		11:05 (26:15)	3:15 (29:30)
	3:03 (32:33)	1:48 (34:21)	8:31 (42:52)	4:00 (46:52)		5:20 (52:12)	9:42 (1:01:54)
	14:16 (1:16:10)	2:22 (1:18:32)	2:24 (1:20:56)	4:49 (1:25:45)		3:26 (1:29:11)	4:00 (1:33:11)
	1:29 (1:34:40)	2:31 (1:37:11)	0:26 (1:37:37)				
14.	Luis John	WG Mainz	1:40:53	+38:38	7:55		
	3:06 (3:06)	2:52 (5:58)	9:12 (15:10)	2:06 (17:16)		10:36 (27:52)	2:51 (30:43)
	2:17 (33:00)	3:03 (36:03)	2:21 (38:24)	6:15 (44:39)		6:10 (50:49)	10:06 (1:00:55)
	16:08 (1:17:03)	2:14 (1:19:17)	3:52 (1:23:09)	5:49 (1:28:58)		3:09 (1:32:07)	4:26 (1:36:33)
	1:35 (1:38:08)	2:20 (1:40:28)	0:25 (1:40:53)				
15.	Markus Weller	WG Aachen	1:41:13	+38:58	12:15		
	4:26 (4:26)	3:33 (7:59)	7:37 (15:36)	3:14 (18:50)		9:40 (28:30)	3:00 (31:30)
	2:19 (33:49)	2:56 (36:45)	1:50 (38:35)	5:28 (44:03)		6:04 (50:07)	13:09 (1:03:16)
	13:01 (1:16:17)	2:06 (1:18:23)	5:21 (1:23:44)	6:55 (1:30:39)		2:35 (1:33:14)	4:00 (1:37:14)
	1:21 (1:38:35)	2:12 (1:40:47)	0:26 (1:41:13)				
16.	Lorenzo Wormer	WG Karlsruhe	1:43:58	+41:43	8:21		
	4:07 (4:07)	3:59 (8:06)	11:42 (19:48)	3:08 (22:56)		12:10 (35:06)	3:51 (38:57)
	3:02 (41:59)	2:56 (44:55)	3:02 (47:57)	5:10 (53:07)		6:35 (59:42)	8:50 (1:08:32)
	12:47 (1:21:19)	2:31 (1:23:50)	3:26 (1:27:16)	4:58 (1:32:14)		2:59 (1:35:13)	4:20 (1:39:33)
	1:43 (1:41:16)	2:18 (1:43:34)	0:24 (1:43:58)				
17.	Maksim Feldmann	WG Aachen	1:48:44	+46:29	5:25		
	4:20 (4:20)	2:56 (7:16)	9:25 (16:41)	2:34 (19:15)		14:44 (33:59)	3:09 (37:08)
	2:36 (39:44)	3:11 (42:55)	1:49 (44:44)	5:06 (49:50)		6:27 (56:17)	12:52 (1:09:09)
	15:22 (1:24:31)	2:06 (1:26:37)	3:45 (1:30:22)	6:34 (1:36:56)		2:50 (1:39:46)	4:28 (1:44:14)
	1:42 (1:45:56)	2:26 (1:48:22)	0:22 (1:48:44)				
18.	loren	WG Karlsruhe	1:50:11	+47:56	3:01		
	4:00 (4:00)	4:04 (8:04)	9:34 (17:38)	3:35 (21:13)		12:10 (33:23)	3:58 (37:21)
	2:55 (40:16)	3:19 (43:35)	2:34 (46:09)	5:54 (52:03)		6:55 (58:58)	11:31 (1:10:29)
	15:32 (1:26:01)	2:33 (1:28:34)	4:14 (1:32:48)	5:33 (1:38:21)		2:58 (1:41:19)	4:26 (1:45:45)
	1:37 (1:47:22)	2:24 (1:49:46)	0:25 (1:50:11)				
19.	Gian Luca Spitzza	WG Aachen	2:03:23	+1:01:08	10:11		
	3:34 (3:34)	2:46 (6:20)	9:44 (16:04)	2:12 (18:16)		16:22 (34:38)	3:44 (38:22)
	3:18 (41:40)	4:33 (46:13)	2:54 (49:07)	6:07 (55:14)		7:37 (1:02:51)	12:11 (1:15:02)
	20:21 (1:35:23)	2:18 (1:37:41)	4:44 (1:42:25)	7:29 (1:49:54)		3:39 (1:53:33)	4:46 (1:58:19)
	1:50 (2:00:09)	2:48 (2:02:57)	0:26 (2:03:23)				
20.	Finn Ole Hänsel	HS Emden-Leer	2:03:27	+1:01:12	8:49		
	4:21 (4:21)	2:46 (7:07)	9:59 (17:06)	2:10 (19:16)		17:31 (36:47)	3:49 (40:36)
	3:31 (44:07)	2:17 (46:24)	2:27 (48:51)	5:25 (54:16)		11:32 (1:05:48)	13:11 (1:18:59)
	17:58 (1:36:57)	2:45 (1:39:42)	5:09 (1:44:51)	5:19 (1:50:10)		3:13 (1:53:23)	5:00 (1:58:23)
	1:33 (1:59:56)	2:56 (2:02:52)	0:35 (2:03:27)				
21.	Nikolaus Risch	Uni Paderborn	2:16:13	+1:13:58	14:36		
	5:33 (5:33)	3:49 (9:22)	10:09 (19:31)	8:08 (27:39)		13:46 (41:25)	4:07 (45:32)
	3:04 (48:36)	3:57 (52:33)	2:23 (54:56)	6:26 (1:01:22)		8:06 (1:09:28)	13:01 (1:22:29)
	19:09 (1:41:38)	5:07 (1:46:45)	3:01 (1:49:46)	8:24 (1:58:10)		7:02 (2:05:12)	5:35 (2:10:47)
	1:51 (2:12:38)	3:06 (2:15:44)	0:29 (2:16:13)				
	Martin Scheuermann	TU Dresden	Nicht Ang.				

- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Maximilian Bell	HS Stralsund		Nicht Ang.		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Rasmus Koch	HS Stralsund		Nicht Ang.		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)

DHM Pokal A**(2 / 5)****Zeit****Rückstand Zeit verloren**

1. Torsten Kaufmann	TU Dresden		1:11:57	3:03	
3:30 (3:30)	3:59 (7:29)	10:23 (17:52)	2:44 (20:36)	13:44 (34:20)	4:12 (38:32)
10:49 (49:21)	2:40 (52:01)	3:19 (55:20)	6:04 (1:01:24)	5:23 (1:06:47)	1:54 (1:08:41)
2:50 (1:11:31)	0:26 (1:11:57)				
2. Sebastian Maschek	WG Halle		1:20:36	+8:39	12:18
5:01 (5:01)	12:02 (17:03)	9:45 (26:48)	2:15 (29:03)	15:59 (45:02)	3:13 (48:15)
8:24 (56:39)	2:34 (59:13)	4:13 (1:03:26)	7:09 (1:10:35)	5:11 (1:15:46)	1:46 (1:17:32)
2:41 (1:20:13)	0:23 (1:20:36)				

DHM Pokal B**(3 / 6)****Zeit****Rückstand Zeit verloren**

1. Franka Dietze	WG Göttingen		44:18	0:00	
3:29 (3:29)	3:58 (7:27)	4:07 (11:34)	5:34 (17:08)	8:21 (25:29)	2:58 (28:27)
2:40 (31:07)	5:09 (36:16)	1:36 (37:52)	2:57 (40:49)	3:05 (43:54)	0:24 (44:18)
2. Tomke Luks	TU Braunschweig		1:48:18	+1:04:00	47:54
18:39 (18:39)	30:25 (49:04)	8:58 (58:02)	8:53 (1:06:55)	10:43 (1:17:38)	3:30 (1:21:08)
3:53 (1:25:01)	14:57 (1:39:58)	1:46 (1:41:44)	3:12 (1:44:56)	2:52 (1:47:48)	0:30 (1:48:18)
Lydia Heidemann	WG Göttingen		Nicht Ang.		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)

D -12**(2 / 3)****Zeit****Rückstand Zeit verloren**

1. Hanna Stark	MTV Seesen		21:40	1:19	
1:07 (1:07)	4:11 (5:18)	3:22 (8:40)	3:44 (12:24)	3:40 (16:04)	1:29 (17:33)
2:14 (19:47)	1:30 (21:17)	0:23 (21:40)			
2. Anna Knaup	Braunschweiger MTV		25:25	+3:45	2:24
1:11 (1:11)	2:50 (4:01)	4:39 (8:40)	5:24 (14:04)	4:52 (18:56)	1:42 (20:38)
2:38 (23:16)	1:46 (25:02)	0:23 (25:25)			

H -12**(3 / 4)****Zeit****Rückstand Zeit verloren**

1. Erik Bruns	MTK Bad Harzburg		21:31	0:00	
1:22 (1:22)	2:31 (3:53)	4:03 (7:56)	3:49 (11:45)	3:29 (15:14)	1:50 (17:04)
2:19 (19:23)	1:46 (21:09)	0:22 (21:31)			
2. Emil Riedel	OLV Uslar		24:09	+2:38	2:20
1:32 (1:32)	3:40 (5:12)	3:52 (9:04)	5:22 (14:26)	3:35 (18:01)	1:41 (19:42)
2:24 (22:06)	1:36 (23:42)	0:27 (24:09)			
Mads Ostendorff	TSV Worpswede		Fehlst.		
2:09 (2:09)	4:18 (6:27)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (35:29)			

D -14**(5 / 6)****Zeit****Rückstand Zeit verloren**

1. Svitlana Konstantynova	OLV Uslar		41:33	1:27	
3:24 (3:24)	4:22 (7:46)	3:15 (11:01)	4:30 (15:31)	6:48 (22:19)	3:14 (25:33)
3:16 (28:49)	3:54 (32:43)	1:49 (34:32)	3:16 (37:48)	3:20 (41:08)	0:25 (41:33)
2. Lamis Mousa	OLV Uslar		43:14	+1:41	2:26
3:49 (3:49)	4:03 (7:52)	2:57 (10:49)	5:30 (16:19)	7:50 (24:09)	3:22 (27:31)
4:07 (31:38)	3:39 (35:17)	1:34 (36:51)	2:53 (39:44)	3:13 (42:57)	0:17 (43:14)
3. Sania Stamer	SV Hildesia Diekhöhlen		46:09	+4:36	2:38
3:34 (3:34)	4:56 (8:30)	3:50 (12:20)	4:20 (16:40)	8:10 (24:50)	3:30 (28:20)
3:28 (31:48)	4:46 (36:34)	2:11 (38:45)	3:33 (42:18)	3:16 (45:34)	0:35 (46:09)
4. Viktorria Pelepets	TSV Worpswede		46:52	+5:19	9:33
3:07 (3:07)	3:26 (6:33)	11:52 (18:25)	4:19 (22:44)	6:32 (29:16)	2:16 (31:32)
3:31 (35:03)	4:05 (39:08)	1:28 (40:36)	2:31 (43:07)	2:42 (45:49)	1:03 (46:52)
5. Romy Frank	SV Hildesia Diekhöhlen		54:17	+12:44	5:40
5:06 (5:06)	5:01 (10:07)	5:17 (15:24)	5:37 (21:01)	10:32 (31:33)	5:14 (36:47)
4:48 (41:35)	4:43 (46:18)	2:07 (48:25)	2:44 (51:09)	2:48 (53:57)	0:20 (54:17)

H -14**(2 / 3)****Zeit****Rückstand Zeit verloren**

1. Constantin Jacob Freudenfeld	TSV Worpswede		33:10	2:37	
2:53 (2:53)	3:06 (5:59)	2:37 (8:36)	3:34 (12:10)	8:31 (20:41)	1:59 (22:40)
1:48 (24:28)	2:53 (27:21)	1:12 (28:33)	2:09 (30:42)	2:09 (32:51)	0:19 (33:10)
2. Finn Ostendorff	TSV Worpswede		42:13	+9:03	7:02
3:37 (3:37)	3:46 (7:23)	3:52 (11:15)	3:41 (14:56)	5:47 (20:43)	3:58 (24:41)
4:53 (29:34)	4:42 (34:16)	2:06 (36:22)	2:46 (39:08)	2:48 (41:56)	0:17 (42:13)

D -16**(8 / 10)****Zeit****Rückstand Zeit verloren**

1. Karla Breckle	Bovender SV		47:28	0:00	
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1:58 (1:58)	1:52 (3:50)	2:42 (6:32)	5:55 (12:27)	8:06 (20:33)	2:22 (22:55)
5:57 (28:52)	2:22 (31:14)	5:10 (36:24)	2:43 (39:07)	3:45 (42:52)	1:55 (44:47)
2:23 (47:10)	0:18 (47:28)				
2. Jule Weigert	TV Jahn Wolfsburg	50:11	+2:43	1:27	
2:14 (2:14)	1:42 (3:56)	2:25 (6:21)	7:00 (13:21)	8:19 (21:40)	1:54 (23:34)
5:47 (29:21)	3:27 (32:48)	5:21 (38:09)	3:05 (41:14)	3:58 (45:12)	2:11 (47:23)
2:27 (49:50)	0:21 (50:11)				
3. Rut Stark	MTV Seesen	55:40	+8:12	3:32	
2:47 (2:47)	2:02 (4:49)	3:07 (7:56)	6:15 (14:11)	8:48 (22:59)	2:19 (25:18)
6:24 (31:42)	5:14 (36:56)	5:23 (42:19)	2:48 (45:07)	5:23 (50:30)	2:21 (52:51)
2:25 (55:16)	0:24 (55:40)				
4. Anna Weigert	TV Jahn Wolfsburg	58:07	+10:39	5:21	
2:43 (2:43)	3:35 (6:18)	3:10 (9:28)	6:36 (16:04)	10:21 (26:25)	2:45 (29:10)
5:45 (34:55)	3:17 (38:12)	6:51 (45:03)	4:35 (49:38)	3:41 (53:19)	2:10 (55:29)
2:14 (57:43)	0:24 (58:07)				
5. Lucia Stolze	Bovender SV	1:02:27	+14:59	6:15	
2:43 (2:43)	3:23 (6:06)	5:01 (11:07)	6:21 (17:28)	9:46 (27:14)	2:39 (29:53)
6:55 (36:48)	3:34 (40:22)	6:57 (47:19)	5:37 (52:56)	4:01 (56:57)	2:24 (59:21)
2:40 (1:02:01)	0:26 (1:02:27)				
6. Nele Rüberg	OLV Uslar	1:08:51	+21:23	3:00	
2:52 (2:52)	3:30 (6:22)	3:28 (9:50)	7:50 (17:40)	11:59 (29:39)	2:49 (32:28)
8:24 (40:52)	5:09 (46:01)	7:25 (53:26)	3:47 (57:13)	5:03 (1:02:16)	2:53 (1:05:09)
3:20 (1:08:29)	0:22 (1:08:51)				
Kiara Nijst aK	Hermathenae	(1:09:40)	+22:12	8:09	
2:25 (2:25)	4:50 (7:15)	5:59 (13:14)	7:04 (20:18)	12:24 (32:42)	2:46 (35:28)
8:35 (44:03)	3:24 (47:27)	7:13 (54:40)	4:08 (58:48)	5:07 (1:03:55)	2:19 (1:06:14)
2:57 (1:09:11)	0:29 (1:09:40)				
Jana Knaup	Braunschweiger MTV	Nicht Ang.			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

H -16

	(3 / 5)	Zeit	Rückstand	Zeit verloren	
1. Erik Urzua Wöhrer	TV Jahn Wolfsburg	59:08		2:04	
4:35 (4:35)	4:04 (8:39)	8:17 (16:56)	2:28 (19:24)	10:41 (30:05)	3:03 (33:08)
6:17 (39:25)	2:02 (41:27)	3:00 (44:27)	5:33 (50:00)	4:43 (54:43)	1:39 (56:22)
2:24 (58:46)	0:22 (59:08)				
2. Hannes Möhring	TV Jahn Wolfsburg	1:02:25	+3:17	2:28	
4:36 (4:36)	2:44 (7:20)	9:14 (16:34)	1:52 (18:26)	13:01 (31:27)	4:05 (35:32)
7:04 (42:36)	2:20 (44:56)	2:58 (47:54)	5:17 (53:11)	5:10 (58:21)	1:26 (59:47)
2:22 (1:02:09)	0:16 (1:02:25)				
3. Maik Schweizer	MTV Seesen	1:31:12	+32:04	24:30	
5:18 (5:18)	2:34 (7:52)	13:33 (21:25)	2:49 (24:14)	16:12 (40:26)	3:20 (43:46)
7:38 (51:24)	1:56 (53:20)	23:07 (1:16:27)	5:21 (1:21:48)	4:45 (1:26:33)	2:01 (1:28:34)
2:14 (1:30:48)	0:24 (1:31:12)				

D -18

	(9 / 11)	Zeit	Rückstand	Zeit verloren	
1. Jule Roßner	Bundesnachwuchskader aK	47:35		0:00	
3:26 (3:26)	2:30 (5:56)	6:50 (12:46)	1:41 (14:27)	9:01 (23:28)	2:30 (25:58)
6:26 (32:24)	1:59 (34:23)	2:12 (36:35)	3:37 (40:12)	3:37 (43:49)	1:26 (45:15)
2:02 (47:17)	0:18 (47:35)				
2. Juliane Burgmair	Bundesnachwuchskader aK	55:16	+7:41	2:28	
3:23 (3:23)	2:33 (5:56)	8:26 (14:22)	2:00 (16:22)	12:52 (29:14)	2:42 (31:56)
6:59 (38:55)	1:44 (40:39)	2:10 (42:49)	4:22 (47:11)	4:07 (51:18)	1:20 (52:38)
2:18 (54:56)	0:20 (55:16)				
3. Anne Kästner	Bundesnachwuchskader aK	57:16	+9:41	0:49	
3:29 (3:29)	2:24 (5:53)	7:55 (13:48)	1:59 (15:47)	11:46 (27:33)	3:17 (30:50)
7:06 (37:56)	2:34 (40:30)	2:49 (43:19)	4:39 (47:58)	5:02 (53:00)	1:36 (54:36)
2:18 (56:54)	0:22 (57:16)				
4. Marika Prolingheuer	Bundesnachwuchskader aK	58:08	+10:33	2:55	
3:13 (3:13)	2:17 (5:30)	8:16 (13:46)	1:57 (15:43)	12:12 (27:55)	3:11 (31:06)
8:04 (39:10)	1:59 (41:09)	2:46 (43:55)	6:01 (49:56)	4:05 (54:01)	1:23 (55:24)
2:22 (57:46)	0:22 (58:08)				
5. Anna Holfeld	Bundesnachwuchskader aK	1:01:31	+13:56	3:25	
3:45 (3:45)	3:49 (7:34)	9:22 (16:56)	2:16 (19:12)	12:15 (31:27)	4:28 (35:55)
7:06 (43:01)	2:05 (45:06)	2:37 (47:43)	5:04 (52:47)	4:17 (57:04)	1:39 (58:43)
2:25 (1:01:08)	0:23 (1:01:31)				
6. Maria Tovchigrechko	Bundesnachwuchskader aK	1:07:22	+19:47	8:09	
5:10 (5:10)	3:34 (8:44)	8:51 (17:35)	2:14 (19:49)	12:25 (32:14)	3:47 (36:01)
7:06 (43:07)	2:20 (45:27)	7:35 (53:02)	5:25 (58:27)	4:35 (1:03:02)	1:33 (1:04:35)
2:26 (1:07:01)	0:21 (1:07:22)				
7. Lena Baath	Bundesnachwuchskader aK	1:08:22	+20:47	9:34	
3:41 (3:41)	2:41 (6:22)	8:41 (15:03)	6:23 (21:26)	14:10 (35:36)	3:58 (39:34)
7:50 (47:24)	1:59 (49:23)	5:21 (54:44)	5:04 (59:48)	4:14 (1:04:02)	1:26 (1:05:28)
2:31 (1:07:59)	0:23 (1:08:22)				
8. Lada Konstantynova	OLV Uslar	1:27:50	+40:15	3:44	
4:46 (4:46)	3:46 (8:32)	12:45 (21:17)	3:44 (25:01)	18:33 (43:34)	5:59 (49:33)
10:47 (1:00:20)	2:51 (1:03:11)	4:13 (1:07:24)	7:30 (1:14:54)	6:35 (1:21:29)	2:04 (1:23:33)
3:44 (1:27:17)	0:33 (1:27:50)				
Marlene Fritz	Bundesnachwuchskader aK	Nicht Ang.			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

H -18		(10 / 12)		Zeit	Rückstand	Zeit verloren	
1.	Ole Baath	Bundesnachwuchskader aK		1:05:11		6:09	
	2:29 (2:29)	1:58 (4:27)	7:23 (11:50)		9:20 (21:10)	2:22 (23:32)	1:42 (25:14)
	6:17 (31:31)	1:27 (32:58)	3:24 (36:22)		5:29 (41:51)	5:31 (47:22)	1:31 (48:53)
	2:32 (51:25)	3:35 (55:00)	3:48 (58:48)		3:16 (1:02:04)	1:04 (1:03:08)	1:45 (1:04:53)
	0:18 (1:05:11)						
2.	Lennart Mühlstädt	Bundesnachwuchskader aK		1:06:18	+1:07	2:23	
	2:33 (2:33)	2:07 (4:40)	8:53 (13:33)		9:34 (23:07)	3:09 (26:16)	2:02 (28:18)
	1:44 (30:02)	2:30 (32:32)	3:58 (36:30)		6:34 (43:04)	5:59 (49:03)	2:10 (51:13)
	2:43 (53:56)	3:36 (57:32)	2:05 (59:37)		3:24 (1:03:01)	1:09 (1:04:10)	1:51 (1:06:01)
	0:17 (1:06:18)						
3.	Niklas Wetzel	Bundesnachwuchskader aK		1:07:41	+2:30	0:49	
	2:28 (2:28)	2:21 (4:49)	7:14 (12:03)		10:19 (22:22)	2:31 (24:53)	2:04 (26:57)
	2:47 (29:44)	1:40 (31:24)	4:01 (35:25)		6:33 (41:58)	6:49 (48:47)	1:37 (50:24)
	2:56 (53:20)	4:08 (57:28)	2:37 (1:00:05)		3:57 (1:04:02)	1:13 (1:05:15)	2:04 (1:07:19)
	0:22 (1:07:41)						
4.	Aaron Niazi	TSV Worpsswede		1:09:51	+4:40	7:57	
	3:14 (3:14)	4:27 (7:41)	8:01 (15:42)		8:56 (24:38)	2:37 (27:15)	4:05 (31:20)
	2:37 (33:57)	1:18 (35:15)	5:14 (40:29)		5:46 (46:15)	6:02 (52:17)	2:24 (54:41)
	2:45 (57:26)	3:22 (1:00:48)	2:15 (1:03:03)		3:34 (1:06:37)	1:08 (1:07:45)	1:49 (1:09:34)
	0:17 (1:09:51)						
5.	Lionel Kumbier	Bundesnachwuchskader aK		1:14:18	+9:07	6:50	
	2:22 (2:22)	2:38 (5:00)	9:04 (14:04)		10:47 (24:51)	3:18 (28:09)	2:00 (30:09)
	1:50 (31:59)	1:49 (33:48)	6:59 (40:47)		6:17 (47:04)	6:23 (53:27)	1:42 (55:09)
	2:30 (57:39)	3:45 (1:01:24)	2:21 (1:03:45)		3:47 (1:07:32)	1:17 (1:08:49)	5:15 (1:14:04)
	0:14 (1:14:18)						
6.	Jonas Knaup	Braunschweiger MTV		1:21:46	+16:35	12:01	
	2:32 (2:32)	3:06 (5:38)	7:02 (12:40)		10:39 (23:19)	4:03 (27:22)	4:21 (31:43)
	4:29 (36:12)	2:08 (38:20)	4:47 (43:07)		6:15 (49:22)	9:26 (58:48)	1:47 (1:00:35)
	3:00 (1:03:35)	5:09 (1:08:44)	5:19 (1:14:03)		4:13 (1:18:16)	1:20 (1:19:36)	1:49 (1:21:25)
	0:21 (1:21:46)						
7.	Sven-Guido Schulze	TV Jahn Wolfsburg		1:25:47	+20:36	4:44	
	3:12 (3:12)	2:50 (6:02)	8:33 (14:35)		15:54 (30:29)	3:23 (33:52)	2:08 (36:00)
	2:22 (38:22)	1:50 (40:12)	6:01 (46:13)		7:37 (53:50)	7:44 (1:01:34)	2:30 (1:04:04)
	3:46 (1:07:50)	5:26 (1:13:16)	2:31 (1:15:47)		5:01 (1:20:48)	1:45 (1:22:33)	2:51 (1:25:24)
	0:23 (1:25:47)						
8.	Moritz Kuntze	Bundesnachwuchskader aK		2:18:47	+1:13:36	47:08	
	2:37 (2:37)	11:09 (13:46)	8:03 (21:49)		16:39 (38:28)	2:51 (41:19)	2:30 (43:49)
	15:01 (58:50)	2:29 (1:01:19)	6:23 (1:07:42)		7:27 (1:15:09)	21:35 (1:36:44)	4:27 (1:41:11)
	5:40 (1:46:51)	9:00 (1:55:51)	4:27 (2:00:18)		9:12 (2:09:30)	2:59 (2:12:29)	5:21 (2:17:50)
	0:57 (2:18:47)						
	Marco Urzua Wöhrer	TV Jahn Wolfsburg		Fehlst.			
	4:33 (4:33)	4:21 (8:54)	13:01 (21:55)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (35:56)	4:18 (40:14)
	4:05 (44:19)	8:46 (53:05)	4:28 (57:33)		6:26 (1:03:59)	2:07 (1:06:06)	3:44 (1:09:50)
	0:47 (1:10:37)						
	Loic Dequiedt	Bundesnachwuchskader aK		Nicht Ang.			
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)						
D 19- Kurz		(1 / 2)		Zeit	Rückstand	Zeit verloren	
1.	Nicole Frank	SV Hildesia Diekholzen		1:24:48		0:00	
	5:06 (5:06)	6:55 (12:01)	4:39 (16:40)		10:00 (26:40)	8:52 (35:32)	4:53 (40:25)
	14:18 (54:43)	6:48 (1:01:31)	5:04 (1:06:35)		7:24 (1:13:59)	3:52 (1:17:51)	5:50 (1:23:41)
	1:07 (1:24:48)						
H 19- Kurz		(2 / 3)		Zeit	Rückstand	Zeit verloren	
1.	Karsten Leideck	Bundesnachwuchskader aK		47:45		0:00	
	2:58 (2:58)	2:00 (4:58)	7:35 (12:33)		1:43 (14:16)	9:33 (23:49)	2:28 (26:17)
	5:40 (31:57)	1:42 (33:39)	2:20 (35:59)		3:59 (39:58)	3:53 (43:51)	1:25 (45:16)
	2:06 (47:22)	0:23 (47:45)					
2.	Marcel Frank	SV Hildesia Diekholzen		1:40:38	+52:53	22:38	
	4:28 (4:28)	8:17 (12:45)	23:48 (36:33)		3:12 (39:45)	16:06 (55:51)	4:23 (1:00:14)
	8:59 (1:09:13)	3:05 (1:12:18)	7:27 (1:19:45)		10:19 (1:30:04)	5:28 (1:35:32)	2:06 (1:37:38)
	2:33 (1:40:11)	0:27 (1:40:38)					
D 35-		(3 / 5)		Zeit	Rückstand	Zeit verloren	
1.	Tetiana Zhylytsova	TSV Worpsswede		1:12:41		3:17	
	4:25 (4:25)	3:42 (8:07)	9:59 (18:06)		3:00 (21:06)	15:04 (36:10)	6:49 (42:59)
	8:03 (51:02)	2:25 (53:27)	3:04 (56:31)		5:24 (1:01:55)	5:29 (1:07:24)	1:45 (1:09:09)
	3:01 (1:12:10)	0:31 (1:12:41)					
2.	Sonja Kunze	OLV Uslar		1:24:02	+11:21	11:35	
	4:34 (4:34)	5:36 (10:10)	10:03 (20:13)		3:16 (23:29)	13:31 (37:00)	4:49 (41:49)
	10:05 (51:54)	4:03 (55:57)	5:13 (1:01:10)		11:02 (1:12:12)	6:17 (1:18:29)	2:06 (1:20:35)
	2:58 (1:23:33)	0:29 (1:24:02)					
3.	Dorothea Kirves	TG Münden		1:33:39	+20:58	12:49	
	4:52 (4:52)	3:44 (8:36)	11:01 (19:37)		3:01 (22:38)	16:30 (39:08)	5:45 (44:53)
	17:26 (1:02:19)	3:32 (1:05:51)	4:51 (1:10:42)		8:17 (1:18:59)	7:36 (1:26:35)	2:57 (1:29:32)
	3:31 (1:33:03)	0:36 (1:33:39)					

D 65-		(5 / 6)		Zeit	Rückstand	Zeit verloren	
1.	Heidrun Finke 9:37 (9:37) 2:57 (28:03)	OLV Uslar 1:55 (11:32) 4:13 (32:16)	5:07 (16:39) 5:16 (37:32)	44:07	2:02 (18:41) 2:20 (39:52)	4:01 (22:42) 3:36 (43:28)	2:24 (25:06) 0:39 (44:07)
2.	Birgitt Michel 5:26 (5:26) 3:40 (32:03)	TV Jahn Wolfsburg 4:08 (9:34) 3:40 (35:43)	10:47 (20:21) 4:55 (40:38)	47:24	+3:17 1:51 (22:12) 2:23 (43:01)	8:14 3:48 (26:00) 3:40 (46:41)	2:23 (28:23) 0:43 (47:24)
3.	Antje Sobczak 7:31 (7:31) 5:05 (29:53)	MTV Soltau 2:43 (10:14) 7:57 (37:50)	3:34 (13:48) 5:20 (43:10)	49:17	+5:10 2:00 (15:48) 2:25 (45:35)	7:57 4:48 (20:36) 3:13 (48:48)	4:12 (24:48) 0:29 (49:17)
4.	Ingrid Müssen 5:40 (5:40) 5:47 (32:47)	SuS Vehrte 2:05 (7:45) 4:37 (37:24)	6:26 (14:11) 6:38 (44:02)	51:47	+7:40 2:13 (16:24) 2:49 (46:51)	6:22 4:45 (21:09) 4:15 (51:06)	5:51 (27:00) 0:41 (51:47)
5.	Irmela Bergt 5:21 (5:21) 13:25 (37:40)	TSV Fischerhude 2:25 (7:46) 3:31 (41:11)	6:18 (14:04) 4:57 (46:08)	51:57	+7:50 2:33 (16:37) 2:00 (48:08)	11:41 4:18 (20:55) 3:14 (51:22)	3:20 (24:15) 0:35 (51:57)
H 65-		(8 / 10)		Zeit	Rückstand	Zeit verloren	
1.	Udo Sobczak 2:42 (2:42) 4:58 (30:15) 0:26 (42:31)	MTV Soltau 1:36 (4:18) 2:29 (32:44)	6:53 (11:11) 2:10 (34:54)	42:31	6:00 (17:11) 3:09 (38:03)	4:32 (21:43) 1:34 (39:37)	3:34 (25:17) 2:28 (42:05)
2.	Uwe Dresel 3:20 (3:20) 6:14 (32:48) 0:25 (47:48)	SC Klecken 1:57 (5:17) 3:18 (36:06)	3:24 (8:41) 3:04 (39:10)	47:48	+5:17 6:56 (15:37) 3:55 (43:05)	1:05 6:44 (22:21) 1:48 (44:53)	4:13 (26:34) 2:30 (47:23)
3.	Ferdinand Hanses 3:54 (3:54) 6:09 (34:47) 0:32 (52:18)	TuS Bramsche 2:23 (6:17) 4:01 (38:48)	3:17 (9:34) 3:00 (41:48)	52:18	+9:47 6:55 (16:29) 4:51 (46:39)	4:20 7:34 (24:03) 1:59 (48:38)	4:35 (28:38) 3:08 (51:46)
4.	Jörg Mumme 2:55 (2:55) 6:00 (40:45) 0:33 (55:40)	OLV Uslar 6:41 (9:36) 3:06 (43:51)	5:25 (15:01) 2:46 (46:37)	55:40	+13:09 7:04 (22:05) 3:54 (50:31)	9:50 9:13 (31:18) 1:39 (52:10)	3:27 (34:45) 2:57 (55:07)
5.	Alfred Newerla 3:16 (3:16) 6:52 (39:09) 0:37 (57:38)	RSV Hannover 2:38 (5:54) 3:59 (43:08)	4:18 (10:12) 2:48 (45:56)	57:38	+15:07 7:48 (18:00) 5:03 (50:59)	4:58 10:09 (28:09) 2:13 (53:12)	4:08 (32:17) 3:49 (57:01)
6.	Siegfried May 3:42 (3:42) 7:17 (41:12) 0:30 (1:00:19)	RSV Hannover 2:45 (6:27) 3:57 (45:09)	4:48 (11:15) 2:45 (47:54)	1:00:19	+17:48 7:31 (18:46) 6:33 (54:27)	6:55 5:46 (24:32) 2:01 (56:28)	9:23 (33:55) 3:21 (59:49)
7.	Rainer Pieper 11:46 (11:46) 8:59 (49:33) 0:43 (1:12:17)	SSV Langenhagen 2:46 (14:32) 5:13 (54:46)	5:06 (19:38) 3:25 (58:11)	1:12:17	+29:46 9:20 (28:58) 6:31 (1:04:42)	11:24 7:47 (36:45) 2:32 (1:07:14)	3:49 (40:34) 4:20 (1:11:34)
	Johannes Müssen 6:59 (6:59) - (-) 1:27 (1:15:23)	SuS Vehrte 4:56 (11:55) - (-)	19:47 (31:42) - (-)	Fehlst.	- (-) - (59:59)	- (-) - (-)	- (-) - (1:13:56)
H 75-		(3 / 4)		Zeit	Rückstand	Zeit verloren	
1.	Karlheinz Niescken 5:13 (5:13) 3:30 (27:24)	SSV Langenhagen 1:46 (6:59) 6:51 (34:15)	8:06 (15:05) 5:11 (39:26)	45:28	2:21 (17:26) 2:12 (41:38)	1:06 3:32 (20:58) 3:07 (44:45)	2:56 (23:54) 0:43 (45:28)
2.	Günter Gohde 14:25 (14:25) 5:15 (47:34)	TK Hannover 5:42 (20:07) 5:43 (53:17)	12:23 (32:30) 6:45 (1:00:02)	1:07:39	+22:11 2:41 (35:11) 2:34 (1:02:36)	14:42 4:22 (39:33) 4:21 (1:06:57)	2:46 (42:19) 0:42 (1:07:39)
3.	Albrecht Bergt 17:07 (17:07) 10:01 (1:12:10)	TSV Fischerhude 3:44 (20:51) 8:08 (1:20:18)	13:57 (34:48) 15:46 (1:36:04)	1:48:43	+1:03:15 5:21 (40:09) 4:49 (1:40:53)	23:14 15:35 (55:44) 6:39 (1:47:32)	6:25 (1:02:09) 1:11 (1:48:43)
H -10		(1 / 1)		Zeit	Rückstand	Zeit verloren	
	Robin von Gaza aK 1:33 (1:33)	OLV Uslar 5:41 (7:14)	9:31 (16:45)	(22:48)	3:39 (20:24)	0:00 1:52 (22:16)	0:32 (22:48)
D/H -10 begl.		(3 / 3)		Zeit	Rückstand	Zeit verloren	
1.	Jesper Bruns 1:24 (1:24)	MTK Bad Harzburg 2:20 (3:44)	3:47 (7:31)	13:55	3:33 (11:04)	0:17 1:59 (13:03)	0:52 (13:55)
2.	Raya Frank 3:06 (3:06)	SV Hildesia Diekholzen 4:54 (8:00)	5:01 (13:01)	22:04	+8:09 5:05 (18:06)	2:54 2:50 (20:56)	1:08 (22:04)
3.	Aatos Heikkilä 2:34 (2:34)	TSV Worpswede 4:20 (6:54)	9:26 (16:20)	24:09	+10:14 4:32 (20:52)	4:44 2:42 (23:34)	0:35 (24:09)
Offen Kurz		(7 / 14)		Zeit	Rückstand	Zeit verloren	
1.	Jonte Kühne 1:07 (1:07) 1:39 (28:20)	Sandkrug 2:27 (3:34) 0:22 (28:42)	4:54 (8:28)	28:42	7:19 (15:47)	0:29 7:38 (23:25)	3:16 (26:41)
2.	Svenja Alpen-Kühne 1:06 (1:06) 1:38 (28:20)	Sandkrug 2:33 (3:39) 0:28 (28:48)	4:52 (8:31)	28:48	+0:06 7:38 (16:09)	0:32 7:31 (23:40)	3:02 (26:42)

3.	Enno Kühne	Sandkrug	29:13	+0:31	0:43		
	1:13 (1:13)	2:37 (3:50)	5:07 (8:57)	7:33 (16:30)	7:54 (24:24)	2:21 (26:45)	
	1:59 (28:44)	0:29 (29:13)					
4.	Julia Stark	MTV Seesen	30:23	+1:41	4:17		
	4:22 (4:22)	2:39 (7:01)	4:16 (11:17)	6:17 (17:34)	7:07 (24:41)	2:59 (27:40)	
	2:11 (29:51)	0:32 (30:23)					
5.	Simon Ebbighausen	MTV Mainholzen	41:30	+12:48	5:59		
	1:33 (1:33)	5:51 (7:24)	8:44 (16:08)	8:57 (25:05)	9:11 (34:16)	3:28 (37:44)	
	3:10 (40:54)	0:36 (41:30)					
6.	Günter Stark	MTV Seesen	46:52	+18:10	8:32		
	3:36 (3:36)	7:39 (11:15)	7:31 (18:46)	8:09 (26:55)	11:58 (38:53)	4:08 (43:01)	
	2:46 (45:47)	1:05 (46:52)					
7.	Astrid Kemper	TB Bössperde	48:10	+19:28	7:11		
	6:08 (6:08)	6:02 (12:10)	7:26 (19:36)	10:07 (29:43)	10:32 (40:15)	4:03 (44:18)	
	2:51 (47:09)	1:01 (48:10)					

Offen Mittel**(15 / 17)****Zeit****Rückstand Zeit verloren**

1.	Marie Hofmeister	MTK Bad Harzburg	41:58		0:50		
	3:11 (3:11)	2:08 (5:19)	2:51 (8:10)	7:16 (15:26)	4:53 (20:19)	3:45 (24:04)	
	2:38 (26:42)	1:53 (28:35)	4:39 (33:14)	3:05 (36:19)	2:25 (38:44)	2:42 (41:26)	
	0:32 (41:58)						
2.	Kai Münzel		42:33	+0:35	3:50		
	2:42 (2:42)	1:48 (4:30)	5:49 (10:19)	5:32 (15:51)	5:26 (21:17)	3:44 (25:01)	
	3:18 (28:19)	1:47 (30:06)	4:51 (34:57)	2:58 (37:55)	2:06 (40:01)	2:09 (42:10)	
	0:23 (42:33)						
3.	Stefan Ackermann	ESV Büchen	58:49	+16:51	6:33		
	4:03 (4:03)	2:51 (6:54)	4:36 (11:30)	7:52 (19:22)	6:29 (25:51)	6:04 (31:55)	
	3:26 (35:21)	3:54 (39:15)	6:33 (45:48)	6:39 (52:27)	2:56 (55:23)	2:48 (58:11)	
	0:38 (58:49)						
4.	Nils Kiene	MTV Mainholzen	1:02:11	+20:13	11:23		
	6:43 (6:43)	2:19 (9:02)	5:11 (14:13)	6:51 (21:04)	11:08 (32:12)	5:59 (38:11)	
	4:18 (42:29)	3:06 (45:35)	5:12 (50:47)	4:53 (55:40)	2:40 (58:20)	2:44 (1:01:04)	
	1:07 (1:02:11)						
5.	Tino Nijst	Hermathenae	1:02:21	+20:23	15:47		
	3:36 (3:36)	5:11 (8:47)	3:06 (11:53)	6:38 (18:31)	16:26 (34:57)	4:28 (39:25)	
	4:27 (43:52)	1:59 (45:51)	6:23 (52:14)	3:47 (56:01)	2:27 (58:28)	3:15 (1:01:43)	
	0:38 (1:02:21)						
6.	Anniina Heikkilä	TSV Worpswede	1:07:13	+25:15	5:10		
	5:11 (5:11)	5:09 (10:20)	5:04 (15:24)	9:43 (25:07)	8:28 (33:35)	6:26 (40:01)	
	4:59 (45:00)	3:04 (48:04)	6:22 (54:26)	5:02 (59:28)	3:28 (1:02:56)	3:47 (1:06:43)	
	0:30 (1:07:13)						
7.	Sarah Wagenknecht	Oldenburg	1:07:25	+25:27	7:32		
	5:27 (5:27)	3:05 (8:32)	4:58 (13:30)	11:04 (24:34)	7:08 (31:42)	6:05 (37:47)	
	7:12 (44:59)	2:43 (47:42)	5:51 (53:33)	6:52 (1:00:25)	3:02 (1:03:27)	3:14 (1:06:41)	
	0:44 (1:07:25)						
8.	Sven Buchholz	MTK Bad Harzburg	1:11:57	+29:59	9:54		
	4:13 (4:13)	4:29 (8:42)	5:56 (14:38)	8:51 (23:29)	9:31 (33:00)	10:00 (43:00)	
	4:00 (47:00)	2:41 (49:41)	7:01 (56:42)	6:00 (1:02:42)	3:49 (1:06:31)	4:31 (1:11:02)	
	0:55 (1:11:57)						
9.	Florian Kiene	MTV Mainholzen	1:47:04	+1:05:06	35:42		
	18:50 (18:50)	3:37 (22:27)	18:17 (40:44)	20:20 (1:01:04)	7:02 (1:08:06)	7:47 (1:15:53)	
	4:40 (1:20:33)	2:44 (1:23:17)	11:04 (1:34:21)	5:11 (1:39:32)	3:12 (1:42:44)	3:37 (1:46:21)	
	0:43 (1:47:04)						
10.	Dieter Pawel	Braunschweiger MTV	2:38:00	+1:56:02	21:46		
	8:21 (8:21)	11:05 (19:26)	19:07 (38:33)	24:15 (1:02:48)	17:07 (1:19:55)	15:03 (1:34:58)	
	16:11 (1:51:09)	6:40 (1:57:49)	14:28 (2:12:17)	10:08 (2:22:25)	6:39 (2:29:04)	7:56 (2:37:00)	
	1:00 (2:38:00)						
	Detlef Schiereck	TV Schweewarden	Fehlst.				
	16:26 (16:26)	3:11 (19:37)	20:53 (40:30)	24:18 (1:04:48)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (1:41:08)	- (-)	- (1:50:38)	
	1:22 (1:52:00)						
	Erwin Schiereck	TV Schweewarden	Fehlst.				
	16:50 (16:50)	3:20 (20:10)	20:52 (41:02)	23:47 (1:04:49)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (1:41:33)	- (-)	- (1:51:24)	
	1:14 (1:52:38)						
	Keno Wagenknecht	Oldenburg	Fehlst.				
	22:31 (22:31)	28:58 (51:29)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (1:22:20)						
	Kevin Jurdecki	TV Schweewarden	Fehlst.				
	15:27 (15:27)	4:00 (19:27)	17:29 (36:56)	27:58 (1:04:54)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (1:41:03)	- (-)	- (1:50:38)	
	1:23 (1:52:01)						
	Stephan Freese	TV Schweewarden	Fehlst.				
	16:38 (16:38)	3:16 (19:54)	21:14 (41:08)	23:14 (1:04:22)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (1:41:12)	- (-)	- (1:51:28)	
	1:15 (1:52:43)						

Offen Lang**(1 / 1)****Zeit****Rückstand Zeit verloren**

1.	Klaas Wagenknecht	Oldenburg	1:33:39		0:00		
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3:52 (3:52)
13:38 (51:55)
2:20 (1:33:14)

3:20 (7:12)
12:26 (1:04:21)
0:25 (1:33:39)

11:54 (19:06)
11:25 (1:15:46)

13:21 (32:27)
5:46 (1:21:32)

3:08 (35:35)
7:01 (1:28:33)

2:42 (38:17)
2:21 (1:30:54)